

Ocean Lasagna

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Prepare the steamed seafood mixture:

- Pre-Heat a large skillet to Medium heat
- Add 1 tablespoon of olive oil
- Add 1 tablespoon of minced garlic
- Add 1/4 cup of pre-chopped onion
- Add 1/4 cup of pre-chopped bell pepper
- Add 1 tbs garlic powder
- Cook until softened and slightly caramelized (approximately 3-5 minutes)
- Add 1/4 cup of water to the skillet
- Add 1 lb of lobster meat and 1lb of crab meat to the skillet
- Season lobster and crab to taste with garlic powder, fish seasoning, and old bay seasoning
- Add 4 Tbs of unsalted butter
- Add 1 Tbs of parsley paste
- Add 1 tsp black pepper
- Add a pinch of salt
- Stir all of the ingredients in the skillet
- Add water if necessary to ensure there is moisture at the bottom of the skillet
- Lower heat, cover mixture, and let simmer for 8-9 minutes.
- Turn off and set to the side.

Prepare the fried seafood:

- Add 1-2 cups of flour to a mixing bowl and set aside
- Whisk 2 eggs in a mixing bowl and set aside
- Add bread crumbs (whatever kind you prefer) and grated Parmesan cheese to a mixing bowl and season with paprika, salt, pepper, and parsley flakes to taste. Set aside.
- Preheat a medium skillet
- Add enough vegetable oil to cover the flounder
- Pat flounder with a paper towel to remove any moisture
- Season to taste with a splash of fresh lemon juice, garlic, onion, pepper, and salt
- Add to the flour bowl. Toss to cover all pieces.
- Remove from flour and dip into egg wash.
- Remove from egg wash and put into breadcrumb mixture. Ensure all pieces are covered with breadcrumbs.
- Safely and slowly place each piece of flounder into the oil.
- Cook for approximately 3 minutes on each side or until golden brown.

- Remove from oil and drain oil off on a paper towel.
- (Optional): Add a pinch of salt.
- Once cool, cut into small pieces.
- Set aside.

Prepare the cheese sauce:

- Pre-heat a large skillet to medium heat
- Add 4 Tbs of butter
- Allow to melt for 30 seconds
- Add 1 Tsp of minced garlic
- Add 1 Tbs of flour
- Stir to dissolve flour into the butter
- Add 3 cups of half & half while stirring
- Add 2 Tablespoons basil paste
- Season to taste with Italian seasoning, garlic powder, and old bay
- Add 4 oz of Italian blend cheese and 4 oz of Parmesan cheese to the skillet
- Allow cheese to melt.
- Add 1 oz of chopped fresh basil
- Once melted, remove from heat and set aside.

Prepare the lasagna:

1. Add a thin layer of sauce to the bottom of a casserole dish or deep rectangular pan to cover the pan
2. Add as many no boil lasagna pieces necessary to cover the pan. (*May have to cut pieces in half depending on pan size)
3. Add the steamed seafood mixture on top of the noodles
4. Add the fried seafood on top of the steamed seafood
5. Add mozzarella cheese
6. Repeat steps 1-5 until the pan is full.

Bake:

- Cover the lasagna dish and bake covered for 30 minutes at 350 degrees.
- Remove cover and cook for another 15 minutes.
- Garnish with fresh parsley and fresh basil on top.
- Allow to cool for 5-10 minutes.
- Serve.

Ingredients

- [] No Boil Lasagna
- [] Lobster
- [] Crab
- [] Flounder
- [] Half & Half
- [] Parmesan cheese
- [] 6 blend Italian cheese
- [] Mozzarella cheese
- [] Butter
- [] Flour
- [] Egg
- [] Fresh Parsley 
- [] Parsley paste
- [] Fresh basil
- [] Basil paste
- [] Peppers 
- [] Onion
- [] Minced garlic
- [] Garlic paste
- [] Garlic powder
- [] Onion powder
- [] Black pepper
- [] Salt
- [] Fish seasoning
- [] Old bay powder

- [] Extra virgin olive oil
- [] Vegetable oil
- [] Bread crumbs
- [] Grated Parmesan cheese