**The Seafood Lady Recipe’s**

Dessert

Pecan Bites

1/4 teaspoon vanilla extract

4 oz water

2 oz yolks

1 pinch salt

2 oz brown sugar

1 T cornstarch

1 tablespoon butter

2 oz pecan halves

2 pre made pie crust

Recipe

Mix cornstarch and brown sugar together in a medium

saucepan.

Beat together the egg yolks, water, and a pinch of salt.

Add the egg yolk mixture to the cornstarch along with the

chopped pecans.

Simmer on medium heat, stirring constantly until thickened.

Boil for 1 minute, still stirring repeat, repeat.

Remove from heat: stir in the butter.

Mix in the vanilla extract and pecan halves.

**Seafood Lady Crabcakes**

Course:

Categories:

Source: The Seafood Lady

Serving size: Preparation time: 15 mins Cooking time: 4

mins

Ingredients

8 oz LUMP CRAB

1 WHIPPED EGGS

1/4 CUP BREADCRUMBS

1 oz MAYO

1/2 t THYME

1 ½ t ADOBO

1 T OLDBAY

1 ½ t BLACK PEPPER

1 t CAYEENE PEPPER

1 t GRANULATED GARLIC

Directions

1) empty crab from can into large mixing bowl

2)add seasoning and toss gently

3) add beaten eggs

4) again gently toss-blending seasoning, bread crumbs, and

eggs evenly

5) form mixture into (6oz) patties

6) keep refrigerated until use!

**Shrimp and Grits 2 servings**

Ingredients:

2 T + 2t green bell pepper

2 slices bacon chopped

1/2 lb shrimp peeled and deveined

1/2 Teaspoon old bay

2 T + 2t onion diced

1 oz green onions sliced

1/2 tablespoon lemon juice

1/4 teaspoon garlic powder

1/2 tablespoon zatarains crab boil

Grits

1 cup water

1 cup milk

2 cups shredded cheddar cheese

1/2 cup butter

2 tablespoons sour cream

1 cup grits

Bring the water to A boil, add grits and butter

Cook the grits for 6 mins while stirring consistently.

Remove the grits from the heat

Chop the bacon up, and fry in A medium pan until it’s crispy.

Remove the bacon from the pan and leave the drippings in

the pan.

Sauté the onions in the bacon drippings for 2 mins,

Add the bell peppers and cook them until they’re tender.

Remove the peppers and onions from the heat.

Put the shrimp, and all seasonings in the pan and cook then

for 3 mins while flipping.

Add onions, celery, green onions and lemon juice back into

the pan.

Simmer for 3 to 4 mins

Serve shrimp over hot buttery grits top with bacon, parsley

and lemon wedges.