



LUNCHIN' AND BRUNCHIN' WITH SEAFOOD serves 4

Ingredients

1- recipe for white sauce

½ lb shelled deveined and cooked shrimp or your favourite seafood to include:

Cooked lobster, scallops, rockfish, Bacalao (codfish) or combinations thereof

1 small chopped onion sautéed

¼ red pepper sautéed

2 Shiitake mushrooms chopped (optional)

1 T freshly grated parmesan cheese

1 T dry white wine

Salt and pepper to taste

1 medium boiled peeled and diced potato

1 package of puff pastry: follow directions for making Vol Au Vents (round hollow pastry casings)

METHOD

Make a white sauce and add seafood, sautéed onion and pepper.

Add remaining ingredients

Fill Vol Au Vents with seafood mixture and serve with broiled tomatoes.