

SEAFOOD IN WINE SAUCE
SERVED OVER ANGEL HAIR PASTA

SUBMITTED BY BOB AND SUSAN STUHLMAN

4 (8 oz size) frozen rock lobster tails *
2 lb raw shrimp, shelled and deveined
2 pkg (6 oz size) frozen king crab, thawed and drained**
10 tablespoons butter or margarine
2/3 cup flour
2 teaspoons salt
½ teaspoon paprika
Dash white pepper
3 to 3 ½ cups half and half (half milk, half cream)
1 ¼ cups dry white wine

1. In large kettle, bring 2 ½ quarts of water to boiling. Add lobster tails; return to boiling. Reduce heat; simmer, covered 8 minutes. With slotted utensil, lift out lobster tails, and set aside until cool enough to handle.
2. Return water to boiling. Add shrimp, return to boiling. Reduce heat; simmer covered, 5 minutes, or until tender. Drain.
3. Drain crab meat, removing any cartilage and leaving pieces as big as possible.
4. Remove meat from lobster shells; cut into bite size pieces.
5. Melt butter in Dutch oven; remove from heat. Stir in flour, salt, paprika, and pepper until smooth. Gradually stir in 3 cups half-and-half, mixing to smooth.
6. Bring to boiling, stirring. Reduce heat; simmer 5 minutes.
7. Add wine, stirring until well combined. Add seafood; stir gently until combined. Cook over low heat until heated through. (Do not boil) Add more half-and-half if sauce is too thick.
8. Makes 12 servings.
 - Or used frozen lobster claws and pieces
 - ** Or use 2 cans (7 ½ oz size) king crab meat, drained