



Mike's Combo Pan Roast Recipe

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This recipe was developed to imitate the Pan Roast that is very popular at the Palace Station Hotel, and available at many of the Station Casinos in Las Vegas, Nevada. It was developed over months of trial and error, and sampling several bowls of the pan roast. A recent focus group agreed that this recipe tasted almost identical, to the real thing. Go try the real thing and see for yourself. I hope you enjoy. Your comments welcome!

Ingredients:

$\frac{3}{4}$ Cup Finely Minced Green Pepper
 $\frac{3}{4}$ Cup Finely Minced Onion
 $\frac{3}{4}$ Cup Finely Minced Celery
½ Stick Salted Butter
½ Box Standard Chicken Broth
3 Cans Low Sugar Tomato Soup¹
1 Pint Half and Half

2 Tablespoons Cajun Spice²
½ Teaspoon Hot Chili Sauce³
1 Pound Lump Crab Meat⁴
1 Pound 15-20 Count Shrimp
1 Pound Lobster Cut in Pieces⁵
3 Cups Cooked White Rice
Finely Chopped Fresh Parsley

Directions:

Sauté the minced vegetables in butter (being careful not to brown) until just about tender and slightly translucent. Add broth and cook covered over medium heat until tender, about 5-7 minutes. Add Tomato soup and half and half. Bring to a boil and IMMEDIATELY reduce heat to simmer. You must watch closely as it begins to boil, if it boils for more than just a few seconds, the dairy will separate. Add Cajun spices and chili sauce. Simmer for about 10 minutes. While simmering, clean, de-vein and shell the shrimp and lobster. (If using pre-steamed lobster, add just before serving.) Add shellfish and bring up heat enough to cook the shellfish, but not to boiling, about 5-6 minutes. Add fresh ground pepper to taste.

Garnish with 2 oz (1/4 cup) scoop of white rice and sprinkle parsley on top.
A crisp parmesan flat cracker finishes the presentation.

¹Campbell's Tomato Soup can be used in a pinch, but a lower sugar, healthy choice or organic brand is better. Not for health reasons, but because too much sugar changes the taste of the finished product.

²Several Cajun spices were tested, and the best outcome came from Cajun's Choice™ Louisiana Foods Creole Seasoning, but a good substitute is Louisiana Fish Fry Products™ Cajun Seasoning. The latter will make it slightly saltier. Another alternative is the Red Robin™ Season Salt.

³Tuong Ot Sriracha™ Hot Chili Sauce tested best, although a mixture of dried red peppers (like you get at pizza places) soaked in 1 T of water could also be used. At the restaurants, they offer a variable spiciness, from 1-10. Without this sauce the recipe makes about a 4, with this sauce it is about a 6. (Chile powder is not the same thing, and will ruin your dish.) Adjust to desired spiciness.

⁴You can use fresh or canned crab. Costco sells 1lb cans which works perfect.

⁵A less expensive alternative is to use 7-8 count Jumbo Prawns, and cut into about 1" pieces, you can't tell the difference in the final result, since lobster has such a delicate flavor, and this recipe is so strong.

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