

The Seafood Cookbook

114 Recipes

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Chrissy's Tangy Seafood Dip

Ingredients

1 cup meatless spaghetti sauce
1 (6 ounce) can crabmeat, drained and flaked
1 (8 ounce) package cream cheese, softened
1 cup shredded white Cheddar cheese
2 tablespoons OLD BAY® Seasoning
2 tablespoons Worcestershire sauce
1 teaspoon ground black pepper
1/2 teaspoon kosher salt

Directions

Preheat the oven to 350 degrees F (175 degrees C).

Spread the spaghetti sauce in an even layer in the bottom of an 8 or 9 inch square baking dish. In a medium bowl, mix together the crabmeat, cream cheese, and Cheddar cheese. Season with Old Bay, Worcestershire sauce, pepper, and salt. Spoon over the spaghetti sauce layer, and spread evenly.

Bake for 40 minutes in the preheated oven, or until the top is golden brown. Serve immediately with thinly sliced baguettes or crackers.

Chunky Seafood Chowder

Ingredients

1 medium onion, chopped
2 tablespoons butter or margarine
2 pints half-and-half cream
1 (10.75 ounce) can condensed
New England clam chowder,
undiluted
3 medium potatoes, peeled and
cubed
1 teaspoon salt
1/4 teaspoon white pepper
1 (8 ounce) package imitation crab
meat, flaked

Directions

In a saucepan, saute onion in butter until tender. Add cream and canned chowder; bring to a boil. Stir in the potatoes, salt and pepper. Reduce heat; simmer, uncovered, for 15-20 minutes or until the potatoes are tender. Stir in crab and heat through.

Seafood Stuffed Mushrooms

Ingredients

2 pounds fresh mushrooms,
stems removed
2 (8 ounce) packages cream
cheese, softened
2 green onions, chopped
1/4 pound imitation crabmeat
1/4 pound small shrimp - peeled
and deveined
2 (1 ounce) packages green onion
dip mix
1 dash garlic powder
salt and pepper to taste

Directions

In a medium bowl combine the cream cheese, green onions, crab, shrimp, dip mix, garlic powder, salt and pepper. Mix all together and chill mixture for about 1 hour. Spoon mixture into clean mushroom caps to stuff and serve.

Special Spicy Seafood Sauce

Ingredients

1 1/2 cups ketchup
2 tablespoons finely chopped celery
2 tablespoons white wine vinegar
2 teaspoons finely chopped green onion
2 teaspoons water
2 teaspoons Worcestershire sauce
1 teaspoon prepared horseradish
1/2 teaspoon seasoned salt
1/2 teaspoon ground mustard
1/4 teaspoon cayenne pepper

Directions

In a small bowl, combine all ingredients. Cover and refrigerate for at least 1 hour before serving. Refrigerate leftovers.

Kahala's Macaroni Seafood Salad

Ingredients

1 (16 ounce) package spaghetti,
broken into 2-inch pieces
4 hard-cooked eggs, chopped
1 carrot, grated
1/2 cup frozen petite peas,
thawed
1 cup frozen fully cooked salad
shrimp, thawed
1/2 cup crab meat, cooked

Dressing:

16 ounces mayonnaise
1/4 cup milk
1 teaspoon lemon juice
1 teaspoon sugar
salt to taste
black pepper to taste
paprika to taste

Directions

Bring a large pot of lightly salted water to boil. Add pasta, and cook until al dente, about 8 to 10 minutes. Drain, and add pasta to a large bowl. Stir in eggs, carrots, peas, shrimp, and crab meat. Cover, and refrigerate.

To make dressing, stir together mayonnaise, milk, lemon juice, and sugar. Season to taste with salt, pepper, and paprika.

Mix dressing into chilled pasta, stirring until well combined. If the salad seems dry, stir in more mayonnaise and a splash more milk or water. Cover, and chill before serving.

Seafood Strata with Pesto

Ingredients

12 slices day-old sourdough bread, crusts removed
1 cup basil pesto
3 tablespoons butter
1 (10 ounce) package sliced fresh mushrooms
1 cup chopped green onion
1/4 cup dry sherry
8 ounces medium shrimp - peeled and deveined
8 ounces fresh crabmeat
2 cups shredded Swiss cheese
6 eggs
3 cups half-and-half cream
1/2 teaspoon salt
1/8 teaspoon cayenne pepper
1/2 cup panko bread crumbs
1 medium tomato, cut into wedges
1 tablespoon chopped fresh basil or chives for garnish

Directions

Preheat the oven to 350 degrees F (175 degrees C). Cut each slice of bread into 4 triangles. Place them on a baking sheet, and bake for about 10 minutes, or until toasted. Allow to cool, then spread pesto onto one side of each piece of bread. Set aside.

Melt the butter in a large skillet over medium heat. Add the mushrooms; cook and stir until all of the liquid has evaporated. Add the onions; cook and stir for a couple of minutes, then pour in the sherry. Simmer for 1 minute.

Place half of the bread triangles into a greased 9x13 inch baking dish with the pesto side facing up. Sprinkle half of the cheese over the bread. Spread the shrimp and crabmeat over the cheese. Top with the mushroom and onion mixture, then sprinkle all but 1/2 cup of the remaining cheese over the mushrooms. Cover with the other half of the bread so that the pesto side is facing down. In a large bowl, whisk together the eggs, half-and-half, salt, and cayenne pepper. Pour over the entire casserole. Cover and refrigerate for at least 2 and up to 24 hours. Remove from the refrigerator for one hour before baking.

Preheat the oven to 350 degrees F (175 degrees C). Combine the 1 cup of reserved cheese with the panko crumbs in a plastic bag. Shake to blend, and sprinkle over the top of the casserole.

Bake uncovered for 55 to 60 minutes in the preheated oven, or until a knife inserted in the center comes out clean. Let stand for 15 minutes before serving. Garnish with fresh tomato and basil or chives.

Dipping Sauce for Seafood

Ingredients

1 1/2 cups plain non-fat yogurt
1/3 cup honey
1/2 cup prepared Dijon-style mustard
1 tablespoon chopped green onion
1 dash chili sauce

Directions

In a medium bowl, mix together plain non-fat yogurt, honey, prepared Dijon-style mustard, green onion and chili sauce. Chill in the refrigerator approximately 1 hour before serving.

Seafood And Cabbage Salad

Ingredients

2 1/2 cups shredded cabbage
1 cup shredded red cabbage
1 head fresh broccoli, cut into florets
1 green bell pepper, thinly sliced
1 red bell pepper, sliced
1 pound imitation crabmeat, coarsely chopped
3/4 cup light mayonnaise
1/4 cup lemon juice
2 tablespoons white sugar
3 tablespoons white wine vinegar
1 clove crushed garlic
1 1/2 teaspoons Worcestershire sauce
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1/2 teaspoon hot pepper sauce

Directions

In a small bowl, whisk together mayonnaise, lemon juice, sugar, white wine vinegar, garlic, Worcestershire sauce, salt and pepper, and chile sauce.

In a large bowl, combine cabbage, broccoli, bell peppers, and crab. Toss mixture with dressing. Cover, and refrigerate until ready to serve.

Lemon Seafood Risotto

Ingredients

2 tablespoons olive oil
1 large leek, cleaned and thinly sliced
2 cloves garlic, minced
1 cup Arborio rice
2 cups low-sodium chicken broth, divided
1 cup dry white wine
1/2 pound bay scallops
1/2 pound medium shrimp, peeled and deveined
1 cup fresh snow peas, trimmed and halved crosswise
1 medium red bell pepper, diced
3 tablespoons grated Parmesan cheese
2 teaspoons dried basil
2 tablespoons lemon juice
ground black pepper to taste

Directions

Heat olive oil in a large, heavy-bottomed saucepan over medium-low heat. Cook the leek and garlic until soft, about 5 minutes. Stir in the rice, and cook for 5 minutes more, stirring frequently.

Pour in 1 1/2 cups of the chicken broth, and bring to a boil over high heat, stirring occasionally. Reduce heat to medium-low, and simmer, uncovered for 5 minutes, continuing to stir. Pour in the remaining chicken broth and wine, increase heat to medium, and cook for about 5 more minutes, stirring constantly.

Add the scallops, shrimp, peas, and red pepper. Cook, stirring constantly, until the remaining liquid is almost absorbed, and the seafood has cooked, about 5 minutes. When the rice is just tender and slightly creamy, season with Parmesan cheese, basil, lemon juice, and pepper.

Rachel's Crockpot Seafood Cheese Dip

Ingredients

1 (8 ounce) package processed cheese food (such as Velveeta®)
2 tablespoons reduced-fat cream cheese
1 1/2 cups sour cream
1/2 cup cooked small shrimp
1/2 cup cooked crabmeat, flaked
1/2 cup cooked lobster, flaked
2 teaspoons seafood seasoning (such as Old Bay®)
1 teaspoon Worcestershire sauce
1 loaf (1/2-inch-thick) slices French bread, lightly toasted

Directions

Combine processed cheese food, cream cheese, sour cream, shrimp, crab, and lobster in a crockpot. Cover and cook on Low heat until cheese is melted, about 1 hour, stirring occasionally to break up lumps. Once the cheese is melted, stir in seafood seasoning and Worcestershire sauce. Serve with French bread.

Seafood Pasta Delight

Ingredients

8 ounces uncooked vermicelli pasta
2 tablespoons cornstarch
1 teaspoon sugar
3/4 teaspoon salt
Dash pepper
1/2 cup chicken broth
1/2 cup dry white wine or additional chicken broth
1/4 cup reduced-sodium soy sauce
1 medium sweet red pepper, julienned
1 medium sweet yellow pepper, julienned
2 cups fresh or frozen sugar snap peas
2 cloves garlic, minced
1/4 teaspoon ground ginger
1 tablespoon olive or canola oil
1 pound sea scallops, halved
1 pound uncooked medium shrimp, peeled and deveined
2 teaspoons sesame oil

Directions

Cook pasta according to package directions. In a bowl, combine the cornstarch, sugar, salt and pepper; stir in the broth, wine or additional broth and soy sauce until smooth; set aside.

In a large nonstick skillet or wok, stir-fry the peppers, peas, garlic and ginger in oil for 2-4 minutes or until crisp-tender. Add scallops and shrimp; stir-fry 2 minutes longer. Stir cornstarch mixture and add to the pan. Bring to a boil; cook and stir for 2 minutes or until thickened. Drain pasta; add to skillet. Heat until scallops are firm and opaque and shrimp turn pink. Sprinkle with sesame oil.

Christmas Seafood Soup

Ingredients

2 (6.5 ounce) cans chopped clams
2 cups diced peeled potatoes
2 cups chopped celery
2 cups diced carrots
1/2 cup water
2 cups milk
5 ounces frozen cooked shrimp,
thawed
4 bacon strips, cooked and
crumbled
2 teaspoons minced fresh parsley
salt and pepper to taste

Directions

Drain the clams, reserving juice; set clam aside. In a large saucepan or Dutch oven, combine clam juice, potatoes, celery, carrots and water. Bring to a boil. Reduce heat; cover and cook for 15 minutes or until vegetables are tender. Add the milk, shrimp, bacon, parsley, salt, pepper and reserved clams; heat through.

Seafood Nachos

Ingredients

30 baked tortilla chips
1 (8 ounce) package imitation crabmeat, chopped
1/4 cup reduced-fat sour cream
1/4 cup reduced-fat mayonnaise
2 tablespoons finely chopped onion
1/4 teaspoon dill weed
1 cup shredded reduced-fat Cheddar cheese
1/4 cup sliced ripe olives
1/4 teaspoon paprika

Directions

Arrange tortilla chips in a single layer on an ungreased baking sheet. In a bowl, combine the crab, sour cream, mayonnaise, onion and dill; spoon about 1 tablespoon onto each chip. Sprinkle with cheese, olives and paprika. Bake at 350 degrees F for 6-8 minutes or until cheese is melted.

Banana Leaf Seafood

Ingredients

6 shallots, finely chopped
4 cloves garlic, peeled and crushed
2 tablespoons sambal belachan
2 teaspoons vegetable oil
1 teaspoon curry powder
1 teaspoon ground cumin
1 teaspoon fresh lime juice
salt and pepper to taste
1 pound squid, cleaned and sliced into rings
1 banana leaf

Directions

In a medium, non-reactive bowl, mix shallots, garlic, sambal belachan, vegetable oil, curry powder, cumin, lime juice, salt, and pepper. Place squid in the mixture. Cover, and marinate in the refrigerator at least 2 hours.

Preheat an outdoor grill for high heat, and lightly oil grate.

Lightly grease the banana leaf. Wrap squid in the leaf, and place on the prepared grill. Cook 10 to 15 minutes, until leaf is slightly charred and squid is opaque.

Seafood Chowder

Ingredients

1 tablespoon vegetable oil
1 large onion, chopped
1/4 teaspoon garlic powder
1 (10.75 ounce) can
Campbell'sB® Condensed Cream
of Celery Soup (Regular or 98%
Fat Free)
1 (10.75 ounce) can
Campbell'sB® Condensed Cream
of Potato Soup
1 1/2 (10.75 ounce) cans milk
1/4 teaspoon dried dill weed,
crushed
1/2 pound medium fresh or
thawed frozen shrimp, shelled and
deveined
1/2 pound fresh or thawed frozen
firm white fish fillet, cut into 1-inch
pieces*
Chopped fresh parsley

Directions

Heat oil in saucepot. Add onion and garlic powder and cook until tender.

Add soups, milk and dill. Heat to a boil.

Add shrimp and fish. Cook 5 minutes over low heat or until done. Garnish with parsley.

Linguine with Seafood and Sundried Tomatoes

Ingredients

1 pound linguine pasta
1/2 cup olive oil
1/2 cup butter
4 cloves garlic, minced
1 pound bay scallops
1 pound medium shrimp - peeled and deveined
1 (8 ounce) jar clam juice
1/3 cup chopped sun-dried tomatoes
1/4 cup chopped fresh parsley
2 1/2 teaspoons lemon zest
1/4 teaspoon salt
1/4 teaspoon crushed red pepper flakes

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

In a large skillet add the olive oil and butter. Heat until butter is melted. Add the garlic and saute until tender.

Add the scallops and shrimp. Cook until shrimp is pink, about 10 minutes. Add clam juice, salt and pepper. Cook for 3 minutes more.

To the cooked pasta add the tomatoes, parsley and lemon zest, toss. Pour seafood mixture over the linguini, serve immediately.

Campbell's Kitchen Seafood Bisque

Ingredients

1/4 cup sweet butter
1 pound fresh OR frozen seafood
(cut-up lobster, shelled shrimp,
scallops, crabmeat OR imitation
crabmeat)
2 (10.75 ounce) cans
Campbell'sB® Condensed Cream
of Shrimp Soup
2 (10.75 ounce) cans
Campbell'sB® Condensed Cream
of Potato Soup
1 cup heavy cream
4 cups half-and-half
hot pepper sauce to taste
Cream sherry to taste

Directions

Melt butter in large saucepan. Add your choice of seafood and cook until done.

Add soups, heavy cream and half-and-half; stir until smooth.

Heat through. Season with hot pepper sauce and sherry.

Seafood Tomato Alfredo

Ingredients

1 tablespoon butter
1 medium onion, chopped
1 (10.75 ounce) can Campbell's®
Condensed Cream of Mushroom
with Roasted Garlic Soup
1/2 cup milk
1 cup diced canned tomato
1 pound fresh fish fillet (flounder,
haddock or halibut), cut into 2-
inch pieces
4 cups hot cooked linguine

Directions

Heat the butter in a 10-inch skillet over medium heat. Add the onion and cook until it's tender.

Stir in the soup, milk and tomatoes. Heat to a boil. Add the fish to the skillet and reduce the heat to low. Cover and cook for 10 minutes or until the fish flakes easily when tested with a fork.

Serve over linguine.

A Simple Seafood Bisque

Ingredients

1 (12 ounce) can evaporated milk
1/2 cup half-and-half
1/2 cup dry white wine
1 roasted red pepper, chopped
2 teaspoons butter
1 bay leaf
1 pinch salt
1 dash hot pepper sauce (such as Tabasco®)
2 (8 ounce) cans oysters, drained and rinsed
2 (6.5 ounce) cans chopped clams with juice
1 cup chopped portobello mushrooms
2 green onions, minced

Directions

Heat evaporated milk, half-and-half, white wine, roasted red pepper, butter, bay leaf, salt, and hot pepper sauce in a saucepan over medium-low heat, stirring often, until very hot but not simmering, about 5 minutes. Stir in the oysters, clams with juice, and mushrooms. Cover and cook until canned oysters are just heated through, about 3 minutes. Do not boil. Remove bay leaf, sprinkle with green onions, and serve.

Seafood Salad Supreme

Ingredients

1 tablespoon butter
1 pound fresh shrimp, peeled and deveined
1 pound crabmeat
1 (8 ounce) package seashell pasta
2 strips celery, sliced
1 red bell pepper, chopped
1 green onion, thinly sliced
1 cup shredded mozzarella cheese
1/4 cup slivered, toasted almonds
1 cup mayonnaise
3 tablespoons fresh lemon juice
2 tablespoons chopped fresh parsley
1/2 teaspoon Old Bay Seasoning
TM

Directions

In a large skillet, melt the butter over medium heat and saute shrimp until pink. Add crabmeat and cook one more minute or until heated through. Set aside.

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Transfer the shrimp and crabmeat to a large mixing bowl and let cool to room temperature. Stir in pasta, celery, bell pepper and green onion. Add mozzarella cheese, slivered toasted almonds, mayonnaise and lemon juice. Season with parsley, and old bay seasoning. Toss to mix thoroughly.

Refrigerate for 2 hours before serving.

Ben's Seafood Dip

Ingredients

1 (8 ounce) package cream cheese
1 (.25 ounce) package unflavored gelatin
1 (10.75 ounce) can condensed cream of mushroom soup
3/4 cup chopped celery
3/4 cup chopped green onions
3/4 cup water chestnuts, drained
1 1/2 cups cooked shrimp, peeled and deveined

Directions

Place the cream cheese and gelatin in a medium bowl and microwave on high approximately 1 minute, or until melted. Blend until creamy.

Stir in the cream of mushroom soup, celery, green onions, water chestnuts and shrimp. Chill in the refrigerator approximately 1 hour before serving.

Mediterranean Seafood Salad

Ingredients

1 1/2 cups dried small pasta shells
3 cups imitation crab or lobster meat
2 stalks celery, finely chopped
3/4 cup black olives
1 1/2 cups mayonnaise
1/3 cup Catalina salad dressing
2 teaspoons Worcestershire sauce
1 tablespoon hot sauce
1/4 teaspoon Dijon mustard
1 cup cubed Cheddar cheese

Directions

Bring a large pot of lightly salted water to a boil. Add pasta, and cook until al dente, about 8 to 10 minutes. Drain, and place pasta in a large bowl. Stir in crabmeat, celery, and olives. Mix in mayonnaise, Catalina dressing, Worcestershire sauce, hot sauce, and Dijon. Stir in Cheddar cheese, cover, and chill at least 1 hour.

Chunky Seafood Sauce

Ingredients

1/2 cup ketchup
3/4 cup finely chopped celery
1/2 cup finely chopped green pepper
3 tablespoons finely chopped onion
2 tablespoons lemon juice
1/2 teaspoon prepared mustard
1/4 teaspoon salt
1/4 teaspoon paprika
1/4 teaspoon Worcestershire sauce

Directions

In a bowl, combine all ingredients. Cover and refrigerate for at least 1 hour before serving.

Seafood Lasagna I

Ingredients

1 (16 ounce) package lasagna noodles
1 pound cooked salad shrimp
1 pound fresh crab meat
3 tablespoons butter
3 tablespoons all-purpose flour
3 cups milk
1 cup grated Parmesan cheese
5 cups shredded mozzarella cheese

Directions

Cook lasagna noodles in a large pot of boiling salted water until al dente. Drain well.

Preheat oven to 350 degrees F (175 degrees C).

In a medium size saucepan over medium heat melt butter or margarine, stir in flour and let flour brown slightly. Stir in milk, stirring constantly until sauce thickens. Add the parmesan cheese to the sauce and stir well.

In a 9x13 baking pan spread a thin layer of white sauce, followed by a layer of cooked lasagna noodles. Place 1/4 of the shrimp, 1/4 of the crabmeat and 1 cup mozzarella cheese on top of the lasagna noodles. Repeat three times, making four layers. Top the final layer with sauce and remaining mozzarella cheese. Bake for 45 minutes or until top is brown.

Cajun Seafood Pasta

Ingredients

2 cups heavy whipping cream
1 tablespoon chopped fresh basil
1 tablespoon chopped fresh thyme
2 teaspoons salt
2 teaspoons ground black pepper
1 1/2 teaspoons crushed red pepper flakes
1 teaspoon ground white pepper
1 cup chopped green onions
1 cup chopped parsley
1/2 pound shrimp, peeled and deveined
1/2 pound scallops
1/2 cup shredded Swiss cheese
1/2 cup grated Parmesan cheese
1 pound dry fettuccine pasta

Directions

Cook pasta in a large pot of boiling salted water until al dente.

Meanwhile, pour cream into large skillet. Cook over medium heat, stirring constantly, until just about boiling. Reduce heat, and add herbs, salt, peppers, onions, and parsley. Simmer 7 to 8 minutes, or until thickened.

Stir in seafood, cooking until shrimp is no longer transparent. Stir in cheeses, blending well.

Drain pasta. Serve sauce over noodles.

Easy Seafood Bisque

Ingredients

1/2 cup chopped onion
1 tablespoon butter
1 (10.75 ounce) can condensed cream of celery soup, undiluted
1 (10.75 ounce) can condensed cream of shrimp soup, undiluted
1 (8 ounce) package imitation crabmeat, chopped
2 1/4 cups milk
1 teaspoon chicken bouillon granules
1/2 teaspoon dried parsley flakes
1/4 teaspoon garlic powder
1/4 teaspoon dried marjoram
1/4 teaspoon pepper

Directions

In a 3-qt. saucepan, saute onion in butter until tender. Stir in remaining ingredients. Cover and cook over medium-low heat for 20 minutes or until heated through, stirring occasionally.

The Best Seafood Stuffed Mushrooms

Ingredients

1 (8 ounce) package softened cream cheese
1 egg yolk
1 tablespoon Italian bread crumbs
1 green onion, chopped
1 tablespoon lemon juice
1 teaspoon Worcestershire sauce
1 teaspoon garlic powder
1 pinch salt and ground black pepper to taste
1 (6 ounce) can snow crab, drained
1 (4 ounce) can small shrimp, drained

12 large white mushrooms, stems removed
1 cup Italian bread crumbs

Directions

Preheat oven to 400 degrees F (200 degrees C). Line a baking sheet with aluminum foil.

Place cream cheese, egg yolk, 1 tablespoon bread crumbs, green onion, lemon juice, Worcestershire sauce, garlic powder, salt, and pepper in the bowl of a mixer. Mix until smooth and evenly blended. Fold in the snow crab and shrimp. Stuff the mushrooms with this mixture, and press into the remaining bread crumbs to coat. Place onto baking sheet stuffing-side-up once coated.

Bake in preheated oven until the mushrooms have softened slightly, 12 to 14 minutes. Set oven to Broil, and broil mushrooms for a few minutes until the tops are golden and bubbly.

Seafood Skewers

Ingredients

1/4 cup olive or vegetable oil
1/4 cup chili sauce
2 garlic cloves, minced
1/2 teaspoon hot pepper sauce
pepper to taste
16 uncooked large shrimp, peeled
and deveined
8 (1-ounce) sea scallops
Hot cooked rice

Directions

In a large resealable plastic bag or shallow glass container, combine the first five ingredients. Add shrimp and scallops. seal or cover and turn to coat. Refrigerate for at least 1 hour.

Discard marinade. Place shrimp and scallops on flour metal or soaked bamboo skewers. Grill, covered, over medium heat for 5 minutes on each side or until shrimp turn pink. Serve over rice.

Tomatoes with Seafood Dressing

Ingredients

1 cup canned shrimp
2 hard-cooked eggs, chopped
1 1/2 cups finely grated carrots
1 tablespoon minced onion
1/2 teaspoon salt
1/8 teaspoon ground black pepper
1/2 cup mayonnaise
2 tablespoons lemon juice
1/2 teaspoon prepared mustard
4 medium tomatoes
4 leaves of lettuce

Directions

Add shrimp, eggs, carrots, onion, salt, and pepper to the bowl of a food processor. Pulse until just combined. Blend mayonnaise with lemon juice and mustard; mix into shrimp mixture with a fork.

Core tomatoes. Cut into quarters without cutting all the way to the bottom. Place each tomato on a lettuce leaf, and open. Spoon shrimp mixture into the center. Serve

Mobile Bay Seafood Gumbo

Ingredients

- 1/2 cup olive oil
- 1 small onion, chopped
- 1 pound fresh okra, chopped
- 1 green bell pepper, chopped
- 2/3 cup clarified butter
- 1 1/4 cups all-purpose flour
- 4 cups water
- 1 (16 ounce) can tomato paste
- 1 3/4 cups diced tomatoes
- 4 cloves garlic, minced
- 2 tablespoons salt
- 1/2 teaspoon ground black pepper
- 2 bay leaves
- 1 tablespoon seafood seasoning (such as Old Bay®)
- 2 pounds uncooked medium shrimp, peeled and deveined
- 1 pound cooked crabmeat
- 1 pound shucked oysters

Directions

Heat the olive oil in a large pot over medium-low heat. Stir in the onion, okra, and green bell pepper. Cook and stir until the vegetables have softened and begun to brown, about 30 minutes.

Meanwhile, melt the clarified butter in a large saucepan over medium heat until a pinch of flour sprinkled into the oil will just begin to bubble. Whisk in the flour to form a thick paste the consistency of cake frosting. Continue cooking, whisking constantly, until the flour has turned golden, and begins to smell like toasted bread, about 20 minutes. Slowly whisk in the water and bring to a simmer. Whisk until no lumps of roux remain; set aside.

Stir the tomato paste into the okra mixture until no lumps of tomato paste remain. Add the tomatoes, garlic, salt, black pepper, bay leaves, seafood seasoning, and roux-thickened water. Bring to a simmer over medium-high heat, then reduce heat to medium-low, cover, and simmer 1 hour.

Stir the shrimp, crab, and oysters into the gumbo, recover, and cook 20 minutes longer.

Simple Seafood Soup

Ingredients

1 (10.75 ounce) can condensed cream of potato soup
1 (10.75 ounce) can condensed cream of shrimp soup
1 cup cooked shrimp
1 (10.75 ounce) can condensed oyster stew
2 cups half-and-half cream
1 cup milk
1/2 teaspoon dried thyme
1/4 teaspoon white pepper

Directions

In a medium saucepan over medium-low heat, combine potato soup, shrimp soup, shrimp, oyster stew, half-and-half, milk, thyme and pepper. Heat slowly, stirring occasionally, until hot, 20 minutes.

Seafood Chowder

Ingredients

1 1/2 cups fat free milk
1 (8 ounce) container fat free cream cheese
2 cloves garlic, minced
1 (26 ounce) can fat free condensed cream of mushroom soup
1 cup chopped green onions
1 cup sliced carrots
1 (15.25 ounce) can whole kernel corn, undrained
1 1/2 cups chopped potatoes
1 teaspoon dried parsley
1/2 teaspoon ground black pepper
1/2 teaspoon ground cayenne pepper
1/2 pound shrimp
1/2 pound bay scallops
1/2 pound crabmeat
1/2 pound calamari tubes
1 (6.5 ounce) can chopped clams

Directions

Place 1/2 cup milk, cream cheese, and garlic in a large pot over low heat. Cook and stir until blended. Mix in soup, green onions, carrots, corn with liquid, potatoes, parsley, and remaining milk. Season with black pepper and cayenne pepper. Simmer 25 minutes. Do not boil.

Mix the shrimp, scallops, crabmeat, calamari, and clams, and continue cooking 10 minutes, or until seafood is opaque.

Seafood Marinara Pasta

Ingredients

1 (16 ounce) package linguine pasta
1 tablespoon olive oil
4 cloves garlic, minced
1 small red onion, minced
1 tablespoon olive oil
2 tomatoes, seeded and diced
3 green onions, chopped
1 (8 ounce) can crushed tomatoes
1 tablespoon tomato paste
1 teaspoon dried oregano
1 teaspoon ground thyme
2 pounds mussels, cleaned and debearded
1 pound uncooked medium shrimp, peeled and deveined
1 cup dry white wine
2 teaspoons lemon juice
1 lemon - cut into wedges, for garnish

Directions

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the linguine, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 11 minutes. Drain well in a colander set in the sink.

Heat 1 tablespoon of olive oil in a skillet over medium heat. Stir in the garlic and onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Heat another tablespoon of olive oil in a large skillet over medium-low heat. Stir in diced tomatoes and green onion; cook and stir until the tomatoes have softened. Stir onion mixture into the tomatoes, then add crushed tomatoes, tomato paste, oregano, and thyme. Simmer for 5 minutes. Stir in mussels and shrimp, then pour in the wine and lemon juice. Cover and increase heat to high. Cook until shrimp have turned pink and mussels have opened, discarding any that have not opened. Serve over pasta and garnish with lemon wedges.

Special Seafood Linguine

Ingredients

1 large red onion, chopped
1/2 cup chopped green pepper
3 garlic cloves, minced
1/3 cup minced fresh parsley
1/4 cup olive or vegetable oil
1 (28 ounce) can diced tomatoes, undrained
1 (10.75 ounce) can condensed cream of shrimp soup, undiluted
1 tablespoon lemon juice
1 teaspoon dried basil
1 teaspoon dried oregano
1/4 teaspoon salt
1/4 teaspoon pepper
1 pound uncooked medium shrimp, peeled and deveined
2 (6 ounce) cans crabmeat - drained, flaked and cartilage removed
1 (16 ounce) package linguine
1/4 cup shredded Parmesan cheese

Directions

In a large skillet, saute the onion, green pepper, garlic and parsley in oil until tender. Add the tomatoes, soup, lemon juice and seasonings. Bring to a boil. Reduce heat; simmer, uncovered, for 20 minutes.

Stir in the shrimp and crab; simmer for 10 minutes or until shrimp turn pink. Meanwhile, cook the linguine according to package directions; drain. Serve seafood mixture over linguine; sprinkle with Parmesan cheese.

Seafood Quiche

Ingredients

6 ounces crabmeat
1/2 cup bread crumbs
1/2 cup milk
2 eggs, beaten
2 tablespoons chopped fresh parsley
1 tablespoon lemon juice
1 teaspoon prepared mustard
1/4 teaspoon Worcestershire sauce
salt to taste
ground black pepper to taste
1 pinch cayenne pepper
1 pinch paprika

Directions

Preheat oven to 400 degrees F (200 degrees C). Lightly grease a 9 inch pie pan.

Pick through the crab meat and remove any bits of shell or cartilage.

In a medium mixing bowl, combine crabmeat, bread crumbs, milk, eggs, parsley, lemon juice, mustard, Worcestershire sauce, salt, pepper and cayenne pepper. Transfer the quiche mixture to the prepared pan. Sprinkle paprika over the quiche.

Bake in preheated oven for 30 minutes, or until the quiche is firm in the center.

Seafood Pea-Asta Salad

Ingredients

1/2 cup mayonnaise
1/4 cup Italian-style salad dressing
2 tablespoons grated Parmesan cheese
2 cups black-eyed peas, rinsed and drained
8 ounces fusilli pasta
1 cup crabmeat
1 cup broccoli florets, parboiled
1/2 cup chopped green bell pepper
1/2 cup chopped tomatoes
1/4 cup chopped green onions

Directions

Bring a large pot of salted water to a boil. Add pasta and cook for time indicated on package. Drain, rinse and set aside.

In a large bowl, combine mayonnaise, Italian dressing and cheese and blend well.

Add peas, pasta, crabmeat, broccoli, pepper, tomato and onions. Toss gently to mix. Cover and refrigerate for at least 2 hours.

Mom's Seafood Pasta Salad for a Crowd

Ingredients

1 (32 ounce) package dried small pasta shells
4 stalks celery, chopped
4 green onions, chopped
1/2 (16 ounce) bottle French dressing
1/2 (16 ounce) bottle thousand island dressing
1/2 cup mayonnaise
2 (6 ounce) cans water packed tuna, drained and flaked
2 (6 ounce) cans tiny shrimp, drained

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

In a large bowl, toss together cooked pasta, celery and green onions. Mix in French dressing, thousand island dressing and mayonnaise. Fold in tuna and shrimp. Cover and chill in the refrigerator at least 3 hours.

Seafood Triangles

Ingredients

3 tablespoons chopped green onions
3 tablespoons butter, divided
1/2 pound shrimp, peeled, deveined, and quartered
1/4 cup white wine or chicken broth
4 teaspoons cornstarch
1/3 cup 2% milk
1/2 cup grated Parmesan cheese
1 (6 ounce) can crabmeat - drained, flaked and cartilage removed
1 teaspoon sugar
1 teaspoon lemon juice
1/4 teaspoon cayenne pepper
1/8 teaspoon white pepper
22 sheets phyllo dough (14 inches x 9 inches)
1 egg white, beaten

Directions

In a large nonstick skillet, saute onions in 1 tablespoon butter until tender. Add shrimp and wine or broth; cook and stir over medium-high heat for 2 minutes or until shrimp turn pink. Using a slotted spoon, remove shrimp.

Combine cornstarch and milk until smooth; stir into the cooking juices. Bring to a boil; cook and stir for 2 minutes or until thickened. Reduce heat to low. Stir in the Parmesan cheese, crab, sugar, lemon juice, cayenne, white pepper if desired and shrimp. Remove from the heat; cool.

On a dry surface, carefully remove two sheets of phyllo dough and place on top of each other (keep remaining dough covered with plastic wrap to prevent drying). Melt remaining butter. Cut sheets widthwise into six strips about 2 in. wide. Lightly brush the tops with butter.

Place a rounded teaspoonful of shrimp mixture near lower right corner of each strip. Fold left corner of dough over filling, forming a triangle. Fold triangle up, then fold over, forming another triangle. Continue folding like a flag for the length of the strip.

Place triangles on ungreased baking sheets. Brush tops with egg white. Bake at 400 degrees F for 7-10 minutes or until golden brown. Serve warm.

Seafood File Gumbo

Ingredients

1 pound shrimp, peeled and deveined
5 quarts water
4 carrots, sliced
4 onions, quartered
1/2 bunch celery, sliced
2 bay leaves
3 cloves garlic, sliced
2 sprigs fresh parsley
5 whole cloves
1 teaspoon ground black pepper
1 tablespoon dried basil
2 teaspoons dried thyme

1/2 teaspoon ground cayenne pepper
1/2 tablespoon ground white pepper
1/2 teaspoon ground black pepper
1 1/2 teaspoons paprika
1/2 teaspoon dried thyme
1/2 teaspoon dried oregano
16 ounces crabmeat
1 bay leaf, crushed
1 teaspoon salt
3/4 cup corn oil
2 cups diced onion
2 cups diced celery
2 cups chopped green bell pepper
1 teaspoon minced garlic
3 tablespoons file powder
2 teaspoons hot pepper sauce
1 1/2 cups tomato sauce
1 pint shucked oysters

Directions

Preheat oven to 375 degrees F (190 degrees C).

Shell and devein the shrimp, reserve the shells. Place the shrimp in a covered bowl and refrigerate. Place the shells on a cookie sheet, and bake until the shells are dried and starting to brown on the edges. Turn off the oven.

Make the stock: In a 8 quart pot, put 5 quarts of water, 4 carrots, 4 onions, and celery. Add 2 bay leaves, sliced garlic, parsley, cloves, 1 teaspoons black pepper, 1 tablespoon dried basil and 2 teaspoons dried thyme. Add the shrimp shells. Bring the stock slowly to boil. Reduce heat to a gentle simmer and cook 5 to 7 hours, replacing water as needed, 2 or 3 times, by pouring more water down side of pot.

Remove stock from heat and strain. Press all liquid from the shells and vegetables, then discard them. Return liquid to heat and reduce stock to 2 to 3 quarts, or to your desired quantity (you will need 7 cups of this stock for this recipe). If clarity is desired, strain the stock through a cloth.

In a small bowl, combine the ground red, white, and black peppers, paprika, thyme, oregano, bay leaf and salt and set aside.

In a heavy pot, 5-quart or larger, heat oil over medium heat, warming the pot first. Add onions, celery and green pepper. Turn heat to high. Stirring frequently, add garlic, file, hot pepper sauce, and the pepper-herb mixture. Cook for 5 minutes, stirring constantly. Add tomato sauce and stir as it reduces over high heat. Add 7 cups of the stock and bring to a boil. Reduce heat and simmer for 1 hour, stirring occasionally.

When ready to serve, add shrimp, oysters, and crabmeat. Cover and wait 5 minutes. Turn off heat and let stand for 10 minutes.

Florida Seafood Casserole

Ingredients

1/3 cup minced onion
1/4 cup butter or margarine
1/4 cup all-purpose flour
1 cup milk
1 cup light cream
1/2 teaspoon salt
1/2 teaspoon pepper
1 tablespoon chopped pimento
1 (8 ounce) can sliced water chestnuts, drained
2 tablespoons lemon juice
1 tablespoon snipped fresh parsley
1 cup flaked cooked crabmeat
1 cup peeled cooked shrimp
2 cups cooked rice
1 cup shredded Cheddar cheese, divided

Directions

In a saucepan, saute onion in butter; blend in flour. Add milk and cream; cook and stir until thick and bubbly. Remove from the heat; stir in salt, pepper, pimiento, water chestnuts, lemon juice, parsley, crabmeat, shrimp, rice and half of the cheese. Spoon into a 2-1/2-qt. casserole. Bake at 350 degrees F for 25 minutes or until heated through. Sprinkle with remaining cheese just before serving.

Polenta with Homemade Tomato-Seafood Sauce

Ingredients

Tomato-Seafood Sauce:

2 tablespoons butter
1 onion, chopped
3 cloves garlic, minced
1 celery stalk, minced
2 tablespoons olive oil
1 tablespoon dried Italian seasoning
2 tablespoons minced fresh parsley
1 1/2 cubes fish-flavored bouillon cubes
1 cup dry red wine
3 cups canned diced tomatoes
1 tablespoon white sugar
1 pinch cayenne pepper
1 pinch paprika
1 pound mixed frozen seafood
4 squid, cleaned and cut into rings and tentacles
salt and pepper to taste

Polenta:

3 cups water
1 cup coarse polenta (not instant)
1/2 cup baby spinach leaves
1/4 cup grated Parmesan cheese
1/4 cup shredded mozzarella cheese
garlic salt to taste

Vegetable Mix:

2 tablespoons olive oil
1 small red onion, diced
2 zucchini, cut in half lengthwise then into 1/4-inch slices
10 cremini mushrooms, sliced
1 tablespoon balsamic vinegar
sea salt and pepper to taste

Directions

Melt butter in a large saucepan over medium-high heat. Stir in onion and garlic; cook until the onion has softened and the garlic has begun to turn brown, about 5 minutes. Stir in the celery and cook for 5 minutes. Add olive oil, Italian seasoning, parsley, bouillon cubes, and red wine; simmer for 5 minutes, stirring to break up the bouillon cubes. Stir in canned tomatoes, sugar, cayenne, and paprika. Bring to a boil, then reduce heat to medium-low and simmer for 10 minutes.

Take the tomato sauce off of the heat and puree with a stick blender until smooth. Stir in the mixed seafood, and return to a boil over medium-high heat. Stir in squid, reduce heat to medium-low, and gently simmer for 30 minutes; season to taste with salt and pepper.

While the tomato-seafood sauce is simmering, prepare the polenta by bringing water to a boil in a saucepan over medium heat. Reduce heat to medium, and slowly whisk in polenta with a wire whisk. Allow to simmer 5 minutes, whisking constantly. Stir in spinach, Parmesan cheese, and mozzarella cheese. Reduce heat to medium-low, and allow to slowly simmer 15 minutes, stirring frequently to keep from burning. Once the polenta has softened and turned creamy, remove from heat, season to taste with garlic salt, and keep warm.

To prepare the vegetable mix, heat 2 tablespoons olive oil in a large skillet over medium-high heat. Stir in red onion and cook for 2 minutes. Add zucchini and cook for an additional 2 minutes, or until zucchini begins to brown. Stir in mushrooms, and continue cooking until soft. Season with balsamic vinegar and salt and pepper to taste.

To serve, scoop a pile of polenta into the center of each plate; ladle the seafood sauce around, then top with vegetable mixture.

Spicy Seafood Shell Appetizers

Ingredients

1 1/2 cups mayonnaise
2/3 cup grated Parmesan cheese
2/3 cup shredded Swiss cheese
1/3 cup chopped onion
2 teaspoons Worcestershire sauce
10 drops hot pepper sauce
1 (4 ounce) can small shrimp,
drained
1 (6 ounce) can crabmeat, drained
and flaked
2 (2.1 ounce) packages mini phyllo
tart shells
paprika

Directions

Preheat oven to 400 degrees F (200 degrees C). Lightly grease a medium baking sheet.

In a medium bowl, mix together mayonnaise, Parmesan cheese, Swiss cheese, onion, Worcestershire sauce and hot pepper sauce. Gently stir in shrimp and crabmeat.

Form phyllo dough into shells. Fill shells with the mixture.

Arrange stuffed shells on baking sheet. Bake in the preheated oven 7 to 10 minutes, or until lightly browned. Sprinkle with paprika before serving.

Seafood Enchiladas

Ingredients

1 onion, chopped
1 tablespoon butter
1/2 pound fresh crabmeat
1/4 pound shrimp - peeled,
deveined and coarsely chopped
8 ounces Colby cheese
6 (10 inch) flour tortillas
1 cup half-and-half cream
1/2 cup sour cream
1/4 cup butter, melted
1 1/2 teaspoons dried parsley
1/2 teaspoon garlic salt

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large skillet, saute onions in 1 tablespoon butter until transparent. Remove the skillet from heat and stir in crabmeat and shrimp. Shred the cheese and mix half of it into the seafood. Place a large spoonful of the mixture into each tortilla. Roll the tortillas up around the mixture and arrange the rolled tortillas in a 9x13 inch baking dish.

In a saucepan over medium-low heat, combine half-and-half, sour cream, 1/4 cup butter, parsley and garlic salt. Stir until the mixture is lukewarm and blended. Pour sauce over the enchiladas, and sprinkle with remaining cheese.

Bake in preheated oven for 30 minutes.

Seafood Sandwich

Ingredients

1 (8 ounce) package imitation crab
or lobster meat
1/4 cup mayonnaise
1 tablespoon finely chopped red
onion
1 teaspoon lemon juice
1/4 teaspoon OLD BAYB®
Seasoning
1 tablespoon butter, softened
2 hot dog buns

Directions

In a medium bowl, flake the crabmeat, and mix in mayonnaise, onion, lemon juice and Old Bay seasoning. Cover and refrigerate for 30 minutes to allow the flavors to mingle.

Spread butter on the inside of the hot dog buns, and toast under the broiler. Fill buns with the crab salad, and serve.

Easy Seafood Salad

Ingredients

2 pounds cooked shrimp, peeled and deveined
1 pound imitation crabmeat, flaked
1 head cabbage, diced
1 bunch celery, diced
3 green onions, thinly sliced
1 cup mayonnaise
2 tablespoons white sugar

Directions

Gently mix the shrimp, imitation crabmeat, cabbage, celery, and green onions together in a large bowl. Stir the mayonnaise and sugar together in a separate bowl until the sugar is dissolved into the mayonnaise; add to the shrimp mixture and gently stir until all ingredients are evenly coated. Refrigerate for 3 hours to allow the cabbage to soften and the flavors to blend.

Seafood Mocequa

Ingredients

2 pounds firm white fish, such as monkfish, cut into 2-inch pieces
1/2 pound medium shrimp, peeled and deveined
salt and pepper to taste
3 tablespoons dende oil (red palm oil), or canola
1 onion, cut into 1/2-inch pieces
1 tablespoon minced garlic
2 tomatoes, seeded and diced
1 red bell pepper, chopped
2 long, hot peppers, seeded and chopped
1/2 cup fish stock
1/4 cup chopped fresh cilantro
1 bunch green onions, diced
2 bay leaves
1 1/2 teaspoons hot pepper sauce (e.g. Tabasco[®]), or to taste
1/2 cup coconut milk

Directions

Toss fish and shrimp together with salt and pepper to taste; set aside. Heat dende oil in a large skillet over medium heat. Stir in onions and cook until softened and translucent. Add the garlic, and continue cooking until the onions turn golden brown.

Stir in tomato and cook for 5 minutes, then stir in the red and hot peppers; continue cooking until softened. Pour in fish stock, cilantro, green onions, bay leaves, and hot sauce. Bring to a simmer over medium-high heat, then reduce heat to medium, and simmer until reduced by 1/4.

Pour in the coconut milk, then stir in fish. Simmer until the fish is firm and opaque. Serve immediately

Seafood and Asparagus with Linguine

Ingredients

1/2 pound uncooked linguine
2 tablespoons olive oil
2 cups sliced fresh mushrooms
1 cup dry white wine
1/2 pound medium shrimp, peeled and deveined
1 pound steamer clams in shell, scrubbed
1 pound asparagus, trimmed and cut into 2-inch pieces
1/2 pound bay scallops
1/3 cup freshly grated Parmesan cheese

Directions

Fill a large pot with lightly salted water and bring to a boil. Stir in the linguine, and return to a boil. Cook the pasta uncovered, stirring occasionally, until cooked through, but still firm to the bite, about 11 minutes. Drain well in a colander; cover and keep warm.

Heat the olive oil over medium heat in a large pot with a cover that will hold a steamer basket. Add the mushrooms; stir and cook for 3 minutes. Pour in the wine and bring to a boil; add the shrimp.

Put the clams and asparagus into the steamer basket and place the basket into the pot over the shrimp and mushrooms. Cover and steam for 2 minutes. Lift the steamer basket and add the scallops to the shrimp and mushrooms. Cover and continue to steam until clam shells open and seafood is cooked, about 4 minutes.

Tip the clams and asparagus into the pot and combine with the shrimp and scallops. To serve, ladle seafood over the cooked linguine and sprinkle with grated Parmesan cheese.

Seafood Dip

Ingredients

1 cup flaked imitation crabmeat
1/2 cup shredded Cheddar cheese
1/4 cup cream cheese, softened
1/4 cup mayonnaise
1/4 cup sour cream
1/4 cup grated Parmesan cheese
1/4 cup sliced green onion
1 teaspoon lemon juice
1/4 teaspoon Worcestershire sauce
1/8 teaspoon garlic powder
1/4 cup bread crumbs

Directions

In a bowl, mix the first 10 ingredients until smooth. Spread in a 9-in. pie plate. Sprinkle with bread crumbs;. Cover and bake at 350 degrees F for 20 minutes or until bubbly. Uncover and bake 5 minutes more. Serve with crackers, celery sticks or other raw vegetables.

Seafood Mousse

Ingredients

2 cups cooked shrimp, minced
3/4 cup minced onion
3/4 cup minced celery
1 (10.75 ounce) can condensed
cream of celery soup
1 (8 ounce) package cream
cheese, softened
1 envelope (1 tablespoon)
unflavored gelatin
1 tablespoon fresh lemon juice
1 cup mayonnaise

Directions

In a medium saucepan, heat soup and add cream cheese. Heat until cheese is dissolved into the soup. Dissolve gelatin into the soup mixture and add lemon juice, mayonnaise, onion, celery and shrimp. Cook until heated through.

Grease a 6 cup fish mold or other mold with extra mayonnaise or non-stick spray. Fill mold firmly with mixture. Smooth off the top and chill in refrigerator overnight.

Invert mold onto platter and shake to release the mousse from mold. Garnish as desired.

Seafood Scampi Linguine

Ingredients

1 (16 ounce) package linguine pasta
1/3 cup butter
1 red bell pepper, chopped
2 zucchini, sliced
1/3 cup chopped garlic
3/4 cup chopped shallots
1/4 cup drained capers
salt and pepper to taste
2 1/2 pounds clams in shell, scrubbed
1 pound shrimp, peeled and deveined
1/4 cup fresh basil

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Preheat oven to 450 degrees F (230 degrees C).

Melt butter in a large heavy skillet. Add red pepper, zucchini, garlic, and shallots. Saute over high heat until the shallots begin to soften; about 4 minutes. Mix in capers, salt and pepper. Remove from heat and add clams and shrimp. Toss until it's fully mixed.

Transfer mixture to a large baking dish. Cover and bake in a preheated oven until the clams have all opened and shrimp is cooked. Make sure the lid is not touching the shrimp or they'll burn and stick. Cook about 20 to 25 minutes, stirring occasionally.

Pour the scampi over the linguine, top with fresh basil and serve.

Italian Marinated Seafood Salad

Ingredients

1/2 pound sea scallops
1/4 pound medium shrimp
1/2 pound fresh mussels
1/4 pound calamari rings
1/2 cup pitted kalamata olives
2 tablespoons lemon juice
1/3 cup olive oil
1 large clove garlic, minced
1 tablespoon minced fresh parsley
1 tablespoon minced fresh chives
1/4 teaspoon red pepper flakes
1 lemon, sliced
1 medium red onion, thinly sliced
6 cups mixed salad greens
freshly ground pepper to taste
salt

Directions

Bring a large pot of water to boiling. Cook scallops, shrimp, mussels, and calamari in boiling water for 2 minutes. Drain. Peel the shrimp, and shell the scallops and mussels.

Place cooked seafood and olives in a large bowl, and toss with lemon juice, olive oil, garlic, parsley, chives, and red pepper flakes. Chill for 1 hour.

Divide salad greens onto 6 plates or salad bowls. Spoon seafood over greens. Garnish with slices of lemon and red onions. Season with salt and freshly ground black pepper.

Seafood Stuffed Zucchini

Ingredients

4 zucchini, halved lengthwise
1 egg, beaten
1/2 pound cooked crabmeat, diced
1/2 pound cooked salad shrimp
2 teaspoons finely chopped garlic
2 tablespoons fresh lime juice
2 tablespoons fresh lemon juice
1 cup Italian seasoned bread crumbs
1 1/2 teaspoons dried oregano
1 1/2 teaspoons dried basil
1 teaspoon ground black pepper
1 cup shredded Monterey Jack cheese

Directions

Preheat oven to 350 degrees F (175 degrees C).

With a large spoon, scoop out the centers of each zucchini half, reserving the meat.

In a large bowl, mix about 1/2 the reserved zucchini meat, the egg, crabmeat, shrimp, and garlic. Blend lime juice and lemon juice into the mixture, and stir in the Italian seasoned bread crumbs. Season with oregano, basil, and pepper.

Arrange the zucchini halves in a medium baking dish. Generously stuff the halves with the crabmeat and shrimp mixture.

Bake 35 to 45 minutes in the preheated oven, until golden brown. Remove from heat, cool slightly, and top with cheese. Return to the oven, and broil 5 minutes, or until the cheese is melted.

Seafood Boil

Ingredients

salt to taste
1 (2.5 ounce) jar liquid shellfish
boil
3 pounds kielbasa sausage, cut
into 1 inch pieces
5 pounds new red potatoes
4 lemons, halved
1 tablespoon diced green chile
pepper, or to taste
12 ears fresh corn
10 pounds medium shrimp -
peeled and deveined
12 blue crabs, cleaned

Directions

Use a very large pot (we use a 40 quart pot), fill it half full with water; bring water to a full boil. Add salt, shellfish boil, sausage, and potatoes. Let cook until the potatoes are approximately 1/2 completed cooking.

Stir in lemons, hot peppers, and corn. Continue boiling until all of the vegetables are tender. Turn off the heat.

Mix in shrimp and crab. Cover pot and let sit for 10 to 15 minutes. When shrimp are pink and the crabmeat opaque and flaky, remove all of the vegetables and shellfish from the pot, and drain well. Serve immediately.

Seafood Salad II

Ingredients

1 pound cooked shrimp - peeled and deveined
1/2 pound cooked crabmeat
1 cup chopped celery
1/4 cup chopped green onion
1/4 cup chopped green bell pepper
1 jalapeno pepper, seeded and minced
1 teaspoon chopped pimento pepper
1 teaspoon lemon juice
1 cup mayonnaise
1/4 cup sour cream
salt and pepper to taste

Directions

In a large bowl, mix together shrimp, crabmeat, celery, green onion, green pepper, jalapeno, pimento, lemon juice, mayonnaise, sour cream, salt and pepper. Cover and let stand for at least three hours in the refrigerator to allow flavors to blend.

Seafood Gumbo

Ingredients

1/2 teaspoon ground cayenne pepper
1/2 teaspoon ground white pepper
1/2 teaspoon ground black pepper
1 1/2 teaspoons paprika
1/2 teaspoon dried thyme
1/2 teaspoon dried oregano
1 bay leaf, crushed
1 teaspoon salt
3/4 cup vegetable oil
2 cups chopped celery
2 cups chopped onion
2 cups chopped green bell pepper
1 teaspoon minced garlic
3 tablespoons file powder
2 teaspoons hot pepper sauce
1 1/2 cups tomato sauce
7 cups fish stock
2 cups shucked oysters
1 cup crabmeat
1 pound small shrimp - peeled and deveined, shells reserved for stock

Directions

Combine the red, white, and black peppers, paprika, thyme, oregano, bay leaf, and salt; set aside.

In a heavy pot, 5 quart or larger, heat oil over medium heat, warming the pot first. Add onions, celery, and green pepper. Turn heat to high. Stirring frequently, add garlic, file, hot sauce, and the pepper-herb mixture. Cook for 5 minutes, stirring constantly.

Add tomato sauce, and stir as it reduces over high heat. Add fish stock and bring to a boil. Reduce heat, and simmer for 1 hour, stirring occasionally.

When ready to serve, add shrimp, oysters, and crabmeat. Cover, and wait 5 minutes. Turn off heat, and let stand for 10 minutes. Serve.

Seafood Gumbo Stock

Ingredients

shells from 1 pound shrimp
5 quarts water
4 carrots, sliced
4 onions, quartered
1/2 bunch celery, sliced
2 bay leaves
3 cloves garlic, sliced
2 sprigs fresh parsley
5 whole cloves
1 teaspoon ground black pepper
1 tablespoon dried basil
2 teaspoons dried thyme

Directions

Bake shrimp shells at 375 degrees F (195 degrees C) until dried and starting to brown on edges.

In an 8-quart pot, combine water, carrots, onions, celery, bay leaves, garlic, parsley, cloves, pepper, basil, thyme and shrimp shells. Bring slowly to a boil.

Reduce heat, and cook 5 to 7 hours. Replace water as needed, 2 or 3 times, by pouring more water down the inside of the pot.

Remove stock from heat, and strain. Press all liquid from the shells and vegetables, then discard them. Return liquid to heat, and reduce to 2 to 3 quarts, or to taste.

Lemon Pepper Pasta Seafood

Ingredients

1 (8 ounce) package lemon pepper linguine
4 tablespoons olive oil
2 tablespoons chopped garlic
1 tablespoon lemon pepper
1 pound medium shrimp - peeled and deveined
1/2 cup grated Parmesan cheese

Directions

Bring a large pot of lightly salted water to boil, add pasta, and cook for 8 to 10 minutes, or until al dente. Drain, and return pasta to the pot.

Heat olive oil in a skillet over medium heat. Cook garlic, lemon pepper seasoning, and shrimp in oil until shrimp is cooked through, 3 to 5 minutes.

Toss pasta with shrimp and Parmesan cheese.

Easy Seafood Fettucini

Ingredients

4 tablespoons butter
1 large onion, chopped
4 cloves garlic, minced
3 tablespoons all-purpose flour
2 cups milk
1 (10.75 ounce) can condensed cream of mushroom soup
4 ounces fresh shrimp, peeled and deveined
4 ounces crabmeat
8 bay scallops, raw
16 ounces dry fettuccini noodles

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

In a large saute pan, melt butter and saute onions and garlic until onions are almost translucent.

Stir in flour, coating all of the onions well. Gradually pour in milk, stirring constantly. Stir in mushroom soup and seafood.

Cook for 10 minutes or until shrimp are pink and scallops are opaque. Serve over pasta.

Spicy Seafood Bisque

Ingredients

1/2 cup chopped onion
1/2 cup chopped celery
2 tablespoons butter
4 cups chicken broth
3 cups tomato juice
1 (14.5 ounce) can diced tomatoes, undrained
1 tablespoon Worcestershire sauce
1 teaspoon seafood seasoning
1 teaspoon dried oregano
1/2 teaspoon garlic powder
1/2 teaspoon hot pepper sauce
1/4 teaspoon cayenne pepper
1 bay leaf
1/2 cup uncooked small shell pasta or elbow macaroni
1 pound uncooked medium shrimp, peeled and deveined
1 (6 ounce) can crabmeat - drained, flaked and cartilage removed

Directions

In a large saucepan, saute the onion and celery in butter until tender. Add broth, tomato juice, tomatoes, Worcestershire sauce and seasonings; bring to a boil. Reduce heat; cover and simmer for 20 minutes.

Discard bay leaf. Add pasta to the soup; cook, uncovered, until tender. Add shrimp and crab; simmer 5 minutes longer or until the shrimp turn pink.

St. Barth Seafood Salad

Ingredients

Dressing

3/4 cup frozen orange juice concentrate, thawed
1/4 cup white wine vinegar
1/4 cup water
1/4 cup olive oil
salt and pepper to taste

Salad

1 cup cubed cooked lobster
1 (8 ounce) package frozen fully cooked tiny salad shrimp, thawed
2 (6 ounce) cans lump crabmeat, drained
2 (10 ounce) bags mixed salad greens
1 large grapefruit, peeled and sectioned
2 kiwis, peeled and sliced
1 fresh pineapple - peeled, cored and cut into 3/4 inch wedges
2 tomatoes, cut into wedges

Directions

To make the dressing, place the orange juice concentrate, vinegar, and water in a blender; blend on low speed. Slowly drizzle the olive oil into the blender until mixture thickens slightly. Season with salt and pepper. Refrigerate until ready to use.

To make the seafood salad, place the lobster, shrimp, and crabmeat in a bowl. Add 2 tablespoons of the dressing and toss until seafood is coated.

Divide the salad greens among 6 plates or mound on one large platter. Place the seafood mixture on the greens. Alternate the grapefruit sections, kiwi slices, and pineapple and tomato wedges on the plates. Serve with the remaining chilled citrus vinaigrette on the side.

Seafood Bake for Two

Ingredients

2 (4 ounce) halibut fillets
6 scallops
6 peeled and deveined jumbo shrimp, tail still attached
1/3 cup dry white wine
2 tablespoons melted butter
1 tablespoon lemon juice
1/2 teaspoon seafood seasoning, such as Old Bay[®]
1 teaspoon minced garlic
Salt and pepper to taste
1 tablespoon chopped fresh parsley

Directions

Preheat oven to 450 degrees F (230 degrees C).

Arrange the halibut, scallops, and shrimp in an oven-safe, glass baking dish. Drizzle with wine, butter, and lemon juice. Sprinkle with the seasoning and garlic. Season to taste with salt and pepper.

Bake in preheated oven until the halibut has turned white, and is flaky, 10 to 12 minutes. Sprinkle with parsley just before serving.

Seafood Au Gratin

Ingredients

2 tablespoons olive oil
1 pound fresh shrimp, peeled and deveined
1 pound bay or sea scallops, rinsed and drained
3 tablespoons butter
2 tablespoons all-purpose flour
2 cups hot chicken broth
3 tablespoons chopped shallots
1 (4 ounce) can button mushrooms, drained
1/2 cup white wine
1 pound cooked crab meat
2 cups shredded provolone cheese
1/2 cup grated Parmesan cheese
2 tablespoons chopped fresh parsley

Directions

Preheat oven to 400 degrees F (200 degrees C). Lightly butter 8 small baking dishes.

In a large skillet, heat olive oil over medium high heat. Saute shrimp and scallops until firm, about 5 minutes.

In a medium saucepan, melt butter over medium heat. Stir in flour until smooth. Gradually add chicken broth and raise heat to high. Stir until thickened. Mix in shallots, mushrooms and wine. Cook for 5 to 10 minutes.

Arrange shrimp, scallops and crab in the bottom of prepared dishes. Pour sauce over seafood and cover with cheese.

Bake in preheated oven until golden, about 12 to 15 minutes. Sprinkle with parsley and serve.

Seafood Piccata

Ingredients

1 (16 ounce) package medium seashell pasta
6 tablespoons olive oil
1 cup fresh mushrooms, sliced
3/4 cup minced green onions
2 tablespoons minced garlic
1 pound medium shrimp - peeled and deveined
1 pound bay scallops
1 pound crabmeat
2 cups dry white wine
6 tablespoons fresh lemon juice
1/2 cup butter
1/4 cup chopped fresh parsley

Directions

Bring a large pot of lightly salted water to boil, add pasta shells, and cook for 8 to 10 minutes, or until al dente; drain.

Heat olive oil in a large pot over medium heat. Saute mushrooms, green onions, and garlic until tender. Stir in shrimp, scallops, and crabmeat. Cook for 5 minutes, or until shrimp is pink. Stir in wine, lemon juice, and butter; cook until heated through.

Toss pasta with seafood sauce and parsley.

Seafood Salad III

Ingredients

1 cup light mayonnaise
1 tablespoon white sugar
1/4 teaspoon salt
1 teaspoon white vinegar
2 teaspoons skim milk
1 cup imitation crabmeat, flaked
1 stalk celery, chopped
1 tablespoon finely chopped
green bell pepper

Directions

In a medium bowl, whisk together the mayonnaise, sugar, salt, vinegar and milk. Add the crabmeat, celery and green pepper and stir until evenly combined. Refrigerate until ready to use.

Colorful Seafood Pasta Salad

Ingredients

1 1/2 (8 ounce) packages tri-color pasta
3 stalks celery
1 pound imitation crabmeat
1 cup frozen green peas
1 cup mayonnaise
1 1/2 tablespoons SLENDA® No Calorie Sweetener, Granulated
2 tablespoons white vinegar
3 tablespoons milk
1 teaspoon salt
1/4 teaspoon ground black pepper

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; rinse under cold water until cool and drain.

While pasta is cooking, chop celery and crabmeat. Run hot water over peas to defrost.

In a large bowl, whisk together the mayonnaise, SLENDA® Granulated Sweetener, vinegar, milk, salt and pepper. Add the pasta, celery and crabmeat and stir until evenly coated. Adjust the salt, SLENDA® Granulated Sweetener or mayonnaise to suit your taste. Chill several hours before serving.

Seafood Chowder

Ingredients

1 1/2 cups fat free milk
1 (8 ounce) container fat free cream cheese
2 cloves garlic, minced
1 (26 ounce) can fat free condensed cream of mushroom soup
1 cup chopped green onions
1 cup sliced carrots
1 (15.25 ounce) can whole kernel corn, undrained
1 1/2 cups chopped potatoes
1 teaspoon dried parsley
1/2 teaspoon ground black pepper
1/2 teaspoon ground cayenne pepper
1/2 pound shrimp
1/2 pound bay scallops
1/2 pound crabmeat
1/2 pound calamari tubes
1 (6.5 ounce) can chopped clams

Directions

Place 1/2 cup milk, cream cheese, and garlic in a large pot over low heat. Cook and stir until blended. Mix in soup, green onions, carrots, corn with liquid, potatoes, parsley, and remaining milk. Season with black pepper and cayenne pepper. Simmer 25 minutes. Do not boil.

Mix the shrimp, scallops, crabmeat, calamari, and clams, and continue cooking 10 minutes, or until seafood is opaque.

Wine Sauce for Seafood

Ingredients

3 tablespoons butter
2 cloves garlic, minced
2 tablespoons minced shallots
1 teaspoon dried tarragon
1/4 teaspoon salt
1/4 teaspoon white pepper
1/4 cup white wine
1 lemon, juiced
1 tablespoon fresh parsley

Directions

Melt the butter in a small saucepan over medium-low heat. Add garlic and shallots; cook and stir until transparent, about 3 minutes. Season with tarragon, salt and white pepper. Increase the heat to medium, and stir in the white wine and lemon juice. Bring to a simmer, then whisk for 1 minute. Remove from the heat and sprinkle in parsley. Pour over your favorite white fish before serving.

Seafood Fettuccine

Ingredients

1 (16 ounce) package dry fettuccine noodles
1 1/2 tablespoons butter or margarine
1 cup chopped green onions
4 garlic cloves, peeled and minced
1 pound medium shrimp - peeled and deveined
1 pound sea scallops
2 cups half-and-half cream
1 cup freshly grated Parmesan cheese
salt and pepper to taste
2 tablespoons cornstarch (optional)

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Melt butter in a large, non-stick skillet over medium-high heat. Stir in onions and garlic, and cook for 1 minute. Add shrimp and scallops, stirring to combine, and cook 3 minutes more. Reduce heat to medium-low.

Pour half-and-half, salt, and pepper into the pan and bring to a simmer, stirring constantly. Do not boil. Gradually sprinkle 1/2 cup Parmesan cheese over seafood mixture and continue stirring another minute. Remove from heat.

Toss cooked pasta into the pan, coating thoroughly. Sprinkle with remaining Parmesan cheese, and serve.

Aunty Pasto's Seafood Lasagna

Ingredients

8 lasagna noodles
2 tablespoons butter
1 cup chopped onion
1 (8 ounce) package cream cheese, softened
1 1/2 cups cottage cheese, creamed
1 egg, beaten
2 teaspoons dried basil
1/2 teaspoon salt
1/8 teaspoon ground black pepper
2 (10.75 ounce) cans condensed cream of mushroom soup
1/3 cup milk
1/3 cup dry white wine
1 (6 ounce) can crabmeat
1 pound cooked salad shrimp
1/4 cup grated Parmesan cheese
1/2 cup shredded sharp Cheddar cheese
2 cups fresh sliced mushrooms

Directions

Cook noodles in a large pot of boiling salted water until done. Rinse and drain noodles. Set aside.

Melt butter or margarine in a small saute pan over medium heat. Add onion; cook and stir until tender. Add cream cheese, cottage cheese, egg, basil, and salt and pepper.

In a medium bowl, combine soup, milk, and wine. Stir in crab, shrimp, and mushrooms.

Place 4 noodles in the bottom of a well oiled 9x13 inch pan. Spread 1/2 cheese mixture over the noodles, and spoon 1/2 soup mixture over cheese. Repeat layers.

Bake, uncovered, at 350 degrees F (175 degrees C) for 45 minutes. Top with sharp cheese, and parmesan cheese. Brown lasagna under broiler. Remove from oven, and let stand 15 minutes before serving.

Seafood Cioppino

Ingredients

1/4 cup olive oil
1 onion, chopped
4 cloves garlic, minced
1 green bell pepper, chopped
1 fresh red chile pepper, seeded and chopped
1/2 cup chopped fresh parsley
salt and pepper to taste
2 teaspoons dried basil
1 teaspoon dried oregano
1 teaspoon dried thyme
1 (28 ounce) can crushed tomatoes
1 (8 ounce) can tomato sauce
1/2 cup water
1 pinch paprika
1 pinch cayenne pepper
1 cup white wine
1 (10 ounce) can minced clams, drained with juice reserved
25 mussels, cleaned and debearded
25 shrimp
10 ounces scallops
1 pound cod fillets, cubed

Directions

In a large pot over medium heat, heat the olive oil, and saute the onion, garlic, bell pepper, and chile pepper until tender. Add parsley, salt and pepper, basil, oregano, thyme, tomatoes, tomato sauce, water, paprika, cayenne pepper, and juice from the clams. Stir well, reduce heat, and simmer 1 to 2 hours, adding wine a little at a time.

About 10 minutes before serving, add clams, mussels, prawns, scallops, and cod. Turn the heat up slightly and stir. When the seafood is cooked through (the mussels will have opened, the prawns turned pink, and the cod will be flaky) serve your delicious cioppino.

Seafood and Mushroom Shells

Ingredients

1 (10 ounce) package Pepperidge Farm® Puff Pastry Shells, prepared according to package directions
4 tablespoons butter
2 1/2 cups thinly sliced mushrooms
1 (10.75 ounce) can Campbell's® Condensed Cream of Mushroom Soup (Regular or 98% Fat Free)
1/2 cup dry white wine or vermouth
1 tablespoon lemon juice
4 (4 ounce) fillets firm white fish fillets (cod, haddock or halibut), cut into 1-inch pieces
1/2 cup grated Parmesan cheese

Directions

Heat the butter in a 10-inch skillet over medium heat. Add the mushrooms and cook until tender, stirring occasionally.

Stir the soup, wine, lemon juice and fish in the skillet. Cook for 5 minutes or until the fish is cooked through. Spoon the fish mixture into the pastry shells. Sprinkle with the cheese.

Mediterranean Seafood Medley

Ingredients

20 baby squid (tubes and tentacles), cleaned
3 cups milk

2 tablespoons extra-virgin olive oil
8 cloves garlic, minced
2 small onions, chopped
2 large carrots, chopped
2 tomatoes, chopped
1 small fennel bulb, diced
1/2 cup tomato paste
1 cup dry white wine
3 cups chicken stock
1/2 bunch fresh parsley
1/2 bunch fresh tarragon
1/2 bunch fresh thyme
2 bay leaves
1 teaspoon black peppercorns
1 tablespoon loosely packed saffron threads

2 tablespoons extra-virgin olive oil
6 cloves garlic, minced
1/2 cup oil-packed sun-dried tomatoes, drained and cut into strips
6 baby fennel bulbs, halved
1/2 bunch fresh thyme, chopped
10 fresh oysters in shells, well scrubbed
20 littleneck clams
20 fresh mussels

6 (6 ounce) fillets fresh sea bass
salt and pepper to taste
2 tablespoons extra-virgin olive oil
6 sprigs parsley, for garnish

Directions

Soak squid in milk for 1 to 5 hours; the longer the better. When the squid has finished soaking, strain, and discard the milk.

Heat 2 tablespoons olive oil in a large pot over medium heat. Stir in the garlic, onions, carrots, tomatoes, and diced fennel. Cook and stir until the vegetables soften, about 10 minutes. Stir in tomato paste, and cook an additional 10 minutes. Pour in wine, and increase heat to high. Once the mixture comes to a boil, add the chicken stock, parsley, tarragon, thyme, bay leaves, peppercorns, and saffron. Return to a boil, then reduce heat to medium, and simmer until the liquid has reduced to 1 1/2 cups, about 15 minutes. Strain out the liquid, and discard the solids.

Heat 2 tablespoons olive oil in a large pot over medium heat. Stir in garlic, and cook until fragrant, about 45 seconds. Add sun-dried tomatoes and fennel; cook for 2 minutes. Pour in the strained saffron broth and chopped thyme; increase heat to medium-high and bring to a boil. Place oysters on top of the fennel, cover, and cook for 1 minute. Set the clams and mussels into the pot, cover, and cook until the shellfish begin to open, about 4 minutes. Stir in the drained squid, recover, and cook for 1 minute, just until the squid firms.

While the shellfish are cooking, season the sea bass fillets with salt and pepper. Heat the remaining 2 tablespoons olive oil in a large skillet over medium-high heat. Place fish into skillet, skin-side down. Cover, and cook until the skin is crispy and the flesh of the fish has firmed and is no longer translucent.

Pour the fennel-seafood mixture onto a serving platter and place the sea bass fillets on top. Garnish with parsley sprigs and serve.

Hot Seafood Ramekins

Ingredients

1 cup dried bread crumbs
1 cup crab meat
1 cup small shrimp
3 green onions, chopped
1 cup chopped celery
1 cup mayonnaise
1 tablespoon Worcestershire
sauce
1/2 cup chopped parsley

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large bowl, toss together 3/4 cup breadcrumbs, crab, shrimp, green onions, celery, mayonnaise, Worcestershire sauce and parsley. Mix well, and spoon mixture into clean, dry seafood shells or ramekins. Place stuffed shells on a foil-lined cookie sheet, and sprinkle with remaining 1/4 cup bread crumbs.

Bake in the preheated oven for 30 minutes.

Seafood Lasagna I

Ingredients

1 onion, chopped
2 tablespoons butter
12 ounces cottage cheese
1 (8 ounce) package cream cheese
2 teaspoons dried basil
1/2 teaspoon salt
1/8 teaspoon ground black pepper
1 egg
2 (10.75 ounce) cans condensed cream of mushroom soup
1/3 cup milk
1 clove garlic, minced
1/2 cup white wine
1/2 pound scallops
1/2 pound flounder fillets
1/2 shrimp, peeled and deveined
1 (16 ounce) package lasagna noodles
2 ounces shredded mozzarella cheese
2 tablespoons grated Parmesan cheese

Directions

Cook the lasagna noodles in a large pot of boiling salted water until al dente. Drain.

Saute onion in the butter or margarine. Combine the cottage cheese, cream cheese, basil, salt, pepper, egg, and sauteed onion. Set aside.

Combine the mushroom soup, milk, and garlic. Stir in the white wine, bay scallops, flounder fillets, and shrimp. Set aside.

Assemble ingredients in a greased lasagna pan as follows: a thin layer of seafood sauce, 1/5 noodles, 1/2 cheese mixture, 1/5 noodles, 1/2 seafood mixture, 1/5 noodles, 1/2 cheese mixture, 1/5 noodles, 1/2 seafood mixture, and remaining noodles. Place mozzarella cheese and Parmesan on the top.

Bake at 350 degrees F (175 degrees C) for 45 to 60 minutes. Remove from oven, and allow to stand for 10 minutes.

Eric and Debi's Seafood Seviche

Ingredients

1/2 pound halibut fillets, cut into
1/4 inch cubes
10 peeled and deveined shrimp,
cut into small pieces
4 large sea scallops, cut into small
pieces
1/2 cup fresh lemon juice
1/4 cup fresh grapefruit juice

1 yellow bell pepper, diced
3 large jalapeno peppers, seeded
and minced
1/3 cup diced Maui onion
1/4 cup chopped green olives
1 tablespoon minced fresh ginger
root
1 tablespoon brown sugar
1 teaspoon salt
1 (6 ounce) can tomato paste
1 large tomato, diced

Directions

Stir the halibut, shrimp, scallops, lemon juice, and grapefruit juice together in a glass bowl. Cover, and refrigerate at least 6 hours until the halibut turns opaque.

Stir the bell pepper, jalapeno pepper, onion, olives, ginger, sugar, salt, and tomato paste together in a glass bowl until no chunks of tomato paste remain. Drain the seafood, and add to the vegetable mixture along with the tomatoes. Gently stir until evenly combined, then return to the refrigerator to chill at least 15 minutes before serving.

Southern Seafood Gumbo

Ingredients

1 medium onion, chopped
2 celery ribs with leaves, chopped
1 medium green pepper, chopped
3 garlic cloves, minced
1 tablespoon olive oil
1 (46 fluid ounce) bottle spicy hot V8
1 (14.5 ounce) can diced tomatoes, undrained
1/4 teaspoon cayenne pepper
1 (16 ounce) package frozen sliced okra, thawed
1 pound catfish fillets, cut into 3/4-inch cubes
3/4 pound uncooked medium shrimp, peeled and deveined
3 cups cooked long-grain rice

Directions

In a large saucepan, saute the onion, celery, green pepper and garlic in oil until tender. Stir in the V8 juice, tomatoes and cayenne; bring to a boil. Reduce heat; cover and simmer for 10 minutes.

Stir in okra and catfish; cook 8 minutes longer. Add the shrimp; cook about 7 minutes longer or until shrimp turn pink. Place rice in individual serving bowls; top with gumbo.

CraZee's Creamy Seafood and Pasta

Ingredients

2 (8 ounce) packages fresh pasta of your choice
1/2 cup white wine
3/4 cup milk
2 tablespoons sour cream
1/2 cup freshly grated Parmesan cheese
1 tablespoon chopped fresh cilantro
1 tablespoon olive oil
8 ounces medium shrimp, peeled and deveined
8 ounces small scallops
1/2 yellow bell pepper, cut into strips
1/2 orange bell pepper, cut into strips
1/8 teaspoon Cajun seasoning
salt and pepper to taste

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Bring white wine and milk to a simmer in a small saucepan over medium-high heat. Whisk in sour cream and Parmesan cheese, reduce heat to medium-low, and simmer until thickened, about 5 minutes. Remove from the heat and stir in cilantro.

Meanwhile, heat olive oil in a skillet over medium-high heat. Add shrimp and scallops, and cook until the shrimp begin to firm and turn pink. Stir in the yellow and orange peppers, season with Cajun seasoning, salt, and pepper; continue cooking until peppers are tender.

To serve, place cooked pasta into a serving bowl, top with seafood mixture, and pour sauce overtop.

Seafood Lasagna

Ingredients

3/4 cup chopped onion
2 tablespoons butter
1 (8 ounce) package cream cheese, cubed
1 1/2 cups small curd cottage cheese
1 egg, beaten
2 teaspoons dried basil
1 teaspoon salt
1/4 teaspoon pepper
1 (10.75 ounce) can condensed cream of shrimp soup, undiluted
1 (10.75 ounce) can condensed cream of mushroom soup, undiluted
1/2 cup white wine or chicken broth
1/2 cup milk
2 (8 ounce) packages imitation crabmeat, flaked
1 (6 ounce) can small shrimp, rinsed and drained
9 lasagna noodles, cooked and drained
1/2 cup grated Parmesan cheese
3/4 cup shredded Monterey Jack cheese

Directions

In a large skillet, saute onion in butter until tender. Reduce heat. Add cream cheese; cook and stir until melted and smooth. Stir in cottage cheese, egg, basil, salt and pepper. Remove from the heat and set aside. In a bowl, combine the soups, wine or broth, milk, crab and shrimp.

Arrange three noodles in a greased 13-in. x 9-in. x 2-in. baking dish. Spread with a third of cottage cheese mixture and a third of the seafood mixture. Repeat layers twice. Sprinkle with Parmesan cheese.

Cover and bake at 350 degrees F for 40 minutes. Uncover; sprinkle with the Monterey Jack cheese. Bake 10 minutes longer or until cheese is melted and lasagna is bubbly. Let stand for 15 minutes before serving.

Spicy Seafood Stew

Ingredients

2 pounds potatoes, peeled and diced
1 pound carrots, sliced
1 (26 ounce) jar spaghetti sauce
2 (6 ounce) jars sliced mushrooms, drained
1 1/2 teaspoons ground turmeric
1 1/2 teaspoons minced garlic
1 teaspoon cayenne pepper
3/4 teaspoon salt
1 1/2 cups water
1 pound sea scallops
1 pound uncooked medium shrimp, peeled and deveined

Directions

In a 5-qt. slow cooker, combine the first eight ingredients. Cover and cook on low for 4-1/2 to 5 hours or until potatoes are tender.

Stir in the water, scallops and shrimp. Cover and cook for 15-20 minutes or until scallops are opaque and shrimp turn pink.

Seafood Lasagna II

Ingredients

1 (16 ounce) package lasagna noodles
2 tablespoons olive oil
1 clove garlic, minced
1 pound baby portobello mushrooms, sliced
2 (16 ounce) jars Alfredo-style pasta sauce
1 pound shrimp, peeled and deveined
1 pound bay scallops
1 pound imitation crabmeat, chopped
20 ounces ricotta cheese
1 egg
black pepper
6 cups shredded Italian cheese blend

Directions

Preheat oven to 350 degrees F (175 degrees C). Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Heat oil in a large saucepan over medium heat. Sauté garlic and mushrooms until tender. Pour in 2 jars Alfredo sauce. Stir in shrimp, scallops and crabmeat. Simmer 5 to 10 minutes, or until heated through. In a medium bowl, combine ricotta cheese, egg and pepper.

In a 9x13 inch baking dish, layer noodles, ricotta mixture, Alfredo mixture and shredded cheese. Repeat layers until all ingredients are used, ensuring that there is shredded cheese for the top.

Bake uncovered in preheated oven for 45 minutes. Cover, and bake 15 minutes.

New England Seafood Chowder

Ingredients

4 pounds haddock fillets , cut into 3/4 inch pieces
1/4 pound medium shrimp, peeled and deveined
1/4 pound bay scallops
4 bacon strips, diced
3 medium onions, quartered and thinly sliced
2 tablespoons all-purpose flour
2 cups diced peeled potatoes
4 cups milk
2 tablespoons butter
1 tablespoon minced fresh parsley
2 teaspoons salt
1/2 teaspoon lemon-pepper seasoning
1/4 teaspoon pepper

Directions

Place haddock in a Dutch oven; cover with water. Bring to a boil over medium heat. Reduce heat; simmer, uncovered, for 20 minutes longer. Drain, reserving 2 cups cooking liquid; set liquid and seafood aside.

In a soup kettle, cook bacon over medium heat until crisp; drain on paper towels. In the drippings, saute onions until tender. Stir in flour until blended. Gradually stir in reserved cooking liquid. Bring to a boil; cook and stir for 2 minutes or until thickened. Reduce heat. Add potatoes; cover and cook for 15-20 minutes or until potatoes are tender.

Add the milk, seafood, butter, parsley, salt, lemon-pepper and pepper; heat through. Sprinkle with bacon.

Seafood Dip I

Ingredients

1 1/2 cups cocktail sauce
3/4 cup imitation crabmeat
1 (8 ounce) package cream
cheese, softened

Directions

In a bowl, mix the cocktail sauce and crabmeat.

Place block of cream cheese on serving dish, and pour cocktail sauce mixture over the top.

Richard's Seafood Chowder

Ingredients

- 1 cup finely chopped onion
- 4 teaspoons olive oil
- 1 1/2 cups sherry
- 1 cup minced carrot
- 1 cup minced celery
- 2 cups unpeeled, minced red potatoes
- 4 tablespoons tomato paste
- 1 pinch ground cayenne pepper
- 3 cups 1% milk
- 2 cups half-and-half
- 1 pound cooked shrimp
- 1/2 pound scallops
- 2 cups clam juice

Directions

In a large stockpot over medium heat, saute onion in oil and sherry, until soft. Add carrots, celery, and potato and saute 2 minutes. Add clam juice and cover. Simmer until potatoes are soft (about 15 minutes).

Puree half of the mixture in a blender until smooth, then return to stock pot.

Add tomato paste, cayenne, milk, half and half, shrimp, and scallops. Bring to boil, lower heat to simmer, and cook for 5 minutes. Taste for seasoning and add salt and pepper, if desired.

The Seafood Thing

Ingredients

1 1/2 cups uncooked long-grain white rice
3 cups water
1 tablespoon vegetable oil
1/2 pound fresh mushrooms, sliced
1/4 pound scallops
3 tablespoons butter
3 tablespoons all-purpose flour
1 1/2 cups whole milk
1 tablespoon tomato paste
1/2 lemon, juiced
salt and pepper to taste
1/2 cup shredded Gruyere cheese
1/4 pound shelled cooked cocktail shrimp
1/4 pound imitation crabmeat

Directions

In a pot, bring the rice and water to a boil. Cover, reduce heat to low, and simmer 25 minutes.

Heat the oil in a skillet over medium heat. Stir in the mushrooms, and saute until tender. Mix in the scallops, and cook just until opaque. Remove from heat, and set aside.

Melt the butter in a saucepan over medium heat, and slowly whisk in the flour to form a golden brown paste. Gradually whisk in the milk, and stir continuously until the mixture has thickened.

Mix the tomato paste, lemon juice, salt, and pepper into the saucepan. Slowly stir in the Gruyere cheese until melted. Mix in the mushrooms, scallops, shrimp, and crab, and continue cooking until heated through. Serve over the cooked rice.

Seafood Lasagna II

Ingredients

9 lasagna noodles
1 tablespoon butter
1 cup minced onion
1 (8 ounce) package cream cheese, softened
1 1/2 cups cottage cheese
1 egg, beaten
2 teaspoons dried basil leaves
1/2 teaspoon salt
1/8 teaspoon freshly ground black pepper
2 (10.75 ounce) cans condensed cream of mushroom soup
1/3 cup milk
1/3 cup dry white wine
1 (6 ounce) can crabmeat, drained and flaked
1 pound cooked small shrimp
1/4 cup grated Parmesan cheese
1/2 cup shredded sharp Cheddar cheese

Directions

Bring a pot of lightly salted water to a boil. Cook pasta for 8 to 10 minutes, or until al dente; drain, and rinse in cold water. Preheat oven to 350 degrees F (175 degrees C).

In a skillet, cook onion in butter over medium heat until tender. Remove from heat, and stir in cream cheese, cottage cheese, egg, basil, and salt and pepper.

In a medium bowl, mix together the soup, milk, wine, crabmeat, and shrimp.

Lay 3 cooked lasagna noodles on the bottom of a 9x13 inch baking dish. Spread 1/3 of the onion mixture over the noodles. Then spread 1/3 of the soup mixture over the onion layer. Repeat the noodle, onion, soup layers twice more. Top with Cheddar cheese and Parmesan cheese.

Bake in preheated oven for 45 minutes, or until heated through and bubbly.

Easy Seafood Alfredo

Ingredients

16 ounces uncooked black squid ink pasta
1 tablespoon butter
3 cloves garlic, minced
1/2 cup chicken broth
1 cup fat-free half-and-half
6 tablespoons grated Parmesan cheese
1 slice fat-free American cheese, torn into pieces
1 teaspoon dried basil
1 teaspoon dried parsley
ground black pepper to taste
2 (8 ounce) packages imitation crabmeat, flaked

Directions

Bring a large pot of lightly salted water to a boil. Add pasta, cook for 8 to 10 minutes, until al dente, and drain.

Melt the butter in a skillet over medium heat, and cook the garlic 1 minute. Pour in the chicken broth and half-and-half. Cook and stir until heated through.

Mix the Parmesan cheese and American cheese into the skillet. Cook and stir until American cheese is melted. Season the mixture with basil, parsley, and pepper. Mix in the imitation crabmeat, and continue cooking until heated through. Serve over the cooked pasta.

Seafood Pasta Salad

Ingredients

1 1/2 (8 ounce) packages tri-color pasta
3 stalks celery
1 pound imitation crabmeat
1 cup frozen green peas
1 cup mayonnaise
1 1/2 tablespoons white sugar
2 tablespoons white vinegar
3 tablespoons milk
1 teaspoon salt
1/4 teaspoon ground black pepper

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; rinse under cold water until cool and drain.

While pasta is cooking, chop celery and crabmeat. Run hot water over peas to defrost.

In a large bowl, whisk together the mayonnaise, sugar, vinegar, milk, salt and pepper. Add the pasta, celery and crabmeat and stir until evenly coated. Adjust the salt, sugar or mayonnaise to suit your taste. Chill several hours before serving.

Baked Seafood Au Gratin

Ingredients

- 1 onion, chopped
- 1 green bell pepper, chopped
- 1 cup butter, divided
- 1 cup all-purpose flour, divided
- 1 pound fresh crabmeat
- 4 cups water
- 1 pound fresh shrimp, peeled and deveined
- 1/2 pound small scallops
- 1/2 pound flounder fillets
- 3 cups milk
- 1 cup shredded sharp Cheddar cheese
- 1 tablespoon distilled white vinegar
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon salt
- 1 pinch ground black pepper
- 1 dash hot pepper sauce
- 1/2 cup grated Parmesan cheese

Directions

In a heavy skillet, saute the onion and the pepper in 1/2 cup of butter. Cook until tender. Mix in 1/2 cup of the flour, and cook over medium heat for 10 minutes, stirring frequently. Stir in crabmeat, remove from heat, and set aside.

In a large Dutch oven, bring the water to a boil. Add the shrimp, scallops, and flounder, and simmer for 3 minutes. Drain, reserving 1 cup of the cooking liquid, and set the seafood aside.

In a heavy saucepan, melt the remaining 1/2 cup butter over low heat. Stir in remaining 1/2 cup flour. Cook and stir constantly for 1 minute. Gradually add the milk plus the 1 cup reserved cooking liquid. Raise heat to medium; cook, stirring constantly, until the mixture is thickened and bubbly. Mix in the shredded Cheddar cheese, vinegar, Worcestershire sauce, salt, pepper, and hot sauce. Stir in cooked seafood.

Preheat oven to 350 degrees F (175 degrees C). Lightly grease one 9x13 inch baking dish. Press crabmeat mixture into the bottom of the prepared pan. Spoon the seafood mixture over the crabmeat crust, and sprinkle with the Parmesan cheese.

Bake in the preheated oven for 30 minutes, or until lightly browned. Serve immediately.

Seafood Alfredo Dip

Ingredients

3 tablespoons butter
2 tablespoons all-purpose flour
1 cup heavy cream
2 (4 ounce) cans shrimp, drained
1 (6 ounce) can crabmeat, drained
1/4 cup shredded Parmesan
cheese
1/2 teaspoon salt
1/8 teaspoon white pepper

Directions

Melt the butter in a pan over medium heat. Whisk in the flour, and cook to make a smooth paste, about 5 minutes. Gradually stir in the heavy cream. Continue to whisk the mixture until thick and smooth, about 5 minutes. Stir in the shrimp and crabmeat. Add the Parmesan cheese, and stir until melted. Season to taste with salt and white pepper. Serve warm as a dip.

Seafood Lasagna Roll-Ups

Ingredients

1 (8 ounce) package imitation crabmeat, chopped
1 1/2 cups 1% cottage cheese, drained
1/3 cup dry bread crumbs
5 tablespoons grated Parmesan cheese, divided
1 egg, lightly beaten
1/2 cup egg substitute
1 tablespoon dried parsley flakes
1/4 teaspoon onion powder
1/4 teaspoon garlic powder
6 lasagna noodles, cooked and drained
2 cups meatless spaghetti sauce, divided

Directions

In a bowl, combine the crab, cottage cheese, bread crumbs, 4 tablespoons Parmesan cheese, egg, egg substitute, parsley, onion powder and garlic powder. Spread 1/3 cup on each noodle; roll up tightly. Spread 1/2 cup spaghetti sauce in a 9-in. square baking dish. Place roll-ups, seam side down, in dish. Top with remaining sauce.

Cover and bake at 350 degrees F for 30 minutes. Uncover; bake 25 minutes longer. Sprinkle with remaining Parmesan cheese.

Finadene Seafood Drizzle or Dipping Sauce

Ingredients

10 Thai chile peppers or Guam Boonie peppers, seeded and minced

1/2 cup chopped onion

2 cloves garlic, minced

1/2 cup fresh lemon juice

1/4 cup soy sauce

Directions

Mix Thai chiles, onion, garlic, lemon juice, and soy sauce together in a glass jar with a tight-fitting lid. Store in the refrigerator.

Christmas Seafood Casserole

Ingredients

3 tablespoons butter
1 cup chopped onions
1 1/2 cups chopped celery
2 1/2 cups milk
6 tablespoons all-purpose flour
1 1/2 teaspoons butter
4 ounces Cheddar cheese, sliced
1/2 teaspoon salt
1/2 teaspoon black pepper
1/4 pound crabmeat
1/4 pound lobster meat
1/4 pound medium shrimp
1/4 pound scallops

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium baking dish.

Melt 3 tablespoons butter in a skillet, and saute the onions and celery until tender.

Heat the milk in a saucepan over medium heat, and mix in the flour and 1 1/2 teaspoons butter until well blended. Gradually blend the cheese into the mixture. Season with salt and pepper.

In a medium bowl, mix the onions and celery with the cheese sauce mixture. Toss in the crabmeat, lobster, shrimp, and scallops. Transfer to the prepared baking dish.

Bake uncovered in the preheated oven 25 minutes, or until the seafood is opaque and the surface is lightly browned.

Seafood Melange

Ingredients

4 sole, patted dry
10 bay scallops, raw
3/4 cup crabmeat
3/4 cup cooked shrimp
1/2 cup shredded Monterey Jack cheese
1/2 cup butter
2 egg yolks
1 tablespoon lemon juice
1/2 teaspoon mustard powder
1/8 teaspoon salt
2 tablespoons chopped fresh parsley
1/4 teaspoon paprika

Directions

Butter two 2-cup au gratin dishes. Place 1 fillet on bottom of each, then layer with scallops, crabmeat, shrimp, cheese and a second fillet; set aside.

Preheat oven to 450 degrees F (230 degrees C).

Melt butter. In a medium mixing bowl, combine yolks, lemon juice, mustard and salt; mix on high and slowly add butter in a steady stream until sauce is thick and creamy. Pour sauce over fillets.

Bake in preheated oven for 10 to 15 minutes; sprinkle with parsley and paprika. Serve.

Seafood Newburg

Ingredients

1/4 cup butter
1/4 cup all-purpose flour
1/2 teaspoon salt
1 1/2 cups milk
1/4 cup dry sherry
1 pinch paprika
3 tablespoons ketchup
1 dash Worcestershire sauce
2 (6 ounce) cans small shrimp,
drained

Directions

Combine butter, flour and salt in a saucepan. Cook for two minutes. Slowly pour in milk and bring mixture to a boil.

Stir sherry into the mixture (to taste), paprika, catsup and Worcestershire sauce. Place seafood in the saucepan and heat thoroughly. Serve hot.

Seafood Dip II

Ingredients

1 1/2 cups sour cream
1 cup mayonnaise
1 tablespoon dry vegetable soup mix
1 cup imitation crabmeat, diced

Directions

In a medium-size mixing bowl, mix together sour cream, mayonnaise, vegetable soup mix, and crab. Cover and refrigerate at least one hour. Delicious!

Seafood Marinara with Linguine

Ingredients

1 (14.5 ounce) can CONTADINA®
Diced Tomatoes
12 ounces CONTADINA® Tomato
Paste
2 tablespoons olive oil, divided
1 cup chopped onion
3 garlic cloves, minced
1 (14.5 ounce) can chicken broth
1/2 cup dry red wine or water
1 tablespoon fresh basil, chopped
1 teaspoon fresh oregano,
chopped
1 teaspoon salt
8 ounces shrimp, fresh or frozen,
peeled and deveined
8 ounces scallops, fresh or frozen
1 pound linguine, cooked, drained
and kept warm

Directions

Heat 1 tablespoon oil in large skillet over medium-high heat. Add onion and garlic; cook for 2 minutes. Add tomatoes and juice, chicken broth, tomato paste, wine, basil, oregano and salt. Bring to a boil. Reduce heat to low; simmer for 10 minutes.

Heat remaining oil in small skillet over high heat. Add shrimp and scallops; cook for 3 to 4 minutes or until shrimp turn pink and scallops are opaque. Add to sauce. Cook for 2 to 3 minutes. Serve over pasta.

Layered Seafood Dip

Ingredients

1 (8 ounce) package cream cheese, softened
1/2 cup sour cream
1/4 cup mayonnaise
1 cup cocktail sauce
1/2 cup chopped green bell pepper
3 green onions, chopped
1 tomato, seeded and chopped
1 cup cooked crabmeat
1 cup cooked baby shrimp
1 cup finely shredded mozzarella cheese

Directions

In a medium bowl, blend cream cheese, sour cream and mayonnaise.

In the bottom of an approximately 12 inch round serving dish, spread the cream cheese mixture. Pour cocktail sauce evenly over the mixture. Layer with green bell pepper, green onions and tomato. Top with crabmeat and shrimp. Sprinkle with mozzarella.

Cover and chill in the refrigerator at least 2 hours before serving.

Seafood Omelets with Creamy Cheese Sauce

Ingredients

Filling:

1/4 cup chicken broth
1 tablespoon Dijon mustard
1/4 cup heavy cream
2 tablespoons butter
1 (6 ounce) can crab
1 (6 ounce) can salad shrimp

Sauce:

1/4 cup heavy cream
1 teaspoon Dijon mustard
1 cup shredded Cheddar cheese
1 dash nutmeg
Salt and pepper to taste

Omelets:

4 eggs, beaten
1/4 cup heavy cream
Salt and pepper to taste

Directions

Prepare the filling by stirring Dijon mustard into chicken broth in a saucepan until dissolved. Bring to a simmer over medium-high heat, then add 1/4 cup cream and 2 tablespoons butter. Reduce heat to medium, and simmer until reduced by half, then stir in crab and shrimp; keep warm over low heat.

Prepare the sauce by warming 1/4 cup cream, and 1 teaspoon mustard over medium heat. Once hot, whisk in the shredded cheese, then season to taste with nutmeg, salt, and pepper. Keep warm over low heat.

Whisk eggs, 1/4 cup cream, salt, and pepper together until smooth. Heat an 8-inch non-stick skillet over medium heat, and lightly oil with cooking spray. Pour 1/4 cup of the egg mixture into hot pan, and swirl to make a thin, even layer of egg. Cook until firmed, then flip and cook for a few seconds more to firm the other side.

To prepare omelets, spoon some of the seafood filling into the lower half of each omelet. Roll up into a cylinder. Serve 2 per person bathed with Cheddar sauce.

Seafood Wine Sauce

Ingredients

1/2 cup butter
1/2 cup all-purpose flour
1 teaspoon dried basil
1/2 teaspoon dried thyme
1 tablespoon cooking oil
1/2 cup diced shallots
1 cup white wine
1 cup heavy cream
4 tablespoons butter
salt and pepper to taste

Directions

To make roux: Melt 1/2 cup butter in a skillet over medium heat. Stir in flour, reduce heat to low, and cook until roux is a light chocolate color. Season with basil and thyme. Remove from heat.

Heat oil in a saucepan over medium heat. Saute shallots until tender. Stir in wine, and simmer until liquid is reduced by half. Strain shallots from wine, and return wine to skillet. Stir in cream and 4 tablespoons butter; heat until butter is melted. Stir in 2 to 3 tablespoons of the roux, until mixture thickens. Cook on low heat for about 5 minutes to eliminate starchy flavor. Season with salt and pepper.

Seafood Salad

Ingredients

1 (16 ounce) package seashell pasta
1 (6 ounce) can crabmeat
1 (6 ounce) can tuna
1 (4 ounce) can shrimp
3 carrots, grated
1 onion, grated
1 cup creamy salad dressing (e.g. Miracle Whip)
1/2 cup French dressing
1/2 cup milk
4 tablespoons white sugar

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

In a large mixing bowl, combine cooked pasta, crabmeat, tuna, shrimp, carrots, and onion.

In a separate small mixing bowl, combine well the creamy salad dressing, French dressing, milk, and sugar. Pour dressing mixture over pasta mixture and toss well. Refrigerate until well chilled, or overnight.

Seafood Quiche

Ingredients

1/2 pound bacon
1 recipe pastry for a 9 inch double crust pie
1 tablespoon butter, melted
4 eggs
2 cups half-and-half cream
1 teaspoon salt
1 pinch white sugar
1 pinch ground nutmeg
1 pinch ground cayenne pepper
1 pinch ground black pepper
1/4 pound shredded Swiss cheese
6 (6 ounce) cans crabmeat, shredded
1 (4 ounce) can canned shrimp, drain
1/2 cup sliced fresh mushrooms

Directions

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside. Preheat oven to 450 degrees F (230 degrees C).

Line a large pie pan or quiche pan with the pie shell. Brush shell with melted butter. Sprinkle bacon in bottom of pie pan.

Beat eggs with cream, salt, sugar, nutmeg, cayenne pepper and black pepper. Sprinkle the grated cheese over the bacon and then sprinkle the crab meat and shrimp over the cheese. Pour the egg mixture over everything and arrange the mushroom slices over the egg mixture.

Bake in preheated oven for 10 minutes, reduce heat to 350 degrees F (175 degrees C) and continue baking until set, about 25 to 30 minutes. Let cool for 10 minutes before serving.

Seafood Stuffed Avocados

Ingredients

1/2 cup flaked cooked crabmeat
1/2 cup cooked small shrimp
2 tablespoons peeled and diced cucumber
1 tablespoon mayonnaise
1 teaspoon chopped fresh parsley
1 pinch salt
1 pinch ground black pepper
1 pinch paprika
1 avocado

Directions

In a bowl, mix the crab, shrimp, cucumber, mayonnaise, and parsley. Season with salt, and pepper. Cover, and chill until serving.

Slice the avocados lengthwise, and remove the pit. Scoop out the flesh of the avocado, leaving about 1/2 inch on the peel. Spoon the seafood mixture into the hollowed centers of the avocado halves. Sprinkle the tops with paprika.

Seafood Linguine

Ingredients

1 (16 ounce) package linguine pasta
1/2 cup thinly sliced red onion
3 teaspoons garlic powder
1/4 cup olive oil
3 cups milk
2 teaspoons chopped fresh parsley
1/2 cup chopped green bell pepper
1/2 cup red bell pepper, chopped
1/2 cup broccoli florets
1/2 cup thinly sliced carrots
1 cup sliced fresh mushrooms
1 cup canned shrimp
1 cup crab meat, drained
1 pound scallops
2 tablespoons all-purpose flour
salt to taste
ground black pepper to taste

Directions

Bring a large pot of lightly salted water to a boil. Add linguine pasta, and cook for 6 to 8 minutes, or until al dente. Drain.

Meanwhile, in an electric frying pan, or large skillet saute the red onion and garlic in olive oil. When onion is translucent, add the milk. Cook until bubbles form around the edges of the pan. Add the parsley, chopped green and red bell pepper, broccoli, carrots, mushrooms, shrimp, crab, and scallops and stir until well incorporated.

Remove 1/2 cup of milk from the mixture and place in a small bowl with the flour. Stir until smooth. Add back to skillet with seafood and vegetables. Allow mixture to thicken. Season with salt and pepper to taste.

Pour seafood sauce over drained and cooked linguine noodles. Serve warm.

Seafood Stew

Ingredients

2 1/2 cups chicken broth
1/2 cup uncooked long grain rice
2 teaspoons chili powder
2 garlic cloves, minced
1 (14.5 ounce) can diced tomatoes, undrained
3/4 cup julienned green pepper
3/4 cup julienned sweet red or yellow pepper
1/2 cup thinly sliced onion
8 ounces orange roughy or red snapper fillets, cut into 1-inch pieces
4 ounces uncooked medium shrimp, peeled and deveined
3/4 cup orange juice concentrate

Directions

In a saucepan, bring broth to a boil. Add the rice, chili powder and garlic; return to a boil. Reduce heat; cover and simmer for 15-20 minutes or until rice is tender. Add the tomatoes, peppers and onion. Cover and cook over medium heat until vegetables are tender. Add fish, shrimp and orange juice concentrate. Cover and simmer for 2-4 minutes or until the fish flakes easily with a fork and the shrimp turn pink.

Mixed Seafood Curry

Ingredients

2 tablespoons vegetable oil
1 tablespoon minced fresh ginger root
1 tablespoon minced garlic
1 medium onion, halved and sliced
1 tablespoon curry paste, to taste
3 tablespoons lime juice
1 tablespoon brown sugar
1 (14 ounce) can light coconut milk
12 medium shrimp, peeled (tails left on) and deveined
12 sea scallops, halved
6 ounces asparagus, cut into 2-inch pieces
2 tablespoons chopped cilantro
salt to taste

Directions

Heat the oil in a large pan over medium-high heat. Cook the ginger, garlic, and onion until the onion softens, about 2 to 3 minutes. Stir in the curry paste, lime juice, brown sugar, and coconut milk; simmer for 5 minutes. Stir in the shrimp, scallops, asparagus, cilantro, and salt; cook until the seafood is opaque, 4 to 5 minutes.

Southwestern Seafood Egg Rolls

Ingredients

1/4 pound bay scallops
1/4 pound medium shrimp, peeled and deveined
1 teaspoon minced garlic, divided
2 tablespoons olive or vegetable oil, divided
1 large tomato - peeled, seeded and chopped
1/4 cup finely chopped onion
3 tablespoons minced fresh parsley
3 tablespoons minced fresh cilantro or additional parsley
3/4 teaspoon ground cumin
1/2 teaspoon paprika
1/4 teaspoon salt
1/8 teaspoon pepper
dash cayenne pepper
1 pinch ground turmeric
1/4 cup soft bread crumbs
8 ounces phyllo dough, thawed
1/2 cup butter or margarine, melted

Directions

In a large skillet, saute scallops, shrimp and 1/2 teaspoon garlic in 1 tablespoon oil for 2 minutes or until seafood is opaque. With a slotted spoon, remove from the pan and coarsely chop; set aside. In the same skillet, combine the tomato, onion and remaining garlic and oil; simmer for 5 minutes. Stir in parsley, cilantro, cumin, paprika, salt, pepper, cayenne and turmeric. Simmer, uncovered, until liquid is evaporated, about 5 minutes. Stir in seafood mixture and bread crumbs.

Cut the phyllo dough into 14-in. x 4-1/2-in. strips. Cover with a damp towel until ready to use. Lightly brush one strip with butter. Top with another strip; brush with butter. Place a tablespoonful of seafood mixture near one short side; fold in the long sides and roll up. Brush lightly with butter. Place on a greased baking sheet. Repeat with remaining phyllo and filling. Bake at 375 degrees F for 12-15 minutes or until golden brown.

Vonciel's Seafood Salad

Ingredients

2 tablespoons olive oil
1 large onion, diced
1 pound large shrimp, peeled and deveined
1 pound scallops, rinsed and patted dry
1 (6 ounce) can crabmeat, drained and flaked
1 (12 ounce) can water packed tuna, drained and flaked
salt and pepper to taste
1 tablespoon seafood seasoning, such as Old Bay[®]
1 cup mayonnaise, or to taste
2 tablespoons yellow mustard
1/2 teaspoon garlic powder, or to taste
1 teaspoon dried oregano
1/2 teaspoon ground turmeric
2 tablespoons white sugar
1 large green bell pepper, chopped
2 stalks celery, chopped
5 hard-cooked eggs, chopped
1 hard-cooked egg, sliced
1/2 teaspoon paprika, as garnish

Directions

Heat oil over medium heat in a large skillet and add onions, stirring until translucent, about 7 minutes. Add shrimp, scallops, crab meat and tuna. Cook until shrimp are pink and the scallops are opaque, 8 to 10 minutes. Season with salt, pepper, and Old Bay Seasoning. Remove from heat.

Whisk together the mayonnaise, mustard, garlic powder, oregano, turmeric and sugar in a large bowl. Mix in the bell pepper, celery and chopped eggs.

Add seafood and toss until evenly combined. Garnish with eggs slices and sprinkle with paprika.

Cover and refrigerate for 2 to 3 hours or overnight before serving to let flavors blend.

Savannah Seafood Stuffing

Ingredients

1/2 cup margarine
1/2 cup chopped green bell pepper
1/2 cup chopped onion
1/2 cup chopped celery
1 pound crabmeat, drained and flaked
1/2 pound medium shrimp - peeled and deveined
1/2 cup seasoned dry bread crumbs
1 (6 ounce) package corn bread stuffing mix
2 tablespoons white sugar, divided
1 (10.75 ounce) can condensed cream of mushroom soup
1 (14.5 ounce) can chicken broth

Directions

Melt the margarine in a large skillet over medium heat. Add the bell pepper, onion, celery crabmeat and shrimp; cook and stir for about 5 minutes. Set aside. In a large bowl, stir together the stuffing, bread crumbs and 1 tablespoon of sugar. Mix in the vegetables and seafood from the skillet. Stir in the cream of mushroom soup and as much of the chicken broth as you like. Spoon into a 9x13 inch baking dish.

Bake for 30 minutes in the preheated oven, or until lightly toasted on top.

Crab and Seafood Stuffed Shells

Ingredients

1 (12 ounce) box jumbo pasta shells
1 (6 ounce) can crabmeat, drained
1 (6.5 ounce) can small shrimp, drained
3 teaspoons minced celery
1 tablespoon minced onion
1 cup creamy salad dressing (such as Miracle Whip®)
1 cup shredded Swiss cheese

Directions

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the pasta shells, and return to a boil. Cook uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 13 minutes. well in a colander set in the sink, then rinse with cold water until the pasta is cold. Drain thoroughly.

While the pasta is cooking, stir the crabmeat, shrimp, celery, onion, and creamy salad dressing in a mixing bowl. Stir in the shredded Swiss cheese.

Stuff each shell with some of the seafood mixture, and place into a serving dish. Keep refrigerated until ready to serve.

Seafood Risotto

Ingredients

5 cups water
16 fluid ounces bottled clam juice
1 (6.5 ounce) can chopped clams,
drained with juices reserved
1/4 cup butter
1 yellow onion, chopped
2 cups Arborio rice
3/4 cup white wine
1/2 teaspoon saffron
1 teaspoon dried basil
8 ounces cooked salmon
kosher salt
ground black pepper

Directions

Place water, bottled clam juice, and reserved juice from canned clams into a medium saucepan. Set over medium-high heat; bring to a boil, then reduce heat to low.

In a large pot or deep skillet, melt butter over medium heat. Stir in onion, and cook until softened, stirring occasionally, about 10 minutes. Stir in rice, and cook, stirring, for 3 to 5 minutes. Do not let rice brown. Pour in wine, and cook, stirring, until the wine is evaporated. Add 1/2 cup of simmering broth, and stir until the broth is almost all evaporated. Then add another 1/2 cup of broth. Stir in saffron and basil. Continue adding broth 1/2 cup at a time and stirring until the liquid has evaporated until the rice is almost al dente, about 20 minutes.

When the inside of the rice is slightly more firm than you desire in the final dish, stir in clams, flaked salmon, and 1/2 cup broth. Stir until the liquid evaporates. Season with salt and pepper. Stir in 1/2 cup broth, and stir vigorously. Remove from heat before the liquid has completely evaporated.

Creamy Seafood Medley with Pasta

Ingredients

2 tablespoons olive oil
2 cups frozen broccoli cuts
2 stalks celery, chopped
1 medium onion, chopped
1/2 cup sliced mushrooms
4 cloves garlic, minced
1 pound fresh sea scallops, cut into quarters
1/2 pound frozen cooked peeled large shrimp, thawed
1 (10.75 ounce) can Campbell's® Condensed Cream of Shrimp Soup
2 tablespoons chopped fresh parsley
1 teaspoon ground black pepper
1/2 (16 ounce) package spaghetti

Directions

Heat the oil in a 12-inch skillet over medium heat. Add the broccoli, celery, onion, mushrooms and garlic and cook for 3 minutes, stirring occasionally.

Stir the scallops and shrimp in the skillet and cook for 3 minutes. Stir in the soup, parsley and black pepper and heat to a boil. Reduce the heat to low. Cook for 5 minutes or until the scallops are cooked through. Serve the seafood mixture over the spaghetti.

Seafood Stew

Ingredients

2 1/2 cups chicken broth
1/2 cup uncooked long grain rice
2 teaspoons chili powder
2 garlic cloves, minced
1 (14.5 ounce) can diced tomatoes, undrained
3/4 cup julienned green pepper
3/4 cup julienned sweet red or yellow pepper
1/2 cup thinly sliced onion
8 ounces orange roughy or red snapper fillets, cut into 1-inch pieces
4 ounces uncooked medium shrimp, peeled and deveined
3/4 cup orange juice concentrate

Directions

In a saucepan, bring broth to a boil. Add the rice, chili powder and garlic; return to a boil. Reduce heat; cover and simmer for 15-20 minutes or until rice is tender. Add the tomatoes, peppers and onion. Cover and cook over medium heat until vegetables are tender. Add fish, shrimp and orange juice concentrate. Cover and simmer for 2-4 minutes or until the fish flakes easily with a fork and the shrimp turn pink.

Creamy Seafood Noodles

Ingredients

1 large onion, diced
3 cloves garlic, minced
1 cup fresh sliced mushrooms
1/2 pound uncooked scallops
3 cups water
2 (3 ounce) packages Oriental flavored ramen noodles
2 (3 ounce) packages shrimp flavored ramen noodles
2 tablespoons sour cream
salt and pepper to taste
1/2 pound cooked medium shrimp
1/2 pound imitation crabmeat

Directions

Saute the onions and garlic in a lightly oiled or buttered skillet over medium heat, for 5 minutes or until tender. Add the mushrooms and scallops and saute for 2 more minutes. Remove from heat and set aside. (Note: Be sure to not to overcook the scallops.)

In a large saucepan over high heat, bring the water to a boil. Add the ramen noodles and boil for 3 minutes, reducing heat as necessary. Stir in the soup flavor packets, sour cream and the reserved scallop mixture. Season with salt and pepper to taste, reduce heat to low and let simmer for 5 minutes.

Add the cooked shrimp and the crab, allow to heat through and serve.

Scrumptious Seafood Linguine

Ingredients

2 (9 ounce) packages fresh linguine pasta
1/4 cup butter
1 clove garlic, chopped
1 cup heavy cream
1/2 pound imitation crabmeat
1/2 pound cooked salad shrimp
1 cup freshly grated Parmesan cheese
salt and pepper to taste
1 tablespoon chopped fresh parsley

Directions

Bring a large pot of lightly salted water to a boil. Add pasta, and cook for 3 minutes, or until al dente; drain.

Melt butter in a large skillet over medium heat. Saute garlic until tender. Stir in cream, and cook until thickened, about 5 minutes. Add imitation crab, shrimp, Parmesan cheese, and salt and pepper. Reduce heat to low, and cook for 2 to 3 minutes, until heated through.

Transfer cooked linguine to a serving platter, and top with seafood sauce. Garnish with parsley.