

Bayou Seafood Dinner



Ingredients:

2 pounds fresh large shrimp, shelled and de-veined
2 pounds fresh bay scallops
2 pounds fresh cod or pollock fillets
2 cloves of garlic, minced
2 fresh lemons thinly sliced into rounds
2 cups red onion, minced
2 cups sweet yellow corn kernels
2 cups okra, sliced into half-inch rounds
2 cups petite-diced fire-roasted tomatoes
1/2 cup olive oil
1/2 cup melted butter
1/4 cup Worcestershire sauce
1/4 cup soy sauce
1/2 cup Sriracha sauce
2 tablespoons Liquid Smoke
2 tablespoons fresh rosemary, minced
2 tablespoons fresh oregano, minced
2 tablespoons Creole seasoning
2 tablespoons cayenne pepper
1 tablespoon kosher salt
1 tablespoon freshly ground black pepper
2 bay leaves
6 cups cooked rice

Directions:

- 1) Preheat your oven to 400 degrees.
- 2) Spread the tomatoes in the bottom of a large roasting pan, followed by layers of the corn, okra, onion and garlic.
- 3) Place the shrimp, scallops and cod on top of the vegetables.
- 4) Combine the olive oil, butter, Worcestershire sauce, soy sauce, Liquid Smoke, and Sriracha in a small bowl. Pour the mixture evenly over the seafood.
- 5) Combine the rosemary, oregano, Creole seasoning, cayenne, salt and pepper in another small bowl. Sprinkle the seasoning evenly over the seafood.
- 6) Layer the sliced lemons over the top of the seafood, then place the pan in the oven and bake for 15 to 20 minutes. Check the texture of the seafood and return the pan to the oven and bake an additional 5 to 10 minutes, until the shrimp are pink, the scallops are no longer translucent and the cod flakes easily with a fork.
- 7) Discard the bay leaves and serve the dish over the prepared rice.