
Gulf Shrimp Rockefeller

*Top of the Triangle Restaurant - Pittsburgh, PA
Pittsburgh Chefs Cook Book - 1989*

PART I

3 tablespoons butter
3 tablespoons flour
2 1/2 cups hot milk
1/8 teaspoon Worcestershire sauce
1 1/4 tablespoons grated Parmesaqn cheese
3/8 teaspoon salt
1/16 teaspoon pepper

PART II

6 tablespoons butter
2 1/4 teaspoons Worcestershire sauce
1 1/8 teaspoons salt
1 drop Tabasco sauce
1 1/2 cups raw spinach, chopped in 1/4-inch pieces
2 tablespoons green onions, chopped in 1/8-inch pieces
2 tablespoons celery, chopped in 1/8-inch pieces
1/4 clove garlic, chopped fine
1/4 cup finely chopped parsley

PART III

1 pound shrimp, cooked and cleaned
3/4 cup buttered breadcrumbs

Make a Cream Sauce using the three tablespoons of butter, flour and hot milk. When the sauce thickens and the flour taste disappears, add 1/8 teaspoon of Worcestershire sauce, Parmesan cheese, salt and pepper. Set aside temporarily.

In a saucepan, melt six tablespoons of butter. Add the Worcestershire sauce, salt, Tabasco sauce, spinach, green onion, celery, garlic and parsley. Simmer until the spinach wilts and the other vegetables are tender, about 5 minutes.

Place 1/4 cup of spinach into each individual ramekin. Place six to seven shrimp in a layer over the spinach mixture. Pour 1/3 cup of the Cream Sauce over the shrimp. Sprinkle two tablespoons of the buttered breadcrumbs over all.

Bake in a 350 degree oven for 15 minutes until the sauce begins to bubble and the crumbs are a golden brown.

Appetizers, Seafood

Per Serving (excluding unknown items): 1873 Calories; 132g Fat (63.6% calories from fat); 116g Protein; 54g Carbohydrate; 1g Dietary Fiber; 1052mg Cholesterol; 5312mg Sodium. Exchanges: 1 Grain(Starch); 13 Lean Meat; 1/2 Vegetable; 2 1/2 Non-Fat Milk; 24 1/2 Fat; 0 Other Carbohydrates.