



# What's Cookin? with Ron & Char...

Recipes from show #3

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## SEAFOOD LASAGNA

# LCTV

- 12 Lasagna noodles
- 3 TBSP unsalted butter
- 1 small onion finely chopped
- 2 cloves garlic minced
- 3 tbsp all purpose flour
- 2-1/2 cups half & half
- 1 cup grated Romano
- 1/2 tsp salt
- 1/4 tsp pepper
- 3/4 pound scallops cut in half if large \*
- 3/4 pound medium shrimp peeled and deveined \*
- 5 lobster dainties chopped in medium size pieces \*
- 1/2 cup grated parmesan
- \* can substitute other seafood if you like



Preheat oven to 375 degrees. Spray 13by10 pan w/ cooking spray  
Cook lasagna noodles till just done about 8min drain & set on  
Wax paper 3 or 4 noodles to each sheet  
Melt butter in large non stick skillet & cook onion over low heat  
Until very soft about 5min  
Add garlic & cook for 1min more  
Stir in flour w/a Wisk & gradually add half & half allow sauce to thicken slightly before adding more.  
When sauce has thickened add cheese, salt&pepper & stir  
Add scallops & lobster & cook for 3 or 4 minutes, then add shrimp & cook for 1or2 min more or until shrimp  
just turn pink. If mixture becomes too thick add more half & half.  
Turn off heat  
Cover bottom of 13by10 pan w/2or3 tbsp on sauce and cover w/noodles side by side  
Spoon 1/3 of sauce and spread seafood evenly  
Lay 4more noodles & spread 1/3 of sauce & remaining seafood.  
Cover w/ last 4 noodles and remaining sauce. Do not spoon any seafood on top just sauce.  
Top w/parmesan  
Bake 20 to 25 min. uncovered until bubbly.  
Allow to rest for 10 min before slicing.

preheat broiler, drain shrimp, reserving marinade. Wrap 1 prosciutto strip around each shrimp. Arrange on bak-  
ing sheet. Broil shrimp abut 6 inches from heat source until prosciutto begins to crisp and shrimp are cooked

Hosted by: Charlotte Trusello & Ron Andrzejewski  
Produced by: Greg Larson & Rich Zapp

## Crab Stuffed Mushrooms

1/2 cup herb flavored cheese (recommended: Boursin)  
1/2 cup finely minced crabmeat  
1/ uniform sized mushrooms, stems removed  
1 box phyllo pastry (will need 18 sheets)  
1/3 cup butter, melted  
Salt and freshly ground pepper  
1 egg beaten  
Preheat oven to 400 degrees



Combine cheese and crab in a small bowl. Divide crab mixture among the upside-down mushroom caps, stuffing the mushrooms. Carefully lay 6 sheets of phyllo dough on top of one another, brushing every other sheet with melted butter. Cut phyllo lengthwise down the center and then cut each half into 3 pieces to make 6 rectangles. Place mushroom, cheese side up in the center of each square. Season with salt and pepper. Left sides of pastry over mushrooms to resemble small bundles and form a neck pinching edges together to seal.

Place on a greased baking sheet and brush with beaten egg. Bake for about 15 minutes until pastry is crisp and golden. Serve hot.

## Chocolate Shells with Vanilla Pearls

### Ingredients

1 cup plus 6 tablespoons vanilla ice cream  
2 packages frozen chocolate muffins, thawed  
(I used weight watchers smart ones)  
1/3 cup confectioners' sugar for dusting  
1 ripe carambola (star fruit) sliced  
4 large strawberry's sliced or raspberry's



Using a mini ice cream scoop (about 1 1/2 inches) scoop out 4 vanilla ice cream balls (pearls) and place on a plate. Store in freezer until ready to assemble desserts.

Cut muffins in half horizontally. Using the back of a teaspoon, press a small indentation on the cut sides of muffin bottoms where the ice cream pearls will rest. Microwave 1 cup vanilla ice cream in a 2 cup glass measure, stirring every 10 seconds until melted smooth.

To assemble shells: Heavily dust muffin tops with confectioners' sugar to coat. Make lines in the sugar, using the back of a knife to resemble a scallop shell.

Place muffin bottoms on plates. Set an ice cream pearl in the hollow. Rest the muffin tops against the