

Seafood Stuffing

written by The Recipe Exchange | June 15, 2017

Ingredients

4 tablespoons of butter
1 cup of finely minced Vidalia or other sweet onion
1/4 cup of finely minced green bell pepper
4 slices of white or white wheat bread, toasted
1 pound of crabmeat
1/2 pound of raw shrimp, peeled, deveined, and chopped optional
1 large egg
Pinch of kosher salt
1/4 teaspoon of freshly cracked black pepper, or to taste
1/4 to 1/2 teaspoon of Cajun seasoning
1/2 teaspoon of Old Bay seasoning
Couple shakes of dried parsley

Directions

Melt the butter in a large skillet over medium heat and add the onion and green pepper; cook until softened. Remove from the heat and set aside to cool slightly. Toast the bread slices, sprinkle each piece with a good spray of water to wet them and set aside in a bowl. Let sit for about 2 minutes. Pick through the crabmeat to check for stray shell; set aside.

Squeeze out the bread and break it up. Add the egg to the bread and mix. Add the salt, pepper, Cajun seasoning, Old Bay, parsley and sauteed onion and bell pepper; carefully turn until well mixed. Add the crab and gently mix. Use as desired to stuff shrimp, crab shells, to make crab patties for po'boys, as a filling for squash, eggplant, or other vegetables, to stuff flounder, or to form crab cakes or bite sized crab balls.

Note: You can substitute other toasted breads, such as leftover dinner rolls or French bread. Toast before using.