

Herbed Seafood Casserole, Canadian Living Christmas Cookbook

1 cup	Long grain rice	250 ml
1	Egg, beaten	1
1/3 cup	Chopped fresh parsley	75 ml
1/3 cup	Butter	75 ml
1	Onion, chopped	1
3 or more	Cloves garlic, minced	3 or more
1	Large carrot, finely chopped	1
1 ½ cup	Chopped fennel or celery	375 ml
1 tbsp	Chopped fresh dill (or 1 ½ tsp/ 7ml dried dillweed)	15 ml
1 tsp	Each salt and pepper	5 ml
1 – 2 lb	Scallops	500 g – 1 kg
1 – 2 lb	Shrimp	500 g – 1 kg
1	Pkg crabmeat (large pkg approx 500g)	1
¼ cup	All-purpose flour	50 ml
1 ½ cup	Milk	375 ml
½ lb	Cream cheese	250 g
¼ tsp	Dried thyme	1 ml
	Topping	
1 ½ cup	Fresh bread crumbs	375 ml
2 tbsp	Butter, melted	25 ml
	Chopped fresh parsley	

- In a saucepan, combine rice with 2 cups (500 ml) salted water; bring to boil. Reduce heat to low, cover and simmer for 15 to 20 minutes until tender and water is absorbed. Stir in egg and 2 tbsp (25 ml) of the parsley. Set aside.
- Meanwhile, in large skillet, melt 1 tbsp (15 ml) of the butter over medium heat; cook onion, garlic, carrot and fennel, stirring occasionally, for 3 to 5 minutes or until softened. Stir in ½ tsp (2 ml) of the dill and ¼ tsp (1 ml) each of the salt and pepper; transfer to large bowl.
- Wipe skillet clean. Pour in 1½ cups (350 ml) water and ½ cup **dry vermouth**** and bring to gentle simmer; poach scallops until just opaque, 1 to 3 minutes. Using slotted spoon, add scallops to bowl.
- Poach shrimp for about 3 minutes or until just firm and pink. Drain, reserving 1 cup (250 ml) liquid. Shell and devein shrimp; add to bowl.
- Chop crabmeat into bite-size chunks; add to bowl.
- In same skillet, melt remaining butter over medium heat; whisk in flour and cook, whisking, for 2 minutes, without browning. Gradually whisk in reserved poaching liquid and milk; cook, stirring, for about 5 minutes or until thickened. Whisk in cream cheese, remaining dill, salt, pepper and thyme until cheese has melted. Stir into seafood mixture along with remaining parsley.
- Line bottom of greased 13 x 9 inch (3.5 litre) baking dish with rice; spoon seafood mixture over top.
- Recipe can be prepared to this point, cooled, covered and refrigerated for up to 2 days or frozen for up to 2 weeks, then thawed in refrigerator for 48 hours. Let stand at room temperature for 30 minutes before continuing.
- Topping: Mix bread crumbs with butter; sprinkle over casserole.
- Bake in 325 degree F (160 degree C) oven for 40 to 50 minutes or until heated through and topping is golden and crunchy. Garnish with chopped fresh parsley. Makes 8 servings.

** dry vermouth added by Sherrill Crowder, (very nice touch)!