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# Seafood Newburg

*The Genuine, Good, Old-Fashioned, Everyday Gourmet Cookbook - Dominion Douglas Church - Montreal, CAN*

Servings: 8

**1 can (16 ounce) frozen lobster, thawed**  
**1 pound cooked shrimp**  
**1 pound cooked scallops**  
**6 tablespoons butter or margarine**  
**1/3 cup flour**  
**1 1/2 teaspoons salt**  
**1/8 teaspoon cayenne pepper**  
**1/4 teaspoon ground nutmeg**  
**1 cup milk**  
**1 cup cream for whipping**  
**3 egg yolks**  
**1/2 cup dry sherry**  
**6 cups hot cooked rice**

In a large saucepan, melt butter. Stir in the flour and seasonings. Cook until bubbly, stirring constantly. Stir in the milk and cream. Continue cooking until the sauce thickens and bubbles for 1 minute. Remove from the heat.

In a small bowl, beat the egg yolks slightly. Stir in the sherry. Slowly stir in 1/2 cup of hot sauce then stir back into the remaining sauce in the pan. Cook slowly, stirring, for about 1 minute. Fold in the scallops, shrimp and lobster. Heat gently. Keep warm over hot water.

Serve from a chafing dish.

(For freezing purposes: Line the top of a double boiler with heavy foil. Spoon in the seafood mixture and freeze. When frozen, remove from the pan and return to the freezer. To serve from frozen: Remove the foil from the frozen mixture and place in the top of a double boiler. Cover and heat over hot water for 1-1/2 to 2 hours.)

## Seafood

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*Per Serving (excluding unknown items): 390 Calories; 13g Fat (31.1% calories from fat); 18g Protein; 45g Carbohydrate; 1g Dietary Fiber; 218mg Cholesterol; 637mg Sodium. Exchanges: 3 Grain(Starch); 1 1/2 Lean Meat; 0 Non-Fat Milk; 2 Fat.*