



## **Combination Pan Roast**

### **Pascal's Manale**

8 tablespoons butter  
1 onion, chopped  
1 green bell pepper, chopped  
½ cup chopped red bell pepper  
1 bunch green onions, chopped  
6 tablespoons flour  
1 ½ teaspoons salt  
½ teaspoon white pepper (or more to taste)  
1 pint raw oysters, chopped (reserve oyster water)  
1 pound fresh shrimp, peeled, deveined and chopped  
½ pound claw crabmeat  
½ pound lump crabmeat  
2 tablespoons chopped fresh parsley (reserve some for garnish)  
½ to ¾ cup plain breadcrumbs, plus extra for topping  
6 ounces seafood or shrimp stock

Melt butter in a heavy saucepan and add the onion. When the onion begins to soften, stir in the green and red bell pepper. When tender, add the green onions and sauté until the vegetables are translucent. Stir in the flour, salt and white pepper to make a blond roux. Cook over medium heat for 2 to 3 minutes to cook the flour but do not allow it to brown.

Add the chopped oysters, oyster water and shrimp to the pan. Cook briefly, stirring, just until the shrimp begins to turn pink. Remove the pan from the heat. Fold in the crabmeat, parsley and ½ cup breadcrumbs. Stir in the stock, adding more breadcrumbs if necessary to pull the mixture together.

Place the mixture in a baking pan and top with breadcrumbs. Bake at 350 degrees for 15 to 20 minutes until heated through, then finish under the broiler for a brown, crispy crust. Garnish with parsley and serve.