

# Seafood Newburg

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Categories: Seafood

## \*\* Ingredients

4	Tbsp	Flour
1	Tbsp	Paprika
1/2	tsp	Curry Powder
1/8	tsp	Nutmeg
	pinch	Cayenne
		**
4	Tbsp	Butter
1		Shallot, minced
2	cups	Milk
2	Tbsp	Tomato Paste
1/2	cup	Dry Sherry
		**
1	pound	Large Shrimp
1/2	pound	Lobster, tail meat

## \*\* Directions

In a small bowl combine the flour, paprika, curry powder, nutmeg, and cayenne. Set aside.

Melt butter in a large saucepan over low heat. Add the shallots and cook for 3 to 5 minutes until they begin to brown. Add the flour mixture to the shallots and stir until mixed well. Add the milk and tomato paste. Stir until everything is well mixed. Cook about 5 minutes.

Add the sherry and whisk until smooth.

Any seafood like shrimp, lobster, scallops, crab meat can be used. If you are adding lobster bake it in the oven for about 15 minutes, then remove the meat from the shell. Shrimp and scallops can be added raw.

Add fish to the Newburg sauce and bring to a simmer over low heat for about 30 minutes. Serve over rice or noodles.