



MIRLITON AND SHRIMP CASSEROLE

Prep Time: 1½ Hours

Yields: 6 Servings

Comment:

Once again, we take a traditional vegetable of Bayou Country and give it a different twist by mixing it with shellfish. The result is a delicious, simple dish that is fit to feed any hunting or fishing crowd.

Ingredients:

4 medium mirlitons
1 pound (70–90 count) shrimp, peeled and deveined
2 tbsps liquid crab boil
¼ cup butter
½ cup diced onions
¼ cup diced celery
¼ cup diced red bell pepper
2 cloves garlic, minced
1 cup sliced green onions
½ cup chopped parsley
salt and black pepper to taste
granulated garlic to taste
½ cup bread crumbs

Method:

Preheat oven to 350°F. Place mirlitons in a large pot and cover with salted water and crab boil. Bring to a boil and cook approximately 45 minutes or until tender. Drain mirlitons and discard water. Peel and cube the pulp then set aside. In a large, heavy-bottomed skillet, melt butter over medium heat. Add onions, celery, bell pepper, minced garlic, green onions and parsley and sauté 3–5 minutes or until vegetables are wilted. Add shrimp and cook 5–7 minutes or until pink and curled. Add mirliton pulp then season to taste with salt, pepper and granulated garlic, mixing well. Pour into a greased 9" x 13" casserole dish and sprinkle with bread crumbs. Bake for 20–25 minutes or until lightly browned. Remove from oven and let rest 10 minutes before serving.