

## Shrimp and Crabmeat Jambalaya

### Seasoning Mix:

$\frac{3}{4}$  teaspoon salt

$\frac{3}{4}$  teaspoon cayenne (I used very little for our meeting)

$\frac{1}{2}$  teaspoon black pepper

1 pound peeled small shrimp

4 tablespoons unsalted butter

1 (8 ounce) can tomato sauce

2 cups very finely chopped onions

1 cup very finely chopped scallions (tops and bottoms)

$\frac{1}{2}$  cup very finely chopped green pepper

$\frac{1}{4}$  cup very finely chopped fresh parsley

2 tablespoons very finely chopped garlic

2 bay leaves

$\frac{1}{4}$  teaspoon dried thyme

2 cups seafood stock

1 cup uncooked rice (Uncle Ben's converted rice)

1 teaspoon salt

$\frac{1}{2}$  teaspoon black pepper

$\frac{1}{2}$  pound very fresh jumbo lump crabmeat

Combine the seasoning mix ingredients thoroughly in a small bowl. Place the shrimp in a medium-size bowl, sprinkle the seasoning mix on them, and work it in with your hands, using it all. Cover and refrigerate until ready to use.

Melt the butter in a 6 quart saucepan over high heat. Stir in the tomato sauce and cook until tomato is noticeably darker and the butter clearly separates out of the mixture, making large puddles of red oil, about 8 minutes; stir almost constantly so mixture doesn't scorch. Stir in the onions, scallions, bell pepper, parsley, garlic, bay leaves and thyme; cook about 2 minutes, stirring constantly. Stir in the stock and rice and cook about 2 minutes more, stirring once or twice. Add salt and pepper. Bring to a simmer, then reduce heat to a slow simmer; cover pan and cook about 15 minutes without stirring.

Now add the shrimp and crabmeat, stirring and scraping pan bottom well. Re-cover pan and remove from heat. Let sit covered about 10 minutes to let the

flavors marry, the shrimp cook, and rice get tender but still firm. Stir well, remove bay leaves, and serve immediately.

Serves 3 to 4 as a main dish or 6 to 8 as an appetizer