Ultimate Collection Of

Seafood Recipes

Brought To You By

freeeboooks.

Download thousands of free ebooks with resell rights

www.freeeboooks.com

Un-Advertised Special Bonus!

"2Hr Money Making Video!"

Worth $97! FREE For A Limited Time Only!

Inside you'll discover...

- How to make money with resell rights!
- Setup your resell rights product
- How to create a PayPal button
- What all the files do
- How to upload with FTP
- Enabling auto-return in PayPal
- Auto-redirect after payment
- Inserting your payment button
- Editing your sales page
- Editing your download page
- Where to source QUALITY products
- Understanding licensing terms
- The sales funnel
- and much much more...!

Click Here For FREE Access!

You now have master resale rights to this product.

Recipe Contents

"Grilled" Glazed Tuna Steaks
30-Min: Tuna Burgers
7 Minute Boiled Crawfish
Abalone Stuffed With Crabmeat
Accra (Saltfish Cakes)
Aceitunas Alinadas (Olives In Oil)
Aceitunas Rellenas - Stuffed Olives
Ackee - Codfish
Acrats De Morue (Catfish Fritters)
Adobong Isda (Fish In Tangy Sauce)
African Fish Curry Powder
African Malayan Curry Powder (For Meat & Fish
Agnolotti Alla Fraccaro (Crab Ravioli)
Akotonshi (Stuffed Crabs)
Al's Maryland Crab Soup
Al's Seafood Bisque
Alaska Salmon & Avocado Pasta Salad
Alaska Salmon A La Rainier
Alaska Salmon Chowder
Alaska Salmon Salad Sandwich
Alaska Seafood Pizza
Alaska Seafood Tarts
Alaskan Fish Bake
Albacore Or Yellowfin Tuna
Alfredos Barbecue Fish Marinade
All-American Salmon Saute W/Mushroom Sauce
All-American Tuna-Salad Sandwiches
All-In-One Tuna Casserole
Alligator Sausage & Crawfish Casserole
Allison's Salmon Loaf
Almond Tuna & Rice
Anchovy-Grilled Salmon Steaks
Angel Hair Pasta With Sea Scallops
Ann's Seafood Chowder
Ann's Seafood Chowder (Halifax Version)
Another Tuna Casserole
Antoine's Oysters Rockerfeller
Apple Tuna Pasta Casserole
Apricot-Glazed Fish
Art's Mock Crabmeat Casserole
Arthur Treacher Style Fish
Arthur Treacher's Fish Batter
Artichoke & Oyster Souffle
Artichoke Bottoms With Bay Scallops
Artichoke Oyster Soup
Artichokes With Spicy Crab
Asian Marinade (For Fish)
Asian Salmon Burgers
Asian-Style Salmon Stir-Fry
Asparagus & Crab Meat Soup (Mang Tay Nau Cua)

Asparagus & Crab Strata
Asparagus & Crabmeat Salad
Asparagus And Crabmeat Salad
Asparagus Crab Soup (Sup Mang Tay Cua)
Asparagus With Oyster Sauce
Asparagus-Stuffed Flounder
Aussie: Heron Island Fish With Vinaigrette
Aussie: Kingfisher Pavlova
Australian Grilled Fish
Avocado & Crab Enchiladas
Avocado Crabmeat Salad
Avocado Filled With Crabmeat
Avocado Pear With Crab~ Pear~ Peach & Primr
Avocado Stuffed With Smoked Fish (West Africa
Avocado With Crab
Avocado With Smoked Fish
Baby Shark Fry
Bacalaitos (Salt Codfish Fritters)
Bacalao A La Viszcaina (Basque Style Codfish)
Bacon & Oysters
Bacon & Smoked Oysters
Bacon And Smoked Oysters
Bacon-Broiled Scallops
Badhapu Malu (Fried Fish)
Bahama Fried Fish *
Bailey's Bouillabaisse (Fish Stew)
Baja Seafood Stew
Baked Almond Catfish
Baked Artichoke & Crab Spread
Baked Bay Scallops
Baked Bluefish
Baked Breaded Bluefish With Mock Tartar Sauce
Baked Catfish & Pecans
Baked Catfish A'la Meuni`ere
Baked Catfish Creole
Baked Catfish Fillets With Horseradish Sauce
Baked Catfish Supreme
Baked Citrus Swordfish
Baked Clams
Baked Clams Casino
Baked Clams With Black Bean Sauce
Baked Clams With Tasso Gratinee With Saffron
Baked Codfish With Spinach & Cheese Sauce
Baked Cqthi Salmon (Welsh)
Baked Crab Potatoes
Baked Crab Quesadillas
Baked Crabmeat & Avocado
Baked Crab~ Pepper & Spinach Frittata
Baked Dilled Salmon On Rice
Baked Eggs With Crabmeat
Baked Fillet Of Catfish Creole
Baked Fish
Baked Fish Cake

Baked Fish Chowder
Baked Fish Steaks (Nz)
Baked Fish With Almond Stuffing
Baked Fish With Orange-Chili Marinade
Baked Fish With Spices
Baked Fish With Sweet & Sour Onions W/Cousc
Baked Fish With Tomato-Orange Confit
Baked Fish With Vegetables
Baked Flounder Barataria
Baked Flounder With Sauce
Baked Flounder With Scallop Stuffing
Baked Flounder(English)
Baked Fresh Salmon
Baked Fresh Salmon Steak
Baked Fresh Tuna
Baked Gefilte Fish
Baked Oysters
Baked Rockfish With Ginger-Lime Sauce
Baked Salmon
Baked Salmon In Foil
Baked Salmon Packets
Baked Salmon Provencale
Baked Salmon Rolls
Baked Salmon Steaks
Baked Salmon Supper
Baked Salmon With Caper Sauce
Baked Salmon With Herb Sauce
Baked Scallops
Baked Scallops Aux Herbes
Baked Sea Bass With Black-Olive Sauce
Baked Sea Scallops
Baked Smoked Salmon & Feta Cheese En Croute
Baked Speckled Trout In Herbs
Baked Stuffed Catfish
Baked Stuffed Clams (Pat Stockett)
Baked Stuffed Fish
Baked Stuffed Fish 2
Baked Stuffed Flounder
Baked Stuffed Lake Trout, Salmon, Or Walleyed Pike
Baked Trout With Fennel
Baked Trout With Sea Food
Baked Trout With Yoghurt & Herbs
Baked Tuna & Noodles
Baked Tuna Chow Mein Casserole
Baked Tuna Pie
Baked Tuna Steaks
Baked Tuna Stuffed Potatoes
Baked Vegetable & Seafood Won Tons
Baked Whole Fish
Banana Fish
Banquet Baked Fish
Bar-B-Q: Smoke-Grilled Salmon
Barbecue Crab Sandwich

Barbecue Fish Sauce
Barbecue Salmon Steaks With Green Ginger Sauce
Barbecued Catfish
Barbecued Corn & Hard Shelled Crabs
Barbecued Fish
Barbecued Fish Margarita
Barbecued Oysters With Shiitakes
Barbecued Rainbow Trout
Barbecued Salmon With Basil
Barbecued Salmon With Field Greens
Barbecued Scallops Hoisin
Barbecued Skewers Of Fish - Seekh Ki Machali
Barbecued Speckled Trout
Barbecued Swordfish With Black Olive-Cucumber
Barbequed Fish
Basic Best Salmon Loaf
Basic Fish Chowder
Basic Fish Mousse
Basic Fish Stock - *p Cooking Class
Basil's Crab Cakes~ Louisiana-Style
Basque Style Steamed Clams (Almejas Guisadas)
Bass With Avocado Sauce
Basted Duck With Oyster Dressing
Bay Scallops With Lemon & Dill
Bbq Crab Sandwich
Beacon Hill Clam Dip
Bean Curd With Oyster Sauce
Bier Fisch (German Beer Fish)
Bill Clinton's Tuna Salad Sandwich
Biscuit Topped Seafood Gumbo Pie
Bisque De Cribiches (Freshwater Crayfish Bisq
Black Bean & Salmon Appetizer
Black Pepper Angel Hair With Smoked Salmon
Black-Eyed Pea-Crab Salad With Ruby Grapefrui
Blackened Catfish
Blackened Fish
Blackened Redfish
Blender Hollandaise Sauce For Trout
Blue Crab Cakes With Cayenne Mayonnaise
Blue Fish With Oranges & Oregano Flowers In
Blue Trout Luchow
Bluegill Dip
Boiled Crabs
Boiled Crawfish
Boned Oysters
Boston Clam Chowder
Braised Fish -England, 15th Century
Braised Pork And Fresh Oysters In Clay Pot
Brattens Famous Clam Chowder
Brigitte's Shrimp Or Tuna Mousse
Brigitte's Tuna Burgers
Brithyll A Chig Moch (Trout & Bacon)
Brittany Mixed Fish Soup

Broccoli~ Crab~ & Cheddar Quiche
Broiled Bay Scallops
Broiled Bluefish Sauce
Broiled Catfish Steaks
Broiled Fish With Deviled Cheese
Broiled Flamed Trout Koala
Broiled Flounder
Broiled Flounder Fillets
Broiled Fresh Tuna With Salsa
Broiled Monkfish In Gingered Soy Sauce
Broiled Open-Faced Crab Sandwiches
Broiled Or Grilled Fish W/ Black-Bean Salsa
Broiled Oriental Swordfish
Broiled Rainbow Trout
Broiled Rockfish
Broiled Salmon Fillets With Fennel Sauce
Broiled Salmon Steak With French Dressing
Broiled Salmon Teriyaki
Broiled Salmon With Lime & Cilantro
Broiled Salmon With Spicy Sauce Verde
Broiled Scallops & Bacon Hors D'oeuvres
Broiled Scallops W/Lemon
Broiled Seafood Canapes
Broiled Sesame Trout
Broiled Shrimp & Scallops (Scampie E Cape San
Broiled Spicy Shark
Broiled Striped Bass
Broiled Swordfish & Cucumber Sauce
Broiled Swordfish Mirabeau
Broiled Swordfish Steaks
Broiled Trout With Raisins
Broiled Tuna
Broken Fish Trap Soup
Brook Trout Meuniere
Brook Trout Sauteed With Mushrooms
Butterfish With Lemongrass
Buttermilk Fried Shark
Cajun Blackened Spice Mix & Blackened Fish
Cajun Catfish
Cajun Catfish Courtbouillon
Cajun Catfish Gumbo
Cajun Catfish Remoulade
Cajun Catfish With Spicy Strawberry Sauce
Cajun Crabmeat Mold
Cajun Crawfish Casserole
Cajun Crawfish Jambalaya
Cajun Fish Fillets
Cajun Oyster Pie
Cajun Oysters
Cajun Shrimp & Oyster Gumbo
Cajun Soft-Shell Crabs On Buns
Cajun Style Crabbie Mushrooms
California-Style Salmon

Calvert's Pecan Flounder
Camp Tuna & Rice
Cang Cua Boc Tom (Shrimp On Crab Legs)
Canh Chua Dau Ca (Sour Fish Head Soup)
Canned Tuna Casserole
Cantonese Fish Filling (Dim Sum Filling)
Cape Beaujolais's Fine Fish Marinade
Cape Cod Clam & Corn Fritters
Caribbean Fish Chowder
Caribean Fish Fillet
Carlos & Charlie's Tuna Dip
Carmelized Sea Scallops In Truffle Sauce
Carrot Bundle Fish
Casserole Apicius With Meat Or Fish
Casserole Of Catfish Jean Lafitte
Catfish & Crawfish Mold
Catfish & Shrimp Stew
Catfish And Crawfish Mold
Catfish Baked With Cheese
Catfish Barrios
Catfish Bienville
Catfish Cakes
Catfish Caribbean
Catfish Chili
Catfish Chowder
Catfish Creole
Catfish Curry With Tomato & Cilantro
Catfish En Papillote
Catfish Florentine With New Orleans Style
Catfish Frangelico
Catfish In Beer
Catfish In Oyster Andouille Butter
Catfish In Picante Sauce
Catfish In Red Curry Sauce
Catfish Maitre'd
Catfish Mexican Style
Catfish Mulate's Crawfish Etouffee
Catfish Orleans With Creole Sauce
Catfish Parmesan
Catfish Pecan Meuniere
Catfish Stew
Catfish With Dijon Sauce
Catfish With Oregon Hazelnuts
Catfish With Spicy Orange Sauce
Cathe's Clam Chowder
Cathe's Crawfish Etouffe
Cathe's Crawfish Quiche
Cathy's Fish & Rice
Ceviche (Scallops)
Charbroiled Swordfish With Citrus Salsa
Charcoal Grilled Salmon With Spicy Black Beans
Chard-Wrapped Salmon & Duxelles
Charlene Prickett's Crab Salad With Yogurt Dr

Checkerboard Square Clam Crunch
Cheer Up A Crab
Cheese & Crabmeat Casserole
Cheese & Salmon Bagel Ww
Cheese-Broiled Catfish
Cheesy Broiled Flounder
Cheesy Fisherman's Grill
Cheesy Garden Tuna-Filled Crepes (Microwave R
Cheesy Salmon Supper
Chesapeake Bay Crab Cakes
Chesapeake Oyster Bisque
Chesapeake Restaurant Crab Cakes
Chex Mix Oyster Crackers
Chicken & Oyster Casserole
Chicken Sausage Oyster Gumbo
Chicken Stuffed With Crab
Chicken Wings In Oyster Sauce
Chile Tuna Sea Shells
Chilean Sea Bass With Garlic
Chili Crab Puff: Ladies Lunch
Chili Fish Sauce
Chili Seared Salmon With Sweet Pepper Salsa
Chili-Orange Fish Fillets With Banana
Chilled Pappa Al Pomodoro With Crab Meat Cros
Chilled Trout In Dill Sauce
Chinese Crab & Corn Soup
Chinese Crab Rice
Chinese Oyster Stew
Chinese Pasta Salad With Shellfish
Chinese Steamed Cracked Crabs
Chinese Style Mushroom Filled With Salmon Fil
Chinese Style Sea Scallops
Chinese Tuna Steaks On The Grill
Chinese: Crab Meat Lion's Head - Shanghai
Chinese: Won Ton In Oyster Sauce (Ho Yau Gon
Chippewa Trout
Chop Suey With Tuna
Christmas Crab Quesadillas
Christmas Oyster Soup
Chuck's Clam Chowder
Cipate Au Salmon (Layered Salmon Pie)
Citrus Grilled Jumbo Scallops
Citrus Sauce For Fish
Citrus Scallops
Citrus Shrimp & Scallops
Citrus Trout Delight
Clam & Corn Chowder
Clam & Olive Dip
Clam & Potato Casserole
Clam & Shrimp Chowder
Clam And Olive Dip
Clam Balls
Clam Bisque

Clam Casserole
Clam Casserole 2
Clam Chowder
Clam Chowder #1
Clam Chowder #2
Clam Chowder - New England Home Style
Clam Chowder 3
Clam Chowder For Canning
Clam Chowder, Manhattan Style
Clam Chowder~ Maine Style
Clam Dip
Clam Dip #1
Clam Dip #2
Clam Dip #3
Clam Linquine
Clam Puffs
Clam Savory
Clam Stuffed Mushroom Caps
Clam-Stuffed Fish Fillets
Clamato Red Scorpion
Clams (Whole Or Minced)
Clams Casino
Clams In Black Bean Sauce
Clams Oregatana Basilico
Clams Posilipo
Clams Sailor Style
Clams With Spicy Butter
Classic Fried Catfish
Clear Fish Soup
Cocktail Crab Dip
Coconut Fish Roe Sambal (Sambal Kelapa Dengan
Coconut Rockfish
Cod Fish Cakes
Codfish Balls
Codfish Vegetable Casserole
Codfish With Couscous - Bsnx01a
Cold Clam Dip
Cold Crabmeat Nacho
Cold Glazed Salmon
Cold Redfish Mold
Cold Trout In Aspic
Cold Trout In Orange Marinade
Confetti Crab Salad
Confetti Macaroni & Tuna Salad
Cooked Clams
Coquilles St. Jacques Au Gingembre (Scallops
Coriander Fish (Bharia Machli)
Corn & Crab Chowder
Corn And Crab Chowder
Cornmeal-Coated Catfish
Cornmeal-Crusted Trout With Hazelnut Butter
Counterfeit Tuna Salad
Country Salmon Pie

Courtbouillon Of Redfish
Crab & Asparagus Quiche
Crab & Asparagus Soup
Crab & Avocado Cocktail
Crab & Avocado Fritters
Crab & Brie Soup
Crab & Cheese Salad
Crab & Cheese Stuffed Bread
Crab & Clam Dip
Crab & Corn Cakes
Crab & Corn Chowder
Crab & Corn Soup
Crab & Cream Cheese Hors D'oeuvres
Crab & Cucumber Rolls
Crab & Green Onion Pie
Crab & Rice Salad
Crab & Shrimp Au Gratin
Crab & Shrimp Seasoning
Crab & Three Cheese Strata
Crab And Asparagus Soup (Queensland)
Crab And Avocado Cocktail
Crab And Corn Cakes
Crab Artichoke Heart & Pasta Casserole
Crab Avocado Melt
Crab Balls (Mrs. Kitching's Smith Island Cook
Crab Benedict
Crab Bisque
Crab Broccoli Casserole
Crab Burgers
Crab Cakes
Crab Cakes #2
Crab Cakes Maryland
Crab Cakes With Basil Mayonnaise
Crab Cakes With Cilantro Butter
Crab Cakes With Pasilla Chili Aioli
Crab Cakes With Sweet Peppers & Capers
Crab Calzone
Crab Casserole
Crab Casserole In A Clay Pot
Crab Cheesecake
Crab Cioppino Ala Guardino
Crab Claw Marinade
Crab Combination Soup
Crab Combination Soup #1
Crab Crepes
Crab Crepes En Casserole
Crab Custard With Lemon Butter Sauce
Crab Delights Stir Fry
Crab Diablo
Crab Dip #1
Crab Dip #2
Crab Enchiladas With Chipotle Cream Sauce
Crab Filled Cream Cheese Pastry

Crab Filling
Crab Filo Appetizers
Crab Fondue (Absolutely Marvelous)
Crab Fried Rice - Khao Pad Poo *
Crab Fried Rice With Nam Prik Sauce
Crab Fritters
Crab Gratin
Crab Gumbo
Crab Imperial
Crab In Ginger Sauce
Crab Lorenzo
Crab Meat & Mushrooms In Wine Sauce
Crab Meat Alma
Crab Meat Bacon Rolls
Crab Meat Lion's Head
Crab Meat Roll Sushi
Crab Meat Salad
Crab Melt Sandwich
Crab Mousse
Crab Muffins
Crab Newberg
Crab On Crackers
Crab Pecan Delight
Crab Pilau (Braised Rice W/ Crab & Coconut Mi
Crab Quiche
Crab Rangoon #1
Crab Rangoon #2
Crab Rangoon #3
Crab Rice
Crab Roll Hors D'oeuvres
Crab Salad
Crab Salad Croissants W/Peaches And Pecans
Crab Salad Sandwiches
Crab Salad W/2 Dressings
Crab Salsa
Crab Souffle
Crab Souffle Roll
Crab Souffle With Green Peppers
Crab Soup With Sherry
Crab Spring Rolls - Cooking Light
Crab Stew
Crab Stuffed Chicken Breasts
Crab Stuffed Idaho Potatoes
Crab Stuffed Jalapenos
Crab Stuffed Mushrooms
Crab Stuffed Mushrooms # 2
Crab Stuffed Prawns With Tomato Butter
Crab Stuffing
Crab Tarts
Crab Tetrazzini
Crab Tomato Bisque
Crab Tomato Sandwiches
Crab Vegetable Dip

Crab Victoria
Crab With Snow Peas
Crab Won Tons With Blackberry Szechuan Sauce
Crab-A-Leekie Crepes
Crab-And-Pink Grapefruit Salad
Crab-Apple Butter
Crab-Apple Hot Pepper Jelly
Crab-Apple Jelly
Crab-Melt Canapes
Crab-Potato Salad
Crab-Stuffed Bread Cubes
Crab-Stuffed Chicken
Crab-Stuffed Crepes
Crab-Stuffed Sole
Crab-Stuffed Tomatoes
Crab-Topped Shrimp
Crabapple Pickles
Crabby Mushrooms
Crabby Potatoes
Crabcakes
Crabcakes 2
Crabmeat Appetizer
Crabmeat Au Gratin
Crabmeat Custard
Crabmeat Dip
Crabmeat Fajitas
Crabmeat Goodies
Crabmeat Mousse
Crabmeat Patties
Crabmeat Quiche
Crabmeat Ravigote
Crabmeat Supreme
Crabmeat Yvonne
Crabmeat-Artichoke Casserole
Crabmeat-Stuffed Pork Loin
Crabs Carribbean-Style
Crabs With Ginger & Green Onions
Crab~ Artichoke Heart & Pasta Casserole
Crab~ Chili~ Cheese
Crappie Timbales
Crawfish & Corn Soup
Crawfish & Egg Salad
Crawfish & Spicy Cheese Tart
Crawfish Aubergine
Crawfish Bisque
Crawfish Bread
Crawfish Chili
Crawfish Cornbread
Crawfish Etouffee
Crawfish Etouffee 2
Crawfish File Gumbo
Crawfish Jambalaya
Crawfish Mashed Potatoes

Crawfish Of Shrimp Etouffee
Crawfish Or Shrimp Cocktail
Crawfish Pie
Crawfish Risotto
Crawfish Stuffed Manicotti
Crawfish Stuffing
Crawfish Vol-Au-Vent
Crawfish Wontons
Crawfish Yvonne
Crawfish-Stuffed Beef Fillet
Crayfish & Poached Quail Eggs Salad & Truffle
Crayfish & Poached Quail Eggs Salad & Truffle Vinaigrette
Crayfish Etouffee
Crayfish Tails A La Carlton
Cream Of Clam & Leek Soup
Cream Of Crab Soup
Cream Of Oyster Stew
Creamed Flounder Tarragon
Creamed Lobster & Clams
Creamed Oysters
Creamed Salmon In Rice Ring
Creamed Scallops In Wine Sauce (Coquilies St.
Creamed Tuna
Creamy Artichoke & Oyster Soup
Creamy Clam Sauce & Pasta
Creamy Crab & Red Pepper Sauce
Creamy Crab Fondue
Creamy Crab Soup
Creamy Crab-And-Artichoke Dip
Creamy Salmon Soup
Creamy Seafood Pasta Salad
Creamy Smoked Salmon & Dill Tart
Creamy Smoked Salmon And Dill Tart
Creamy Tomato Bisque With Lump Crabmeat & B
Creamy Trout Mousse
Creamy Vegetables With Tuna
Creole Baked Fish
Creole Crab
Creole Crab & Rice
Creole Fish
Creole Fish Soup
Creole Redfish Courtbouillon
Creole Seafood Gumbo
Creole Seafood Seasoning
Crepes With Salmon Filling
Crepes With Tuna Sauce
Crisp Atlantic Salmon On Lentils With Morocca
Crisp Scallops With Horseradish Lime Sauce
Crispy Baked Fish & Herbs
Crispy Meat & Seafood Roll
Crispy Pecan Fish Fillet
Crispy Salmon Potato Pancakes
Crispy Scallops With Soy Dipping Sauce

Crockpot Crab Soup
Crunchy Fish Fillets
Crunchy Hot Crab Bites
Crunchy Oven-Fried Fish
Crunchy Potato Chip Tuna Salad
Crunchy Tuna Salad
Crustless Crab Qiuche
Crustless Seafood Quiche
Cucumber Rounds With Smoked Salmon Mousse
Cured Salmon & Grouper Roulade W/ Mache Let
Curried Oysters With Banana Salsa
Curried Salmon Steaks
Curried Salmon With Poppadoms
Curried Scallops In Cream Sauce
Curried Snow Crab Claws
Curried Tuna Melts
Curried Tuna Salad
Cuttlefish With Spinach
Cuttyhunk Paprika Scallops
Dallo (Cuttle Fish Curry)
Dartmouth Crab & Lobster Salad
David Hagedorn's Sea Scallops
Deep-Fried Catfish
Deep-Fried Catfish Fillets
Deep-Fried Crab Balls W/Jicama-Pepper Panache
Deep-Fried Crab Balls With Vinegar Dip
Deep-Fried Trout
Deli Seafood Sandwich
Delmarva Crab Cakes
Deluxe Salmon Spread
Denjang Jiege Keh (Spiced Crab Soup)
Deviled Clams
Deviled Codfish Patties
Deviled Crab
Deviled Crab Croquettes
Deviled Crab Quiche
Deviled Oysters I
Deviled Oysters II
Deviled Rock Lobster Or Crab
Deviled Smelt
Devilled Crab In Cucumber Cups.
Devilled Crab In Tomato.
Devilled Crabs
Diakon & Tuna Salad
Dijon Baked Salmon With Mousse Topping
Dill Sauce With Scallops Over Angel Hair Past
Dilled Salmon Salad
Dilled Salmon Steaks For Two
Dilly Crabmeat Spread
Dobi's Linguini & White Clam Sauce
Drago's Char-Broiled Oysters
Dressed Crab
Dried Fish Belly Soup - Kapaw Pla *

Dried Kingfish
Drunken Crab Bisque
Drunken Fish
Drunken Tuna Dip
Duck Webs In Oyster Sauce
Duke's Clam Chowder
Dulse Fried Oyster Mushrooms
Dungeness Crab Dijonnaise
Dungeness Crab Lasagna
East: Calcutta Curried Fish With Crisp Vegeta
Eastern Shore Crab Cakes
Easy Clam Sauce With Low-Calorie Version
Easy Crab Imperial
Easy Fish Casserole
Easy Fish Marinade
Easy Mini-Salmon Burgers
Easy Poached Fish
Easy Salmon Chowder
Easy Seafood Stew
Ecrevisse (Crawfish) Strudel With Two Sauces
Eddy's Oyster Loaves
Egg & Smoked Haddock Pate.
Eggplant Stuffed With Oysters
Eggs Benedict With Salmon
Eileen's Salmon Steaks
Elegant Baked Fish
Elegant Crabmeat Balls
Elegant Seafood Casserole
Elegant Southern Seafood Cake
Ellen's Seafood Chowder
Emerald Seafood Salad
Erby`s Steamed Crawfish
Erdine's Fish Pie
Escalloped Salmon
Etienne's Soft-Shell Crab With Red Chili Beur
Eula Mae's Cajun Seafood Gumbo
Famous Crab Dip
Fancy Fish
Fast & Fit Clam Chowder
Fast With Five: Almond Trout
Faux Smoked Salmon
Fettuccine With Scallops & Peas
Fettuccine With Shellfish, Tomatoes And Olives
Fiery Catfish Fingers
Filet Of Beef & Oysters
Fillet Of Catfish Bayou Lafourche
Fillet Of Catfish In Wine
Fillet Of Fish A L'orange
Fillet Of Fish Amandine
Fillet Of Fish Florentine
Fillet Of Fish Provencale
Filleted Trout With Macadamia Nuts And Fried Capers
Fillets Of Bluefish General Patton

Fillets Of Flounder In Lemon Parsley Butter
Firecracker Grilled Alaskan Salmon
Fish
Fish & Brewis
Fish & Cheese Chowder
Fish & Leek Chowder
Fish & Mushrooms
Fish & Potato Platter
Fish & Stoffle
Fish & Tomato Zucchini Saffron Coulis
Fish 'n Chips 'n Peas
Fish 'n Flakes
Fish A La Lyle
Fish And Potato Platter
Fish Aspic
Fish Baked In Coconut Chutney
Fish Baked In Sour Cream
Fish Baked~ Broiled~ Or Barbecued In Foil
Fish Broth (Brodo Di Pesce)
Fish Broth With Oysters & Saffron
Fish Brown Sauce
Fish Cakes #1
Fish Cakes #2
Fish Caribbean With Herbed Wine Sauce
Fish Casserole
Fish Chowder I
Fish Chowder II
Fish Citrus Salad
Fish Clams & Corn Chowder
Fish Courtbouillon
Fish Creole
Fish Curry
Fish Cutlets With Curry Sauce
Fish Devine
Fish Dish
Fish En Escabeche
Fish Fantastic & Fast
Fish Filets With Winter Salad
Fish Fillets
Fish Fillets Au Gratin
Fish Fillets Au Gratin #2
Fish Fillets In Garlic Butter
Fish Fillets In Zucchinni Cream
Fish Fillets With Asian Vegetables
Fish Fillets With Tomatoes Capers & Olives
Fish From Tipitapa (Pescado A La Tipitapa)
Fish Fumet
Fish Gourmet
Fish House Barbecue
Fish House Punch
Fish In Adobo Sauce
Fish In Aspic
Fish In Cilantro Sauce

Fish In Fiery Lemon-Coriander Sauce
Fish In Foil
Fish In Horseradish Sauce
Fish In Hot Fanny Sauce
Fish In Mandarine & Parsley Sauce
Fish In Moroccan Charmoula Sauce
Fish In Orange Juice
Fish In Pineapple-Lime Sauce
Fish In Sweet & Sour Sauce Wih Coconut-Rice
Fish In Tomato-Wine Sauce
Fish In Wine Casserole
Fish Kabobs
Fish Lemongrass
Fish Marinade
Fish Marinated In Herbed Olive Oil
Fish Mustard Curry
Fish Nuggetts
Fish On A Stick
Fish Piccata
Fish Pie
Fish Piquant - Psari Savore
Fish Saute (Sudado)
Fish Saute In Coconut Milk
Fish Slices~ Peking Style
Fish Souffle
Fish Soup
Fish Soup With Fennel
Fish Steamed In Napa Cabbage - *p Cooking Cla
Fish Stew
Fish Stew With Herbs
Fish Stock
Fish Straight From The River - Oz
Fish Stuffed Peppers With Orzo
Fish Taco Brochettes
Fish Tacos
Fish Tacos In-A-Hurry
Fish Timbales With Curry Sauce
Fish With Capersauce
Fish With Garlic Salsa
Fish With Rice Wine
Fish With Summer Vegetables
Fish With Tomato & Caper Sauce
Fish With Vegetable Sauce
Fish-Chowder
Fish-Stuffed Bean Curd
Fish: Shrimp Creole
Fisherman Chowder
Fisherman's Bouillabaisse
Fisherman's Brewis
Fisherman's Catch
Fisherman's Cioppino
Fisherman's Pie
Fisherman's Soup

Fisherman's Stew
Fishfilet On Cabbage Salad
Fishrolls With Peppers
Fishy Fries
Fish~ Clams & Corn Chowder
Fiskepudding Eller Fiskefarse (Fish Pudding O
Fiskesalat Med Pepperrotsaus (Fish Salad W/Ho
Flaky Salmon Surprise
Florida Fish Stew
Flounder 0r Sole Fillets
Flounder A La Nouvelle Orleans
Flounder Au Gratin
Flounder Florentine
Flounder In Lemon-Dill Sauce
Flounder In Parchment
Flounder In Sweet-Sour Sauce
Flounder Meuniere For 4
Flounder With Scallions
Flounder With Vegetables & Gingered Sauce
Fluffy Tuna Pate
Foil Baked Fish With Mexican Mint Marigold
Foil Envelope Fish
Foiled Fish On The Grill
Fragrant Fish
Frank's Place Crawfish Etouffe
Fred's Fish Sauce M&M
French Quarter Catfish
French Toasted Tuna Sandwiches
Fresh & Smoked Salmon Pate
Fresh Corn Seafood Chowder
Fresh Halibut Baked With Smoked Salmon
Fresh Salmon Pate
Fresh Salmon With Tricolored Peppercorn Sauce
Fresh Trout Florentine
Fresh Tuna (Marmita-Kua)
Fresh Tuna Salad
Fresh Tuna Souvlaki
Fresh-Tuna Salad Nicoise
Fried Barbeque Crabs
Fried Catfish
Fried Catfish With Zippy Cornmeal Crust & R
Fried Crab Cakes
Fried Crawfish Tails
Fried Fish
Fried Fish Balls
Fried Fish Fillets
Fried Fish In Spicy Sauce
Fried Fish With Beer Batter
Fried Fish With Garlic Sauce
Fried Fish With Puerto Rican Sauce (Mojo Isle
Fried Fish With Whole Garlic
Fried Garfish
Fried Horseradish Breaded Fish With Mashed Po

Fried Lake Trout
Fried Oyster Hot Pot
Fried Oysters With Chili Corn Sauce-Brennan's
Fried Oysters Wrapped In Bacon
Fried Smelt
Fried Soft-Shell Crab
Fried Soft-Shell Crab 2
Fried Sun-Dried Fish
Fried-Fish Fillets With Sherry Vinegar & Herbs
Fruited Fish
Fruity Seafood
Fusilli Bucati With Soft Shell Crabs
G.'s Easy Fish Marinade
Gaeng Paa Pla Dook (Jungle Curry With Catfish
Garden Tuna Salad Pockets
Garlic Braised Tuna Steaks
Garlic Clam Dip
Garlic Clams
Garlic Shrimp & Scallops
Garlicky Clam Dip
Gary's Clam Dip
Gefilte Fish 1
Gefilte Fish 2
Gefilte Fish With Beet Preserves
Gemfish In Chermoula Marinade
Georgia Crab Soup
Georgia Pecan Fish-Rec.foods
Giffilte Fish
Gifilte Fish From A Jar
Gilled Salmon
Ginger Fish Rolls
Ginger Salmon Steaks
Ginger Sauce For Steamed Crab
Ginger-Glazed Salmon Steak On Basil Mashed Po
Ginger-Lime Swordfish Steaks **
Gingered Flounder In Parchment
Glazed Grilled Trout
Glazed Salmon
Glazed Sea Bass W/Black Sesame Seeds
Glen's Fish Sauce
Goanese Curried Fish
Golden Crab Puff
Golden Fried Catfish
Golden Haddock Pie
Good Habit Tuna Melt
Gorton's New England Clam Chowder
Gower Oyster Soup
Gramma Bahrt's Salmon Piroghi
Grand Central Oyster Stew
Grand Hotel Pasta & Fish
Grandma's Salmon Patties
Gratineed Oysters With Diced Apples In A Calvados Sabayon
Gravlax (Salmon Marinated In Dill)

Great Northern Mock Tuna Salad
Great Tuna Casserole
Greek Fish Baked In Grapevine Leaves
Greek Kataifi Fish
Green Chile & Oyster Chowder
Griddled Trout With Herbs
Grill Poached Salmon
Grilled Beet & Smoked Trout Salad With Chives
Grilled Bluefish Wrapped In Mammoth Basil Lea
Grilled Catfish Salad
Grilled Crabmeat Flautas
Grilled Curry-Apricot Shrimp & Scallops
Grilled Fish
Grilled Fish In Banana Leaf
Grilled Fish In Foil
Grilled Fish Tacos
Grilled Fish Tacos With Green Salsa
Grilled Fish W/Pineapple-Cilantro Sauce
Grilled Gingered Swordfish
Grilled Hawaiian Fish In Basil-Coconut Curry Sauce
Grilled Hawaiian Fish With Papaya Relish
Grilled Marinaded Kingfish
Grilled Marinated Seafood
Grilled Meli Melo Of Seafood With Soy Beurre
Grilled Mussels With Hot Fish Sauce
Grilled Oriental Fish Steaks
Grilled Rainbow Trout With Apricot Salsa
Grilled Rainbow Trout With Asian Flavors
Grilled Rainbow Trout With Caponata Relish
Grilled Rockfish With Garlic & Basil
Grilled Rosemary Swordfish
Grilled Rudderfish With Maltese Sauce
Grilled Salmon
Grilled Salmon & Cheddar Sandwiches
Grilled Salmon & Marinade
Grilled Salmon Fillets In Lettuce With Mustar
Grilled Salmon Sandwich
Grilled Salmon Steaks In Sauce
Grilled Salmon W/ Roasted White Corn Salsa &
Grilled Salmon With Honey Mustard Glaze
Grilled Salmon With Lemon & Thyme
Grilled Salmon With Potato & Watercress Salad
Grilled Salmon With Surf Sauce
Grilled Scallops & Kale With A Fresh Beet S
Grilled Scallops(Welsh)
Grilled Seafood Flautas
Grilled Seafood Kabobs
Grilled Shark
Grilled Shark Mexicana
Grilled Shark Teriyaki
Grilled Shark To Die For
Grilled Shark With Barbecue Sauce
Grilled Soft Shell Crabs With Braised Scallions

Grilled Spiced Fish
Grilled Swordfish On Herbed Couscous W/Vegeta
Grilled Swordfish Steaks
Grilled Swordfish With Barbecue Sauce
Grilled Swordfish With Citrus Salsa
Grilled Swordfish With Orange~ Onion & Toma
Grilled Swordfish With Sundried Tomato Sauce
Grilled Swordfish With Tomato Olive Vinaigret
Grilled Teriyaki Swordfish
Grilled Trout
Grilled Trout With Olive Butter
Grilled Trout With Two Sauces
Grilled Tuna & Cheese Sandwiches
Grilled Tuna Cheddar & Onion Sandwiches
Grilled Tuna Fish With Avocado & Tomato Salsa
Grilled Tuna Salad With Wasabi Dressing
Grilled Tuna Steaks
Grilled Tuna With Olive-Rosemary Butter
Grilled Tuna With Spiced Butter
Grilled Tuna With Teriyaki Fruit Sauce
Grilled Wasabi-Crusted Tuna
Grilled Whole Salmon Fillet
Gulai Daun Singkong Tumbuk (Grilled Fish With
Gulf-Style Creole Fish
Haddock & Sweetcorn Chowder
Haddock Chowder
Haddock Duglere
Hamaguri Sakami (Sake Seasoned Clams)
Hamaguri Shigure-Ni (Sweet Cooked Clams)
Hamburg-Style Fish Salad
Hamburger Fischsalat (Hamburg-Style Fish Salad)
Hawaiian Broiled Fish
Hawaiian Crab Cakes
Hawaiian Fish Cooking Basics
Hawaiian Fish With Thai Banana Salsa
He-Man's Tuna Noodle Casserole
Healthy Choice Crab Dip
Healthy Scallops Penne Rigate
Hearty Tuna Noodle Casserole
Hemingway's Trout
Henderson Boiled Crawfish
Herbed Fish Fillets
Herbed Salmon In Foil
Herbed Trout With Sour Cream
Herbs & Trout
Herby Fish Cakes
Hickory Smoked Salmon
High Country Fried Trout - Oz
Ho Yau Gon Lo Won Ton (Won Ton In Oyster Sauc
Holiday Baked Oysters
Holiday Seafood Bisque
Holiday Tuna Tree
Home On The Range Tuna Salad

Home Recipes: Hearty Tuna Casserole
Home Recipes: Maritime Crab Dip
Home-Smoked Salmon
Homemade Crab Apple Pectin
Honey Broiled Sea Scallops
Honey Fried Trout
Honey-Mustard Broiled Rockfish
Hot & Sour Fish Soup
Hot & Sour Seafood Soup
Hot Artichoke Crab Dip
Hot Artichoke Seafood Salad
Hot Clam Dip
Hot Clam Tarts
Hot Crab & Shrimp Casserole
Hot Crab Bake
Hot Crab Dip #1
Hot Crab Dip #2
Hot Crab Dip #3
Hot Crab Fondue
Hot Crab Meat Canapes
Hot Crab Spread
Hot Crab With Vegetables
Hot Crabmeat Appetizer
Hot Crabmeat Spread
Hot Grilled Trout
Hot Salmon Puffs
Hot Spiced Crab Soup
Hot Tuna Pasta Salad
Humboldt Tuna Marinade
Hunan Style Salmon Chili
Hunter's Clam Chowder
Hurry Tuna, Please
Idaho Trout
Ikan Asam Padeh (Fish In Sour Sauce)
Ikan Masak Asam (Fish & Green Bean Curry)
Imitation Crab-Pasta Salad
Imperial Sesame Fish
Impossible Caesar & Crab Pie
Impossible Seafood Pie
Impossible Tuna & Cheddar Pie
Impossible Tuna Pie
Impossible Tuna-Tomato Pie
In The Spirit Seafood Strata
Indian Broiled Fish With Many Spices
Indian Curry Paste For Seafood
Indian Fish Kebabs
Indonesian Curried Crab
Inihaw Na Bangus (Grilled Milkfish)
Irresistible Smoked Salmon Bites
Italian Baked Fish
Italian Fish Soup
Italian Oyster Corn Chowder
Italian Style Fish & Vegetables

Italian Style Fish And Vegetables
Italian Trout
Italian Tuna Salad With Olives & Sun-Dried
Italian: Risotto With Crabmeat & Basil
J'ande's Salmon En Papillote
Jackfish Lodge: Crispy-Fried Pickerel
Jackfish Lodge: Saskatoon Turnover Pie
Jackfish Lodge: Three Sister Soup
Jade Scallops
James Barber's Pan Roasted Salmon W/Sweet Pep
Jar Yue Har Guen (Deep-Fried Fish & Prawn R
Jeffrey's Rasta Redfish Marinade
Jumbo Lump Crab Salad With Citrus~ Ginger And
Jumbo Lump Crabcakes~ Cucumber Carrot Salad A
Jungle Curry With Catfish - Gaeng Paa Pla Doo
Justin Wilson's Fish Marinade & Basting Sa
Justin Wilson's Boiled Crawfish
Justin Wilson's Crawfish Or Shrimp Cocktail
Justin Wilson's Tuna Salad
Justin's Tuna Salad
Kennet Fried Trout
L.j's Curried Clam Soup
L.j's Juicy Bbq Salmon.
Larry King's Swordfish With Salsa
Latticed Tuna
Laverbread & Crab Souffles With Cockle Sauce
Layered Salmon Pie
Lazy Salmon Cakes
Leek Arugula & Clam Sauce Over Spaghettini
Legal's Inaugral Fish Chowder
Legendary Lemon-Thyme Fish Steaks
Lemon Baked Fish
Lemon Catfish
Lemon Grass Seafood Combination - Pad Po Taek
Lemon Lime Salmon
Lemon Tuna Pasta
Lemon-Basil Swordfish
Linguine Tuna Salad
Little Parcels Of Trout
Lomi Lomi Salmon
Lomi Lomi Salmon Spread
Londontown Terrace Crab Pie
Low-Fat Crab Chowder
Maine Fish Chowder
Mako Shark Steak Au Poivre
Manhattan Clam Chowder
Marides Marinates (Marinated Smelts)
Marinated Salmon Danish Style
Marinated Shark Steaks
Maryland Style Crab Cakes
Microwave Salmon Ring
Microwave Seafood Paella
Mild Fish Pickle

Mixed Seafood Grill In Corn Husks
Mock Fish Buddhist
Monkfish Kebob With Vegetables
Moroccan Fish
Mushroom Clam Chowder
Nero Wolfe's Finnan Haddie (Smoked Haddock)
New Jersey Clam Chowder
New Orleans Crab Canape
Nori-Crab Rolls
Northfork Crab Meat
Open-Faced Crab Sandwich
Oriental Fish Fillets
Oriental Shark Steak
Oriental Steamed Fish
Oriental-Style Sea Scallops
Orleans Grilled Fish
Ostiones En Escabeche (Soused Oysters)
Outer Banks Clam Chowder
Oven Baked Crab Cakes From The Sea Grill Rest
Oven Barbequed Salmon
Oven Broiled Fish
Oven Fried Ocean Whitefish Parmesan
Oven Fried White Fish
Oven Poached Salmon
Oven Salmon Cakes
Oven Steamed Flounder Cantonese Style
Oven-Baked Battered Scallops
Oven-Baked Crab Cakes - The Sea Grill
Oven-Fried Catfish
Oven-Steamed Flounder With Cantonese Flavors
Overton's Seafood Gumbo
Oyster & Brie Soup
Oyster & Spinach Soup
Oyster & Sweetbread
Oyster Casserole
Oyster Chowder
Oyster Corn Chowder
Oyster Fritters Cajun-Style
Oyster Jambalaya
Oyster Loaf
Oyster Mussel Milkbath
Oyster Pan Roast
Oyster Pate
Oyster Patties
Oyster Pie
Oyster Pie Picayune
Oyster Po'boy
Oyster Poulette
Oyster Rarebit
Oyster Rockefeller Casserole
Oyster Soup
Oyster Soup With Fresh & Smoked Oysters
Oyster Spaghetti

Oyster St. Laurent
Oyster Stew
Oyster Stew (Prodigy)
Oyster Stew With Vegetables
Oyster-Mushroom Chowder
Oysters & Artichoke Casserole
Oysters & Caviar
Oysters & Mushroom Dip
Oysters A La Newburg
Oysters And Artichoke Casserole
Oysters Annapolis
Oysters Baked With Garlic Pine Nut Butter
Oysters Bienville
Oysters Bingo (Fried Oysters)
Oysters En Brochette
Oysters In Blankets
Oysters In Champagne Sauce
Oysters In Mango Remoulade
Oysters In Patty Shells
Oysters Lafitte
Oysters Mock-A-Feller
Oysters Mosca
Oysters Moskowitz
Oysters On The Half Shell With Red Wine Vineg
Oysters Philadelphia
Oysters Poached In White Wine
Oysters Randall
Oysters Rockefeller 1
Oysters Rockefeller 2
Oysters Rockefeller Galatoire
Oysters Rockerfeller
Oysters Thomas
Oysters With Roasted Garlic
Pacific Clam & Corn Chowder
Pacific Salmon Loaf
Pad Phed Pladuk (Hot & Spicy Catfish).
Paella (Spanish Chicken, Seafood Casserole)
Paksiw Na Isda (Fish In Vinegar Sauce)
Pan Fried Black Bass With Maitre D'hotel Sauce
Pan Fried Brown Trout
Pan Fried Trout
Pan Seared Peppered Swordfish With Red Onion
Pan-Fried Bass
Pan-Fried Brook Trout
Pan-Fried Brook Trout With Bacon
Pan-Fried Catfish
Pan-Fried Catfish Fillets
Pan-Fried Catfish With Pepper & Lemon
Pan-Fried Fish Parmesana
Pan-Fried Scallops
Pan-Fried Small Trout With Mushroom Sauce
Pan-Fried Trout Meuniere
Pan-Fried Trout With Sage & Almonds

Pan-Seared Salmon W/ Roasted Cumin-Coriander
Pane Basso (Tuscan Country Bread)
Panfried Lake Trout Fillets In Tempura Batter
Panned Fried Fish With Pecan Topping
Panned Oysters
Papaya & Crabmeat Supreme ~
Parker House Crab Cakes
Parker House Fish Chowder~ Boston~ 1873
Parmesan Baked Fish
Parmesan Fish Saute
Parmesan-Crusted Soft-Shell Crab Sandwiches
Partan Bree (Crab Soup)
Party Crab Special
Party Nibbles: Grilled Salmon Ribbons
Pasta Primavera With Scallops
Pasta With Catfish And Artichokes
Patout's Boiled Crawfish
Patout's Hot Crab Dip
Peasant Style Fish
Pecan Catfish & Sweet Potato Chips
Peg Jenning's Whiskey-Flavored Crab Soup
Peixe Oporto (Baked Fish With Port Wine Sauce)
Penne Ala Vodka & Smoked Salmon
Penne In Tomato Sauce With Crabmeat
Penne Pasta With Tuna
Penne With Smothered Scallops~ Tomato~ Basil
Pepper's Tuna Casserole
Peppered Hawaiian Fish With Asian Slaw
Peppered Seafood Sausage
Peppery Coconut Baked Fish With Chutney Sauce
Pernod Fish
Pescado En Mojo De Ajo (Fish In Garlic Sauce)
Pescado En Tikin Xik (Broiled Fish Seasoned With Achiote)
Pescado Frio Con Guacamole (Cold Fish With Av
Pesce Spada In Salmoriglio (Swordfish In Oliv
Pesto Salmon & Sea Scallops With Lemon/Garl
Pesto Salmon With Pan-Roasted Potatoes
Pickled Fish
Piquant Salmon Rolls
Poached Salmon
Poached Salmon With Lobster Butter
Poached Trout In Cream(English)
Poaching Stock For Fish & Chicken.
Polynesian Tuna
Portugal: Fish Stew (Caldeirada De Peixe)
Portuguese Clam Stew With Garlic Croutons
Portuguese Fisherman's Stew
Pot Au Feu Of Salmon
Pot-Roasted Salmon With Olives & Preserved Le
Potato & Salmon Bisque
Prairie Oyster
Quebec Poached Salmon
Quick Clam Chowder

Quick Crab Cakes
Quick Crawfish Jambalaya
Quick Fish Aspic (About 1 Quart)
Quick Fish Chowder
Quickie Salmon-Potato Casserole
Rainbow Jelly Fish
Rainbow Trout Provencale
Rainbow Trout Teriyaki
Rainbow Trout With Green Onion - Ginger Mayon
Rainbow Trout With Grilled Vegetable Salsa
Rainbow Trout With Herb Stuffing
Rainbow Trout With Lemon Capers~ & Brown Bu
Rainbow Trout With Orange Vinaigrette
Rainbow Trout With Roasted Garlic Mayonnaise
Rasputin's Codfish Soup
Raw Fish Salad
Red Pepper Swordfish
Red Sockeye Salmon Special
Reduced-Fat Crab Rangoon
Rice With Crab
Risotto With Crabmeat & Basil
Risted Laks Med Kremsaus (Fried Trout In Sour
Roast Ginger & Green Onion Crab In The Shell
Roasted Marinated Crab
Roasted Trout With Bacon
Rock & Roll Clams
Rockfish In Parchment With Lemon & Herbs
Rockpool Coffin Bay Scallops With Braised Cap
Rolled Oysters
Rollitos De Jaiba - Crab Rolls
Rotini & Crab
Rotini With Tuna & Tomato
Rubio's Fish Tacos
Rudderfish Poached In Marsala
Run Down (Salt Catfish & Tomatoes)
Russian Pickled Whitefish
Salmon Ala Tandy Pro
Salmon And Red Pepper Mousse
Salmon Baked With Brazilian Rub
Salmon Balls
Salmon Burgers
Salmon Buried In Potatoes
Salmon Cheese Ball
Salmon Coulibiac
Salmon Dip
Salmon For Supper
Salmon In Dill Sauce
Salmon In Red Wine With Apricots
Salmon Log - Tom Adams
Salmon Mousse With Sour Cream Dill Sauce
Salmon Mousse With Watercress Sauce
Salmon Pate #1
Salmon Pate #2

Salmon Patties
Salmon Rolls
Salmon Rollups
Salmon Salad
Salmon Soup
Salmon Spinach Pie
Salmon Spread Supreme
Salmon Steak With Cloud Ears And Noodles
Salmon Steaks
Salmon Steaks In Herb Blankets
Salmon Steaks With Cucumber Dill Sauce
Salmon Steaks With Raspberry Mirepoix
Salmon Steaks With Wine Sauce
Salmon Tartar With Avocado Vinaigrette
Salmon Tortilla Appetizers
Salmon W/ Cabbage, Chestnuts & Bacon
Salmon With 2 Purees
Salmon With Asparagus Sauce
Salmon With Cabbage Chestnuts And Bacon
Salmon With Fines Herbes Stuffing
Salmon With Leek Foudue
Salmon With Yogurt
Salmon-Asparagus Manicotti
Salmon-Spinach Loaf
San Antonio Seafood Cocktail
Sauted Salmon Steaks
Sauteed Scallops On Red Pepper Sauce
Sauteed Scallops With Feta
Sauteed Soft-Shelled Crab
Savoury Salmon Bread Cases
Scalloped Oysters
Scalloped Salmon Or Trout
Scallops & Mussels, Vinaigrette
Scallops And Mussels, Vinaigrette
Scallops En Papillote
Scallops Fenton
Scallops Florentine
Scallops Provencal
Scallops Saute
Scallops With Garlic, Ginger And Chives
Scallops With Mushrooms In Shells
Scallops Zinfandel
Scandinavian Fish Salad
Scotch Scallops
Sea Bass Greek Style
Sea Bass In Cilantro
Seafood & Asparagus Stir-Fry
Seafood Appetizer
Seafood Baked In A Package
Seafood Chilaquiles Casserole
Seafood Chowder
Seafood Creole
Seafood Glace'

Seafood Gumbo
Seafood Lasagna
Seafood Pasta Salad
Seafood Pita
Seafood Pozole
Seafood Rice Salad New Orleans
Seafood Sausage
Seafood Soup
Seafood Spread
Seafood Stuffed Flounder
Seafood Wellington (Chef Axel's Original Recipe)
Seared Scallops With Cucumber-Pepper Relish Sen
Ellender Oyster Jambalaya
Sep-Dinner: Smoked Salmon Tartare
Sesame Fish
Sesame Fried Trout
Sesame Jellyfish
Sesame Salmon Steaks
Sesame Sea Scallops
Shanghai Fish Soup
Shark Amandine
Shark Fingers
Shark Hors D'oeuvres
Shark Kebabs
Shark Marsellaise
Shark Steaks (Tiburon Encuritido Frito)
Shark Stew
Shark Teriyaki Sorta
Shark's Fin With Bamboo Fungus
Sharky's Mustard Sauce
She Crab Soup
Shellfish Crepes
Shellfish Gazpacho
Shellfish Shell Marinara
Shellfish Skewers With Equatorial Glazing And
Shellfish Stew Alla Tarantina
Shells With Tuna~ Broccoli~ & Red Onion
Shrimp & Crab Spaghetti
Shrimp & Fish Cakes (Tod Mon) With Cucumber
Shrimp & Scallops In Wine Sauce
Shrimp And Fish Cakes (Tod Mon) With Cucumber Condiment
Shrimp Crab Rolls
Shrimp In Clam Sauce
Shrimp On Crab Legs (Cang Cua Boc Tom)
Shrimp Or Crabmeat Canapes
Shrimp Or Oysters Brochette
Shrimp Or Scallops Provencal
Shrimp-And-Crab Gumbo
Silverfish Fritters
Simple Salmon Fillets
Simple Scallops Supreme
Smallmouth A La Spednik Sauteed Bass Meunier
Smoked Catfish Terrine

Smoked Fish Spread
Smoked Salmon And Dill
Smoked Salmon Bites With Lemon Balm On Pumpernickel
Smoked Salmon Canapes
Smoked Salmon Rolls With Fresh Salmon Caviar
Smoked Salmon Spread
Smoked Trout Tartlets
Smoked Trout With Watercress Sauce
Smoked Tuna Pate
Smoky Salmon
So Easy Fish
Soft Shell Crabs With Scallions
Sour Cream Stuffing For Fish
Soured Cream Clam Dip
Soused Oysters - Ostiones En Escabeche
Spanish Style Codfish
Speedy Crabmeat Imperial
Spetsioteko Psari (Baked Fish Greek Style)
Spring Trout And Fiddlehead
Steamed Fish And Spinach
Steamed Fish With Ginger And Onions
Steamed Fresh Crab In Curry Sauce
Steamed Mussels With Creamy Fish Filling
Steamed Oysters With Black Beans
Steamed Salmon Sauce
Steamed Salmon With Black Bean Sauce
Steamed Stuffed Clams
Steamed Whole Fish
Steamy Smoked Oyster Dip
Stir Fried Oysters With Garlic And Green Onio
Stir Fried Scallops And Apples
Stir-Fried Scallops In A Basket
Stuffed Crabs
Stuffed Fish Fillets
Stuffed Sea Bass
Succulent Salmon (C) 1992 George Gilder
Swiss Crabwiches
Swiss Salmon Omelet
Swordfish Kebabs
Tampa's Own Fish Chowder*
Teno Salmon
Tex-Mex Tuna Salad
Thai Noodles With Seafood
Thai Salmon Parcels
The Perfect Tuna Casserole
Tomato-Fish Cossack Stew
Tomato-Seafood Stew
Tourtiere A La Ouananiche (Lac St-Jean Salmon Pie)
Trout
Trout And Vegetables In Foil
Trout Appetit With Remoulade Sauce
Trout Baked In Wine (Irish)
Trout Crepes

Trout In Wine
Trout Marguery
Trout Sauteed In Butter
Trout Served Cold In Aspic
Trout Stuffed Japanese Style
Trout With Cream And Honey Sauce (Irish)
Trout With Horseradish Sauce
Trout With Roasted Pecans A La Commander's Palace
Truite Au Bleu (Blue Trout)
Tuna Almondine
Tuna And Avocado Salad
Tuna Apple Salad
Tuna Broccoli Casserole
Tuna Casserole
Tuna Croquettes With Dill Sauce
Tuna Fish Curry
Tuna In A Shell
Tuna Mounds With Curry Mushroom Sauce
Tuna Pate
Tuna Pitas With Yogurt & Mustard
Tuna Sashimi With Orange Glaze
Tuna Shrimp Delight
Tuna Steaks
Tuna Steaks Glazed With Ginger, Lime, And Soy
Tuna Toasties
Tuna-Casserole Supreme
Turmeric Oyster Crackers
Ukha (Clear Salmon Soup)
Ukrainian Meat & Fish Stew
Vegetable Fish Filets
Vieiras A La Gallega - Scallops In Mustard-Olive Sauce
Vongole Ripiene (Baked Stuffed Littleneck Clams)
White Clam Sauce
Whitefish Baked W/ Fiddlehead Ferns
Whole Salmon With Dill Sauce
Wined Fish Chunks In Broth
Zuppa Di Vongole (Clam Soup)

All-In-One Tuna Casserole

1 each env. golden onion soup mix
1 1/2 cup milk
10 oz frozen peas & carrots *
8 oz medium egg noodles **
6 1/2 oz tuna, drained & flaked
2 oz shredded chedar cheese ***

* Frozen Peas & Carrots should be thawed.
** Egg Noodles should be cooked and drained.
*** Cheese should equal 1/2 C

Angel Hair Pasta With Sea Scallops

1/2 cup soft breadcrumbs
8 oz angel hair pasta --
1 uncooked
1 tablespoon olive oil -- for vegetables
1 teaspoon olive oil -- for scallops
1/2 cup chopped fresh parsley --
1 divided
1 clove garlic -- minced
1 teaspoon dried whole basil
1/2 teaspoon dried whole oregano
1/4 teaspoon salt
1 tablespoon all-purpose flour
1/4 teaspoon pepper
8 oz clam juice -- (1 bottle)
1 lb fresh sea scallops
1 cut into 1/2-inch pieces

Place breadcrumbs on a baking sheet. Bake at 375 deg for 5 minutes or until golden brown; set aside.

Cook pasta according to package directions, omitting salt and fat. Drain and rinse under cold running water; drain well. Place in a large bowl; set aside.

Heat 1 tablespoon oil in a nonstick skillet over medium heat. Add 1/4 cup parsley and next 4 ingredients; saute 1 minute. Add flour and pepper; cook 1 minute, stirring constantly with a whisk. Gradually add clam juice, stirring constantly. Cook 1 minute or until thickened, stirring constantly. Pour over pasta; toss well. Set aside, and keep warm.

Heat remaining 1 teaspoon oil in skillet over medium heat; add scallops, and saute 4 minutes or until scallops are done. Add to pasta mixture; toss gently. Yield: 4 servings (serving size: 1-1/4 cups).

Ann's Seafood Chowder

2 tablespoon butter or margarine
1/2 each onion,large,diced
1 each celery rib, diced
1 lb sealegs, chopped
1 cup potatoes, cooked,diced
1 each tomato, large, diced
2 tablespoon flour
3 cup milk
1 cup water
1 salt & pepper to taste

Melt butter in heavy saucepan over medium-low heat. Add onions and saute until clear, add celery and cook gently for about 5 mins. Add flour, milk and water, stirring well to avoid lumps. Add remaining ingredients and season to taste. Heat until heated through, but do not boil. Serve with baking powder biscuits. Sealegs are a blend of pollock and crab meat.

Ann's Seafood Chowder (Halifax Version)

2 tablespoon bacon drippings
2 tablespoon butter
4 each white onion, fresh picked
2 each celery rib, diced
1 lb sealegs, chopped
2 lb mixed seafood
2 cup potatoes, cooked,diced
2 each tomato, large, diced
1 small yellow zucchini, chunked
1 small green zucchini, chunked
2 cup green peas, fresh
1 cup sweet peppers, vary colours
4 tablespoon flour
6 cup milk
1 1/2 cup sauterne
1 milk to thin as needed
1 salt & pepper to taste
1 tomato sauce/soup to taste

Melt bacon fat and butter in heavy saucepan over medium-low heat. Add onions and saute until clear, add celery and cook gently for about 5 mins. Add seafood products and saute in saucepan at medium high heat to coat, flavor and brown slightly.

Add flour, and milk, stirring well to avoid lumps.

Add remaining ingredients, except peas, in order of required cooking time (ie potatoes, zucchini, tomatoes, peppers, etc). Add wine and season to taste. Heat until heated through, but do not boil. Add peas about 20 min before serving. Use milk to thin as necessary.

Sealegs are imitation crab meat, usually pollock with crab flavouring.

If chowder is to be frozen prior to serving, do not add the milk until reheating.

Another Tuna Casserole

1 can solid white tuna, drained
1 can cream of mushroom soup
1 can whole mushrooms, drained
1/4 cup celery, finely chopped
1/4 cup green pepper, finely chopped
1 large can chow mein noodles
1 dash of garlic powder

Combine everything in a casserole dish. Reserve some of the chow mein noodles for the topping. Bake at 350F for 25 minutes. Top with remaining noodles and return to oven for 5 min.

Antoine's Oysters Rockerfeller

6 tablespoon butter
1/2 cup bread crumbs
2 cup fresh chopped spinach or-
2 pkg (10-oz) frozen spinach
1/2 cup parsley
1/2 cup diced celery
2 tablespoon diced onion
1 tablespoon pernod liqueur; or anisette
1/4 teaspoon salt
3 drop tabasco
18 large oysters

Melt butter; add crumbs and saute 1 minute, stirring constantly. Combine with other ingredients, except oysters, in blender until smooth. Arrange oysters in shells (or individual dishes). Top each with 1 tablespoon spinach mixture and broil 3-5 minutes or until lightly browned.

Artichoke Oyster Soup

6 tablespoon butter, melted
1/2 cup shallots (chopped fine)
1/4 teaspoon thyme
1 bay leaf
1/2 teaspoon cayenne pepper
2 tablespoon flour
14 oz chicken broth (more or less won't h; urt) 4
cup oysters, drained; reserve liquid (less, to 14
oz artichoke hearts, cooked
2 teaspoon salt
1/4 teaspoon tabasco
1/2 cup whipping cream
3 tablespoon parsley (chopped, fresh)

In a 3-quart casserole, melt butter and saute shallots. When shallots are translucent, add thyme, bay leaf and cayenne pepper. Add flour and whisk well. Add broth, oyster water, artichoke hearts, salt and tabasco. Bring to a boil. Add oysters and parsley. Simmer on medium, partly covered, for exactly 5 minutes. Add whipped cream and serve immediately.

NOTES:

* Chicken broth with artichokes and poached oysters -- This is a modern cajun-style recipe that I adapted from a local convenience-food cookbook byJean Durkee. It's an intriguing combination of modern American ingredientswith traditional cajun flavorings.

* Fresh parsley tastes much better than dried parsley. If the oysters arebigger than a small bite-size, cut them up before adding them to the soup. Use the smallest oysters you can find.

* When I'm not making a double recipe, I usually dump the entire (about 1-cup) container of whipping cream into the soup, even though that's doublewhat the recipe calls form.

* The timing on cooking the oysters is fairly critical. If you overcook them, they will be rubbery.

: Difficulty: easy.
: Time: 20 minutes.
: Precision: measure the spices.

Asparagus & Crab Meat Soup (Mang Tay Nau Cua)

4 cup chicken broth
1 tablespoon plus 2 teaspoons nuoc mam (vietname; se fish sauce)
1/2 teaspoon sugar
1/4 teaspoon salt
1 tablespoon vegetable oil
6 shallots, chopped
2 garlic cloves, chopped
8 ounces lump crab meat, picked over; and drained 1
freshly ground black pepper
2 tablespoon cornstarch or arrowroot, mixed with 2
tablespoon cold water
1 egg, lightly beaten
15 oz white asparagus spears *
1 tablespoon shredded coriander
1 scallion, thinly sliced

* cut into 1-inch sections with canning liquid reserved

This soup was probably created by some homesick Frenchman. White asparagus(a French import), packed in jars or cans, is used for this recipe. Traditionally, crumbled, salted duck egg yolk is added to season the soup.
If white asparagus is unavailable, use frozen or fresh asparagus (in this case, add the fresh asparagus to the broth from the very beginning and cookuntil tender, before adding the remaining ingredients).
Combine the broth, 1 tablespoon of the fish sauce, the sugar and salt in a 3 quart soup pot. Bring to a boil. Reduce the heat and simmer.
Meanwhile, heat the oil in a skillet.
Add the shallots and garlic and stir-fry until aromatic. Add the crab meat, the remaining 2 teaspoons fishsauce and black pepper to taste. Stirfry over high heat for 1 minute. Set aside.

Bring the soup to a boil. Add the cornstarch mixture and stir gently untilthe soup thickens and is clear.
While the soup is actively boiling, add the egg and stir gently.
Continue to stir for about 1 minute. Add the crabmeat mixture and asparagus with its canning liquid; cook gently until heated through.

Transfer the soup to a heated tureen. Sprinkle on the coriander, scallion and freshly ground black pepper.
Yield: 4 to 6 servings.

Bacalaitos (Salt Codfish Fritters)

1/2 lb codfish, salt
2 cup flour, all-purpose
2 teaspoon baking powder
1 large garlic cloves; crushed
1 cup water
1 tablespoon annatto oil
1 oil, vegetable; for frying

Soak the codfish in cold water for 2 hours or longer, according the the saltiness and hardness of the fish. Drain, rinse and place in a small saucepan. Pour boiling water over the fish and allow to stand 5 minutes. Drain. Remove any bones and skin and shred the fish. Sift the flour and baking powder into a large bowl. Add the garlic, water and annatto oil and mix to a smooth batter. Add the shredded fish and mix well. Heat oil to 370F in a deep fryer or large, heavy saucepan. Fry the the mixture by teaspoonfuls until golden brown. Drain on paper towels, keep warm and serve hot as hors-d'aeuvres.

Bacalao A La Viszcaina (Basque Style Codfish)

2 lb thick salt cod, desalted and cooke; d, (see notes below),

cut into 2- by 3-inch pieces (reserve 4 cups of the soaking liquid) Flour for dredging 1/2 cup pure Spanish olive oil FOR THE SOFRITO: 1/4 cup pure Spanish olive oil 1 large green bell pepper, seeded and finely chopped 6 cloves garlic, finely chopped 2 large onions, finely chopped 1 cup finely chopped drained pimientos 2 1/2 cups canned crushed tomatoes 1 tablespoon Spanish paprika or mild paprika 1/4 cup dry white wine Salt and freshly ground black pepper to taste TO COMPLETE THE DISH: 4 medium-size all-purpose potatoes, peeled and cut into 1/2-inch slices 3 pimientos, cut into strips, for garnish Fried Bread Rounds (recipe follows), as an accompaniment Notes: One day in advance of serving, rinse the salt cod under cold running water. Cut it into 2- by 3-inch pieces, place in a bowl, and cover with cold water. Change the water several times until it is no longer salty. This process should take 24 hours. Drain the fish, place it in a small saucepan, cover with fresh water, and bring to boil over

medium-high heat. Lower the heat to low and simmer 5 minutes. Drain and cool the fish. 1. Dredge the cod in the flour. In a large skillet over medium heat, heat the oil until fragrant, then cook the fish until lightly browned, 3 to 4 minutes on each side. Remove the fish from the heat and set aside. 2. For the sofrito, in a large saucepan over medium heat, heat the oil until fragrant, then cook the bell peppers, stirring, until slightly softened, 3 to 4 minutes. Reduce the heat to low, add the garlic and onions, and cook, stirring, until tender, 6 to 8 minutes, adding more oil if necessary. Add the pimientos, tomatoes, paprika, and wine and cook, stirring occasionally, until thickened, another 10 to 12 minutes. 3. Place the reserved salt cod soaking water in a medium-size saucepan over medium-high heat and cook the potato slices until partially tender, 10 to 15 minutes. 4. Add the codfish chunks to the sofrito and cook over low heat 10 minutes. Arrange the cooked potato slices on top of the fish, do not stir, cover the pan, and shake it several times. Cook over low heat an additional 10 minutes so that the potatoes absorb the fish flavor. Transfer to a large serving platter and garnish with the pimientos. Serve with Pan Frito (Fried Bread Rounds) and Arroz Blanco (see CUBA07.TXT). Makes 8 servings BACALAO A LA VISZCAINA

Bacon & Oysters

12 oysters, selected
12 bacon slices, thin

Wrap each oyster, well-drained, in bacon. Skewer with wooden toothpick. Bake on a pan in a medium oven until bacon browns.

Bacon & Smoked Oysters

2 can smoked oysters
1/4 cup light vegetable oil
1/2 lb bacon strips
40 round wooden toothpicks
3 tablespoon garlic, minced

1. Cut bacon strips in thirds.

2. Wrap a bacon slice around each oyster and place a toothpick through to hold it in place.

3. In a medium skillet, heat oil, and add garlic.

4. Cook wrapped oysters in oil until bacon is crisp.

5. Remove from pan and drain on a paper towel to drain.

Serves 15

Badhapu Malu (Fried Fish)

450 gm fish steaks
25 gm tamarind
50 ml warm water
1/2 teaspoon turmeric
1/2 teaspoon chilli powder
1/2 teaspoon satt
1/2 teaspoon btack pepper
1/2 litre oil

Cut the fish steaks into six pieces. Soak the tamarind in water, remove the seeds and add to the fish together with the turmeric, chilli powder, salt and pepper.Leave to marinade for 10 minutes.Heat the oil and fry fish until it turns brown. Remove and drain well.

Bailey's Bouillabaisse (Fish Stew)

1 each onion, large diced
2 cup celery, diced
3 each potatoes, small diced
3 cup boiling water
2 cup skimmed milk
1 1/2 lb cod or flounder
2 cup broccoli, diced
2 cup cauliflower, diced
1 1/2 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon marjoram
1/2 teaspoon basil

Cook the onion, celery, and potatoes in the water for 10 minutes. Mix a little milk with the flour to form a soupy paste and set aside. Add the remaining ingredients and bring to a boil. Add the flour mixture, stirring constantly. Simmer for 15 to 20 minutes.

Baja Seafood Stew

1/2 cup onion; chopped, 1 medium
1/2 cup green chiles; chopped
2 each cloves garlic; finely chopped
1/4 cup olive oil
2 cup white wine; dry
1 tablespoon orange peel; grated
1 1/2 cup orange juice
1 tablespoon sugar
1 tablespoon cilantro; fresh, snipped
1 teaspoon basil leaves; dried
1 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon oregano leaves; dried
28 oz italian plum tomatoes; *
24 each soft-shell clams; scrubbed
1 1/2 lb shrimp; raw, shelled, med.
1 lb fish; **
6 oz crabmeat; frozen, ***

* Use 1 24oz can of Italian Plum Tomatoes that are undrained and cut in ** The following fish can be used: cod, sea bass, mahimahi or red *** Crabmeat should be thawed, drained and cartilage removed.

Baked Almond Catfish

1/2 cup whole almonds, toasted
3 tablespoon cornmeal
2 tablespoon grated parmesan cheese

2 tablespoon fresh parsley, chopped
1 tablespoon flour
1 salt & freshly ground black pepper,; to taste 2
tablespoon fresh lemon juice
2 lb catfish fillets
1 parsley sprigs and lemon wedges, fo; r garnish

Grind the almonds and combine with the cornmeal, Parmesan cheese, flour, salt and pepper. Sprinkle the lemon juice over the catfish and coat the fillets thoroughly with the almond mixture. Place the fillets on a baking sheet and bake at 400F for 8 minutes, or until cooked through. Serve immediately.

NOTE: These sweet catfish fillets in a crunchy almond crust can be accompanied by rice tossed with peas and asprinkle of lemon zest.

Makes 4 servings.

Nutrients per Serving: 358 Calories, 45 g Protein, 10 g Carbohydrate, 15 g Fat, 2 g Saturated Fat, 106 Mg Cholesterol, 252 mg Sodium.

Baked Artichoke & Crab Spread

14 oz can artichoke hearts-drained and c; h, opped 1
cup parmesan cheese -- grated
6 oz can crabmeat -- drained and flaked
1/2 cup mayonnaise

Preheat oven to 325F. Combine first 4 ingredients in bowl. Transfer to 8 1/2 x 5" baking dish. Sprinkle with paprika. Bake until top is browned, about 30 mins. Serve hot with water crackers.

Recipe By : Bon Appetit

Baked Bay Scallops

2 sticks butter, room temp
1 cup fresh breadcrumbs
6 centiliter garlic, crushed
2 tablespoon onion, minced
1/2 cup parsley, chpd
1/4 cup white wine or sherry
1/2 lemon, juiced
1 salt and pepper
2 tablespoon oil
2 tablespoon onion, diced
1 1/2 lb fresh bay scallops
1/2 lb mushrooms, sliced

Kingston Harbour Yacht Club, Mt. Prospect, IL ** "Garlic, garlic, garlic describes the scallops served at the KHYC....crisp, buttery morsels..." Mix together butter, breadcrumbs, garlic, minced onion, parsley, wine, lemon juice, and salt and pepper to taste. Form into roll and wrap with waxed paper. Chill until firm, at least 1 hr. Preheat oven 450 F. Grease shallow baking dish. Heat oil in lg skillet over med heat until haze forms. Add diced onion and saute until soft but not browned. Add scallops and mushrooms and salt and pepper to taste and saute briefly. Drain off liquid. Arrange scallop mixture in prepared dish. Slice garlic butter and arrange evenly over scallops. Bake until butter is hot and bubbly, 5-10 mins. Serve immediately. Scallops can also be broiled. Place about 3" from heat and broil until bubbly, 3-5 mins.

Baked Breaded Bluefish With Mock Tartar Sauce

1/4 cup skim milk
1 egg white
1/8 teaspoon pepper, black
2 bluefish fillets, 4 oz
1/4 cup bread crumbs
----MOCK TARTAR SAUCE----
1/2 cup yogurt, nonfat
1 tablespoon sour pickle; minced
1 tablespoon green olive, pitted; minced
1 tablespoon parsley, fresh; minced
1/4 teaspoon mustard, powdered
1 teaspoon lemon juice
1/8 teaspoon pepper

Calories per serving: 201
Fat grams per serving: 6.08 Approx. Cook Time:
:30

Cholesterol per serving: 680

Preheat the oven to 350F. Combine the skim milk, egg white and pepper to make a seasoned egg wash.

Dip the fillets into the egg wash, then dredge them in the bread crumbs. [Let sit for 10 minutes.]

Lay the fillets on a nonstick baking sheet and bake for 10 minutes.

NOTE: For me this dish is a marvelous replacement for fried fish.

Sauce: Combine all ingredients and refrigerate in a tightly covered container.

NOTES: This sauce will keep for a week if stored as suggested. Use this as you would regular tartar sauce with any dish. Try it as a replacement for mayonnaise on sandwiches and in salads.

Baked Catfish Creole

----FOR SAUCE----
3/4 cup melted butter
1 cup chopped onions
1 cup chopped celery
1/2 cup chopped bell pepper
1/4 cup diced garlic
2 each bay leaves
2 can tomato sauce (8 oz)
1 cup fish stock
1/2 teaspoon sugar
1 pinch dry thyme
1 pinch dry basil
1 cup chopped green onions
1/2 cup chopped parsley
1 salt and cracked black
1 pepper to taste
----FOR COOKING----
4 each 5-8 oz catfish fillets
1 cup 90-110 count shrimp (peeled
1 and deveined)
1 reserved creole sauce
4 cup cooked white rice
1/4 cup chopped parsley

FOR SAUCE: In a two quart heavy sauce pan, melt butter over medium

high heat. Saute onions, celery, bell pepper, garlic and bay leaves until vegetables are wilted, approximately three to five minutes. Add tomato sauce and fish stock, bring to a low boil, reduce to simmer and cook thirty minutes, stirring occasionally. Add sugar, thyme, basil, green onions and parsley. Continue to cook ten additional minutes and season to taste using salt and pepper. Remove from heat and set aside. FOR COOKING: Preheat oven to 375 degrees F. Place catfish fillets in an ovenproof casserole dish large enough to hold the four fillets. Sprinkle the shrimp evenly over the top of the fillets. Spoon the Creole sauce generously until fish and shrimp are well covered. Place covered baking dish in oven and cook approximately thirty minutes or until fish is done. Heat rice under hot tap water and place an equal amount in the center of each serving plate. Serve catfish Creole on top of white rice and garnish with chopped parsley. This dish may also be served over pasta.

Baked Clams With Black Bean Sauce

24 clams
1 tablespoon sesame oil
2 teaspoon ginger, fresh; finely grated
2 teaspoon garlic; minced
1/2 teaspoon red pepper flakes
1/4 cup fermented black beans; rinsed & mashed 2
tablespoon wine, white
1 tablespoon soy sauce
3 tablespoon scallion; chopped white and green p

Shuck the clams and place them on a baking sheet. Set aside.

Combine the remaining ingredients in a small saucepan and bring to a boil over medium heat.

Spoon the mixture on top of the mollusks. Bake for 5 to 7 minutes at 450F, or until cooked but not tough. Serve immediately.

Per Serving: 84 Calories, 9 g Protein, 4 g Carbohydrates, 3 g Fat, 0.4 g Saturated Fat, 21 mg Cholesterol, 566 mg Sodium

[THE WASHINGTON POST; August 29, 1990]
per Fred Peters
Echonet RECIPE_CORNER echo

Baked Crab Potatoes

2 cup crabmeat
4 large baking potatoes
4 tablespoon butter
1/2 cup onion; chopped
1/2 cup mushrooms; sliced
1 ground pepper to taste
1 cup dry vermouth
2 tablespoon low-fat plain yogurt
2 tablespoon sour cream
1/4 cup half and half
3/4 cup gruyere cheese

Clean and bake potatoes. Cool slightly and cut in half, lengthwise. Place pulp into bowl, leaving about 1/4-inch shell. Reserve skins and mash pulp. Melt butter in skillet and saute onion until it takes on a light coloring (about 15-20 minutes). Add mushrooms and saute another 5 minutes. Add the crabmeat and pepper. Add vermouth and bring to a boil. Make sure you stir frequently. Cook mixture until liquid is absorbed. Remove from heat and add yogurt and sour cream, then add half and half. Combine crabmeat, onion mixture, pulp from potato, and about 1/2 of cheese. Add additional ground black pepper and a bit more half and half if desired. Place the mixture into the potato skins. Sprinkle with additional 1/4 cup cheese. Bake at 400 degrees F. until cheese bubbles. This is yummy good!

Baked Crab Quesadillas

1/3 cup unsalted butter or margarine
1/4 cup vegetable oil
1/2 cup chopped onion
2 jalapeno pepper,seeded
1 and finely chopped
1 centiliter garlic, minced
1 lb lump crabmeat, drained
1/4 cup mayonnaise
1 tablespoon chopped fresh cilantro
1 teaspoon salt
16 8-inch flour tortillas

1/3 cup shrredded monterey jack
1 cheese with jalapeno peppers

Combine butter and oil; set aside. Saute' onions, peppers, and garlic in 2 Tbl. reserved butter mixture in a medium saucepan over medium high heat, stirring constanty, until tender. Remove from heat. Gently stir in crabmeat and next 3 ingredients.

Place tortillas on baking sheets; brush 1 side of each tortilla, and sprinkle with cheese. Fold in half.

Bake at 475 degrees F. for 4 minutes or until golden. Cut each tortilla into thirds. Serve warm.

Baked Crabmeat & Avocado

1 waldine van geffen
----VGHC42A----
1/4 lb butter
2 can cream of mushroom soup
1 lb lumb crabmeat
1 cup evaporated milk
1 salt and pepper
2 avocados; peel -- slice
2 tablespoon bread crumbs
1 butter -- melted
1 can anchovy filets

Melt butter, add soup and simmer 5 minutes. Stir in crabmeat, milk, salt and pepper and simmer 5 minutes longer. Line a baking dish with avocado slices and pour crabmeat mixture over avocado. Sprinkle with bread crumbs and brush with melted butter. Heat until brown, approximately 15 minutes at 350~. Before serving sprinkle with a few drops of anchovy oil and garnish with anchovy strips.

Baked Dilled Salmon On Rice

1 medium onion, chopped
3 cloves garlic, minced

3 medium tomatoes, diced
1/2 lb mushrooms, sliced
3 tablespoon fresh dill, chopped 3
tablespoon lemon juice
1 salt and pepper to taste
2 cup cooked brown rice
4 salmon fillets
1 olive oil spray

Coat a nonstick skillet with olive oil cooking spray. Saute, onion, garlic, tomatoes and mushrooms for 5 minutes or until softened. Add lemon juice and fresh dill. Remove from heat. Add salt and pepper to taste. Spray a baking dish with cooking oil spray. Spread rice evenly over bottom. Top rice with salmon. Cover each fillet with vegetable mixture. Cover pan with foil. Bake for 20 minutes at 350øF.

Baked Eggs With Crabmeat

8 oz crabmeat, canned or frozen
8 eggs
1/2 cup milk
1 salt and pepper to taste

Pick over the crabmeat and remove all the stiff membranes. Beat the eggs slightly with a wire whisk, add milk and seasonings, and beat a little more. Stir in the crabmeat and pour into individual buttered casseroles. Cover and bake in a medium oven (350 degrees F) 30 minutes. Serves four.

No nutritional information given.

I found this recipe in an old cookbook I picked up at a yard sale. The title, 150 Recipes Casserole Cookery One-dish Meals for the Busy Gourmet and the authors are Marian and Nino Tracy and it was first printed in 1940! The last print date is October 1950!
I hope that you get a kick out of some of these recipes. Trish.

Formatted to MM by Trish McKenna 4/7/95

Baked Fish Cake

1 1/2 lb potatoes; peeled
1 lb white fish fillet
1 salt; (to taste)
1 grd white or black pepper; freshly
2 tablespoon butter
4 tablespoon milk
1 grated peel of 1/2 lemon
2 tablespoon parsly; fresh chopped
1 teaspoon anchovy extract(optional)
3 tablespoon all-purpose flour
2 tablespoon oil

Cut the potatoes into chunks and place then in a saucepan with enough water to cover, adding a little salt if liked. Heat until just about to boil. Meanwhile, lay the fish on a plate or dish to cover the saucepan and cover it with a second plate, lid or foil. Put the fish on the pan when the water is boiling, then reduce the heat so water does not froth over. Cook the potatoes until tender-10-15 minutes if the chucks are faily small. Set the aside, without uncovering it. Drain and mash the potatoes, beating the well until smooth. Mix in the butter, milk, lemon peel, parsley and anchovy extract, is used Preheat oven to 400 degrees. Grease a quicke dish or baking pan. Pour any cooking juices from the fish into the potato mixture. Flake the flash off the skin, discarded any bones, and at it to the potatoes. Mix well, adding seasoning to taste. Use a large spoon to place the fish mixture in a mound on the prepared dish or pan but do not flatten it until it is all in mounded up. Flatten the top of the mixture sightly, then sprinkle it with a little of the flour. Use a spatula and slice to flatten the mixture into a little neat circle, about 7" across. Pat the sides with the knife and the top with slice to that the mixture is even and neatly shaped, keep sprinkling with the flour to coat the outside evenly. Trickle the oil over the fish cake and bake it for about 30 minutes, until well browned. Cut into wedges to serve.

Baked Fish With Orange-Chili Marinade

1/2 cup fresh orange juice
1/2 cup fresh cilantro leaves --
1 chopped
1 tablespoon olive oil

2 cloves garlic -- peeled and
1 minced
1 chipotle pepper -- chopped
1 1/3 lb fish fillets -- (thick)
1 ground black pepper -- to
1 taste

Combine the orange juice, cilantro, olive oil, garlic and chipotle.
Place the fish in a glass dish and cover with the marinade.
Refrigerate 1 hour. Remove the fish from the marinade and place on a rack set into a baking pan or on a broiling pan. Bake in a preheated 450-degree oven 12 minutes per inch of thickness.

Recipe By : W. Park Kerr

Baked Flounder Barataria

4 tablespoon butter, divided
2 lb flounder filets
1 teaspoon salt
1/2 teaspoon tabasco sauce
1 tablespoon paprika
1/4 cup grated cheddar cheese
1 cup sour cream
1/4 cup fine bread crumbs

Grease a 2 qt. baking dish with 1 ts. butter. Arrange fish filets in baking dish. Blend salt, Tabasco Sauce, paprika, and cheddar cheese into sour cream and spread over fish. Top with bread crumbs and dot with remaining 3 ts. butter. Bake uncovered at 350 F. for 30 min. or until fish flakes easily with fork.

Yield: 4 to 6 servings.

Baked Flounder With Sauce

3 lb flounder
6 tablespoon butter, melted
2 tablespoon onions, browned, chopped

1 each garlic clove, mince/browned
2 tablespoon parsley
1/4 cup wine, dry white
1 each lemon, juice of
1 salt & pepper to taste
1 flour

Place fish in baking dish or pan. Prepare a sauce by browning garlic, onion in melted butter. When brown, add parsley, wine and lemon juice. Blend sauce. Pour sauce over fish; sprinkle with salt, pepper, flour. Bake covered 10 min. at 375 Degrees. Uncover, basting with melted butter and dry white wine. Bake (ten minutes more or until done to taste. Also for: Flounder, mackerel, weakfish, grouper, snapper, bass etc. Suggestions: Vary the ingredients of the sauce with other recipes. Recipe date: 11/28/87

Baked Fresh Salmon

3 lb salmon
1 teaspoon salt
1 teaspoon pepper, black
1/2 teaspoon thyme
3 tablespoon butter
1 1/2 cup cream, light
3 onion; sliced
3 parsley sprig
1 garlic clove; quartered
1 bay leaf
2 cucumber; peeled & cut into strips

Combine salt, pepper and thyme then rub all sides of the salmon. Melt butter in baking dish then add salmon and coat with the butter. Add light cream, onion slices, parsley, garlic, and bay leaf then arrange cucumber strips around the fish. Bake covered for 40 minutes or until centre bone can be removed easily. Remove and discard bay leaf,
onion, parsley and garlic before serving.

Baked Fresh Salmon Steak

3 lb salmon steak
1/4 lb chopped mushrooms
1 medium onion, minced
2 tablespoon minced parsley
1/4 teaspoon tarragon
1 pepper and salt
2 tablespoon butter (optional)
1/2 cup sherry
1/3 cup fine bread crumbs

Soak lid of clay cooker. Cut salmon in half and lay both pieces in cooker. Sprinkle with mushrooms, onion, and parsley and tarragon mixed. Add salt and freshly ground black pepper to taste. Dot with butter and pour sherry around. Cover, put into cold oven and turn temperature to 425F. After 30 minutes sprinkle crumbs over top and bake 30 more minutes

Baked Fresh Tuna

1 3/4 lb tuna fresh steaks
1 teaspoon pepper ground
4 each tomatoes peeled,chopped
1 teaspoon basil crumbled
2 tablespoon olive oil
1 each onion red,sliced
1/2 cup vermouth dry

Preheat oven to 425/F Rub steaks with oil and season with the pepper. Saute the onion until limp then add tomatoes and vermouth and cook 2-3 minutes more. Place steaks in a shallow baking dish, pour the mixture over them and sprinkle with basil. Bake 15 minutes or until done.

Baked Gefilte Fish

1 lb halibut -or- turbot fillets, fresh; or frozen 1 small onion
1 slice bread, crumbled
1/2 teaspoon salt

1/4 teaspoon black pepper, ground
1 egg
1 tablespoon vegetable oil
1 onion, sliced
1 sweet green pepper, chopped
8 oz can tomato sauce

Defrost the fish, if frozen. Grind the fish and onion in a food processor. Add the bread, salt, pepper and egg. Mix well. Shape into 12 balls.

Combine the oil, onion, green pepper and tomato sauce in a baking dish. Arrange the fish balls in it, cover, and bake in a 325-degree oven for 40 to 45 minutes. Baste with the sauce before serving.

Serves 6

One Serving 2 Fish Balls = Calories: 189 Carbohydrates: 9 Protein: 20 Fat: 8 Sodium: 671 Potassium: 606 Cholesterol: 77

Baked Oysters

1/4 lb butter
2 cup celery
1 onion -- chopped fine
1 pint oysters
4 eggs; hard-boiled -- grated
2 cup toasted bread crumbs
1 cup oyster juice or water
1 parsley

melt butter, add onion and celery. Cook on slow fire until tender. Add oysters that have been cut up by scissors, and a little oyster juice. cook about 5 min. until oysters curl. Take off fire and mix w/ rolled toasted bread crumbs and grated eggs and parsley to season. Add salt, pepper, and dampen w/ oyster juice or water. Put into oyster shells or greased pyrex dish; sprinkle cracker crumbs on top and dots of butter. Bake at 350 about 20 min.
Recipe By :

Baked Salmon In Foil

3 1/2 lb salmon
1 lemon
1 salt and pepper
1 tablespoon oil or softened butter

Lay a piece of silver foil, large enough to wrap the salmon in a very loose parcel, on a baking tray. If the salmon is to be served hot, grease the foil with the butter, or use the oil if serving the salmon cold. Thinly slice the lemon and put about half on the foil. Put the salmon on top, with a few slices of lemon inside and lay the rest of the lemon along the top of the salmon. Season generously and wrap loosely, making sure the edges are securely folded together so that no steam can escape. Put into a medium oven, Gas Mk 4,350F,180C, for 10 minutes per pound. If serving hot, take it out of the oven and let it stand for a further 10 minutes. If serving cold, leave the salmon in the foil for two to three hours. To serve: Unwrap the fish and gently pull off the skin.

Baked Salmon Rolls

2 lb salmon
1/4 cup butter
1/4 cup flour
1/4 teaspoon salt
1 cayenne to taste
1 cup crumbs bread buttered
3/4 cup mushrooms sliced
1 teaspoon onion juice
1/2 cup cream light
1/8 teaspoon pepper
1 mace to taste
4 each mushroom caps

Remove skin and bones. Cut salmon into strips 1/2 inch thick by 1 1/2 inches wide and up to 8 inches long. Butter 8 custard cups and coil salmon into the cups. In a double boiler, cook mushrooms and onion juice for 5 minutes then add the flour, light cream, salt, pepper, cayenne and mace and stir constantly until cooked and thick. Pour sauce into custard cups then bake at 375/F for 25 minutes.

Drain off juice from cups, unmold the fish and place in an ovenproof dish. Sprinkle with the buttered crumbs, put a buttered mushroom cap on each fish roll. Broil the rolls until the mushrooms are done and

the crumbs browned. Serve garnished with parsley and lemon wedges.

Baked Salmon Steaks

6 salmon steaks, 1 inch thick
1/3 cup butter or margarine
1/2 teaspoon salt
1/4 teaspoon paprika
1 teaspoon worcestershire sauce
2 tablespoon grated onion

Preheat oven to 350 degrees F. Place salmon steaks in a greased shallow baking dish. Melt butter, add seasonings and Worcestershire sauce and spread this mixture over the fish. Sprinkle one tsp grated onion over each steak. Bake in a moderate oven 25 to 30 minutes. Recipe date: 11/30/87

Baked Salmon Supper

8 6-8 oz. salmon fillets
1 teaspoon salt
1 cucumber, unpeeled; sliced t
1 1/2 cup mayonnaise
1/4 teaspoon dill weed; finely chopped

Rinse the salmon fillets and pat dry with paper towels. Place fillets on a raised rack in a 9" x 12" greased baking dish. Sprinkle with salt. Layer thinly sliced cucumber over each fillet. Stir dill weed into mayonnaise and spread over salmon and cucumber. Bake in 375 oven for 30 minutes, or until salmon flakes when tested with a fork.

Serve with a fresh Winter Orange salad, steaming baked potatoes topped with a pat of butter and french bread from your local bakery.

Serves 8.

Baked Scallops

1 lb scallops, cut in half
1 oz sherry, optional
6 tablespoon butter, melted & divided
1/2 cup dry breadcrumbs

Arrange scallops in shallow buttered casserole. Sprinkle with sherry. Pour half the butter over scallops. Cover with bread crumbs. Pour rest of butter over bread crumbs. Bake at 375 for 15 minutes.

Baked Scallops Aux Herbes

3 lb scallops, sea or bay
4 tablespoon butter
1/4 cup dry white wine
1/2 cup parsley, fresh; firmly packed (1/4 cup mi 5
tablespoon chives; snipped
1 garlic cloves, minced
6 shallots; peeled
2 teaspoon basil
1 teaspoon salt
1 pepper

Wash and drain scallops. If using large sea scallops, cut each into 2 or 3 equal slices. Divide scallops among 8 individual ramekins or a 13-inch gratin dish.

Melt butter, mix with wine

Mince parsley and chives together. Set aside 1 TBL, stir rest into butter mixture. Add seasonings, pour over scallops and cover with foil. The scallops can be prepared up to 4 hours in advance, refrigerated.

Preheat oven to 425^. Bake ramekins 10 minutes, gratin dish 20-25 minutes or until scallop liquid froths. Watch carefully--overcooked scallops are tough.

Sprinkle with reserved parsley mixture.

Baked Smoked Salmon & Feta Cheese En Croute

3 oz smoked salmon, diced
6 oz cream cheese, softened
3 oz feta cheese
1 egg, slightly beaten
1 teaspoon capers
2 tablespoon finely choppedparsley
4 scallions, topped, diced
1 tablespoon (or more) poppyseeds

You'll also need 1 frozen pastry sheet, cut into a 3" X 8" rectangle and some melted butter. Preheat the oven to 375 degrees. In a medium bowl, hand mix the salmon, cream cheese, Feta cheese, egg, capers, parsle, and scallions. Roll out the pastry sheet to double its size. Liberally brush it with melted butter. Spread the salmon mixture over the sheet. Roll up, jelly-roll style, folding the ends in to seal. Brush the top of the roll with melted butter and sprinkle with poppy seeds. Make 1/2 inch deep diagonal slashes across the roll to allow steam to escape. Bake the roll for 20 to 30 minutes or until golden. Serve warm.

Baked Speckled Trout In Herbs

2 onion, chopped
2 celery stalks, chopped
1 cup mushrooms, sliced
2 tablespoon parsley, chopped
1/4 teaspoon thyme, dried
1/4 teaspoon rosemary, dried
1/4 teaspoon tarragon, dried
6 tablespoon butter, melted
1 speckled trout, 3-4 lb
3 tablespoon parmesan cheese, grated

Mix together onions, celery, mushrooms, thyme, rosemary, tarragon and butter. Spread half of mixture in a greased baking dish and add the scaled and cleaned speckled trout. Sprinkle with Parmesan cheese, top

with remaining vegetable mixture. Bake 35-45 minutes at 375 degrees F or until tender and flaky, basting 3-4 times with melted butter or chicken broth. Use 1 tsp herb type if fresh chopped Also for: Any tasty fish. Recipe date: 11/29/87

Baked Trout With Sea Food

4 trout, 1 lb ea., cleaned
1/2 lb butter or margarine
2 tablespoon flour
1 1/2 cup wine, dry white
2 tablespoon lime juice
3/4 cup light cream
18 oysters
3/4 lb shrimp, peeled

Blend 1/2 lb melted butter or margarine, 2 Tbsp flour. Add 1-1/2 Cups white wine, 2 Tbsp lime juice. Heat. Place trout into baking dish or pan. Sprinkle with salt and pepper; pour sauce over fish. COver: Bake 10-15 minutes at 375 degrees basting 2 to 3 times. Add 3/4 C light cream, 18 oysters, peeled shrimp. Bake covered 20 minutes or until shrimp are cooked. Recipe date: 11/29/87

Baked Tuna Chow Mein Casserole

2 tablespoon butter or margarine
1 cup chopped celery
1/4 cup chopped onion
2 tablespoon chopped green pepper
1 tablespoon butter
7 oz can tuna
10 1/2 oz cream of mushroom soup
1 condensed
1 cup chow mein noodles
1/8 teaspoon pepper
1/3 cup chow mein noodles

1. In a deep, 1 1/2-quart, heat-resistant, non-metallic casserole, melt 2 tablespoons butter or margarine in Microwave Oven 30 seconds.

2. Add celery, onion and green pepper to melted butter. Heat, uncovered, in Microwave Oven 3 minutes or until vegetables are tender. 3. Combine remaining ingredients except 1/3 cup chow mein noodles with vegetablesm Blend well. Top with 1/3 cup of chow mein noodles. Heat in Miicrowave Oven, uncovered, 10 minutes or until sauce bubbles.

Baked Tuna Stuffed Potatoes

8 large baking potatoes
2 tablespoon oleo
2 can tuna (7 oz.), drained
1 tablespoon onion, grated
1 tablespoon chopped parsley
1 can cheddar cheese soup
1/4 teaspoon paprika
2 drops (or more)tabasco sauce
1/4 teaspoon salt
4 slice american cheese, halved

Wash potatoes and rub skins all over with oleo. Prick with fork. Bake on oven rack in preheated 400 F. oven for 1 1/2 hrs. or until tender. Combine tuna, onion, parsley, soup, paprika, Tabasco sauce and salt. Toss with fork to break up tuna and blend well. Remove 1" slice from top of each potato. Scoop out inside of potatoes, leaving shell. Add potatoes to tuna mixture, tossing to mix well. Spoon lightly into potato shells, mounding high. Top each with 1/2 slice of cheese. Return to oven until cheese melts. Serves 8. Courtesy Telephone Pioneers BillSpalding *P CRBR 38 A

Baked Vegetable & Seafood Won Tons

1 envelope vegetable soup mix 15 ounc; es

ricotta cheese 1/2 pound imitation crabmeat, chopped 1/4 teaspoon garlic powder 1/8 teaspoon
black pepper 40 won ton wrappers 1
Tablespoon vegetable or olive oil

Preheat oven to 350~F.

In a medium bowl, combine soup mix, cheese, crab, garlic powder and pepper Place 1 Tablespoon mixture on center of each won ton. Brush edges with water; fold each corner into center and press to seal. Arrange seam side down on lightly greased cookie sheet; brush wontons with oil. Bake 25 minutes or until crisp and golden brown, turning once.

Variation: Use 1 1/2 cup chopped shrimp in place of crab.

Note: If not going to back immediately, cover filled won tons with damp cloth until ready to bake, then brush with oil.

Nutr. Info. Per won ton: Calories 45/fat 2g/cholestrol 6mg

Prep time 25 minutes Bake time: 25 minutes

Bbq Crab Sandwich

1 cup crab
1/2 cup tomato sauce
1/4 cup green stuffed olives; sliced
8 oz cheddar; md, in small cubes
8 each english muffins

Mix all the ingredients except the muffins together. Refrigerate for at least 1 hour to blend the flavors. Spread on English Muffin halves and broil until hot and cheese is melted. Serve hot.

Boiled Crabs

2 each lemons, quartered
8 each new red potatoes
4 each small ears fresh corn
4 each small yellow onions
1 cup salt
1/2 cup ground red pepper
1/2 cup ground white pepper

1/2 cup ground black pepper
12 each live blue crabs

Fill a large (10-quart) stockpot one-third full with water.
Add the lemons, potatoes, corn, onions, salt, and peppers.
Cover and bring to a boil over high heat. Let boil for 10 minutes.
Add the crabs, (if blue crabs are not available, substitute other small to medium crabs), cover, and return to boil. Once steam starts to escape from under the cover, let cook for 15 minutes.
Turn off the heat and let sit, covered, for 10 minutes more.

Broiled Flounder

4 double filets of flounder
2 eggs, separated
1 pinch salt, pepper, dry mustard
1 cup peanut oil
4 tablespoon pickle relish
1 tablespoon parsley, chopped
1 tablespoon lemon juice
1 dash tobasco

1) Place the egg yolks in a blender, food processor or deep bowl.

2) Blend in the salt, pepper and mustard. If blending by hand, use a small whisk.

3) If using the machine, pour the oil through the funnel in a thin, steady stream with the machine running. If mixing by hand, add oil a few drops at a time, beating well in between each addition.

4) When half the oil has been added, the rest may be added in a thin steady stream while beating constantly with a small whisk.

5) Mix in the relish, parsley, lemon juice and tobasco. Beat the egg whites until stiff but not dry and fold into the mayonnaise created through step 4.

6) Broil the fish about 2 inches from the heat source for about 6-10 minutes, depending on the thickness of the filets.

7) Spread the sauce over each filet and broil for 3-5 minutes longer,

or
until the sauce puffs and browns lightly.

Broiled Spicy Shark

1.00 lb shark fillets (3/4 thick)
1.00 teaspoon dried basil
0.33 cup lemon juice
1.00 clove garlic, minced
0.25 cup chopped parsley
2.00 tablespoon seafood sauce or chili sauce
1.00 tablespoon chopped fresh basil, or
1.00 tablespoon light soy sauce

Place fish fillets in plastic bag. Add lemon juice, parsley, basil, garlic, chili sauce and soy sauce. Close top of bag and refrigerate for at least one hour, but not longer than 8 hours. Remove fish from bag and save marinade. Place fish on rack of pre-heated broiler about 3 inches from heat and broil for 3-5 minutes. Turn fillets over, brush top with marinade and broil an additional 5-8 minutes until fish flakes or is done to taste. Boil rest of marinade until it's reduced by half and pour over fillets when serving.

Cajun Catfish With Spicy Strawberry Sauce

2 lb catfish fillets
1 salt
1 black pepper
2 oz hot pepper sauce
1 1/2 cup strawberry preserves

1/2 cup red wine vinegar
1 tablespoon soy sauce
1/4 cup seafood cocktail sauce 1
each clove garlic, minced
2 teaspoon horseradish
3/4 cup cornmeal
3/4 cup flour
1/2 cup safflour oil
1 fresh strawberries,
1 parsley sprigs, optional

* Strawberry Flavored Vinegar may be used instead of Red Wine Vinegar. Place fillets in large shallow dish. Season fish with salt, black pepper and hot pepper sauce; cover and refrigerate 1 hour. In small saucepan, combine preserves, vinegar, soy sauce, cocktail sauce, garlic and horseradish; simmer sauce over low heat stirring occasionally, while preparing catfish. Blend cornmeal and flour in shallow bowl. Drain catfish and dredge in cornmeal mixture, coating on all sides. Heat oil in heavy skillet over medium-high heat; when hot, add catfish and saute' until browned on both sides. Drain well on paper towels; keep warm. Spoon 1/4 cup sauce on each plate; top with catfish fillets. Garnish with sliced strawberries and parsley, if desired.

Checkerboard Square Clam Crunch

1/4 cup flour; unbleached
1/2 teaspoon baking powder
1/4 teaspoon salt
1/8 teaspoon pepper
1 tablespoon parsley; chopped
6 1/2 oz clams; minced,canned (1 cn) *
1 each egg; beaten
2 cup rice chex
1 oil for frying
1 sour cream

* DO NOT drain the clams.

+++
++++++++++++++++++ Combine flour, baking powder, salt, pepper, and parsley. Slowly add liquid from canned clams until smooth. Add egg and clams. Mix well. Stir in Rice Checx to coat. Let stand 10 minutes. Heat oil to 1/8-inch depth in skilled. Drop heaping tablespoons of clam mixture into hot oil, and pat with spoon to form 8 3-inch patties. Brown over medium

heat. Turn. Brown. Drain patties on absorbent paper towels. Serve with sour cream.

Cheesy Broiled Flounder

2 lb flounder or white fish
2 tablespoon lemon juice
1/2 cup parmesian cheese
1/4 cup butter, softened
3 tablespoon mayonnaise
3 each green onions, chopped
1/4 teaspoon salt
1 each dash of hot sauce

Place fillets in a single layer on a greased, shallow oven-to-table type broiler pan; brush with lemon juice. Combine next 6 ingredients in a small bowl and set aside. Broil fillets 4 to 6 minutes or until fish flakes easily when tested with a fork. Remove from oven; spread with cheese mixture. Broil an additional 30 seconds or until cheese is lightly browned and bubbly. Garnish with lemon twists and parsley if desired.

Clam & Potato Casserole

1 ingredients:
1 qt. clams, shucked
1/4 cup flour
1 dash pepper
1 1/2 cup clam liquid & milk mixed
1 large onion chopped
1 paprika
1 stick butter or margarine
1 1/2 teaspoon salt
1/4 tablespoon curry powder
6 potatoes, boiled, sliced
4 tablespoon parmesan cheese, grated

Directions: Drain juice from clams and save liquid. Chop clams. Melt butter. Blend in flour and seasonings. Mix clam juice with milk to make 1 1/2 cups. Add to flour blend slowly while cooking over low heat. Stir constantly until mixture is thick and smooth. Add clams. Place half of potatoes in greased casserole, sprinkle half the onions over potoatoes and cover with half the sauce. Repeat. Sprinkle with cheese and paprika. Bake at 350 degrees for 45 minutes.

Clam & Shrimp Chowder

1/4 cup butter
1 large onion, chopped
2 celery stalks, chopped
2 potatoes, peeled, diced
1 1/2 teaspoon fennel seeds
2 tablespoon all-purpose flour
1 teaspoon paprika
1 3/4 cup chicken stock
1 can baby clams, drained (10 oz)
4 oz cooked peeled medium shrimp, thawe; d, if frozen 1
red bell pepper, seeded, diced
3/4 cup frozen corn, thawed
2/3 cup half-and-half
1 salt to taste
1 fresh ground pepper to taste
1 fresh dill sprig (opt)

Melt butter in a saucepan. Add onion, celery, potatoes and fennel. Cook gently 5 minutes, stirring frequently. Blend in flour and cook 1 minute. Stir in paprika and stock and bring to a boil, stirring constantly.

Cover, reduce heat and simmer 15 minutes, stirring occasionally. Stir in clams, shrimp, bell pepper and corn. Simmer 5 minutes. Stir in half-and-half, salt and pepper. Garnish with dill sprig, if desired, and serve hot.

VARIATION: Omit paprika and add 1 teaspoon Curry Powder. Add 1 tablespoon chopped fresh parsley or cilantro just before serving.

Clam Bisque

1 can 10 oz baby clams *
1 cup light cream
1/2 teaspoon worcestershire sauce
4 dash tabasco sauce
1/8 teaspoon pepper
1 salt to taste
1 chopped chives
1 paprika

* add juice from the can. Put clams and juice in a blender; cover. Blend on high speed until smooth. Add cream, Worcestershire sauce, Tabasco sauce, pepper and salt. Serve chilled; sprinkle with chives and paprika. A little milk can also be added if you prefer a thinner bisque; but must be added during the blender process.

Clam Chowder

1 quart steamed softshell clams
1 each onion
3 each medium potatoes, diced
2 tablespoon chopped parsley
1/4 lb butter
2 cup milk
1 salt/pepper to taste

Melt butter, add onion and cook until tender but not brown. add potatoes and just enough water to cook potatoes. When potatoes are tender add parsley, salt and pepper, and clams with their juice. Just before serving add 2 cups milk and heat but do NOT boil.
Mrs. William McG. Harlow

Clam Chowder #2

1/2 lb bacon
1 large onion chopped
2 ribs celery peeled and

1 diced
5 small can minced clams or
1 large can (about 51-oz)
2 teaspoon seafood chesapeake brand
1 bay-style seafood
1 seasoning
1 quart (4 cup) half and half
1 divided
2 tablespoon flour

The day before you wish to serve the soup, fry the bacon until crisp and remove. In bacon drippings, saute onion, celery with leaves and potatoes for 10-15 minutes at medium heat. Add the minced clams, not clam soup but clams, with their juice. Crumble the bacon and add. Cover soup and simmer over low heat, stirring occasionally, for several hours - up to five hours won't hurt. Cool down and place in refrigerator at night. On the day of serving, skim grease off top. Transfer soup to larger pot. Heat soup until bubbling and add the seafood seasoning. Mix 2 cups of the half and half with the flour. Add to the chowder and stir until it bubbles again. Mix in remaining half and half and simmer, stirring constantly, until soup is desired thickness. Serve hot with garlic bread and a green salad.

Clam Chowder 3

2 cup clams-large(about 8 clams)
2 potatoes-diced; large
2 med onions-sliced
2 bell peppers; chopped
2 celery stalks-chopped fine
1 tablespoon paprika
2 tablespoon butter
2 tablespoon flour
1 tablespoon accent
1 quart clam stock
2 tablespoon clam base
1 cup tomatoes-whole; chopped and

Steam clams in 1 qt. water in large kettle. Re- serve liquid to use as clam stock. Dice the clams. Cook the potatoes separately in 2 cups of boiling water for 5-10 min. Drain. In a large pot,saute the onion, peppers, celery, & paprika in butter until the vegetables are ten- der, about 6 min. Add flour and Accent,stirring well so that mixture does not brown. Add clam stock, clam base, potatoes, & clams. Allow to simmer for 15 min. Add tomatoes & simmer for 5-10 min., covered. Serve. This recipe may be kept for a week. The clam base may be

purchased at any fish market.

Clam Chowder, Manhattan Style

36 each live clams
3 tablespoon butter
3/4 lb pork, diced
4 each onions, chopped
4 each tomatoes, chopped
2 1/2 cup chopped celery
1 1/2 cup chopped carrots
3 teaspoon fresh parsley
3 teaspoon basil
1/2 teaspoon thyme
1 each bay leaf
3 each cloves garlic, diced
1 tablespoon soy sauce
2 1/2 quart liquid (clam cooking water +
4 each potatoes, diced

Place clams in soup kettle, cover with water, and steam open. Remove clams from their shells, and mince fine; reserve. Strain clam liquid and reserve. Saute pork and onions in butter until onions are clear. Add tomatoes and simmer 5 minutes, stirring. Add celery, carrots, parsley, basil, thyme, bay leaf, garlic and soy sauce. Stir in correct amount of liquid (clam cooking water plus additional water, if needed); simmer, covered, 1 hour. Add potatoes and simmer 15 minutes. Add clams and simmer another 8 minutes. Adjust seasonings if necessary. Serve immediately, with crackers. Serves 6
~---

Clam Chowder~ Maine Style

1/4 lb salt pork
1 quart water
1 1/2 cup onions -diced
2 cup clams
3 cup potatoes - diced
12 fl oz evaporated milk

Dice the onions and salt pork, then saute slowly in an iron frying pan. Empty into a chowder pan. Add a quart (mor or less) of water and bring it to a boil. Add the diced potatoes and bring back to a boil. Put the clams through a meat grinder then add to the pot. Simmer until done. Add salt and pepper. When done, add the evaporated milk. Turn off heat and let set. Heat again just before serving. Serve with Crackers. (I made this one with canned chopped clams and it ws good!)

Clam Dip

1 1/2 sleeves ritz crackers
2 can minced clams with juice from 1 can
1/4 lb melted butter
2 teaspoon garlic powder
2 dill, sprigs, finely chopped

Recipe by: Little Mom Crush Ritz, and melt butter. Preheat oven to 350F. In baking dish mix crushed Ritz, two cans of clams with juice from one can. Add garlic powder, melted butter, and dill. Mix well. Bake for about 30 minutes or until it bubbles. Serve with Ritz Crackers.

Clam Dip #3

2 can minced clams drained
1 can cream of mushroom soup
1 undiluted
3 oz philadelphia cream cheese
1 onion juice
1 lawry's salt

Place soft cream cheese in mixing bowl, slowly add cream of mushroom soup, beating, add salt and onion juice and clams, chill. Place on small square of toast or triscuits and pop in broiler briefly, or use as dip with cracker and chips.

Clam Linquine

1/4 cup olive oil
3 cloves garlic, minced
2 6 oz cans minced or chopped clams w; ith juice
1/8 teaspoon crushed red pepper
1/4 teaspoon dried oregano
1 tablespoon fresh lemon juice
2 tablespoon chopped fresh parsley
8 oz pkg dried linguine or spaghetti, co; oked

Freshly grated parmesan cheese

Heat olive oil in large skillet over medium heat. Add garlic and saute gently until just golden, about 1 minutes. Do not let garlic brown. Add clams and their liquid, red pepper, oregano and lemon juice. Simmer 3-5 minutes over low heat. Add parsley and cook 1 minutes. Place cooked pasta in serving bowl. Pour some sauce over pasta and toss to coat strands. Pour remaining sauce over top of pasta. Sprinkle with parmesan cheese. Makes 3-4 servings.

Origin: Province newspaper, February 24, 1993 Shared by: Sharon Stevens

Clam Savory

3 tablespoon butter
1 small onion; finely chopped
1/2 green pepper; seeded, minced
1 can (6.5 oz) chopped clams; drained
1 cup swiss cheese; grated
1 tablespoon worcestershire sauce
1 tablespoon sherry
1/4 teaspoon cayenne pepper
4 slice hot buttered toast

Melt butter in frying pan. Add onion and green pepper; saute for 3 minutes.

Add clams, cheese, tomato paste, Worcestershire sauce, sherry, and

cayenne pepper to frying pan. Cook, stirring constantly, until cheese melts.

Pile clam mixture on top of each slice of toast, and serve hot.

Clamato Red Scorpion

1 teaspoon tabasco sauce
8 fl oz tequila
1 fl oz rose's lime juice
2 teaspoon worcestershire sauce
32 fl oz clamato juice coctail
1 celery salt

Rim glass with celery salt. Pour ingredients over ice and stir. Garnish with a slice of lime.

Clams (Whole Or Minced)

1 no ingredients

Procedure: Keep clams live on ice until ready to an. Scrub shells thoroughly and rinse, steam 5 minutes, and open. Remove clam meat. Collect and save clam juice. Wash clam meat in water containing 1 teaspoon of salt per quart. Rinse and cover clam meat with boiling water containing 2 tablespoons of lemon juice or 1/2 teaspoon of citric acid per gallon. Boil 2 minutes and drain. To make minced clams, grind clams with a meat grinder or food processor. Fill jars loosely with pieces and add hot clam juice and boiling water if needed, leaving 1-inch headspace.

Adjust lids and process following the recommendations in Table 1 or Table 2 according to the canning method used. Table 1. Recommended process time for Clams in a dial-gauge pressure canner.

Style of Pack: Hot. Jar Size: Half-pints, Pints. Process Time: 60 minutes for Half-pints, 70 minutes for Pints. Canner Pressure (PSI) at Altitudes of 0 - 2,000 ft: 11 lb.
2,001 - 4,000 ft: 12 lb.

4,001 - 6,000 ft: 13 lb.
6,001 - 8,000 ft: 14 lb.

Table 2. Recommended process time for Clams in a weighted-gauge pressure canner.

Style of Pack: Hot. Jar Size: Half-pints, Pints. Process Time: 60 minutes for Half-pints, 70 minutes for Pints. Canner Pressure (PSI) at Altitudes of 0 - 1,000 ft: 10 lb.
Above 1,000 ft: 15 lb.

=== === * USDA
Agriculture Information Bulletin No. 539 (rev. 1994) * Meal-Master format courtesy of Karen Mintzias

Clams Oregatana Basilico

36 clams
2/3 tablespoon dry white wine
1 stuffing:
3 1/2 cup fresh bread crumbs
1 tablespoon fresh basil
1 tablespoon oregano
2 tablespoon grated romano cheese
2 tablespoon minced fresh italian
1 parsley
1 juice of
1/2 lemon (approx. 2 tab)
1 tablespoon minced garlic

Preheat oven to 500 F Shuck clams and replace meat on half-shells. Pack about 1 heaping tbs.stuffing on each. Bake in preheated oven for about 10minutes. Remove from oven and sprinkle each clam with a few drops of wine. Return to oven and bake 2 to 3 minutes more, or until lightly browned. Stuffing: Combine all ingredients by mixing with hands. Use more olive oil if the mixture seems too dry. 12/23 10:38 Al A.Green14 on GEnie (Weird Al) Richmond VA

Clams Sailor Style

20 medium clams
8 cloves fresh garlic, minced
6 tablespoon olive oil
3 tablespoon chopped parsley
2 tablespoon fine dry bread crumbs
1 salt to taste
1 cup white wine or sherry
1 chile, chopped

Soak clams in salty water for 5 hours before preparing dish, and rinse. In a large pan, saute garlic in oil. Add parsley and clams; cover 5 to 10 minutes to open the clams. Once clams are open, add bread crumbs, salt, white wine and chile. Move pan back and forth for about 5 minutes over medium heat until sauce thickens.

Cocktail Crab Dip

3/4 cup catsup
2 tablespoon prepared horseradish
1/8 teaspoon hot sauce
1/2 cup crabmeat; flaked, or
6 oz crabmeat; flaked, drain well
1 cup cream cheese; softened
3 tablespoon white onion; diced
1/8 teaspoon salt

Combine the catsup, horseradish and hot sauce. Remove any remaining filament from the crabmeat. Add the crabmeat to the catsup mixture and continue to blend. Add all other ingredients and blend till smooth. Serve at room temperature. Makes about 2 1/2 cups of dip. SUGGESTED DIPPERS: Salty Potato Chips, Potato Skins, Green Bell Peppers, Turnips

Cold Clam Dip

10 oz clams
6 oz philadelphia cream cheese
1 teaspoon lemon juice

1/2 teaspoon salt
1/8 teaspoon pepper
1 teaspoon worcestershire sauce
1 each garlic clove (pressed)
1 tabassco sauce

Blen all ingredients together. Let set for 2 hours before serving. Potato chips and all party crackers are good with this dip.

Courtbouillon Of Redfish

1 redfish or red snapper(6lb)
1/4 cup butter or salad oil
1/4 cup flour,all-purpose
2 cup onion,chopped
1/2 cup green bell pepper,chopped
1/2 cup celery,chopped
1 can tomatoes,drained/reserved
2 tablespoon parsley,chopped
2 garlic cloves,sliced
2 bay leaves
1/4 teaspoon marjoram
1/4 teaspoon oregano
1/4 teaspoon basil
1/4 teaspoon thyme
1 teaspoon hot pepper sauce
1 teaspoon worcestershire sauce
2 cup water,hot
1/2 cup white wine
1 hot cooked rice

1. Clean fish and remove head and tail; cut across backbone into slices 2 to 3 inches wide.#
2. In Dutch oven, heat butter, then stir in flour until smooth; cook 10 minutes until brown, stirring constantly.#
3. Reduce heat; stir in onion, bell pepper and celery.#
4. Cook vegetables until soft, stirring often.#
5. Add tomatoes and cook 5 minutes, then stir in herbs and seasonings.#
6. Slowly stir in 1 cup reserved tomato liquid and the water; simmer 5 minutes.#
7. Add fish slices and adjust seasonings; cover and simmer 30 minutes.#
8. Transfer fish slices to platter and remove bones; return fish to "courtbouillon."#
9. Add wine; cover, bring to a boil, then serve immediately in soup

plates with hot rice.#

Crab & Asparagus Quiche

1 8 pate brisee or regular pie crust
1 cup crab meat, chopped
1 3/4 cup milk, scalded
3 eggs, beaten
10 asparagus spears, tips reserved
4 oz parmesan cheese
1 dash nutmeg and cayenne pepper
1 salt to taste

Preheat oven to 375. Place crab meat in bottom of pastry shell. Cut bottom parts of asparagus spears into half-inch slices and scatter over crab. Scatter parmesan over asparagus. Beat eggs and milk together, and season totaste with nutmeg, cayenne and salt. Pour over crab/asparagus mixture. Arrange reserved asparagus tips in a spoke-like pattern on top. Bake in preheated oven until set (about 45 minutes to an hour). Let sit for about 15 minutes before serving. Next time, I might substitute Swiss cheese for at least part of the Parmesan (didn't have any handy, and at 1 ayem, wasn'tgonna make a run to Kroger to get any).

Kathy in Bryan, TX

Crab & Brie Soup

1/2 lb white onions, chopped
1/2 lb celery, chopped
6 oz green onions, chopped
3 oz unsalted butter
3 oz flour
2 pint seafood stock
1 pint 35% cream
1/2 lb crab meat, chopped fine
2 lb brie cheese, cut up
1 cajun seasoning, to taste
1 worcestershire sauce

Saute the chopped white onions and celery in the unsalted butter for ten minutes. Add flour slowly to avoid lumps, mix well. Add seafood stock and bring to a boil for ten minutes. To this, add the cream to the liking, crab meat and brie cheese. Simmer for another ten minutes. Season with cajun seasoning and Worcestershire sauce to taste. Garnish with green onions. Soup will be slightly spicy hot.

Crab & Cheese Stuffed Bread

1 16 french bread; halve lengthwise, hollowe
12 oz cheddar cheese; grated
8 oz crab meat; flaked
6 tablespoon chopped green onion
1/4 cup mayonaise
1/8 teaspoon hot sauce

Pre-heat oven to 350. Place bread on ungreased baking sheet. Sprinkle cheese over halves of bread. Combine remaining ingredients in a small bowl. Spoon mixture over cheese. Bake until cheese bubbles, about 20 min. Cut each piece in half and serve hot. VARIATION-Crab melt sandwich- Use the same crab mixture as last recipe. 2 slices rye bread per sandwich 2 slices swiss cheese per sandwich Butter one side of each piece of bread. This will be the outside of the sandwich. On the unbuttered side place a slice of cheese on each slice of bread. Top one slice with crabmeat filling. Close to make a sandwich. On a non-stick pan grill the sandwich butter side to pan. Brown slightly on each side and cook until cheese is melted. Serve hot. (wrv)

Crab & Clam Dip

8 oz package cream cheese
5 tablespoon soft butter or margarine
5 tablespoon french dressing
8 oz can minced clams, drained
6 oz frozen crabmeat, thawed and drained
1 drop (few) tabasco sauce
1 melba toast rounds

1. In a medium-sized mixing bowl, blend together cream cheese, butter

or margarine and French dressing with an electric mixer, until smooth. 2. Add drained clams and crabmeat. Stir to combine. 3. Add Tabasco sauce to taste. Mix well. 4. Spread on melba toast rounds. Place on a heat-resistant, non- metallic serving plate and heat, uncovered, in Microwave Oven 15 seconds. Serve immediately. Makes 2 cups dip

Crab & Shrimp Au Gratin

4 tablespoon all-purpose flour
1/2 teaspoon pepper
1/3 cup process cheese spread
1 cup cheddar cheese, shredded
1/2 teaspoon salt
2 cup milk
1/8 teaspoon tabasco sauce (or more)
1/4 lb crabmeat
1/2 lb cooked shrimp
1 hot cooked rice

Combine flour, salt, pepper and 1 cup milk. Stir until smooth. Combine cheese spread and remaining milk in top of double boiler, cook over hot water until cheese melts. Add flour mixture and hot sauce to cheese mixture, stir until smooth. Add shrimp and crabmeat. Pour into a greased 1 1/2 qt. casserole dish and top with shredded cheese. Bake at 350 F. for 20 minutes. Serve over hot cooked rice. Courtesy Telephone Pioneers BillSpalding *P CRBR 38 A

Crab And Asparagus Soup (Queensland)

2 teaspoon reduced-calorie margarine
1/3 cup chopped onion
1/3 cup diced celery
2 tablespoon finely chopped carrot
1 garlic clove, minced
1/2 teaspoon minced shallots
1 tablespoon all-purpose flour
2 cup skim milk
1 tablespoon dry sherry

1/2 bay leaf
1/2 teaspoon salt
1/2 teaspoon worcestershire sauce
1/2 teaspoon grated lemon peel
1/8 teaspoon ground white pepper
1/8 teaspoon thyme leaves
3 oz thawed, well drained crabmeat, flak; ed
1/2 cup sliced asparagus spears

In 1 1/2-quart saucepan heat margarine over medium-high heat until bubbly; add onion, celery, carrot, garlic, and shallots; saute, stirring occasionally, until softened, 2 to 3 minutes. Sprinkle with flour and stir quickly to combine. Gradually add milk, stirring constantly, and cook until sauce is smooth. Add remaining ingredients, except crabmeat and asparagus and bring to a boil. Reduce heat to low and add crabmeat and asparagus. Cover and cook, stirring occasionally, until soup is thickened and vegetables are tender, 20 to 30 minutes. Remove and discard bay leaf before serving.

Makes 2 servings.

[WEIGHT WATCHERS NEW INTERNATIONAL COOKBOOK] Posted by Fred Peters.

Crab And Avocado Cocktail

1 cup crab meat; cooked
2 each jalapeno chiles; *
1/4 cup lime juice
2 tablespoon onion; chopped
1 each clove garlic; finely chopped
1 pepper; dash of
1 lemon or lime wedges
2 each avocados; peeled & chopped
1/4 cup tomato; chopped, 1 small
2 tablespoon olive or vegetable oil 2 tablespoon cilantro; fresh, snipped 3/4 teaspoon salt
1 1/2 cup lettuce; finely chopped

* Jalapeno Chiles should be seeded and finely chopped.

Crab Artichoke Heart & Pasta Casserole

1 stephen ceideburg
1 lb tiny shell noodles
1 shallot, minced
4 green onions, chopped, including gr; een tops 2
tablespoon butter
1 cup chicken stock
1/2 cup dry white wine
1/4 cup marsala or madeira
3/4 cup cream
1/2 cup grated gruyere or other swiss chees; e
1/2 lb crab meat
2 jars marinated artichoke hearts, cu; t in half
1/2 cup chopped flat-leaf parsley
1 salt and pepper to taste
1/4 cup grated parmesan
2 tablespoon bread crumbs

Cook shell noodles in large pot of boiling water until tender. Drain.

Melt butter and saute shallot and green onions until soft. Add chicken stock and white wine. Reduce by halt Stir in Madeira and bring to a boil, Stir in cream and cook until just thickened.

Add cheese to sauce. Combine sauce with pasta and stir in crab and artichoke hearts. Add parsley and salt and pepper to taste.

Butter a ceramic casserole and put pasta mixture into it. Preheat oven to 350 degrees F. Top casserole with grated Parmesan and bread crumbs and bake 30 to 40 minutes, until heated through and bubbling.

PER SERVING: 425 calories, 18 g protein, 49 g carbohydrate, 17 g fat (9 g saturated), 66 mg cholesterol, 363 mg sodium, 0 g fiber.

Heidy Haughy Cusik writing in the San Francisco Chronicle, 11/25/91.

Posted by Stephen Ceideburg

Crab Bisque

2 tablespoon butter
1 teaspoon onion, finely chopped
1 tablespoon parsley, finely chopped

1 1/2 cup crabmeat, chopped
2 tablespoon flour
2 cup chicken broth
2 cup cream, light
1 pinch cayenne pepper
1 salt

In a saucepan, melt the butter. Add the onion and cook slowly until golden. Add the crabmeat and parsley and cook over low heat stirring constantly (about 4 minutes). Add the flour, stir to blend and cook for 3 minutes more. Stir in the chicken broth and simmer gently for 20 minutes. KEEP PAN PARTIALLY COVERED. Add the cream and cayenne pepper. Heat & add salt to taste. Makes 5 cups.

Crab Broccoli Casserole

1 each bunch broccoli
2 tablespoon butter
1/2 lb crab meat
1 cup sour cream
1 tablespoon grated lemon peel 2
tablespoon lemon juice
1/4 cup chili sauce (chili salsa) 1
cup cheddar cheese grated
1 each small onion diced
1 dash sea salt
1 dash cayenne

Saute broccoli in butter until tender; cut into small pieces. Mix broccoli with crab meat. Add remaining ingredients and stir. Put into small oiled baking dish. Bake uncovered at 350 degrees for 20 minutes, or until cheese is melted and top browned. Serves 4.

Crab Cakes

1 lb backfin crabmeat
1 teaspoon worcestershire sauce
2 tablespoon mayonnaise
1 each egg, beaten
1/4 cup cracker meal

1 garlic to taste
1 pinch cayenne pepper

Combine all ingredients and form into small cakes. Sautee in butter. Serve hot with tarragon sauce (see separate recipe). Mrs. Jack Beasley

Crab Cakes #2

3/4 lb cooked crab meat, shredded
1 cup bread cubes
2 small eggs
1 1/2 teaspoon french mustard
1 tablespoon worcestershire sauce
1/2 teaspoon old bay seasoning or salt
1/2 teaspoon pepper

Brush cooking surfaces with butter or margarine. Combine all ingredients and place in triangular pockets. Lower lid, latch in top position and cook 4-6 minutes or until done.

Crab Cakes Maryland

2 tablespoon chopped fresh parsley
1 teaspoon dry mustard
1 teaspoon worcestershire sauce
1 teaspoon louisiana hot sauce
2 eggs (beaten)
2 tablespoon mayonnaise
1 lb cooked crab (flaked)
1/2 cup cracker crumbs
1 salt & pepper to taste
1 flour for dredging

Mix the parsley, dry mustard, Worcestershire sauce and hot sauce, eggs, andmayonnaise together. Add the crab and crumbs, and season with salt and pepper to taste. Divide the mixture into 8 cakes and dredge in flour. Thesecan be deep fried at 375 to 380 deg. for 2-3 min. or until golden brown. Oryou may pan fry them on both sides in butter.

Crab Cakes With Pasilla Chili Aioli

1/2 lb shelled cooked crab
1/2 cup mayonnaise
1/2 cup minced carrots
1/2 cup minced celery
1 1/2 teaspoon lemon juice
1 salt
1 pepper
1 cayenne
2 white bread slices
1 tablespoon salad oil
1 fresh cilantro sprigs
----PASILLA CHILI AIOLI----
1 large dried pasilla chili
1 can sliced pimientos (4 oz)
1 tablespoon olive oil
1 chopped garlic clove
3 tablespoon dry white wine
1 teaspoon lemon juice
1/4 cup chicken broth
1/4 cup mayonnaise
1 salt
1 pepper

1. Mix crab, mayonnaise, carrots, celery, and lemon juice. Add salt and pepper and cayenne to taste.#
2. Tear bread into chunks; whirl in a blender or food processor until crumbs form; mound crumbs on a plate. Drop 1/4-cup portions crab mixture into crumbs, and sprinkle crumbs over top; pat into 1/2"-thick cakes.#
3. Place a 10-12" nonstick frying pan over medium heat. Lightly coat pan with oil and cook cakes, using a wide spatula to turn once, until browned on both sides, about 4 minutes total.#
4. Place cakes on salad plates; keep warm. Garnish with cilantro. Add aioli to taste.#
#
*** PASILLA CHILI AIOLI ***#
1. Remove and discard stems and seeds from dried pasilla; rinse chili. With scissors, cut the chili in 1/2" pieces.#
2. Drain pimientos; pat dry.#
3. In a 10-12" frying pan combine olive oil, chili, pimientos and garlic. Stir over medium heat for 2 minutes. Add wine and lemon

juice. Stir over high heat until most of the liquid evaporates, about 1 minute. Add chicken broth; boil, uncovered, until liquid is reduced to 1/4 cup, about 2 minutes. Let cool.#
4. Whirl mixture in a blender or food processor with mayonnaise until smoothly pureed. Add salt and pepper to taste. Makes 1/2 cup.#
#
~ Anton Brunbauer, Hyatt Regency Scottsdale, Scottsdale AZ

Crab Calzone

1 pkg hot roll mix
1 1/4 cup hot water
2 tablespoon vegetable oil
1 cup ricotta cheese
1 cup grated mozzarella cheese
8 oz cream cheese; softened
1/2 lb crab meat
4 green onions; chopped
1 garlic clove; minced fine
1 small can chopped olives
1 tablespoon chopped parsley; or... dried parsley

In large bowl, combine flour mixture and yeast from hot roll mix. Stir in water and oil until moistened. Turn dough out onto lightly floured surface. With greased hands, shape into ball and knead dough 3 minutes or until no longer sticky. Divide dough into 10 equal parts and cover loosely with plastic wrap and cloth towel.

In medium bowl, combine remaining ingredients and mix well. On lightly floured surface, roll each ball of dough to an eight inch circle. Spoon 1/3 cup filling over half of dough to within 1" of edge. Brush edge with water. Fold dough in half over filling, press edges to seal and flute decoratively. Place on greased cookie sheet, and brush with oil. Bake 400 degrees F. for 25-30 minutes, or until brown.

Variation: Turn the calzone from a main dish to an appetizer by wrapping 1 tablespoon of the filling in fillo dough wrappers.

Crab Casserole

1 lb crabmeat
2 each eggs, separated & beaten
1 1/2 cup white sauce
1 parsley or green pepper
1/2 teaspoon tabasco
1 salt/pepper to taste

Separate the eggs. Add beaten yolks to white sauce. Mix all ingredients and fold in egg whites. Bake in 375 degree oven until brown, about 20 minutes.
Mrs. William W. Prentice

Crab Combination Soup

1 oz dried mushrooms
1 boiling water
6 oz fresh or thawed frozen
1 crabmeat
4 oz frozen sea scallops
1/2 cup drained whole or sliced
1 bamboo shoots (1/2 of 8 oz
1 can)
8 green onions
1 teaspoon vegetable oil
1 egg, slightly beaten
6 cup chicken broth
1/2 teaspoon grated pared fresh ginger
1 root
3 tablespoon cornstarch
6 tablespoon water
1 1/2 tablespoon rice wine (or dry sherry)
4 teaspoon soy sauce
2 egg whites

1. Place mushrooms in bowl and cover with boiling water. Let stand 30 minutes. Drain. Remove and discard stems. Cut caps into thin slices.

2. Flake crabmeat. Rinse scallops with water, drain and cut into thin slices. Cut bamboo shoots into thing strips. Chop green onions.

3. Heat oil in small omelet or crepe pan. Add eggs and tilt pan so egg completely covers bottom. Cook over medium-high heat until egg is set. Loosen edges and turn omelet over to cook other side. Remove

from pan, roll up and cut into thing strips.

4. Pour broth into 3-quart saucepan. Cook over high heat until broth boils. Stir in mushrooms, crabmeat, scallops, bamboo shoots, onions, sliced egg, ginger and pepper. Return soup to boil.

5. Combine cornstarch, 4 tablespoons of the water, the wine and soy sauce.
Stir mixture into soup. Return soup to boil.

6. Beat egg whites and remaining 2 tablespoons water. Drizzle egg whites slowly into soup while stirring soup vigorously.

Crab Crepes En Casserole

1/3 cup scallion; chopped
1/2 cup mushrooms, fresh; sliced
1/2 teaspoon thyme, whole, dried
1 tablespoon margarine; melted
1 1/2 teaspoon flour
1/4 cup skim milk; , plus 2 t
2 tablespoon dry white wine
1/2 lb crabmeat, lump; drained & flaked
1 tablespoon parsley, fresh; chopped
1 1/2 teaspoon lemon juice
1/8 teaspoon dry mustard
1/8 teaspoon salt
1 pinch red pepper
8 crepes

Saute green onions, mushrooms, & thyme in margarine in a skillet until tender. Reduce heat to low, & add flour. Cook 1 min, stir constantly. Gradually add milk & wine; cook over med heat, stirring constantly, until thickened and bubbly. Remove from heat; stir in crabmeat, parsley, lemon juice, mustard, salt and red pepper.

Spoon 1-1/2 tablespoons crabmeat mixture down the center of each CREPE; roll up crepes and arrange in a baking pan coated with cooking spray. Cover and bake at 350 for 25 minutes or until thoroughly heated. Broil crepes 4 to 6 inches from heat 1 minute or until golden brown. Serve immediately!

Crab Custard With Lemon Butter Sauce

1 brocolli; bunch, medium cut into sm
1/2 lb crab meat; fresh or frozen trimmed o 3
eggs
3/4 cup whipping cream
3/4 cup milk salt & ground white pepper
1 pinch nutmeg, ground
----LEMON BUTTER SAUCE----
1/2 cup white wine
1 shallot, dry; finely chopped
1 cup butter; cut in pieces
1/4 cup whipping cream
1 lemon; juice of

In this recipe Quebec snow crab is combined with brocolli, oven-poached and served on a sauce, nouveau cuisine fashion. This appetizer is the creation of Chef Denis Pelletier of Moulin de St. Laurent, a contemporary French restaurant located in an old stone mill in the village of St. Laurent on Ile d'Orleans. Ramekins can be filled ahead and oven poached at the last minute, or you can reheat the cooked flan in a microwave oven for about 2 minutes at Medium (50 percent).

Cook brocolli florets in boiling salted water just until tender-crisp; drain. Generously brush 6 to 8 ramekin or custard cups with melted butter. Divide crab meat with brocolli among the ramekins. In a bowl, whisk together the eggs, cream and milk; season with salt, pepper and nutmeg. Fill ramekins three-quarters full with the custard and set in a shallow panof hot water. Oven poach for 1 hour at 325F or until set. (A knife insertedin centre should come out clean.)
Make Lemon Butter Sauce and pour onto 6 to 8 serving plates. Run a knife around the edge of each ramekin and unmold onto sauce.

Lemon Butter Sauce:
In small saucepan, heat wine and chopped shallot. Bring to a boil and reduce over medium-high heat until only 2 tablespoons of liquid remain. Reduce heat to low and whisk in butter, a few pieces at a time, until sauceis smooth and all the butter is incorporated. Whisk in cream and lemon juice. Keep warm in the top of a double boiler set over hot water until serving time. MAKES: about 1 1/2 CUPS SAUCE

SERVES: 6-8 as an appetizer

Crab Dip #1

1/2 cup mayonaise
1/2 cup sour cream
1 celery
1 green onion
3/4 lb mock crab, flaked
1 dill

Take mock crab and flake it into small pieces, place in a bowl. Cut up enough celery and green onions to add to mixture. Shake an ample amount of dill into mixture. Add mayonaise and sour cream. Chill thoroughly. Best if chilled overnight. Stir just prior to serving. Serve on crackers. Great dip!!

Crab Dip #2

1 lb crabmeat
1/2 cup mayonnaise or salad dressing
1 garlic salt, to taste
2 tablespoon onion, grated
2 teaspoon prepared mustard
2 teaspoon powdered sugar
2/3 cup white wine

Mix together all ingredients except crabmeat. Heat slowly. Add Crabmeat. Serve warm with crackers.

Crab Filling

1/2 cup butter or margarine
1/2 cup green onion,minced
2 lb crabmeat,fresh lumb
1 salt to taste
1 white pepper to taste
1 pinch garlic powder(opt)
1/2 cup dry vermouth

1. Melt butter in skillet; stir in green onions and crabmeat.#
2. Mix lightly and cook a few minutes; add seasonings.#
3. Add vermouth and boil rapidly until liquid is almost evaporated.#
4. Scrape from skillet into bowl; reserve.#

Crab Fondue (Absolutely Marvelous)

3 can crabmeat
24 oz cream cheese
2 teaspoon prepared mustard
2/3 cup white wine
1 small onion, diced
1 teaspoon powdered sugar 1
dash seasoned salt
1/2 cup mayonnaise
1 loaf french bread, cut
1 into 1 cubes

Combine all ingredients except the French bread in a pan. Stir, over low heat, until the cheese melts and all ingredients are well mixed.

Serve over a low flame. Use the bread cubes as dippers.

Crab Fried Rice - Khao Pad Poo *

2 tablespoon oil
1 chopped garlic clove
1 cup cooked crabmeat
2 beaten eggs
3 cup cooked rice
2 tablespoon maggi seasoning
2 tablespoon fish sauce (nam pla)
2 tablespoon sugar
1 chopped green onion/scallion
----SAUCE----
1/4 cup fish sauce (nam pla)
5 finely chopped green thai peppers; (prik kee noo)
----GARNISH----

1 sliced tomato
1/2 cup sliced cucumber
1 cilantro/coriander leaves
4 lemons, cut in wedges

A delicious accompaniment for any dish. Vary the number of chili peppers in the sauce according to personal taste.

Crab Fried Rice With Nam Prik Sauce

2 tablespoon peanut oil
1 medium onion, minced
2 cloves garlic, minced
3 cup cooked white rice
8 oz white crab meat
1 tablespoon fish sauce
2 eggs
3 green onions, sliced lime wedges

Heat oil in a wok, add the onion and garlic, and stir fry for a minute on high heat. Add the rice, crabmeat, and fish sauce and heat. Push the rice mixture to the side. Add the eggs to the center and while stirring continuously, cook until the eggs are half done and then stir the rice into the eggs. Add the green onions just before removing from the heat. The cooking is a 5 minute process.

Squeeze fresh lime over the finished product and add Nam Prik sauce as necessary to individual plates.

Serves 4 to 6 Heat scale: Varies according to Nam Prik sauce added

Crab Gratin

6 oz linguine,dry
1/4 lb mushrooms,sliced
1 tablespoon lemon juice
1/4 cup water
3 tablespoon flour
2 cup clam juice

2 tablespoon additional lemon juice
1/2 cup white wine
1/4 teaspoon ground coriander
1/4 teaspoon dried tarragon,crumbled
1/4 teaspoon ground black pepper
1/2 teaspoon soy sauce
2 tablespoon heavy cream
1/4 cup chopped parsley
1/2 cup chopped tomatoes
12 oz crabmeat,picked over to remove cart; ilage
1/2 tablespoon plain bread crumbs

Preheat oven to 375 degrees.Follow package directions to prepare linguine.Cook just until al dente,still slightly firm. Drain at once.Cook under cold running water and put aside to drain thoroughly.Place in a mixing bowl.

Put mushrooms in a small pot.Sprinkle with 1 tablespoon of lemon juice.Add water.Place aluminum foil directly over mushrooms.Cover pot with a lid.Place on high heat.Cook for about 1 minute just until steam begins to escape from pot.With a skimmer,transfer mushrooms to a dish.Reserve juices.There will be about 1/4 cup.

Put flour in a 3 to 4 cup saucepan and stir in a little clam juice to make a smooth paste.Stir in remaining clam juice,lemon juice,white wine and reserved mushroom juice.Season with coriander,tarragon,black pepper and soy sauce.Place over medium heat and bring liquid to a simmer,stirring constantly.Cook and stir until mixture thickens,about 3 to 4 minutes.Stir in heavy cream,then parsley and tomatoes.There will be about 2 1/2 cups.

Lightly oil a 6 cup gratin dish.Add mushrooms to the pasta. Pour half the sauce over the pasta mixture.Mix well.Scrape into gratin dish and pat linguine into a smooth layer.Gently, mix remaining sauce with crabmeat and spoon over the linguine. Sprinkle bread crumbs over top.Bake for 15 minutes or until thoroughly heated through.If the top has not browned,slip under the broiler for a brief minute.Serve directly from gratin dish. Serves 4.

Crab Imperial

1 lb crab meat; pref. backfin
2 tablespoon butter or margarine
2 tablespoon flour
3/4 cup milk
1 egg; beaten

1 egg; hard-cooked, sieved
6 drop worcestershire sauce
1 tablespoon mayonnaise
1/2 teaspoon mustard, dry
1/2 teaspoon parsley flakes
1/4 teaspoon seafood seasoning
1 teaspoon salt
1/4 teaspoon black pepper
1/2 cup bread crumbs
1/2 cup margarine; melted
1 pimiento; for garnish

Remove cartilage from crab meat; put crab meat in a large mixing bowl. Melt 2 tablespoons margarine over low heat; add flour, stirring to make a paste. Add milk; cook slowly, stirring constantly, until sauce is thickened. Set aside 6 tablespoons white sauce. Add remaining sauce to crab meat in bowl, along with raw egg, hard-cooked egg, Worcestershire sauce, mayonnaise, mustard, parsley flakes, seafood seasoning, salt and pepper; mix gently but thoroughly. Put crab meat mixture into 6 baking shells or ramekins; top each shell with bread crumbs, melted margarine and reserved white sauce. Add pimiento strips for garnish. Bake in preheated 350 F. oven 20 minutes, or until browned on top.

Crab In Ginger Sauce

2 ready-to-cook whole hard-shell crab; s
8 green onions
1 small red pepper
1 piece (about 4x1-inch or 1ox2.5 cm); fresh ginger ro
3/4 cup (180 ml) water
2 1/2 tablespoon (37 ml) dry sherry
1 teaspoon (5 ml) sugar
1 teaspoon (5 ml) instant chicken bouillon gra; nules 2
teaspoon (10 ml) soy sauce
2 teaspoon (10 ml) cornstarch
2 tablespoon (30 ml) vegetable oil
1/2 teaspoon (2 ml) sesame oil
1 rinse crabs with water. gently pull; away round har

top. With small sharp knife gently cut away the gray spongy tissue and discard. Rinse crabs with water. 2. Cut off claws and legs. Pound claws lightly with back of cleaver to break shell. Chop down center of crabs to cut body in half. Cut each half crosswise into 3 pieces. 3. Cut onions into 1-inch (2.5 cm) pieces. Remove seeds from pepper. Cut pepper into thin strips. Pare ginger root. Cut ginger

into thin slices, then cut the slices into very thin strips. 4. Combine 1/2 cup (125 mL) of the water, the sherry, sugar, bouillon and soy sauce. Combine remaining 1/4 cup (60 mL) water and the cornstarch. Blend well. 5. Heat vegetable and sesame oils in wok over medium heat. Stir- fry ginger in the oils for 1 minute. Add cut up crabs. Stir-fry for 1 minute. 6. Add sherry mixture and pepper to crab. Stir-fry over high heat until liquid boils. Reduce heat to low. Simmer covered for 4 minutes. Uncover and stir in cornstarch mixture. Cook until sauce thickens. Add onions. Cook and stir for 1 minute. Makes 4 to 6 servings.

Crab Lorenzo

----FAVORITE RESTAURANTS, BON A----
4 large mushrooms, minced
1 shallot, minced
1 centiliter garlic, minced
1/2 stick butter
1/2 cup flour
3 cup half and half
2 tablespoon chives, chpd
1 large bay leaf
1 tablespoon worcestershire sauce
1/4 cup white wine
1 salt and pepper
3/4 lb crabmeat
6 slice french bread, toasted, to 8
1 1/2 cup hollandaise sauce
1 parsley, chpd, garnish
1 lemon slices, garnish

Arthur's, Dallas, TX Saute mushrooms, shallots, and garlic in butter until transparent. Remove from heat and mix in flour. Over low heat, slowly stir in half and half. Cook until smooth, 3-4 mins. Add chives, bay leaf, Worcestershire sauce, wine, salt, and pepper to taste. Bring to boil. Simmer 30 mins. Remove bay leaf. Add crabmeat and cook 3-4 mins. Arrange toast slices on heatproof platter. Spoon hot crabmeat mixture over toast. Cover with hollandaise sauce. Broil until lightly browned, 1-2 mins. Garnish with parsley and lemon. S: Fav Rest Rs, Bon A

Crab Meat & Mushrooms In Wine Sauce

1 lb fresh crab meat
1/4 lb fresh mushrooms, sliced, or
1 1 large can of mushrooms
1 (stems and pieces)
2 tablespoon butter (to saute fresh
1 mushrooms)
2 tablespoon butter
2 tablespoon flour
1/2 cup milk
1/2 cup white wine
1/2 teaspoon dry mustard
1/4 teaspoon dry tarragon
1 salt to taste
1 pepper to taste
1 hot sauce to taste
3/4 cup bread crumbs

Pull crab meat apart and remove stiff membrances. Saute mushrooms in butter. (If mushrooms not fresh, add later.) Make a cream sauce blending melted butter, flour and milk, wine, mustard, tarragon, salt, pepper and hot sauce. Cook 2 or 3 minutes, then add crab meat and mushrooms. Place in casserole; sprinkle top with bread crumbs and dot with butter. Bake at 350 degrees F for 30 minutes uncovered. Cover before serving. This can also be made with shrimp, or crab meat and shrimp.

Crab Meat Bacon Rolls

1/4 cup tomato juice
1 egg well beaten
1 cup crab meat drained and
1 flaked
1/2 cup dry fine bread crumbs
1 tablespoon chopped parsley
1 tablespoon lemon juice
1/4 teaspoon salt
1/4 teaspoon worcestershire sauce
1 dash pepper
9 slices bacon cut in half

Mix tomato juice and egg. Add crab meat, crumbs, parsley, lemon juice and seasonings; mix thoroughly. Roll into 18 fingers, about 2 inches long. Wrapeach roll with 1/2 slice bacon; fasten with toothpick. Broil 5 inches

from heat about 10 minutes, turning often to brown evenly.

Crab Meat Salad

1 lb crab meat, fresh or canned
4 hard cooked eggs
12 cup almonds
2 cup heavy cream
1 cup mayonaise
1 dash salt
1 dash paprika
1 lettuce
1 green pepper or pimiento

Pick over the crab meat and discard membranes. Chop egg whites. Blanch the almonds and cut into thin, lengthwise strips. Mix these ingredients. Whip the cream very stiff, fold into the mayonaise, add salt and paprika. Add to crab mixture. Serve on crisp lettice; garnish with strips of green pepper or pimiento and top with riced egg yolk.

Crab Melt Sandwich

2 slices rye bread/sandwich
2 slices swiss cheese per sandwich
8 oz crab meat, flaked
6 tablespoon chopped green onion
1/4 cup mayonnaise
1/8 teaspoon hot pepper sauce

Butter one side of each piece of bread. This will be the outside of the sandwich. On the unbuttered side place a slice of cheese on each slice of bread.
Combine remaining ingredients. Top one slice with crabmeat filling. Close to make a sandwich. On a non-stick pan grill the sandwich butter side to pan. Brown slightly on each side and cook until cheese is melted. Serve hot.

Crab Muffins

1/2 lb crabmeat (7 oz. can)
1 stick margarine
1 jar old english cheese
1/2 teaspoon garlic salt
2 tablespoon mayonnaise
1/2 teaspoon season salt
6 english muffins

Contributed to the echo by: Theresa Merkling CRAB MUFFINS Mix together all except muffins. Spread on muffins. Cut muffins into quarters. Freeze on cookie sheet. Put in bag and store in freezer until needed. Broil and serve.

Crab Newberg

2 tablespoon butter
2 tablespoon flour
1/2 teaspoon salt
1/4 teaspoon paprika
1 dash cayenne pepper
1 cup half and half
1/2 cup milk
1/4 cup sherry
2 each egg yolks, beaten
1 lb crabmeat, picked

Place butter in a 1 1/2 quart casserole. Microwave on high (100%) until melted, 30 seconds to 1 minute. Stir in next four ingredients. Blend in half and half, milk and sherry. Microwave on medium-high (70%) until thickened, 4 to 7 minutes, stirring with wire whisk two or three time during cooking. Stir small amount of hot mixture into egg yolks; return to mixture. Microwave at medium-high (70%) until thickened, 1 to 3 minutes, stirring once or twice. Stir in crab meat. Serve over toast points or patty shells, if desired.

Crab On Crackers

7 oz crabmeat
2 tablespoon cornstarch
1/4 teaspoon marjoram
1 dash garlic salt
1/4 cup celery, finely chopped
3 tablespoon onion, finely chopped
1/4 cup reduced-calorie mayonnaise
36 round crackers

Drain the liquid from the crabmeat into a small microwave bowl or measuring cup. Stir in the cornstarch until dissolved. Stir in the marjoram and garlic salt.

With the microwave on HIGH, cook for 30 seconds. Stir and return to the microwave for 30 more seconds if the mixture is not clear and thickened. Allow to cool.

Flake the crabmeat. Combine the flaked crabmeat, celery, onion and mayonnaise in a bowl. Stir in the crab liquid.

Divide the crabmeat mixture evenly between the 36 crackers. Place 12 crackers in a circle around the edge of a paper plate (do the same for two more plates).

With the microwave on HIGH, cook for 30 seconds, then rotate the plate one-half turn and continue cooking for 15 seconds more. One Serving: Calories: 59 Carbohydrates: 6

Crab Pecan Delight

1/2 cup celery; chopped
2 tablespoon green onion; chopped
1 1/2 cup pecans; finely chopped
1 . (divided use)
1/4 cup + 1 tbsp butter
1/2 teaspoon salt
1/8 teaspoon pepper
1 dash garlic powder

1 lb crab meat
1 can cream of celery soup (10oz)
3/4 cup evaporated milk
1/4 cup dry bread crumbs

Preheat oven to 350 F. Saute celery, green onion and 1 cup pecans in 1/4 cup butter until vegetables are crisy-tender. Add salt, pepper and garlic. Stir in crab meat and simmer for 10 minutes. Add soup; gradually stir in milk. Pour into baking dish, sprinkle with bread crwnbs and remaining pecans: pat with remaining butter. Bake for 20 to 25 minutes, or until brown.

Makes 4 to 6 servings.

Per serving: Calories 526; Fat 42 g; Cholesterol 141 mg; Sodium 871 mg; Percent calories from fat 70%

Crab Pilau (Braised Rice W/ Crab & Coconut Mi

2 tablespoon butter
2 tablespoon vegetable oil
1 cup onion; finely chopped
1 teaspoon garlic; finely chopped
1/2 teaspoon hot chili peppers; finely chopped 2 tablespoon curry powder
2 cup white rice, long- or medium-grain; uncooked 4 cup coconut milk
1 teaspoon salt
1 black pepper; freshly ground
1 lb crab meat, fresh, frozen, or cann; e, d 2 tablespoon chives; finely chopped
2 tablespoon lime juice; strained

In a heavy 3- to 4-quart casserole, melt the butter in the oil over moderate heat. When the foam subsides, add the onions, garlic, and the chilies, and stirring frequently, cook for about 5 minutes, until they are soft but not brown. Watch carefully for any sign of burning and regulate the heat accordingly. Add the curry powder and stir for 2 to 3 minutes, then pour in the rice and continue stirring for a few minutes more, until the grains become somewhat milky and opaque.

Stir in the coconut milk, slat, and a few grindings of peper and bring to a boil over hgih heat. Reduce the heat to the lowest possible point, cover tightly, and simmer undisturbed for 15 minutes. Add the crab meat, chives, and lime juice, stir gently and simmer, covered, for 5 minutes longer or until most of the liquid has been absorbed by the rice and the crab is heated through.

Taste for seasoning, fluff with a fork and serve the crab pilau at once, mounded on a heated platter.

Crab Rangoon #1

1 pkg frozen won-ton skins
8 oz cream cheese, softened
1 can or small package frozen crabmeat, o; r fresh! 1
sour cream
1 white garlic powder to taste

Add a dollop of sour cream to cheese and cream until mayonnaise consistency. Stir in drained crabmeat, add garlic powder. Place a round teaspoonful on won-ton skin and wrap like an egg roll. Seal edge with beaten egg white. Deep fry until golden, and serve hot!

Crab Rangoon #3

1/2 lb fresh crab,
1 drained and chopped
8 oz cream cheese,
1 room temperature
1/2 teaspoon worcestershire sauce
1/4 teaspoon garlic salt
3 doz wonton wrappers
3 cup cooking oil

Combine crab, cream cheese, Worcestershire sauce, and garlic salt; mix until well combined. Place 1/4 teaspoon of filling in center of wonton wrapper. Moisten top two ends of triangle and seal together with a fork. Heat oil to 350 degrees; deep-fry Rangoon until golden brown. Dip in sweet and sour sauce and Chinese hot mustard. Uncooked Crab Rangoon may be frozen and deep-fried directly from the freezer. Walt MM

Enjoy!

Mary Gorman Houston, TX

Crab Rice

1 stephen ceideburg
2 green onions, chopped
1 piece fresh ginger, 2-3 cm, grated
4 tablespoon dry sherry
3 tablespoon light soy sauce
3 blue crabs
400 gm glutinous rice
1 tablespoon soy sauce
1 tablespoon oil
1 teaspoon sugar

The Chinese have comfort food, too, and this dish qualifies. You will need a large steamer; if you don't yet have one, they can be bought cheaply in large Chinese or Vietnamese food stores where you can also pick up the glutinous rice. The dish takes considerably longer to cook than the previous recipes but little more of the cook's time. By the time the rice is cooked, it is saturated with crab flavour.

Finely chop 2 green (spring) onions and grate 2-3 cms of fresh ginger. Combine them with 4 tablespoons dry sherry and 3 tablespoons light soy sauce. Prepare three green blue swimmers crabs. Chop two of them into several pieces with a large knife or cleaver and crack the hardest pieces of the shell with a hammer. Crack the third crab thoroughly all over but do not chop up. Pour the sherry-soy sauce mixture over the crabs and leave to marinate for an hour. Wash 400 grams glutinous rice in several changes of water until the water runs clear.

Put the rice into a saucepan and pour over it 1.5 L water. Bring to the boil and boil for 5 minutes. Drain.

In the bottom of a heatproof dish at least 12 cm deep and of a size to fit into your steamer, pack in the chopped crab pieces, reserving the marinade. Pour the rice over the top and pack it down. Press the intact crab into the top of the rice. To the marinade, add a further tablespoon soy sauce and a tablespoon oil, teaspoon salt and 1 teaspoon sugar. Pour over the crabs and rice.

Put the dish in the steamer over boiling water and steam for 35-40 minutes. Serve. Diners deal first with the top crab, now half buried in rice, then fish around, for the rest of the crab pieces in rice.

Crab Salad

8 oz frozen crab meat
1 defrosted
5 oz fozen cut asparagus,
1 defrosted
1/4 cup sliced green onion
1/2 cup sliced water chestnuts
1 lettuce leaves
1 parsley

Dressing: 1/2 C. Plain Yogurt, 2 T. Horseradish Mustard, 1 T. Low Cal. Mayonnaise, 2 Packets Equal, 2 t. Soy Sauce, 1 t. Worcestershire Sauce. Combine. in A Separate Bowl, Combine The Salad Ingredients. Pour Dressing Over Crab Salad. Toss Gently. Chill Several Hours. Serve On Lettuce Leaves. Garnish With Parsley.
(Makes 2 1/2 Cups, Each Serving 1/2 C.)

Crab Salad Sandwiches

1/4 cup mayonnaise
1 teaspoon seafood seasoning
1/4 cup finely chopped celery 2
tablespoon minced onion
6 oz crabmeat (check for small 1
peices of shell)
2 large kaiser rolls, split
1 horizontally
1 cup thinly sliced romaine
1 lettuce

Mix the mayonnaise and seafood seasoning together in medium bowl. Mix in celery and onion. Add crabmeat and stir gently to combine. Don't mash. Season to taste with pepper. Place bottoms of rolls on plates. Place half of crab salad, and then the lettuce on each of the rolls. Place the bun tops on the salad, and press gently. .

Crab Salad W/2 Dressings

1 pkg frozen thawed crab
1 head lettuce, shredded
1 green pepper, sliced
1 cucumber, sliced
1 lemon wedges
1 parsley, chpd, opt
----SNAPPY RED DRESSING----
3/4 cup chili sauce
2 tablespoon lemon juice
2 tablespoon sour cream
1 tablespoon onion, grated
2 teaspoon horseradish, to 3t
----CREAMY DRESSING----
1/2 cup mayonnaise
1/4 cup whipping cream
1/4 cup chili sauce
1/4 cup green pepper
1/4 cup green onion
1/4 teaspoon salt

Arrange the lettuce on 4 salad plates. Top with crab. Pour choice of dressing over. Top with green pepper, cucumber, lemon and parsley. SNAPPY RED DRESSING: Mix and chill 30 minutes to blend flavors. CREAMY DRESSING: Blend mayonnaise with whipped whipping cream. Mix in chili sauce, green pepper, green onion, and salt. Extra dressing may be refrigerated for several days.

Crab Salsa

1/2 lb crabmeat
1/2 cup lime juice
1 teaspoon tangerine peel, grated
2/3 cup tangerine
1/2 cup tomatoes, seeded and chopped 2 tablespoon purple onions, chopped
1 tablespoon cilantro, chopped
1 tablespoon jalapeno, chopped
1/8 teaspoon salt

Combine ingredients in a bowl, toss gently. Cover and Chill

Crab Souffle With Green Peppers

3 tablespoon butter
4 tablespoon flour
1 1/4 cup milk or chicken stock
1 salt & pepper to taste
1 cup cleaned crabmeat
1 tablespoon sherry
6 each egg yolks
8 each egg whites
1/8 teaspoon cream of tartar
1 pinch of salt
1/2 green pepper, chopped
1/4 cup parmesan cheese

Simmer green pepper 10 min., drain and immediately add cold water to pan. This keeps pepper green and fresh. Melt butter, add flour, add milk or chicken stock gradually.

Remove pan from heat and add egg yolks, 1 at a time. Add drained peppers, crabmeat and sherry to sauce. Add salt and pepper to taste. Beat egg whites with pinch of sald and cream of tartar until stiff. Fold sauce into egg whites and fill prepared 6-cup souffle dish.

Dust surface of unbaked souffle with Parmesan cheese. Place in preheated 400 F. oven, reduce heat to 375 F. IMMEDIATELY and bake for 25 min. Serve with Mornay Sauce. A tossed salad and hot French bread will complete the meal.

Crab Spring Rolls - Cooking Light

2 tablespoon sugar
1 cup pink grapefruit juice
2 tablespoon fresh lime juice

1/8 teaspoon freshly ground pepper
1 vegetable cooking spray
2 cup thinly sliced bok choy
2/3 cup finely chopped green onions 2
tablespoon fresh lime juice
2 teaspoon minced fresh cilantro
1/2 teaspoon minced pickled ginger
1/8 teaspoon salt
1/8 teaspoon freshly ground pepper
6 oz lump crabmeat; shell pieces removed 8
egg roll wrappers
1 egg white
2 tablespoon olive oil
2 cup gourmet salad greens
12 pink grapefruit sections
2 tablespoon slivered almonds; toasted

Place sugar in a small saucepan over medium-high heat; caramelize by stirring often until sugar melts and is golden (about 2 minutes). Remove from heat; carefully stir in grapefruit juice and 2 tablespoons lime juice (caramelized sugar will harden and stick to spoon). Place pan over medium-high heat until caramelized sugar melts. Bring to a boil, and cook 8 minutes or until reduced to 1/2 cup. Remove from heat; stir in 1/8 teaspoon pepper. Set aside. Coat a nonstick skillet with cooking spray; place over medium heat until hot. Add bok choy and onions. Saute until bok choy wilts. Combine bok choy mixture, 2 tablespoons lime juice, and next 5 ingredients (lime juice through crabmeat); stir.
Working with 1 egg roll wrapper at a time (cover remaining wrappers to kee from drying out), spoon 1/4 cup crabmeat mixture into center of wrapper. Fold lower right corner over mixture; fold lower left and top right corners over mixture. Moisten top left corner with egg white; roll up jelly-roll fashion. Repeat procedure with remaining wrappers, crabmeat mixture, and egg white.
Heat oil in skillet over medium-high heat. Add egg rolls; cook 5 minutes o until golden, turning frequently. Arrange 1/2 cup salad greens and 3 grapefruit sections on each of 4 plates; top each with 2 egg rolls. Drizzle 2 tablespoons caramelized sugar mixture over each serving; sprinkle each with 1-1/2 teaspoons nuts. Yield: 4 servings.

Crab Stuffed Idaho Potatoes

4 large idaho potatoes
1/2 cup non-fat plain yogurt
1/3 cup hot picanlc sauce
1 lb cooked fresh lump crab meal

1/2 cup diced jicama
24 snow pea pods, blanched
1/4 cup sliced green onions

Rinse potatoes and pat dry: prick several times with a fork. Bake at 425! for 55 lo 65 minutes or until soft

Combine non-fat plain yogurt and picante sauce in a large saucepan. Cook over medium low heat: 10 minutes.(s, stirring constantly, or until thoroughly heated. Do not boil. Add crab and jicama. Cook until thoroughly heated. stirring constantly.

Divide crab mixture evenly among blossomed potatos. Stand 3 snow peas upright in one corner of each potato: place 3 snow peas in a fan on plate under potatoes Sprinkle with onions and serve immediately.

Yeald 4 servings Per serving 330 calories, 30 grams protein, 49 grams carbohydrate, 2 grams fat (6%), 61milligrams cholesterol , 410 milligrams sodium

Crab Stuffed Jalapenos

1 lb flaked crabmeat
1 can jalapeno peppers(1 lb, 11oz)
2 tablespoon green pepper; finely chopped 2 tablespoon onions; finely chopped
1/4 cup cracker meal
1 egg; beaten
1/4 teaspoon salt
1/4 teaspoon black pepper
1/8 teaspoon cayenne pepper
1 clove garlic; minced
1/4 cup milk
----BREADING MIXTURE----
2 cup cracker meal
1 cup milk
2 eggs
1/4 teaspoon salt
1/4 teaspoon pepper

Cut peppers in half lengthwise. Discard pulp and seeds and rinse carefully.In a large mixing bowl, combine remaining ingredients except breading mixture. Stuff pepper halves with crab mixture and press stuffing around pepper. Set peppers aside. To prepare Breading Mixture,

place cracker meal in a flat pan, mix together milk, eggs and salt and pepper. Dip peppers in egg mixture, then in cracker meal. Repeat procedure. Deep fry at 365 degrees until golden brown. Drain on absorbent paper.

Crab Stuffed Mushrooms

20 each large mushrooms
1 italian dressing
8 oz crabmeat, well picked
3/4 cup fresh breadcrumbs
2 each eggs, beaten
1/4 cup mayonnaise
1/4 cup onion, minced
1 teaspoon lemon juice

Marinate mushrooms in Italian dressing; drain. Combine crabmeat, a half-cup of breadcrumbs, eggs, mayonnaise, onion and lemon juice. Fill mushrooms. Top with remaining breadcrumbs; bake at 375 for 15 minutes. Yields 20 appetizers or 4 main course servings.

Crab Stuffed Prawns With Tomato Butter

1 tablespoon olive oil
1/4 cup onions; finely minced
1/4 cup celery; finely minced
1/4 cup green bell peppers; finely minced
2 tablespoon red bell peppers; finely minced 1 tablespoon shallots; finely minced
4 teaspoon garlic; finely minced, in all
4 teaspoon essence in all
1 teaspoon salt
1 teaspoon pepper
1 lb lump crabmeat; picked over for shells an 1 egg; slightly beaten
1/4 cup parmigiano-reggiano cheese; grated 1 tablespoon creole mustard
1/4 cup bread crumbs
16 prawns; peeled except for tails a

3/4 cup plum tomatoes; seeded and chopped
1/2 cup shrimp stock
1 pinch cayenne pepper
1/2 teaspoon fresh black pepper
1 stick unsalted butter; cut into 1-inch cubes 2
tablespoon parmesan cheese; grated
2 tablespoon brunoise red peppers

Preheat oven to 400 degrees F. In a saute pan, heat the olive oil. When the pan is smoking hot, saute the onions, celery, peppers, shallots, and 2 teaspoons of the garlic, 2 teaspoons Essence, 1/2 teaspoon salt and the pepper. SAute for 2-3 minutes. Add the crabmeat and toss gently. SAute for 1 minutes. Remove from the heat and cool. Turn the crabmeat and toss gently. SAute for 1 minutes. Remove from the heat and cool. Turn the rabmeat mixture into a bowl and stir in the egg, cheese, mustard, and bread crumbs. Form the stuffing into 16 balls, Season each prawn with the remaining Essence, Press each ball of stuffing into the cavity of each prawn. Place the prawns on a parchment-lined baking sheet. Bake for about 10 minutes. For the tomato butter: In a small non-reactive sauce pot, mash the tomatoes using a whisk over high heat for 1 minute. Add the grlic, shrimp stock, salt, cayenne, and black pepper and bring to a boil. Whisk the mixture constantly for 1 minute. Whisk in butter a few cubes at a time until all the butter is incorporated.

Crab Stuffing

1 lb crabmeat, fresh or frozen
1/3 cup chopped celery
1/3 cup melted fat
2 cup bread crumbs
3 eggs, beaten
1/2 cup chopped onion
1/3 cup chopped green pepper
2 cloves garlic, fine chop
1 tablespoon chopped parsley
2 teaspoon salt

Drain crabmeat. Cook onion, celery, green pepper and garlic in fat until tender. Combine bread cubes, eggs, parsley, salt, pepper, cooked vegs. and crabmeat. Mix well. Fill crab shells with mixture, bake at 350 F. for about 30 minutes. This can be used as a casserole also.
Courtesy Telephone Pioneers
: BillSpalding *P CRBR 38 A

Crab Tarts

3 large eggs, beaten
1 1/2 cup skim milk
3/4 cup swiss cheese, grated
2 tablespoon cream cheese, softened
1 tablespoon onion, minced
1/4 cup parsley, chopped
1/2 cup carrots, shredded
1 lb regular crabmeat
1/2 teaspoon nutmeg
1/4 teaspoon white pepper
1 pinch salt

pastry for 2 crust pie

Roll out dough thinly and cut into 2" diameter circles with a cookie cutter. Lightly press dough circles into oiled tart shells. Prick dough with fork. Bake for 5-7 minutes at 450 degrees. Remove from oven. Set aside. Mix together remaining ingredients and spoon into tart shells, filling 1/2 inch over top of shells. Bake for 25 minutes at 375 degrees or until a toothpick inserted comes out clean.

Crab Tomato Bisque

2 cup fat-free half-and-half or
1 skim milk
2 cans condensed tomato bisque
1 soup
1/2 cup dry white wine
8 oz package frozen crabmeat,
1 thawed and well drained

Heat half-and half and soup just to boiling in 3-quart saucepan over medium heat. Stir in wine and crab-meat. Heat until hot (do not boil) 2 grams fat per serving

typed by jessann :)

Crab Vegetable Dip

1/2 cup chili sauce
1/2 cup mayonnaise
1 cup garlic
1/2 teaspoon dry mustard
1 teaspoon worcestershire sauce
1/2 teaspoon tobasco sauce
1/2 teaspoon salt
1 boiled egg, hard, chopped
1 cup crab meat, drained

Mix all ingredients together and let sit overnight.

Crab Victoria

3 tablespoon butter
3 tablespoon flour
1 cup chicken broth
1/2 cup cream
8 oz diced cheddar cheese
4 oz sliced mushrooms
3 tablespoon sherry
1/4 teaspoon paprika
2 cup crabmeat
1 salt and pepper to taste

Melt the butter in a small frying pan, stir the flour in gradually with stirring. Add chicken stock and cream. Cook, stirring constantly until thick. Remove, set over hot water. Add cheese and stir until the cheese is melted. Add the mushrooms, sherry and crabmeat; stir until heated through. Serve over noodles or toast. This recipe can be prepared in a chafing dish.

Crab~ Chili~ Cheese

8 oz cream cheese
1 can crabmeat
1/2 cup chili sauce
1 teaspoon horseradish
1 teaspoon worcestershire sauce
1/4 teaspoon tobasco sauce
1 teaspoon chopped chives
1/4 teaspoon parsley
1 teaspoon salt

Slice cream cheese in half and cover with crabmeat. Just before serving top with chili sauce mixture. Serve with crackers.

Crab-And-Pink Grapefruit Salad

2 heads butter lettuce; -=or=- boston lettuce, 3
pink grapefruit peeled and section; ed
1 lb cooked crab meat picked over to r; emove bits of c
----GRAPEFRUIT DRESSING----
2 teaspoon grated grapefruit peel
1 shallot; minced
1 tablespoon white wine vinegar
1 tablespoon balsamic vinegar
1/2 teaspoon salt
1/2 cup olive oil

SEPARATE LETTUCE LEAVES, using only choice ones. Arrange bed of lettuce on 6 individual serving dishes. Evenly distribute grapefruit sections and crab meat over lettuce, arranging it attractively. Drizzle about 1 tablespoon Grapefruit Dressing over each serving. GRAPEFRUIT DRESSING: In small bowl, combine grapefruit peel, shallot, white wine vinegar, balsamic vinegar and salt. Whisk in olive oil slowly. Taste for acid and salt and add more if too bland. Stir to blend before using.

Crab-Apple Butter

2 lb crab-apples
3 cup sugar

Wash and core crab-apples. Cover with water. Cover and simmer until fruit is soft. Rub through a sieve. Add sugar. Boil slowly, stirring frequently, until thick. The Household Searchlight

Crab-Apple Hot Pepper Jelly

2 lb crab apples (1 kg)
1 1/2 cup water
1 red wine vinegar
3 3/4 cup granulated sugar
1 cup sweet green peppers
1/3 cup hot peppers

Crab apple pectin gives a good set to this hot pepper jelly. Mix and match hot peppers for colour and degree of heat. Banana peppers range from piquant to medium-hot. Cherry peppers and long, skinny green chili peppers are fiery. (Original recipe indicated 1 cup of hot peppers - recommend 1/3 cup if using fiery variety).

When chopping hot peppers, wear gloves and don't touch your face or eyes.

In Dutch oven, combine apples with water. Cover and bring slowly to simmer; cook until apples are very soft. Pour into colander lined with square of dampened muslin and placed over deep bowl. Weight down with saucer and heavy can. Let stand until dripping stops. Discard pulp.

Pour collected juice into liquid measure; add enough vinegar to make 3 cups. Combine in saucepan with sugar. Bring to boil, stirring. Add peppers; boil briskly for 8-10 minutes or until set (*). Stir for 7 minutes to prevent floating peppers.

Pour jelly into hot, sterilized 8-oz sterilized preserving jars. Seal with two-piece canning lids. Let cool and refrigerate. For long-term unrefrigerated storage, process in boiling-water bath for 5 minutes immediately after sealing jars.

Makes six 8-oz jars.

(*) to test for set: remove pan from heat, dip cold metal spoon into liquid and hold well above steam. Turn spoon sideways and let liquid run off; when it forms two drops that run together and drip from edge of spoon, jelling point is reached.

Crab-Apple Jelly

3 lb crab-apples
1 sugar

Wash crab-apples. Do not pare. Remove stems and blossom ends. Cut in halves. Remove seeds. Cover with water. Cook until soft. Drain through jelly bag. Use 2/3 cup sugar to each cup juice. Boil rapidly until jelly sheets from spoon. The Household Searchlight

Crabby Mushrooms

1 cup crab meat
1 tablespoon bread crumbs
1 tablespoon onions, minced
1 tablespoon parmesan cheese, grated
1 teaspoon salt
2 tablespoon parsley, minced
12 each mushroom stems, chopped fine
12 each mushroom caps
1 each egg, beaten
1 louisiana hot sauce, to tast

In a bowl, mix crab meat, bread crumbs, onion s, cheese, salt, parsley, and chopped mushroom stems. Add beaten egg and hot sauce, to taste. Stuff mixture into mushroom caps. Bake at 300 degrees until tender, 15 to 30 minutes. Serve it hot.

Crabmeat Appetizer

12 oz cream cheese
2 teaspoon worcestershire sauce 1
tablespoon lemon juice
2 tablespoon mayonnaise
1/2 cup finely chopped onion
1 garlic salt to taste
12 oz chili relish

small can crabmeat

Mix all ingredients (except chili relish and crabmeat). Spread mixture on pie plate, cover and chill overnight. Before serving, cover cheese mixture with chili relish, then drained crabmeat. Serve on Melba rounds.

Crabmeat Au Gratin

1 each stick of butter
1 each bunch of green onions (chop)
1 can evaporated milk
1/2 lb swiss cheese (five slices)
4 tablespoon dry white wine
1 lb crab meat

Saute green onions in butter til soft. Add flour.
Blen together and begin adding cream radually until sauce is smooth. Add cheese, wine and seasonings (salt, pepper, and cayene pepper to taste). Fold in crabmeat very gently.

Crabmeat Custard

4 slice crustless bread
6 oz pk frozen snow crab meat

1 cup grated sharp cheddar cheese
1 salt and pepper
4 eggs
3 cup milk
1/2 teaspoon salt
1 dash cayenne

1. Place bread slices in the bottom of a lightly greased, shallow, 2-quart, heat-resistant, non-metallic casserole. 2. In a small bowl, combine crab meat, 1/2 cup of the cheese and salt and pepper to taste. Spread on top of bread slices. 3. In a large mixing bowl beat together eggs, milk, 1/2 teaspoon salt and cayenne. 4. Pour egg-milk mixture over crabmeat and top with remaining 1/2 cup cheese. 5. Heat, covered, in Microwave Oven 15 to 18 minutes or until custard is set.

Crabmeat Dip

1 8 oz pkg cream cheese
1 stick butter
1 lb white crabmeat
1 sm. onion, finely chopped
1 dash tabasco sauce
1/8 teaspoon garlic powder
1 dash white pepper

In a double boiler, melt the cream cheese and butter. Add the crabmeat and seasonings. Serve in a chafing dish to keep warm. Good with dip-size corn chips, in pastry shells, or crackers.

Posted by Mike Hackmann 6/93

Crabmeat Quiche

1 each 8 or 9 unbaked pie shell
2 cup half & half
2 cup swiss cheese, grated
1 salt & pepper to taste
1 lb crabmeat
4 each eggs

1/2 teaspoon red pepper
2 each lge. onions, minced

Place crabmeat over bottom of pie shell, sprinkle onion and then cheese on top. Beat eggs with salt and cream. Pour egg mixture over all. Bake in preheated 425 F. for 5 min. Reduce heat to 350 F. and cook until firm.
Foil can be placed over crust to prevent burning.

Slice and serve with sweet type of salad, such as pineapple.

Yield: 6 to 8 servings.

Crabmeat Ravigote

1 tablespoon green pepper - minced
1 tablespoon green onion - minced
1 tablespoon pimiento - minced
1 teaspoon lemon juice - fresh
1 teaspoon freshly ground black pepper
1 pinch cayenne
6 oz crabmeat - lump, cartilage removed

Calories per serving: 78.4 Number of Servings: 2 Fat grams per serving: 1.21
Approx. Cook Time: Cholesterol per serving: 65.7 Marks:

DIRECTIONS

Combine all the vegetables and seasonings, then gently fold in the crabmeat, being careful not to break it up too much.

NOTE: This is a delightful summer salad or appetizer.

VARIATIONS: Artificial crabmeat can be used, as can small shrimp or crawfish tails boiled without salt.

"Louisiana Light" by Roy F. Guste, Jr.

Crabmeat Supreme

1 cup chopped onion
1 cup chopped green pepper
1 cup chopped celery
1 lb butter
2 lb lump crabmeat
1/2 cup chopped parsley
4 teaspoon salt, divided
1 teaspoon tabasco
2 lemons, juice of
1 can (2oz) pimento, drained and
1 chopped
1 can (16oz) mushrooms drained
1 cup sherry
1 cflour
1 teaspoon pepper
4 cup milk
1 cup cracker crumbs

Cook onion, pepper and celery in half of the butter; do not brown. Remove from the heat and combine with crab, parsley, 2 teaspoons salt, Tabasco, lemon juice, pimentos, mushrooms, and sherry.

Combine flour, remaining salt, and pepper in double boiler. Slowly stir in milk and cook until mixture is smooth, stirring. Remove from heat and stir in butter until melted. Combine with crab mixture.

Pour into casserole and sprinkle with crumbs. Bake in a preheated 325F. oven for 20 minutes.

NOTES:

May be assembled ahead of time and chilled. This recipe is easily doubled.

Women's Circle May/June 92

Crab-Melt Canapes

1/2 each 12-oz package salad-style im
1/4 lb jarlsberg or swiss cheese (s
1/4 teaspoon dry mustard
1/2 cup sliced pitted ripe olives
1 (about 1 cup)

1/4 cup mayonnaise or whipped salad
30 each melba toast rounds
1 rosemary or wattercress spri

Calories per serving: 50 Fat grams per serving: 3 Approx. Cook Time: Cholesterol per serving: 6 ABOUT 30 MINUTES BEFORE SERVING OR EARLY IN DAY: Chop crabmeat. In small bowl, with fork, mix crabmeat, cheese, mayonnaise, dry mustard, and 1/4 tsp. coarsely ground black pepper. Spread 1 heaping teaspoon crabmeat mixture on each Melba toast round. Place on cookie sheets; sprinkle with 1/2 teaspoon coarsely ground black pepper. If not serving right away, cover and refrigerate. ABOUT 15 MINUTES BEFORE SERVING: Preheat broiler if manuafcturer directs. Broil canapes about 3 minutes or until cheese melts. Top each canape with a slice of ripe olive. Arrange canapes and garnish on platter; serve immediately Makes 2 1/2 dozencanapes.

Crabs With Ginger & Green Onions

4 tablespoon peanut oil
2 lb live, unshelled, crab (cleaned)
2 tablespoon minced garlic
1 teaspoon minced fresh ginger root
4 tablespoon coarsely chopped scallions
2 tablespoon chinese rice wine =or=- dry sherry 2 tablespoon light soy sauce
1/2 teaspoon dark soy sauce
1 pinch salt
1/4 cup chicken broth

HEAT A WOK OVER A HIGH FLAME. Add the oil, and when it is hot, stir-fry the crab quickly until they turn red. Add the remaining ingredients. Continue stirring until the crab are cooked (about 3 minutes).

KEN HOM

PRODIGY GUEST CHEFS COOKBOOK

Crab-Stuffed Bread Cubes

1 each loaf french bread, large
1/2 cup butter, melted
1/2 lb crabmeat
2/3 cup american cheeze spread
1 each egg, large
1 teaspoon worcestershire sauce
1/4 teaspoon lemon-pepper seasoning
1/8 teaspoon mustard, dry

Cut bread into 1 inch slices; remove crust. Cut trimmed slices into 1 inch cubes. Hollow out each with sharp knife, leaving 1/8" shell. Brush sides and top with melted butter. Place in cookie sheet, bake at 400 degrees for 10 minutes or until light brown and crisp. Cool. Blend cheeze and egg in bowl. Add remaining ingredients and gently mix. Fill nuggets, garnish. Bake on cookie sheet in 400 degree oven until bubbly, 5-10 minutes. Suggestions: Sub for bread shells any canape form.

Crab-Stuffed Crepes

----CREPES----
3 egg; beaten
1 1/2 cup milk
2 tablespoon butter or margarine,melted
1 cup flour
1/2 teaspoon salt
1 cup swiss cheese; grated
----CRAB FILLING----
1/2 cup butter or margarine
1/2 cup scallion; minced
2 lb crabmeat, lump
1 salt; to taste
1 white pepper; to taste
1 pinch garlic powder (opt)
1/2 cup dry vermouth
----SWISS CHEESE SAUCE----
2/3 cup dry vermouth
1/4 cup cornstarch
1/4 cup milk
4 cup heavy cream
1 salt; to taste
1 white pepper; to taste
1 1/2 cup swiss cheese; grated

Crepes: Place eggs, milk and butter in blender; add flour and blend

about 1 minute, until smooth. Refrigerate batter at least 2 hours and as long as 12 hours before making crepes. To cook crepes, pour 3 tablespoons batter into greased, heated crepe pan or small skillet; cook until done on one side (it is not necessary to cook crepes on both sides). To assemble crepes, blend half the Crab Filling with the Swiss Cheese Sauce; correct seasoning. Place a large spoonful crab mixture on each crepe and roll; place seam side down in two buttered large rectangular glass baking dishes. Spoon remaining crab mixture over crepes; sprinkle with grated cheese and dot with butter. Bake uncovered in preheated 400'F. oven 20 minutes, until hot and bubbly. This dish may be frozen or refrigerated before serving; if chilled, remove from refrigerator 30 minutes before baking.

Crab Filling: Melt butter in skillet; stir in green onions and crabmeat. Mix lightly and cook a few minutes; add seasonings. Add vermouth and boil rapidly until liquid is almost evaporated. Scrape from skillet into bowl; reserve.

Swiss Cheese Sauce: Blend cornstarch and milk; reserve. Put vermouth in same skillet that filling was cooked in; boil rapidly until vermouth is reduced to 2 tablespoons. Remove from heat; stir in cornstarch and milk mixture. Return skillet to low heat and add cream slowly, along with salt and pepper; cook several minutes until slightly thickened. Stir in cheese and cook until melted and well-blended; correct seasoning.

NOTE: This recipe makes enough crepes to fill two baking dishes.

Crab-Stuffed Tomatoes

15 cherry tomatoes
1/4 lb crab meat, backfin
2 teaspoon yoghurt, plain lowfat
1 teaspoon parsley, chopped
1 teaspoon onion, finely diced
1/2 teaspoon worcestershire sauce
1/8 teaspoon seafood seasoning
1/8 teaspoon pepper, white
1 salt, pinch
1 parsley garnish
1 paprika garnish

Core tomatoes. Combine remaining ingredients and mix. Spoon into tomatoes filling about 1/2 inch over tops. Sprinkle harnish. Serve cold or hot (baked in preheated 375 degree oven for 10 minutes) Filling can stuff anything.

Crab-Topped Shrimp

12 each large shrimp *
2 tablespoon sliced green onion
1 tablespoon butter or margarine
1 teaspoon lemon juice
1 dash bottled hotpepper sauce
5 1/2 oz canned crab meat **
2 tablespoon fine dry bread crumbs
1 lemon wedges

* Shrimp may either be fresh or frozen.
** Crab meat should be drained, flaked, and cartilage removed.

Crappie Timbales

1 cup fish, raw, put thru sieve
1 cayenne, dash
1 tablespoon almonds, chopped, blanched
1 cup heavy cream
1/2 teaspoon salt
2 egg whites, stiffly beaten

This is a good way to use small quantities of fresh or left-over fish. Mix together the fish, almonds, seasoning and cream, then fold in the egg whites and fill well-greased timbale molds. Bake in a quick oven (375 degrees ?) for about 12 minutes. Unmold and serve with Hollandaise sauce. Generalized recipe made specific for Crappies

Crawfish & Corn Soup

1 lb crawfish tails - peeled
2 cup corn - cut from the cob, reserving; about 4 cobs 1
can corn - cream-style
1 cup onions - finely chopped
2 ribs celery - finely chopped
1 med. bell pepper - finely chopped
1 bunch green onions - finely chopped (use; about 2 or 3 1
of the fresh green part)
4 tablespoon parsley - minced
3 clove garlic - minced (3 or 4 clove; s, depending on si 6
tablespoon butter
6 tablespoon flour
1 tablespoon worcestershire sauce
1 lb tomatoes - canned, drained (reserve; liquid) 1
bay leaf - or 2
1 teaspoon thyme
1 salt, pepper and tabasco to taste
1 stock:
1 shells and claws for peeled crawish; , not the heads 4
tablespoon butter
1/4 cup brandy - or cognac
1 cup white wine
1 water
1 carrot - cut into large pieces
1 rib celery - cut into large pieces
3 green onions - cut into large piece; s
3 sprig parsley - whole
2 clove garlic
1 bay leaf
1 pinch thyme

Number of Servings: 8

Make stock first. Ten pounds of boiled crawfish make one pound of meat. Peel crawfish, reserving shells and claws. Rinse shells and let drain. Melt butter in a large pot; add shells and fry until sizzling and hot, turning them often. When shells are hot enough, heat a small pot, pour in brandy and ignite. Remove shells from fire, pour in brandy, tossing and turning until the flame dies down.

Add wine and water to cover shells. Add onion, celery, green onions, parsley, garlic, thyme and bay leaf. Let it all simmer for an hour. Strain carefully and reserve.

In another pot, melt butter, add flour and let cook on low fire until medium brown. Add chopped vegetables and let cook on a low fire until wilted, stirring often. Chop tomatoes and add to pot with reserved liquid. Let cook a few minutes.

Add stock -- just enough to make a soupy consistency ~- then add Worcestershire sauce, bay leaf, thyme, crawfish, corn and about four of the cobs (for added flavor). Let simmer an hour. Taste for salt, pepper and Tabasco. If using boiled crawfish, it is usually peppery

enough.

Remove the cobs and serve.

If the soup is too thick, add more stock or water. If it's too thin, cook a little more flour and add to thicken it.

Serves 8.

NOTE: If you prefer to buy crawfish tails already picked, buy a couple of pounds of boiled crawfish and pick them so as to have the shells to make your stock. Shrimp may be substituted.

Grand Prize Winner by Marguerite Sigur, Times-Picayune Cooking Contest, 1984.

Posted by Michelle Bass. Courtesy of Fred Peters.

Crawfish & Egg Salad

3 eggs, hard boiled
1 lb chopped crawfish or shrimp
1 salt, if needed
1 teaspoon red cayenne pepper
1 tablespoon durkee's famous sauce
2 tablespoon mayonnaise
2 tablespoon dill pickles, finely chopped
1 teaspoon poupon mustard

To cook crawfish: In a saucepan bring 2 quarts water to boil with 2 tsp salt and 1/2 tsp of red pepper. Add peeled crawfish tails to water. Bring to boil and remove from heat immediately. Drain and cool. Chop hard-boiled eggs. Chop crawfish and mix with eggs. Add pickles. Mix mustard, Durkee's, and mayonnaise and add to egg mixture. If needed, add more pepper and salt. From Justin Wilson's "Outdoor Cooking With Inside Help"

Crawfish & Spicy Cheese Tart

: homemade or prepared basic
: pie dough, chilled (10-inc
: pie shell)

3 TB butter
1/4 c diced red pepper
1/2 c diced onions
3 TB flour
1 lb crawfish tails
1 c hot pepper Monterey Jack
: cheese -- grated
2 TB green onions -- chopped
: Salt and cayenne -- to
: taste

Preheat oven to 350 degrees. On a floured surface roll out dough to a 10-inch circle. Transfer to a large lightly-greased cookie sheet. In a saute pan melt butter. When it begins to foam add red peppers and onions, and cook for 2 minutes. Add flour and cook, stirring, for 3 minutes. Add crawfish and cook for 2 minutes more. Remove from heat and fold in cheese and green onions. Season to taste with salt and cayenne. Mound crawfish mixture in center of pastry circle, leaving a 2- to 3-inch border of pastry. Fold excess pastry up over filling, layering it over, but not completely covering filling. Work around circle, continuing to fold over previous fold, until it forms a rustic, free-form tart. Slide cookie sheet into oven and bake for 35 minutes

Crawfish Aubergine

6 eggplant slices -- cut 3/8
1 thick,
1 peeled
1 milk and egg batter
1 all-purpose flour
1 italian bread crumbs
1 lb louisiana crawfish tails
2 tablespoon butter of margarine
1 teaspoon seasoned salt
1 teaspoon garlic -- chopped
1 tablespoon green onions -- finely
1 sliced
1 tablespoon red bell peppers -- diced
1 tablespoon basil -- fresh and chopped

1 tablespoon parsley -- finely chopped
1 teaspoon thyme
1 teaspoon tabasco sauce
2 cup heavy cream
1/4 cup parmesan cheese -- freshly
1 grated

Season eggplant slices, milk and egg batter, flour and Italian bread crumbs with seasoned salt to taste. Dip eggplant slices in flour, then egg batter and finally in the seasoned bread crumbs. Prepare topping, then deep-fry or Saute until golden brown on both sides. Prepare topping by Sauteing onions, peppers, parsley, basil, thyme, garlic and seasoned salt in butter over medium heat. Add heavy cream and reduce until thickened. Add crawfish tails and heat thoroughly. Add Parmesan cheese and Tabasco sauce. Cook to desired consistency and serve over fried breaded eggplant slices. Top with grated Parmesan cheese and garnish. Festival: Festivals Acadiens; TBA, 1995. Recipe: Cafe Vermilionville.

Recipe By : Cajun Country Recipes

From:

Crawfish Bread

1/4 cup melted butter or margarine
2 cup sifted all-purpose flour
3 large eggs
1 teaspoon salt
1 1/2 teaspoon baking powder
1 cup milk
1/2 teaspoon thyme
1/2 teaspoon chopped garlic
1/4 cup chopped green onions
1/4 cup chopped parsley
10 oz cooked crawfish tails; chop just a little

Preheat oven to 375~. Oil and flour a 9x13x2" pan. In bowl mix margarine, flour and eggs. Remove lumps. Add remaining ingredients and combine. Place batter in prepared pan and bake for 30 to 40 minutes until done. (wrv)

Crawfish Chili

2 lb lean ground beef
2 lb crawfish tails
1 teaspoon garlic, chopped fine
2 teaspoon salt
1 tablespoon soy sauce
1 teaspoon cayenne pepper
1 teaspoon dried mint
1 tablespoon dried parsley
3 tablespoon chili powder
1 can (8 oz) tomato sauce
1 cup dry white wine
1 water
1 teaspoon lemon or lime juice
1 cup chopped onions
1 bacon drippings

Brown meat in bacon drippings. Combine all other ingredients with meat and bring to a boil. Simmer for a few hours.

Crawfish Cornbread

1 1/2 cup cornmeal
1/2 cup cooking oil
1/2 teaspoon baking soda
1 teaspoon salt
1 can cream style corn
2 eggs
1/2 lb cheese, grated
1 cup onion, chopped
1 lb crawfish tails
2 jalapeno peppers, choppe

Mix all ingredients except crawfish. Blend until moist. Add crawfish and stir well. Pour into greased 9x13 baking dish and bake at 375 degrees for 30 minutes or until golden brown. Randy Rigg

Crawfish Jambalaya

1 lb crawfish tails
1 1/4 cup long grain rice (raw)
1 tablespoon flour
2 tablespoon salad oil
1 cup onion, chopped fine
1/2 cup chopped parsley (2ts.flakes)
1/2 cup chopped green onion tops
1/2 cup chopped celery
1/2 cup chopped bell pepper
1/4 cup crawfish fat
1 1/2 cup water
2 1/2 teaspoon salt
1/2 teaspoon black pepper
1/4 teaspoon red pepper, or to taste

Brown flour in oil to a golden brown. Add onions. Stir constantly until onions are almost cooked. Add 1 1/2 cups cold water and simmer for 1/2 hr. Add crawfish tails and fat. Cook until crawfish turns pink. Add abt. 2 cups of water and bring to a boil. When water is rapidly boiling, add remainder of ingredients. Stir to blend and cook on low heat covered for abt. 1/2 hr. or until rice is tender. Five minutes before serving, use a 2 prong fork and fluff up jambalaya so that rice will have a tendency to fall apart. Courtesy Telephone Pioneers BillSpalding *P CRBR 38 A

Crawfish Mashed Potatoes

1 no ingredients

2 lb white potatoes, -- peeled,
: diced
4 TB butter
1 lb crawfish tails, -- cooked
1 ts minced garlic
1 TB chopped chives
: Salt and white pepper
1/2 c to 1 cup heavy cream

Place the potatoes in a pot and cover with water. Season the water with salt. Bring the potatoes up to a boil and reduce to a simmer. Simmer the potatoes until fork tender, about 8-10 minutes. Remove

from the heat and drain. Place the drained potatoes back in the pot and return to the heat. Cook the potatoes for 2 minutes, stirring constantly, to dehydrate the potatoes. In a saute pan, melt the butter. Saute the potatoes in the melted butter for 2 minutes. Stir in the garlic and chives. Season the crawfish with Essence. Using a hand-held masher, mash the potatoes with the remaining butter. Fold in the crawfish and continue mashing. Add in enough cream to the desired texture. Season the mashed potatoes with salt and white pepper. Spoon the two sauces on the bottom of the plate. Using a knife, swirl the 2 sauces together. Mound the potatoes in the center of the sauce. Lay the fish directly on top of the potatoes. Garnish with the fried herb salad, parsley, and peppers.

Yield: 4 serving

Recipe By :ESSENCE OF EMERIL SHOW #EE2433

Crawfish Or Shrimp Cocktail

1/2 cup heinz chili sauce
1/2 cup catsup
1/2 cup horseradish
1 tablespoon lea & perrins worcestershire
1/2 teaspoon salt
1 tablespoon lemon or lime juice
1/2 cup parsley, chopped fine
1 louisiana hot sauce
1 boiled crawfish or shrimp

Combine all ingredients to make sauce. Pour over crawfish or shrimp, or dip the crawfish or shrimp in the sauce.
Justin Wilson's "Gourmet and Gourmand Cookbook"

Crawfish Stuffed Manicotti

4 tablespoon butter
2 bunch green onions - finely chopped (use; about 1 inch

1 the fresh green part)
4 tablespoon parsley - minced
3 clove garlic - finely minced
1/4 cup brandy
8 tablespoon butter
6 tablespoon flour
2 cup light cream
2 cup milk
1/2 cup white wine - dry
1/2 cup tomato ketchup
4 tablespoon tomato paste
1 lemon - juiced
1 tablespoon worcestershire sauce
4 cup crawfish tails - whole, boiled
1 salt, pepper and tabasco to taste
1 pkg manicotti
1 stuffing:
1 stick butter
1 1/2 cup onions - finely chopped
1 bunch green onions - finely chopped
1 cup celery - finely chopped
1 cup green pepper - finely chopped
3 clove garlic - minced
4 tablespoon parsley - finely chopped
1 lemon - juiced
2 bay leaves
1 teaspoon thyme leaves
4 cup crawfish tails - boiled, finely cho; pped 2
cup bread crumbs - fine
1 salt, pepper and tabasco to taste
1 egg

CRAWFISH STUFFED MANICOTTI: Melt the 4 tablespoons butter. Fry the green onions, parsley and garlic until onions are wilted. Add the crawfish tails and let all of this fry until sizzling hot. Heat a small pot and pour in the brandy. Remove the crawfish from fire, ignite the brandy and pour into the crawfish mixture. Toss until flames die down. Set aside.

In another pot, melt 8 tablespoons butter. Add the flour and let this cook on a low fire until flour is cooked, about 2 minutes, stirring often. Add the cream, milk, ketchup and tomato paste, stirring constantly until sauce comes to a boil and starts to thicken.

Add the wine, lemon juice, Worcestershire sauce, salt, pepper and Tabasco.

Combine both pans and simmer for a few minutes. If sauce is too thick, thin it out with a little more milk.

Cook manicotti according to package directions.

Note: Do not use crawfish cooked with crab boil.

STUFFING: Melt the stick of butter. Fry onions, green onions, celery, green pepper, garlic and parsley until wilted. Add crawfish meat, lemon juice, bay leaves and thyme. Let all of this cook for about 10 or 15 minutes or until vegetables are cooked. Add bread crumbs, salt, pepper and Tabasco.

Cook for about 10 minutes, stirring often. If stuffing is too moist, add a little more bread crumbs. Add the egg and mix well.

Stuff the manicotti carefully and lay them in a lightly greased baking dish in a single layer.

Pour most of the sauce over the manicotti and bake covered in a 350 F preheated oven for about 35 to 40 minutes or until manicotti are fully cooked. Spoon reserved sauce over manicotti when served.

Serves 5 to 7.

Note: Do not use crawfish cooked with crab boil.

Crawfish Vol-Au-Vent

1 cup onions -- chopped
1/4 cup onion tops -- chopped
1/2 lb butter
3/4 cup all-purpose flour
1 quart milk
1/2 cup corn
1/2 cup potatoes -- diced

Saute onions in butter. Stir in flour and cook over low heat, stirring often so flour doesn't burn, about 5 minutes. Add milk. Stir and cook until flour is dissolved. Add corn and diced potatoes. Stir and cook about 2-3 minutes. Add: 1 lb. crawfish 1/2 Tbsp. salt 1 Tbsp. pepper Simmer, stirring often, until crawfish is done.

Crawfish Wontons

----BILLS20086----
1/2 cup butter
2 cup spanish onions; dice fine
1 cup celery; dice fine
1/2 cup green onion tops; slice thin
3 lb crawfish tails; peeled
2 teaspoon granulated garlic
1 teaspoon black pepper
3/4 teaspoon chili powder
1/4 teaspoon cayenne pepper
10 oz can rotel tomatoes w/chiles
1 1/2 cup heavy cream
1/8 cup chicken broth
1/3 cup blond roux; recipe follows below
8 oz pk pasteurized process cheese sprea; d 1
pkg wonton skins
3 eggs; beaten
1 oil for deep-frying
1 blond roux
3 tablespoon butter
3 tablespoon flour

Melt butter and saute onion and celery for 8 to 10 minutes or until tender.Add green onion and crawfish and saute for 5 minutes. Add garlic, peppers, chili powder and cook for 1 minute. Add tomatoes, cream and chicken broth; bring just to a boil and stir in roux. Cook and stir until thickened. Reduce heat to low and add cheese; stir until melted. Cool in fridge for 1 hour. Lay 4 wonton skins on a clean, dry surface. Brush outer edges of eachwith beaten egg. Place 1 tb filling in center; put of 4 corners of each over filling and pinch edges together to seal. Place on waxed peper and repeat with remaining skins. Refrigerate until ready to fry. Heat enough oil for deep-frying to 350~. Fry wontons, a few at a time, for 3 minutes oruntil golden brown. Drain on paper towels and serve immediately. BLOND ROUX-Melt butter over medium heat. Add flour and cook and stir until roux is the color or honey.

Crawfish-Stuffed Beef Fillet

2 tablespoon oil,, divided
2 tablespoon finely-diced green bell pepper,onio; n, and red bel
1/2 tablespoon minced garlic
8 oz crawfish tails, shells removed,, di; vided 1
tablespoon bread crumbs
1 creole spice
2 8 ounce beef fillets

1 tablespoon chopped shallots
1 1/2 cup veal stock
2 tablespoon butter
1 sliced green onions, for garnish

Preheat oven to 400 degrees. Heat 1 tablespoon oil in a sautJ pan, add finely-diced vegetables and cook 1 minute until tender. Add garlic and 6 ounces of crawfish tails; cook, tossing, 3 minutes. Remove from heat and stir in bread crumbs; adjust seasonings to taste with Creole spice. Using a small knife, cut a 1 1/2- to 2-inch pocket in side of each fillet. Move your knife around inside fillet to make room for stuffing. Divide stuffing and fill up each fillet; season outside of steak with Creole spice. Heat remaining oil in a sautJ pan, add stuffed steaks and sear well on all sides until browned. Transfer to a baking dish and roast 8 to 10 minutes for medium-rare steaks. To sautJ pan add shallots and cook in pan drippings, tossing for 1 minute. Add stock, scraping up browned bits to incorporate them in sauce, bring to a boil, lower heat and slowly reduce liquid by half. To finish, stir in remaining 2 ounces crawfish tails, butter and green onions and simmer until heated through. Serve steaks with sauce poured over. Yield: 2 servings Posted to MC-Recipe Digest V1 #

Cream Of Crab Soup

1 lb crabmeat
1/4 teaspoon celery salt
1 each chicken bouillion cube
1 cup boiling water
1 dash pepper
1/4 cup chopped onion
1 quart milk
1 cup butter
1 chopped parsley
3 tablespoon flour

Dissolve boullion cube in water. Cook onion in butter until tender, blend in flour and seasonings. Add milk and bouillion gradually; cook until thick, stirring constantly. Add crabmeat, heat. Garnish with parsley.

Creamy Trout Mousse

2 trouts (6 oz ea. cleaned) *
1 whole egg
1 egg white
1/4 pint olive or sunflower oil
5 tablespoon creamy yoghurt
1 teaspoon dijon mustard
1 1/4 teaspoon gelatine powder (or more) 1
fresh parsley & tarragon
1/2 cucumber
1 caster sugar
1 tarragon vinegar

*Note: In lieu of fresh trout, 1/2 lb cooked and flaked fish may be used. Serves 6 as an appetizer, or 3 as a light lunch.

If using fresh trout, poach them in the oven at 350 F (180 C) gas mark 4 for 30 minutes, then cool, skin, bone and flake - there should be about 8 ounces of cooked flesh.

Separate the egg and use the yolk to make mayonnaise: season it with salt and pepper, gradually beat in the oil, then 1 teaspoon or so of vinegar to thin and flavour the sauce.

Put the prepared fish into a food processor. Add the mustard, yoghurt and 1 heaped teaspoon each fresh chopped tarragon and parsley, and whizz to a perfectly smooth puree. Soak the gelatine (more may be necessary in hot weather) in 3 tablespoons cold water, let it soften and swell, then dissolve over low heat. Cool for a minute or two before adding the liquid gelatine to the fish puree: pour it on in a thin stream while the machine is running. Carefully and gradually beat the fish puree into the mayonnaise. Quickly whisk the egg whites to snowy peaks and fold them intothe fish puree. Taste and adjust the seasoning. Divide the mixture between 6 ramekins or 3 small souffle dishes. Cover and chill for 2-3 hours until set to a soft cream.

Seed the cucumber but do not peel. Chop it finely, sprinkle it with 1/4 teaspoon each salt and caster sugar and 1/2 teaspoon tarragon vinegar, and set aside for a couple of hours to draw out some of the cucumber juices. Drain and pat dry. Top each mousse immediately before serving with a smallspoonful of the cucumber - a good crunchy contrast to the soft textured mousse - and garnish with a tarragon leaf. Oatcakes that have been gently warmed in the oven go well with this dish.

Deep-Fried Catfish Fillets

3 lb catfish fillets
2 each eggs, lightly beaten

1 teaspoon ground mustard
1/2 teaspoon salt
1/2 teaspoon white pepper
1/2 teaspoon ground red pepper
1/2 cup corn flour
3/4 cup corn meal
2 quart light veg. or peanut oil

Thoroughly dry fish fillets. Mix eggs, mustard, salt, white pepper, and red pepper well. Place fish in mixture and chill for 1 to 2 hours. Mix corn flour and corn meal. Remove fish from egg mixture and dust lightly with flour mixture, shaking off excess. Heat oil to 375 degrees F. Drop fish into oil and fry until fish floats and is light golden brown, 4 to 6 minutes.

Deep-Fried Crab Balls W/Jicama-Pepper Panache

1 panache
1 yellow bell pepper --
1 julienned
2 cup jicama -- julienned
1 cup yellow onion -- sliced thin
1 jalapeno -- finely chopped
4 limes
1 orange
1 salt to taste
1 crab balls
1/2 lb capellini -- cooked al
1 dente
1 lb crab meat -- picked over
3 scallion -- finely chopped
4 eggs -- lightly beaten
3/4 cup parmesan cheese -- freshly
1 grated
1 teaspoon salt
1/2 teaspoon pepper
1 cayenne to taste
1 oil for deep frying
1 garnish
1 avocado -- sliced
1 cilantro

Make the panache the day before serving. Mix the pepper, jicama, onions, and chili in a bowl. Squeeze the juice from the limes and orange and pour over the vegetables. Toss with a little salt and allow to marinate overnight, stirring occasionally. To make the crab

balls, mix all the ingredients together in a bowl. Toss with your hands, breaking up the pasta slightly and making sure the ingredients are well mixed. Form into 35 balls about the size of a walnut and fry in 350F fat until golden brown.

Remove from the pan with a slotted spoon, drain on paper towels, and keep warm in a 150F oven while completing the frying process. To serve, place 4 to 6 crab balls on each plate with some of the panache next to them. Garnish with 2 avocado slices and a few sprigs of cilantro. Note: The crab mixture can be made the day before serving and kept refrigerated, tightly covered with plastic wrap. If the balls are fried in advance, or if there are leftovers, reheat them in a 400F oven for a few minutes to crisp.

Deep-Fried Trout

4 10-oz. trout
1/4 cup milk
1 salt
1 freshly ground pepper
1/2 cup flour
1 oil for deep frying
1 tartar sauce
1 lemon wedges for garnish

Using a pair of kitchen shears, cut off the fins from the back and sides of the trout. Leave the head and tail intact.
Place the trout in a large pan and add the milk, salt and pepper.
Turn the trout in the mixture.
Remove the trout without patting it dry and dredge on all sides in flour seasoned with salt and pepper.
Heat the oil for deep frying, about 325 degrees. Add the trout and fry until golden brown and cooked through, about 8 minutes.
Remove the trout. Drain on absorbent toweling. Sprinkle with salt and serve with tartar sauce on the side and lemon wedges as garnish.
The New New York Times Cookbook, by Craig Claiborne with Pierre Franey, Times Books, NY, 1975.

Delmarva Crab Cakes

1 lb crabmeat
2 tablespoon lemon juice
3 eggs
2 tablespoon mayo
1 cup breadcrumbs
1 teaspoon salt
1/8 teaspoon pepper
1 teaspoon dry mustard
2 teaspoon worchestershire sauce
3/4 cup milk
1/4 cup flour
1 teaspoon paprika
1 sauce:
1 tablespoon butter
1 tablespoon flour
1/2 cup milk

Pick out shells from crabmeat and sprinkle crab with lemon juice. Make sauce. Heat and stir together butter and flour and stir in 1/2 cup milk until thick. Cool. Beat 2 eggs with the cooled sauce and blend in the mayo, 1/4 cup breadcrumbs, salt and pepper, mustard and worchestershire.Gently combine crabmeat with saucemixture and chill until firm. Form into 9 to 12 patties. Beat 1 egg with milk. Bread cakes by dipping them in flour then egg milk mixture and then in remaining breadcrumbs and paprika. Fry in hot shortening until golden. Recipe is typical spicy crab cakes of the Delmarva area.

Recipe By :

Deluxe Salmon Spread

1 lb cooked canned salmon
1 cup mayonnaise
2 tablespoon green pepper (diced)
2 tablespoon pimento diced
2 teaspoon lemon juice
1 teaspoon tarragon vinegar
1 teaspoon horseradish
1 teaspoon chopped dried dill

Put mayonnaise, pepper and pimento into blender on low until smooth. Turn into bowl with rest of ingredients. Mix well. Chill. Serve with brown bread.

Deviled Clams

1 pint clams
1 clove garlic, minced
2 tablespoon chopped onion
1/2 cup chopped celery
1/4 cup butter, melted
1 tablespoon flour
3/4 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon thyme
3 drop tobasco sauce
1 tablespoon chili sauce
1 egg, beaten
1/2 cup cracker meal
2 tablespoon chopped parsley
2 tablespoon butter, melted
1/2 cup dry bread crumbs

Drain and chop clams. Cook garlic, onion, and celery in butter until tender. Blend in flour and seasonings. Add clams and cook until thick, stirring constantly. Stir a little of the hot sauce into egg, add to remaining sauce, stirring constantly. Add meal and parsley. Fill 6 well-greased individual shells or casseroles. Combine butter and crumbs; sprinkle over top of each shell. Bake in a hot oven, 400 F. for 10 min. or until brown. Or stuff in half clam shells. Can be frozen.

Deviled Crab Croquettes

1 lb crabmeat
1/2 teaspoon salt
1 cup mashed potatoes
1 old bay seasoning
2 each eggs, hard boiled, chopped
1 dash onion powder
1 each sm. green pepper, chopped
1 tablespoon parsley, chopped

1 each egg, beaten
1 cracker meal

Sautee chopped green pepper and parsley and set aside. Combine crabmeat, mashed potatoes, seasonings, chopped egg, green pepper and parsley, and beaten egg.#
Shape into croquettes, roll in cracker meal and deep fry until golden brown.
Mrs. John P. Elberti

Deviled Rock Lobster Or Crab

1/4 lb butter
1 med. onion, grated
2 teaspoon dried mustard
1 dash tabasco sauce
1 juice of 1 lemon
8 lobster tails or
1 lb lump crabmeat
4 tablespoon flour, heaping
2 cup milk
2 teaspoon salt
1/4 cup sherry
2 tablespoon parmesan cheese

Deviled Rock Lobster or Crab

Servings: 6

This recipe is equally good with lump crabmeat, or using the frozen lobster tails; whichever is available. Melt butter, add onion which has been grated along with onion juice. Cook a few minutes until onion is tender. Add dried mustard, salt, then flour. Slowly add milk and make your cream sauce. Allow your sauce to thicken, stirring constantly, and then add all the other ingredients. Serve this in flaky pastry shells. This will serve six.

"Talk About Good" Published by the Junior League of Lafayette, LA.
Submitted by Mrs. Robert A. Chenoweth.

Devilled Crab In Cucumber Cups.

3 cup cooked crab meat, flaked.
1/4 cup lemon grass, sliced fine.
2 tablespoon nam-prik pao.
3 tablespoon lime juice.
2 tablespoon scallions, chopped.
1 cucumber.
2 hard boiled eggs, chopped.
1/4 cup onion, chopped.
2 tablespoon fish sauce.
1 tablespoon sugar.
2 tablespoon corianders leaves, chopped.

Mix all ingredients together and fill cucumber cups.#

To make cucumber cups - Peel and cut cucumber crosswise approximately 3 inches thick, and scoop out seeds to make cups. Mix 1/2 cup white vinegar with 1/2 cup water, 1 tb salt, and 1/4 cup sugar. Add the cucumber cups andmarinate for about 1/2 hour, then drain off and discard liquid.#

Devilled Crabs

12 each crabs
2 tablespoon flour
1 tablespoon butter
1 teaspoon worcestershire sauce
1 salt & pepper
1 cup cream
1/4 teaspoon mace
1 teaspoon parsley, minced
4 each egg, hard boiled, mashed
1 bread crumbs

Cover crabs with boiling salt water and boil for 30 minutes. Drain off the water, break off all claws, separate the shells and remove the spongy fingers and the stomach, which is found under the head. Pick out all the meat and set aside. Clean the upper shells of the crabs thoroughly. Melt the butter and add the flour and blend. Stir in cream and cook until mixture thickens, stirring constantly. Add the parsley, mashed egg yolks, seasonings and crab meat. Fill the shells with this mixture and cover with bread crumbs. Bake at 350-F for 10 minutes or put in a frying basket and plunge into hot oil until golden brown.

Dill Sauce With Scallops Over Angel Hair Past

1 1/2 tablespoon shallots -- chopped
1 1/2 tablespoon butter
2 tablespoon flour
1 cup heavy cream
1 1/4 cup half and half
6 drop tabasco sauce
2 1/2 tablespoon fresh dill -- chopped
1/3 teaspoon salt
1/4 teaspoon fresh ground white pepper
1 1/4 lb bay scallops
1 tablespoon butter
1/2 cup dry white wine
1 1/2 lb angel hair pasta -- cooked

Saute shallots in 1 1/2 tablespoons butter in 1 1/2 quart saucepan until translucent. Stir in floour. Cook for 5 minutes to make roux, stirring frequently. Bring cream and half and half to the simmering point in saucepan. Whisk into roux. Cook for 5-10 minutes for until thickened to desired consistency, stirring frequently. Stir in Tabasco sauce, dill, salt and white pepper; keep warm. Saute scallops in 1 tablespoon butter in skillet for 2-3 minutes. Stir in wine. Add to cream sauce. Serve over pasta.

Recipe By : Rhode Island Cooks

Dilled Salmon Steaks For Two

2 8-oz. salmon steaks; (freshl ----dill mix----
4 tablespoon butter or margarine
1 teaspoon dill seed
1 tablespoon lemon juice
2 teaspoon fresh chives; or parsley
1 pinch pepper

To prepare the dill mix, melt the butter in a shallow pan over a low heat. Add lemon juice and mix well. Remove from the heat and blend in

the dill and chives. Allow the mixture to cool.

Broil the salmon steaks 6-8 minutes on each side turning once. Baste frequently with dill mixture. Remove from the broiler and place on a platter, covering the steaks with the remaining mix. Serve with a zucchini and tomato stew, au gratin potatoes and dill rye bread. Add a glass of wine and candle light for a real dinner for two.

Serves 2.

UW Sea Grant Advisory Services

Dilly Crabmeat Spread

1 lb imitation crabmeat; flaked
8 oz cream cheese; softened
1/2 cup mayonnaise
1 small onion; finely chopped
1 celery; finely chopped
1 1/2 teaspoon dill weed

Combine all ingredients. Garnish with a sprig of dill or parsley. Serve oncrackers.

Per tablespoon: 67 calories, 6 g fat, 22 mg cholesterol, 16 mg sodium

Dressed Crab

2 lb crab, cooked and cooled
1 grated rind and juice of 1 lemon
2 tablespoon chopped fresh parsley
4 tablespoon soft brown breadcrumbs
4 tablespoon mayonnaise (not salad cream) 2
teaspoon dijon mustard
1 finely-chopped hard-boiled egg

Crack crab claws open and remove white meat, keeping it as intact as possible. Put it into a bowl. Put rest of white meat from claw arms, legs and body into bowl. Add grated lemon rind, half juice, 1

tablespoon of chopped parsley and 3 tablespoons of mayonnaise to white meat and mix lightly. In a separate bowl, put breadcrumbs, remaining mayonnaise and lemon juice and the mustard. Scoop out brown meat from shell and put into bowl and mix lightly. Wash shell and dry. Use brown meat mixture to fill the two sides of shell and pack white meat into centre. Sprinkle finely-chopped hard-boiled egg and rest of parsley over top for decoration. Serve with lots of brown bread and butter and a green salad to follow.

Dried Fish Belly Soup - Kapaw Pla *

4 cup water
1 whole chicken breast
8 oz dried fish belly/fish maw soaked in; hot water until
1/3 cup light soy sauce
1 tablespoon sweet soy sauce
1/2 cup bamboo shoot strips
1/4 teaspoon white pepper
4 small hard-cooked eggs, sliced
1/4 cup minced cilantro/coriander

Once the fish belly has been soaked in hot water it develops an interesting gelatinous texture which easily absorbs other flavors.

Drunken Fish

3 lb fish; whole, *
2 each ancho chiles; dried, or
1/2 teaspoon red peppers; crushed
1/3 cup red wine, dry
1/2 cup onion; chopped, 1 md.
1 each clove garlic; minced
2 tablespoon olive or vegetable oil
3 each tomatoes; md, **
1/3 cup water
1/4 cup parsley; snipped
1 teaspoon sugar

1/2 teaspoon salt
1/2 teaspoon oregano; dried, crushed
1/4 teaspoon cumin; ground
1 salt and pepper
1/2 cup pimento stuffed olives; ***
1 tablespoon capers; (optional)

* Use a fresh or frozen whole dressed Red Snapper or other whole fish. ** The medium tomatoes should be peeled, seeded and chopped. *** The olives should be sliced. Thaw the fish if frozen. Cut the chiles open. Discard stems and seeds. Cut the chiles into small pieces with a pair of scissors or a sharp knife.
Place the snipped chiles in a small bowl and cover with boiling water. Set aside for 45 to 60 minutes then drain. Place the chiles in a blender container and add the wine. Blend until nearly smooth. In a medium saucepan cook the onion and garlic in the hot oil until tender but not brown. Add the chile-wine mixture (or the crushed red peppers and wine to the saucepan), tomatoes, 1/3 cup of water, parsley, sugar, salt, oregano, and cumin. Bring to boiling then reduce the heat. Cover and simmer for 5 minutes. Meanwhile, place the fish in a greased 13 X 9 X 2-inch baking dish. Season cavity of the fish with salt and pepper. Stir the sliced olives and capers into the tomato sauce mixture and pour over the fish. Cover and bake in a preheated 350 degree F. oven for about 45 to 60 minutes or until the fish flakes easily when tested with a fork. Carefully remove the fish to a serving platter. Serve with the remaining sauce.

Drunken Tuna Dip

1 1/2 teaspoon brandy
1/4 cup sour cream
3/4 cup fresh tuna; flaked, or
2 teaspoon green onion; minced
1/8 teaspoon hot sauce
1 cup cream cheese, softened
1/4 cup mayonnaise
6 1/2 oz tuna, drained & flaked
1 teaspoon lemon juice
1/8 teaspoon salt

Beat the brandy and cream cheese to a smooth and creamy consistency. Blend in the sour cream and mayonnaise. Mix in the tuna and green onion, blending well. Add the remaining ingredients and blend until almost smooth. May be served at room temperature or chilled. Makes about 2 1/2 cups of dip. SUGGESTED DIPPERS: Onion Crackers, French Bread Cubes, CheeseCrackers, Celery Root, Cucumber, Radishes, Monterey Jack Cheese

Sticks

Elegant Seafood Casserole

1 1/2 lb scrod fillet* (about 1 inch thick),; cut into 4 pieces 1
tablespoon lemon juice
1/2 teaspoon dried tarragon leaves
4 slice tomato
1/2 cup dry white wine, clam juice or chick; en broth
1/2 cup half and half
5 1/2 tablespoon cornstarch
1 can (about 6 ounces) cooked peeled shri; mp, drained 4
servings idaho instant mashed potat; o flakes**

In microwave-safe 9-inch deep dish, pie plate or shallow casserole. arrange scrod in single layer. Sprinkle with lemon juice, salt, pepper and tarragon. Top each with tomato, onion and mushrooms; add wine. Cover loosely with plastic wrap; cook on High 11 to 13 minutes or until fish flakes easily with fork, rotating dish once. Meanwhile, in microwave-safe 4-cup measure, combine half and half and cornstarch until smooth; stir in shrimp. Drain liquid from scrod into measure. Cook on High 3 to 4 minutes or unti l thickened, stirring once. Pour sauce over scrod. Spread or decoratively pipe potatoes over sauce. Sprinkle with paprika. Cook on High 2 minutes to heat through. Makes 4 servings

* Or substitute for any white fleshed fish filet ** Mashed Potatoes:
In microwave-safe bowl combine 1 1/4 cups hot water, 1/2 cup milk, 2 tablespoons margarine or butter and 1/2 teaspoon salt. Stir in 1 1/3 cups mashed potato flakes Cover loosely with plastic wrap; cook on High 2 to 3 minutes or until bubbly. Stir before using.

Erdine's Fish Pie

1 cup cooked haddock, pollock, etc
1 flaked
2 tablespoon butter or margarine

2 tablespoon flour
1 cup milk, or milk and fish
1 water
1 teaspoon salt
1 cup cooked peas
1 tablespoon onion -- grated
1 tablespoon green pepper -- chopped
2 cup mashed potatoes -- seasoned

Steam or cook the fish in water until it flakes. Prepare a white sauce with butter, flour, milk and 1/2 teaspoon salt. (Part of the white sauce liquid may be water from the cooked fish) To the white sauce add peas, grated onion, green pepper, and 1/2 teaspoon salt. Place the cooked fish in a buttered casserole; pour the sauce over it. Top with well-seasoned mashed potato. (To freshly cooked and mashed potato, add 1 tablespoon butter, 1/2 cup milk, and salt and pepper to taste.) Bake in a hot oven 400^ for 12 minutes or until hot and bubbly.

Recipe By : All-Maine Seafood Cookbook

Escalloped Salmon

1 can salmon (1 lb.)
1 cup bread or cracker crumbs 1
salt & pepper to taste
3 tablespoon butter
3 tablespoon flour
2 1/2 cup milk

Drain salmon; reserve juice. Melt butter, add flour, stirring until smooth. Add milk, stir until thickened, add salmon liquor. Season to taste. Flake salmon, add to sauce and place in greased bakin dish. Sprinkle with bread crumbs. Bake at 350 F. for abt. 20 minutes. Courtesy Telephone Pioneers
: BillSpalding *P CRBR 38 A

Etienne's Soft-Shell Crab With Red Chili Beur

8 small crab, soft shell
1/3 cup flour
1 salt and pepper to taste
1/3 cup white-bread crumbs
1/3 cup parmesan cheese
1/3 cup white cornmeal
4 eggs, beaten
4 tablespoon peanut oil
4 tablespoon clarified butter*
1 garnish: parsley
----RED CHILE BEURRE BLANC----
2 tablespoon shallots, chopped
1 tablespoon clarified butter
2 tablespoon lime juice
2 tablespoon white wine
2 tablespoon dry vermouth
4 tablespoon heavy cream
12 oz chilled butter, cut into small piec; es 1
salt and pepper to taste
1 tablespoon red chile paste
2 teaspoon parsley, chopped

Dredge cleaned crabs in flour seasoned with salt and pepper. Mix together in a shallow dish the bread crumbs, cheese and cornmeal. Dip crabs into beaten eggs and coat with bread-crumb mixture. Pan-fry without overcrowding in a hot pan with oil-butter mix for approximately 4 to 5 minutes per side or until golden-brown. Serve with Red Chile Beurre Blanc, garnished with parsley. RED CHILE BEURRE BLANC: Saute shallots in 1 tablespoon clarified butter in a saucepot and add lime juice, wine and vermouth. Reduce to about 1-1/2 teaspoons. Add heavy cream and reduce again. Set aside and, while beating at the same time with a wire whip, immediately add the butter in small pieces. As the butter melts and creams the mixture, continue adding it until all is absorbed. Season with salt, pepper and red chile paste. Garnish with parsley. *To make clarified butter, melt 1 stick of unsalted butter in a saucepan over low heat. After butter has completely melted, the solids will settle to the bottom. Skim off any foam on top and carefully pour off the golden liquid on top of the solids. Discard foam.

Eula Mae's Cajun Seafood Gumbo

3/4 cup vegetable oil; divided
2 lb fresh okra or 2 16-ounce packages f; rozen okra, tha 1
thinly sliced (about 8 cups)
1 tablespoon white vinegar

4 quart water
2 lb cubed cooked ham
3 large onions; diced
2 stalks celery; diced
1 head garlic; cloves peeled but left wh
1 green pepper; cored, seeded and diced
1 16-ounce can whole tomatoes; drained and chopped 4
lb medium shrimp; shelled and deveined
2 lb lump crab meat
2 teaspoon tabasco pepper sauce
6 cup cooked rice

Heat 1/2 cup oil in large skillet (not cast iron) over medium heat and add okra. Cook, stirring frequently, until no longer ropy, about 30 minutes. Add vinegar and cook, stirring, another 10 minutes, until okra takes on brownish color and is reduced to about a quarter of its original volume. Put okra in medium bowl and set aside.

In large stockpot, over high heat, bring water to a boil. Meanwhile, add remaining 1/4 cup oil and ham to skillet. Saut, ham over medium-high heat about 10 minutes or until lightly browned. With slotted spoon, remove ham to stockpot. In same skillet, combine onions, celery, garlic and green pepper and cook, stirring constantly, 10 minutes, until vegetables are tender. Add vegetables, okra and tomatoes to stockpot; cover and simmer over medium heat 1 hour.

Reduce heat to very low, add shrimp and simmer very slowly 10 minutes. Add crab meat and TABASCO sauce; simmer an additional 5 to 10 minutes. Serve gumbo in soup bowls with mound of rice.

Makes 12 to 16 servings. Nutritional information per serving: 597 Calories, 58g protein, 42g carbohydrate, 21g fat, 244mg cholesterol, 1799mg sodium Typos By Jim Kirk - captain@iquest.net by Pat Pate patpate@tenet.edu on Sep 11, 1993

Famous Crab Dip

6 oz pkg. frozen king crab
2 tablespoon mayonnaise
1/4 cup yellow onion - chopped
1 clove garlic - minced
4 oz cream cheese
4 tablespoon heavy cream
1 salt and pepper to taste

Directions:

Combine all ingredients and place in a casserole dish and bake at 350 degrees for about 30 minutes or hot throughout.

Fast & Fit Clam Chowder

1 tablespoon butter or margarine
1 cup chopped leeks or onions
1 cup diced bell peppers - (red and/or gr; een)
2 can chopped clams in clam juice - (6 1/; 2 ounces each) 2
lb (6 medium) potatoes - cut into 1/2-; inch cubes
14 1/2 oz reduced-sodium chicken broth
2 teaspoon dried thyme
1 cup lowfat milk
10 oz frozen whole kernel corn - thawed a; nd drained
1/8 teaspoon cayenne pepper
1 salt and pepper, to taste

Place butter in 2 1/2- to 3-quart microwave-safe bowl. Microwave on HIGH 1 minute. Add leeks and bell peppers; microwave on HIGH 3 minutes. Drain juice from clams into microwaved vegetables, reserving clams. Stir in potatoes, broth and thyme. Cover with plastic wrap, venting one corner. Microwave on HIGH 20 minutes. With slotted spoon remove 4 cups cooked potatoes; set aside. Pour contents of bowl into container of electric blender; add milk, and holding lid down tightly, blend until smooth. Return mixture to bowl. Stir in reserved clams and potatoes, the corn and cayenne; season with salt and pepper. Microwave on HIGH 3 minutes until heated through. If desired, pass bowls of shredded Cheddar cheese, chopped parsley and/or crumbled cooked bacon to stir into soup.

NOTE: Microwave cooking times are based on a 700-watt microwave. Adjust cooking times to your own oven.

Menu: Sesame Breadsticks; Butter Lettuce, Mushroom and Sprout Salad; Frozen Yogurt

Nutritional Information Per Serving (without optional toppings): 370 calories; 7 g fat; 75 mg cholesterol; 420 mg sodium; 65 g carbohydrate; 5 g fiber; 19 g protein.

Fish Aspic

2 lb white fish trimmings and bon s
1 cup dry white wine
2 tablespoon lemon juice
2 onions, sliced
4 tarragon
4 parsley
1 bay leaf
6 unflavored gelatin
3 large egg whites and shells

In a kettle, combine the fish trimmings and bones, wine, lemon juice, onions, and herbs. Bring mixture to a boil, stirring frequently to preventscorching, and boil it until liquid is reduced by half. Add 8 cups water and salt and pepper to taste. Bring to a boil, and skim it. Simmer for 20 minutes, strain it into a large saucepan, and let it cool. Skim again. Sprinkle gelatin over the stock and add the egg whites, beaten to stiff peaks, and the shells, crushed. (Do not stir in.) Bring stock slowly to a boil over moderate heat, whisking constantly. Remove pan from heat and let stand for 30 minutes. Strain the aspic through a fine sieve lined with a dampened kitchen towel. Let it cool. To apply to a dish, cool only until just thickened and paint or spoon onto the fish or other dish. To solidify,chill in refrigerator. Makes about 8 cups. Gourmet Mag.

Fish En Escabeche

1 lb firm white fish fillets; *
1/3 cup lime juice
1 tablespoon cilantro; fresh, snipped, **
3/4 teaspoon salt
12 each stuffed green olives; ****
1/4 cup onion; finely chopped, 1 sm
1 cup tomato; seeded & chopped
1/3 cup lemon juice
1/4 cup olive or vegetable oil
1 teaspoon oregano; fresh, snipped, ***
1/4 teaspoon pepper
2 each jalapenos chiles; *****
1 each clove garlic; finely chopped
1 each avocado, peeled & chopped

* Fish should be Orange Roughy, Haddock, or Mackerel, cut into 1/2"
** If fresh Cilantro is not available, use 1 t dried cilantro leaves.
*** If fresh oregano is not availabel, use 1/4 t dried oregano leaves.
* Olives should have pimiento stuffing. ***** Jalapeno Chiles should be seeded and chopped.

Fish-Chowder

1/2 lb haddock
3/4 cup water
3 slice bacon
1 medium potato
1 1/4 onion, chopped
16 oz corn, creamed
1 cup milk

Peel potato, cut into chunks, put in saucepan with the water and cook, covered, over medium heat for 10 minutes.

Cut fish in chunks, mix in with the potatoes, and continue to cook for 10 more minutes (covered).

While these are cooking, fry the bacon until it is crisp. Drain on paper towels. Fry the onion in the bacon grease.

Add the creamed corn to the fish and potatoes.

Add the milk to the onions. Crumble the drained crisp bacon and add to themilk mixture.

Bring the milk mixture to serving temperature, add the fish mixture and serve.

NOTES:

* Betty Post's quick fish chowder -- When I left for my first job out of school, my mother was convinced that I'd starve to death. She gave me a set of easy recipes on index cards in hopes that I'd occasionally eat at home instead of Denny's. This is one of those recipes. It's quick and easy,and tastes great.

: Difficulty: Easy.
: Time: 5 minutes preparation, 25 minutes cooking.
: Precision: No need to measure.

: Ed Post
: American Information Technology; Cupertino, Calif., USA :
hplabs!lewey!evp

French Toasted Tuna Sandwiches

9 1/4 oz canned tuna
1/4 cup celery, finely chopped
1/4 cup onion, finely chopped
1/4 cup sweet pickle relish
1/4 cup salad dressing (mayonnaise)
12 slice bread, dry
2 eggs; beaten
1/3 cup milk
1/2 teaspoon vanilla
2 tablespoon oil or fat (approximately)

Drain and flake tuna. Mix with celery, onion, relish, and salad dressing. Spread tuna mixture on 6 slices of bread; top with remaining slices. Mix eggs, milk, and vanilla. Dip sandwiches into egg mixture to coat each side. Brown in fat on a hot griddle or in a frypan, about 3 to 4 minutes on each side.

Calories per sandwich: About 360

Fresh Corn Seafood Chowder

2 cup fresh corn -- parboiled and
1 removed from cob
6 slice bacon
2 tablespoon butter
5 tablespoon all-purpose flour
2 1/2 cup chicken broth
1 can crab meat
1 1/2 cup fresh shrimp -- peeled and

1 deveined
1 1/2 cup crawfish tails
2 1/2 cup half & half
1 cup onion -- finely chopped
1 teaspoon seafood seasoning
1 salt and pepper to taste

Fry bacon. Crumble and set aside. Add flour to bacon fat, stirring with a wire whisk. Add broth and milk, stirring rapidly with whisk. Cook for about 10 minutes. In another pot, melt butter, add celery and onions. Cook briefly until vegetables are transparent. Add crawfish and smother for about 5 minutes. Add to milk mixture. Add corn, crabmeat, shrimp and seasoning. Continue simmering for about 10 minutes. If too thick, add more half & half. Add crumbled bacon.

Fresh Salmon With Tricolored Peppercorn Sauce

1/2 fresh lemon
1 salmon steaks or fillets - (to serv; e 4)
1/3 stick butter*
1 teaspoon dijon mustard
1 teaspoon fresh lemon juice
1 tablespoon tricolored peppercorns - finely cru; shed 1 tablespoon fresh dill; finely chopped

*No substitutions.

Squeeze juice from lemon half over salmon and barbecue or broil. Don't overcook.

Melt butter; mix in mustard and lemon juice. When salmon is done, sprinkle evenly with crushed peppercorns, add dill, and drizzle melted butter sauce over all. Serve immediately.

Fresh Tuna (Marmita-Kua)

1/4 cup olive oil

1 onion; chopped
3 garlic clove; chopped
4 tuna steaks (6-8 oz)
1 lb potato; sliced
2 tomato; skinned & chopped
2 bell pepper, red; cleaned & sliced
1/2 teaspoon salt
1 teaspoon cayenne
1 tablespoon parsley; chopped
1 bay leaf
4 slice bread; toasted

Note: Halibut may be substituted. Heat olive oil in a heavy casserle then saut the onion and garlic for 5 minutes. Add remaining ingredients and enough water to cover the fish. Stir to mix. Cover and simmer for 1 hour. Garnish with the toast and serve.

Fresh Tuna Souvlaki

1 2 4 bay leaves
1 1 clove garlic, -- crushed a
: peeled

1/2 ts kosher salt
3 TB fresh lemon juice
1 TB olive oil
: Freshly ground black pepper
: to taste
1 1/4 lb fresh tuna steak, -- trimmed
: skin
: and any dark portions, cut
: into -- 1 1/4inch cubes
: Lemon wedges for garnish

In a bowl, cover bay leaves with water; let soak for 30 minutes. If using wooden skewers for the souvlaki, soak four 10inch skewers in water as well. With the side of a chef's knife, mash garlic with salt. Transfer to a small bowl and whisk in lemon juice, wine, oregano, oil and pepper. Measure out 3 tablespoons and reserve for basting. Place tuna in a shallow glass dish and pour the remaining marinade over it, turning to coat. Cover and marinate in the refrigerator for 20 to 30 minutes, turning often.

Meanwhile, prepare a charcoal fire or preheat a gas grill.

Thread the marinated tuna onto skewers, placing a soaked bay leaf

between each piece of fish. Grill the souvlaki, covered, turning several times and basting the browned sides with the reserved marinade, until the tuna is opaque in the center, 8 to 12 minutes. Serve with lemon wedges.

Yield: 4 serving

Fried Catfish

1 peanut oil or vegetable
1 cooking oil
1 louisiana hot sauce
1 catfish filets -- 2-3
1 pieces
1 salt -- to taste
1 corn flour or fish fry

Heat oil on high heat to about 375 . Wash the filets and pat dry with a paper towel. Place in a tray, splashing well with liquid hot sauce, sprinkle with salt. Roll the fish to spread the seasoning evenly. Drop the filets into a tray of corn flour or fish fry, battering them evenly, so that they are completely covered in corn flour. Test the oil's temperature. If hot enough, remove filets from corn flour, shake off excess flour and gently drop filets into oil. Cook until golden. Remove from the oil, drain for a minute, then serve.

Fried Crawfish Tails

----CRAWFISH----
1 lb crawfish tails, peeled, - and devei; ned
1/2 cup sherry
1 1/2 cup flour
2 large eggs
1 pinch salt
12 oz beer, dark
1 dash pepper, cayenne
1 pepper (to taste)

1 salt (to taste)
1 oil (for deep fat frying)
----SAUCE----
2 large egg yolks
1 tablespoon juice, lemon
1/2 teaspoon mustard, dry
1/4 teaspoon sauce, worcestershire
1 dash tabasco
3/4 cup oil
1 tablespoon water, hot
1 tablespoon sherry
1 teaspoon chives, minced
1 teaspoon ketchup
1 dash pepper, cayenne
1 pepper (to taste)
1 salt (to taste)

Crawfish: =========

Marinate the tails in sherry for an hour or more. Meanwhile, mix the cup of flour, eggs, salt and cayenne until smooth and slowly add beer to make the batter the consistency of pancake batter. Drain tails and roll in remaining flour. Shake off excess and dip in batter. Fry in hot oil until golden.

Sauce: ======

Beat the yolks with lemon juice, mustard, Worcestershire and Tabasco. Slowly drizzle in oil to form mayonnaise base. Add hot water to stabilize the sauce. Fold in remaining ingredients and correct seasoning. Serve with hot crawfish tails.

Fried Fish

1 g granaroli (xbrg76a)
1 pancake mix, complete
1 water
1 oil
1 fish fillets

Add enough water to some pancake mix to make a somewhat thick batter. Heat some oil in a frying pan until hot but not smoking. Dip the fillets into the batter and right into the hot oil. By the time the

outside is crispy and golden the inside will be done. It only takes about 1-2 min. on each side. Drain well on paper towels and serve with a tarter sauce or a hot cocktail sauce or, do what I do and serve both!

04/25 09:08 pm:Cookin` and Lovin` it! Mrs. G.

Fried Fish In Spicy Sauce

1/4 cup olive oil
1 1/2 lb fish fillets
3/4 cup water
2 carrots -- thin sliced
2 small onions -- sliced
1 green peppers -- cut in
1 rings
1 garlic clove -- minced
1 tablespoon packed brown sugar
1/2 teaspoon salt
1/4 teaspoon ground ginger
1/3 cup cider vinegar
2 teaspoon cornstarch

Cut fish fillets into serving-sized pieces. Pat dry. Heat oil in skillet over medium heat. Add fish and cook until fish flakes easily with fork; turning carefully. Will take 8-10 minutes. Heat water, carrots, onions, green pepper, garlic, brown sugar, salt and ginger to boiling. Cover, reduce heat and cook for about 5 minutes. Mix vinegar and cornstarch; stir into vegetables. Heat to boiling, stirring constantly. Boil 1 minute, then pour over fish. Serve immediately.

Fried Fish With Puerto Rican Sauce (Mojo Isle

----SAUCE (A----
1/2 cup olive oil
2 1/2 lb onions, peeled and sliced

1 1/2 cup water
24 stuffed olives with pimientos
2 tablespoon capers
1 can 4 oz pimientos, cut in tiny slices; in their juice 2
can (8 oz) tomato sauce
2 tablespoon vinegar
1 tablespoon salt
2 bay leaves
----THE REST (B----
4 lb fish slices 1 inch thick white meat; fish chillo 2
tablespoon salt
1 cup olive oil
4 large cloves garlic, peeled and crushed

Let's start with some fish (this is a normal all year around recipe.):

1. Prepare sauce by mixing ingredients (A) and cooking over modearte heat about 1 hour.

2. When sauce is nearly done, season fish with salt included in B and slightly cover with flour and fry as follows:

Put oil and garlic into a frying pan. Brown garlic over moderate heat. Remove garlic and place in the pan as many slices of fish fit on it. Brown at moderate heat on both sides, reduce heat to low and cook for 15 minutes or until fish flakes easily when tested with fork Fry remaining fish the same way.

3. Place fish in a mold and cover with hot sauce and let it stand for 5 minutes.

Ricardo Landrau, Carolina PR, Fidonet 1:367/28

Fried Garfish

1 bite size pieces of garfish
1 tabasco sauce
1 salt and pepper -- to taste
1 mustard
1 corn flour

Sprinkle Tabasco sauce on fish and soak for 5 minutes. Add salt and pepper to taste. Add mustard to cover all of the fish. Roll in corn flour. Deep-fry until cooked thoroughly.

Fried Oyster Hot Pot

2 jars fresh oysters (10 oz size jar; s)
2 tablespoon salad oil
1/4 cup flour
2 eggs; beaten
1 onion; julienned
1/2 lb daikon; julienned
1 medium carrot; julienned
1/2 lb beef rib eye; thinly sliced
4 tablespoon soy sauce
2 teaspoon sesame oil
2 teaspoon minced garlic
1 teaspoon pepper
1 can (14 1/2 oz) vegetable broth
1/4 lb watercress - cut into 3-inch lengt; h, s 2
green onions - sliced diagonally

Clean oysters in salted water; drain. In a skillet, heat the salad oil. Dredge oysters in flour and then in the beaten eggs; fry. Blanch onion, daikon, and carrot separately in boiling salted water. Season beef with 2 tablespoons of the soy sauce, 1 teaspoon of the sesame oil, 1 teaspoon of the garlic, and 1/2 teaspoon of the pepper; place in a skillet. Layer vegetables on beef. Combine broth with the remaining 2 tablespoons soy sauce, the remaining teaspoon sesame oil, the remaining teaspoon garlic, and the pepper; pour over vegetables and beef. Cover and bring to a boil. Top with oysters, watercress, and green onions; cook just until heated. Makes 6 servings.

Fried Oysters With Chili Corn Sauce-Brennan's

3 cup heavy cream
2 tablespoon butter
1/2 poblano chili or pasilla
1/2 red bell pepper
1/3 onion
1 large ear of corn
2 garlic cloves -- minced
2 tablespoon tequila
2 1/2 tablespoon chili powder

2 teaspoon ground cumin
1 dash salt
1 dash fresh ground pepper
1 dash cayenne pepper
24 shucked oysters
1 vegetable oil - deep frying
1 cup instant masa mix
1 cup all purpose flour
2 1/2 tablespoon cajun seasoning
1 mix-brennans
----OYSTERS----
----~SAUCE Cook cream in heavy----

large saucepan over medium heat until reduced to 1 1/2 cups, stirring occasionally, about 20 minutes. Set aside. Julienne the chili, red pepper and onion. Scrape kernels off the ear. Melt butter in heavy medium skillet over low heat. Add chili, bell pepper, onion, corn and garlic and saute until slightly softened, about 4 minutes. Transfer vegetables to bowl. Add tiquila to skillet and bring to boil, scraping up any browned bits. Mix in reduced cream, vegetables, chili powder and cumin. Season with salt, pepper and cayenne and simmer until thickened to sauce consistency, about 5 minutes. Keep warm in top of double boiler over warm water. Heat oil in deep fryer or large skillet to 375 F. Combine masa mix, flour and 2 1/2 Tbsp. Brennan's Cajun Seasoning Mix in medium bowl. Dredge oysters in mixture. Add oysters to oil in batches and fry until golden brown, about 1 minute. Transfer to paper towels using slotted spoon and let drain. Serve, passing sauce separately.

Fried Smelt

24 medium smelts
1 cup flour
1/2 teaspoon salt
1/2 teaspoon pepper
2 medium lemons
4 tablespoon butter

Clean the smelts and remove the heads.Mix the flour,salt and pepper in a bowl and coat the smelts in this.In an hot frying pan add the butter and fry the smelts until golden brown.Serve with a wedge of lemon.

Fried Soft-Shell Crab

6 each crabs,soft-shell
1 cup milk
1 pepper to taste
1 vegetable oil
1 parsley,minced,fresh
1 each egg,beaten
1 salt to taste
1 flour
1 lemon slices

1. Wash cleaned crabs well.#
2. Mix egg, milk, salt and pepper; soak crabs in mixture.#
3. Coat crabs with flour, then deep-fry in hot oil until brown.#
4. Drain on paper towels; garnish with lemon slices and sprinkle with minced parsley.#
NOTE: Wonderful to serve at a picnic or backyard supper.#

Fried Soft-Shell Crab 2

----YIELD: 3 SERVINGS----
6 crabs, soft-shell
1 egg; beaten
1 cup milk
1 salt; to taste
1 pepper; to taste
1 flour
1 vegetable oil
1 lemon slices
1 parsley, fresh; minced

Wash cleaned crabs well. Mix egg, milk, salt and pepper; soak crabs in mixture. Coat crabs with flour, then deep-fry in hot oil until brown. Drain on paper towels; garnish with lemon slices and sprinkle with minced parsley. NOTE: Wonderful to serve at a picnic or backyard supper.

Submitted By WARING@IMA.INFOMAIL.COM (SAM WARING) On 4 JUN 1995 073117 ~0600

Garlicky Clam Dip

8 oz cream cheese
1/2 teaspoon salt
1/2 tablespoon garlic
1 fresh ground pepper (dash)
7 oz clams; drained and minced
1/4 cup clam broth
1 1/2 teaspoon worcestershire
2 teaspoon lemon juice

Using garlic press, squeeze pulp and juice into softened cheese. Cream with a spoon until smooth. Gradually add the remaining ingredients, blending until smooth. For thinner dip, add more clam broth.
Serve with crackers, chips or veggies.

Gefilte Fish 1

3 lb fish fillets; ground
1 traditionally whitefish, pik
2 onions; ground
2 tablespoon salt
1/2 teaspoon pepper
2 teaspoon sugar
3 eggs
1/2 cup cold water; approximately
3 tablespoon matzo meal
3 carrots
3 onions
1 celery
2 teaspoon salt
1/2 teaspoon pepper
8 cup water

Recipe by: My files Chop fish together with ground onions, seasonings, eggs, matzo meal and wat till light. Put the rest of the ingredients into alar ge pot and bring to a boil. With wet hands, make patties from the fish mix and place in boiling liquid. Simmer gently for 2 hou rs. Chill.

Giffilte Fish

5 lb fish; equal amounts pike, carp,
3 onions; sliced
1 celery stalk; sliced
3 large carrots; sliced water; to cover s
1 white pepper; to taste
4 eggs
2 tablespoon matzo meal
1 salt to taste
1 white pepper to taste
1/4 cup water
1 carrots; sliced for pan
1 onions; sliced for pan
1 bunch beets; sliced (optional)

Have fish man grind: 5 lbs.fish filets-equal amounts; white fish and pike;and a small amount of carp or buffle carp; In a large kettle: heads,bones,and trimmings of fish; 3 onions,sliced; 1 celery stalk,sliced; 2 large carrots,sliced; water to cover; salt to taste; white pepper to taste; Bring to boil. While this is simmering prepare the fish.
Combine in Food Processor: 1 onion; 4 eggs; add mixture to: ground fish; 2 tbs.matzo meal ; salt to taste; white pepper to taste; 1/4 cup water; Shape fish mixture into balls. I used to do this by hand; chopping in a large wooden bowl with a hack messer. Be CARFUL, you don't want mush but distinct tiny peices.
Take another pan; and layer the beets on the bottom; some sliced carrots, onions, fish; repeat with everything but the beets. end eith some carrots. Pour the broth from the OTHER kettle over the fish. Simmer,covered for 2 hours. When cool,remove fish balls to platter and garnish with sliced cooked carrots. Strain broth and chill.
Serve with jellied fish broth and fresh ground horseradish.

NOTE: The beets are unusal but my Mom and Bubbe ALWAYS used them. They do two things; keep the fish from 'catching' on the bottom and give the broth a ruby red color; but not the fish; they remain white.

I have never served it with anything but plain freshly grated horseradish.

Now if you want to be lazy...take the jarred fish (a good brand like MOTHERS or MANACHEVITZ) and do EXACTLY the same thing...layer as above and use the jar's broth instead of the fish stock..cook for about 45 minutes. Honestly it is good.

Ginger Fish Rolls

213 gm canned alaska salmon pink or red 8
large chinese leaves blanched to soften 50
gm shelled prawns; chopped
4 spring onions; trimmed, cut into 2.5cm
1/2 teaspoon fresh root ginger finely minced
50 gm button mushrooms, chopped
1 long chives for tying or- strips of; raffia 4
tablespoon light soy sauce
3 tablespoon lime juice
2 tablespoon water
1 teaspoon fine shreds of lime rind
1 teaspoon root ginger
250 gm short grain rice
900 ml boiling water
1 lumpfish caviar to garnish

[If you do not have a bamboo steamer use a colander placed over a saucepan and covered with a lid.]

Drain can of salmon reserving the juice. Flake the fish coarsely.

Flatten Chinese leaves. Trim away any tough stalks. Place equal amounts of salmon onto center of each leaf. Surround with prawns, onions, ginger and mushrooms. Roll up tucking ends in securely. Tie up with the chives or raffia. Place in top of steamer. Mix soy sauce, lime juice and rind.

Put rice into base of steamer with water and salmon juice. Cover with fish rolls in steamer top and lid. Simmer for 20 minutes until most of liquid is absorbed. Keep fish rolls warm. Drain rice of any excess water and press into 12 small moulds. Turn onto a serving plate and garnish. Serve with the warm fish rolls and sauce.

Ginger Salmon Steaks

1 piece fresh ginger root; peeled, (about 2 x 1/2 x 1
large green onion

1/2 bunch arugula or watercress
1 olive or salad oil
2 small salmon steaks; each about 3/4-inch thick 1
tablespoon dry sherry
1 tablespoon soy sauce
1/2 pint cherry tomatoes
6 slice white bread

ABOUT 30 MINUTES BEFORE SERVING:

Slice the ginger root and green onion into 2-inch long, matchstick-thin, strips. Arrange the arugula on a platter. In a 10-inch skillet over medium-high heat in 1-inch of hot oil, cook the ginger root and green onion until lightly browned. With a slotted spoon, remove the ginger root mixture to a small bowl and set aside. In the remaining oil in the skillet, cook the salmon steaks, turning once, until browned and the fish flakes easily when tested with a fork, about 10 minutes. Place the salmon steaks on top of the arugula. Discard any remaining oil in the skillet, then stir in the sherry, sow sauce, and 2 Tb of water, blending well and heating through. Pour the sherry mixture over the salmon steaks and sprinkle the ginger root mixture on top of the steaks. While the salmon steaks are cooking, in a 3-quart saucepan, heat 2 ts of salad oil and cook the cherry tomatoes until just heated through. Cut 1 heart shape out of each slice of bread and toast the hearts. (Save the trimmings for bread crumbs to be used another day.) Serve the Salmon Steaks with the toasted hearts and cooked cherry tomatoes.

EACH SERVING CONTAINS:

CALORIES: ABOUT 590 FAT: 26 GRAMS
: CHOLESTEROL: 99 MG. SODIUM: 1040 MG.

Ginger Sauce For Steamed Crab

1 live dungeness crab
1/2 cup chopped fresh ginger
1/2 cup mild vinegar
1/3 cup light soy sauce
1/3 cup sugar, or to taste

Now that it's crab season, try this Eastern Chinese dipping sauce, loaded with fresh ginger and vinegar.

Put the live crab in a steamer over rapidly boiling water; cover and steam for 15 minutes.

Meanwhile, mix the remaining ingredients thoroughly until the sugar dissolves.

Divide sauce among 2 to 4 dip bowls, depending on the number of diners. Serve with the steamed crab.

NOTE: Chopped fresh coriander may be added, if desired.

By Bruce Cost, San Francisco Chronicle, 11/16/88.

Posted by Stephen Ceideberg; November 2 1992.

Gingered Flounder In Parchment

3 tablespoon soy sauce,reduced-sodium
2 tablespoon olive oil
1 garlic clove,finely chopped
1 tablespoon grated fresh ginger
1 1/4 lb flounder fillets
3 oz snow peas,trimmed
1 small sweet red pepper
1 carrot,med,cut/thin strips
1/3 cup green onion,chopped

1. Combine soy, oil, garlic, ginger and fish in bowl. Marinate 10 minutes.#
2. Cut four 20" lengths of parchment paper or aluminum foil; fold each in half. Starting at folded side, cut out half a heart shape. Open hearts on flat surface. Spread 1/4 of the vegetables on one side of each heart. Place a fish fillet on top of each; spoon any remaining marinade over fillets. Fold paper over; seal by double pleating edges all around. Place packets on large baking sheet.#
3. Bake in preheated 375'F. oven for 15-20 minutes or until fish flakes easily with fork; carefully open one packet to test. If using foil packets, check fish after 12 minutes. Open packets; serve.

Ginger-Lime Swordfish Steaks **

----PATTI VDRJ67A----

1 1/2 lb swordfish steaks' 1 thick
1/4 cup lime juice
2 tablespoon olive oil
1 teaspoon fresh ginger; finely chopped
1/4 teaspoon salt
1 dash cayenne pepper
1 garlic clove; crushed
1 lime; cut in wedges

Cut large fish steaks into pieces. Mix remaining ingredients in shallow glass dish. Place fish in dish; turn to coat with marinade. Cover and refrigerate at least 1 hour. Remove fish from marinade. Cover and grill about 4" from medium coals, 15-20 minutes, brushing 2-3 times with reserved marinade and turning once, until fish flakes with fork. Serve with lime wedges if desired.

Glazed Grilled Trout

6 trout (8 to 10 oz. each) - dressed
1/2 cup teriyaki baste & glaze - (kikkoman) 4
teaspoon fresh lime juice
1 tablespoon finely chopped dill weed - (fresh) 1
non-stick cooking spray
3 limes; cut into wedges

Score both sides of trout with 1/4-inch deep diagonal slashes 1 inch apart. Combine next 3 ingredients; brush trout, including cavities, thoroughly with mixture. Let stand 30 minutes. Coat grill rack with cooking spray; place 4 to 5 inches from medium-hot coals. Cook trout on rack 5 minutes on each side, or until fish flakes easily with fork. Brush occasionally with baste & glaze mixture; serve with lime wedges. (Or, broil trout on rack of broiler pan 5 minutes on each side, brushing occasionally with baste & glaze mixture.)

Glazed Sea Bass W/Black Sesame Seeds

3 oz sea bass fillet, skin on
1 tablespoon peanut oil
1 basting sauce:
1/2 cup soya sauce
1/4 cup sake
1/2 cup mirin
1/2 cup sugar
1 black sesame seeds & green
1 onion pancakes:
1/2 cup flour
1/2 cup milk
1 whole egg
2 tablespoon green onions, chopped fine
2 teaspoon black sesame seeds
1 garnish:
2 lettuce leaves
3 asparagus spears, blanched
1/2 carrots, julienne finely
1/2 daikon, julienne finely

Black Sesame Seeds and Green Onion Pancakes: Mix flour, egg and milk until all lumps are gone. Fold in black sesame seeds and chopped green onions. Let rest for half an hour before cooking. Prepare little crepes on an oiled crepe pan.

Basting Sauce: Mix well until sugar is dissolved. Use to baste sea bass while cooking.

Sea Bass: Heat peanut oil, sear sea bass on both sides. Discard oil, return to stove, cook on moderate heat, basting constantly with sauce until fish is evenly glazed. Serve fish with crepes and garnish with lettuce leaf, cooked asparagus, carrots and Daikon julienne.

Goanese Curried Fish

1 lb fish fillets
1 pinch salt
3 tablespoon vinegar
1 pinch saffron
1/2 teaspoon peppercorns
1 teaspoon dry mustard
1/4 cup ghee or 3 tb of vegetable oil
1 large onion, thinly sliced
2 large garlic cloves, crushed
2 medium red chili peppers, finely chopped

Put the fish in an open pan, add salt and vinegar. Cook the saffron, peppercorns and mustard in the heated ghee or oil until well mixed. Pour this spice mixture over the fish in vinegar and cook gently for 15 minutes. Add the onion, garlic and chilies with about 60 dl of water. Cover and cook, slowly, for 25 minutes.

Golden Haddock Pie

1 lb smoked haddock fillet
12 oz bulb fennel
1 oz butter
1 oz plain flour
1/2 pint milk
1 salt and pepper
1 bay leaf
----TOPPING----
1 1/2 lb floury potatoes, peeled
8 oz carrots, peeled
5 oz red leicester cheese, grated
1 medium egg white

Remove the skin from the smoked haddock and cut into bite-sized pieces. Trim and thinly slice or shred the fennel.

Melt the butter in a pan and add the fennel, cook for 5 minutes to soften. Stir in the flour then gradually add the milk, stirring until you have a smooth sauce. Remove from the heat and stir in the fish, seasoning and add bayleaf.

Spoon into a 1.1 litre (2 pint) ovenproof pie dish and set aside whilst preparing the topping.

Set oven to 200C/400F/Gas Mark 6.

Bring a pan of lightly salted water to the boil, cut the potato into small chunks and slice the carrots. Cook until tender then drain and mash until smooth.

Stir in half of the cheese. Whip the egg white until stiff and fold into the potato mixture.

Spoon or pipe over the fish mixture and sprinkle with remaining grated cheese.

Bake for 30 to 35 minutes, until topping is golden and bubbling.

Gorton's New England Clam Chowder

2 can gorton's clams
1 cup pared diced potatoes
2 tablespoon butter
1/4 cup chopped onion
2 cup milk salt and pepper to taste cooki; ng sherry (opt

Drain clams. Cook onion in butter. Add potatoes and clam juice and cook until tender. Add clams and milk. Heat and season. Do not boil.

Yield: 4 servings.

Grand Hotel Pasta & Fish

1/4 cup olive oil
1 garlic clove; sliced
1/2 lb flounder fillets - cut in 1/2 strip; s
2 tablespoon flat leaf parsley; chopped
2 tablespoon fresh basil; chopped
1/4 cup white wine
4 plum tomatoes; halved - seeded, in 1/2 s 1
salt and pepper; to taste
1/2 lb spinach spaghetti

In a large skillet, heat oil over medium heat. Add the garlic; cook 2 minutes or until garlic is lightly golden.

Add flounder, parsley and basil. Cook for 2 minutes, stirring gently.

Add wine and tomatoes. Simmer 4 minutes to cook the fish and tomatoes. Season with salt and pepper. Keep warm over low heat.

Cook spaghetti according to package directions. Drain; toss with sauce.

Greek Kataifi Fish

4 fish fillets (snapper, trout
1 . catfish or tilapia)
1 pkg sour cream (8oz) *or*
1 pkg yogurt, plain (8oz) *or*
1 cup buttermilk
1 tablespoon greek seasoning (cavender's) 3
drop red pepper sauce
1/3 pkg kataifi (16oz pkg) (shredded
1 . phyllo dough)
3 tablespoon canola oil

Rinse fish fillets and pat dry. Combine sour cream, yogurt or buttermilk, Greek seasoning and red pepper sauce. Stir well to combine. Coat fish on all sides with sour cream mixture and set aside to marinate for 10 minutes.

Kataifi must be thawed enough to separate. Pull off about a third of the shreds and tear into small pieces. Arrange broken kataiff in an even layer on a plate.

After fish has marinated, dip each fillet into kataifi shreds on all sides. Pat on to adhere and form an even coating. Set aside. Repeat with each fillet.

Heat a skillet over medium heat and add about 1 1/2 to 2 tablespoons oil. Cook fillets, 2 at at time, until golden on one side. Carefully turn and cook until golden and fish is cooked through. Repeat with remaining fillets, adding remaining oil if needed. Allow about 3 minutes cooking time for 1/4-inch thick fillets.

To eliminate most added fat, bake the fish in an oven preheated to 375oF. Place coated fish fillets on a baking sheet sprayed with nonstick spray. Lightly spray tops of fillets and place in oven for about 5 minutes or until fish turns white and edges of kataiff turn golden.

Makes 4 servings.

Nutritional analysis: per serving: 333 calories, 9g fat, 390mg sodium, 40mg cholesterol, 24% of calories from fat.

Grilled Shark To Die For

0.50 cup soy sauce
2.00 tablespoon lemon juice
6.00 swordfish or salmon steaks
0.25 cup chopped fresh parsley
6.00 shark steaks, or
0.25 cup catsup
2.00 cloves garlic, minced
0.50 cup orange juice
0.33 tablespoon ground pepper

Combine soy sauce, orange juice, catsup, chopped parsley, lemon juice,
pepper, and minced garlic. Add fish; cover and marinate in
refrigerator for 2 hours.# Remove fish from marinade, reserving
marinade. Grill fish over hot coals 6 minutes on each side or until
fish flakes easily when tested with a fork, basting frequently with
marinade.

Grilled Spiced Fish

4 oz sole, skinned
1 salt and pepper to taste
2/3 cup plain yogurt
2 teaspoon garam masala
1 teaspoon ground coriander
2 garlic cloves, crushed
1/2 teaspoon chile powder
1 tablespoon lemon juice
1 lemon wedges for garnish

Rinse fish, pat dry with paper towels and place in a shallow non-metal dish. Sprinkle with salt and pepper.

Mix together yogurt, coriander, chile powder, garlic, and lemon juice. Pour over fish. Cover and refrigerate 2 to 3 hours to allow fish to absorb flavors.

Preheat broiler. Transfer fish to a broiler rack; cook about 8 minutes, until fish just begins to flake, basting with cooking juices and turning over halfway through cooking. Serve hot, garnished with lemon wedges.

Grilled Swordfish On Herbed Couscous W/Vegeta

1 vegetable minestrone:
1 tablespoon olive oil
1 clove garlic, pressed or
1 minced
2 cup finely diced vegetables
1 (such as yellow squash,
1 zucchini, onion, red bell
1 pepper)
1 1/2 tablespoon chopped fresh basil leaves
1 teaspoon chopped fresh thyme leaves
1 teaspoon chopped fresh rosemary
1 leaves
1 11.5 oz can v-8 juice
1/4 cup fat-free chicken stock
1/4 teaspoon white pepper
1 herbed couscous:
1 1/2 cup fat-free chicken stock
1/4 teaspoon freshly ground black pepper 1
bay leaf
1 teaspoon chopped fresh thyme leaves
1/2 teaspoon chopped fresh rosemary
1 leaves
1 teaspoon olive oil
1 cup couscous
1 swordfish:
1 1/2 lb fresh swordfish (4 6-oz
1 pieces)
1 sprigs of fresh thyme or
1 rosemary, for garnish (opt.)

To make the vegetable minestrone, heat the oil in a large saucepan over medium heat. Add the garlic and cook just until it starts to sizzle; do not brown. Add the herbs, juice, stock and peper and bring to a boil. Reduce heat to low and simmer for 3 minutes. Set aside.

To make the couscous, combine the stock, pepper, herbs and oil in a

small saucepan and bring to a boil. Add the couscous, mix well and remove from the heat. Cover tightly and allow to stand for at least 5 minutes, or until all of the liquid has been absorbed. Set aside.

Wash the swordfish and pat it dry. Rub the surface with a little olive oil and sprinkle with salt, freshly ground black pepper and herbs, if desired. Cook over a charcoal grill or under a broiler just until it turns from translucent to opaque, about 3 to 4 minutes per side. Do not overcook or the fish will become tough.

To serve, place a rounded 1/2 cup of couscous on each of 4 plates and top with a piece of grilled swordfish. Spoon the minestrone around each serving, dividing it equally. Garnish each serving with a sprig of fresh thyme or rosemary, if desired.

Grilled Swordfish With Citrus Salsa

1 2 6 ounce swordfish steaks

1 ts Creole spice
3 6 inch corn tortillas,-cut
: -into 1" thick strips
: Salt and pepper
1/4 c orange sections, -- zested
: before cut
2 TB lemon sections, -- zested
: before cut
2 TB lime sections, -- zested
: before cut
1 TB shallots -- minced
1 TB olive oil
1 ts honey
1 TB cilantro -- chopped

Preheat the grill and the fryer. Season the fish with the spice. Place on the grill. Fry the tortilla strips in the fryer for 3 minutes, drain and season with salt and pepper. (You want the strips to be sort of crumbled up as they fry, they will be the nest for the fish to sit on.) In a small bowl, combine the sections, shallots, zest, olive oil, honey, and cilantro. Season with salt and pepper. Remove the fish from the grill. Set up a nest with the tortilla strips and place the fish on top. Top with the salsa.

Recipe By : ESSENCE OF EMERIL SHOW

Date: 09/26/96

Grilled Swordfish With Orange~ Onion & Toma

1 cup orange juice
1/2 cup red wine vinegar
2 tablespoon brown sugar, packed
2 medium oranges, peeled, seeded and; cut into 1/4 1 large tomato, cored, seeded and cut; iinto 1/4 dice 3 tablespoon finely chopped red onion
1 tablespoon chopped ciilantro
2 lb swordfish, about 3/4 thick cut into; 4 equal pieces

While grill is heating, combine orange juice, vinegar and brown sugar in a large saucepan. Cook mixture, uncovered at a low boil until reduced to about 1/2 cup., about 20 minutes. Stir often as miixture cooks, to prevent scorching.
Meanwhile combine oranges, tomato and onion in a colander or strainer and drain well. Transfer to a bowl, add cilantro and gently stir in all but 2 tablespoons hot orange juice syrup. Set aside.
When ready to grill, rinse fish and pat dry. Brush both sides of the fish with the remaining orange juice mixture. Place fish on oiled grill over hot coals and cook, turning once, until fish is opaque in the center, 6-7 miinutes total.
Remove from grill, transfer to serving platter and spoon relish over top.

Grilled Swordfish With Tomato Olive Vinaigret

1 2 cloves garlic, -- minced
: juice of 1 lemon

1/3 c olive oil
: Salt and pepper
2 6 ounce swordfish steaks
1 c diced tomatoes
1/4 c chopped sun-dried tomatoes
1/4 c pitted and chopped black
: olives
1/4 c chopped red onion

1/4 c chopped mixed herbs -- (i.e.
: basil, thyme, parsley, etc.
3 c mixed greens
: Garnish: lemon wedges

In a food processor or blender combine garlic, lemon juice, olive oil and salt and pepper. Drizzle 2 tablespoons of the dressing over the swordfish steaks and coat both sides. Set aside for 10 minutes.

In a bowl combine olives, tomatoes, red onion, herbs and half of the remaining dressing and toss to coat. Heat a cast iron grill pan over medium high heat. Grill swordfish, depending on thickness, for 3-4 minutes per side.

In another bowl toss the mixed greens with the remaining dressing. Transfer greens to a decorative plate and top with grilled swordfish and tomato mixture. Garnish with lemon wedges.

Yield: 2 servings

Recipe By :COOK'S CHOICE SEAN & CATHY SHOW #CH1219

Date: Sun, 20 Oct 1996 18:10:14
~0400

Grilled Trout

2 small whole fish (about 1 lb.
1 each), cleaned
1 salt
1 freshly ground pepper
1 to taste
1 lemon
12 sprigs thyme

Prepare hot coals for grilling.
Cut 3 crosswise diagonal slits, about 1/2 inch deep and 2 inches apart, in each side of fish; don't cut down to bone.
Sprinkle the fish lightly with salt and pepper, and rub it into the slits.
Thinly slice the lemon; place 1 slice and 1 sprig of thyme in each slit.
Wrap each fish in aluminum foil.
Grill the fish over high heat turning once, until the flesh flakes easily when tested with a fork, about 10 minutes. Serve immediately.

Grilled Tuna Cheddar & Onion Sandwiches

1 onion,large,thinly sliced
1 garlic clove,minced/pressed
1/2 cup chicken broth
2 can albacore tuna*
1/2 cup celery,minced
2 tablespoon mayonnaise
8 dark rye bread slices
1/4 lb cheddar cheese,sharp**

* - water-packed, drained#
** - thinly sliced#

===
============== ===#
1. In a 10-12" nonstick frying pan, combine onion, garlic, and half the broth. Bring to a boil over high heat; stir often until liquid evaporates and browned bit stick in pan.#
2. Add half the remaining broth; stir to scrape browned bits free, then boil again until liquid evaporates and browned bits form. Repeat step with remaining broth, cooking until liquid evaporates. Set onion mixture aside.#
3. In a bowl, mix together tuna, celery, and mayonnaise. Top 4 slices bread equally with tuna mixture, onion mixture, cheese, and remaining bread.#
4. Wipe the pan clean. Place over medium heat and add 2 sandwiches. (If you have another nonstick frying pan, toast all the sandwiches at once.) Cook until sandwiches are toasted on the bottom, about 4 minutes. Turn over and toast tops, about 4 minutes more.

Grilled Tuna Fish With Avocado & Tomato Salsa

10 cherry tomatoes
1 red pepper
1 green chilli (or to taste)
1 ripe, firm avocado
1 olive oil
1 salt and pepper

4 tuna steaks, cut from the belly
2 tablespoon chopped chives
1 tablespoon coriander leaves
2 lemons or limes

Roughly chop the tomatoes, pepper and chilli and place in a bowl. Cut the avocado in half and, with your hand wrapped in a tea towel for protection, hold the half with the stone in it. Lightly tap the stone with a sharp knife so that the blade lodges in the stone. Twist the knife and the stone should come away easily. Slice the flesh from both halves into chunks and add to the chopped ingredients. Pour over a generous amount of olive oil, season with salt and pepper and set aside.

Grill the tuna steaks for two minutes on each side, or longer if you don't want them too underdone. Remember that the fish will continue cooking a little even when you remove it from the heat. Season with salt and pepper on both sides and allow to rest in a warm oven.

To serve, divide the salsa equally on four plates, place the tuna steaks on top, sprinkle with the chives and coriander and serve with half a lemon or lime.

Grilled Tuna With Spiced Butter

4 each tuna steaks (fillets) approximately; 8 oz each 1
cup unsalted butter
2 tablespoon minced cilantro
1 teaspoon jalapeno or serrano chili peppers,; finely minced 2
teaspoon garlic, finely minced
1 teaspoon ginger, finely minced or ginger pow; der

Place softened butter in mixing bowl and beat till fluffy. Blend in the cilantro, chili, garlic, and ginger. Spoon dollops of butter mixture onto waxed paper and refrigerate ahead of time for readied individual servings. Refrigerate.

Place fish on rack 3 inches from mesquite coals. Grill fish about 4 to 5 minutes on each side. Place dollops of spiced butter on the finished fillet, or warm the spiced butter and spoon over the cooked steaks.

Grilled Tuna With Teriyaki Fruit Sauce

1/4 cup soy sauce
1/4 cup sugar
1/3 cup saki or dry sherry
3 slice fresh ginger root or
1/4 teaspoon ground ginger
1 lb tuna fillets or steaks; 3/4-1 thick
1 olive or salad oil
1 papaya
2 teaspoon crystallized ginger; finely chopped 1
green bell pepper; julienned

Recipe by: Jo Merrill, Sunset All-Time Favorite Recipes
In a 2-quart saucepan, combine soy sauce, sugar, sake and fresh ginger slices. Bring to a boil, stirring until sugar is dissolved, then boil until reduced to 1/3 cup. Discard ginger slices and keep sauce warm. Rinse fish (which has been cut into 4 equal portions), pat dry and brush lightly with oil. Place fish on grill about 6 inches above a solid bed of hot coals. Cook, turning once, just until browned on outside but still pale pink in center; cut to test (3-4 minutes). To serve, place each piece of fish on a plate. Arrange 3 papaya slices each piece of fish; then top each serving equally with soy-ginger sauce and candied ginger. Garnish with julienned bell peppers.

Grilled Wasabi-Crusted Tuna

1 lb tuna steaks
2 tablespoon wasabi powder
2 tablespoon fresh lemon juice

Have fish seller cut tuna steaks in 3/4" thickness. If desired, swordfish or shark may be substituted for tuna.
Mix wasabi powder and lemon juice together to a thin paste consistency, adding more or less of each ingredient until desired thickness is reached. Let stand ten minutes for flavors to develop. Marinate tuna briefly in wasabi mix, 10 to 15 minutes, turning to coat. Wasabi should remain on steaks.

Grill steaks 3 to 4 minutes per side, allowing the grill-grate to sear each side. Tuna is done when it barely loses its translucency in the center.
Serve immediately, with a seasoned rice pilaf and a tossed salad.

Wasabi powder is found in small cans in most Oriental grocery markets, although it can now be found in many of the larger supermarkets with a gourmet foods section. Wasabi is referred to as "Japanese horseradish", although this is something of a misnomer since strictly speaking the root from which the powder is ground is not a horseradish. The powder is spicy hot, but not a long-burning heat. Most of the heat will be lost in the marinating/grilling process, leaving a wonderful crusted essence to flavor the tuna.
Gulf-Style Creole Fish

2 tablespoon butter or margarine
1/2 cup green bell pepper,chopped
1/4 cup onion,finely chopped
1 lb turbot or other white fish
1 can tomatoes,stewed(14.5oz)
1 can tomato paste(6oz)
1/2 cup sliced mushrooms
1 1/2 teaspoon creole seasoning blend
1 can clams,minced,drained(6.5oz)
1 hot cooked rice
1 lemon wedges

1. Melt butter in a large skillet over medium heat; add bell pepper and onion and cook 6 to 8 minutes or until tender, stirring occasionally.

2. Add fish and cook 5 minutes or until fish is opaque, stirring occasionally.

3. Stir in tomatoes, tomato paste, mushrooms and seasoning.

4. Bring to a boil, reduce heat and simmer 10 to 15 minutes or until slightly thickened.

5. Stir in minced clams and cook, uncovered, 2 minutes until thoroughly heated, stirring occasionally.

6. Serve with rice, garnished with lemon wedges.

Haddock Chowder

3 1/2 lb haddock
1/3 lb salt pork
2 medium onions, chopped
2 cup pared, diced potatoes
1 quart whole milk
1 can evaporated milk

HADDOCK CHOWDER From America:

Have the haddock cleaned and cut up to boil. Barely cover with salted water and cook until the fish comes off the bones. Don't cook until the flesh is soft and mushy. Set aside to cool.

While fish is cooling, cut the pork into 1/4" cubes and fry until crisp in a large heavy kettle. Drain the cubes on paper towels and pour off all but 4 tbls of the fat. In this fat, cook the chopped onions over low heat until trnasparent. Add the potatoes and enough of the fish liquor to cover them. Simmer gently until potatoes are cooked.

Pick the fish flakes from the bones, adding to the chowder mixture when the potatoes are done. Add quart of milk and evaporated milk. Set aside until serving time.

It imporves the flavor of the chowder greatly to let it stand for several hours before serving. Be sure it is piping hot when bringing it to the table.

Biscuits and pickles always go with a good chowder.

Haddock Duglere

1 1/2 lb haddock fillets, skinned
1 oz butter
1 oz oil
2 oz flour
1 large beefsteak tomato
5 fl oz double cream
1 salt and pepper

In a large non-stick frying pan, melt the butter in the oil until it stops sizzling. Coat fish lightly in flour and fry gently for 4 minutes each side. Peel tomato by covering it with boiling water for 30 seconds. The skin should slip off - mind your fingers, though! cut

tomato in half, scoop out seeds and cut flesh into half-inch strips. Put these into pan with fish and cook gently for 1 minute. Take fish out and put it on to to warm plates. Pour cream into pan and bring it to boil - double cream won't curdle - stirring so it picks up all the lovely fish and tomato bits. Season, then pour the sauce over the fish. Mashed potatoes are perfect with it.

Hamaguri Sakami (Sake Seasoned Clams)

12 littleneck clams or cockles
3 tablespoon sake
6 thin slices of lemon
1 1/2 pint boiling water
1 pinch msg

PREPARE IN ADVANCE: Have clams shelled, save shells. Discard shallow halves, scrub the deep halves. Drop the shells into boiling water, boil for2-3 minutes, then drain. Rinse and dry. TO COOK AND SERVE: Bring the Sake to boil over high heat. Sprinkle MSG, then drop in the clams, stir gently,and cover. Cook over moderately high heat for 3-4 minutes, then remove theclams and place in the shell. Garnish each clam with a slice of lemon. Serve at room temperature.

Hamaguri Shigure-Ni (Sweet Cooked Clams)

3 tablespoon sake
24 small clams or cockels
1 1/2 oz sugar
2 1/2 tablespoon soya sauce

TO COOK: Put the Sake, sugar, and clams into a large frying pan and stir together. Bring to boil over high heat and cook for 3 minutes, uncovered. Stir in the Soya sauce and cook briskly for another minute. Remove from heat and set aside.
Boil the remaining liquid for 10 minutes until it becomes syrupy. Add clams and stir them gently in the sauce over hight heat for 1 minute. TO SERVE: Transfer to deep bowl, and cool to room temperature. Serve cool.

*NOTE: Tiny Shrimp, mussels, or bits of fresh tunny fish may be sustitutedfor the clams and cockles.

Hamburger Fischsalat (Hamburg-Style Fish Salad)

1 tablespoon butter
1 lb white fish fillets; *
1/2 cup ; hot water
4 each eggs; large, hard cooked
2 each pickles; dill
1 tablespoon capers
----SAUCE----
2 tablespoon mayonnaise
2 tablespoon sour cream
2 teaspoon lemon juice
1 teaspoon mustard; dijon-style
1/2 teaspoon salt
1/4 teaspoon pepper; white
----GARNISH----
1 each egg; large, hard cooked
4 each beets; canned, slices

* Fillets may be fresh or frozen. They can include cod, turbot, or

Melt butter in a frypan. Place fish in frypan and pour hot water over fish. Bring to a boil, cover, lower heat and simmer gently for 10 minutes. Meanwhile slice the 4 hard cooked eggs and the pickles. Drain fish, cool and cut into cubes. Prepare salad sauce by blending mayonnaise, sour cream, lemon juice, mustard, salt, and pepper. In a separate bowl gently mix fish cubes, egg and pickle slices and capers. Arrange fish mixture in individual dishes and spoon salad sauce over tops. Chill for 30 minutes. To garnish, cut remaining egg into eight pieces and chop beet slices. Arrange garnish on each serving. Serve immediately.

Hamburg-Style Fish Salad

1 tablespoon butter
1 lb white fish fillets; *
1/2 cup ; hot water
4 each eggs; large, hard cooked
2 each pickles; dill
----Capers sauce----
2 tablespoon mayonnaise
2 tablespoon sour cream
2 teaspoon lemon juice
1 teaspoon mustard; dijon-style
1/2 teaspoon salt
1/4 teaspoon pepper; white ---------garnish---
1 each egg; large, hard cooked
4 each beets; canned, slices

* Fillets may be fresh or frozen. They can include cod, turbot, or

+++
++++++++++++++ ++++ Melt butter in a frypan. Place fish in frypan and pour hot water over fish. Bring to a boil, cover, lower heat and simmer gently for 10 minutes. Meanwhile slice the 4 hard cooked eggs and the pickles. Drain fish, cool and cut into cubes. Prepare salad sauce by blending mayonnaise, sour cream, lemon juice, mustard, salt, and pepper. In a separate bowl gently mix fish cubes, egg and pickle slices and capers. Arrange fish mixture in individual dishes and spoon salad sauce over tops. Chill for 30 minutes. To garnish, cut remaining egg into eight pieces and chop beet slices. Arrange garnish on each serving. Serve immediately.

Hawaiian Fish Cooking Basics

1 (no ingredients)

FISH: Select 1 1/2 to 2 pounds of 3/4" thick pieces AHI, HEBI, MAHI MAHI, ONO, OPAH, SWORDFISH, or TOMBO. (Fish may have dark-colored sections that are stronger flavored than lighter flesh.) Cut off and discard any skin. Rinse fish, pat dry, and cut into pieces as recipes direct. Rub fish all over with 1 tablespoon olive oil.#
#
TO GRILL: Place oiled fish on a greased grill 4-6" above a solid bed of hot coals (you can hold your hand at grill level only 2-3 seconds). Cook fish, turning once or twice, until done to your liking

(cut to test). For rare (still the raw color in center), allow about 3 minutes total. To cook evenly (center slightly translucent), allow 5-6 minutes total.#
#
TO SAUTE: Place a 10-12" nonstick frying pan over high heat. When pan is hot, add 1 teaspoon salad oil and oiled fish. (For 2 pounds fish, cook half at a time.) Turn once or twice to brown and cook to your liking (cut to test); drippings may scorch and smoke. For rare (still the raw color in center), allow about 3 minutes total. To cook evenly (center slightly translucent), allow 5-6 minutes total.

Hawaiian Fish With Thai Banana Salsa

2 lb hawaiian fish*
1/4 cup coarsely chopped cilantro
1 fresh cilantro sprigs
1 salt
----THAI BANANA SALSA----
1 large firm-ripe banana
1 teaspoon oriental sesame oil
1/2 cup chopped golden raisins
2 tablespoon chopped fresh cilantro
1 teaspoon grated lemon peel
1 teaspoon japanese chili spice

* - cut into 6 equal portions (see cooking basics)#

===
============== ===#
Pat fish with chopped cilantro and saute (see cooking basics). Set fish on 6 warm plates; spoon salsa alongside. Add cilantro sprigs and salt to taste.#
#
*** THAI BANANA SALSA ***#
1. Peel and halve lengthwise banana. In a nonstick 10-12" frying pan over high heat, brown banana well in sesame oil, about 8 minutes.#
2. Chop banana. Mix with raisins, cilantro, lemon peel and Japanese chili spice.

Hearty Tuna Noodle Casserole

2 can (6 1/2oz each) chunk-style
1 tuna
6 oz (3 cups) uncooked egg
1 noodles
1/2 cup chopped celery
1/3 cup sliced green onions
1/2 cup (to 2/3c) dairy sour cream
2 teaspoon mustard
1/2 cup mayonnaise
1/2 teaspoon dried thyme leaves
1/4 teaspoon (to 1/2t) salt
1 small zucchini, scrubbed
1 sliced
1 cup shredded monterey jack
1 cheese
1 medium tomato -- chopped

Preparation: Drain and flake the tuna. Set aside. Cook noodles according to package directions. Drain and rinse in hot water.
Combine noodles with tuna, celery and green onions. Blend in the sour cream, mustard, mayonnaise, thyme and salt. Spoon half the mixture into a buttered 2-quart casserole. Top with half the zucchini. Repeat layers. Top with the cheese. Bake at 350F for 30 minutes or until hot and bubbly. Sprinkle with the chopped tomato.

Tips: You may substitute canned, drained and flaked salmon for the tuna. You may wish to add some chopped fresh parsley, dill, basil or chives to the casserole.

Henderson Boiled Crawfish

25 lb crawfish, live
2 each salt, ice cream, boxes
3 gal water
2 cup red pepper
1/2 each black pepper, stirring spoon
6 each lemons, halved
6 each onions, large, cut in 8ths
1 potatoes and corn, preboiled

Add pepper and salt to water and bring to a boil. Add crawfish and bring to a second boil. Add onions, lemon, potatoes and corn, When boil begins, cook 10 minutes, no more. Take crawfish out and do not

let soak.

Herbed Fish Fillets

1/2 cup enriched corn meal, - aunt jemima o; r quaker
1/2 teaspoon salt (optional)
1/2 teaspoon dillweed
1/2 teaspoon paprika
1/4 teaspoon pepper
1 lb cod, halibut or sole fillets (fres; h, , or frozen & thaw
1 egg; beaten
2 tablespoon milk
2 tablespoon margarine or butter; melted

Heat oven to 350 F. Combine corn meal and seasonings. Dip fish in combined egg and milk. Coat with corn meal mixture. Place in 15x10-inch jelly roll pan. Drizzle with margarine. Bake 15 to 20 minutes or until golden brown. Garnish with parsley and lemon wedges, if desired.

Nutritional Analysis per serving: * calories 150 * carbohydrates 9 g * protein 15 g * fat 6 g * calcium 22 mg * sodium 110 mg * cholesterol 70 mg * dietary fiber 0 g

Herbed Salmon In Foil

4 each (4 oz.) salmon fillets
2 tablespoon chopped shallots divided
8 each sprigs fresh dill or basil
2 teaspoon lime juice divided
8 each fresh sorrel leaves
1/4 teaspoon pepper divided

Rinse Salmon, Pat Dry. Cut 4 (18 X12 Inch) Pieces Of Heavy Dutyaluminum Foil. Light Coat Dull Side Of Each Foil Square With Cooking Spray. Center A Dill Sprig & A Sorrel Leaf On Lower Half Of Foil. Top With Salmon. Place Another Dill Sprig & Sorrel Leaf On Top

Of The Fillet. Sprinkle With 1 1/2 t. Chopped Shallots, 1/2 t. Lime Juice & A Pinch Of Pepper. Repeat Procedure With Remaining Fillets. Fold Upper Half Of Foil Over Fillets, Meeting Bottom Edges Of Foil. Seal Edges Together Making A 1/2 in. Fold. Fold Again. Allow Space For Heat Circulation & Expansion. Repeat To Seal Each Side. Place Foil Packets On A Baking Sheet Then Bake At 400 Degrees For 7 To 10 Min. Cut An "X" in Top Of Each Packet & Fold Foil Back. Spoon Salmon & Herbs Onto Warm Plates. Fat 4.4, Chol. 40.

Herbed Trout With Sour Cream

4 4-6 oz. trout fillets; (fres
1 tablespoon chopped parsley
1/4 cup dry white wine
2 tablespoon butter
1/3 cup sour cream
1 tablespoon chopped onion
1 pinch chervil
1/4 cup soft bread crumbs; buttered
1 pinch tarragon
1 salt and pepper

Rinse fillets, pat dry with paper towels and sprinkle lightly with salt and pepper. Grease four pieces of heavy aluminum foil. Place a trout fillet on each.

Melt butter and saute onion 2 minutes. Add wine, parsley, chervil and tarragon. Divide mixture evenly over each trout. Wrap tightly and place packages on a raised rack in a greased baking pan.

Bake at 450 for 15 minutes or until fish flakes easily when tested with a fork.

Carefully open packages and gently remove the fillets and topping, allowing the liquid to drain away. Remove the racks, discard any liquid remaining in the baking pan and return the fillets to the pan. Spread 1/4 of sour cream over each trout fillet and sprinkle with bread crumbs. Broil until lightly browned.

Serve with baked potatoes, broccoli laced with sugar and lemon and your favorite dinner rolls.

Serves 4

Herbs & Trout

2 8-10 oz. trouts
4 tablespoon melted butter
1 lemon; sliced
1 orange; sliced
1 salt and pepper; to taste
1 basil; to taste
1 thyme; to taste
1 shallots; to taste
1 dash paprika

Brush trout with melted butter. Season with salt, pepper, basil, thyme and shallots. Place lemon and orange slices on top in alternating pattern. Sprinkle with paprika. Steam over clear water for 7-10 minutes.

Serves 6.

UW Sea Grant Advisory Services

Hickory Smoked Salmon

6 4-6 oz. salmon fillets
2 teaspoon dark brown sugar
1 seafood seasoning -- to
1 taste

Spread wet hickory chips over hot coals. Place each fillet on a greased grill or skewer and place on a raised rack. Spread sugar over salmon and sprinkle with seafood seasoning. Cover the grill or make a tent of aluminum foil. Cook for 20 minutes or until fish flakes easily when tested with a fork.

Serves 6.

High Country Fried Trout - Oz

2 each trout,fresh
1/2 cup plain flour
1 cooking oil

Pour small amount of cooking oil in pan and heat. Clean trout and roll them in flour and place in pan. Cook for approx 3 or 4 minutes on each side. Serve when both sides are cooked.

Holiday Baked Oysters

1 ingredients:
4 cup firm white bread (italian or frenc; h, or sourdough)
1/2 cup butter
1 salt and cayenne pepper
1 pint raw oysters, well-drained
1 tablespoon lemon juice
1 small onion, grated
1/2 cup whipping cream

paprika (TIP:) This dish can be made with oysters of *any* size. While fresh ones ARE best, thawed, frozen oysters *may* be used. If you wish, prepare the dish and refrigerate it for several hours before baking. Or, on the other hand, you can cut and brown the bread cubes ahead of time. The rest can be finished in minutes, once the bread is browned.

Remove the crusts from the bread. Cut the bread into quarter-inch cubes; in a large skillet, melt half the butter. Add 2 cups of bread cubes and toss over LOW HEAT until they're golden-brown. Sprinkle the cubes lightly with salt and caynne, stirring constantly.

Brown the remaining cubes in the remaining butter. Sprinkle again with the cayenne and the salt.

Cover the bottom of a 2-quart baking dish with 1/3 of the bread cubes; top the bread evenly with half the oysters, sprinkle with salt and cayenne, half the lemon juice and half the onion. Cover with 1/3

of the bread cubes and sprinkle with salt, cayenne, the rest of the lemon juice and the onion. Pour in the cream, and top with the last third of the bread cubes. Sprinkle with paprika to make pretty.

Bake at 325 degrees for 25 to 35 minutes and serve *immediately*.

Home Recipes: Hearty Tuna Casserole

3 cup rotini pasta
13 oz chunky tuna, drained [2x6-1/2oz ca; ns)
1/2 cup celery, chopped
2 green onions, sliced
2/3 cup light sour cream
1/2 cup light mayonnaise
2 teaspoon dijon mustard
1/2 teaspoon dried thyme
1/2 teaspoon salt
1/4 teaspoon pepper
1 small zucchini, thinly sliced
1 tomato, sliced
1 cup monterey jack, shredded

In large pot of boiling salted water, cook rotini for about 8 minutes or until tender but firm; drain and rinse.

In large bowl, flake tuna; add pasta, celery and green onions. Stir in sour cream, mayonnaise, mustard, thyme, salt and pepper; spoon half into greased 8-cup casserole.

Layer zucchini over top. Top with remaining tuna mixture. Arrange tomato slices over top; sprinkle with cheese.

Bake in 350F 180C oven for 30 minutes or until hot and bubbly.

Hot Crab Spread

8 oz cream cheese; at room temper
1 tablespoon milk

2 teaspoon worchestershire sauce
7 1/2 oz crabmeat; -or-
7 imitation crab
2 tablespoon green onion; chopped

Recipe by: Kathy Cox <coxk@WSU.EDU> Cream cream cheese and add milk and worchestershire sauce. Blend well. Drain and flake crabmeat. Add to cheese mixture with green onions.

Turn into greased 8 inch pie plate or small shallow baking dish. Top with 2 tablespoons toasted slivered almonds. Bake at 350 degrees for 15 minutes. Serve warm on crackers.

Humboldt Tuna Marinade

----MARINADE----
1/2 cup white wine
1/2 cup soy sauce
1/4 cup water
2 tablespoon light brown sugar 1
teaspoon onion powder
1 teaspoon crushed garlic
1/8 teaspoon hot pepper sauce
----OPTIONAL----
2 lb tuna or poultry
1 turkey bacon

Mix marinade ingredients. Marinate fish or poultry for 5-6 hours. If your doing Tuna fillets (highly recommended), cut them in thick (1") wheels. Wrap turkey bacon around these and secure with toothpicks. BBQ for about 15 mins and enjoy.

This is a great recipe for chicken as well.

tsdei@cyberjunkie.com

Hunan Style Salmon Chili

----PHILLY.INQUIRER----

2 tablespoon soy sauce
1 tablespoon chinese oyster sauce
2 teaspoon oriental chili paste
2 teaspoon tomato paste
1 cup clam juice
3 tablespoon cornstarch
1/4 teaspoon sugar
1 lb salmonfilet,boned,skined
1 cubed
2 tablespoon chili powder
1/4 cup peanut oil
1/2 lemon,for juice
2 scallions,chopped
2 centiliter garlic,minced
1 inch ginger root minced
1/2 cup pumpkin seeds,toasted
4 cup hot cooked rice
----IRWIN E.SOLOMON----

In a bowl,whisk together the soy sauce,oyster sauce,chili paste,tomato paste,clam juice,2 tsp.of the cornstarch,the sugar,and lemon juice.Set aside..
Toss the salmon in the remaining cornstarch mixed with the chili powder.Heat a large wok until smoking.Add the peanut oil and gently stir fry the salmon,in 2 batches,until its surface is lightly browned and crisp,about 2 minutes.Remove the salmon with a slotted spoon to a strainer or colander to drai.Pour off all but a thin film of the oil.
Add the scallions,garlic and ginger root and stir fry 10 seconds.Return the salmon,add the reserved liquid and simmer until lightly thickened.Toss in the pumpkin seeds.Serve over rice.Makes 4 servings...

Ikan Masak Asam (Fish & Green Bean Curry)

2 cup chopped onion
1 each minced garlic clove
2 teaspoon grated fresh ginger root
1/2 teaspoon dried ground chili peppers
1 teaspoon tumeric
2 teaspoon salt
1/2 cup cooked shrimp diced
4 tablespoon peanut oil
1/2 lb green beans, fresh, cut into 1 inc; h, pieces
2 cup water
4 tablespoon or 3 tbsp. lemon juice + 2 tbsp. pl; um jam 4 each filets of mackerel or shad

Pound into a paste the onions, garlic, ginger, chili peppers, tumeric, salt and shrimp. Heat the oil in the wok. Saute the mixture for 5 minutes and then stir in the beans. Saute 2 minutes. Blend in the water and tamarind (or lemon juice+plum jam). Cook over low heat for 5 minutes. Carefully place the fish filets in the sauce. Cover and cook on Low until fish flakes with a fork. Remove immediately and serve on a bed of rice. A good compliment to any of these curry dishes and pretty to boot..is fresh pineapple and blueberries mixed with some melon balls and served on a bed of ice.. Thai Ikan Masak Asam

Imitation Crab-Pasta Salad

24 oz rotini; or shells pasta
1/2 lb imitation crab flakes; diced
1 pkg tiny frozen peas
1/2 cup sweet pickles; diced
1/2 cup celery; diced
2 bunch green onions; chopped
2 1/2 cup shredded cheddar cheese
16 oz miracle whip. light

Recipe by: smithwe@uvmain.uvsc.edu Cook pasta and drain. Put in large bowl and let cool. Stir pasta occasionally while cooling to separate. Season pasta with Lawry's seasoned salt to taste and stir. Thaw peas out on a paper towel to absorb the water (can thaw in microwave). Add all ingredients but Miracle Whip and mix well. Add Miracle Whip and mix well. Chill. Amounts can easily be varied for individual preferences.

Imperial Sesame Fish

2 teaspoon toasted sesame seeds
1/4 cup soy sauce
2 teaspoon distilled white vinegar
2 teaspoon minced fresh ginger root
1/2 teaspoon sugar
1/2 cup water

1 1/2 lb fresh or thawed fish fillets,
1/2 to 3/4 thick
2 teaspoon cornstarch
1 green onion and top, chopped

Measure sesame seed into blender container; cover and process about 10 seconds, or until finely ground. ADd soy sauce, vinegar, ginger and sugar; cover and process about 15 seconds, scraping down sides once. Remove 3 Tb. sauce mixture from blender container; combine with water in small saucepan and set aside. Generously brush both sides of fish with remaining sauce. Broil about 5 minutes, or until fish flakes easily when tested with fork. Meanwhile, blend cornstarch with mixture in saucepan. Bring to boil; cook and stir until sauce thickens. Stir in green onion. Just before serving, spoon sauce over cooked fish. Serve with assorted vegetables.

Serves: 4

Impossible Caesar & Crab Pie

10 oz frozen sliced asparagus, thawed and; drained 8
oz imitation crabmeat
4 oz shredded mozzarella cheese
1 cup bisquick
1/2 cup milk
1/2 cup caesar salad dressing
1 2 eggs

Heat oven to 400~. In greased 9" pie plate scatter asparagus, crabmeat and cheese. In medium bowl stir remaining ingredients with fork until well blended; pour into pie plate. Bake 30-35 minutes or until knife inserted in center comes out clean. Cool 5 minutes. Serve. HIGH ALTITUDE DIRECTIONS: Bake 35-40 minutes.

Impossible Seafood Pie

1 betty garnes
1 pkg (6 oz) frozen crabmeat
1 can (6 oz) tuna drained
1 cup shredded process sharp ameri

3 oz cream cheese, cut into 1/4
1/4 cup green onions; sliced
2 oz chopped pimento, drained, if
2 cup milk
1 cup bisquick
4 eggs
3/4 teaspoon salt
1 nutmeg; dash

Heat oven to 400 degrees. Grease pie plate,(10 x 1 1/2 inch) Mix crabmeat, cheeses, onions and pimiento in plate. Beat remaining ingredients til smooth, 15 seconds in blender or 1 minute with hand beater. Pour into plate. Bake until knife inserted between center and edge comes out clean, 35 to 40 minutes. Cool 5 minutes *1 can (6 oz) crabmeat, drained and cartilege removed, or 1 can (4 1/2 oz) shrimp, well rinsed and drained, can be substituted for the frozen crabmeat and shrimp.

Impossible Tuna & Cheddar Pie

2 cup onions; chopped
1/4 cup butter
2 can tuna; 6/2 oz -drained
2 cup cheddar; shredded
3 eggs
1 1/4 cup milk
1 cup bisquick salt pepper
2 tomatoes; thinly sliced

Preheat oven to 400F. Grease pie plate 10x1 1/2". Cook onions and butter in 10" skillet over low heat, stirring occaisionally, until onions are a light brown. Sprinkle tuna, 1 cup of cheese and onions in plate. Beat eggs, milk, Bisquick, salt and pepper till smooth 15 seconds in blender on High or 1 minute with hand beater. Pour into plate. Bake till knife inserted in centre comes out clean, 25 to 30 minutes. top with tomato slices and remaining cheese is melted 3 to 5 minutes. Cool 5 minutes.

Impossible Tuna Pie

1 cup tuna; 8 oz - drained
1/3 cup celery; thinly sliced
2 cup cheese; cheddar, shredded
1/4 cup green onions; sliced, opt.
1 1/2 cup milk
4 eggs
1 cup bisquick baking mix
1/2 teaspoon lemon rind; grated
1 teaspoon lemon juice
1/4 teaspoon salt
1/8 teaspoon pepper
1 garlic clove; crushed

Fat grams per serving: Approx. Cook Time:
:40
Preheat oven to 350F. Grease pie plate, 10x1 1/2". Layer tuna, celery, cheese and onions in plate. Beat remaining ingredients 15 seconds in blender. Pour into pie plate. Bake till golden brown or knife inserted in centre comes out clean (about 40 minutes). Cool 5 minutes. Serve with lemon wedges if desired.

Impossible Tuna-Tomato Pie

6 1/8 oz can tuna in water; drained
1 medium tomato; seed,chopped
1/3 cup shredded mozzarella cheese
1 tablespoon chopped fresh basil or 1 t. dried. 1 cup milk
1/2 cup bisquick
1 2 eggs
1/2 teaspoon salt
1/4 teaspoon pepper

Heat oven to 400~. In greased 9" pie plate scatter tuna, tomato, cheese and basil. In medium bowl stir remaining ingredients with fork until blended; pour into pie plate. Bake about 30 minutes or until knife inserted in center comes out clean. Cool 5 minutes. Serve. HIGH ALTITUDE DIRECTIONS: Not recommended.

Indian Broiled Fish With Many Spices

2 tablespoon lemon juice
2 tablespoon dry mustard
2 teaspoon ground cumin
1 teaspoon ground coriander
1 teaspoon salt
1/4 teaspoon garam masala (optional, see note)
4 swordfish or halibut steaks, 1-in; c, h thick (about 2 l
2 tablespoon melted margarine or butter

The fragrant brushing of spices called for here will add a piquant flavor redolent of Indian cooking to fish steaks, whether swordfish or halibut. Mix together all ingredients except fish and margarine. Spread mixture evenly on both sides of fish. Place fish in shallow glass or plastic dish. Cover and refrigerate at least 12 hours. Set oven control to broil or 550F. Arrange fish on rack in broiler pan and drizzle with melted margarine. Broil with tops about 4 inches from heat until light brown, about 7 minutes. Turn. Drizzle with melted margarine. Broil until fish flakes easily with fork, 5 to 7 minutes longer. NOTE: Garam masala is a blend of ground spices with many variations. It is available in Indian markets and at some supermarkets.

Indian Curry Paste For Seafood

6 large garlic cloves
3 stalks lemongrass
4 inch fresh gingerroot, peeled and c; hopped (about
1/2 teaspoon turmeric
1 tablespoon fresh lemon juice
1 teaspoon coarse salt
1 teaspoon vegetable oil

Use the lower 6 inches of 3 stalks of lemongrass, outer leaves discarded and the stalks sliced

Into a food processor with the motor running drop the garlic, the lemongrass, and the gingerroot, blending the mixture well, add the turmeric, the lemon juice, and the salt, and blend the mixture, adding the oil if necessary, until it forms a paste, Transfer the paste to a jar with a tight-fitting lid.

The paste keeps, covered and chilled, for 2 weeks. Makes about 2/3 cup.

Indonesian Curried Crab

1 stephen ceideburg
2 blue crabs
6 shallots
2 stalks lemon grass
2 teaspoon tamarind
1/2 cup boiling water
1 handful coriander leaves
3 cloves garlic
1 tablespoon fresh galangal
2 to 3 birdseye chillies, seeded
4 candlenuts
1 teaspoon blachan
1 teaspoon tumeric
1 salt and pepper to taste
3 tablespoon oil
2 cup coconut milk

Cut 4 green blue swimmers into quarters with a cleaver or large knife. With a hammer, gently crack the claws and harder sections of shell. Finely chop 6 shallots and 2 stalks lemon grass. Steep 2 teaspoons tamarind in half a cup of boiling water. Chop a handful of fresh coriander leaves. In a food processor, grind together 3 cloves garlic, 1 tablespoon fresh galangal, 2-3 birdseye chillies, seeded, 4 candlenuts (or substitute 8-10 cashews) and 1 teaspoon blachan (hard dark brown shrimp paste), 1 teaspoon turmeric and salt and pepper to taste. Heat 3 tablespoons oil in a large wok or pan, and fry the paste until fragrant. Add shallots, lemon grass, crab pieces and 2 cups coconut milk. Simmer for quarter of an hour. Strain the tamarind water and add half to the sauce. Taste and add more if you wish. Ladle curvy into a serving dish and scatter the fresh coriander on top. Serve with plain rice.

Inihaw Na Bangus (Grilled Milkfish)

1 whole bangus (about 2 lbs) or white; fish, dressed 2
slice lemon
1 1/2 teaspoon salt
1/8 teaspoon pepper
1/2 cup tomatoes, chopped
1/4 cup onions, chopped
2 green onions, choppe

1. With sharp knife, cut along back of the fish and remove the backbo Rub fish inside and out with lemon slices, sprinkle with salt and pepp

2. Mix tomatoes, onions and green onions. Stuff fish with the mixtur through its back opening. Wrap in foil and grill over live coals unti done. (about 15 minutes on each side).

3. Serve with lemon wedges or with a lemon juice and patis (fish sauc dip.

Preparation and cooking time: 45 minutes Serves 4

Recipes by Dennis Santiago, TWS bbs (1-310-676-0492), formatted by Man Rothstein (1/24/94)

Italian Baked Fish

1 1/2 lb flounder or sole fillets
3 tablespoon low-cal italian dressing
3 tablespoon lemon juice
3 tablespoon worchestershire sauce
1/8 teaspoon garlic powder
1 salt and pepper

Place fish in shallow baking dish. Combine remaining ingredients and pour evenly over fish. Marinate several hours in the refrigerator, turning the fish occasionally. Preheat oven to 350 degrees. Bake fish uncovered for 30 minutes. Broil for 5 minutes, or until fish is crisped. Each Serving: 154 Calories, 29g Protein, 2g Fat, 3g Carbohydrates, 427mg Sodium, and 85mg Cholesterol. Light and Luscious.

Jeffrey's Rasta Redfish Marinade

2 oz tamarind (dried)
1/2 cup water, boiling
4 lb mangos, unripe
2 cup malt vinegar
1 cup sugar
1/2 cup raisins
1/2 cup ginger root, chopped
1 teaspoon garlic, chopped
1 teaspoon fresh hot chilies, chopped
1/2 teaspoon allspice, ground
2 tablespoon salt

Place the tamarind in a bowl and pour boiling water over it. Soak for an hour. Drain, pressing down hard with the back of a spoon before discardingthe seeds and fibers.

Peel each mango and cut flesh away from seed. Cut into one-inch cubes. Combine the mangos and vinegar and bring to a boil over high heat and cook for 10 minutes.

Stir in the sugar, raisins, ginger root, garlic, chilies, allspice and salt. Reduce heat to low and simmer uncovered for 45 minutes. Cool. Puree the mixture in a blender and it's ready for the fish.

Justin's Tuna Salad

3 each eggs, hard-boiled, chopped
2 tablespoon mayonnaise
2 tablespoon dill relish (heaping)
1 teaspoon louisiana hot sauce
2 teaspoon poupon mustard
1 each 6 1/2 oz can tuna, drained

Combine eggs and dill relish. Add the rest of the ingredients, except tuna, and mix really well. Then add tuna. If the mixture is dry, add some more mayonnaise. This is fine for a sandwich.
"Sneak a little on crackers before dinner. GOOD!

L.j's Juicy Bbq Salmon.

4 lb salmon
1 lime
2 onions, sliced
1/2 cup butter
1 salt
1 pepper

Throughly clean and wash the salmon. Place salmon on heavy-duty aluminum foil. Stuff salmon with the sliced onions, butter, salt and pepper. Also smear butter on the outside of the salmon plus squeeze the lime juice over as well. DO NOT REMOVE THE SKIN OF THE SALMON. Sprinkle with more salt and pepper. Wrap the salmon tightly in the foil so as to make as "air-tight" as possible...usually two layers of foil. Place on the hot Bbq for 25 - 30 minutes then turn over and bake the otherside for 15 minutes. Remove from Bbq and serve with "new" mint potatoes and fresh peas. This is absolutely delicious!

Larry King's Swordfish With Salsa

3 carrots; grated
6 oz whole kernel corn
1/2 lb fresh string beans; chopped
1/3 lb plum tomatoes; seed, diced
1/2 small onion; diced
4 teaspoon fresh cilantro; chopped
1 juice of one lime
1 teaspoon red wine vinegar
1 garlic clove; mashed
1 fresh ground pepper to taste
3 teaspoon olive oil
4 6 oz. swordfish steaks

Preheat broiler.

SALSA: In a bowl, combine carrots, corn, string beans, tomatoes, and onion. Add cilantro, lime juice, vinegar, garlic, and pepper. Brush both sides of fish with oil.

FISH: Broil 5 minutes per side (or 10 minutes total per inch of thickness). When fillets are firm in the middle, transfer to serving dish and top with salsa.

Latticed Tuna

60 gm butter or margarine
4 tablespoon plain flour
3 cup milk
1/4 teaspoon salt
1/4 teaspoon pepper
1 pinch crushed garlic
1 1/4 teaspoon curry powder
1 small onion, finely sliced
310 gm can corn kernels
1 tomato
1/2 cup frozen peas
1/2 lemon (juice of)
1 large can tuna in brine drained
6 slice bread, crusts removed
1 butter, to spread bread
1 grated tasty cheese
1 paprika

Melt butter in a large saucepan, add flour and cook for about a minute. Gradually add the milk, stirring constantly so no lumps form. Add seasoning, garlic curry powder and vegetables and lemon juice over tuna. Then add tuna to mixture. Place mixture in a casserole dish and cut the crusts of bread off the bread and butter slices well. Cut into fingers. Lattice the bread on top of the casserole and sprinkle well with cheese and paprika. Place under a preheated griller or a moderate oven 180c until cheese melts. This can be made ahead and kept in the fridge.

Leek Arugula & Clam Sauce Over Spaghettini

1 1/2 tablespoon olive oil
1 garlic clove, minced

1 large leek, white part only, 1
trimmed and chopped
2 tablespoon white wine
1 10 oz can chopped clams, 1
undrained
2 bay leaves
6 oz uncooked spaghettini
1/2 cup packed chopped arugula
1 salt
1 freshly ground white pepper

1. Heat oil in large skillet. Add garlic and leek and saute over medium heat 5 minutes. Add wine and cook until it evaporates, about 2 minutes. Add clams with liquid and bay leaves and simmer 5 minutes.

2. Cook spaghettini in boiling salted water according to package directions until tender, but slightly firm at center. Drain well. Add to clam mixture in skillet and toss well. Add arugula and toss 30 seconds. Season lightly with salt and generously with pepper. Remove bay leaves. Serve immediately.

Legal's Inaugral Fish Chowder

1/2 cup butter
3 cup diced onions
1/4 cup finely grated carrots
2 teaspoon minced garlic
1/2 cup flour
12 cup concentrated fish stock
4 lb chowder fish fillets, such as 2 lbs; . cod, 1 lb. monk 1
lb cusk
2 cup light cream
1/2 cup finely grated monterey jack cheese

salt freshly ground black pepper

Heat the butter in a large saucepan until softened, and saute the onions, carrots and garlic in it, stirring frequently, for about 5 minutes. Remove from heat and slowly stir in the flour. Return to the heat, and cook, stirring, for about 4 minutes. Meanwhile, begin heating the stock in a large pot. Whisk the stock into the flour mixture. Bring the stock to a boil, whisking constantly, then reduce the heat, and simmer for 10 minutes.

Add the fish and simmer about 10 minutes longer. Stir in the cream and cheese, and simmer until the cheese melts, about 5 to 8 minutes.

(You won't distinguish the cheese as such, it is incorporated in the chowder.) Reheat the chowder slowly so the cream doesn't boil.

Makes about 3 quarts.

Posted by Al Martin. Courtesy of Fred Peters.

Lemon Grass Seafood Combination - Pad Po Taek

2 tablespoon oil
4 oz shrimp, shelled & deveined
4 oz scallops
4 oz fish fillets sliced 1/2 thick
4 oz cleaned mussels
1/4 cup green curry paste
1/4 cup coconut milk
1/4 cup fish sauce (nam pla)
1 tablespoon sugar
1/8 cup slivered bamboo shoots
1 stalk lemon grass in 1 long pieces
1/4 cup sliced green bell pepper
1/3 cup sweet basil leaves

The flavor of fresh lemon grass balances the flavor of the seafood, serving the same purpose as the fresh lemon wedges served with seafood in other cuisines.

Linguine Tuna Salad

7 oz linguine, broken in half
1/4 cup lemon juice
1/4 cup vegetable oil
1/4 cup chopped green onions
2 teaspoon sugar
1 teaspoon italian seasoning
1 teaspoon seasoned salt
12 1/2 oz (1 cn) tuna, drained
10 oz (1 pk) frozen green peas *
2 each med. firm toamtoes, chopped

* Thaw peas before using in this salad.

Little Parcels Of Trout

3 trout (8-9 oz ea cleaned wt)
1/2 lb courgettes
1/2 lb carrots
1/4 lb mangetout peas
2 1/2 oz butter
1/2 lemon
1 fresh mint & chives

Cut the courgettes and carrots into matchstick shapes about 1 1/2 inch longand less than 1/4 inch wide. Steam them, and the mangetout, but only briefly, not enough to tenderise them fully. Use kitchen paper to blot surface moisture from the partially cooked vegetables and set aside ot become cold.

Season the softened butter with sea salt and black pepper. Beat in 1/2 teaspoon lemon juice and 1 tablespoon or so each chopped chives and mint. Use some of the flavoured butter to grease sheets of greaseproof or bakewell paper.

Clean and fillet the trout, remove any little bones and cut the flesh of each fish into four long strips. Lay three strips side by side down the centre of each sheet of buttered greaseproof paper. Dust with sea salt andgrind some pepper over the fish. Add a squeeze of lemon butter. Lay the mixed vegetables on top, spreading them thinly and seasoning with salt and pepper between layers. Dot with the rest of the butter and, finely, add a sprig or two of mint to each parcel.

To close the parcels, first draw two sides of the paper up over the fillingand fold into a double pleat on top. Then "hem" the raw paper edges at thesides by turning them over twice, and secure with staples. The parcels should be fairly baggy. Put each parcel on to an oeuf sur le plat dish or space them out in large gratin dishes or on baking trays. Chill until about1 1/2 hours before cooking, then bring back to room temperature.
To cook, bake at 400 F (200 C) gas mark 6 for about 15 minutes. Let each person unwrap his or her parcel at table. Hand round bowls of new potatoessteamed in their skins, plain undressed watercress, and Hollandaise sauce so that everyone can help themselves.

Lomi Lomi Salmon Spread

1 8 oz pkg cream cheese
1 3 oz pkg smoked salmon, cut into sm; all pieces 1
teaspoon lemon juice
1 tablespoon chopped onion
1 tablespoon green onion top thinly slcd

1. Combine cream cheese salmon, lemon juice, and onion 2. Mix well, sprinkle with green onions 3. Serve with crackers or melba toast Posted by Jane Harris. MM:MK VMXV03A.

Londontown Terrace Crab Pie

2 tablespoon butter
1 cup sliced onion rings
1/2 cup celery, chopped
1 cup crabmeat
1 1/2 cup shredded cheese
1 each 9 unbaked pastry shell
3 each eggs
1 teaspoon salt
1/2 teaspoon pepper
2/3 cup half and half
1 pinch red pepper

Sautee the onion rings and celery in butter until the onion is soft and golden. Spoon alternate layers of crab, cheese (your choice - use sharp, cheddar, or Swiss), and onion/celery mix into pie shell.
In bowl, beat together eggs, cream, salt and pepper. Pour into pastry shell over other ingredients. Bake in hot oven, 400 degrees, until firm, about 30-40 minutes. When knife point inserted into center comes out clean, filling is set. May be decorated with tomato wedges or cherry tomatoes. Cool slightly before cutting.
Tuna, salmon, shrimp, or flaked fish may be substituted for crabmeat. Mrs. Harold T. Cook

Maine Fish Chowder

1/4 lb salt pork, diced
4 cup diced raw potatoes
3 med onions, peeled & sliced
2 teaspoon salt
3 lb white fleshed fish *
2 cup scalded milk
1 teaspoon butter or margarine
1/4 teaspoon pepper, or to taste

* Use 3 - 3 1/4 pounds fresh skinned haddock or other white-fleshed fish with bones in it.
Fry salt pork to render all fat in a heavy kettle and then remove. Add potatoes, onions, and 1/2 teaspoon salt. Cover with hot water and cook over medium heat, covered, 15 minutes, until potatoes are just tender. Do not overcook.
Meanwhile, cut fish into large chunks and put into another saucepan. Add boiling water to cover and 1 1/2 teaspoons salt. Cook slowly, covered, until fish is fork tender, about 15 minutes. Remove from heat.
Strain and reserve liquid. Remove any bones from fish. Add fish and strained liquid to potato-onion mixture. Pour in milk and leave on stove long enough to heat through, about 5 minutes. Mix in butter and pepper. Serve at once. Serves 4 to 6.

Moroccan Fish

5 garlic cloves, chopped
2 tablespoon cumin
2 tablespoon olive oil
1 tablespoon pepper flakes, dried
2 tablespoon cilantro, chopped
1 juice of 1/2 lemon
1 lb red snapper filets

Preheat oven to 350 degrees F. Mix garlic, cumin, olive oil, pepper flakes, cilantro and lemon juice into a paste.

Put the filets in a shallow baking dish and spread this paste over them. Cover tightly with foil. Bake at 350 degrees F. for 5 to 10 minutes (a little longer if the filets are thick).

NOTES:

* Spicy Moroccan fish -- I got this recipe from a newspaper lying around afriend's house. It is very spicy. It will burn your mouth off. Do not use on unsuspecting friends, unless you're trying to get rid of them. Yield: Makes 4 servings.

* You could substitute other types of fish.

: Difficulty: easy.
: Time: 10 minutes preparation, 10 minutes cooking.
: Precision: Approximate measurement OK.

: Evelyn C. Leeper
: AT&T Information Systems, Holmdel New Jersey, USA :
ihnp4!mtgzy!ecl

Nori-Crab Rolls

1 can .8oz ajitsuke-nori or
1 seasoned dry seaweed
1 can 7 3/4 oz crab, flaked
1 pkg 8oz, cream cheese, soft
3/4 teaspoon worchestershire sauce
1/4 teaspoon garlic salt

Combine all ingredients except ajitsuke-nori and mix well. Cut ajitsuke-nori in half. Just before serving, spread 1 tsp of the crak mixture on nori and roll. Slice thinly.

Open-Faced Crab Sandwich

16 oz cream cheese; 2 pks
1/2 cup ginger ale

13 oz crab; 2 cns
6 each english muffins
24 oz cheddar; md. sliced, *
12 each tomato slices
2 tablespoon onion; grated
2 tablespoon worcestershire sauce

* Slice the cheese into 12 2-oz slices.

+++
++++++++++++++++++ Soften the cream cheese with the ginger ale. Mix in the onion, Worcestershire sauce and crab. Split the muffins in half and place 2 heaping Tbls of the crab mixture on each half. Top with a slice of tomato and cheddar cheese. Bake at 350 degrees F. for 10 minutes or until heated through and cheddar is melted. Serve hot.

Oriental Steamed Fish

4 white fish steaks, about 3/4 thick
1 tablespoon slivered fresh ginger root
1/4 cup orange juice
2 tablespoon soy sauce
1 1/2 teaspoon distilled white vinegar
1/2 teaspoon brown sugar
1 teaspoon sesame oil
2 green onions and tops, minced

Place fish, in single layer, on oiled rack of bamboo steamer; sprinkle ginger evenly over fish. Set rack in large pot or wok of boiling water (do not allow water level to reach fish). Cover and steam 8 to 10 minutes, or until fish flakes easily when tested with fork. Meanwhile, combine orange juice, soy sauce, vinegar and brown sugar in small saucepan; bring to boil. Remove from heat; stir in sesame oil. Arrange fish on serving platter; sprinkle green onions over fish and pour sauce over all.

Serves: 4

Oyster Mussel Milkbath

12 oysters; drained *
12 mussels; ** see note
3 tablespoon sweet butter
1 onion; peeled and diced
5 peppercorns; freshly ground
1/2 teaspoon salt
2 tablespoon calvert's cedar street basil
1 cup clam juice
2 cup half and half
3 tablespoon sherry

* fresh and shelled-or from jar. ** fresh and shelled-or smoked and canned and drained.

Melt butter in a saucepan over medium high heat. Add onion and saute 5 minutes. Add peppercorns, salt and mustard and stir. Add clam juice, bringto boiling and reduce by 1/3. Add oysters, mussels, sherry and half-and-half and heat but do not boil. Continue to cook until oysters begin to curl around the edges. Individual bowls of soup should be garnished with a few fresh basil leaves.

Servings: 6

Oyster Pan Roast

2 tablespoon broth, clam or
2 tablespoon juice, clam
2 tablespoon butter
1/4 teaspoon paprika
1 pinch celery salt
1 tablespoon sauce, worcestershire
9 medium oysters, shucked with liquor
1 1/2 tablespoon chili sauce
1/2 cup half and half
1 slice toast
1 pinch paprika

In top of double boiler, place clam broth, 1 tablespoon of the butter, 1/4 teaspoon paprika, celery salt, and Worcestershire sauce then stir gently. Add oysters and simmer just until their edges start to curl, about 1 minute. Stir in chili sauce and half and half and

heat through.

Place a slice of toast in warm bowl, pour oyster pan roast over toast, and float remaining tablespoon of butter on top. Sprinkle with a pinch of paprika.

Serve immediately.

Oyster Pate

1 quart oysters (retain liquid)
1/4 teaspoon garlic powder
1 teaspoon louisiana hot sauce
1/2 teaspoon onion powder
1 tablespoon lea & perrins worcestershire
1 water (enough to cover oyste
1 salt, to taste

Cook oysters in their own juice with all above ingredients. In food processor, put olives (stuffed with pimentos), oysters (drained), bacon (and a little bacon drippings), shake of garlic and onion powders, shake ofchili powder, and sweet relish. Pulverize well in food processor. Chill and serve on crackers.
Justin Wilson's "Gourmet and Gourmand Cookbook"

Oysters Annapolis

24 oysters, shucked; w/1 shell
1/3 cup mayonnaise
3 teaspoon worcestershire sauce
2 egg yolks
1 salt
1/2 cup green bell pepper, cored; se
1 pepper; ground
12 oz crabmeat; well picked over
1 cl garlic; chopped
3 tablespoon cracker crumbs

1 teaspoon dry mustard

Recipe by: Joel Ehrlich <Joel.Ehrlich@SALATA.COM> Preheat the oven to 350 degrees. Cut the oysters into several pieces. Place in the half shells on abaking sheet. Combine the remaining ingredients in a small bowl. Toss gently. Pile the mixture on top of the oysters. Bake for 20 to 25 minutes. Serve hot

Oysters Mock-A-Feller

18 gefilte fish pcs. in a jar
1/3 bunch spinach
6 shallots
3 ribs celery
1/3 bunch parsley
1/3 head of lettuce
1 stick pareve margarine,soft
1 tablespoon worscestershire sauce
1 teaspoon anchovy paste
1 dash tabasco sauce
3/4 oz 80 proof absinthe (anisette)
1/3 teaspoon salt
1/2 cup seasoned bread crumbs

Chop all greens fine and mix with margarine and half of bread crumbs. Reserve remaining bread crumbs. Add remaining ingredients, except fish pieces, and blend thoroughly. Drain gefilte fish, slice in half, and place in oven-proof shell shaped ramekins. Set shells in pan of hot, coarse kosher rock salt. Spread sauce over fish pieces and sprinkle with remaining bread crumbs. Bake at 450- F. abt. 25 min.; then place under broiler to brown.

Oysters Poached In White Wine

16 freshly shucked oysters
6 oz dry white wine
2 oz olive oil
2 oz fresh lemon juice
1/4 teaspoon salt

1/4 teaspoon white pepper
1/4 teaspoon dried thyme
1/4 teaspoon dried chervil
1 teaspoon chopped fresh parsley
1 garlic clove, crushed

Place all ingredients in nonreactive pot. Bring to a boil over moderate heat. Remove from heat and allow to cool to room temperature. Remove crushed garlic clove before serving.

Serves four as a first course, two as a light entree.

This elegant first course looks very attractive served in clear glass bowlsor clear stemmed dessert dishes.

Be sure to serve fresh heated French bread with sweet butter to sop up these wonderful juices.

Oysters Rockefeller 1

2 cup water (for steaming spinach)
2 each boxes (10 oz. each) frozen s
4 each scallions
2 each large, ribs celery
1/4 each bunch parsley
1/4 each head iceberg lettuce
1 teaspoon worcestershire sauce
2 teaspoon anchovy paste or
4 each anchovey fillets (mashed)
1/2 teaspoon salt
1/2 teaspoon tabasco sauce
1 teaspoon anise seeds
1 cup bread crumbs

Preheat oven to 400 F. Steam spinach about 5 minutes until tender, pour in a colander, and drain thoroughly. Coarsely chip scallion (tops incluced), celery, parsley, and lettuce. In a blender, puree all of spinach, 2 cups at a time. Place spinach in a bowl. Puree scallion, celery, parsley, and lettuce in blender. Pour mixture into spinach bowl. Mix thoroughly. Stir in Worchestershire, anchovy paste, salt Tabasco, and anise seeds to spinach mixture. Blend mixture in blender for 2 minute on medium speed. Pour mixture into bowl. Add bread crumbs and stir thoroughly. Set aside or store in refrigerator. Bring to room-temperature before using. (See part 2 for more)

Oysters Rockefeller 2

1 pint fresh, shucked oysters
24 each halved oyster shells (well-c

~----- VARIATION: 4 to 5 lb ROCK SALT
Note: FRESH, SHUCKED OYSTERS (RINSED AND DRAINED, MAKE SURE ALL
** SHELL PARTICLES ARE REMOVED)
To cook: Oysters are best baked using oyster shells, rock salt, and pie pans to keep oysters hot when served. If shells and salt are not available, use a jelly roll pan.
Spread rock salt to cover the bottoms of four 6-inch pie pans. Place 6 oyster shells in each pan on top of rock salt. Place 1 oyster in each shell. If using jelly roll pan, spread oysters should look a little dry. Remove from oven. Immediately cover each oyster completely with lots of sauce (about
3 tablespoons
sauce per oyster). Bake in a 400 F oven for 15 to 20
minutes
until tops are brownish.
To serve: If using pie pans, place pan salt, and oysters on heat-proof dinner dishes and serve immediately. Eat oysters and sauce out of shell with a fork. If not using pie pans, place 6 oysters with sauce on each hot serving dish. Yields 24 oysters.

Oysters With Roasted Garlic

2 large whole garlic cloves
1 cup butter
1/2 cup vegetable oil
32 shucked oysters with juice
2 cup heavy cream
1 salt and white pepper,taste

Separate garlic cloves and place them,unpeeled,in a small oven proof dish.Cut the butter into pieces and place over the garlic.Add the vegetable oil.Cover the dish with foil and bake @ 250 degrees for 2 to 3 hours or until garlic is very soft.Cool the garlic in the butter oil mixture.When cooled,carefully peel off the skins and set aside

the peeled cloves,which will be very soft.Reserve the garlic butter in the refrigerator.
Drain off the oysters and reserve the liquid.Combine the liquid and the heavy cream;simmer until it reduces to 1 1/2 cups.Season with salt and pepper.
To assemble: Preheat the oven to 425 degrees.Place 4 oysters and 2 cloves garlic in each of 8 small oven proof ramekins.Pour in enough hot cream to cover.Bake for 15 minutes,top with a small piece of garlic butter and serve immediately.

Pacific Clam & Corn Chowder

8 oz minced clams
1 cup clam nectar and water
3 slice bacon, chopped
1 cup chopped onion
2 cup diced raw potatoes
1 1/2 cup drained whole kernel corn
3 cup milk
2 tablespoon flour
1 tablespoon butter
1 teaspoon celery salt
1 teaspoon salt
1 dash of white pepper
1/2 cup coarse cracker crumbs (optional)

Drain clams; reserve liquid. Add water to clam liquid to make 1 cup. Fry bacon until crisp; add onion and cook until tender. Add potatoes and nectar-water. Cover and simmer gently until potatoes are tender; add corn and milk. Blend flour and butter and stir into chowder. Cook slowly until mixture thickens slightly, stirring constantly. Add seasonings and clams; simmer five minutes. Serve hot and and top with cracker crumbs.

Pad Phed Pladuk (Hot & Spicy Catfish).

10 1/2 oz grated coconut (unsweetened)
2 1/4 lb catfish fillet.
3 tablespoon finely sliced lemongrass.

1 tablespoon galanga, sliced thin.
1 tablespoon kaffir lime rind, sliced. 2
tablespoon cillantro roots.
2 tablespoon krachai, finely sliced. 20
fresh very hot thai chilli.
20 peppercorns
1/2 teaspoon salt.
4 onions, medium size.
8 cloves of garlics.
9 dry red chilli, remove seeds
1/2 teaspoon coliander seeds.
1/2 teaspoon cumin.
3 mace.
2 cardamom
1/2 teaspoon nutmeg.
4 kaffir lime leaves.

1. Use the grated coconut to make 1-1/4 cups of coconut milk, by adding 1/2 cup of very hot water, and working the mixture thouroughly and squeezing out the coconut milk. You may also substitute an equivalent amount of canned (unsweetened) coconut milk.#
2. Cut the catfish fillet into medium size cubes (about 2" x 2").#
3. Discard seeds from the dry chilli, and soak in cold water for at least a half hour.#
4. Separate about 1/2 cup of "cream" from the coconut milk, and heat in a frying pan. Fry the catfish pieces in the coconut "cream" till just cooked and put aside.#
5. Put the following ingredients in a motar: salt, peppercorns, cumin, coriander seeds, mace, cardamon, nutmeg. Pound till well mixed into a fine pulp. Drain the dried chilli (discarding the water) and add to the paste in motar. Continue pounding till the chilli pieces are mixed in. Add lemongrass, galanga, kaffir lime rind, cillantro roots, krachai, and fresh Thai chilli. Continue pounding until it's a fine well mixed paste. (NOTE: You may substitute with an equivalent amount of premade Thai "Red Curry Paste"). 6. Take the above curry paste with the remaining coconutmilk, and fry over high heat till boiling. Lower heat to medium and continue frying, with stiring, till oil starts to form on top of the mixture. Add the cooked fish pieces and the coconut "cream" mixture. Lower the heat to low, and gently cook till thouroughly heated. Adjust tastes with fish sauce and a little sugar (just to have a very slight sweet taste). Add several kaffir lime leaves and cooked for a little while longer.#
7. Remove to a serving platter and garnish with slices of fresh red chilli peppers. Serve with plain boiled white rice.

Paksiw Na Isda (Fish In Vinegar Sauce)

----YIELD----
2 lb fish slices (rainbow trout, salmon; milkfish)
1/2 cup vinegar 4 clove garlic; minced
2 teaspoon ginger; sliced
1 each hot chili pepper; optional
1/4 cup water
1 salt and pepper to taste

Combine all ingredients together in a glass cooking pan or a stainless steel pan. Bring to a boil over medium heat, then reduce heat to medium low. Cover and simmer for 10 - 15 minutes. Transfer to a serving dish. Serves 4.

Pan Fried Brown Trout

2 lb brown trout fillets
1 1/2 cup pancake flour
1 teaspoon salt
1 1/2 teaspoon pepper [freshly ground]
1/2 cup peanut oil

1) Cut trout fillets into 2" to 3" pieces and roll in a mixture made with the flour salt and pepper, making sure to coat well... 2) Place in hot peanut oil in large skillet over med. high heat and cook for 1« to 2 min or until outside is crisp and the fish flakes easily... 3) Serve immediately over bed of watercress, or parsley, garnished with lemon wedges if desired...

Pan Seared Peppered Swordfish With Red Onion

1 2 (8 oz) swordfish steaks about 1 i; nch thick :
fresh ground pepper

2 TB vegetable oil
1 orange peeled and cut into
: -slices
1/2 red onion peeled and thinly
: -sliced

1/4 c cilantro leaves -- chopped
3 TB olive oil

Rub ground pepper into swordfish steaks and let sit for 5 minutes. In a medium bowl, combine orange slices, onion, cilantro and olive oil. Heat heavy skillet over medium high heat and add oil. Add swordfish steaks and cook on either side until well browned about 3 minutes per side.

Recipe By : TVFN How to Boil Water

Date: 09/26/96

Pane Basso (Tuscan Country Bread)

2 oz fresh yeast
500 ml warm water
2 lb strong white flour

("Strong white flour" is a UK term for all-purpose flour. Use bread flour if you can get it, preferably unbleached.) Dissolve the yeast in 150 ml of the warm water in a small bowl. Sift in enough of the flour to make a soft dough, mixing with the hands. Cover and put in a warm place to rise. When the yeast dough has at least doubled in size, begin making the rest of the dough. Sift the remaining flour onto a wood or marble surface. Make a well in the middle; pour a little water into it and begin working the flour towards this with your hands. When the dough has absorbed enough water to bind together, add the yeast dough and work in. Knead for 5-10 minutes, occasionally lifting the dough and smacking it on the table. Continue until it no longer sticks to your hands. Sprinkle a large bowl with water and put the dough into it. Cover with a cloth and let rise until doubled in size (about 30 minutes). Knead again 5-10 minutes and form into two balls. Let stand another 20 minutes, and then bake on a greased, floured baking tin until crusty (about 30 minutes) in an oven preheated to 350.

Pan-Fried Bass

4 bass, cleaned, head and
1 tails removed
1 bacon drippings
1 corn meal
1 salt and pepper

Wipe the fish with a cloth dipped in lightly salted water. Rub the fish lightly with bacon drippings and roll in corn meal. Dust a little salt and pepper in the cavities. Heat bacon drippings in a cast iron fry pan. Drippings should be 1/4 - 1/2 inch deep and hot enough to brown a 1 inch cube of bread in 2 minutes (no hotter). Cook fish until it is browned on one side, about 4 minutes, then turn and brown on the other side. Drain on paper towel before serving

Pan-Fried Brook Trout With Bacon

8 slices of lean bacon
4 3/4 lb. brook trout,
1 cleaned
1 cup milk
1 cup crushed triscuit cracker
1 crumbs

In a large skillet cook the bacon over moderately low heat, turning it, until it is just crisp and transfer it to paper towels to drain. Dip the trout in the mlk and dredge them in the crumbs, packing the crumbs well onto all sides to form a thick coating. In the fat remaining in the skillet saute the trout over moderate heat for 5 to 6 minutes on each side, or until they are golden brown and just flake when tested, and serve them with the bacon, crumbled. The Best of Gourmet, 1986 Edition, Conde Nast Books, Random House, NY.

Pan-Fried Catfish Fillets

3 tablespoon soy sauce
1 1/2 cup orange juice
3 tablespoon minced ginger; -=or=- powdered ginger 4
catfish fillets, 6-7 oz each
3 tablespoon unsalted butter

1 tablespoon grated orange rind
1 cornstarch
1/3 cup cooking oil
1 tablespoon finely chopped parsley

COMBINE SOY SAUCE, 1/2 cup orange juice and ginger in a bowl, add the catfish, cover and place in the refrigerator for 2 hours or up to 6. Place remaining cup of orange juice in a saucepan, place over medium heat and cook, reducing the liquid by about 1/2. Remove from heat and whisk in the butter. Add the rind, cover, and keep warm. Drain the marinade and pat the fillets dry with a towel. Dust with cornstarch and shake off excess. Heat the oil in a 10-inch skillet over medium heat. When the oil is hot, add the catfish, 2 fillets at a time. Fry until golden, about 3 minutes, then turn and fry until done, another 3 to 4 minutes depending on the thickness of the fillet. Drain on paper towels and keep warm in the oven while cooking the remaining 2 fillets. To serve, dress a warm platter with the sauce, arrange catfish on top and garnish with chopped parsley.

Pan-Fried Catfish With Pepper & Lemon

1 tablespoon lemon peel - grated
2/3 cup buttermilk
2 tablespoon butter
1 tablespoon parsley, minced
1/2 teaspoon cayenne pepper
4 catfish fillets
1 tablespoon vegetble oil
1 lemon wedges

Combine cornmeal, flour, lemon peel and cayenne in shallow dish. Season with salt. Pour buttermilk into second shallow dish. Dip 1 fish fillet into buttermilk, then into cornmeal mixture, coating completely. Repeat process with remaining fish. (Note from me: Let fish stand for approximately 15 minutes before proceeding.) Melt butter with oil in heavy large skillet over medium-high heat. Add fish and cook until crust is golden brown and fish is cooked through, turning once, about 4 minutes per side. Transfer fish to platter. Sprinkle with minced parsley. Garnish with lemon wedges.

NOTE: If you let the fish sit coated for the 15 minutes that I recommend, this dish will take 45 minutes. Believe me, let the fish sit for the 15 minutes; it will keep the coating on the fish with no hassle whatsoever.

Panfried Lake Trout Fillets In Tempura Batter

1 1/2 lb lake trout fillet or
4 steaks
1 teaspoon lemon zest; grated
2 tablespoon lemon juice
1/4 cup water
1 cup corn flour
1 teaspoon baking powder
1 egg white
1/2 cup vegetable oil

Cut fish fillets in half lengthwise. Combine lemon zest, lemon juice and water. Blend in corn flour to form a smooth batter; stir in the baking powder. Set aside for 10 minutes. Beat egg until soft peaks form. Fold into batter. Dip fillets in batter, then allow excess to drain. Shallow fry fish in hot oil for 2 minutes on each side or until flesh flakes. This is also a great batter for deep fried fish of all kinds as well.

Jim Weller

Pan-Fried Small Trout With Mushroom Sauce

18 oz trout fillets -- 3-6oz.
1 fillets
1 tablespoon lemon juice
1/4 teaspoon salt
1/2 cup skim milk
1 egg -- beaten
3 tablespoon margarine
1 1/2 cup sliced mushrooms
2 tablespoon parsley -- minced
1 tablespoon lemon juice
1/2 teaspoon salt
1 3/8 teaspoon pepper
1 teaspoon hot sauce
1/2 cup dry bread crumbs
3 lemon wedges

Sprinkle each fillet with one teaspoon of lemon juice and salt. Mix the milk with the egg, dip fish in the mixture, then coat with fine crumbs. Sauté trout in 2 tablespoon of margarine until they are brown on both sides and flesh flakes easily, then remove to warm plates. Raise heat to high, add the remaining tablespoon of margarine to the hot pan, stir in mushrooms, parsley and one tablespoon of lemon juice, 1/2 teaspoon salt, and pepper. Spoon one third of the mushroom mixture on top of fillets. Serve hot sauce and lemon wedges with trout.

Recipe By : The Complete Book of American Fish and Shellfish Cookery

Pan-Fried Trout With Sage & Almonds

1/4 cup unbleached all-purpose
1 flour
1/4 cup sliced almonds (with
1 skins), toasted
3 tablespoon dried sage leaves
1 teaspoon salt
1 freshly ground pepper
1 to taste
4 brook trout (about 1 lb.
1 each), cleaned, heads and
1 tails left on
6 tb peanut or olive oil

Place the flour, almonds, sage, salt, and pepper in a food processor, and process until fine. Sprinkle the mixture on a plate, and coat each trout well with it. Sprinkle the cavities of the fish lightly with additional salt and pepper.
Divide the oil between 2 large skillets, and place over medium-high heat. Saute the trout turning once, until golden and crisp, about 10 minutes. The New Basics Cookbook, by Julee Rosso and Sheila Lukins, Workman Publishing Company, Inc., NY, 1989.

Panned Oysters

24 oysters
1 tablespoon wine, sherry
2 tablespoon butter
1 1/2 oz cream
1 salt & pepper to taste

Put butter in saucepan. When hot add the oysters. Cook until the edges begin to curl, then add cream, sherry and seasonings. Serve on toast.

Pan-Seared Salmon W/ Roasted Cumin-Coriander

----SALMON----
6 8 oz salmon fillets skin intact
1 cup fresh oregano leaves stemmed & fin; e, ly minced 1 cup fresh basil leaves stemmed & finel; y, minced
1 cup fresh parsley leaves stemmed & fin; e, ly minced
1/2 cup olive oil
----CUMINCORIANDER CREMA----
1 1/2 tablespoon cumin seed
1 tablespoon coriander seed
1 cup plain yogurt
2 tablespoon heavy cream
1/2 bunch fresh cilantro stemmed and c; h, opped 2 cloves garlic
1 juice of 1 lemon
----CHIPOTLE SALSA----
1 egg
1 teaspoon ground red chile preferably chimayo 1 chipotle chile in adobo
1 juice of 1/2 lemon
1 clove garlic
1 1/4 cup olive oil

Chef Jason Aufrichtig created this light treatment for rich salmon. When purchasing the salmon, ask for fillets not steaks. The chipotle chile in adobo that is called for in the salsa is a canned product, sold at Latino groceries. The chiles keep for weeks in the refrigerator if they are first transferred to a nonreactive container. They are packed in a red chile sauce, to which vinegar has been added, and are very piquant. There is no substitution for the zippy taste they add to sauces and fillings. Rinse and dry each salmon fillet. It is not necessary to remove the skin from the fillets. Check for pinbones by running your fingertips over the flesh side of the fillet. Use pliers or tweezers to remove any bones. In a small bowl stir together the oregano, basil, and parsley. Pat the

herbs onto the flesh side of each fillet, covering well. Refrigerate until ready to cook. To prepare the crema, combine the cumin and coriander seeds in a small, dry saute pan over medium heat. Roast the seeds, shaking the pan frequently, until the aromas are released, about 2 minutes. Remove from the heat and let cool. Place the spices in a spice mill or coffee grinder and grind to pulverize the seeds. Alternatively, pulverize in a mortar using a pestle. In a small bowl, combine the ground seeds with all the remaining crema ingredients. Let sit for 30 minutes so the flavors can develop and blend. Pour through a fine-mesh strainer into a bowl to remove the cilantro leaves. You will have about 1 cup. (The crema will keep for up to 1 week in the refrigerator.) To prepare the salsa, place all the ingredients, except the olive oil, in a food processor fitted with the metal blade or in a blender. Blend thoroughly. With the motor running, slowly pour in the olive oil in a thin, steady stream, continuing to process until a mayonnaiselike sauce is achieved. Transfer to a bowl, cover, and refrigerate until serving. You will have about 1 1/4 cups. (The salsa will keep for up to 2 days in the refrigerator.) About 15 minutes before serving, place a saute' pan large enough to hold the salmon, with room to spare, over medium heat. Add the olive oil. When the oil is just smoking, put the fillets in the pan, herb sides down. Cook 4 to 5 minutes, then turn and cook on the second side until done, 4 to 5 minutes longer. Cooking times vary according to taste and the thickness of the fillet. At Cafe Pasqual's fish is considered done when the middle is still moist and a bit darker than the surrounding light pink flesh. To serve, spoon the crema onto individual plates, dividing it equally among them. Place 1 salmon fillet on each plate, herbed sides up, to cover half the crema. Drizzle the salsa decoratively onto the fillet and then onto the visible half of the crema.

~--

Parker House Crab Cakes

16 oz lump crab meat
1/2 red bell pepper, diced
1/2 yellow bell pepper, diced
1 medium onion, diced
2 shallots, diced
1 clove garlic, diced
1 tablespoon fresh basil, chopped
1 tablespoon fresh parsley, chopped
2 cup cracker crumbs, unsalted
1 pint heavy cream
2 whole eggs, blended

1 flour
1 olive oil

1. Saute peppers, onions, shallots, and garlic in 2 Tbs olive oil. Set aside and cool. 2. In a mixing bowl, add crab meat, parsley, basil, sauteed onions, peppers, shallots and garlic. Mix thoroughly. 3. Add cream and about 1 cup of cracker crumbs. The mixture should be stiff enough to shape. Adjust seasoning with salt and pepper. 4. Shape crab mixture into oval cakes. Dip into flour, then egg mixture, then remaining cracker crumbs. Shake off excess cracker crumbs. 5. Refrigerate for 1 hour. 6. Heat 2 Tbs olive oil in heavy skillet. Saute cakes until golden brown. Present 2 cakes per person.

Parmesan Baked Fish

4 4-oz fish fillets
1/3 cup lo-cal mayonnaise
2 tablespoon grated parmesan cheese
2 tablespoon snipped fresh chives
1/2 teaspoon white wine worcestershire

Cod, salmon, and orange roughy are all good choices for this easy recipe.
Thaw fish, if frozen. Rinse and pat dry. Spray a 10x6x2" baking dish with Pam; set aside.
In a small bowl stir together mayonnaise, Parmesan cheese, chives or green onion, and Worcestershire sauce. Spread mayonnaise mixture over fish fillets.
Bake, uncovered, in a 450 deg oven for 12-15 minutes or till fish flakes easily when tested with a fork. Per serving: 176 calories, 22 g protein, 1 g carbohydrates, 9 g fat, 59 mg cholesterol, 238 mg sodium, 477 mg potassium

Party Nibbles: Grilled Salmon Ribbons

1 lb skinless salmon fillet 1-inch thic; k
3 tablespoon lemon juice
1 tablespoon olive oil
1 teaspoon dried tarragon

2 tablespoon fresh parsley, minced
1 salt
1 pepper

[2 tb chopped fresh dill may be used in lieu of tarragon]

Cut salmon into 1/4-inch thick slices about 4 inches in length.

Soak wooden skewers for about 30 minutes in cold water. Thread salmon onto skewers. Place in single layer in shallow dish.

Combine lemon juice, oil and tarragon; drizzle over salmon, turning skewersonce to coat both sides. Sprinkle with parsley. Let stand for 15 minutes.
Arrange skewers on lightly greased broiling pan or bakeing sheet. Sprinkle with salt and pepper to taste. Broil for 2-3 minutes or just until opaque.

Patout's Boiled Crawfish

----FOR THE BOIL----
40 lb live crawfish
1 cup salt
1/2 cup ground white pepper
1/2 cup ground red pepper
1/2 cup ground black pepper
5 lb small white onions
12 each ears of corn, shucked
5 lb small new potatoes
----SPRINKLE----
1/2 cup ground white pepper
1/2 cup ground red pepper
1/2 cup ground black pepper
2 cup salt

Alex Patout describes Crawfish as "a delicacy made for sharing-- in fact, in Cajun country, boiling crawfish for only two people counts as a venial sin."
Wash the crawfish well and pick out any fish bones or other debris. Fill a great big (40-quart) Stockpot a quarter full of water. Add the salt and peppers and bring to boil. Add the whole onions, the corn, and the new potatoes (it will be easy to remove them later if you put them in a cloth sack). Return to boil, cover, lower heat to medium, and let cook for 8 minutes. Add crawfish, cover again and raise heat to high. After steam begins to escape

from under the lid, cook 7 minutes more. Remove from heat and let sit for 4 minutes. Do *NOT* remove the lid until this point! Remove the onions, corn, and potatoes to a bowl and drain the crawfish. Place the crawfish in a large insulated container (an ce chest works well, as do the thick waterproof boxes chickens are shipped in, which your butcher may give you for free). Have your *SPRINKLE* ready and sprinkle over the crawfish and mix them well to coat. Cover and let sit for 7 minutes.
Serve immediately with the onions, corn, new potatoes, and lots of French bread on a large table covered with plenty of paper. When everyone has eaten his fill, everyone "peels for the house." The peeled tails can then be used in cold crawfish cocktail or salad or for Fried Crawfish the next day.
Serves 8-10
NOTE: Most of the salt is not added until after the cooking process because too much salt added during cooking makes the flesh of the crawfish adhere to the shell.

Peasant Style Fish

1 no ingredients

8 oz halibut fillet, -- skinned
: Salt and pepper
3 TB olive oil
1/4 c cooked lentils
2 TB sliced green olives
1 TB chopped tomatoes
1 TB chopped shallots
1/2 TB balsamic vinegar
1/4 c reduced beef stock
1 TB chopped parsley, -- for
: garnish

Season fish fillet with salt and pepper. In a medium skillet heat 1 tablespoon oil until rippling. Add fish, skinned-side up and sear for 3 minutes. Add lentils, olives, tomatoes and shallots. Using a spoon gently stir vegetables. Turn fish and cook for 2 minutes. Add vinegar and cook 30 seconds. Add stock, bring to a boil and reduce liquids by half. When fish is tender and cooked through, transfer it to a dinner plate. Add remaining olive oil, stirring quickly to work it into sauce. Taste and adjust seasonings. Pour sauce over fish and garnish with parsley.

Yield: 1 serving

Recipe By : ESSENCE OF EMERIL SHOW

Date: 09/26/96

Peg Jenning's Whiskey-Flavored Crab Soup

----EPICUREAN DELIGHT: BEARD----
----SOUP----
1 lb crab meat
1/2 cup milk
2 tablespoon butter
----CREAM SAUCE----
3 tablespoon butter
3 tablespoon flour
2 cup milk
1 1/2 cup cream, heavy
4 tablespoon scotch whiskey

Heat crabmeat in milk and butter. Make cream sauce by cooking butter and flour together slowly for 2 minutes, then whisking in milk, and salt and pepper to taste. Bring to boil and whisk until smooth. Add cream; stir in crabmeat as soon as it simmers. When it is just at boiling point, stir in whiskey. Serve in heated cups with a sprinkling of parsley.

No good cook is above profiting by another's mistakes. When his friend Mrs. Jennings added a splash of Scotch instead of using sherry in the crab soup she made for him, Beard didn't object to the flavor but did add her recipe to his lifetime collection.

MM by Sylvia Steiger, GEnie THE.STEIGERS, CI$ 71511,2253, Internet sylvia.steiger@lunatic.com, moderator of GT Cookbook and Plat Lowfat and Luscious echoes

Penne Ala Vodka & Smoked Salmon

12 oz penne pasta
2 tablespoon olive oil

1 whole shallot -- thinly
1 sliced
4 whole roma tomatoes --
1 seeded and chopped
2/3 cup whipping cream
1 pinch ground nutmeg
2 tablespoon fresh dill -- chopped
1 ***or***
1/2 teaspoon dried dill weed
1/3 cup vodka
6 oz smoked salmon -- cut into
1 strips
1 white pepper
1 sprig fresh dill

Cook pasta and drain well.

Heaqt oil in a wide frying pan over medium-low heat. Add shallot and cook, stirring often, until soft but not brown (about 3 minutes).
Stir in chopped tomatoes, cover and simmer for 5 minutes. Add cream, nutmeg, choped dill and vodka. Increase heat to high and bring to a full boil. Boil for 1 minute.

Add pasta to sauce and mix lightly using 2 spoons, until pasta is well coated. Remove from heat, add salmon and mix lightly.

Season to taste with white pepper and garnish with dill springs.

Penne Pasta With Tuna

1 can (7 oz) tuna; drained - optional
1/2 cup walnuts
1 lemon's rind
1 teaspoon worcestershire sauce
1/4 cup chopped parsley
4 fresh basil leaves
1/2 cup olive oil
1/2 teaspoon salt
1/4 teaspoon pepper
1 lb penne pasta

Put tuna, walnuts, lemon rind, Worcestershire sauce, parsley, basil, oil, salt, and pepper into a food processor or blender. Cover and process or blend until smooth. Cook pasta according to package

directions; drain. Stir in tuna mixture, coating pasta with sauce. Serve immediately. Makes 4 to 6 servings.

Pepper's Tuna Casserole

6 1/2 oz water-packed tuna
1/2 cup onion; diced
6 oz egg noodles
1 can light cream of mushroom soup
1 no salt; to taste pepper; to tast
2 slice light sandwich cheese

Cook noodles; drain. Mix in all ingredients and top with the cheese. Bake at 350 degrees for about 45 minutes to 1 hour.

Peppery Coconut Baked Fish With Chutney Sauce

3 tablespoon oil
1/2 cup butter, melted
3 tablespoon orange juice
2 tablespoon lemon juice
2 teaspoon garlic powder
2 teaspoon ginger
2 teaspoon crushed red pepper flakes
1 cup plain bread crumbs
1 1/2 cup unsweetened coconut
8 6 oz fish fillets (red
1 snapper, bass, turbot, or
1 orange roughy)
----FOR SAUCE----
1/2 cup mayonnaise
1/4 cup chutney (like mango)
1 tablespoon lemon juice
1 teaspoon curry powder

Heat over to 425 degrees and pour oil into 13x9 baking pan (or spray with Pam); tilt pan to coat evenly. In shallow bowl, mix butter,

orange juice, lemon juice, garlic powder, ginger, red pepper flakes. Salt and pepper if desired. In shallow bowl, combine coconut and bread crumbs. Dip fish in butter mixture and coat with bread crumb mixture. Bake at 425 for 5 minutes. Turn fillets over; sprinkle with remaining mixture. Bake an additional 10-15 minutes or until fish is golden brown and flakes easily. Mix all sauce ingredients. Serve sauce over fish, garnish with lemon and parsley.

Variation: 1-1/2 lbs of peeled, deveined, butterflied shrimp can be substituted. Combine the butter, orange juice, lemon juice, garlic powder, ginger and pepper flakes in a bowl. Add 1 tsp of coconut extract if you don't have coconut. Put the butterflied shrimp in the butter mixture and transfer to plain bread crumbs and toss to coat. Turn shrimp into a "Pam" sprayed pan, separating the ones that "hunked" together, then into the 425 oven for 5 minutes...flip with a spatula and another 10 minutes in the oven. If you don't have chutney, add extra lemon juice...it turns out fine.

typed by jessann :)

Pernod Fish

1/2 cup oil
4 lb firm-fleshed white fish - filleted
3 cup onions; chopped
1 1/2 cup milk
1 1/2 teaspoon each salt and pepper
1/2 cup pernod

Heat oil in a large skillet; saute the fish on both sides. Remove fish to a large baking dish.

Saute onions in the same skillet over low heat until golden, adding more oil if necessary. Stir in the milk, salt and pepper; blend well. Over low heat, bring the sauce to a boil. Stir in Pernod; continue to simmer for 5 minutes. Pour sauce over the fish in the baking dish; bake at 350 F for 10 minutes.

Yield: 6 to 8 servings.

Pescado En Mojo De Ajo (Fish In Garlic Sauce)

1 skinless fillets of any
1 mild white fish
1 flour
1 clarified butter
1 a lot of garlic)
1 juice of one lime
1 additional lime wedges

Use only Clarified butter (don't think of using margarine)

Dust the fillets lightly with flour. Meanwhile, heat some of the clarified butter in a frying pan until hot but not smoking. Saute the fish until lightly browned (some Mexican cooks fry fish until it is the approximate consistancy of our potato chips <crisps>, but I feel this is taking authenticity a bit too far :-).

Remove the fish from the pan, and add additional butter if needed (you will want about 2-3 Tbsp. of melted butter per fillet to sauce the finished dish). Add garlic to the pan and saute garlic until it is a light brown color. Do not allow it to burn, but do allow the garlic to take on some color and become slightly crisp. Squeeze in the lime juice.

Pour the hot butter/garlic mixture over the fish, and serve.

This dish is quite common in Southern Mexico, and traditionally would be served with black beans (either whole or refried); perhaps a simple dish of rice, cooked in chicken broth with chopped cilantro and a few diced green chiles; a side relish of homemade fresh salsa (see Pico de Gallo).

Kathy in Bryan, TX

Pesto Salmon & Sea Scallops With Lemon/Garl

4 tablespoon basic pesto
4 salmon fillets (6 oz each)
1 cup herbed bread crumbs
8 large sea scallops
1 lemon/garlic beurre blanc

Brush the Basic Pesto on top of each salmon fillet. Sprinkle the herbed bread crumbs on top. Preheat the oven to 375øF. In an oiled baking dish place the salmon and the scallops. Bake them for 12 to 15 minutes, or until they are just done. Turn them over once. On each of 4 individual servings plates place the Lemon Roasted Garlic Beurre Blanc. Place a salmon fillet and two sea scallops on top of the sauce.

Poached Salmon With Lobster Butter

1 whole 7-8 lb. salmon
1 salt
----FOR THE BUTTER----
1/2 lemon (juice only)
1 green-black lobster brain or
4 tablespoon reduced lobster stock *
6 oz butter

*Note: Lobster stock should be made from shells and heads, then heavily reduced to make 3-4 tablespoons.

Scale, gut and wipe the fish. Rub the inside cavity with salt. If you have a fish kettle, steam the salmon whole over boiling water for 30-35 minutes (making sure the water is kept topped up). Or wrap the fish in lightly oiled foil and bake it in the oven for an hour at 325 F (170 C) gasmark 3. Leave it to rest while you make the butter.

Warm the lemon juice in a small basin over a saucepan of simmering water. Beat in the nuggets of cold butter, adding more as each one melts. Do thisgently - it can split if you overheat it (revive it with a quick splash of cold water). When you have an unctuous smooth sauce like thin cream, sieveand whisk in the green goo from the head of the lobster - which immediatelyturns the butter a wonderful orange-pink.

Serve the salmon when it is just cool but still sweet-flavoured and full of its own juices, with piping hot baked potatoes and warm lobster butter.

Poaching Stock For Fish & Chicken.

4 cup water
1/2 cup dry vermouth
1 or dry white wine
4 garlic cloves
1 parsley sprigs
1 or dill sprigs
1 black pepper

1. Place water, vermouth or wine, garlic cloves (bruise slightly for stronger flavor), parsley or dill and black pepper into a medium saucepan. Simmer gently for 10-12 minutes. 2. Add the ingredients to be poached. Cover saucepan and simmer over low heat until done. Follow recipe directions for food item you are poaching to gauge cooking times.

Yield: About 4 cups stock.

Recipe By : Jo Anne Merrill

Portuguese Fisherman's Stew

3 onions, sliced
1/2 teaspoon garlic, minced
2 tablespoon margarine
16 oz white beans, drained
2 quart water
2 bay leaves
16 oz chicken stock
16 oz stewed tomatoes
1 1/2 teaspoon thyme
1 lb white fish
1/4 cup lemon juice
1/2 cup water

In a large soup pot, cook onions and garlic in margarine until onions are transparent, about 5 minutes. Add beans, 2 quarts water, bay leaves, chicken stock, tomatoes and thyme. Bring to a boil; reduce heat and simmer 30 minutes.

In a seperate skillet, simmer fish in lemon juice and 1/2 cup water until fish flakes easily with a fork, 5-10 minutes.

Drain lemon water; add fish to stew and heat thoroughly before serving.

Pot-Roasted Salmon With Olives & Preserved Le

4 salmon cutlets
1 olive oil
1 salt and pepper
4 carrots
6 oz green beans
4 oz pitted black olives
1 preserved lemon
6 oz fish stock
1 tablespoon chopped parsley

Preserved lemons are salted lemons - cut a vertical cross in each lemon and stuff with sea salt - preserve in lemon juice for a few weeks in an air-tight jar. If you don't have them use ordinary lemons. The advantage of the preserved ones is their mildness and tenderness, so you can eat them. The unpreserved ones tend to be too bitter. If you don't have fish stock use 3 oz each white wine and water.

Method: Brown the fish in olive oil using the casserole you will use for the roasting. Season with salt and pepper and set aside. Peel and trim the carrots and cut lengthways into thin strips. Top and tail the beans and roughly chop the black olives. In the same pan lightly colour the vegetables in hot oil. Add the black olives and preserved lemon, cut into eight segments, and toss in the oil.

Pour over the stock, bring to the boil, lower the heat, lay the fish on top and cover with the lid, and tinfoil if using. Cook over a moderate heat for eight minutes, basting the fish twice during the process. Remove the fish and keep warm. Continue cooking and vegetables with the lid off until tender. Serve with the fish on top and sprinkling of parsley.

Prairie Oyster

1 fl oz brandy

1 teaspoon catsup
1 pinch coarse pepper
1 pinch cayenne pepper
1/2 fl oz worcestershire sauce
1/2 fl oz vinegar
1 each egg yolk

Shake all except egg yolk over ice and strain into old fashoned glass over two ice cubes. Carefully add yolk without breaking. Should be gulped in oneshot!

Quick Crab Cakes

12 crackers, soda
2 eggs
2 tablespoon mayonnaise
1 teaspoon worcestershire sauce
2 teaspoon old bay seasoning *
1/4 teaspoon pepper, red, crushed
1 lb crabmeat, lump

* OLD BAY SEASONING is a prepared blend of celery salt, spices and paprika; look for it where spices are located.

Quick Crawfish Jambalaya

2 tablespoon butter or margarine
1 cup bell pepper,green,chopped
1 cup celery,sliced
1 cup green onions,slices,w/tops
1 garlic clove,minced
1 cup rice,uncooked
1 1/2 cup chicken broth
1 can tomatoes(16oz)
2 cup crawfish tails
2 cup shrimp,cooked
1 teaspoon salt
1 teaspoon poultry seasoning

1 cayenne pepper to taste

1. Melt butter in large skillet; all bell pepper, celery and onions and cook until soft but not brown.#
2. Stir in remaining ingredients and bring to a boil.#
3. Stir mixture once or twice, reduce heat, cover, and simmer 20 minutes or until rice is tender (mixture should be slightly moist).#
4. Correct seasonings if necessary; fluff with fork and serve.#

Quick Fish Aspic (About 1 Quart)

3 cup fish stock
1 cup tomato juice
4 envelopes unflavored
1 gelatin
1 salt
1 freshly ground pepper
1 teaspoon sugar
2 eggshells, crushed
2 egg whites, lightly beaten
2 tablespoon cognac

In a saucepan combine the fish stock with the tomato juice, gelatin, salt, pepper, sugar, egg shells and egg whites and heat slowly, stirring constantly, until the mixture boils up in the pan.
Remove the pan from the heat and stir in the cognac.
Strain the mixture through a sieve lined with a flannel cloth that has been rinsed in cold water and wrung out. If the aspic starts to set or becomes too firm it may be reheated, then brought to any desired temperature.

Quick Fish Chowder

1 tablespoon safflower oil
1 large onion or leek
3 large potatoes; cubed
2 carrots; cut into 1 chunks
1/4 cup chopped parsley
1/2 teaspoon dried dill

1/4 teaspoon salt
6 cup water
1 lb firm fish; cut in 1 pieces
1 (cod, orange roughy, perch)
1 paprika for garnish

In a large pot, saut, onion in oil until translucent. Add vegetables, water, and seasonings and simmer 20 minutes. For a creamier texture, puree part of the soup and return to the pot. Add fish and simmer 10 minutes more. Serve in bowls and garnish with paprika.

Nutritional information per serving: Protein: 30 grams (36%); Carbohydrates: 43.5 grams (52%); Fat: 4.6 grams (12%); Calories: 335; Sodium: 280 mg; Cholesterol: 61.2 mg. Exchanges: 3 Bread, 3 Lean Meat

Serves 4

Rainbow Jelly Fish

----RAINBOW JELLY FISH----
150 gm dried jelly fish
1 red pepper
1/4 yam bean (optional), or turnip
2/3 cucumber
2/3 celery stalk
1/3 carrot
1 tablespoon sesame seeds
1 1/4 teaspoon salt
1 teaspoon sugar
2 teaspoon sesame oil

1. Soak jelly fish in very hot (but not boiling) water for approximately 3 minutes until it curls. Then rinse under cold running water for approximately 1 hour until it expands. Drain and cut into strips.

2. Shred vegetable ingredients, and blanch slightly in boiling water. Then rinse under cold running water until they are cold, and drain.

3. Stir-fry sesame seeds in a dry wok until they are golden.

4. Mix jelly fish and vegetables with salt, sugar and sesame oil.

5. Sprinkle sesame seeds over mixture.

Rainbow Trout Provencale

2 tablespoon butter
2 garlic cloves, finely chopped
1 bell pepper, julienne
1/2 medium onion, cut into strips
1 teaspoon fennel seeds
6 tablespoon dry vermouth or white wine
2 tablespoon tomato paste
2 tablespoon chopped fresh parsley
1 salt and pepper
4 trout fillets (4 oz each)

Combine butter and next four ingredients in microwavable dish. Cover and microwave on full power for 2 minutes. Stir in vermouth, tomato paste and parsley. Season with salt and pepper. Place trout fillets flesh-side down on vegetable mixture; cover and cook for 2 minutes. Rotate dish; cook 1 to 2 minutes longer, or until fish flakes with a fork. Place trout on serving plate and top with vegetable mixture. Garnish with additional parsley. Makes 2 to 4 servings. About 255 calories per 4-oz serving.

Rainbow Trout With Green Onion - Ginger Mayon

4 rainbow trout (4 oz. each)
----MARINADE----
1/4 cup lime juice
1 tablespoon oriental sesame oil
1 mayonnaise:
3 tablespoon regular or light mayonnaise 5
teaspoon green onions, thinly sliced
1 teaspoon ginger - peeled & finely minced 1
teaspoon fresh lemon juice
1/2 teaspoon soy sauce
1/8 teaspoon oriental sesame oil

Marinate trout. Combine mayonnaise ingredients; refrigerate. Cook trout. Serve immediately with mayonnaise. Makes 2 to 4 servings.

Rainbow Trout With Grilled Vegetable Salsa

4 rainbow trout fillets
1 marinade:
1/4 cup fresh lemon juice
1 tablespoon olive oil
1 salsa:
1 small eggplant (about 4 oz.) - cut in ha; l, f lengthwise 1
green bell peppers
1 red bell pepper - peppers cut in ha; lf - lengthwise, 5
green onions
3 1/2 oz black pitted olives
1 tablespoon olive oil
2 teaspoon fresh lemon juice
1/4 teaspoon salt
1/8 teaspoon ground black pepper

Marinate trout. Meanwhile, brush vegetables with oil and cook over grill until tender, about 10 minutes. Cool slightly and finely chop vevetables and olives. Toss vegetables with oil and remaining vegetables, set aside. Cook trout. Serve immediately with salsa.

Rainbow Trout With Lemon Capers~ & Brown Bu

1 no ingredients

2 TB olive oil
2 12 oz rainbow trout - boned,
: -gutted, head on,
: Flour for dredging
3 TB cubed
2 lemons, 1 split, 1 cut free
: skin and pi -- supremes r
1 ts capers, -- rinsed
1 ts chopped parsley
1 20 1/2 inch toasted white
: bread
: Salt and pepper

Heat oil in a large skillet . Season and dredge the trout in the flour, shaking off the excess. Place the trout, flesh side down in the pan, cook for 2 minutes, flip and cook for 2 more minutes. Remove and place on a plate and keep warm. To the same skillet, add the

butter. It will begin to brown and foam. Squeeze in the juice from the split lemon, gently shake the pan to incorporate the juices. Remove from the heat, add capers, parsley, and bread cubes. Season with salt and pepper, and pour atop the trout and serve.

Yield: 2 serving

Rainbow Trout With Orange Vinaigrette

1/2 cup fresh orange juice
1/4 cup white wine vinegar
1 tablespoon orange zest, finely julienned
2 teaspoon parsley or fresh cilantro, finely; chopped 1 teaspoon sugar
1 teaspoon jalapeno pepper, finely chopped
1/2 teaspoon salt
1 clove garlic, minced
1/4 teaspoon ground black pepper
1/4 cup olive oil
4 rainbow trout fillets

Combine first nine (9) ingredients. Gradually add oil while whipping to emulsify. Set aside all but 1/4 cup. Pour remaining 1/4 cup vinaigrette over trout. Cook trout. Serve immediately with reserved vinaigrette. Makes 2 to 4 servings.

About 296 calories per 4 oz. serving.

Red Sockeye Salmon Special

3/4 cup fresh salmon; flaked, or
1/2 teaspoon white onion; finely diced
1/2 teaspoon dried dill; crushed
1/4 cup whipping cream
8 oz salmon; canned, well drained
1 1/2 teaspoon fresh dill; chopped, or

1/2 cup mayonnaise
1 tablespoon lemon juice

Remove any remaining skin and bones from the salmon (even the canned salmonmay have some). Mix the flaked salmon (canned or fresh) with the lemon juice, onion, and dill. Blend in the mayonnaise and whipping cream. Cover and chill. Makes about 1 1/2 cups of dip. SUGGESTED DIPPERS: Broccoli, Cauliflower, Cucumber, Black Bread, Potato Skins.

Reduced-Fat Crab Rangoon

8 oz cream cheese
6 oz lump crab meat; drained & flaked
2 scallion; including tops, thinly sl
1 garlic clove; minced
2 teaspoon worcestershire sauce
1/2 teaspoon soy sauce, thin
1 pkg won ton skins (48 count)
1 vegetable spray coating

In medium bowl, combine all ingredients except won ton skins and spray coating; mix until well blended. (To prevent won ton skins from drying out,prepare one or two rangoon at a time.) Place 1 tsp filling in center of each won ton skin. Pull bottom corners down and overlap slightly; moisten one corner and press to seal. Lightly spray baking sheet with vegetable coating. Arrange rangoon on sheet and lightly spray to coat. Bake in 425 degree oven for 12-15 minutes or until golden brown. Serve hot with sweet-sour sauce or mustard sauce.

Risotto With Crabmeat & Basil

3 tablespoon butter
1 small onion, minced
1 1/2 cup arborio rice* or medium-grain rice 5
cup chicken stock or broth
1/2 cup whipping cream
3 1/2 oz fresh mild goat cheese (such as mo; n, trachet) 8
oz crabmeat

1/3 cup chopped fresh basil or 1 teaspoon d; ried

This special appetizer is served at Allegro in Santa Barbara. It was a winner.

*Arborio, an Italian short-grain rice, is available at Italian markets and some specialty foods stores

Melt butter in heavy large saucepan over medium heat. Add minced onion and saute until translucent, about 3 minutes. Add rice and saute 1 minute. Add 1 cup chicken stock to rice, reduce heat and simmer until liquid is absorbed, stirring frequently. Continue adding enough of remaining chicken stock 1 cup at a time until rice is just tender but still firm to bite, stirring frequently and allowing each addition to be absorbed before adding next, about 20 minutes. Add whipping cream and simmer 2 minutes. Mix i n goat cheese, then crabmeat and chopped basil. Season risotto to taste with salt and pepper. Serves 6. From the files of Al Rice, North Pole Alaska. Feb 1994

Roast Ginger & Green Onion Crab In The Shell

1 stephen ceideburg
1 live dungeness crab, about 2 to 3; p, ounds 3
tablespoon peanut oil
1 teaspoon salt
1 eight 1/2-inch knobs peeled fresh g; inger, bruised 4
garlic cloves, bruised
8 green onions, cut into 2-inch lengt; hs
1 teaspoon sugar
1/4 teaspoon white pepper
1/4 cup dry vermouth or sherry
1 tablespoon dark soy sauce, or to taste
1/4 cup chicken stock
1 teaspoon cornstarch mixed with 1 tablespoon; water 1
teaspoon asian sesame oil

Although this popular crab dish It's often called 'roasted' or 'baked', it is not. In restaurants, the cracked crab pieces are briefly deep-fried, then quickly stir-fried and finished in a hot wok. For the home cook, I have omitted the deep-frying step. Set up finger bowls and containers for discarded shells. Serve with hot rice and soup or salad.

Hold crab under cold running water and scrub with a vegetable brush, paying special attention to the underside of the body and between the

legs.

To kill the crab, plunge it into a large stockpot of boiling water for 1 minute, or place the crab upside down in a large bowl and cover it with boiling water. When the air bubbles stop rising to the surface, drain the crab and let cool until you can handle it.

If using cooked crab, omit this ,step and proceed to cleaning.

To clean cooked crab: Place crab on its back. With a knife tip lift the apron or breastplate, the triangular-shaped flap on its underside. Grab it and the spine; pull backward, twist and remove. Grab the shell portion in one hand while gathering up all the legs and claws in the other hand. Rock the legs back and forth, tearing them away, from the shell. Pull off the feathery gills from both sides of the chest, remove the mouth and mandibles from its face and discard. Rinse crab with cold water. Blot dry. You may reserve the tomalley, the green spongy matter in the body, for another use, although state and federal authorities have advised against eating the tomalley in this season's crab.

To crack crab: Bend and twist legs backward to remove. With a hammer or nutcracker, crack the shell in the middle of each joint and claws, and in the middle section on the edge side of each leg. Pat dry. Using a cleaver or chef's knife, chop the body through the midsection, dividing it into 2 halves, then each half crosswise into thirds.

To "roast" crab: Preheat a wok over medium-high heat. Add oil, salt, ginger and garlic and half the green onions; saute gently to release the flavors. Using the backside of a spatula, crush the ingredients against the side of the wok to squeeze out juices about 30 seconds, or until fragrant.

Increase heat to high. Add crab claws and legs; stir-fry for 1 minute, or until shells turn bright orange, then toss in chest pieces and cook together for another 2 minutes. Season with the sugar and white pepper. While the wok is hot, splash the vermouth against sides, then the soy sauce. There should be a sizzle and hiss. Toss together for 10 seconds.

Add chicken stock; toss to mix. Scatter remaining green onions over crab. Cover wok and "roast" or braise over high heat for 3 to 5 minutes, or until crab turns bright orange. (If using cooked crab, braise for 1 minute, or until heated through). Shake wok occasionally to redistribute crab.

Remove cover. Add cornstarch mixture in center of wok and stir until thickened (about 10 seconds). When the sauce glazes the crab, fold in sesame oil. Remove to a platter. If you prefer, discard ginger and garlic. Serve immediately with steamed rice.

PER SERVING (6 servings): 115 calories, 7 g protein, 4 g

carbohydrate, 8 g fat (1 g saturated), 24 mg cholesterol, 641 mg sodium, 0 g fiber.

Joyce Jue writing in the San Francisco Chronicle, 3/4/92.

Posted by Stephen Ceideburg

Rock & Roll Clams

1 no ingredients

450 g clams
1 ts minced garlic
6 chiles -- shredded
1 TB chili paste with soya bean
: oil -- *
1 1/2 TB fish sauce
1/2 ts sugar
30 mint leaves
4 TB vegetable broth

1. Wash clams in cool water, but do not open. 2. Heat oil and stir-fry garlicand chili paste until fragrent. 3. Add clams, then fish sauce and sugar and stir to mix. 4. Add mint and stock, then cover. Cook until clams open.

* if chili paste with soya bean oil is not available, use Thai BBQ Sauce recipie.

Rockfish In Parchment With Lemon & Herbs

1 stephen ceideburg
4 rockfish fillets, cut into 4 servi; n, g pieces
1 medium clove garlic, peeled and minced
1 teaspoon dried dill, or basil or rosemary, c; rushed 1 tablespoon olive oil
1/4 teaspoon salt
1 freshly ground black pepper to tast; e

1 large lemon, thinly sliced

Place a heavy baking sheet in the oven as it is preheating to 450 degrees. Cut 4 pieces of parchment paper into 12-by-15- inch rectangles. Place a fish fillet in the center of each piece of paper. Sprinkle with the garlic, desired herb, olive oil, salt and pepper. Place the lemon slices on top of the fish.

Fold the long edges of the parchment over several times; fold in the sides. Crimp the edges to seal.

Place the packages on the hot baking sheet and bake the fish for 13 minutes (about 13 minutes per inch of thickness for this method of cooking). Let each person unfold the individual serving of fish.

By Larry Brown of the Seattle Times writing in the San Jose Mercury News. 6/9/93.

Posted by Stephen Ceideburg

Rolled Oysters

18 medium oysters, drained
1/2 cup flour
1/4 cup milk
1/2 teaspoon salt
1 shortening for frying
1 tablespoon baking powder
1 well beaten egg
1 cup white corn meal

Sift the flour, baking powder and salt. Beat the egg and milk and add to make a batter. It should be stiff. Beat smooth. Put all the oysters in this & coat them well. Take up 3 batter coated oysters at a time and form them in the hand in a croquette. Quickly roll them in the meal, covering them completely. Coat the second time, putting them back in the batter & again in the meal. Deep fry oysters in your deep fryer at 375 degrees. Lower heat as soon as they go in. Do not cook too quickly. Cook the oysters for about 3 or 4 minutes until heated throughout and the crust is visibly brown. Serve with tartar sauce or use a favorite cocktail sauce if you have one.

Rotini & Crab

8 oz rotini -- or corkscrew
1 pasta
20 oz bag frozen broccoli -or-
1 1/2 lb fresh broccoli
2 tablespoon margarine -- reduced
1 calorie
1 tablespoon olive oil
1 teaspoon garlic -- minced
2 medium zucchini -- sliced
1/4 cup scallions -- sliced
12 oz crab meat
2 oz grated parmesan cheese --
1 divided
1/2 teaspoon salt
1/2 teaspoon pepper

Cook pasta; add broccoli 5 minutes before end of cooking time. Cover pot, return to boil Cook 5 more minutes. Drain and rinse under cold water; set aside. Heat margarine and oil, add garlic, zucchini, scallions and crab; cook 2 to 3 minutes. Add pasta and broccoli and heat through. Add 1 ounce cheese, salt and pepper. Garnish with remaining ounce of cheese before serving.

Makes 8 servings.

This is good hot (as a main diah) or cold (as a salad). Leftovers are great for lunches.

Weight Watchers exchanges: 1 1/2 bread, 1 1/2 protein, 1 1/2 vegetable, 1 fat and 30 0ptional calories.

Recipe By : Kathy Cox <coxk@WSU.EDU>

Rotini With Tuna & Tomato

8 oz rotini, twists or spirals - uncooke; d
6 1/8 oz canned solid white tuna (packed in; water), drained 1 medium zucchini; diced
1 green bell pepper; diced
1 medium tomato peeled, seeded & chopped 3 scallions; sliced

1/4 cup drained capers (optional)
2 tablespoon vegetable or olive oil
2 tablespoon lemon juice
1 teaspoon minced fresh basil
2 tablespoon minced fresh parsley
1 freshly ground pepper

Cook pasta according to package directions; drain and chill. Combine pasta, tuna, zucchini, bell pepper, tomato, scallions and capers and toss. Mix remaining ingredients and pour over the pasta mixture. Toss lightly and serve.

Each serving provides: 250 Calories; 17.4 g Protein; 28.2 g Carbohydrates; 7.1 g Fat; 48.2 mg Cholesterol; 27.5 mg Sodium. Calories from Fat: 26%

Rudderfish Poached In Marsala

1 stephen ceideburg
4 pieces rudderfish
1 tablespoon olive oil
2 cloves garlic, finely chopped
1 tablespoon chopped parsley
1/2 cup marsala
1 orange, juice and zest
1/4 cup fish stock

Fish stock can be made when you have the time, frozen in ice- cube trays, then the cubes transferred to a freezer bag for storage until you need them. If worst comes to the worst, the Knorr brand has instant fish-stock cubes, which can often be found in the "exotic" section of large supermarkets.

In a pan large enough to take 4 serving size pieces of rudderfish in one layer, heat a tablespoon of olive oil and gently fry 2 finely chopped cloves of garlic and a tablespoon of chopped parsley. Add half a cup of marsala. the juice and zest of an orange and a quarter cup of fish stock. Bring to a simmer and slide in 4 serving-size pieces of rudder fish. Poach just until the fish flakes, turning once if necessary, and remove the pieces to warmed plates. Turn up the heat to high and boil the liquid fiercely till it has reduced by at least half

Pour the sauce over the fish and serve.

Run Down (Salt Catfish & Tomatoes)

1 lb mackerel fillets; or shad
1/4 cup lime juice
3 cup milk, coconut
1 large onions; chopped fine
2 garlic cloves
1 tablespoon pepper, hot, red; chopped fine 1
lb tomatoes; peeled, chopped
1 salt
1 pepper, ground
1/4 teaspoon thyme
1 tablespoon vinegar, malt

Pour the lime juice over the fish and set aside. Cook the coconut milk in a frying pan until it is oily. Add onion and garlic and cook until onion is tender. Add the hot pepper, tomatoes, salt, papper, thyme and vinegar. Stir and cook very gently for 10 minutes. Drain fish, add, and cook until the fish is tender, about 10 minutes. Serve hot with boiled bananas. Run down can also be used as a stuffing for breadfruit.
Salt codfish or rock lobster tails can be used instead of shad or mackerel.
MM and upload by DonW1948@aol.com Submitted By DONW1948@AOL.COM On WED, 8 NOV 1995 210922 -0500

Salmon And Red Pepper Mousse

1 tablespoon unflavored gelatin
1/4 cup cold water
1/3 cup boiling water
1/3 cup sour cream
1/3 cup mayonnaise
2 large red peppers ,roasted; from j
1 tablespoon lemon juice
1 small onion; chopped
1/4 teaspoon salt
1/8 teaspoon cayenne pepper
1/4 teaspoon papika
1 cup heavy cream; 1 3/4
1 15 1/2 can red salmon; picke
1 tablespoon dill; fresh chopped

Sprinkle gelatin over cold water let stand for2min. Gradually stir in the

Place remaing ingredients except cream & salmon in food processor & blend
Whip cream in a separate chilled bowl. Then fold the cream and salmon into
Spray mold and transfer mousse to it, cover with plastic wrap and
refrigerate

Can be garnished with red pepper strips and dill springs.

Salmon Burgers

15 1/2 oz salmon; drained and flaked
2 egg; beaten
1 cup bread crumbs; dry divided
1/4 cup green onion; chopped 2
tablespoon lemon juice
1/8 teaspoon pepper
1 cup vegetable oil

In med. bowl, combine salmon, eggs, 2/3 cup bread crumbs, the scallions,lemon juice, and pepper until well-blended. Shape into 4 patties, about 3/4" thick; coat with remaining bread crumbs. Place patties on wax-paper-lined plate; chill 1 hour. In lrg. skillet, heat oil over med. heat. Add patties and cook 5 min. per side until browned; drain on paper towels. Serve with Yogurt-Cucumber Sauce. Makes 4 servings. Yogurt-Cucumber Sauce In med. bowl, combine well 1/2 cup plain low-fat yogurt, 1/4 cup chopped, pared cucumber, 1 Tbsp. fresh chopped dill and a pinch of salt and pepper. Cover and chill 30 min. before using. Makes 1 cup

Salmon Dip

1 can red sockeye salmon
1 1/2 tablespoon onion (chopped)
6 oz cream cheese
1/2 each juice from a lime

Mix all ingredients thoroughly; let set in
refrigerator 3 hours before serving.

Salmon Rollups

7 3/4 oz salmon (drained, flaked) 1
teaspoon parsley (dried)
1/2 teaspoon dill weed
1 cayenne pepper
1 each egg (beaten)
1 teaspoon instant minced onions
1 cup cresent rolls

Mix salmon, egg, parsely, onion and dill weed and spread on rolls. Roll up from wide end after spreading. Bake on cookie sheet at 350F for 12 to 15 minutes. Serve with a cheese sauce topping.

Salmon Spinach Pie

12 oz salmon; steamed
1 lb frozen chopped spinach; cook
2 1/2 cup bechamel sauce
2 hard-boiled eggs
1 tablespoon chopped parsley
1 teaspoon dill
1 salt
1 fresh ground black pepper
8 oz puff pastry; thawed, if froz ----for
1/2 beaten

Cook the frozen spinach in a little salted water as directed on the package. If using fresh spinach you will need to cook approximately 2 pounds.

Drain well and line the bottom of a buttered pie plate.

Mix the cooked, boned and skinned salmon with the bechamel sauce and chopped hard-boiled eggs. Mix in the dill and parsley and pour the mixtureon top of the spinach.

Roll out the puff pastry 2 inches larger than the pie plate. Cut a 1 inch wide strip from the outer edge of the pastry. Brush the rim of the

plate with water and fit the pastry strip around. Lift the remaining piece of pastry over the rolling pin and transfer to the pie plate. Press the edges together and trim with a sharp knife held at an angle away from the dish. To seal the edges firmly together hold the knife horizontally towards the pie plate and make a series of shallow cuts round the edge. Flute the edgeswith the thumb and forefinger and pull in the flutes with the back of a knife.

To make decorative leaves for a savory pastry pie, cut remaining pastry into 1.5 inch strips using the rolling pin or ruler as a guide. Every 2.5 inches cut the strips at an angle to make diamond shapes. Press lines on the diamonds to make the veins of the leaves.

Make a hole in the middle of the pie by making a cross with a knife and fold back each part, arrange the leaves in a decorative pattern around the middle and brush with beaten egg.

Bake in a pre-heated 425 oven until pastry is well risen and golden brown -approximately 30 minutes. Cover with foil or waxed grease-proof paper if pastry shows any sign of browning too much.

Serves 4.

Salmon Spread Supreme

1 1/2 lb smoked salmon
2 teaspoon onion; minced
1 cl garlic; minced
2 teaspoon celery; finely chopped
1 tablespoon mustard
2 tablespoon sweet pickle; finely chopped
1 1/4 cup mayonnaise
1 dash worcestershire
2 tablespoon parsley; chopped

Remove skin and bones from fish and flake well.

Mix all ingredients together and chill one hour before serving.

Salmon Steaks In Herb Blankets

4 salmon steaks, 3/4 thick
4 oz butter
1 lemon
1 fresh parsley, chives, mint,
1 lemon thyme and tarragon - (or herb; s of your choice)

Choose a gratin or baking dish which will take the steaks side by side and use some of the butter to grease it thickly. Put the fish into it and season with a squeeze of lemon, a generous grinding of black pepper and a little salt. Cover and set aside in a cool place until ready to cook.

To cook, simply dot the fish with the remaining butter, cover with foil and bake at 375-400 F (190-200 C) gas mark 5-6 for 20 to 25 minutes until the fish is hot and tender. While it cooks, chop coarsely and mix togetherheady handfuls of aromatic herbs. I would probably use something like 8 tablespoons parsley, 6 of chives, 4 of mint and no more than 2 teaspoons each of lemon thyme and tarragon. You may prefer to use a little dill or fennel in place of tarragon, or to concoct some quite different cocktail ofyour own.

Scatter nearly half the herbs on a warm serving dish and lay the fish steaks on a bed of herbs. Scatter more herbs over the fish, spoon on the buttery cooking juices then the remaining herbs. Serve with wedges of lemon and steamed new potatoes. (Other vegetables are best served as a separate course.)

Salmon Steaks With Wine Sauce

4 oz (1) salmon steak *
1 teaspoon cooking oil
1 1/2 teaspoon butter or margarine
1/4 teaspoon cornstarch
1 dash white pepper
1/4 cup half & half light cream
1 each large beaten egg yolk
1 tablespoon dry white wine
1 seedless green grapes (opt.)

* Salmon Steak may be either fresh or frozen.

Salmon Tartar With Avocado Vinaigrette

5 oz salmon
3 slice smoked salmon
----Icelandic lumpfish caviar vinai
1 shallot onion
1/2 cup fresh estragon
1/2 cup sherry
1/3 cup water
1 large avocado; cubed
1/4 cup olive oil
3/4 cup almond oil
1 salt and black ground pepper

Recipe by: Eva Hreinsdottir <eva@RHI.HI.IS> Put the onion, estragon, sherryand water in a pot and reduce until 1/2 cup is left. Mix in a mixer with olive and almond oil. Put in a dish and stir in the avocado with a wooden spoon. Finely chop the salmon, as with beef tartare. The tartare is placed in the middle of a dish with a surround of smoked salmon. The avocado vinaigrette and the caviar are placed on the dish on either side of the tartare. Serve with rye ("rough" in the recipe) bread.

Salmon With Asparagus Sauce

----SAUCE----
1 1/2 lb asparagus, medium/small
2 oz butter, unsalted
2 cup cream, heavy
1 salt (to taste)
1 pepper (to taste)
----ASSEMBLY----
8 each salmon, steaks, 3/4-inch - thick, b; oned 2
oz butter

For the Sauce:

Wash the asparagus and snap off the white ends. Set aside all tops

and half that number of ends. Plunge the tops into a large pot of salted, boiling water and cook until limp but not for too long. (Note: Cook slightly longer than for eating. If undercooked, they will not process well; if overcooked, they will taste earthy.)

Drain the asparagus thoroughly and, while still hot, run it through food processor with unsalted butter for 3 - 4 minutes until smooth, scraping down the sides of the processor frequently.

Meanwhile, chop asparagus ends to remove the dry hard field cuts and simmer with cream. Cook the ends slowly for 20 minutes, then strain, pressing through gently. Just before serving, combine asparagus, butter and cream. Heat slowly to just below boiling point. Adjust the seasonings to taste.

To Assemble:

Salt and pepper the salmon steaks. Melt the butter in a heavy enamel or copper saute pan. When the butter begins to brown, add salmon and cook one side for 30 seconds.

Remove the pan from heat, turn the salmon carefully, and let cook in the hot pan off of the heat for 30 seconds. Salmon will still be quite rare. If you like your fish done more, add to the cooking time slightly. Don't overcook! The salmon loses a lot of flavor when overcooked.

Place the salmon on a towel (cloth or paper) to drain.

Just before you finish cooking the salmon, spoon some of the sauce onto heated plates; then place the cooked drained salmon on top of the sauce and serve immediately.

Preparation time: 1 hour

Salmon-Asparagus Manicotti

16 oz pkg manicotti - (mine had 14 tubes;) 1
lb farmer cheese -- (or ricotta
1 cheese)
1 salmon steak -- about 1/2 lb
1/2 lb fresh asparagus
1 can cream of asparagus soup
1 milk

1 salt and pepper
1 parmesan cheese

Cook the manicotti according to package directions, drain and cool. Set aside.

Poach the salmon steak (in broth or whatever), let cool, remove skin and bones, and crumble the flesh into medium-small pieces.
Trim the bottoms of the asparagus and chop the green parts into 1/2"-1" pieces. You don't have to cook them beforehand.

Combine the cheese, salmon flakes, asparagus and salt and pepper to taste in a large bowl. Combine cream of asparagus soup with 1 can of milk and add some of the resulting prepared soup to the cheese mixture. The stuffing should be soft but not runny. Use this to stuff each tube of manicotti. Place them side-by-side in a shallow baking dish. Pour the rest of the soup over the pan and sprinkle Parmesan cheese on top. Bake at 350 for 25 minutes or so. Serve with, what else, more steamed asparagus!! YUM! (Asparagus was on sale for $1.29/# at Giant last week so I got a bunch. It was the pencil-thin kind, too, not those big woody things we'll be getting later on. Spring is on its way!

Recipe By : BETH WOODELL <woodell@EUROPA.UMUC.EDU>

San Antonio Seafood Cocktail

8 oz pace picante sauce or
8 oz pace thick & chunky salsa
8 oz ketchup
1 squeeze of fresh lemon juice

Combine Pace and ketchup, season with a squeeze of fresh lemon juice, transfer to a serving bowl and chill. To serve, place the bowl on a leaf lettuce-lined platter and surround with cooked and chilled shrimp, scallopsor crab meat (real or imitation), or a combination of all three. Serve withcocktail picks.

Scalloped Salmon Or Trout

1/2 lb cold cooked salmon or trout (sea o; r river trout)
1/2 lb florentine fennel (trimmed weight)
1/2 lb steaky bacon
2 oz butter
1 1/2 oz flour
1/2 pint whole milk
1/4 pint fish stock
1 lemon juice
1 dijon mustard
1 toasted or fried breadcrumbs

Serves 8 as an appetizer, or 3-4 as a main course.

Trim the fennel in the usual way, scraping away fibrous threads with a potato peeler, or remove and discard the outer layers if they are tired-looking or tough. Chop the flesh into small chunks and toss in 1/2 oz melted butter. Half cover the pan and leave to cook gently for 10 minutes just shaking the pan occasionally. Add the bacon, cut into snippets, increase heat and cook, stirring frequently, for several minutes until the bacon is cooked and the fennel is steaked with gold. Season witha good squeeze of lemon and plenty of pepper, and set aside to cool before mixing with the fish, which should be broken into large chunks.

Make a sauce with 1-1/2 oz each butter and flour, the milk and the stock, and simmer gently, half covered, for about 10 minutes. Away from the heat,season with scant 1 teaspoon mustard, a little salt and plenty of pepper. Gently fold in the fish mixture and divide between 8 small scallop shells or cocottes or put it all into one large gratin dish. Cover with foil and reheat in the oven straight away, or if preparing ahead, set aside in a cool place until close to serving time. If the mixture is cold when it goes into the oven, it will probably need 25 minutes or so at 425 F (220 C)gas mark 7 to become thoroughly heated through. Stand the dish(es) on a pre-heated baking sheet to help speed things up. When thoroughly hot, remove the foil and sprinkle the fish mixture generously with freshly toasted or fried breadcrumbs immediately before serving.

Scallops And Mussels, Vinaigrette

36 bay scallops
1 cup lemon juice, or more if need
36 mussells, cleaned and de-bea
36 asparagus
1 boston lettuce
1 teaspoon parsley-chopped

1 dijon mustard vinaigrette:
1 egg yolk
4 tablespoon dijon mustard
1 egg-hard boiled, chopped
1/2 teaspoon pepper
1/2 teaspoon salt
1 sugar-pinch of
1 tablespoon onion-minced
1 garllic clove-minced
2 teaspoon shallots-minced
2 teaspoon oregano
1 teaspoon basil
2 teaspoon parsley-chopped
1 cup olive oil
3 tablespoon white wine
3 tablespoon white vinegar

Fat grams per serving: Approx. Cook Time: 01:30 Remove small white muscle from scallops & mar-inate in lemon juice for one hour. Steam mussels, discarding any that do not open. Set aside. Cook asparagus in boiling, salted water for 6-8 min. or until al dente. Drain & cool. Drain off lemon juice from scallops. Mix scallops & mussels together w/ Dijon Mustard Vinaigrette. Prepare a bed of lettuce & lay as- paragus on top. Arrange mussels & scallops across the asparagus. Sprinkle with parsleyand serve.
VINAIGRETTE: Combine egg yolk & mus- tard. Add all ingredients except oil,wine & vinegar. Add oil slowly in stream then add white wine & white vinegar. When asparagus isn't in season,fresh,halved Bartlett pears or halved avocado may be substi- tuted. This dish may also be served as a maincourse in greater quantities.

Scallops Florentine

3 oz parmesan cheese
1 teaspoon nutmeg
3 each cloves garlic
1/2 teaspoon white pepper
1 1/4 lb fresh spinach, stems
1 1/4 lb bay scallops
1 cut off and reserved
1 rinsed and drained
1/2 cup unsalted butter
8 z shell or small pasta
1 teaspoon salt
1 al dente and drained
1 cup whipping cream

Position rack in center of oven and preheat to 425.
Mince spinach stems and garlic in food processor.
Melt butter in heavy skillet over medium low heat.
Stir in garlic mixture and saute until spinach
stems are very soft (about 8 minutes). Add whipping
cream and simmer until reduced by half (about 5
minutes). Coarsely chop spinach leaves in processor in
batches using off on turns. Add to cream mixture with
nutmeg and pepper. Increase heat to high and cook
until spinach is heated through about 3 minutes.
remove from heat. Stir in scallops and pasta.
transfer to shallow 4 quart baking dish. Sprinkle
with reserved parmesan cheese over top. Bake until
scallops are just opaque, about 10 to 12 minutes.
Serve immediately.

Scotch Scallops

1 lb ground beef
2 tablespoon minced onion
1/2 cup oil
1/2 cup milk
1 teaspoon salt
1/4 teaspoon pepper

Brown ground beef and minced onion in hot oil. Then mix, stirring very little, with milk, salt and pepper. Cover; simmer until meat is done (15 min.). Serve hot on platter... in border of fluffy mashed potatoes.

Allied tip: All you have to do to make ground meat go further: mix it with Wheaties, bread or cracker crumbs, cooked rice, oatmeal, crushed zweiback crackers, and moisten with a little milk.

Seafood & Asparagus Stir-Fry

----MARINADE INGREDIENTS----
1 tablespoon dry sherry*
1 teaspoon cornstarch
1/4 teaspoon salt
1 pinch white pepper
----STIRFRY INGREDIENTS----
1/2 lb shrimp,medium,raw**
1/4 lb sea scallops***
1/2 lb asparagus
2 tablespoon vegetable oil
2 teaspoon garlic,minced
1/2 cup baby corn,canned,drained****
1/2 cup whole water chestnuts
1/2 cup chicken broth
2 tablespoon sherry*
1 teaspoon sesame oil
1/2 teaspoon sugar
1/2 teaspoon salt
1 pinch white pepper
2 1/2 teaspoon cornstarch*****
5 teaspoon water

* - or Chinese white wine

** - shelled and deveined

*** - cut in half horizontally

* - and cut in half diagonally

** - dissolve cornstarch in water

Combine the marinade ingredients in a medium bowl. Add the shrimp and scallops; stir to coat. Set aside for 30 minutes. Snap off and discard the tough ends of the asparagus and cut the spears diagonally into 1 1/2" pieces. Place a wok or wide frying pan over high heat until hot. Add the vegetable oil, swirling to coat the sides. Add the garlic and cook, stirring, until fragrant, about 10 seconds. Add the shrimp and scallops; stir-fry for 2 minutes or until the scallops turn opaque and the shrimp turn pink. Remove the seafood from the wok. Add the asparagus, baby corn, water chestnuts, and broth; cover and cook for 2 minutes. Add the sherry, sesame oil, sugar, salt and pepper. Return the seafood to the wok and add the cornstarch solution. Cook, stirring, until the sauce boils and thickens.

Seafood Pasta Salad

2 cup pasta, tri-colored spiral
1 cup shrimp, cooked
1/3 cup green pepper, diced
1/4 cup carrots, sliced
1/2 cup zucchini, sliced
1/3 cup white wine worcestershire
1/3 cup mayonnaise

salt and pepper to taste
* cook pasta according to package directions
** 1 can (6 1/2oz.) tuna, drained and flaked can be used for shrimp.
*** Lea & Perrins White Wine Worcestershire Sauce.
In a mixing bowl, combine pasta, shrimp or tuna, bell pepper, carrots and zucchini. Add Worcestershire, mayonnaise, salt and pepper and toss lightly to combine. Refrigerate at least 30 minutes before serving.
BETTER HOMES AND GARDENS
for free recipe booklet, write Lea & Perrins, P.O.Box 1579, Ridgely,

Seafood Rice Salad New Orleans

1 pkg frozen cooked shrimp,(8oz)
1 can tuna,drained(6oz)
3 cup cooked rice,cooled
1/2 cup minced onions
1/2 cup minced sweet pickles
1 1/2 cup thinly sliced celery
1/4 cup diced pimiento
3 hard-cooked eggs,chopped
1 tablespoon lemon juice
1 cup mayonnaise
1 crisp salad greens
1 tomato wedges(optional)

1. Combine all ingredients except greens and tomato wedges; season to taste and chill.

2. Serve on salad greens; garnish with tomato wedges if desired.

Seafood Stuffed Flounder

----SEASONING MIX----
1 teaspoon salt
1/2 teaspoon sweet paprika
1/2 teaspoon black pepper
1/2 teaspoon dried thyme leaves
1/2 teaspoon sweet basil
1/2 teaspoon gumbo file (optional)
----MAIN INGREDIENTS----
3 each slices bacon, diced
1 1/2 cup onions, chopped very fine
1 cup green bell peppers, chopped
1/4 lb + 1 tbsp unsalted butter
3/4 teaspoon white pepper
3/4 teaspoon ground cayenne pepper
1/2 lb small shrimp
1 1/2 cup basic seafood stock
6 each shucked oysters (med. size)
3/4 cup all-purpose flour
1/2 cup green onions, chopped fine
1/4 cup grated parmesan cheese
----FLOUNDER SEASONING MIX----
2 teaspoon salt
1 teaspoon sweet paprika
1/2 teaspoon white pepper
1/2 teaspoon onion powder
1/2 teaspoon garlic powder
1/2 teaspoon dry mustard
1/4 teaspoon ground cayenne pepper
1/4 teaspoon dried thyme leaves
1/4 teaspoon dried sweet basil leaves
6 each flounders (see note)
1 1/2 cup grated cheddar cheese
1 vegetable oil for frying

NOTE: Flounder should be 1 to 1-1/4 pounds each, boned, heads removed and brown side split down the center. Combine the first seasoning mix ingredients in a small bowl; mix well and set aside. In a large skillet fry the bacon over high heat until crisp. Add onions, celery and bell peppers. Stir well and saute until vegetables start to get tender, about 5 minutes, stirring occasionally. Add 3 tablespoons of the butter and the white and red peppers; stir until butter is melted. Stir in the shrimp and the first seasoning mix. Continue cooking for about 3 to 5 minutes, stirring occasionally and scraping pan bottom well. Stir in the stock and the oysters; cook and stir about 6 to 8 minutes. Remove from heat. Use a slotted spoon to spoon the seafood vegetable mixture into a food processor or blender, leaving the liquid in the skillet; process mixture until smooth, about 15 to 30

seconds. Return mixture to skillet, stirring to blend with liquid; turn heat to high, and cook until mixture starts sticking excessively, about 5 minutes, stirring occasionally and scraping pan bottom well. Remove from heat. Meanwhile, in a 1-quart saucepan melt the remaining 6 tablespoons butter over high heat; when almost melted, remove from heat, then add 1/4 cup of the flour and stir until mixture is smooth. Return to high heat for 1 minute, stirring constantly. Turn heat to high under the stuffing mixture; gradually add the butter-flour mixture, stirring constantly until well blended. If mixture starts "weeping" oil at this point, stir in about 2 tablespoons more stock or water.) Continue cooking until very thick, about 1 to 2 minutes, stirring constantly. Add the green onions and cook 1 minute more, stirring constantly. Remove from heat and stir in the Parmesan. Cool slightly, then refrigerate until chilled, about 30 minutes. In a small bowl thoroughly combine the flounder seasoning mix ingredients. Open the flounders for stuffing. Sprinkle 1/4 teaspoon ofthe seasoning mix on the inside of each flouner. Mound 1/4 cup of the cheddar cheese in the center of each, then spoon a scant 1/2 cup chilled stuffing on top of the cheese. Close the fish so the stuffing doesn't show. Cover and refrigerate for 1 to 2 hours. Sprinkle 1/4 teaspoon of the seasoning mix on each side of each chilled flounder, patting it in with your hands. In a pan (cake and pie pans work well) combine the remaining seasoning mix with the remaining 1/2 cup flour. In a large, heavy skillet heat 1/4 inch oil over high heat to about 350F. Meanwhile, place each flounder (split side up) in the seasoned flour to coat only the bottom surface. Carefully slide each flounder into the hot oil and fry the bottom until it's crispy, crunchy and brown-brown!-- about 3 to 4 minutes. Without draining, place the flounder, still split side up, on an ungreased cooke sheet. Bake at 550F until the fish are cooked and well browned on top, about 10 minutes (after about 4 minutes, drape a piece of aluminum foil over the tails so they won't burn). Serve immediately as is, or topped with Hollandaise Sauce, Shrimp and Crab Buttercream Sauce, or Bearnaise Sauce

Sep-Dinner: Smoked Salmon Tartare

2 tablespoon light mayonnaise
1 tablespoon lemon juice
1/2 teaspoon capers, chopped
1/4 teaspoon pepper
1 dash hot pepper sauce
1 pinch hot pepper flakes
1/4 lb fresh salmon fillet
1/4 lb smoked salmon
1 fresh dill

Use very fresh fish or substitute cooked salmon.

In bowl, combine mayonnaise, lemon juice, capers, pepper, hot pepper sauce and hot pepper flakes. Finely chop the fresh and the smoked salmon. Gently mix into mayonnaise mixture. Garnish with sprigs of fresh dill.

Serve in fried pasta cups, toast cups, bagel chips or endive spears.

Recipe by Alan Johnston Executive Chef, Edwards Fine Food, Privateer's Restaurant complex, Halifax, Nova Scotia, Canada.

Luncheon Menu:[originating chef indicated] Smoked Salmon Tartare [Alan Johnston] Oxtail Consomm [Jamie Kennedy] Roasted Shrimp With Chanterelles And Sweet Corn [John Bishop] Roasted Cornish Hens With Shiitake Basil Stuffing [Anne Desjardin] Fresh Pear Ice Cream [Daphna Rabinovitch]

Sesame Fish

1 lb ocean perch, -or
1 cod, trout, flounder
1/4 teaspoon salt
2 tablespoon butter
2 tablespoon oil
1 tablespoon sesame seed
1 lemon, cut in half
1 tablespoon basil leaves, fresh chopped or 1 ts; dried 2 tablespoon parsley, fresh chopped

If fish fillets are large, cut into 4 serving pieces. Spri;nkle both sides with salt. Heat butter and oil in 10-inch skillet over medium heat until hot. Cook fish about 10 minutes, carefully turning once,

until brown on both sides. Remove fish and keep warm.
Cook and stir sesame seeds in same skillet over medium heat about 5 minutes or until golden-brown; remove from heat.
Squeeze lemon over sesame seeds. Stir in basil. Pour over fish.
Sprinkle with parsley.

Sesame Fried Trout

1 egg
1 tablespoon water
4 tablespoon sesame seed
1 cup bread crumbs
1/4 cup flour
4 trout (about 3 pounds)
1/4 cup vegetable oil

Beat egg with water. Mix sesame seeds and bread crumbs. Coat fish with flour. Dip fish in egg and water mixture and roll in sesame seeds and bread crumbs. Pan fry in hot oil about ten minutes on each side or until flesh flakes from bones.

Sesame Jellyfish

1/2 lb prepared shredded jellyfish 2
teaspoon light soy sauce
3 tablespoon sesame oil
2 teaspoon white rice vinegar
2 teaspoon sugar
3 tablespoon white sesame seeds, toasted

RINSE THE JELLYFISH WELL in cold running water and drain. Put it in a stainless steel bowl and cover with boiling water. Let the jellyfish sit in the water for about 15 minutes or until it is tender. Drain and continue to soak at least 6 times in several changes of cold water. Drain thoroughly and blot dry with paper towels and set aside. Mix soy sauce, sesame oil, vinegar and sugar in a small bowl. Toss the jellyfish well in this sauce and let it sit for at least 30 minutes. Just before serving, garnish with the sesame seeds. Serves 4 as part of a Chinese meal or 2 as a single dish.

Sesame Salmon Steaks

4 salmon steaks; 6-8 oz each
3 tablespoon tahini
2 tablespoon toasted chili sesameseed oil
1 cup brown oil
2 tablespoon white sesame seeds
1 teaspoon ginger, powdered
1 teaspoon cracked black pepper

Look for tahini in Middle Eastern shops and toasted chili sesame oil in Asian markets.

1. Clean and dry salmon. Whisk together all ingredients except salmon in small bowl. Pour into a gallon-sized zip-seal plastic bag along with fish. Seal and refrigerate at least 8 hours.

2. Prepare a grill. Remove salmon from marinade; pat dry. When hot, place salmon on grill and cook 6 to 7 minutes per side. (Steaks may also be broiled, 10 minutes per inch thickness.)

Sesame Sea Scallops

1 1/2 lb large sea scallops
1 tablespoon salad oil
1 tablespoon soy sauce
2 tablespoon dry sherry/white wine
2 egg whites/substitute
1/2 teaspoon ground ginger/five-spice powder 4
tablespoon bread crumbs
4 tablespoon sesame seeds

Gently stir scallops with oil, soy sauce, wine, egg whites and ginger. MArinate for 1 hour. Combine bread crumbs and sesame seeds, roll sea scallops in this mixture or put crumbs and seeds in large plastic bag and add scallops a few at a time; close bag tightly and shake to coat

scallops. Arrange coated scallops in single layer on shallow non-stick baking pan, sprayed with cooking spray. Bake uncovered in preheated, very hot 475 degree oven for about 6-8 minutes.

Shark Fingers

1 lb shark fillet, strips 1/2
1 beer, flat, can
2 cup flour, self rising
1 cup corn meal
1 1/2 cup milk
2 tablespoon condensed milk
1/4 teaspoon basil
1 teaspoon salt
1 teaspoon pepper, black
2 tablespoon prepared mustard
1 peanut oil

Soak shark strips in flat beer for one hour. In a bowl, mix flour, basil, corn meal, salt and pepper. In another bowl, mix thoroughly milk, condensed milk and prepared mustard. Combine contents of both bowls and blend to smooth batter. Preheet deep fryer to 350-400 deg. Remove shark and drain. Dip in batter, then place in deep hot peanut oil. When fish is done, it will float and turn a golden brown color. Serve with tartar sauce or thousand island dressing.

Shark Kebabs

2 lb shark meat,1x1.5 pieces
1/2 cup rice wine
1 tablespoon lemon juice
1/4 teaspoon ginger,ground
3 tablespoon peanut oil
1/2 cup dry sherry
1/4 cup soy sauce
1 each garlic clove,minced
3 tablespoon vegetable oil

1. Place fish in glass bowl.#

2. Combine remaining ingredients except oil; pour over fish.#
3. Cover and chill for 2 hours, turning occasionally.#
4. Reserving marinade, thread fish chunks on skewers.#
5. Basting often with marinade, cook over low coals or under a broiler 10 to 15 minutes, or until fish flakes easily.#

Shark Steaks (Tiburon Encuritido Frito)

1 lb or more of edible shark fill
1 cut into 1/4 thick steaks
1/4 cup lime or lemon juice, or more
1 teaspoon salt, or to taste
1/4 cup corn oil

Marinate the shark in the lime juice and salt for not less than 1 hour. Heat the oil in a skillet over moderate heat. Drain the shark steaks well and fry them for 1 minute on each side. Serve warm.

Shark Stew

2 cup celery; cut into 1 pieces
2 medium onion; chopped
3 tablespoon ; water
58 oz tomato, stewed, with mexican seaso; n, ing
1/2 cup cilantro, fresh; chopped
2 lb shark; or other firm white fish,
1 hot cooked rice
1 homemade or prepared salsa
1 cilantro leaves
1 plain yogurt or sour cream
1 lime wedges
1 salt and pepper

In a 5-6 qt pan, combine celery, onions and water. Stir often over medium-high heat until water evaporates and vegetables start to stick and brown slightly, about 10 min. Stir in tomatoes and their liquid into pan along with chopped cilantro. Bring to full boil on high heat. Push fish down into vegetables; cover and simmer on low heat until fish is opaque but still moist-looking in the center of the thickest piece (about 20 minutes). Ladle stew into wide bowls and add

cooked rice, salsa, cilantro leaves, yogurt, juice from lime wedges and salt and pepper, to taste.

Sharky's Mustard Sauce

1 tablespoon paprika
1 tablespoon ground black pepper
1 tablespoon salt
1 teaspoon garlic powder
1 cup prepared yellow mustard
1 cup packed brown sugar
1/2 cup white vinegar

Combine all the ingredients in a mixing bowl; Stir until creamy. Chill for about 15 minutes before use.

She Crab Soup

1 leek, sliced
8 ribs celery, diced
2 tablespoon flour
1 pinch of oregano
1 quart fish stock
1/2 lb crabmeat
1 teaspoon worcestershire sauce
2 egg yolks, beaten
1 onion, diced
1/4 lb butter
1 teaspoon tomato paste
1 quart chicken broth
4 oz crab roe
4 tablespoon sherry
1/2 pint cream
1 salt and pepper to taste

Melt butter in saucepan, add vegs., and simmer until tender. Mix flour, tomato paste and oregano. Stir well, add tovegs. Stir in chicken broth and fish stock. Boil 30 min., stirring occasionally. To this mixture, add crab roe, crabmeat, sherry, Worcestershire sauce,

salt & pepper. Cook for 5 minutes ONLY. Remove from heat. Add egg yolks and cream. Serve at once. Makes about 1 gallon.

This is a very old and secretive South Carolina recipe that originated in Charleston, SC., a city much like that of the history of New Orleans. The recipe has never before been given out from the original family of the restaurant first making this dish. Over the years, othe restaurants have come up with a good likeness of it, but not the original. Here is the original.

Shellfish Gazpacho

4 tablespoon olive oil
8 shrimp
8 large scallops
8 small clams (littlenecks or manilas)
8 mussels
1 cup white wine
2 tablespoon sherry vinegar
1 small onion; chopped
2 tablespoon minced garlic
1 medium cucumber; peeled and seeded
2 dash tabasco sauce (or more)
1 teaspoon minced garlic
3 cup tomato juice
1/4 cup mayonnaise
1 salt and pepper; as desired
2 large red peppers
8 rounds of french bread

HEAT 2 TABLESPOONS OLIVE OIL in a skillet over medium heat and add shrimp and scallops. Cover and cook until shrimp and scallops are cooked, about 4 minutes. Remove shrimp and scallops and place in the refrigerator to chill. Add clams, mussels, white wine, vinegar, onion and garlic to pan; cover. Increase heat to high and cook until the shells open, about 5 minutes. Remove from heat. Remove shellfish and add them to the shrimp and scallops in the refrigerator to chill. Transfer the rest of the contents of the pan to a food processor or blender. Add the cucumber, Tabasco, garlic and 1 cup tomato juice and blend until smooth. Add the mayonnaise, blend until incorporated and taste for salt and pepper. Pour the mixture into a bowl, add remaining juice and place in the refrigerator to chill. Roast the peppers, remove the skin and seeds and place in the refrigerator to chill. Brush the rounds of bread with remaining olive oil, toast them under a broiler and set aside to cool. When it's time for dinner, arrange 2 shrimp and 2 scallops in a pepper half and place in soup

bowls. Spoon some gazpacho around the peppers and arrange the clams and mussels in the soup. Place the croutons on the peppers. Serve well-chilled.

Shellfish Stew Alla Tarantina

1 no ingredients

2 lb mussels, -- scrubbed and
: debearded
1 lb large shrimp, U-15 size, --
: peeled and deveined
1 lb calamari, cleaned of skin,
: ink sac and beak
1 lb small clams or cockles, --
: scrubbed and drained
12 oysters, shucked, -- with
: liquid reserved
6 TB virgin olive oil
1 md red onion, chopped into --
1/4 -inch dice
1 red bell pepper, seeded and
: cored, -- chopped into
1/4 -i
1 yellow bell pepper, seeded
: and cored, -- chopped into
1/
2 TB freshly chopped thyme
: leaves

Cut calamari into 1/2-inch rings and check oysters for sand and bits of shell.

In a 4 quart pot, heat olive oil until smoking. Add onion, peppers and thyme leaves and cook until softened but not brown, about 10 minutes. Add wine and tomato sauce and bring to a boil. Add clams, shrimp and mussels and cover.

Cook 3 to 4 minutes until clams have all opened. Add calamari and cook 2 minutes until opaque. Season with salt and pepper, add oysters and oyster liquid and simmer 2 to 3 minutes until oysters have tightened around outer edges. Divide shellfish over pieces of bread in 4 bowls, pour in broth and serve.

Yield: 4 servings

Recipe By :MOLTO MARIO SHOW #MB5666

Date: Fri, 1 Nov 1996 22:14:18
~0500

Shells With Tuna~ Broccoli~ & Red Onion

1/4 cup olive oil
1/2 cup onion -- sliced thin
2 garlic cloves -- crushed
6 oz tuna, canned
3 tablespoon fresh lemon juice
1 tablespoon parsley -- chopped
1 tablespoon lemon zest -- grated
1/2 teaspoon dried oregano
1/4 teaspoon black pepper -- coarsely
1 ground
8 oz medium pasta shells
2 cup broccoli florets and stems
1 cut into 1 pieces

1. Heat olive oil in a medium skillet over low heat; stir in onion and garlic; saute 2 minutes (garlic shouldn't brown and onion should be slightly crunchy). Remove from heat; add tuna, lemon juice, parsley, lemon zest, oregano, and black pepper.

2. Cook the shells in plenty of boiling salted water for 5 minutes; add the broccoli; cook until pasta is al dente and broccoli is tender, 5 to 7 minutes longer. Remove 1/4 cup of the pasta cooking water and add to tuna sauce. Drain pasta; toss with tuna mixture and serve at once.

Makes 4 servings.

Recipe By : Jenipher Lapoint <jlapoint@hpl3sn03.cern.ch>

Shrimp & Crab Spaghetti

2 lb peeled shrimp

2 med. onions, chopped
2 tablespoon vegetable oil
1 cup tomato paste
1 teaspoon basil
1/2 teaspoon salt
1 stick butter
12 crabs, cooked or raw
1 clove garlic, minced
2 can tomato sauce (8 oz.)
1 tablespoon chili powder
1/2 teaspoon sugar
1/4 teaspoon pepper
1 pkg spaghetti

Brown onions and garlic in hot oil. Add remaining ingredients, except shrimp, crabs and spaghetti. Bring to boil and simmer 30 minutes, stirring constantly. Remove outer shell and legs from crabs, leaving meat in bottom part; break in half. Add shrimp and crabs to sauce, simmer additional 30 minutes. Add uncooked spaghetti to sauce, stir constantly until done and pour sauce over cooked spaghetti.

Shrimp & Fish Cakes (Tod Mon) With Cucumber

1 lb large shrimp, peeled,; * see
1 lb whitefish, boneless and skin
1/4 lb fresh green beans, trimmed -
2 teaspoon chopped garlic
2 eggs
2 teaspoon thai red curry paste; ** see
1/4 cup thai fish sauce; ** see note
4 tablespoon cornstarch
1/2 teaspoon sugar
1/2 teaspoon black pepper
2 tablespoon chopped fresh coriander; (ci
3 cup peanut oil; for frying

Recipe by: NURPPL@NURSE.EMORY.EDU * chopped in food processor to a coarse paste ** Available in some Asian markets.

Combine all of the ingredients except for the cooking oil. Mix well and form into 3-inch round patties, 1/4 inch thick. Setting the thrmostat to 360 degrees, heat an electric skillet, placing about 1 inch of oil in the pan. Fry each patty, turning once, until golden brown. Serve with cucumber condiment that follows.

NOTES: I have always found that the shrimp/fish mixture is too gooey to work with unless I coat each blob with some plain flour as I start to form it into a patty. I've also always made smaller patties (about 1.5 inches across and 1/2 inch thick) because this size was easier to work with. Frying in a wok also works well.

Shrimp And Fish Cakes (Tod Mon) With Cucumber Condiment

1 lb large shrimp, peeled,; * see
1 lb whitefish, boneless and skin
1/4 lb fresh green beans, trimmed -
2 teaspoon chopped garlic
2 eggs
2 teaspoon thai red curry paste; ** see
1/4 cup thai fish sauce; ** see note
4 tablespoon cornstarch
1/2 teaspoon sugar
1/2 teaspoon black pepper
2 tablespoon chopped fresh coriander; (ci
3 cup peanut oil; for frying

Recipe by: NURPPL@NURSE.EMORY.EDU * chopped in food processor to a coarse paste ** Available in some Asian markets.

Combine all of the ingredients except for the cooking oil. Mix well and form into 3-inch round patties, 1/4 inch thick. Setting the thrmostat to 360 degrees, heat an electric skillet, placing about 1 inch of oil in the pan. Fry each patty, turning once, until golden brown. Serve with cucumber condiment that follows.

NOTES: I have always found that the shrimp/fish mixture is too gooey to work with unless I coat each blob with some plain flour as I start to form it into a patty. I've also always made smaller patties (about 1.5 inches across and 1/2 inch thick) because this size was easier to work with. Frying in a wok also works well.

Shrimp On Crab Legs (Cang Cua Boc Tom)

10 crab legs or several hard shell cra; bs
1 shrimp paste, prepared as for shrim; p on sugar cane
1/4 cup vegetable oil
----NUOC CHAM----
1 clove garlic
1/2 fresh hot red chili pepper or 2 dri; ed 2
teaspoon heaping, granulated sugar
1/8 fresh lime
2 tablespoon fish sauce (nuoc mam)
2 1/2 tablespoon water, more if necessary

Here we have a party dish that will bring out "oohs" and "ahs" from your guests on sight - and a repeat performance on taste.

Crab claws, alone, are sometimes available in fish stores. If they aren't, boil several hard shell crabs and use the claws; you can use the bodies in many other dishes.

The crab claws in fish stores are already partially peeled and serve not only as a handle but are edible as well. If you prepare your own claws, peel the upper section around which you mold the shrimp paste.

Boil the crab legs or crabs for about 10 minutes, then drain and cool; remove the claws from the crabs, if using, and reserve the bodies for another purpose.

Have the shrimp paste ready; preheat the oven to 350F.

Pour the oil into a bowl. Dip your fingers into the oil and pick up 2 tablespoons of the shrimp paste. Mold it into an oval around and halfway down the crab claw, covering the part of the claw where it was attached to the body; this will leave a claw tip extended to serve as a handle. Place the claws on a baking sheet and bake in the preheated oven for 30 minutes.

Serve with Nuoc Cham and watercress.

NOTE: In Vietnam, this dish is always barbecued over charcoal. If you wish to prepare it this way, cook for 10 minutes on each side.

Makes 10 servings.

Here we have a party dish that will bring out "oohs" and "ahs" from your guests on sight - and a repeat performance on taste.

Crab claws, alone, are sometimes available in fish stores. If they aren't, boil several hard shell crabs and use the claws; you can use the bodies in many other dishes.

The crab claws in fish stores are already partially peeled and serve not only as a handle but are edible as well. If you prepare your own

claws, peel the upper section around which you mold the shrimp paste.

NUOC CHAM:

This exciting sauce is almost always served at Vietnamese meals, just a Westerners serve salt and pepper. It's base is nuoc mam (bottled fish sauce). Freshly prepared, it is a constant delight, and so addictive to Western palettes that it will appear with meals other than Vietnamese. To best appreciate the results of its superb blending qualities at the table, use it sparingly at first, gradually adding more until the result is just right for your palate.

Peel the garlic. Split the chili pepper down the center and remove the seeds and membrane. Cut into pieces and put into a mortar, together with the garlic and sugar. Pound into a paste. Squeeze the lime juice into the paste, then with a small knife remove the pulp from the lime section and add it as well. Mash this mixture and add the fish sauce and water.

NOTE: If you find this a trifle strong at first, dilute it with an additional 1/2 tablespoon of water.

Shrimp Or Oysters Brochette

1 each stick of butter
2 each cloves of garlic
1 each juice of lemon
1/2 each bacon for each shrimp

Heat lemon juice, butter an garlic to boiling. Put 1/2 slice of bacon around each shrimp. Salt and pepper (red) to taste. Broil 15-20 minutes Turn once.

Simple Scallops Supreme

2 lb scallops

4 oz canned mushrooms
1 can (10 oz) cream mushroom soup
1/4 cup sherry
1/2 teaspoon tarragon
1 bread crumbs (topping)
1 grated cheese (topping)

Combine all ingredients except toppings, cutting large scallops in half, and place on individual baking shells or a shallow rectangular casserole dish. Sprinkle with medium layers of bread crumbs and grated cheese. Bake at 350 degrees for 1 hour.
Mrs. Robert F. Lewis

Smoked Catfish Terrine

2 lb catfish fillets
1/2 lb white crabmeat; all shells r
1/2 cup chopped celery
1/4 cup chopped parsley
1/4 cup green onions; finely chopped
1 teaspoon dill
1/2 teaspoon basil
1/2 cup mayonnaise
1/4 cup pimentos
1 juice of 2 lemons
8 oz cream cheese
1 cup sour cream
1 tablespoon liquid smoke
2 unflavored gelatin; dissolve
1/4 cup cold water
1 salt; to taste
1 cayenne pepper; to taste

Cook catfish by placing in lightly salted boiling water to cover and simmeruntil tender. Cool. In a bowl mix together cream cheese, sour cream, and mayonnaise. Add onions, celery, dill, basil, parsley, pimentos, liquid smoke, and juice of 2 lemons. Add chopped catfish and crabmeat. Blend well.Season to taste with salt and cayenne pepper. Add gelatin, blend well and pour into terrine mold. Chill for about 4 hours once it sets, place the mold in the center of a silver tray and invert to unmold. Serve with garlic croutons or crackers.

Yield: one molded appetizer.

Smoked Salmon Bites With Lemon Balm On Pumpernickel

6 slice pumpernickel bread - cut in squares; - 4 squares per sl 1
unsalted butter
1 tablespoon chopped fresh lemon balm
1 teaspoon lemon juice
1 salt and pepper; to taste
4 oz cream cheese; at room temp.
1/4 lb canadian smoked salmon - thinly sli; ced 1
small red onion - thinly sliced in rings
----GARNISH----
1 lemon slices
1 lemon balm sprigs

Spread pumpernickel squares with butter. Blend lemon balm with lemon juice, salt, pepper and cream cheese. Spread evenly onto buttered squares.Place a small piece of salmon on top of each square, then a red onion ring.
Arrange on serving platter; garnish.

Variation: Use chopped chives or dill instead of lemon balm.

So Easy Fish

2 each fillets white fish, 8 oz
1/4 cup fresh bread crumbs
1/8 teaspoon garlic powder
1/2 teaspoon oil
1 teaspoon grated parmesan cheese
1/8 teaspoon lemon pepper

Preheat oven to 425F. Rinse fish and pat dry. Lightly grease a small shallow baking pan with some of oil. Rub remaining oil over top of fish. In a small bowl, combine remaining ingredients and sprinkle over fish. Bake, uncovered, about 20 min. or until fish flakes easily. Cal: 169; Fat 3g.

Steamed Fish And Spinach

16 oz pkg frzn fish fillets,thawed
1/2 cup chopped onion
1 clove garlic, minced
1 tablespoon olive or vegetable oil
1/4 cup dry white wine
1/4 teaspoon dried tarragon or basil
1/8 teaspoon salt
1/8 teaspoon pepper
10 oz pkg frozen chopped spinach *
1 green or sweet red pepper **

* thawed and well drained
** cut into thin strips
Cut block of fish crosswise into 4 equal pieces. In a small skillet, cook onion and garlic in hot oil till tender. Remove from heat. Stir in wine, tarragon or basil, salt, and pepper. Return to heat and boil gently about 2 minutes or until most of the liquid has evaporated. Remove skillet from heat and set aside. Place 1/8 of the spinach on four 12x18" pieces of heavy foil. Place 1 portion of fish on each portion of spinach. Spoon onion mixture evenly over fish. Top with remaining spinach and the green pepper strips. Bring up long edges of foil and, leaving a litle space for steam expansion, seal tightly with a double fold. Then fold short ends to seal. Grill foil packets, seam side up, directly over medium coals about 20 minutes or till fish flakes easily when tested with a fork. Turn packets over twice.

*

** Per serving: 162 calories, 22 g protein, 6 g carbohydrates, 4 g fat, 49 mg cholesterol, 169 mg sodium, 815 mg potassium.

Steamed Mussels With Creamy Fish Filling

24 (about 1 kg) large mussels

2 tablespoons oil 1 small onion, finely chopped 2 teaspoons finely chopped fresh ginger 1 clove garlic, crushed 1 stem fresh lemon grass, finely chopped 1 teaspoon shrimp paste
500 g white fish fillets, chopped 1 egg white 1 tablespoon cream
1 tablespoon chopped fresh basil 2 small fresh red chillies, sliced

1: Scrub mussels; remove beards. Place mussels in pan, cover with cold water, bring to boil, simmer, covered, for about 3 minutes until mussels begin to open. Drain mussels, rinse under cold water; drain well. Remove and discard top shell from each mussel.

2: Heat oil in pan, add onion, ginger, garlic and lemon grass, cook, stirring, until onion is soft. Add paste, cook, stirring, for 1 minute; cool.

3: Blend or process fish, egg white and cream until smooth. Combine fish mixture, onion mixture and basil in bowl; mix well, Spoon mixture onto mussel in shells, smooth surface, top with chilli.

4: Just before serving, place mussels in bamboo steamer in single layer. Cook, covered tightly, over pan of boiling water, for about 3 minutes or until fish mixture is cooked through.

Makes 6 servings.

Mussels can be prepared a day ahead. Storage: Covered, in refrigerator. Freeze: Not suitable. Microwave: Not suitable.

Stir Fried Scallops And Apples

2 stalks celery
1 lb scallops
2 apples
3 tablespoon margarine
1 lemon

Coarsley chop celery, and slice scallops. Peel and quarter apples. Heat margarine in heavy skillet over high heat and stir fry celery for 2 minutes. Add scallops, sprinkling with juice from half the lemon. Coarsley cut apple pieces into mixture, stirring constantly, for another 2-3 minutes, adding more margarine if needed. Sprinkle with juice from remaining half of lemon, and serve.

Stir-Fried Scallops In A Basket

12 each chicken breast
12 each slices giant bamboo shoot
12 each slices carrot
12 each thinly sliced broccoli
2 cup shredded lettuce
2 each medium potatoes
1/2 teaspoon salt
4 cup oil for deep frying
3 each slices fresh ginger
1 each clove garlic, crushed
2 tablespoon peanut oil
1 dash salt
2/3 cup chicken stock
2 tablespoon gin
1/2 teaspoon sugar
1/4 teaspoon white pepper
2 teaspoon thin soy sauce
1 tablespoon cornstarch paste

Preparation: Slice bamboo shoot across grain into 2" triangles. Peel & slice carrots on bias. Remove strings from peas & wash. If substituting broccoli, use peeled stems only; slice thinly on bias. Shred lettuce; arrange like nest on round 10" serving plate.
Making Potato Basket: Peel, then coarsely shred potatoes. Or, slice potatoes into thin matchsticks. Rinse potatoes in cold water twice; soak them 30 minutes in cold salted water; rinse & drain. Slowly heat deep-frying oil in wok to medium hot; test potato slice: it should brown in 30 seconds. Dust potatoes with cornstarch so they will stick together when fried. Arrange them in a cross-hatch pattern on Chinese wire strainer or other suitable strainer to form deep basket. Press them in position with another strainer. If you use bowl for pressing, heat it first, because you don't want to cool frying oil. Immerse in oil & deep-fry until potatoes begin to brown. Remove from oil; take away top strainer only; drain; reserve.
When ready to serve, heat oil to very hot, but not smoking; deep-fry potatoes in strainer again until they are brown & crisp. Place basket in nest of lettuce.
Blanching: Dip scallops in hot but not boiling water; remove in 15 seconds when scallops are warmed: don`t allow them to cook.
Stir-frying: As you heat wok to medium hot, stir-fry ginger slices & garlic to flavor wok; remove when they start to brown; discard. When wok is hot, add peanut oil & salt; stir. Add bamboo shoots & carrots; stir-fry 1 minute. Add stock. When stock boils, add scallops, snow peas, sugar, white pepper, gin & soy sauce. Stir 1 minute. Add cornstarch paste to thicken. Transfer to potato basket. Serve.
Serves 4

~---

Swordfish Kebabs

2 1/4 lb swordfish steaks
6 tablespoon olive oil
1 teaspoon oregano, chopped
1 teaspoon marjoram, chopped
1 juice & rind from 1/2 lemon
4 tomatoes cut in thick slices
2 lemons cut in thin slices
1 salt and fresh ground pepper
1 lemon slices/italian parsley

1) Cut the swordfish steaks into 2 inch pieces.

2) Mix the olive oil, herbs, lemon juice and rind together and set it aside. Thread the swordfish, tomato slices and lemon slices on skewers,
alternating the ingredients. Brush the skewers with the oil and lemon
juice mixture and cook under a preheated broiler for about 10 minutes,
basting frequently with the lemon and oil. Serve garnished with lemons
and parsley.

Thai Noodles With Seafood

1 no ingredients

Cut 500 g of mixed seafood into bite-size pieces, first removing any shells. If you are using mussels, wash and scrape the shells and open them by putting them in a pot with a little boiling water. Cover and boil for a few minutes, removing each mussel as it opens to prevent overcooking.

Chop a handful of basil leaves and seed and finely slice 3 bird's eye chillies.

In a frying pan or wok, heat 1 tablespoon of oil. Brown 2 tablespoons of crushed garlic and saute the seafood for a couple of minutes. Drain off the oil and set the garlic seafood mixture aside.

Put another tablespoon of oil in the pan and increase the heat. Add 2 tablespoons of light soya sauce and the noodles and saute for 2-3 minutes. Tip the seafood back into the pan and add 3 tablespoons of fish sauce. Stir well. Add the basil leaves and chillies and cook for 1 minute more, stirring. Serve,

Makes 3 to 4 servings.

Posted by Stephen Ceideberg; November 17 1992.

Thai Salmon Parcels

2 4-5oz salmon fillets
4 sheets filo pastry
1 oz butter
1 teaspoon grated ginger
1 garlic clove; pressed
1 spring onion; finely chopped
1 tablespoon fresh coriander - (finely chopped) 1 lime; zest & juice
1 salt & pepper

Mix together lime zest and juice, garlic, spring onion, ginger and coriander.

Melt butter. Lay out 1 sheet of filo, and brush with butter. Lay second sheet on top, brush with more butter. Lay a salmon fillet about 2-3 inches from short side of pastry, season to taste and put half of lime mixture on top. Fold short end of pastry over salmon, then fold in the 2 long sides. Fold the salmon over twice more, and cut off the remaining pastry. Do the same with the other fillet.

Put the parcels on a well-greased baking sheet, and just before baking brush with the remaining butter.Cook at gas mark 5 for 20-25 mins, until brown and crispy.

The Perfect Tuna Casserole

1 can cream of mushroom soup
1/3 cup milk
6 1/2 oz tuna; drained and flaked *
2 each eggs; hard boiled, sliced
1 cup peas; cooked
1 cup potato chips; * *

* As this is an old recipe, it calls for tuna packed in oil. ** Slightly crumble the potato chips.

+++
++++++++++++++++++ Preheat oven to 350 degrees F. Blend soup and milk in 1-quart casserole. Stir in tuna, eggs, and peas. Bake 20 minutes. Top with chips; bake 10 minutes longer.

Tomato-Fish Cossack Stew

2 each onions, chopped
2 each garlic cloves minced
1 tablespoon oil
36 each tomatoes peeled or
16 oz canned stewed tomatos
8 oz tomato sauce
1 potatoes
2 tablespoon dill freshly chopped
1 teaspoon thyme leaves
1 tablespoon lemon juice fresh
3 each bay leaves
1/4 teaspoon black pepper
1 tablespoon parsley chopped
2 lb fish boneless & cubed 1/2

Cook onion and garlic in oil till tender. Cut up tomatoes. Peel and chop potato. Stir in undrained tomatoes, tomato sauce, potato, dill,bay leaves, thyme, and pepper. Bring to boil, reduce heat, cover, and simmer 30 minutes Stir in fish, lemon juice,& parsley. Bring to boil, reduce heat, cover & simmer 3-5 minutes more. Origin: Ludymila Rusteshenko, Odessa, Ukraine, circa 1995

Trout Appetit With Remoulade Sauce

1 1/2 lb smoked trout
----REMOULADE SAUCE----
4 tablespoon horseradish mustard
1/2 cup tarragon vinegar
2 tablespoon catsup
1 tablespoon paprika
1/2 teaspoon cayenne pepper
1 teaspoon salt
1 clove garlic
1 cup salad oil
1/2 cup shallots
1/2 cup chopped celery

Remove skin and bones from fish. Flake and place in cocktail glasses or iced supreme bowls lined with lettuce.

Place all ingreds. for Remoulade Sauce in blender and blend thoroughly.

Chill well before serving.

Smoked trout may be purchased at kosher deli.

Trout With Cream And Honey Sauce (Irish)

250 gm trout
1 teaspoon honey
50 gm butter
50 gm whole almonds, skinned
4 tablespoon fresh heavy cream
1 tablespoon lemon juice
100 gm flour (seasoned to taste)
300 ml milk (to soak trout in)

Chop the almonds finely. Prepare the fish, wash and dry and then soak in milk for 5-10 minutes. Toss in seasoned four. Melt half the butter in the frying pan, and fry the fish for 5-7 minutes on each side. Make the sauce by melting the rest of the butter, adding the chopped almonds.

Saute for a few minutes. Then add the honey and lemon juice; bring carefully to simmering point, and add the cream last, making sure the temperature is fairly low so it won't curdle. Pour over the fried fish, and serve garnished with lemon.

Tuna Almondine

5 tablespoon butter or margarine
2 cup frozen hash browns
1/4 teaspoon salt
1/8 teaspoon pepper
1/3 cup sliced almonds
2 tablespoon flour
1 cup milk
1/2 cup shredded cheddar cheese
2 teaspoon lemon juice
1/2 teaspoon season salt
4 drops hot sauce
6 1/2 oz light tuna, drained
1/2 teaspoon paprika

PREHEAT OVEN TO 3500F.
PLACE 2 TBSP BUTTER IN A 1 QUART CASSEROLE DISH. HEAT IN PREHEATING OVEN
TO MELT BUTTER. TILT AND TURN TO COAT SIDES AND BOTTOM.
STIR POTATOES INTO MELTED BUTTER. SPRINKLE WITH SALT AND PEPPER. BAKE FOR 15 MINUTES.
WHILE POTATO IS BAKING, BROWN ALMONDS IN 1 TBSP BUTTER IN A SAUCEPAN. REMOVE HALF THE ALMONDS. SET ASIDE. ADD REMAINING BUTTER TO SAUCEPAN. OVER MEDIUM HEAT, MELT THE BUTTER; STIR IN FLOUR TO MAKE SMOOTH MIXTURE.
ADD MILK; HEAT TO BOILING AND THICKENED, STIRRING FREQUENTLY.
ADD CHEESE, LEMON JUICE, SEASON SALT AND HOT SAUCE. STIR TO BLEND.
LAYER TUNA OVER POTATOES. TOP WITH SAUCE, SPRINKLE REMAINING ALMONDS ON TOP.

Tuna Apple Salad

6 1/2 oz tuna

3 cup torn lettuce
1 each apple
1 each stalk celery, chopped
4 1/4 oz chopped olives (opt.)
1/4 cup cheese, grated (opt.)
1 each boiled egg, chopped (opt.)
3 tablespoon thousand island dressing

Drain tuna. Tear lettuce into bite-sized pieces. Core apple and cut into eight wedges. Cut each wedge crosswise into 4 or 5 chunks. Each apple piece will still have peel on one edge. Red apples look especially nice.
Combine tuna, lettuce, apple and chopped celery. Add optional ingredients as desired. Add Thousand Island dressing and toss until well blended.
Serve with crackers or specialty bread. Serves 3.

Tuna Croquettes With Dill Sauce

----DILL SAUCE----
1 cup sour cream
1 tablespoon sweet pickle relish
1/2 cup mayonnaise
2 teaspoon lemon juice
1 teaspoon dried dill weed
----TUNA CROQUETTES----
2 cans (12 oz) chunk tuna
1 drained and flaked
3 eggs, beaten
1/2 cup instant mashed potato flakes
1/2 small onion, finely chopped
2 tablespoon finely chopped parsley
1/2 teaspoon black pepper
1/4 teaspoon salt
1/4 cup plain bread crumbs
1 about 4 tablespoons butter

To prepare Diull Sauce: In a small bowl, stir together all ingredients

until well mixed; cover and refrigerate until ready to serve.

To prepare Tuna Croquettes: In a large bowl, combine tuna, eggs, potato flakes, onion, parsley, pepper and salt; mix well. Shape into 12 round patties, each about 1/2 inch thick.

Place bread crumbs in a shallow dish. Completely coat each patty with bread crumbs.

In a large skillet, melt 2 tablespoons of the butter over medium heat.

Cook patties in batches 4 to 5 minutes on each side, or until golden brown, adding more butter to the skillet as needed. Serve immediately with Dill Sauce.

Tuna In A Shell

6 oz tuna; drained
1/2 cup cheddar cheese, shredded
1/2 cup celery; finely chopped
1/4 cup onion; finely chopped
1/4 cup mayonnaise
2 tablespoon pimento; chopped 1
teaspoon chives; chopped
1 teaspoon lemon juice
1/2 teaspoon salt
1 dash pepper
2 tablespoon dry bread crumbs
2 tablespoon butter
4 baking shells; (1/2-cup size

Recipe by: Janet Morrissey <janetm@ONLINE1.MAGNUS1.COM> Mix first 10 ingredients together well. Divide into shells (or small casseroles). Sprinkle with bread crumbs and dot with butter.

Bake at 350F for 15 minutes minutes or until top is lightly browned.

Vegetable Fish Filets

1 lb sole or cod filets
1 tablespoon oil
1 cup sliced onion
3 cup sliced zucchini
1 cup green pepper slices
3/4 cup chopped tomatoes
3 tablespoon dry sherry (optional)

1 tablespoon lemon juice
1/2 teaspoon salt
1/2 teaspoon basil
1/4 teaspoon pepper
2 drops hot pepper sauce
1/4 cup parmesian cheese

Place filets in a layer in oiled 9-inch square baking pan, saute onion, zuchini and green pepper in oil until crisp-tender; spoon over filets. Top with tomatoes. Combine sherry, lemon juice, salt, basil, pepper and pepper sauce; pour over filets. Bake uncovered at 350F for 25-30 minutes. Remove fish and vegetables to heated platter; sprinkle with parmesian cheese. if desired, serve pan juices over bulgar or rice.

Whitefish Baked W/ Fiddlehead Ferns

1/2 cup white wine
2 tablespoon dijon mustard
4 (7-oz) whitefish fillets
1 salt and white pepper to taste
1/2 teaspoon thyme
3/4 lb fiddlehead ferns =or=- asparagus
1 medium onion; finely diced
2 tablespoon unsalted butter

PREHEAT OVEN TO 375F. Combine wine and mustard in a 3-inch deep baking dishjust large enough to hold the whitefish fillets in 1 layer. Place the whitefish in the wine and sprinkle with salt, pepper and thyme. Place the onions and fiddleheads on top, cover the dish and place in the oven for 20 minutes. Remove baking dish from the oven. Arrange a bed of onions and fiddleheads on a platter and place the fish on top. Swirl butter into the cooking liquid and pour over the fish. Serve immediately.

Zuppa Di Vongole (Clam Soup)

48 each clams

3/4 each bottle white wine (1 liter)
1 leek
1 small onion
1 clove garlic
1 quart fish stock
1 peeled, chopped tomato
1 small bunch marjoram
1 leaf of celery
4 crusts of bread (croutons)

Into a saucepan put 4 dozen *vongole* or small clams (cockles or mussels can be used as well). Pour over them three-quarters of a bottle of white wine and let them cook until they have opened. Drain them, setting aside the liquid in which they have cooked, and remove the empty half-shells. -- Chop the white part of a leek with a small onion, add a clove of garlic, and saute this mixture in a saucepan with good oil, add the liquid from the clams, and a quart of fish stock; add a peeled and chopped tomato, a bouquet of marjoram, and a few green leaves of celery. Let this bubble fast for ten minutes, remove the bouquet and the garlic, stir the clams into the soup, and pour it into the tureen. Serve separately small croutons of bread fried in oil."

30-Min: Tuna Burgers

2 eggs
1/3 cup dry bread crumbs
1 tablespoon fresh dill, chopped, or 1 ts dried; dillweed 1 tablespoon horseradish
2 teaspoon dijon mustard
1/4 teaspoon pepper
1 pinch salt
13 oz canned water-packed tuna
2 green onions, minced
1 celery stalk, chopped
1 tablespoon vegetable oil
4 whole-wheat hamburger buns
1 alfalfa sprouts

In bowl, lightly beat eggs; mix in bread crumbs, dill, horseradish, mustard, pepper and salt.

Drain tuna; mix into bowl along with onions and celery. Shape into

four 1/2-inch thick patties.

In nonstick skillet, heat oil over medium heat; cook patties, turning once, for 10 minutes or until golden brown and set.

Sandwich in buns. Garnish with sprouts.

4 servings for $6.08CDN [Aug 95]

Per Serving: about 360 calories, 32 g protein, 9 g fat, 40 g carbohydrate, high source fibre, good source iron

7 Minute Boiled Crawfish

50 lb crawfish, live
2 each ice cream salt, boxes
4 oz liquid crab boil
3 each cayenne, lge stirring spoons
6 each bay leaves, whole
6 each celery, ribs
4 each onions, medium
3 each lemons or 1 tsp lemon oil
8 oz honey
3 each oranges, halved

Fill a 60 qt pot 1/2 full. Add all ingredients except crawfish and bring to a boil. Add crawfish. When it boils agains, time for 7 minutes. Remove from fire, add one bucket cold water. Let it soak for one hour.

Abalone Stuffed With Crabmeat

----WHITE SAUCE----
2 tablespoon butter or margarine
2 tablespoon flour
1 salt, pepper
1 cup warm milk
----ABALONE----
1 butter or margarine
2 shallots; minced
1 cup cooked crabmeat
1 salt, white pepper
1 dash red pepper

1/2 teaspoon dry mustard
1/2 teaspoon worcestershire sauce
1/2 lemon (juice only)
4 large abalone steaks
2 eggs; beaten
1 flour

Melt 2 tablespoons butter in skillet and stir in flour. Season to taste with salt and pepper. Cook, stirring, over medium heat about 1 minute but do not allow flour to brown. Add milk and cook and stir 1 or 2 minutes until mixture comes to boil and thickens. Set aside. For abalone, melt 1 tablespoon butter in small saucepan, add shallots and cook until tender but not browned. Add crabmeat and heat thoroughly. Add enough white sauce to bind, about 1/2 cup. Season to taste with salt and white pepper and add red pepper, mustard, Worcestershire and lemon juice. Carefully pound abalone steaks between 2 sheets of waxed paper until very thin (unless purchased already pounded). Dip abalone in eggs seasoned to taste with salt and white pepper. Coat with flour and set aside. Melt 2 tablespoons butter in heavy skillet. Add abalone and brown quickly on one side. Turn and brown other side. Do not overcook as abalone will toughen. Place abalone steaks on platter and spoon crabmeat stuffing on each. Roll and arrange on serving platter, seam down. If desired, serve with any remaining sauce.

Accra (Saltfish Cakes)

2 teaspoon active dry yeast
1/2 cup water; warm
1/2 lb codfish, salt, boneless
1 cup flour, all-purpose
1 teaspoon sugar, granulated
1/4 cup onions; finely chopped
1 garlic cloves; chopped fine
1 tablespoon pepper, hot; seeded, chopped fine 1 tablespoon chives; chopped fine
1 salt; to taste
1 pepper, black; to taste
1 oil, vegetable

Sprinkle the yeast on warm water and stand for 10 minutes. Pour boiling water over codfish, allow to cool. Rinse in cold water, remove skin and bones, and shred fish very fine. Mix fish with flour, sugar, onions, garlic, peppers, chives, salt and generous amount of pepper. Add yeast and beat until smooth. Allow to rise for 1 1/2-2 hours in warm, draft-free place.
Drop by tablespoon into hot oil (370F) and fry until golden brown.

Drain on paper towels and serve hot.

Aceitunas Alinadas (Olives In Oil)

1 1/2 cup unpitted green spanish olives in br; ine, drained
1/2 cup oil, olive; spanish
2 tablespoon vinegar, wine, red
1 each bay leaf, broken into pieces
1 each clove garlic, unpeeled and crushed 1
pepper, black; to taste

Peel of 1 lemon, without the white pith, whole or in large pieces 1/2 teaspoon cumin seed, optional Mix all the ingredients together in a nonreactive bowl, cover, and refrigerate at least 2 days. Bring to room temperature before serving. The olives will keep, refrigerated, for several weeks. Makes 1 1/2 cups Mary Urrutia Randelman "Memories of a Cuban Kitchen" (Macmillan, 1992) ACEITUNAS ALINADAS Olives In Oil

Aceitunas Rellenas - Stuffed Olives

7 1/2 oz can pitted olives
3/4 oz can anchovy fillets, cut in small; pieces 1
can chopped pimentos
1 clove garlic, mashed or pressed
1/3 cup wine vinegar
1 tablespoon olive oil
1 oil from anchovies
1/4 cup minced parsley

Drain olives and stuff with the anchovy fillets. Combine the other ingredients, except parsley; pour over the olives and marinate over-night. Mix in parsley half an hour before serving. If the idea of stuffing the olives throws you, don't do it. Simply add the anchovies to the marinade and pour over the olives. These will keep for a week or more if parsley isadded just before serving.

Ackee - Codfish

1 tin
1/2 lb salted cod fish
1 onion -- chopped
1 black pepper to taste
1 ackee

Bring fish to boil to remove some of the salt. Test for saltiness. Cook fish with ackee and black pepper.

Recipe By :

Acrats De Morue (Catfish Fritters)

1 1/2 cup flour, all-purpose
1/2 teaspoon salt
2 medium eggs
3 tablespoon butter, unsalted; melted, cooled 1
cup milk, whole
1/2 lb salt codfish
1 each pepper, hot; seeded
2 each scallions; chopped fine
1 each garlic cloves; crushed
1 tablespoon parsley; chopped
1/2 teaspoon thyme
1 each allspice berry; ground
1 pepper, black; to taste
1 oil, vegetable

Sift flour and salt into bowl. Beat eggs with butter and add to flour mixture. Add milk gradually, stirring only to mix. Add more milk if batter is too stiff. Cover, allow to stand 3 hours.
Meanwhile, soak fish in cold water. Drain, remove bones and skin. Pound fish in mortar with hot pepper. Add scallions, garlic, parsley, thyme, allspice, and black pepper to taste. Stir into batter and stand 30 minutes.
Heat oil in deep fryer (375F) and fry mixture by heaping tablespoons until golden brown. Drain on paper towels and keep warm.

Adobong Isda (Fish In Tangy Sauce)

2 lb hito (catfish) dressed (or pickerel; or trout) 4
cloves garlic, crushed
1/3 cup vinegar
1/4 cup water
1 tablespoon salt
1/4 teaspoon pepper
1 small bay leaf
3 tablespoon cooking oil

1. Put fish in porcelain or teflon skillet. Combine the rest of ingredients except cooking oil, and pour over the fish.

2. Over medium heat, bring to a boil. Cover, lower heat and simmer f about 10 minutes turning fish once.

3. Transfer fish to a dish. Let sauce in skillet simmer until reduce Transfer to a small bowl and set aside.

4. Heat oil in skillet. Fry fish until brown on all sides. Place on serving dish. Pour sauce over it.

Preparation and cooking time: 30 minutes Serves 4-5

Recipes by Dennis Santiago, TWS bbs (1-310-676-0492), formatted by Man Rothstein (1/24/94)

African Fish Curry Powder

1/2 lb dry red chiles
1/2 lb coriander seeds
2 oz cumin
1 oz turmeric
1 oz mustard seeds

Curry powders are an important part of African cooking due to the heavy influence of Arabic and Indian cuisine in Africa. Curry powders are made from different proportions of spices, dried and ground. Spices can be dried in the sun for two to three days, in a low temperature oven, or on top of the stove in a dry skillet. If using a

skillet be sure to shake the spices constantly so they don't burn. Grinding is usually done with a mortar and pestle. Curry powders are not necessarily hot, they are made that way by the addition of chili peppers.

Dry spices, grind to a powder and seal in an airtight container. Use 2 teaspoons of curry powder to every
400 g or 1 lb of fish.

African Malayan Curry Powder (For Meat & Fish

3/4 lb cumin
1/2 lb fennel
1/4 lb dry red chiles
1 small piece cinnamon
8 cloves
1 tablespoon peppercorns

Curry powders are an important part of African cooking due to the heavy influence of Arabic and Indian cuisine in Africa. Curry powders are made from different proportions of spices, dried and ground. Spices can be dried in the sun for two to three days, in a low temperature oven, or on top of the stove in a dry skillet. If using a skillet be sure to shake the spices constantly so they don't burn. Grinding is usually done with a mortar and pestle. Curry powders are not necessarily hot, they are made that way by the addition of chili peppers.

Dry spices, grind to a powder and seal in an airtight container. Use 2 teaspoons of curry powder to every 400 g or 1 lb of fish.

Agnolotti Alla Fraccaro (Crab Ravioli)

----PASTA----
4 cup flour
2 eggs
1 pinch salt

1 cup ; water
----BECHAMEL THICK SAUCE----
1/2 cup milk
1 tablespoon butter
1 tablespoon flour
1/4 teaspoon salt
1 pepper, white
1 cayenne
1 egg yolk
----STUFFING----
1/2 cup scallion; chopped
1 tablespoon butter
1 egg white
2 tablespoon parsley
1 lb crab meat
4 tablespoon cracker crumbs
----SAUCE----
1 cup whipping cream
4 tablespoon butter
1 salt; to taste
1 pepper, white; to taste
1 cayenne; to taste

FOR THE PASTA: Pour the flour onto a large pastry board. Make a well in the middle and add the eggs, water and salt. Work the eggs and water into the flour, then knead to a smooth elastic dough, about 10 minutes. Roll the dough out as thinly as possible in two sheets.

FOR THE FILLING: Combine all of the Bechamel Thick Sauce ingredients together and cook until thickened, then let cool. Saute the scallions in the butter. Add the remaining Stuffing ingredients to the pan. Mix the stuffing with the Bechamel Thick Sauce.

FOR THE SAUCE: Reduce the whipping cream by half then add the remaining Sauce ingredients. Cook until a slight boil.

ASSEMBLY: On one sheet of the pasta arrange teaspoons of the stuffing in litle piles at regular intervals, about 1 1/2 inches apart. Cover with the second sheet of dough and press with the finger tips around the edges of the stuffing. Cut the Agnolotti square with a pastry wheel and make quite sure the edges are firmly sealed. Sprinkle lightly with flour and let them rest for 30 minutes,turning them after 15 minutes.

COOKING: Bring a large pot of salted water to a boil. Add the Agnolotti and cook for 12 minutes. Lift them out with a slotted spoon and transfer to a heated serving dish. Add the Sauce and top with Parmesan cheese if desired.

{Submitted by Goffredo Fraccaro, La Riviera Restaurant}
[The Legends of Louisiana Cookbook; Sheila Ainbinder; ISBN 0-671-70817-1]
Posted by Fred Peters

Akotonshi (Stuffed Crabs)

1 teaspoon salt
1 inch fresh ginger root
6 whole cloves
4 tablespoon vegetable oil
1 small onion -- minced
1 teaspoon ground ginger
2 tomatoes -- finely chopped
1 tablespoon tomato paste
2 bell peppers -- finely
1 chopped
1 pinch paprika
1 teaspoon cayenne pepper
1 tablespoon dried shrimp -- from
1 oriental shop
1/2 cup bread crumbs -- whole wheat
1 egg -- hard boiled chopped
1 sprig parsley
2 lb crab meat

[I think this recipe assumes raw crabmeat to start; refer to instructions below about boiling crab meat and alter technique if using pre-cooked crab meat, perhaps by just boiling some ginger and cloves in small amount of water and adding a bit to flavor crab. -- cmt]

Put crab meat in boiling salted water along with ginger piece and cloves. Cook about 15 minutes, until meat is tender enough to flake with a fork. Drain, flake and set aside.

In a heavy pot, heat oil to a moderate temperature and add other ingredients in the following sequence, stirring for a minute or so between each: onions, ground ginger, tomatoes, tomato paste, green pepper, paprika, cayenne, and dried shrimp. Reduce heat and simmer for 4-5 minutes, stirring constantly, until vegetables are cooked. Add crab meat and stir another couple of minutes to heat it through. Then spoon the mixture into clean crab shells or ramekins (small individual baking dishes).

Sprinkle bread crumbs on top of each crab and toast under an oven broiler, being careful not to let the crumbs scorch. Garnish with egg and parsley.

Alaska Salmon & Avocado Pasta Salad

6 oz dry pasta (macaroni, penne,
1 . rotini, or shells)
1 can alaska salmon (14 3/4 oz)
1 . * or *
1 . 2 - 7 1/2 oz cans
2 tablespoon french dressing
1 bunch green onion; thinly sliced
1 red bell pepper; thinly
1 . sliced
3 tablespoon cilantro or parsley; chopped
2 tablespoon light mayonnaise
1 lime; juiced and rind grated
1 tablespoon tomato paste
3 ripe avocados; diced
1/2 cup sour cream
1 lettuce leaves to serve on
1 paprika to taste

Cook the pasta according to package directions. Drain and toss with the French dressing. Allow to cool. Drain and flake the salmon. Add to the pasta with the green onions, sliced bell pepper and cilantro. Whisk together the lime juice and grated rind, the mayonnaise, sour cream and tomato paste until thoroughly combined. Toss the pasta salad with the dressing. Season to taste with salt and pepper; cover and chill. Before serving, gently toss the avocados into the salad.
Spoon the salad onto a bed of lettuce leaves. Sprinkle with paprika for garnish.

Alaska Salmon A La Rainier

6 (4 to 6 oz each) alaska
1 salmon fillets, thawed
1 can (16 oz.) whole berry
1 cranberry sauce

1/2 cup cranberry juice cocktail
1/4 cup soy sauce
1/4 cup dry vermouth
1 tablespoon minced garlic
1 tablespoon brown sugar
1 1/2 teaspoon grated fresh ginger root
1 teaspoon asian sesame oil
1 vegetable oil, as needed

Place salmon in a large, non-reactive pan or dish. Combine remaining ingredients except vegetable oil. Pour marinades over salmon, turning to coat both sides. Cover and marinate in the refrigerator, 1 hour. To cook, remove salmon from marinade, reserving marinade. Pat salmon dry with a paper towel. Heat small amount of oil in large skillet over medium-high heat. Cook salmon, working in batches if necessary, for 10 minutes per inch of thickness, measured at thickest part, or until salmon just flakes when tested with a fork. Remove salmon from pan and keep warm. Discard oil from pan. Add reserved marinade. Cook stirring occasionally, until sauce is thickened, 8-10 minutes. Serve salmon fillets with approximately 1/4 cup sauce per serving.

Alaska Salmon Chowder

7 1/2 oz canned alaska salmon
1/2 cup chopped onions
1/2 cup chopped celery
1 garlic clove; minced
2 tablespoon margarine
1 cup diced potatoes
1 cup diced carrots
2 cup low salt chicken broth
1/2 teaspoon thyme
1/4 teaspoon black pepper
1/2 cup chopped broccoli
13 oz low-fat evaporated milk
10 oz frozen corn kernels; thawed
1 minced parsley

Drain and flake salmon, reserving liquid. Saute onions, celery and garlic in margarine. Add potatoes, carrots, reserved salmon liquid, chicken broth and seasonings. Simmer, covered, 20 minutes, or until vegetables are nearly tender. Add broccoli and cook 5 minutes. Add flaked salmon, evaporated milk and corn; heat thoroughly. Sprinkle with minced parsley to serve.

Nutrients Per Serving:

Calories: 238 Protein: 15.6 g Fat-Total: 5.71 g
Carbohydrates: 33 g Cholesterol: 21.9 mg Sodium: 552 mg
Dietary Fiber: 4.26 g

Alaska Salmon Salad Sandwich

15 1/2 oz canned alaska salmon
1/3 cup plain nonfat yogurt
1/3 cup chopped green onions
1/3 cup chopped celery
1 tablespoon lemon juice
1 black pepper; to taste
12 slice bread

Drain and flake salmon. Stir in remaining ingredients except pepper and bread. Season with pepper to taste. Spread salmon mixture on half of bread slices; top with remaining bread. Cut sandwiches into halves or quarters.

Makes 6 sandwiches.

Nutrients Per Serving:

Calories: 264 Sodium: 713 mg Protein: 20.1 g Dietary Fiber: 1.48 g Carbohydrates: 29.6 g Fat-Total: 6.68 g Cholesterol: 40.5 mg

Alaska Seafood Pizza

1 pkg pizza crust mix (or make your own)
3/4 cup crab meat
3/4 cup tiny shrimp
1/2 cup crushed pineapple
5 mushrooms; sliced

4 1/4 oz canned sliced black olives
1/4 cup diced green pepper
1 cup mozzarella cheese, grated
1 cup white cheddar cheese grated

Spread pizza dough on to a pizza pan. Top with crab, shrimp, pineapple, mushrooms, olives, green pepper, mozzarella and cheddar cheese. Bake at 350 degrees F. for 30 minutes.

Alaska Seafood Tarts

418 gm canned pink alaska salmon
350 gm packet filo pastry
3 tablespoon walnut oil
15 gm margarine
25 gm plain flour
2 tablespoon greek yogurt
175 gm seafood sticks; chopped (crab flavored)
25 gm walnuts, chopped
100 gm grated parmesan or- grated cheddar; cheese

Pre-heat oven to 80 C, 350 F, Gas mark 4. Lightly grease 8 individual pie dishes or ovenproof pudding bowls.

Drain the can of salmon and make the juice up to 200ml / 7fl.oz. with water for fish stock. Flake the salmon. Set aside.

Brush each individual sheet of filo pastry with oil and fold into sixteen 12.5cm / 5inch squares. Put one square into each pie dish leaving the pointed corners protruding over the edge. Brush with oil then put a second square of pastry onto the first, but with the corners pointing up in between the original ones to create a water lily effect. Brush the points well with oil then bake for 5 minutes to set but not brown. Take out of the oven.

Reduce the oven temperature to 150 C, 300 F, Gas mark 2. Melt the margarine and stir in the flour. Blend in the fish stock, beating well to remove lumps. Stir the yogurt, seafood sticks, walnuts and flaked salmon into the sauce and divide equally between the 8 pastry cases.

Sprinkle the breadcrumbs over the top then return to the oven to heat through for 5-8 minutes or until the cheese and pastry have turned golden brown. Serve immediately.

Alaskan Fish Bake

1/2 cup carrot,shredded
1/2 cup celery,finely chopped
1/2 cup onion,finely chopped
1 bouillon cube,chicken
2 1/2 cup water
3/4 cup rice,long-grain
1 tablespoon margarine,unsalted
1/3 cup flour,all-purpose
1/2 teaspoon garlic salt
1/4 teaspoon dill weed
1/4 teaspoon onion powder
4 salmon steaks,1/2 thick
1/2 cup mayonnaise

1. Gently boil carrot, celery, onion and bouillon in water in pot, covered, 10 minutes. Stir in rice and margarine. Simmer, covered, 20 minutes (not all liquid will be absorbed). 2. Combine flour, garlic salt, dill and onion powder on waxed paper. Spread salmon on both sides with mayonnaise. Dip in flour mixture. Lightly brown steaks on both sides in ungresed skillet over medium heat. 3. Pour UNDRAINED rice mixture into shallow baking dish, about 11x7". Place steaks on top of rice mixture. 4. Bake, uncovered, in preheated hot oven (400'F) for 20-25 minutes or until fish is cooked through. Let stand 5 minutes before serving. (Eve Engle, Palmer AR)

Albacore Or Yellowfin Tuna

1 cup vermouth
1/2 tablespoon lemon juice
1/4 teaspoon marjoram
1/4 teaspoon rosemary
1 onion, chopped
1/2 celery, rib, chopped
1 bay leaves

1 1/2 tablespoon parsley, fresh, chopped
2 lb tuna
1 1/2 tablespoon butter
1 1/2 tablespoon flour

Combine vermouth, juice, roesmary, onion, clery, bayleaf, parslely in a bowl, Add fish. Marinate 5-6 hr. Put in casserole dish, add marinade, salt & pepper. Bake 400 covered 35 min. until flaky. In skillet melt butter, stir in flour, cook 2 min. Pour of liquid from casserole to pan. Cook 5 min. Pour over fish. Serve

Alfredos Barbecue Fish Marinade

1 cup soy sauce
1 cup lime juice
1 cup vinegar
1 cup oil
2 teaspoon pepper
2 teaspoon salt
1 teaspoon garlic powder
1 teaspoon lawrys season salt
1/4 cup sesame seeds
1 clove garlic -- minced

Marinate fish for at least one hour before cooking. Serves 30.

Recipe By :

All-American Salmon Saute W/Mushroom Sauce

1 can low-salt chicken broth, 14 1/2 oz s; ize/ 6
cup sliced mushrooms
2 tablespoon olive oil
2 garlic cloves, minced freshly groun; d pepper to
1/2 cup non-fat plain yogurt
2 teaspoon cornstarch
4 salmon steaks, about 6 oz ea

Pour broth into small saucepan. Bring to a boil over high heat and

reduce to 1 cup. Set aside. Meanwhile, saute mushrooms in oil in a large skillet over high heat 5 minutes, or until golden brown. Reduce heat to medium and stir in garlic. Saute 1 to 2 minutes. Season with pepper. Add yogurt and cornstarch to reduced broth and whisk to blend. Whisk yogurt mixture into mushrooms. Bring to a boil, stirring constantly until thickened. Remove from heat and keep warm. Season salmon steaks with salt and pepper and saute in a lightly oiled non-stick pan over medium-high heat 10 minutes per inch of thickness, or until fish just flakes when tested with a fork. Turn once while cooking. Arrange each salmon steak on a dinner plate with reserved sauce. Serving suggestion: Try this with Garlic Mashed Potatoes and buttered peas.

All-American Tuna-Salad Sandwiches

2 cans (6 ounces each)water- packed w; hite tuna, draine 1
cup diced celery
1 cup shredded carrots
1 cup diced tomato
1/2 cup plain nonfat yogurt
1/4 cup thinly sliced scallions
2 tablespoon reduced-fat mayonnaise
1/2 teaspoon freshly ground pepper
8 slice whole-wheat bread, toasted

Put tuna in a medium-size bowl and flake with a fork. Add remaining salad ingredients and mix until blended. Makes 3 1/3 cups tuna salad-enough for 4 sandwiches. Prep time: 15 minutes. Total cost: $5.60.

Alligator Sausage & Crawfish Casserole

1 waldine van geffen vghc42a
1 lb alligator sausage; crumble
1 brown, drain
1 lb crawfish tails
1 lb smoked sausage -- sliced
2 cup converted long-grain rice
10 oz cn rotelle tomatoes/w
1 chiles

1 can onion soup
1 can beef consomme
1 bunch green onions -- chopped
1 lb mushrooms -- sliced
10 ml garlic -- minced
2 bay leaves
1 tablespoon creole seasoning
1 tablespoon black pepper
1/4 lb butter or margarine

Mix alligator sausage with remaining ingredients. Place in a covered casserole or pan and cook in preheated 350~ oven for 1 hour. After 30 minutes, stir well and continue cooking for the remaining time. Let cool, uncovered, for a few minutes and serve. Can serve 10-20.

Allison's Salmon Loaf

1 no ingredients

Servings: 6
: MIX together in a medium
: bowl:
14 oz canned salmon -- drained and
: flaked
1/2 c fresh bread crumbs
6 md fresh mushrooms -- chopped
1/2 md onion -- chopped
1 egg -- beaten
1 TB lemon juice
1 ts grated lemon rind
1/2 ts Cajun seasoning
: OR
1/2 ts dried rosemary leaves --
: crushed
1/8 ts pepper -- (optional)
: vegetable cooking spray

Spray small loaf pan with cooking spray. Put salmon mixture in pan and bake at 375F for 40 minutes, until the loaf can be sliced.

Almond Tuna & Rice

1 can veg-all mixed vegetables (16 oz)
1 cup mayonnaise
1 can tuna (12.5 oz)
2 cup cooked rice
1/2 cup chopped green pepper
2 teaspoon dill weed
1 cup fresh bread crumbs
1/2 cup slivered almonds

1. Drain VEG-ALL; combine liquid with mayonnaise, blending until smooth.

2. Stir in tuna, rice, green pepper, dill and vegetables.

3. Spoon into greased 2-quart casserole dish.

4. In small skillet, melt butter; stir in bread crumbs and almonds, coat well and spoon over mixture in casserole.

5. Bake at 375'F. for 30 minutes or until bubbly and lightly browned.

Al's Maryland Crab Soup

----STOCK----
3 quart ; water, cold
1/2 lb slab bacon; cut into 2 pieces
1/2 lb ham chunks; (or you can use a ham bon 1
tablespoon red pepper flakes; (opt)
1 tablespoon old bay seasoning
1 dash celery salt
1 dash onion salt
----SOUP----
3 large potato; diced
16 oz tomato; chopped; with juice
1 onion; diced
16 oz frozen mixed vegetables
2 celery rib; diced
1 cup parsley, fresh; chopped
16 oz crab meat; picked over
1 tablespoon worcestshire sauce

1 tablespoon red pepper flakes; (opt)
1 tablespoon old bay seasoning
1 salt & pepper; to taste
1 cup cabbage leaves; shredded

Simmer ham-bacon stock for about one hour. Add remaining ingredients; simmer for about two hours--the longer it simmers, the better the flavor. Refrigerate immediately.

Apricot-Glazed Fish

2 oz no-soak apricots, finely chopped
2 teaspoon chopped fresh coriander
1 oz butter, softened
4 6 oz thick coley or haddock fillets; , skinned. 1
salt and pepper
1 juice and grated rind of 1 lemon
1 potato-and-pepper salad with frenc; h, dressing to serve 1
fresh mint sprigs to garnish

In a bowl, mix together apricots, coriander and butter. Set aside.

Season fish fillets, and place each on a 8 inch square of foil. Pour a little lemon juice over each fillet and sprinkle with grated lemon rind. Close up foil parcels and cook on hot barbecue for 3 to 4 minutes.

Unwrap parcels and spread apricot mixture over fish. Seal and cook for 2 to 3 minutes. Serve with salad. Garnish with mint.

Arthur Treacher Style Fish

3 lb fish fillets; firm, white
2 tablespoon lemon juice
1 cup milk -- or more as needed
2 cup flour
3 cup pancake mix
2 cup club soda (approx.)

1 teaspoon basil
1 teaspoon pepper
1/2 teaspoon garlic salt
1 cooking oil

Cut fish fillets in half, making triangular shape. Cover with milk and lemon juice and refrigerate 3-4 hours. Drain off milk. Dip fillets in flour to coat each piece lightly. Letdry on a cookie sheet, making sure pieces do not tough. Add oil to deep fryer or heavy pan to a depth of at least 3 inches. Heat oil to 425~. Combine pancake mix, basil, pepper, garlic salt and enough soda to make a thick batter, about the consistency of buttermilk. Dip floured fillets in batter and add to the hot oil one at a time. Fry 4-5 minutes. Remove filets to cookie sheet, again, not letting them touch and keep warm in a 250~ oven. Deep fry remaining filets, keeping the depth of the oil at least 3 inches. NOTE: Do notheap fish as this creates steam in the oven and makes coating soft.

Recipe By :

Arthur Treacher's Fish Batter

1 waldine van geffen
----VGHC42A----
3 lb fish fillets
2 cup all-purpose flour
3 cup pancake mix
3 cup club soda
1 tablespoon onion powder
1 tablespoon seasoned salt

Dip moistened fish pieces evenly but lightly in the flour. Dust off any excess flour and allow pieces to air dry on eaxed paper, about 5 minutes. Whip the pancake mix with the club soda to the consistency of buttermilk- pourable, but not too thin and not too thick. beat in the onion powder and seasoned salt. Dip floured fillets into batter and drop into 425~ oil in heavy saucepan using meat thermometer. Brown about 4 minutes per side. Arrange on cookie sheet in 325~ oven until all pieces have been fired.

Recipe By :

Artichoke & Oyster Souffle

4 medium artichokes
1 medium lemon, halved
1 oyster souffle base **
1 oyster sauce **

** See recipes for Oyster Souffle Base, and Oyster Sauce.

Trim the artichokes and rub the cut ends with lemon. (This prevents oxidation which can turn the ends of the artichokes brown.)

Drop the artichokes into boiling salted water and cook for 30 minutes or until the bottoms are just tender and a leaf pulls out with only slight resistance.

Remove the choke from the water, re-form the cooked artichoke and stuff with the souffle base.

Preheat your oven to 375 F.

Bake for 20 minutes or until the souffle is puffed and brown.

Serve topped with Oyster Sauce.

Artichoke Bottoms With Bay Scallops

3/4 lb scallops, bay, washed
1 cup bread crumbs, fresh, fine
3 tablespoon parsley, fresh, minced
1/2 teaspoon tarragon, dried
1/4 cup celery, minced
2 garlic, cloves, minced
28 oz artichoke bottoms, drained
1 (2-14 oz cans)
1 oil, canola, for brushing
1 on grill rack

Mix scallops, bread crumbs, parsley, tarragon, celery and garlic in a bowl.Gently mound filling into artichoke bottoms.

Prepare grill. When coals are hot, set artichokes on grill rack,

brushed with oil, about 4 to 6 inches from heat source. Cover grill. Cook stuffedartichokes for about 3 minutes or until scallops are opaque. Using a long-handled spatula, transfer artichoke bottoms to serving dish. Serve hot.

Artichokes With Spicy Crab

24 baby
1 lemon
3/4 lb fresh cooked crabmeat
1/4 cup whipping cream
1 tablespoon capers
1/4 cup green peppers -- finely
1 chopped
2 tablespoon minced green onion 3
tablespoon minced shallot
2 tablespoon white wine
1 salt and freshly ground
1 pepper -- to taste
1 worcestershire sauce -- to
1 taste
1 minced fresh parsley -- for
1 garnish
1 lemon wedges -- for
1 accompaniment
1 artichokes

1. Pull off dark green outer leaves of artichokes until you reach the pale green "heart." Cut 1/2-inch off top and trim stem end down to the pale green part. Rub artichoke hearts well with lemon and cook in boiling salted water until tender. Drain and pat dry. Pull out some of the innermost leaves and spread the hearts open slightly.

2. In a bowl combine crabmeat, cream, capers, green pepper, green onion, and mustard. In a small skillet over moderate heat, heat butter and oil. Add shallots and cook until translucent (4 to 5 minutes). Add wine and cook until mixture is reduced to a glaze. Cool slightly and add to crab mixture. Season with salt, pepper, and Worcestershire sauce.

3. Stuff artichoke hearts with crab mixture. Pack into a tightly sealed container along with a plastic bag of minced parsley and the lemon wedges. At serving time, garnish hearts with minced parsley and serve with lemon wedges.

Recipe By : The California Culinary Academy

Art's Mock Crabmeat Casserole

1 cup mayonnaise
1 cup sour creame
2 tablespoon parsley
1 tablespoon onion; diced
1 green pepper, diced
1 teaspoon curry powder
6 hard-boiled eggs, chopped
1 lb mock crabmeat
1 paprika

Combine all ingredients, except paprika. Turn into greased 1 1/2-quart casserole. Sprinkle with paprika. Bake at 350^ for 40 to 50 minutes. Serve over hot, cooked rice.

Asian Marinade (For Fish)

1/4 cup soy sauce or tamari
2 tablespoon dark sesame oil
2 tablespoon rice vinegar
1 tablespoon minced garlic
1 tablespoon minced ginger
1 scallion, sliced thin (about 2 tb)
1 ground black pepper to taste

Marinate fish for 30 minutes, turning after 15 minutes. Then grill for about 8 minutes.

printed in Rochester, NY _Times_Union_ 11/29/93 Posted in COOKING by: Jean Cody 12/1/93

Asian Salmon Burgers

1 no ingredients

1 lg cucumber -- (about 1 pound)
1 TB cider vinegar
1 1/2 ts sugar
1/4 ts dried hot red pepper flakes
1 lg egg white
1 TB soy sauce
1/2 ts fresh gingerroot -- grated &
: peeled
3/4 lb salmon fillet, skin
: discarded -- cut into
1/4 -inch
: piece
1/2 c fine fresh bread crumbs
2 scallions, -- chopped fine
1 ts mustard seeds
1 ts vegetable oil
4 sm green-leaf lettuce leaves
8 sl firm pumpernickel -- (about
10 ounces)

With a Japanese rotary slicer, cut cucumber into 1 long spiral. (Alternatively, with a sharp knife cut cucumber into very thin slices.) In a bowl toss cucumber with vinegar, sugar, red pepper flakes, and salt to taste.

In another bowl whisk together egg white, soy sauce and gingerroot until combined well and stir in salmon, bread crumbs, scallions, mustard seeds, and salt to taste. In a food processor puree 1/3 cup salmon mixture and return to salmon mixture remaining in bowl. (Alternatively, chop 1/3 cup salmon mixture fine and mash to a paste with flat side of a knife.) Stir mixture to combine and form into four 3/4-inch-thick patties. Drain cucumber well.

In a large non-stick skillet heat oil over moderately high heat until hot but not smoking and cook patties until golden, about 2 minutes on each side. Cook patties, covered, over moderate heat until just cooked through, about 5 minutes more. Arrange lettuce leaves on 4 pumpernickel slices and top with salmon burgers, pickled cucumber, and remaining 4 pumpernickel slices.

Yield: 4 sandwiches

Asian-Style Salmon Stir-Fry

----INGREDIENTS----

3 tablespoon oyster sauce
2 tablespoon rice vinegar
2 teaspoon minced ginger
1 teaspoon soy sauce
2 each clove garlic, minced
1 1/2 lb salmon, skinned, boned and
1 cut into 3/4 inch cubes
5 teaspoon oil
1/2 lb bean sprouts
1/2 lb snow peas (if large cut in
1 half)
1 cup sliced green onions
1 each red bell pepper cut into
1 strips
1/2 teaspoon asian sesame oil
1/4 teaspoon sugar
1/8 teaspoon pepper

----PREPARATION----

IN a medium bowl, combine two tablespoons of the oyster sauce with vinegar, ginger, soy sauce and one clove garlic. Season with pepper, if desired. Add fish, turning to coat. Cover and refrigerate at least a half-hour.

In a nonstick skillet or seasoned wok, heat two teaspoons of the oil over high heat. Add remaining garlic, stir fry 30 seconds. Add sprouts, peas, green onions and red pepper. Stir-fry two minutes or until tender-crisp. Stir in the remaining one tablespoon of oyster sauce, sesame oil, sugar and pepper.

Remove from skillet and set aside.

Drain fish, discarding marinade. Heat remaining oil in same skillet. Add fish and stir-fry about four minutes or until done. Add vegetables. Gently toss. Heat through and serve immediately.

Nutritional Information: 429 calories, 42 grams protein, 16 grams carbohydrate, 21 grams fat, 105 milligrams cholesterol and 538 milligrams sodium.

Asparagus & Crab Strata

12 slices white bread, cubed
1 1/2 cup shredded cheddar cheese(6oz) 9
oz pkg.frozen asparagus cuts,
1 thawed and well drained
6 oz cooked crab meat, flaked
2 1/2 cup skim milk
2 cup eggbeaters
3 tablespoon chopped fresh parsley
1 teaspoon paprika
1/2 teaspoon ground white pepper

Preheat oven to 325 degrees F.

Spray a 13x9x2-inch (3qt) baking dish with a non-fat spray. Place half of the bread cubes in greased baking dish; top with cheese, asparagus, crab meat and remaining bread cubes.

In a large bowl, combine milk, eggbeaters, parsley, salt, paprika and pepper; blending well.

Pour egg mixture evenly over bread; let stand 10-15 minutes.

At this point the recipe can be refrigerated covered with plastic wrap for several hours or overnight.

When ready to bake, uncover and bake for 55-65 minutes or until a knife inserted in center comes out clean.

Nutritional analysis per serving: 240.1 cal; 8.3 grams total fat; 4.0 grams saturated fat; 20.6 grams protein; 20.2 grams carbo; 129 milligrams chol; 435 milligrams sodium

Asparagus & Crabmeat Salad

1 cup mayonnaise
1 tablespoon lemon juice - fresh
1 1/2 teaspoon tomato paste
1 1/2 teaspoon shallot - minced
1/2 teaspoon dijon mustard
1/4 teaspoon pepper
1 lb asparagus - trimmed
8 oz crabmeat - cooked
4 large boston lettuce leaves - or butter l; ettuce leaves

Calories per serving: Number of Servings: 4 Fat grams per serving:
: Approx. Cook Time: Cholesterol per serving: Marks:

DIRECTIONS

Whisk mayonnaise, lemon juice, tomato paste, shallot, Dijon mustard and pepper in medium bowl. Cover and refrigerate until ready to use. (Can be prepared 3 days ahead.) Cook asparagus in large pot of boiling salted water until crisp-tender, about 4 minutes. Transfer to bowl of ice water and cool. Drain and pat dry. mix crabmeat into mayonnaise. Season to taste with salt. Arrange 1 lettuce leaf on each plate. Top with asparagus. Spoon crabmeat mayonnaise over and serve.

Bon Appetit, April, 1991.

Asparagus With Oyster Sauce

1 fresh asparagus; 6 or 7 spea
1 fresh or frozen oysters; all
2 tablespoon dry white wine
2 egg yolks
20 butter
1 salt, pepper, cayenne

Recipe by: ianst@qdpii.ind.dpi.qld.gov.au (Ian Staples) Another recipe courtesy of John Morris, butcher and caterer in Rockhampton, Queensland, Australia, as discussed on ABC [Australian Broadcasting Corp.] Radio on Sunday 13 March 1994 in the "Queensland Sunday" programme.

John opened the discussion by stating that this is NOT a Lenten meal ;-) (He recommended it for breakfast in bed on Sunday mornings in fact.)

Allow 6 or 7 spears per person. Not too thin and not too old.

Trim bottom 1" of the asparagus spears and peel the lower part if necessary (shouldn't be required if you've selected the bunches correctly and trimmed off the bottoms) then poach them gently - get about 1" of water boiling in

Cut the oysters into thin strips rather than serving them as lumps.

Reserve the juice from the oyster shells - should get about 2

tablespoon fr Mix this with the dry white wine and reduce over heat by about 2/3rds (i.e. you'll have about 1 1/2 tablespoon left).

Add this liquor and about 4 tablespoon of the poaching water slowly to the and whisk them over very low heat until light and frothy (note: do not have the liquor or the other fluid too hot when adding to the eggs - you don't want to curdle them).

Add seasoning. Then draw the sauce together by adding 20 gram of *cold* di butter and stirring it in gently. Add the oyster strips and fold through.

Lay the freshly cooked asparagus spears on the serving plates and pour the oyster sauce over them (fairly now ;-).

Asparagus-Stuffed Flounder

1 *ingredients*
1/2 cup onion, chopped
3 teaspoon butter or margarine, divided 6
flounder or sole fillets (4 to 6 oz; each) 18
asparagus spears
2 teaspoon flour
1 cup milk, skim or low-fat
1/2 cup sharp cheddar cheese, shredded
1 salt to taste, if desired
1/8 teaspoon freshly ground black pepper 1
cayenne
1 nutmeg

Steam the asparagus until tender-crisp, about 5 minutes. Saute the onion until tender in 1 teaspoon of the butter in a non-stick skillet. Sprinkle the onion evenly over the fillets. Lay 3 asparagus spears crosswise on each fillet and roll the fillet around them. Secure with skewers or toothpicks and arrange them in a single layer in a greased shallow baking dish. Melt the remaining 2 teaspoons of butter in a small saucepan. Stir in the flour and cook the roux, stirring, for a minute. Gradually add the milk and continue cooking the sauce, stirring, until it begins to thicken. Stir in the cheese, salt, black pepper, and a dash or two of cayenne. Pour the sauce over the fish rolls and sprinkle them with a little nutmeg. Bake the fish rolls in a preheated 350 F oven for about 20 minutes. Makes 6 servings.

*** Recipe Via Compu-Chef (tm) ***

Aussie: Heron Island Fish With Vinaigrette

1 lb fish fillets, thick
3 tablespoon red wine vinegar
3 tablespoon rice vinegar
2 tablespoon red onion, finely chopped
1 tablespoon fresh dill, chopped
1 teaspoon capers
1 teaspoon fresh basil, chopped
1 teaspoon fresh chives, chopped
1/4 teaspoon salt
1/4 teaspoon pepper
1/4 cup olive oil

Place fish in steamer set over boiling water. Cover and steam for 5-10 minutes or until fish flakes easily. Meanwhile, in blender, pure red wine vinegar, rice vinegar, onion, dill, capers, basil, chives, salt and pepper. Slowly pour in oil. Serve fish drizzled with vinaigrette.

Aussie: Kingfisher Pavlova

6 egg whites
1 1/2 cup granulated sugar
2 tablespoon white vinegar
1 teaspoon vanilla
1/4 teaspoon cream of tartar
2 tablespoon cornstarch
----THREEBERRY COMPOTE----
3 cup raspberries
1 tablespoon icing sugar
2 cup strawberries, quartered
2 cup blueberries

In bowl, beat egg whites until soft peaks form. Gradually beat in sugar, one-third at a time, until stiff and glossy. Beat in vinegar, vanilla and cream of tartar. Using fine sieve, shake cornstarch over top; fold in gently.

On parchment paper-lined baking sheets, form meringue into 8 ovals

about 3-1/2 inches long. Bake in 275F 140C oven for 50-60 minutes or until meringues are crispy outside but still soft inside. Let cool.

[Meringues can be stored, uncovered, at room temperature for up to 8 hours.]

Three-Berry Compote: Pure 1 cup of the raspberries; pressing through sieve into sauce pan. Stir in icing sugar; cook over low heat just until heated through. Stir in strawberries, blueberries and remaining raspberries. Let cool.

[Compote can be refrigerated in airtight container for up to 1 day.]

To serve, place 1 meringue on each plate. Spoon compote next to meringue.

Serve with whipped cream and a macadamia nut or almond praline, and fresh mint.

Australian Grilled Fish

4 fish steaks
1/4 cup lime juice
2 tablespoon vegetable oil
1 teaspoon dijon mustard
2 teaspoon fresh ginger root -- grated
1/4 teaspoon cayenne pepper
1 black pepper

* For the steaks: they should be 8-10 ounces and 1-inch thick each. Use Swordfish, Halibut or Salmon steaks.

1. In a bowl, combine the lime juice, 1 tablespoon oil, ginger, cayenne pepper and enough freshly ground black pepper to suit your taste. 2. Marinate the fish in the marinade for 45-60 minutes. Turn steaks 2-3 times. 3. Have the grill prepared with white coals and brush the cooking grill with the remaining one tablespoon oil. 4. Grill the fish, brushing several times with the marinade, until cooked through and opaque in the center. Turn fish after about 4-5 minutes. Total grilling time will dependon your grill and the heat of the coals.

* To broil instead, use a broiler pan brushed with oil and broil until center is opaque. Will take about 10 minutes total in broiler. Turn steaks after 5 minutes, and baste often with marinade.

Recipe By : Jo Anne Merrill

Avocado & Crab Enchiladas

1/4 cup chopped onion -- finely
1 choppe
1/4 cup black olives -- chopped
1/4 cup fresh mushrooms -- sliced
2 tablespoon butter
1 lb crab meat -- fresh or
1 frozen
1 avocado -- mashed
1 1/2 cup sour cream -- divided
1 teaspoon lemon juice
3 dash tabasco sauce
12 tortillas
1 peanut oil -- hot
1 cup cheddar cheese -- grated

Saute onion, chopped olives and mushrooms in butter. Remove from heat and stir in crabmeat, avocado
mixed with 1 cup sour cream, lemon juice and Tabasco sauce. Dip each tortilla into hot oil and drain on absorbent paper.

Fill each tortilla with some of the crab mixture, roll and place seam-side down in buttered 9 by 11 inch casserole. Cover with remaining sour cream and sprinkle with cheese. Bake at 350 for 20 minutes and serve immediately.

Cooked, chopped shrimp may be substituted for crab.

Avocado Crabmeat Salad

1 lb crabmeat
2 tablespoon mayonnaise
3 tablespoon pickapepper sauce

1/4 lb jalapeno cheese -- grated
1/4 lb cheddar cheese -- grated
8 hearts of palm
8 artichoke hearts
1 basket cherry tomatoes
1 large ripe avocado -- in 1/8's
2 hard boiled eggs --
1 quartered
1 lettuce with:
1 lemon wedges

Combine all ingredients and mix together. Add a little oil from the artichokes as you mix. Chill and serve on lettuce with lemon slices. /\/\ichael ========== & Ms. /\/\ | /-\ /\/\ | \/\/eslie ========== Reformatted by Elaine Radis

Recipe By :

Avocado Filled With Crabmeat

2 avocados
1/2 lb crabmeat
1 dash hot pepper sauce (opt.)
1/4 cup minced celery
1 mayonnaise
1 lemon juice
1 msg (optional)
1 salt, pepper
1 shredded lettuce
4 hard cooked eggs; chopped
4 anchovy fillets
4 strips pimiento
1 lemon; cut in 4 wedges
1 tomato; cut in 4 wedges
1 black olives
1 parsley sprigs
----HERBED MAYONNAISE DRESSING----
1 cup mayonnaise
1 dash tarragon
1 dash chervil
2 tablespoon chopped chives
2 tablespoon tomato puree (or more)

Combine 1 cup mayonnaise, tarragon, chervil and chives. Add just enough tomato puree to give dressing a pourable consistency and delicate color. Set aside. To make salad, cut avocados in halves and

remove seeds. Flake crabmeat and combine with hot pepper sauce, celery and enough mayonnaise to moisten. Season to taste with lemon juice, MSG, salt and pepper. Place avocado halves on shredded lettuce, fill with crab mixture and sprinkle generously with chopped eggs. Garnish with anchovies, pimiento strips, lemon and tomato wedges, olives and parsley. Serve dressing on side.

Avocado Pear With Crab~ Pear~ Peach & Primr

2 each avocadoes
8 oz crab meat; 225
1 each pear; ripe
1 each peach; ripe
1 tablespoon primrose petals; freshly picked
----CREAMY VINAIGRETTE----
2 teaspoon sugar
1/2 teaspoon dry mustard
1 each garlic clove; crushed
3 tablespoon white wine vinegar; or lemon juice 9 tablespoon olive oil
----TO MAKE "CREAMY" TO 6 TB ADD---
3 tablespoon heavy cream

CREAMY VINAIGRETTE: Put all ingredients in a screw top jar and shake vigourously. Shake well each time before serving. Add 3 Tbsp heavy cream to 6 Tbsp vinaigrette to amke it creamy. (Use this portion immediately as it will not keep.) Halve the avocadoes and remove the stones. Mix the crab meat with the vinaigrette and fill the avocadoes with this mixture. Peel and slice the pear and peach and tuck slices into the crab meat. Decorate the avocadoes with fresh primroses and serve immediately with thin finfers of toast and butter. SERVES:4

Avocado Stuffed With Smoked Fish (West Africa

4 hard-cooked eggs *
1/4 cup milk
1/4 cup strained fresh lime juice
1/4 teaspoon sugar
1/2 teaspoon salt

1/3 cup vegetable oil
2 tablespoon olive oil
1/2 lb smoked whitefish
2 large ripe avocados
12 strips of fresh red bell pepper or; canned pimiento

* the yolks rubbed through a sieve and the whites finely chopped.

** each cut about 1/4 inch wide and 2 inches long.

In a deep bowl, mash the egg yolks and milk together with a spoon or table fork until they form a smooth paste. Add 1 tablespoon of the lime juice, the sugar and the salt.

Then beat in the vegetable oil, a teaspoon or so at a time; make sure each addition is absorbed before adding more. Add the olive oil by teaspoonfuls, beating constantly. Stir the remaining lime juice into the sauce and taste for seasoning.

With your fingers or a small knife, remove the skin from the fish and pick out any bones. Drop the fish into a bowl and flake it finely with a fork. Add the chopped egg whites and the sauce, and toss together gently but thoroughly.

Just before serving, cut the avocados in half. With the tip of a small knife, loosen the seeds and lift them out. Remove any brown tissue like fibers clinging to the flesh.

Spoon the fish mixture into the avocado halves, dividing it equally among them and mounding it slightly in the center. Arrange 3 strips of sweet pepper or pimiento diagonally across the top of each avocado and serve at once.

Makes 4 servings.

From "African Cooking", Laurens van der Post and the editors of Time Life Books, "Foods of the World" series, 1970. LOC # 77-119620.

Posted by Stephen Ceideberg; February 24 1993.

Avocado With Crab

4 ripe avocados
15 oz crab meat or
1 lb fresh crab meat
8 tb mayonnaise

4 to 6 drops worcestershire sauce
1/2 cup finely minced, peeled celery stalk; s
1 salt, depending on the saltiness of; the crab meat 1
pinch white pepper
1 pinch cayenne or
1 drop to 2 drops tabasco
1 head iceberg lettuce
2 lemons

1. Split the avocados in half lengthwise and remove the pits. With a melon-ball cutter, gently enlarge the cavity toward the stem end.

2. With a fork, mash the avocado pulp which was removed.

3. Mix the pulp with 4 tbs. of the mayonnaise, salt if needed, pepper and cayenne or Tabasco. Gently fold in the crab meat and the celery.

4. Divide the crab mixture among the eight avocado halves.

5. Mix the Worcestershire sauce with the remaining 4 tbs. mayonnaise. With a pastry bag or a cone made from wax paper, pipe approximately 1/2 tbs. of the mayonnaise mixture on each filled avocado half.

6. Remove the outside leaves of the iceberg lettuce. Arrange the leaves on a serving platter. Cut the inside part of the lettuce into very thin strips and make 8 small nests on the leaves lining the serving platter. Place an avocado half on each nest.

7. Cut each lemon in quarters and garnish the serving platter with the slices of lemon. Serve. If desired, offer additional mayonnaise separately.

CHEF'S SECRET: When you buy avocados, they should not be soft but, if pressed gently, should give about the same resist-ance as an orange. Once at home, pack each avocado in a brown paper bag and leave them at room temperature overnight. Of course, chill before serving.

If you use canned crab meat, it is advisable to pick it over. Sometimes you may find a small piece of the shell. Definitely taste it for saltiness. Certain brands improve with a quick rinsing with water.

If you have to rinse it, don't do it under the faucet. Place the meat in a sieve and dip the sieve in a small amount of water. Loosen the meat with one finger, then remove the sieve from the water and shake the meat dry. The flavor will not be destroyed, but the saltiness of the canning liquid will be gone.

Enlarging the cavity of the avocados with a melon-ball cutter has two purposes; you have the subtle taste of the pulp in the crab mixture, and it is easier to arrange the filling without making it messy.

Definitely peel the celery stalks for this dish with a potato peeler so that no strings get into the salad. The celery is needed for its crunchy texture to counterbalance the softness of the avocado and mayonnaise and the fleshy chewiness of the crab meat. If you do not care for the taste of celery, you can substitute peeled, seeded, finely chopped cucumber.

Makes 8 servings.

From "The Chef's Secret Cookbook", Louis Szathmary, Quadrangle Books, Chicago. 1972.

Posted by Stephen Ceideberg; March 14 1993.

Avocado With Smoked Fish

1/2 lb smoked fish
4 eggs -- hard boiled
1/4 cup milk
1/4 cup lime juice
1/4 teaspoon sugar
1/2 teaspoon salt
1/3 cup vegetable oil
2 tablespoon olive oil
2 large avocados -- ripe
1 large red bell pepper -- or 12
1 pimientos -can

Remove the skin and bones from fish and flake the flesh with a fork.

In a deep bowl, mash the egg yolks with the milk until they form a smooth paste. Add sugar, salt, and 1 tablespoon of the lime juice. Then beat in the vegetable oil, a teaspoon or so at a time. Add the olive oil in the same gradual manner. chop egg whites finely and add them to the bowl, along with the fish. Combine thoroughly but gently.

Just before serving, cut the avocados in half, remove pits, and fill cavities with the fish mixture. Garnish with pepper or pimento, and pass around the remaining lime juice to sprinkle on individual servings.

Recipe By : African News Cookbook-African Cooking for Western Kitchens

Bacon And Smoked Oysters

2 can smoked oysters
1/4 cup light vegetable oil
1/2 lb bacon strips
40 round wooden toothpicks
3 tablespoon garlic, minced

1. Cut bacon strips in thirds.

2. Wrap a bacon slice around each oyster and place a toothpick through to hold it in place.

3. In a medium skillet, heat oil, and add garlic.

4. Cook wrapped oysters in oil until bacon is crisp.

5. Remove from pan and drain on a paper towel to drain.

Serves 15

Baked Stuffed Lake Trout, Salmon, Or Walleyed Pike

1 teaspoon salt
1 carrot, thinly sliced
1 white pepper
1 rib celery, thinly sliced
6 lb fish, dressed
3/4 teaspoon dried marjoram
1 stuffing recipe
1 bay leaf
1 1/2 cup white wine
1 lemon, sliced very thin
4 tablespoon butter, melted
2 shallots, thinly sliced
----CELERY STUFFING----
3/4 cup (4 ribs)
1/2 cup bread crumbs
1 chopped celery
1 salt and fresh black pepper

1/2 chopped onions
1/4 teaspoon savory
4 tablespoon butter
1/4 cup chopped celery tops
----FENNEL / TARRAGON STUFFING----
2 tablespoon chopped parsley
1/2 teaspoon fennel seed
2 tablespoon chopped fresh tarragon
1 salt and fresh pepper
6 tablespoon butter, melted
1 1/2 cup roughly torn fresh
1 bread crumbs

Marjoram goes well with fish, and here's a recipe that uses it both in and on the fish. Neither lake trout nor salmon need be scaled, but do scale the pike. A whole baked fish on a garnished platter always looks good to guests. Salt and pepper the fish inside and out, then stuff it and sew up or skewer the opening.
Place in a buttered pan and lay lemon slices along its length. Stick a toothpick in each slice.
Add the vegetables, marjoram, bay leaf, and white wine and bake, uncovered, for about 35 minutes in a 400 degree oven, basting first with the melted butter and then with the liquid in the pan. CELERY STUFFING
Saute the chopped celery and onions in butter in a small skillet for 15 minutes, until tender but still with a little bite.
Add the chopped celery tops and the bread crumbs. Season to taste with salt, pepper, and savory. Makes 1 cup. FENNEL SEED AND TARRAGON STUFFING

Mix all ingredients together and stuff fish.

Banana Fish

1/4 cup flour
2 teaspoon curry powder
1/4 teaspoon soy sauce
4 bananas, peeled & halved
1 lengthwise
1 lb fish fillets
1 tablespoon oil
3 stalks celery, sliced
4 tablespoon butter
2 tablespoon lemon juice

Mix together flour, curry powder, and soy sauce; coat bananas and fish withthis; set aside. Heat oil in skillet. Stir-fry celery until crisp; set aside. Add butter to oil; saute bananas until golden, about 1 minute

on each side. Sprinkle bananas with half of lemon juice; remove to serving dish. Saute fish in oil/butter mix until fish comes easily away on a fork,about 3 minutes on each side. Sprinkle with remaining lemon juice. Place on serving dish with bananas. Spoon celery over fish.

Banquet Baked Fish

1 whole fish or lg section
1/4 teaspoon sage
1/2 cup water
1 onion, diced
3 cup sm bread cubes
1/2 teaspoon salt
1/4 lb mild cheese, grated
3 tablespoon butter
1 teaspoon dried leaf savory
1 sprinkle of pepper
33 tablespoon flour seasoned with 1/2 tsp savory; 1/4 tsp sage 1/4 ts 1 sprinkle of pepper

Saute onion in butter. Add to bread cubes with seasoning, water, and 1/2 of the cheese. if too dry, add more water. Pack stuffing firmly inside and in front of fish. Dredge all over with seasoned flour.
Bake with 3/4 cup of hot water in bottom of pan until browned and tender, about 50 minutes at 350f, basting frequently.

While fish bakes cream 4 tbsp butter with 1/4 cup flour, add juice of 1 lemon or 3 tbsp juice (bottled), 3 tbsp sugar, and 1 1/2 c water. Cook over low heat, stirring until thickened. Add to gravy in pan with remaining cheese. Baste fish again with thickened gravy.

Barbecue Crab Sandwich

1 cup crab
1/2 cup tomato sauce
1/4 cup green stuffed olives; sliced
8 oz cheddar; md, in small cubes
8 english muffins

Mix all the ingredients except the muffins together. Refrigerate for at least 1 hour to blend the flavors. Spread on English Muffin halves and broil until hot and cheese is melted. Serve hot.

Barbecue Fish Sauce

1/2 cup vegetable oil
3/4 cup onion -- chopped
3/4 cup catsup
3/4 cup water
1/3 cup lemon juice
3 tablespoon sugar
3 tablespoon worcestershire sauce
2 tablespoon prepared mustard
2 teaspoon salt
1/2 teaspoon pepper

Saute onion in oil in medium heavy saucepan over medium-high heat until tender. Combine with all ingredients and simmer 10 - 15 mins.

Using any mild fish, fileted or whole, place fish in wire basket that will hold fish firmly in place or put a wire mesh on your grill.
Brush fish with seafood sauce occasionally until fish is flaky.

This sauce is also excellent on shrimp.

Oh, and if you're not happy with the freshness of your fish, soak it in milk for a few hours. It takes the "fishy" smell out of the fish.

Squeaks

Barbecue Salmon Steaks With Green Ginger Sauce

2 tablespoon light soy sauce
1/2 teaspoon sugar
4 salmon steaks
1/2 cup parsley
1/2 cup roughly chopped chives
2 tablespoon capers

2 tablespoon chopped onion
1/2 cup olive oil
1 tablespoon lemon or lime juice
1 hard-boiled egg
1 freshly ground black pepper

Combine soy sauce and sugar. Brush each salmon steak with soy sauce mixture. Barbecue on solid plate, turning occasionally until salmon is cooked. Serve hot with Green Sauce.

GREEN SAUCE:

Place parsley, chives,capers and onion in the bowl of a food processor or blender. Process until finely chopped. Add olive oil, lemon or lime juice and egg. Process until smooth. Season with freshly ground black pepper.

Serves 4.

Barbecued Catfish

6 catfish; 1 lb. each
1/8 teaspoon paprika
1/4 teaspoon salt
1/4 teaspoon pepper
2 tablespoon sugar
1 teaspoon worcestershire sauce
1/4 cup vinegar
1/4 cup catsup
1/2 cup oil, vegetable

Clean, skin, and fillet fish. Combine remaining ingredients. Baste fish with sauce. Place fish in a well-greased, hinged fish basket. Place on grill about 3 to 4 inches from coals. Cook 7 to 8 minutes on each side or until fish flakes easily, brushing frequently with the sauce.

Barbecued Corn & Hard Shelled Crabs

1/3 cup olive oil
1 salt and pepper to taste
2 teaspoon tomato paste
4 ears white corn unshucked
1 teaspoon hot pepper paste
8 hard shelled crabs; cooked washed and dried 1
clove minced garlic

MIX THE OLIVE OIL WITH THE TOMATO PASTE,GARLIC,SALT AND PEPPER,HOT PEPPER PASTE.SET ASIDE.PLACE THE CORN ON A CHARCOAL GRILL FOR ABOUT 15 MINUTES,TURNING EVRY 5 MINUTES.REMOVE TO A WARM SPOT. BRUSH THE CRABS
WITH SOME OF THE OIL MIXTURE AND GRILL FOR FOUR MINUTES PER SIDE,UNTIL LIGHTLY BROWNED AND THE EDGES OF THE SHELL HAVE SLIGHTLY CHARRED.SHUCK THE CORN AND SERVE TWO CRABS AND AN EAR OF CORN TO EACH
DINNER.SERVE THE EXTRA SPICED OIL MIXTURE AS A DIP FOR THE CRAB AND TO BE BRUSHED ON THE CORN.MAKES FOUR SERVINGS. NOTE: IF USING LIVE HARD SHELLED CRABS,BOIL THEM FIRST IN A LARGE POT OF WATER SEASONED WITH SEVERAL TABLESPOONS OF CRAB BOIL(A SPICE BLEND) UNTI ALL THE CRABS ARE BRIGHT RED,ABOUT 10 MINUTES.THEN PROCEED AS INSTRUCTED F COOKED CRABS.

Barbecued Fish

1 small onion; chopped
1 tablespoon brown sugar
1/4 cup cider vinegar
2 tablespoon catsup
2 tablespoon dry mustard
1 teaspoon worcestershire sauce
1/4 teaspoon ground cloves
1 teaspoon chili powder
1/4 teaspoon cayenne pepper
1 1/2 lb firm, whitefish fillets such as re; d snapper or h

COMBINE ALL SAUCE INGREDIENTS in a pot, place over medium heat and boil until reduced to a thin syrup. Pour the syrup through a strainer, discard the cooked ingredients in the strainer and chill the syrup. Place fish steaks or fillets in a baking dish and spoon some syrup over. Marinate in the refrigerator for 1 hour. Cook the fish on a hot grill, basting with a teaspoon of barbecue syrup on each side. ~--

Barbecued Oysters With Shiitakes

1 tablespoon chinese oyster sauce
1 tablespoon hoisin sauce
2 teaspoon ketchup
1/2 each serrano chili, seeded and finely ch; opped
12 medium to large fresh shiitake caps
1 olive oil
12 each fairly large oysters, shucked

Preheaeet oven to 325. Combine the oyster sauce, hoisin sauce, ketchup and serrano chili. Let the mixture sit for several minutes to let the serano flavor the sauce. This step may be done well ahead. Make sure the stems are completely cut off the mushroom caps. Paint the caps with a little oil and a little of the sauce. Place them on a baking sheet and bake in the preheated oven for 2 minutes. While the caps are baking, roll the oysters in the rest of the sauce so that they are evenly coated. Remove the caps from the oven and place an oyster on each cap. Return them to the oven for about 6 minutes. Remove and place on serving dishes and serve immediately.
BARBECUED OYSTERS WITH SHIITAKES

Barbecued Rainbow Trout

1 (4 lb.) rainbow trout
1 medium onion
2 tomatoes
1 teaspoon lemon juice
1 salt and pepper; to taste

Fill cavity of fish with chopped onion and tomatoes. Sprinkle lemon juice over fish, along with salt and pepper. Wrap fish in foil. Barbecue fish approximately
10 minutes on each side...

Barbecued Salmon With Basil

4 salmon steaks (6 to 8 ounces each); thawed if necessary 2 tablespoon lemon juice
2 tablespoon olive oil
1 teaspoon dried and crushed basil
1 lemon wedges

Combine lemon juice, olive oil and basil; brush on both sides of salmon. Grill over medium hot coals 10 minutes per inch of thickness or until fish flakes when tested with a fork. Serve with lemon wedges.

Serves 4

Barbecued Salmon With Field Greens

----FOR THE BARBECUE RUB----
2 tablespoon chili powder
1 tablespoon garlic powder
1 tablespoon onion powder
3 tablespoon sugar
1 tablespoon salt
1/2 teaspoon ground allspice
1/2 teaspoon ground cumin
1/4 teaspoon ground white pepper
1 tablespoon paprika
6 salmon fillets, 5 oz each
1 olive oil for the salmon
----FOR THE VINAIGRETTE----
1 lb organic field greens
1 1/2 cup v8 or other vegetable juice
1 tablespoon balsamic vinegar
1/2 cup chopped tomato
1 1/2 tablespoon barbecue rub (reserved from above) 4 tablespoon olive oil

From Will Greenwood, not-quite White House chef.

For the rub: Combine the chili, garlic and onion powders, the sugar, salt, allspice, cumin, white pepper and paprika in a food processor until thoroughly mixed. Sprinkle all but 1 1/2 tablespoons of the rub on all sides of the salmon. Let fillets marinate for 6 hours.

To cook the salmon: Prepare a very hot grill. If you are using wood

chips on the hot coals, first soak these in water so they will smoke more. Add soaked chips 5 minutes before starting the salmon.

Rub the fillets with a thin film of olive oil. Grill them approximately 8-10 minutes, depending on thickness.

For the field greens and vinaigrette: Clean and refresh the greens in cold water. Spin dry. Mix the vegetable juice, vinegar and tomato together with the reserved barbecue rub and olive oil. Toss with the greens.

To serve: Divide greens among plates. Top each plate with a salmon fillet. Spoon the remaining vinaigrette in the bowl over the salmon. Serve hot.

Per serving: 298 calories, 30 grams protein, 11 grams carbohydrates, 14 grams fat, 2 grams saturated fat, 73 milligrams cholesterol, 886 milligrams sodium.

Barbecued Scallops Hoisin

1 1/4 lb bay or sea scallops
2 medium red peppers, cut into 1 1/2-inch sq; uares 3
tablespoon hoisin sauce
1 tablespoon soy sauce
2 tablespoon dry sherry
1 tablespoon sugar

Scallops and red pepper are skewered and brushed with a Hoisin-inspired barbecue sauce before being char-grilled for an Oriental flavor sensation.

1. Alternately thread the red pepper and scallops on wooden skewers, beginning and ending with peppers.

2. Mix together the Hoisin, soy, sherry, and sugar. Brush the shellfish and peppers with the sauce, coating well.

3. Grill the kebobs over hot coals 4 inches from the heat source, 3 to 4 minutes per side. Remove to a platter and serve.

6 to 8 appetizer portions; 3 main-course portions

Barbecued Skewers Of Fish - Seekh Ki Machali

1 lb firm white fish
1 teaspoon salt
6 cloves garlic
1 1/2 inch fresh root ginger
1 tablespoon garam masala
1 tablespoon ground coriander 1
teaspoon cayenne pepper
4 oz plain yoghurt
1 tablespoon veg. oil
1 lemon
2 hot green chili peppers

Fillet and skin fish, then cut into 11/2 inch cubes. Put about 5 pieces on each skewer and sprinkle with salt. Make a paste from the garlic, ginger, spices, and yoghurt and use to cover the fish. Leave for a few hours, then grill. The skewers can be sprinkled with a little oil during cooking, if required. Garnish with the lemon cut into wedges and fine rings of seeded green chili pepper.

from Favorite Indian Food by Diane Seed

Barbecued Speckled Trout

1 small trout, whole
1 flour
1 corn oil
1 salt & pepper; to taste
1 tabasco

Wash the fish and dry with a paper towel. Make a paste fron the flour, corn oil seasoned with salt, pepper and tabasco. Coat the fish with the thin paste. Place over a grill over medium heat about three inches from the charcoal brickettes. Barbecue about six to eight minutes, turning the fish once.

Allow one fish per person.

Also for: Use flounder, blues, mackerel, snapper, bass, specks, mullet

Barbecued Swordfish With Black Olive-Cucumber

1 4 6-ounce swordfish fillets (steaks;),about 1-inch thi

4 oz basic tomato sauce -- (see
: separate recipe)
2 TB sugar
2 TB balsamic vinegar
1 TB hot chili flakes
1 c black olives such as Gaeta
1 lb English cucumbers (1 long
: one), -- sliced
2 plum tomatoes, -- stem
: removed
2 TB plus 1/2 cup extra virgin
: olive oil
1 TB plus 6 tablespoons red wine
: vinegar
2 TB fresh oregano leaves
3 TB Dijon mustard
1/4 c chopped chives
: Salt and pepper to taste

Preheat barbecue with good hot fire. Rinse and pat dry swordfish.

In a small mixing bowl, mix tomato sauce, sugar, balsamic, chilis and let stand. Into another mixing bowl, add Gaeta olives and cucumber. Cube plum tomatoes into 1/8-inch cubes and add to cucumber mixture. Add 2 tablespoons extra virgin oil, 1 tablespoon red wine vinegar and 2 tablespoons oregano leaves and mix well. Do not season until ready to serve or vegetables will wilt.

In a blender, mix Dijon mustard, 1/2 cup extra virgin olive oil and 6 tablespoons red wine vinegar until smooth. Remove and stir in chopped chives and set aside. Brush swordfish steaks with barbecue sauce and season with salt and pepper. Cook 3 minutes on first side and flip over. Spoon 1 ounce barbecue sauce over each steak and finish cooking without turning about 4 more minutes. Meanwhile, divide cucumber salad among 4 plates. When swordfish is finished, lean one steak on each plate over salad. Drizzle with chive sauce and serve.

Yield: 4 servings

Recipe By :MOLTO MARIO SHOW #MB5680

Date: Mon, 28 Oct 1996 22:13:41
~0500

Barbequed Fish

1 small onion; chopped
1 tablespoon brown sugar
1/4 cup cider vinegar
2 tablespoon catsup
2 tablespoon dry mustard
1 teaspoon worcestershire sauce
1/4 teaspoon ground cloves
1 teaspoon chili powder
1/4 teaspoon cayenne pepper
1 1/2 lb firm, whitefish fillets such as re; d snapper or h

COMBINE ALL SAUCE INGREDIENTS in a pot, place over medium heat and boil until reduced to a thin syrup. Pour the syrup through a strainer, discard the cooked ingredients in the strainer and chill the syrup. Place fish steaks or fillets in a baking dish and spoon some syrup over. Marinate in the refrigerator for 1 hour. Cook the fish on a hot grill, basting with a teaspoon of barbecue syrup on each side.

Bar-B-Q: Smoke-Grilled Salmon

1 teaspoon grated lime rind
1/4 cup lime juice
1 tablespoon vegetable oil
1 teaspoon dijon mustard
1 pinch pepper
4 salmon steaks, 1-inch thick [1-1/2; lb]
1/3 cup toasted sesame seed [optl]

In shallow dish, combine lime rind and juice, oil, mustard and pepper; add fish, turning to coat. Cover and marinate at room temperature for 30 minutes, turning occasionally.

Reserving marinade, remove fish; sprinkle with sesame seed. Place on

greased grill directly over medium heat. Add soaked wood chips. Cover and cook, turning and basting with marinade halfway through, for 16-20 minutes or until fish flakes easily when tested with fork.

Per serving: about 225 calories, 30 g protein, 10 g fat, trace carbohydrate.

Basic Best Salmon Loaf

15 1/2 oz canned alaska salmon
2 cup soft bread crumbs
1/3 cup finely minced onions
1/4 cup milk
2 eggs
2 tablespoon chopped parsley
1 tablespoon lemon juice
1/4 teaspoon dill weed
1 dash black pepper

Drain and flake salmon, reserving 2 tablespoons liquid. Combine flaked salmon and reserved liquid with remaining ingredients. Place in well-greased 8 1/2 x 4 1/2 x 2 1/2 inch loaf pan or shape into loaf on greased baking pan. Bake at 350 F for 45 minutes.

Nutrients Per Serving:

Calories: 268 Fat-Total: 8.12 g Protein: 21.4 g Cholesterol: 114 mg Carbohydrates: 26.1 g Sodium: 677 mg Dietary Fiber: 1.58 g

Basic Fish Chowder

1 lb fish fillets
2 slice bacon, chopped
1/2 cup onion, chopped

2 cup fish stock or water
1 cup raw potato, sliced
2 cup milk
1 teaspoon salt
1 dash of pepper

Salmon, halibut, rockfish or cod may be used for the fish. Fry bacon until crisp; add onion and cook until tender. Add water and potatoes and simmer 10 minutes or until the potatoes are partially tender. Cut fish into 1 inch cubes and add and simmer again until fish and potatoes are tender. Add milk and seasonings; heat thoroughly and serve immediately. Serves six.

VARIATION:

2 cups grated cheddar cheese may be added before the milk is added. Stir until melted and proceed. 2 tbsp may be added for thickness.

Basic Fish Mousse

1/2 lb whitefish fillets
1/2 lb cooked lobster
2 tablespoon finely diced onion
1/2 teaspoon salt
2 tablespoon brandy
1 tablespoon tomato paste 1/2
cup egg whites
3/4 cup whipping cream

PREHEAT OVEN TO 350F. Combine whitefish, lobster, onion, salt, brandy and tomato paste in a food processor and blend until smooth. Add the egg whitesand blend until incorporated. Transfer the mixture to a bowl, cover and chill for 30 minutes. Stir in the cream until incorporated. Divide the mousse between buttered ramekins. Place the ramekins in a water bath, coverand place in oven for 20 minutes. To serve, turn the contents of each ramekin out onto a warm plate, spoon some Hollandaise-based sauce over eachmousse and serve immediately.

MICHAEL ROBERTS - PRODIGY GUEST CHEFS COOKBOOK

Basic Fish Stock - *p Cooking Class

4 quart water
1 cup dry white wine
4 lb fish trimmings
2 tablespoon lemon juice
1 onion peeled/halved
2 stalks celery, halved
4 sprigs parsley
2 sprigs thyme (or 1/2 t dried
6 peppercorns

BRING THE WATER AND WINE to a boil over high heat. Wash all the fish trimmings. Add the fish trimmings, lemon juice, onion, celery, parsley, thyme and peppercorns to the pot. When the water returns to a boil, reduce the heat so that it is barely simmering, and simmer for 2 hours. Strain thestock, extracting as much liquid as possible from the solids. Discard the solids, and allow the stock to reach room temperature before refrigerating or freezing. Makes 3 qts. The stock can be refrigerated up to four days, orfrozen for up to six months.

Basil's Crab Cakes~ Louisiana-Style

8 oz blue crab meat, shredded
8 oz snow crab meat, shredded
8 oz shrimp, peeled, deveined and coars; e, ly chopped
1/4 cup green bell pepper, diced
1/4 cup red bell pepper, diced
1/4 cup scallions, diced
1/4 cup dijon mustard
1 salt and pepper to taste
1 tablespoon cajun spice (not too salty)
2 1/2 cup basil's garlic mayonnaise
1 1/2 cup coarse bread crumbs, plus 1/4 c fo; r dusting cakes 1
oil for sauteing
1 basil's champagne sauce
1 green olives (garnish)
1 chopped tomatoes (garnish)

1. Combine crab meat and shrimp in a bowl. Add peppers and scallions; mix with a wooden spoon. Add mustard, salt, pepper, Cajun spice and garlic mayonnaise; stir. Stir in 1 1/2 cups bread crumbs, mixing until thoroughly blended.

2. Shape mixture into 8 patties, each about 3 inches wide and 3/4 inch

thick. Sprinkle both sides with remaining 1/4 cup bread crumbs.

3. Heat oil in a skillet until very hot. Add crab cakes and saute on both sides until browned, about 5 minutes per side.

4. Bake crab cakes in a preheated 400-degree oven until crisp, about 5 minutes.

5. Spoon 1/4 cup Champagne sauce on each of 8 serving plates. Place a crab cake on each plate. Garnish with green olives and chopped tomatoes, if desired.

Basque Style Steamed Clams (Almejas Guisadas)

4 quart cherrystone clams
4 cloves garlic, minced
1 onion, about 1 in diameter, minced
1 tablespoon parsley, minced
1 tablespoon olive oil
1/2 cup dry white wine
1/2 cup water (or additional clam liquid)
1/4 teaspoon black pepper, freshly ground

Wash clams thoroughly and place in a large kettle. Add remaining ingredients. Cover and cook over medium heat for 20 minute. Serve hot in individual bowls, accomapanied by thick slices of french bread and a green salad.

Bass With Avocado Sauce

1 small ripe avocado; coarsely chopped
1/4 cup skim milk
1 tablespoon lime juice
1 clove garlic; minced
1 dash hot sauce
2 tablespoon lemon juice
1 tablespoon light soy sauce

1 teaspoon lemon rind; grated
1 teaspoon dijon mustard
16 oz bass fillets
1/3 cup fine dry bread crumbs
1 vegetable cooking spray

Combine the first 5 ingredients in a blender; cover and process until smooth. Set mixture aside. Combine lemon juice and next 3 ingredients in a shallow dish; dip fillets in lemon juice mixture, and dredge in bread crumbs. Place on a baking sheet coated with cooking spray. Bake at 450øF for 7 minutes; turn fillets over, and bake an additional 7 minutes or until fish flakes easily when tested with a fork. Transfer fillets to a serving platter, and top with avocado sauce.

Alternate Fish: Jumbo Cod, Orange Roughy, Grouper.

Per Serving: Calories: 193, Protein: 23.6 g, Carbohydrate: 10 g, Fat: 6 g, Cholesterol: 63 mg, Sodium: 332 mg.

Basted Duck With Oyster Dressing

1 teaspoon salt
1/4 teaspoon pepper
1 quart bread stuffing mix
1 cup oysters
1/4 cup butter
1/4 cup lemon juice
1/4 teaspoon paprika
1/8 teaspoon thyme

Season duck cavity with salt and pepper. Add oysters, drained and chopped, to bread stuffing. Use oyseter liquid as part of liquid to moisten. LIghtly stuff duck. Place remainder in separate pan to bake with duck. Mix butter, lemon juice, paprika and thyme. Bake duck on rack in covered roaster in 325 deg. oven for about 2 1/2 hours. Baste often with lemon mixture. Baste dressing with duck drippings. remove cover at the last to brown duck.

Bay Scallops With Lemon & Dill

2 tablespoon unsalted oleo (1/4 stick)
1 1/2 lb bay scallop
2/3 cup dry vermouth
1 tablespoon lemon juice
1/2 teaspoon finely grated lemon peel
1/4 cup chopped fresh dill or
1/2 teaspoon dried dillweed
1/4 teaspoon freshly ground pepper

Coat Heavy Large Skillet Generously With Nonstick Vegetable Spray. Add Oleo& Melt Over Medium Heat. Add Scallops & Stir Until Almostopaque, About 2 Min. Transfer To A Bowl Using A Slotted Spoon.
Add Vermouth, Lemon Juice & Lemon Peel To Skillet & Boil Until Reduced To A Thick Glaze, About 5 Min. Add Any Juices Exuded By The Scallops & Boil Until Reduced To Glaze. Return Scallops To Skillet & Stir Until Coated With Sauce. Mix in Dill & Pepper. Serve Immediately.

Beacon Hill Clam Dip

1 can gorton's clams
2 teaspoon prepared horseradish
1 3 oz pkg. cream cheese
1 teaspoon lemon juice

Mix horseradish, lemon juice with cream cheese. Add 1 tsp. of clam juice from the can, blend into cream cheese mixture. Add drained clams. Add additional clam juice if necessary to reach the desired consistency.
Servewith chips.

Shared By: Pat Stockett

Bean Curd With Oyster Sauce

1/2 lb soy bean curd (canned or
1 fresh)
2 green onions

1/2 teaspoon minced garlic
2 tablespoon peanut oil
1/2 cup chicken stock
1 pinch sugar
2 tablespoon premium oyster sauce
1 cornstarch paste
1 teaspoon peanut oil

Slice bean curd into 1/4" cubes; sliver green onions. In hot wok, heat oil just to point of smoking. Add bean curd, green onions and garlic. Stir gently to avoid breaking up curd; turn pieces to coat with oil. Be sure oilis not too hot or curd will tend to stick to pan.

When aroma of garlic is apparent, add stock and bring to boil. Lower heat, cover, and simmer for about 30 seconds (don't let curd fall apart). Remove cover; stir in oyster sauce and sugar. Increase heat, and when liquid boilsagain, add enough cornstarch paste to make a creamy (but not too thick) sauce. Swirl in peanut oil to make a glaze. Serve over rice or in a shallowserving bowl.

Bier Fisch (German Beer Fish)

1 whole carp (2-3 lbs with head)
2 tablespoon butter
1 medium onion, chopped
1 celery stalk, chopped
1/2 teaspoon salt
6 peppercorns
3 whole cloves
4 slice lemon
1 bay leaf
1 bottle beer
6 gingersnaps, crushed
1 tablespoon sugar fresh parsley for garnish

This recipe is an old tradition in Germany. The sauce combines sweet, sour, and spicy flavors. In Germany, fresh carp is used, but since it is hard to find in the U.S. other fish may be substituted.

Remove head from fish and reserve for making fish stock for other recipes. Lay fish out as flat as possible, breaking bones along back. Melt butter in a skillet. Add onion, celery, salt, peppercorns and cloves and mix. Top with lemon slices and bay leaf. Place fish on top. Add beer. Cover and simmer 15-20 minutes, or just until fish flakes with fork. Transfer fish to a platter, cover with foil to keep warm. Strain cooking liquid, pressing some of the vegetables through.

Put gingersnaps and sugar in s killet, stir in 1-1/2 cups strained liquid. Cook, stirring constantly, until thickened. Garnish fish with parsley. Pass sauce for pouring over fish and boiled potatoes as side dish. Makes 4-6 servings. From the files of Al Rice, North Pole Alaska. Feb 1994

Bill Clinton's Tuna Salad Sandwich

1 from: gaye levy
1 teaspoon mustard (regular)
1 can tuna -- drained (6 1/2 oz)
1 tablespoon mayonnaise
1 egg -- hard cooked & choppe
1/2 teaspoon salt
1 teaspoon onion -- finely chopped
4 slice whole wheat bread
1 tablespoon celery -- finely chopped
1 tomato -- sliced
1 teaspoon pickle relish
2 lettuce leaves
1 teaspoon dijon mustard

1. In a medium bowl place tuna, egg, onion, celery, pickle reslish, mustards, mayonnaise and salt. With a foek, combine all ingredients well. 2. Spread tuna mixture on 2 bread slices, cover with tomato slices and lettuce and top with remaining bread slices.

Recipe By :

Biscuit Topped Seafood Gumbo Pie

----GUMBO----
3 tablespoon plus 1 teaspoon vegetable oil
3 tablespoon all-purpose flour
3 tablespoon butter
3/4 lb smoked sausage; sliced
3/4 lb cooked bonelss ham steak; cut into 2 by 1/4 inch st 1 large onion; chopped
2 garlic cloves; minced

1/2 green bell pepper; chopped
1/2 red bell pepper; chopped
1 small celery rib; minced
3 tablespoon rice
2 cup chicken stock
2 teaspoon fresh lemon juice
1/2 teaspoon cayenne pepper
3/4 lb shrimp; shelled
1/2 lb okra; sliced
1 salt and freshly ground black peppe; r
----BISCUIT TOPPING----
2 cup all-purpose flour
1 tablspoon baking powder
2 teaspoon sugar
1/2 teaspoon baking soda
1/2 teaspoon salt
6 1/2 tablespoon cold butter
3/4 cup buttermilk

Make the gumbo: In a heavy medium skillet, combine 3 tablespoons of the oil with the flour and cook over moderatly low heat, stirring occasionally, until the roux is dark mahogany in color, about 1 hour. Do not let burn. Immediately remove from heat.

In a medium flameproof casserole, melt 2 tablespoons of the butter with the remaining 1 teaspoon oil. Add the sliced sausage and cook over moderate heat until well browned, about 5 minutes. Transfer to a plate with a slotted spoon. Add the ham strips to the casserole and cook until lightly browned, about 7 minutes; add to the plate with the sausage slices.

Add the remaining 1 tablespoon butter and the onion to the casserole. Cook over moderate heat, stirring constantly, until softened and translucent, about 2 minutes. Reduce the heat to moderately low and add the garlic, green and red bell peppers, celery and rice. Cook, stirring, for 5 minutes longer.

Reheat the brown roux if necessary. Scrape it into the casserole with the vegetables and rice. Stir in the chicken stock and lemon juice. Bring to a boil over high heat. Add the sausages and ham, reduce the heat to moderately low and cook, covered, for 25 minutes.

Stir in the cayenne, shrimp and okra and season with salt and black pepper to taste. Cook, stirring once or twice, for 2 minutes. Remove from the heat.

Make the topping: Preheat the oven to 450F. In a medium bowl, combine the flour, baking soda and salt. Cut in the 5 1/2 tablespoons of the butter until the mixture resembles coarse crumbs. Stir in the buttermilk until a soft dough forms.

On a lightly floured surface, roll out the dough 1/2 inch thick. Using a 2 1/2 inch round cutter, stamp out 12 biscuits.

Melt the remaining 1 tablespoon butter. Pour the hot gumbo into a shallow 9 inch round baking dish. Arrange the bicuits on top and brush with the melted butter. Bake until the biscuits are puffed and golden brown, about 20 minutes. Typos By Jim Kirk - captain@iquest.net by Pat Pate patpate@tenet.edu on Sep 11, 1993
From: Jim Kirk <captain@iquest.net>

Date: Fri, 24 Oct 1997 19:48:24 -0500

Bisque De Cribiches (Freshwater Crayfish Bisq

4 tablespoon butter, unsalted
2 lb crayfish; cleaned, shelled
1 each onions; chopped fine
2 each garlic cloves; chopped
1 each fennel sprig; (optional)
1 small pepper, hot; left whole
4 cup water
1 cup milk, coconut
2 each egg yolks
1 salt; to taste

Heat butter in heavy saucepan and add crayfish, onion and garlic. Saute over medium heat until the crayfish have changed color, about 5 minutes. Add the fennel, hot pepper and water. Cover and cook at a gentle simmer for 30 minutes. Remove and discard the fennel and the hot pepper. Remove the crayfish and pound in a mortar and push through a fine sieve or reduce to a puree in an electric blender with a little of the stock.
Return the pureed crayfish to the saucepan, add the coconut milk and heat through. Beat the eggs yolks with a little of the soup and stir into the saucepan. Cook over low heat, stirring constantly, until the soup is lightly thickened.
The crayfish shells may be simmered the water first to make a more flavorful stock instead of using plain water.

Black Bean & Salmon Appetizer

8 corn tortillas
16 oz (1 cn)corn black beans; rinsed and drained 7
oz (1 cn) pink salmon; w bones, drained
2 tablespoon safflower oil
1/4 cup fresh lime juice
1/4 cup fresh parsley; chopped
1/2 teaspoon onion powder
1/2 teaspoon celery salt
3/4 teaspoon ground cumin
3/4 teaspoon garlic; minced
1/2 teaspoon lime zest; grated
1/4 teaspoon red pepper flakes; dried
1/4 teaspoon chili pepper

Preheat oven to 350 degrees. Cut tortillas in triangles and toast oven until crisp, about 5 minutes. Combine the beans and salmon, flaking the salmon with a fork. Mix remaining ingredients; chill to blend flavors. Serve with tortilla chips. (How making these into tacos? I enjoy cooking but not that much.) Food Exchange per serving: 1/2 LOW-FAT MEAT EXCHANGE + 1/2 STARCH/BREAD EXCHANGE; CAL: 68; CHO: 3mg; CAR: 8g; PRO: 4g; SOD: 75mg; FAT: 2g;

Black Pepper Angel Hair With Smoked Salmon

----SAUCE----
1 quart heavy cream
1 cup clam juice
1 cup dry white wine
6 whole garlic cloves; peeled
2 teaspoon whole black peppercorns
2 tablespoon dillweed
1 tablespoon champagne vinegar
3/4 cup grated parmesan cheese
16 oz blk pepper angel hair pasta
2 teaspoon salt
----TOPPING----
8 oz smoked salmon
8 oz heavy cream
1 cup sour cream
4 sprigs fresh dillweed

In generous saucepot, reduce the one quart heavy cream at a gentle simmer until it is half its original volume. Meanwhile, in separate, smaller pot, combine clam juice, wine, garlic, peppercorns, salt, dill and vinegar.

Reduce at a rolling boil to half its original volumbe, then strain & dispose of garlic and peppercorns. Add wine reduction to reduced cream and reserve. With electric mixer, whip 8 oz heavy cream to med. peaks, then add sour cream and whip until blended. (The chef calls this "quick creme fraiche"). In boiling, lightly salted water, cook pasta (if fresh) for 45 seconds or to desired donenesss. Drain in collander and cool by running cold water through it to halt cooking. In 10-12" saute pan, heat cream/winesauce to boil, then whisk in parmesan until well blended. (Sauce will continue to reduce quickly). Add cooked pasta to sauce and toss to coat evenly. Divide between 4 dishes, topping each with 2 oz smoked salmon, a dollop of creme fraiche and a sprig of dill. Serves 4. This recipe comes from Chef Susan Pickard, 411 West Italian Cafe, Chapel Hill, NC (HOME OF THE TARHEELS!!). Hope you enjoy! Judy Garnett/pjxg05a ~---- O.K. cj This isnot exactly a "Diet Meal", but if you cut down the fat on this one, let me know. I love it this way, but am interested in cutting down on fat whereverpossible. Best regards, Judy Garnett/Raleigh FOOD AND WINE CLUB TOPIC: FOOD FORUM TIME: 02/15 11:34 AM TO: ELAINE RADIS (BGMB90B) FROM: JUDY GARNETT (PJXG05A) SUBJECT: R-MM SALMON SPREAD Hi Elaine, Saw the info about the new Round Robin and will get the soup recipes in to Robbie a.s.a.p. Thought you might like to see this "local restaurant" recipe.

Blackened Catfish

1 teaspoon paprika
1/2 teaspoon ground sage
1/2 teaspoon ground cumin
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1/2 teaspoon sugar
1/2 teaspoon salt
1/4 teaspoon ground cayenne
4 catfish fillets (4 - 5 ounces each)
1 nonstick cooking spray
1 teaspoon olive oil
1 lemon slices

Put paprika, sage, cumin, garlic powder, sugar, salt, cayenne and onion powder in a 1-gallon food-storage bag. Close bag and shake until well blended. Put 1 fillet in bag at a time and shake until lightly coated. Coat large nonstick skillet with cooking spray. Add oil and heat over medium-low heat until hot. Add catfish fillets, skinned side up, and cook 4 to 5 minutes until lightly blackened. Carefully turn with spatula. Cook 4 to 5 minutes longer, or until fish feels firm and is opaque at the thickest part. Serve with lemon slices.

Blackened Fish

4 each fish steaks or fillets about 8 oz; ea
1 cup butter, unsalted
1 tablespoon paprika
1 teaspoon garlic powder
1 teaspoon cayenne powder
1/2 teaspoon white pepper; ground
1 teaspoon black pepper; finely ground
2 teaspoon salt
1 teaspoon dried thyme

1. Melt the butter and pour about half into each of four custard cups and set aside. 2. Brush each fish steak liberally with the remaining butter on both sides. 3. Mix together the spices and thyme and sprinkle generously on each side of the steaks, patting it on by hand. 4. Heat a large frying pan and add about 1 tbsp butter per fish steak. When butter is hot, add the fish, skin side down first. 5. Turn the fish over when the underside is very brown and repeat with the remaining side. Add more butter as necessary during cooking. 6. When the top side of the fish is very dark brown, repeat with the remaining fish fillets, keeping them warm while cooking the rest. 7. Serve the fish immediately with the cups of butter for dipping.

Black-Eyed Pea-Crab Salad With Ruby Grapefrui

1 1/2 cup black-eyed peas (soaked
1 overnight) -- drained
1 quart ham hock broth or water
1 salt -- to taste
4 slice bacon -- diced
1 lb fresh lump crabmeat (gulf
1 coast preferred)
1 medium red bell pepper -- seeded,
1 finely diced
1 medium yellow bell pepper -- seeded
1 finely diced
1 medium green bell pepper -- seeded,

1 finely diced
1 large purple onion -- minced
3 whole scallions -- thinly
1 sliced
1 large tomato -- seeded and diced
1 teaspoon fresh thyme -- chopped
1 teaspoon fresh marigold mint or
1 tarragon -- chopped
1 teaspoon fresh chervil -- chopped
1 cup grapefruit vinaigrette
1 (separate recipe)
4 whole ruby grapefruit
1 (peeled) -- sections
1 removed
8 whole fresh cilantro sprigs
1 for garnish

Place the drained black-eyed peas in a saucepan with the ham hock broth or water, and bring to a boil. Reduce the heat and simmer until tender, 45 minutes to 1 hour. Toward the end of the cooking time, taste the peas and season with salt. Drain and set aside.

In a skillet, cook the bacon over medium-high heat until all the fat is rendered. Transfer the bacon to a large mixing bowl and add the crabmeat, vegetables, peas, and herbs. Mix together until thoroughly combined.

Combine the salad with the vinaigrette. Mound the tossed salad on a large serving platter, leaving at least 2 inches around the edge of the platter. Arrange the grapefruit sections around the salad, and garnish the grapefruit sections with the cilantro springs.

Chef's Notes: Chef Stephan Pyles of Star Canyon tells us that "This easy, do-ahead salad is a perfect entree for a summer lunch or picnic. Black-eyed peas, crab, and grapefruit may not exactly be an orthodox combination, but they are all staples of Texas cookery and go well together. " Entered into MasterCook by Terri Law, 8/22/96.

Recipe By : Stephan Pyles in __The New Texas Cuisine__

Blender Hollandaise Sauce For Trout

1/2 cup butter
3 egg yolks
1 juice of 1/2 lemon
1 salt to taste

1 pinch of cayenne

Melt the butter and keep it hot, but do not brown.
Put the yolks, lemon juice, salt and cayenne in the container of en
electric blender. Blend on low speed, gradually adding the hot butter
until the sauce is thickened and smooth.
About 3/4 cup. The New New York Times Cookbook, by Craig Claiborne with
Pierre Franey, Times Books, NY, 1975.

Blue Crab Cakes With Cayenne Mayonnaise

1 stalk celery; finely chopped
1 bunch green onions; finely chopped
1 bunch parsley; finely chopped
1 egg
1 tablespoon dijon mustard
3/4 cup mayonnaise
2 lemons, juiced
1/2 teaspoon salt
1/2 teaspoon pepper
4 1/2 oz carr's water biscuits ground
1 lb blue crab meat
4 tablespoon butter (or as needed)
----CAYENNE MAYONNAISE----
1 red bell pepper, roasted peeled an; d seeded 2
egg yolks
1 tablespoon white wine vinegar
1 lemon, juiced
1 1/2 teaspoon capers
6 garlic cloves
8 anchovy fillets
1 1/2 teaspoon cayenne pepper
1 cup salad oil
1 salt (to taste)

In a medium bowl place the celery, green onions, parsley, egg,
mustard, mayonnaise, and lemon juice. Mix the ingredients together
well. Add the salt, pepper, and ground biscuits. Gently mix the
ingredients together with your hands so that they are well combined.
Carefully fold the crab meat into the mixture. Let the mixture sit
for 1/2 hour in the refrigerator.

For the mixture into patties.

In a large skillet place the butter and heat it on medium until it has
melted. Saut, the crab cakes for 3 to 4 minutes on each side, or

until they are golden brown.

For CAYENNE MAYONNAISE: In a blender place the roasted red bell pepper, egg yolks, white wine vinegar, lemon juice, capers, garlic, anchovy fillets, and cayenne pepper. Blend the ingredients together so that they are smooth.

With the blender still running, slowly dribble in the salad oil so that a mayonnaise is formed. Correct the seasoning with the salt (and more lemon juice) if necessary.

Serve the crab cakes with the Cayenne Mayonnaise and lemon wedges. ---

Blue Fish With Oranges & Oregano Flowers In

1 4 pieces blue fish fillet, -

1 1/2 lb total
4 TB extra virgin olive oil
: Segments and zest of 6
: oranges
1 c oregano flowers, or other
: late summer herb flowers
1 md red onion, -- Sliced paper
: thin
2 bn Italian parsley, finely
: chopped -- to yield 1/2 cup

Preheat oven to 400 degrees.

Cut 4 pieces parchment paper into 16-inch square pieces. Grease each piece of parchment with 1 tablespoon olive oil. Season blue fish with salt and pepper and place just right center of each piece of parchment. Divide the orange segments, oregano flowers and red onion on top of the 4 blue fish fillets and sprinkle each with parsley.
Fold the left half of the parchment over and crimp the edges so that each is sealed. Place on a cookie sheet and bake for 10 minutes. remove and present still sealed to each guest. Using a pair of scissors or a knife, open cartoccio and eat immediately.

Yield: 4 servings

Recipe By :MOLTO MARIO SHOW #MB5688

Date: Fri, 1 Nov 1996 22:32:48
~0500

Bluegill Dip

1 worcestershire sauce garlic powder
1 liquid smoke lemon juice
1 salt and pepper mayonnaise
1 steamed fish fillets, boneless

Directions: Combine all ingredients for fish dip.

Boiled Crawfish

4 boxes salt (no size mentione
6 pouches crab boil
9 lemons
8 oz cayenne pepper
5 lb small white onions
1 garlic
24 small potatoes
1 smoked sausage
1 corn
50 lb live crawfish

Bring seasonings to boil for 10 minutes. Add potatoes, corn, and smoked sausage. Boil for another 10 minutes. Add crawfish. Bring back to boil. Cut fire off immediately. Let soak for 20 to 30 minutes.
Drain. Peel and eat. While water is coming to a boil, cull and clean crawfish. Rinse well with garden hose and remove any dead ones. Always weargloves when you fool with crawfish, but remember, they can still pinch you through gloves. Justin Wilson writes, "Not everybody likes the fat, but I do, and I love to dig my finger into the head and scoop it out. During crawfish season, my finger stays yellow from one end to the other."
From Justin Wilson's "Outdoor Cooking With Inside Help."

Boned Oysters

1 karen mintzias
12 oysters, fresh or frozen
1 cup flour
1/2 cup oil
1 salt and pepper; to taste

Use only the large Asiatic oysters caught in the Indian Ocean, Black Sea, or the Persian and Arabian gulfs.

Use the delicious white meat only. Discard the round white bone sometimes discovered inside the shell -- or give it to some Persian. They seem to prefer these bones to gold; they call them "pearls".

*

**

Drain oysters. Roll in flour. Heat oil until hot in a large frying pan. Fry oysters on medium-high heat for 5 minutes turning over once. Sprinkle with seasonings and serve.

Boston Clam Chowder

4 slices of bacon
1/2 cup milk
13 oz clams; minced, drained
1/2 teaspoon salt
1 1/2 cup potatoes; peeled/diced
1/4 teaspoon pepper
1/3 cup onion; chopped
2 tablespoon butter
2 tablespoon flour
1 oyster crackers
1 cup cream

POWER: High ... . TURN: No ... . TIME: 22 min. per 6 servings Place bacon in a 2 qt casserole dish. Cover and microwave 4 to 5 minutes, or until crisp. Remove bacon, crumble and set aside. Drain clams and add liquid to bacon drippings. Stir in potatoes and onion. Cover and microwave on high 9 to 12 minutes or until potatoes soften. Stir flour into half the milk. Add flour mixture and remaining milk, cream, clams, salt and pepper to hot liquid. Cover and microwave 4 to 5 minutes. Garnish with butter, oyster crackers and crumbled bacon.

Braised Pork And Fresh Oysters In Clay Pot

1/2 lb boneless pork butt, cut in
1 1 1/2 cubes
8 medium fresh pacific oysters (or
1 10 oz. jar)
4 green onions
1 1/2 cup warm water
1 tablespoon brown bean sauce
1 teaspoon dark soy sauce
1 teaspoon fresh ginger, minced
1 piece dried orange peel
2 tablespoon medium sherry
1 cornstarch paste
1/2 cup peanut oil
1 chinese parsley for garnish
----MARINADE----
1/4 cup medium sherry
2 teaspoon thin soy sauce
2 cloves garlic, minced
1 teaspoon 5-spice powder
1 teaspoon lemon juice

Marinating: Combine marinade ingredients in bowl large enough to hold pork, mixing well. Add pork, cover, and marinate at room temperature for 1 hour.

Braising: Drain pork, taking care to remove pieces of garlic. Heat oil in wok until it begins to smoke. Fry pork cubes, a few at a time, until brown and crusty. Do this quickly to sear meat without cooking it through. Drain in Chinese strainer or on paper towel. Strain and reserve cooking oil.

Clay Pot: In cool clay pot, combine water, bean sauce, dark soy, minced ginger, dried orange peel, and sherry. Bring to boil, then add braised porkcubes. Reduce heat, cover pot, and simmer for 30 minutes. Meanwhile, wash and trim green onions, cut into 2" sections. Drain oysters. When pork has simmered 30 minutes, add onions and oysters. You can stop the dish before adding oysters and onion. Cover and cook at medium heat for 15 minutes more. Turn up to boil, dribble in cornstarch paste to make light gravy. Serve with garnish of parsley.

Brattens Famous Clam Chowder

1 cup onions; finely chopped 1
cup celery; finely chopped 2
cup potatoes; finely diced 13
oz clams; & juice (2 cans) 3/4
cup butter
3/4 cup flour
1 quart milk
1 1/2 teaspoon salt
1/2 teaspoon pepper
2 tablespoon red wine vinegar

Drain Juice from clams and pour over onions, celery, and potatoes. Add enough water to barely cover. Cook vegetables. Meanwhile, melt butter, add flour and blend until smooth. Stirring constantly, add milk and cook until smooth & thick. Add Salt and pepper. Add white sauce, clams, and vinegar to vegetable mixture and heat through until thick. Serve hot. Makes about 8 servings-

[My variations: Add 3 cans of clams (and juice) instead of 2, also use about 4-6 C. potatoes, 3 T. Red wine vinegar. Goes just a little further.]

Comes from a restraunt that used to be located here in the valley. We would go there on special occasions.

Submitted by: Terrie Peterson

Brigitte's Shrimp Or Tuna Mousse

2 tablespoon mayonnaisse
1/2 cup water
1 can tomato soup
1 pkg 8 oz cream cheese
1 teaspoon paprika
1 lb shrimp or 2 sm cns tuna
1/4 cup peppers, finely chopped
1/2 cup celery, finely chopped
1 tablespoon onion, grated
1 teaspoon worchestershire sauce
1/4 teaspoon salt
1 pkg unflavored gelatin in
1 water as directed

Soak gelatin in water. Heat undiluted sop; add gelatin and stir well until dissolved. Mash cream cheese; add to soup and continue to heat until cheeseis dissolved. Cool. Fold in mayonaisse, shrimp or tuna, and vegetables and seasonings. Mix well and put into a well-oiled mold. Enjoy!

Brigitte's Tuna Burgers

6 slice turkey bacon
1 egg
2 can 7 oz ea tuna, undrained
6 tomato slices
1 teaspoon mustard
1/3 cup lo fat mayonnaisse
1 tablespoon minced onion
3 hamburger buns

Cook bacon; beat egg; add tuna, mustard, mayonnaisse, onion, bread crumbs, and mix well. Spoon onto bottom halves of buns. Broil 6" away from the heattill brown; about 6 minutes. Top each with a tomato slice and two pieces ofbacon. Cover with top of buns which you have toasted lightly before

Brithyll A Chig Moch (Trout & Bacon)

1 rainbow trout
1 thyme, fresh
1 sage, fresh
1 butter; a little
1 rosemary, fresh
1 parsley, fresh
1 bacon rasher

Fresh rainbow trout - cleaned; head and tail left on. Stuffed with a mixture of fresh rosemary, thyme, parsley, and sage loosely chopped and blended with a little butter. Wrap the fish in a long rasher of bacon. Enclose in foil and bake in a hot oven for around 25-30

minutes. Open top of foil and shape like a boat, paint with a little butter and serve with boiled potatoes and plain fresh vegetables. This dish used to be baked in an open fire with the fish encased in mud.

Anthony Crowter, Cae Nest Hall Hotel
Llanbedr Merionnydd, N. Wales

Broccoli~ Crab~ & Cheddar Quiche

----U.S. SEASONAL CELEBRATIONS----

1 9 pie shell; unbaked
1 cup fresh broccoli; chopped
1 can 4.25-oz. crabmeat; drained
1 cup mild cheddar cheese; shred'd
3 eggs
1 cup heavy cream
1/4 teaspoon salt
1/4 teaspoon white pepper

Heat oven to 350~. Prick unbaked pie shell with fork; bake 7 mins. Remove pie shell from oven; place broccoli and crabmeat evenly in bottom of pie shell. Cover broccoli and crabmeat with cheese. In small bowl, beat eggs well; stir in cream, salt, and pepper. Pour egg mixture slowly into center of pie shell so mixture spreads evenly.

Bake at 350~ for 35 to 45 mins. or until golden brown. Cut into wedges to serve.

Broiled Bay Scallops

1 lb bay scallops or sea scallps halved
1 teaspoon paprika
1 pepper; to taste
1 juice of 1 lemon
2 tablespoon parsley; chopped fresh

Preheat broiler. Rinse scallops and pat dry. Place in a baking dish. Season with paprika and pepper on al sides. Sprinkle with lemon juice. Broil scallops about 3" from heat source 3 minutes, until they turn opaque. Turn to make certain they are cooked through. Garnish with parsley

Per serving: 101cal; 45mg chol, 2g carb, 20g pro, 233mg NA, 1g fat
Exchanges: 3 low-fat meat %fat = 8.9%

Broiled Bluefish Sauce

1/2 cup honey
1/2 cup mustard, prepared
1/2 cup vinegar, cider
1/4 cup worcestershire sauce
1 tablespoon parsley flakes
2 teaspoon pepper sauce, hot, liquid
1 teaspoon salt
1 teaspoon cornstarch or arrowroot

Blend honey and mustard in saucepan over low heat. Stir in vinegar, Worcestershire sauce, parsley flakes, pepper sauce and salt. Add cornstarch or arrowroot and cook, stirring, over medium heat until mixture boils and thickens. Makes about 1-1/2 cup of basting for grilled or broiled Bluefish.

Broiled Catfish Steaks

16 oz catfish steaks
1/4 cup no-salt added tomato sauce
1/4 cup vinegar
1 1/2 teaspoon sugar
3/4 teaspoon fresh dill; minced
1/8 teaspoon paprika
1/4 teaspoon pepper
1/2 teaspoon worcestershire sauce
1/2 teaspoon vegetable oil
1 vegetable cooking spray
1 lemon slices

1 fresh dill sprigs

Rinse steaks under cold, running water; pat dry and set aside. Combine tomato sauce and next 7 ingredients in a small bowl; stir well. Brush half of mixture over 1 side of steaks. Coat rack of a broiler pan with cooking spray. Place steaks on rack; broil 4-5" from heat. Carfully turn fish over; brush with remaining tomato mixture. Broil an additional 6 minutes, or until fish flakes easily when tested with a fork. Garnish with lemon and dill, if desired.

Per Serving: Calories: 150, Protein: 20.2 g, Carbohydrate: 6.9 g, Fat: 4.2 g, Cholesterol: 62 mg, Sodium: 78 mg.

Broiled Fish With Deviled Cheese

2 lb fish fillets
1 butter; melted
1 cup cheddar; md, shredded
2 tablespoon chili sauce
1 tablespoon mustard; prepared
1 1/2 teaspoon horseradish; prepared

Place the fish fillets on a buttered broiler pan. Brush the fillets with the melted butter and broil 8 to 10 minutes or until the fish flakes easily with a fork. Combine the remaining ingredients, blending well. Spoon onto the fish fillets and broil an additional 2 to 4 minutes or until the cheddar begins to melt and is browned lightly.

Broiled Flamed Trout Koala

6 trout, clean/dried/14 oz ea
1/2 cup flour
1 cup milk
2 tablespoon butter
2 cup rock salt
1/2 teaspoon rosemary

1 salt & pepper to taste
2 oz orange extract
1 onion, chopped
1/4 teaspoon ginger, powdered
1/4 lb butter
2 oz wine, white

Make ginger sauce by saute`ing onion in butter until golden, then add chopped and white wine. Simmer for 7 minutes. Immerse the trout in milk for 8-10 minutes. Dredge in flour and pan-cook in butter for 5-6 minutes. Place trout on broiling rack over pan of warmed rock salt. Sprinkle rosemary evenly over salt; pour orange extract around edges of rock salt. Ignite with open flame, cooking around the fish. Before flame fails, turn the fish. As soon as flame is out, remove fish to a hot plate and bone it. Pour hot ginger sauce & serve. Recipe date: 11/30/87

Broiled Flounder Fillets

2 lb flounder fillets olive oil
3 cup grated bread crumbs
2 cup diced american cheese
2 teaspoon paprika
2 teaspoon dry mustard
4 teaspoon worcestershire sauce
1 cup beer

Cut fish in serving pieces. Brush on both sides with olive oil. Roll in bread crumbs. Broil about 4 minutes on each side or until fish flakes. In meantime, combine cheese, paprika, mustard, Worcestershire sauce and beer. Cook over low heat, stirring occasionally until cheese melts. Whip smooth. Arrange fillets on platter, garnish with lemon wedges, then pour sauce into serving dish.

From the files of Al Rice, North Pole Alaska. Feb 1994

Broiled Fresh Tuna With Salsa

----SALSA----

----TUNA----
5 large tomatoes; peeled, seeded, and chopp 1
cup bermuda onion; chopped
3 hot peppers such as jalapeno seede; d, and minced*
1/4 cup orange juice; freshly squeezed if possi
1 lime (juice of)
2 tablespoon fresh basil; chopped
1 salt; optional
2 lb fresh tuna-about 1-in thick
1/2 cup olive oil
1 lemon (juice of)
1 ground black pepper

*Use 1-1/2 to 2 peppers if a milder flavor salsa is desired.

SALSA: Mix together the tomatoes, onions, peppers, orange juice, lime juice, corander, and salt to taste in a large bowl. Press down slightly on the mixture to extract some of the tomato juices. Cover the bowl with plastic wrap, and set aside for at least 1 hour to allow the flavors a chance to meld.

TUNA: Preheat the broiler. Marinate fish in a mixture of about 2/3 oil to 1/3 lemon juice for a few minutes before broiling. Drain the fish, reserving the marinade. Broil the fish for about 5 minutes on each side--or until cooked through, basting occasionally with the reserved marinade. Serve with the salsa and a plate of cornbread.

VARIATION: Substitute swordfish for tuna and replace basil with coriander.

Broiled Monkfish In Gingered Soy Sauce

4 fillets of monkfish
1/2 cup light soy sauce
1 minced garlic clove
1 tablespoon grated fresh ginger
1 white pepper to taste

Mix soy sauce, garlic, ginger and pepper and marinate the monkfish for several hours in the refrigerator, turning once. Transfer fish to a broiler pan and broil for 8-10 minutes until fish flakes easily with a fork. Serve with brown rice and a green vegetable.

Broiled Open-Faced Crab Sandwiches

1/4 cup finely chopped red pepper
1/4 cup finely chopped green pepper
1/4 cup finely chopped onion
1 garlic clove, minced
2 tablespoon butter
1/2 lb crab meat, picked over
2 tablespoon fresh lemon juice
1 egg, hard boiled, chopped
1 teaspoon worcestershire sauce
2 tablespoon mayonnaise
1 teaspoon dijon mustard
1/8 teaspoon cayenne, or to taste
2 english muffins*
2 tablespoon freshly grated parmesan

In a large skillet cook the bell peppers, onion, and garlic in the butter over mederately low heat, stirring, until the vegetables are softened. Stir in the crab meat, the lemon juice, the egg, the Worcestershire sauce, the mayonnaise, the mustard, and the cayenne, and divide the mixture among the muffin halves, mounding slightly. Sprinkle the sandwiches with Parmesan and broil under a preheated broiler about 4 inches from the heat for 3 to 4 minutes, or until the tops are just golden.

Broiled Or Grilled Fish W/ Black-Bean Salsa

1 each 15-16oz. can black beans
2 each oranges; peeled,chopped
1 each tomato; seeded,chopped
1/2 cup cilantro; fresh,chopped
1 each jalapeno pepper; lg, minced
1 1/2 tablespoon lime juice; fresh
1 tablespoon olive oil
1 each avocado; peeled,chopped
4 each 6oz. red snapper fillets
1 olive oil
1 lime juice, fresh
1 cilantro,chopped

Combine first 7 ingredients in medium bowl (jalapeno should be seeded, but not deveined. Black Beans should be drained and rinsed). Season salsa to taste with salt and pepper. (can be prepard 1 day ahead. cover and refrigerate.). Mix chopped avocado into salsa. cover and refrigerate
Preheat broiler (if used). Brush fish with oil; sprinkle with fresh lime juice, salt and pepper. Broil or grill until just cooked through (about 9 minutes per inch of thickness if broiling). Transfer fish to plates. Sprinkle with chopped fresh cilantro. serve fish with salsa.

Broiled Oriental Swordfish

2 tablespoon fresh lemon juice
2 tablespoon soy sauce
1 tablespoon olive oil
1 tablespoon fresh minced ginger
1/2 lb swordfish steak cut 1 1/4 to 1 1/2; inch thick
1 vegetable oil for broiling dish
1 scallion thin sliced on the diagona; l for garnish 1 lemon cut in half for garnish

Combine lemon juice, soy sauce, olive oil, ginger and garlic in a bowl. MArinate swordfish in the mixture for 1 hour in refrigerator, turning occasionally. Remove from marinade and scrape off any ginger or garlic that may cling. Strain marinade, reserving liquid. Preheat broiler. Place swordfish 4 inches from heat source on a lightly oiled, flat broiling dish. Don't place fish directly on broiling rack, which can break it apart. Brushing with reserved marinade, broil fish to desired degree of doneness, 4 5 minutes per side. Don't overcook. Sprinkle with scallion and garnish with lemon halves. Serve immediately.

Broiled Rainbow Trout

4 rainbow trout
1 salt
1 freshly ground pepper
1 oil

1 lemon wedges

Recipe by: The Fannie Farmer Cookbook Preheat the broiler. Sprinkle the cavity with salt and pepper. Rub the outside with oil. Place on an oiled rack 5-inches below the broiler (at the second level) and broil for 5 minutes on each side. The skin will just be spottily charred and the flesh moist and tender. Serve with lemon wedges.

Variations:

Broiled Trout with Rosemary:
Place a sprig of rosemary in the cavity of each trout before cooking.

Broiled Trout with Cream:
Use a shallow pan instead of the broiler rack. After broiling 2-3 minutes on the second side, pour 3/4 cup heavy cream over trout and broil another 5 minutes, basting a couple of times. Omit lemon wedges and sprinkle with 1 tablespoon of chopped parsley and 1 tablespoon of fresh tarragon or 1 teaspoon dried, crumbled.

Broiled Rockfish

6 lb rockfish
1/2 cup shallots; chopped
1/2 cup mushrooms; chopped
1 lemon
1 cup tomatoes; chopped, peeled
1 teaspoon chives; chopped
1 teaspoon parsley; chopped
1 tablespoon butter
2 cup wine, white, dry
2 egg yolks
1 cup cream sauce

Fillet and skin the bass. Cook it in wine in a hot oven in the juice of a lemon and the Tbsp of butter for 15 minutes. Remove the fillets; reduce the cooking liquid by boiling, then add the chopped tomatoes and cook the works until done. Finally, add 1 C cream sauce, chopped parsley, chopped chives, and the yolks of two eggs. Cook, stirring until thick and creamy. Pour over the bass fillets and serve.

Broiled Salmon Fillets With Fennel Sauce

2 lb salmon fillets,boneless
2 tablespoon olive oil
1/2 cup water
5 tablespoon butter,room temp.
1/8 teaspoon nutmeg
1/8 teaspoon cayenne
3/4 lb head of fennel

1. Preheat the broiler. 2. Carefully inspect the fish to determine if any bones remain. Using a pair of pliers, carefully pull away and discard the bones. Cut the fillets into 4 equal portins, either rectangular or square in shape. Sprinkle with the oil and rub to coat on both sides. Set aside. 3. Trim the fennel and cut into 1/4-in. cubes. There should be about 1 1/2 cups. Put the fennel in a saucepan and add the water a 1 tbsp of the butter. Cook 5 min. 4. Pour the fennel mixture into the container of a food processor or blender and add the remaing butter. Process to a very fine puree. Ther should be about 1 1/4 cups. pour the puree into a small saucepan and bring to a boil. Add the nutmeg and cayenne and stir. Let simmer about 3 min. 5. Meanwhile, place the salmon pieces under the broiler about 4-in. from the source of heat. Cook about 4 min. on one side, turn and cook about 4 min. on the other side. 6. Transfer the salmon to a warm serving dish. Serve with hot fennel sauce spooned over or on the side.

Salmon lovers here you go.

Name for this dish: Filets de saumon sauce au fenouil

Broiled Salmon Steak With French Dressing

4 salmon steaks 1/3-1/2 lb.ea.
1 french dressing *
2 tablespoon melted butter or canola oil
1 salt and pepper
1 juice of one lemon
1 parsley, chopped
1 bernaise sauce
----FRENCH DRESSING----
2 tablespoon white wine vinegar
1 salt
1 black pepper, freshly ground

8 tablespoon olive and /or peanut oil

Brush salmon with the French dressing; let stand one hour. Put into the broiler; brush with butter. Broil 12 to 15 minutes; cook on both sides. Put on hot platter; season to taste with salt, pepper, lemon juice; sprinkle with chopped parsley. Serve with Bernaise sauce. * FRENCH DRESSING Mix vinegar with salt and pepper to taste. Add oil; beat with a fork until mixture thickens. For a slightly thicker dressing, add an ice cube; stir one to two minutes longer; remove ice.

Broiled Salmon Teriyaki

1/4 cup chicken broth
1/4 cup rice wine or dry white
2 tablespoon sugar
2 tablespoon grated gingerroot
2 tablespoon low sodium soy sauce
4 (4 oz.) salmon fillets
1 skinned

Combine First 5 Ingredients in A Small Saucepan. Bring To A Boil & Cook Over Medium High Heat 5 Min. OR Until Slightly Thickened, Stirring Occasionally. Strain & Discard Gingerroot. Let Cool. Brush Both Sides Of Fillets With Soy Sauce. Place Fillets On A Rack Coated With Cokoing Spray.Place Rack On A Broiler Pan. Broil 4 To 5 Inches From Heat 3 Min. Turn OverAnd Baste With Soy Sauce Mixture. Broil An Additional 2 Min. OR Until Fish Flakes Easily. Baste With Soy Mixture. About 223 Cal. Per 3 Oz. Serving. Fat 7.8 Chol. 48.

Broiled Salmon With Lime & Cilantro

1/2 cup cilantro leaves,finely chopp 1
garlic clove,lg,fine chopped
2 tablespoon lime juice
1 tablespoon olive oil
1/2 teaspoon salt
4 salmon steaks,3/4 thick

1. Combine cilantro, garlic, lime juice, oil and salt in bowl.

Reserve 2 tablespoons. Pour remainder over fish on plate. Let stand, covered, 10 minutes. 2. Spray broiler rack with nonstick cooking spray. Place salmon on rack. Brush with 1 tablespoons marinade. 3. Broil 6" from heat for 3-4 minutes. Turn steaks over. Brush with remaining tablespoon marinade. Broil 3 more minutes or until cooked through.

Broiled Salmon With Spicy Sauce Verde

1 stephen ceideburg
4 green new mexican chilies or:
1/2 small green bell pepper plus:
2 jalapenos
2 teaspoon chopped scallions, including green; tops 2
teaspoon vegetable oil
3 tablespoon green peppercorns in brine, drained 2
teaspoon all-purpose white flour
1/2 cup dry white wine
1/4 cup skim milk
1 tablespoon hot-pepper sauce, preferably haban; e, ro chili sauce 1
tablespoon chopped fresh dill
4 salmon steaks, 6 oz each

Note: In place of the fresh chilies, you can use canned green ones, which do not need to be roasted and peeled. Drain them well.

Preheat broiler. On a foil-lined baking sheet, broil peppers for 7 to 8 minutes, or until blackened, turning once. Place in a paper bag and set aside until cooled. Remove skin, stems and seeds. Chop finely.

In a medium-sized saucepan over medium heat, saute scallions in oil for 2 minutes until softened. Add green peppercorns and saute for 2 minutes more. Add flour and cook for 2 minutes, stirring constantly. Stir in wine and milk and blend well. Add chilies, hot-pepper sauce and dill. Bring to a boil, reduce the heat and simmer about 5 minutes, or until the sauce has been reduced and thickened.

Broil salmon for 3 to 4 minutes on each side, or until fish flesh is opaque. Remove the skin from the steaks before serving. Place some of the sauce on a plate and place the salmon on top of it.

268 CALORIES PER SERVING: 32 G PROTEIN, II G FAT, 4 G CARBO- HYDRATE; 100 MG SODIUM; 56 MG CHOLESTEROL.

Adapted from The Whole Chile Pepper Book by Dave De Witt and Nancy Gerlach. Copyright 1990 by Dave DeWitt and Nancy Gerlach. Reprinted

by permission of Little, Brown and Company (Inc).

Posted by Stephen Ceideburg

Broiled Scallops & Bacon Hors D'oeuvres

1 lb sea scallops
1/3 bacon

Recipe by: Felicia Pickering <MNHAN063@SIVM.SI.EDU> Remove any tough cartilage from the sides of the scallops, wipe off any bits of shell, and pat them dry. In a large frying pan, partially cook bacon until it has released its fat but is still limp and flexible; remove it to brown paper or paper towels and drain it well. Cut the bacon pieces in halves or thirds so that they are just long enough to wrap around a scallop with a slight overlap. Wrap each scallop with a piece of bacon and secure the wrap with a toothpick. Place the wrapped scallops on a rack that is set in a baking pan and cook under a preheated broiler, turning once, just until the bacon is crisp and the scallops are opaque. Serve immediately.

Variations: Roll the scallops in pancetta or prosciutto instead of bacon. Add something crunchy - a length of scallion or a thin slice of kohlrabi - next to the scallop before rolling it in the bacon. Substitute drained water chestnuts for one-third of the scallops

Broiled Scallops W/Lemon

----NY TIMES INTERNATIONAL CKBK----
2 lb scallops, bay or ocean
1 salt and pepper
6 basil leaves, chpd or 1t dry
2 rosemary sprigs or 1/2 t dry
1 lemon, thinly sliced
1 tabasco to taste
1/4 cup veg oil

Bay scallops remain whole. Ocean scallops, halve. Place in bowl with remaining ingreds and marinate 2 hrs or longer. Remove and arrange in

one layer in baking dish. Broil 3 mins, turn and broil 3 mins longer until barely cooked through. Don't overcook or they will toughen.

Broiled Seafood Canapes

1 cup cooked seafood, flaked
6 slice white bread
1/4 cup butter
1/4 cup cheddar or 1/3 cup ketchup or chili; sauce 1
american cheese, grated

Toast bread on one side; trim off crusts and cut bread in half. Butter un toasted sides; cover with a layer of seafood, then ketchup and top with cheese. Place canapes on a baking sheet under the broiler. Broil until the cheese is melted and the canapes are heated through. Makes 12 canapes.

Broiled Sesame Trout

6 serving size rainbow trout 1
or other locally available 1
trout, pan-dressed
1/2 cup lemon juice
4 teaspoon salt
1/4 teaspoon pepper
1/4 cup sesame seed
3/4 cup butter or margarine

With a sharp knife, make 3 light slashes on each side of fish, without cutting flesh too deep.
In a 13" by 9" baking pan, mix lemon juice, salt and pepper. Add fish and turn over to coat with marinade. Cover; refrigerate at least 3 hours turning occasionally.
In a 1-quart saucepan over medium heat, toast sesame seed until golden, stirring and shaking pan occasionally. Add butter or margarine and heat until melted.
Place fish on rack in broiling pan. Drain marinade from baking pan into sesame seed mixture. Preheat broiler if manufacturer directs. Broil fish about 5 minutes on each side, basting frequently with sesame seed mixture.

Test fish for doneness with a fork. Trout are cooked when their flesh flakes easily.
With pancake turners or spatulas, lift fish carefully onto warm platter and spoon hot juices over it. The Good Housekeeping Illustrated Cookbook, Hearst Books, NY, 1980. Carving a Whole Fish
With a sharp knife, cut the top side of fish into servings, just down to the bone.
Carefully ease cooked meat away from the rib bones; lift one section and place it on warmed plate. Repeat with remaining sections.
Lift off all bones and carve the lower section in the same way. (If the fish is stuffed, remove stuffing after cutting top of fish and before removing bones to serve lower portion.)

Broiled Shrimp & Scallops (Scampie E Cape San

1 lb medium shrimp
1 lb scallops
1/2 cup olive oil
1/3 cup parsley, chopped
3 garlic cloves, minced
1/2 cup dry breadcrumbs
1 salt
1 pepper
1 lemon wedges

Shell and devein shrimp. Wash shrimp and scallops under cold running water. Pat dry with paper towels. In a large bowl, combine oil, parsley, garlic, breadcrumbs and salt and pepper to taste. Add shrimp and scallops to mixture. Mix until well coated. Let stand 1 hour. Preheat broiler. Remove shrimp and scallops from marinade. Gently press some extra breadcrumb mixture onto the shrimp and scallops. Place alternately on 6 metal skewers. Put skewers under hot broiler. Broil 2 minuts or until golden. Turn skewers over and broil on other side 2 minutes or until golden. Serve immediately with lemon wedges.

Broiled Striped Bass

1 each striper, six-pound
1/2 cup shallots, chopped
1/2 cup mushrooms, chopped
1 each lemon
1 cup tomatoes, chopped, peeled
1 teaspoon chives, chopped
1 teaspoon parsley, chopped
1 tablespoon butter
2 cup wine, dry white
2 each egg yolks
1 cup cream sauce

Fillet and skin the bass. Cook it in wine in a hot oven in the juice of a lemon and the Tbsp of butter for 15 minutes. Remove the fillets; reduce the cooking liquid by boiling, then add the chopped tomatoes and cook the works until done. Finally, add 1 C cream sauce, chopped parsley, chopped chives, and the yolks of two eggs. Cook, stirring until thick and creamy. Pour over the bass fillets and serve. Recipe date: 11/29/87

Broiled Swordfish & Cucumber Sauce

6 each steaks 1/2 pound each
1 pepper to taste
6 tablespoon butter
1/2 cup butter clarified
1 salt to taste
2 tablespoon anchovie paste
1 cup cucumber

Mix 6T butter and 2 T anchovy paste then spread on both sides of steaks. Season with salt and pepper. Oil broiler pan or grill and cook steaks about 3 minutes each side (for 1 inch steaks). Mix cucumber and clarified butter and pour over steaks to serve.

Broiled Swordfish Mirabeau

4 each swordfish steaks, 1-1/4
2 tablespoon butter

1 tablespoon anchovy paste
1/2 cup olive oil
1 each lemon
4 each anchovy fillets

Roll the steaks in olive oil and broil seven minutes on each side. Season with salt and freshly-ground pepper while the fish is cooking. Mix butter and anchovy paste and spread on the hot steaks as they come from the broiler. Serve with a slice of lemon which has an anchovy fillet and an olive toothpicked into. Also for: Any thick, firm-fleshed fish such as King, cobia, grouper. Suggestions: SUBST paste made from smoked mullet or smoked mackerel. Recipe date: 11/29/87

Broiled Swordfish Steaks

1 seasoning mix
1 tablespoon cayenne pepper
1 tablespoon salt
1 1/2 teaspoon garlic powder
1 1/2 teaspoon onion powder
1 1/4 teaspoon fennel seed; ground
1 teaspoon anise seed; ground
1 teaspoon ground cinnamon
1 teaspoon ground cloves
1 teaspoon ground ginger
3/4 teaspoon black pepper
----White pepper----
6 swordfish steaks; at room te
4 tablespoon unsalted butter; melted

Recipe by: Chef Paul Prudhomme's Fiery Foods That I Love Preparation Time: 15:0
Combine the seasoning mix ingredients in a small bowl.
Place the broiler rack in the middle position and preheat the broiler.
Dip each steak in melted butter, coating both sides. Sprinkle one side of each steak with 3/4 teaspoon of the seasoning mix and place seasoned side down on a broiler-proof pan. Season the other side of each steak with 3/4 teaspoon seasoning mix. Broil until the tops are browned but not burned, about 4 minutes.
Serve immediately.

Broiled Trout With Raisins

6 trout fillets
1/2 cup olive (corn, peanut) oil
1/4 cup champagne or white wine
1 garlic clove, halved
1 salt & pepper to taste
1/2 cup raisins, white

Clean, wash and quickly dry the trout fillets. Rub pyrex or other baking dish with the split half of garlic clove. Cut garlic into 2 or 3 pieces and leave in dish. Add the oil andliquid, also salt, pepper. Blend by stirring. Place the fillets in the dish and let stand 15 minutes, then turn and repeat. Meanwhile, preheat broiler to high heat. Lift fillets directly from liquid onto the grill, not less than 3 inches from flame. Brown on both sides taking care not to dry out fillets. Put raisins in marinade liquid and bring to a boil just enough to plump. Serve fish on warm plates with marinade and raisins. Also for: Any delicate flavored fish. Recipe date: 11/30/87

Broiled Tuna

1 tablespoon + 1 tsp margarine; reduced 1
. calorie tub style
2 teaspoon lemon juice
2 teaspoon olive oil
1/4 cup shallots; minced
3 tablespoon parsley; chopped
4 tuna, sea bass or salmon
1 . fillets; 3 to 4oz each
1/4 teaspoon salt
1 black pepper; fresh ground

Suggested wine: Chardonnay

1. Spray broiler pan with nonstick cooking spray. Preheat broiler.

2. In small saucepan, combine margarine, lemon juice and oil; heat until margarine melts. Add shallots and parsley; cook 2 min- utes. Sprinkle tuna with salt and pepper. Press one side of tuna into shallot mixture; place on prepared pan, coated side up.

3. Broil tuna 4" from heat, 2-3 minutes. Turn over and spread top evenly with remaining shallot mixture; broil 5 minutes longer, or until fish is cooked through.

Broken Fish Trap Soup

2 cup fish stock
2 lime leaves
1 lemon grass piece
1/2 teaspoon ginger
3 tablespoon nouk mam (vietnamese fish sa 1
lemon
1/4 lb shrimp
1/4 lb oysters
1/4 lb crab meat
1/4 lb fish pieces
1/4 lb scallops
3/4 cup coconut milk
3 red chili peppers, crushed

Chop lime leaves. Juice lemon. Heat stock and add lime leaves, lemon grass, ginger, Nouk Mam & lemon juice. Bring to a low boil, stirring well. Add seafood & coconut milk. Simmer at just below boiling until seafood is cooked, stirring constantly. Add chilis at the last
moment. Serve with lime wedges and steamed rice.

Brook Trout Sauteed With Mushrooms

6 whole trout - (about 1/2 lb. each; -, when cleaned), or. 1
12 -fillets with skin
1/4 cup milk
1 salt
1 freshly ground black pepper
1/3 cup all-purpose flour
3 tablespoon vegetable oil
6 tablespoon unsalted butter
6 large mushrooms; thinly sliced
2 tablespoon fresh lime juice
4 tablespoon finely chopped fresh parsley

Put the trout in a dish, add the milk, and sprinkle with salt and pepper. Turn them several times to coat well. Set aside.

Spread the flour over a flat dish. Remove the trout from the milk and dredge them in the flour. Shake off any excess flour.

Heat half of the oil in a nonstick frying pan large enough to hold 3 trout in one layer. Cook them over medium heat for 4 minutes on one side. Turn them and cook for 6 to 8 minutes, or until brown. Transfer the trout to a warm platter and keep them warm. Repeat the process using the remaining oil and fish.

Meanwhile, melt 1 TB. of the butter in a frying pan over high heat. Add the mushroom slices and sprinkle with salt and pepper. Saute them, stirring and shaking the pan, until the liquid has evaporated and the mushrooms are nicely browned.

Arrange the mushrooms over the trout and sprinkle with the lime juice.

Melt the remaining butter in a frying pan over high heat, shaking the pan, until the butter turns hazlenut brown. Pour it over the trout, sprinkle with the parsley, and serve immediately.

Butterfish With Lemongrass

1 tablespoon veg oil
2 lb butterfish or other fillets
1 1/2 tablespoon vinegar
1 tablespoon thin sliced fresh lemongrass
1 fresh jalapeno, chopped
1 pinch sugar
1/2 cup water

Heat oil in frying pan on med. Add fish and then other ingred. Simmer uncovered 10 min, spooning pan juices over fish frequently.

Buttermilk Fried Shark

2 lb shark steak or fillet
1 cup buttermilk
2 oz tabasco
1 cup biscuit mix
1 teaspoon salt

----LEMON SAUCE----

1/2 cup sour cream
1/4 cup pineapple, crushed; drained
2 tablespoon lemon, peeled & diced
2 tablespoon green pepper; finely chopped 1
tablespoon onion; chopped
1 tablespoon sugar, brown, light
1 1/2 teaspoon lemon rind; grated
1/4 teaspoon mustard, dry
1/4 teaspoon celery salt
1/8 teaspoon cloves, ground

Place fish in a single layer in a shallow dish. Pour buttermilk over the fish and let stand for 30 minutes, turning once. Combine biscuit mix and salt. Remove fish from buttermilk and roll in biscuit mix. Place fish in a single layer in a fry basket or deep fryer. Fry in deep fat, at 350 F. for 3-5 minutes or until brown and fish floats to the top. Should flake easily when tested with fork. Drain well on absorbent paper. Serve with Lemon Sauce for Shark.

Sauce: Combine all ingredients. Chill in refrigerator for 2 hours before serving. Makes 1 cup relish. Great with Buttermilk Fried Shark.

Cajun Blackened Spice Mix & Blackened Fish

1 tablespoon paprika
2 1/2 teaspoon salt
1 teaspoon onion powder
1 teaspoon garlic powder
1 teaspoon cayenne pepper
3/4 teaspoon white pepper
3/4 teaspoon black pepper
1/2 teaspoon thyme
1/2 teaspoon oregano
1/4 teaspoon sage white fish fillets vegetable o; il

Mix all spices together and store in a tight jar. Heat 1 tablespoon vegetable oil in cast iron skillet on medium high heat until very hot, but not quite smoking. Rinse fish fillets and pat dry with paper towel. Rub a little oil on both sides of the fish and sprinkle spice mix on both sides (generously, if you like it hot). Sear the fish in

the hot oil for about 1 minute. Flip it and cook the other side. If the fillets are thick, you may need to lower the heat and cover to fully cook the fish. Serve with lemon wedges.

Cajun Catfish Courtbouillon

2 medium onions; chopped
3 celery; chopped
1 large fresh parsley; wash/drain/ch
1 large green pepper; chopped
2 cl garlic; minced
5 lb catfish fillets
1 salt and pepper; to taste
1 red pepper; to taste
3 tablespoon vegetable oil
2 tablespoon all-purpose flour; divided
1 1/2 cup tomato sauce; divided
1/4 cup water
2 lemon slices
1 large bay leaf
1/4 teaspoon thyme leaves

Combine vegetables; divide in half, and set aside.

Cut catfish into large pieces; generously sprinkle each piece with salt, pepper, and crushed red pepper. Set aside.

Put oil in a large cast iron pot; top with half of fish pieces. Place have of vegetable mixtures over fish; top with 1 tablespoon flour, then 3/4 cup tomato sauce. Repeat layers with remaining fish pieces, vegetables, flour and tomato sauce. Add remaining ingredients.

Cover and cook over low heat for one hour or until fish flakes easily when tested with a fork. Shake pot frequently to keep fish from sticking to the bottom (stirring will break up the fish). Add additional seasonings before serving, if desired.

Yield: 6 servings.

Cajun Catfish Gumbo

2 cup chopped onions
2 cup green onions; chopped *
1 cup chopped celery
1/2 cup bell pepper; chopped
6 cl garlic; chopped
6 7-oz catfish fillets; cut in 3
7-oz catfish fillets; for st 1 lb
crab meat; (claw)
1 lb shrimp; (peeled)
1 1/2 cup oil
1 1/2 cup flour
4 quart hot water
1 salt; to taste
1 cayenne pepper; to taste

* separate and reserve greens.

In separate pot, simmer 3 (7 oz.) catfish fillets in 1 quart of lightly salted water for 15 minutes. Strain through cheese cloth and reserve liquid. Chop catfish and reserve meat. In heavy bottom gumbo pot, add oil and flour. Cook over medium high heat stirring constantly until golden brown. Caution, do not scorch!

Add all seasonings except green onions tops. Saute for 5 minutes. Add all fish stock and chopped catfish. Add hot water, one ladle at a time, until consistency of thick soup is achieved. Add claw crab meat, and half of shrimp. Reduce to simmer. Cook approximately 45 minutes, stirring occasionally. Add catfish, remaining shrimp and green onions tops. Cook 10-15 minutes. Season to taste using salt and cayenne pepper. Add water if necessary to retain volume. Serve over white rice.

Serves 10.

Cajun Catfish Remoulade

1 cup nonfat mayonnaise
1/3 cup creole mustard
1/3 cup fresh horseradish
1 tablespoon lemon juice
1 tablespoon worcestershire sauce
4 drop tabasco
1 tablespoon onion; grated
8 catfish fillets

1 quart water
2 teaspoon old bay seasoning
2 bay leaves
1/2 teaspoon cayenne pepper
1 head butter lettuce; torn into bite-sized piec 2
beefsteak tomatoes; cut into wedges
1 parsley

Mix first seven ingredients in a glass jar; cover and refrigerate overnight. Cut catfish fillets into bite-sized pieces. Bring water, Old Bay Seasoning, bay leaves, and cayenne pepper to a gentle simmer and add catfish fillets. Cook until the meat flakes, about 10 minutes. Remove from heat, cover and let the fish cool in the cooking liquid. Refrigerate until serving time. To serve, drain the catfish fillets and place them on a lettuce-lined platter. Place the remoulade sauce in a bowl and nestle it in the center of the serving platter and serve. Garnish with tomato wedges and parsley.

Cajun Crabmeat Mold

16 oz cream cheese, softened
2 tablespoon dairy sour cream
1/2 teaspoon salt
1/2 teaspoon paprika
1/2 teaspoon ground red pepper
1/4 teaspoon garlic powder
1/4 teaspoon ground thyme
1 cup cooked crabmeat
1/4 cup finely chopped green pepper
1 rye crackers

Beat all ingredients except crabmeat, green pepper and crackers in 2.5-quart bowl on medium speed until well blended, about 1 minute. Stir in crabmeat and green pepper. Line a deep 1.5-pint bowl with plastic wrap; press mixture in bowl. Cover and refrigerate until firm, about 3 hours.

Unmold on serving plate; remove plastic wrap. Garnish with chili peppers if desired. Serve with crackers. 3 cups spread (2 ts spread per cracker per serving); 60 calories per serving.

Cajun Crawfish Casserole

2 cup crawfish tails -- chop
1 coarse
4 hard-cooked eggs -- chop
1 coarse
1/2 cup celery -- chop fine
1/2 cup bell pepper -- chopped
1 cup toasted bread crumbs
1/2 stick butter -- melted
1 cup yellow squash; boil --
1 drain
1/4 cup half-and-half
4 tablespoon shallots -- chop fine
1 tablespoon garlic -- chop fine
1 teaspoon salt
1/2 teaspoon white pepper
1/4 teaspoon red pepper
1 cup cracker crumbs -- crumble
1 coarsely
1/4 cup parsley -- chop fine

Combine everything in a large bowl, except cracker crumbs and parsley. Mix well. Butter insides of a 1-1/2-qt casserole and spoon the mix into it. Sprinkle the cracker crumbs over the top and garnish the surface with the parsley. Bake the dish for about 20-25 minutes in a 400~ oven. Serve hot.

Cajun Crawfish Jambalaya

1/4 lb butter or margarine
1/2 cup bell pepper -- chopped
40 ml garlic -- chopped
1 cup onion -- chopped
1/2 cup celery -- chopped
1 crawfish fat
1 lb crawfish tails
1 cup green onions -- chopped
2 tablespoon parsley -- chopped
1 cayenne pepper

4 cup cooked rice

Saute in margarine the bell pepper, garlic, onion, and celery. Add some of the crawfish fat for flavor. Cook for about 30 minutes over a low fire. Add crawfish tails, green onions, 2 T. chopped parsley, salt, pepper, cayenne pepper , and 4 c. of cooked rice. I sometimes add a small can of stem and pieces mushrooms. Let this steam for about 5-10 minutes. Add a little margarine or water if too dry. (wrv)

Recipe By :

Cajun Fish Fillets

1 lb fish fillets
3 tablespoon butter
1 tablespoon cajun's choice blackened sea
1 tablespoon minced garlic
1/4 cup vermouth of white wine
4 each lemon wedges

Melt butter over med-hi heat in skillet. Stir in 1 Tblsp Cajun's Choice and garlic and stir constantly for 2 minutes to cook garlic. Stop the cooking of the butter and garlic by adding Vermouth or white wine. Stir constantly and cook for 1 minute. Add fish fillets and cook until fish flakes apart. Squeeze lemon over fish.

(This recipe works well with snapper, sole, cod perch or salmon)

From the Kitchen of: Gary & Margie Hartford, Eugene, OR (1:152/19) 10/93 From Cajun's Choice recipes.

Cajun Oyster Pie

1 pint oysters in their own juice
1 (shucked)
1/2 cup chopped green bell pepper
1/2 cup chopped celery
1 teaspoon tabasco sauce
1/4 teaspoon file' powder

4 tablespoon butter (real not margerine)
5 tablespoon flour
2 cup hot milk
1 (evaporated is better)
1 teaspoon salt
1 teaspoon fresh ground black pepper
2 tablespoon chopped pimiento

Simmer oysters in thier own juice for approx. 5-7 minutes, or until the edges begin to curl. Saute' peppers & celery in butter until tender. Blend in the flour, add the milk & cook stirring until the sauce thickens. Add the oysters, pimientos, the seasonings and stir them all together gently.
Pour this into a buttered casserole, top with pie pastry & bake in 450 degree F pre-heated oven for 20 minutes or until the crust is brown.

Cajun Oysters

----PHILLY.INQUIRER----
1 pint drained oysters
2 teaspoon tobasco sauce
1 cup heavy cream

IN A MEDIUM NON-STICK SKILLET SIMMER 1 PINT OF DRAINED OYSTERS FOR 2 MINUTES UNTIL THEY PLUMP.REMOVE THEM WITH A SLOTTED SPOON,AND ADD 1 CUP
HEAVY CREAM,AND 2 TEASPOONS OR MORE TABASCO SAUCE.SIMMER UNTIL THE CREAM
THICKENS LIGHTLY.RETURN THE OYSTERS TO THE CREAM TO WARM THROUGH AND SERVE
IN FOUR HOLLOWED OUT BRIOCHES.MAKES FOUR SERVINGS...

Cajun Shrimp & Oyster Gumbo

2 cup stock (recipe below)
3 tablespoon oil
1/4 cup flour
1/2 cup chopped onion

1 teaspoon minced garlic
3/4 cup chopped green bell pepper
1/4 cup chopped parsley
1/4 teaspoon salt
1/2 teaspoon dried thyme
1/4 teaspoon cayenne pepper
1/4 teaspoon hot pepper sauce
16 oz can tomatoes with juices
10 oz frozen okra,thaw,cut across
1 lb medium shrimp,clean,devein
1 pint shucked oysters
3 cup hot cooked rice

To make roux: Combine flour and oil in a large heavy pan or Dutch oven.Cook and stir over medium high heat until roux turns a dark,rich red brown color but is not scorched,15 to 20 minutes.Stir in onion and garlic;cook and stir until soft.Add green pepper, parsley,salt,thyme,cayenne pepper and pepper sauce.Cook and stir 5 minutes longer.Gradually,whisk in about 2 cups warm stock and tomatoes.Return to a boil and simmer 20 minutes,stirring occasionally.Add okra;simmer just until okra is tender,about 5 minutes.Add shrimp and oysters.Simmer just until edges of oysters curl and shrimp is pink and opaque,5 to 8 minutes.Do not overcook seafood.Remove from heat.To serve,mound hot rice in soup plates and ladle gumbo over the top.
Stock: In a large stock pot,combine 2 quarts water,2 slices lemon,2 dried red chilies,1/4 teaspoon salt,1 bay leaf,1/2 teaspoon dried thyme,shrimp shells and oyster liquor.Bring to a boil.Cook at a low boil,uncovered,until mixture is reduced to about 3 cups,about 25 to 30 minutes.Strain and discard seasonings and shrimp shells.

Cajun Soft-Shell Crabs On Buns

4 medium soft-shell crabs, cleaned
1 cup skim milk
3/4 cup all-purpose flour
1/2 teaspoon paprika
1/4 teaspoon garlic powder
1/8 teaspoon cayenne pepper, or to taste
4 tablespoon low-fat butter
4 round sandwich buns or rolls, toast; ed 4
tablespoon cajun mayonnaise
2 scallions, thinly sliced

Soft-shell crabs are one of the great culinary joys of springtime. They should be purchased fresh, and most fish markets are happy to

clean them for you. If not, the technique takes a little courage, but once you get the knack, it's really quite easy: Rinse each crab under cold water and, with scissors, snip off the head about 1/4" behind the eyes. Turn the crab over on its back; lift and pull off the triangular apron on the lower part of the shell. Flip the crab over and pull back the points of the top shell. Remove and discard the gills on both sides. Rinse the cleaned crab and pat dry.

1. Soak prepared crabs in milk for 30 minutes. Meanwhile, in a bag, combine flour, paprika, garlic powder and cayenne. Shake well; reserve.

2. Remove the crabs from the milk and dredge in the seasoned flour. Shake off any excess flour.

3. Melt butter in a large skillet over medium-high heat. Saute crabs, two at a time, for 4-5 minutes per side, or until crispy and browned. Remove to a paper towel to drain.

4. Spread each toasted bun with 1 tablespoon of Cajun Mayonnaise, or more if desired. Sprinkle scallions on bottom half of bun, then top with a crab. Cover with top half of the bun and serve immediately.

Per serving (includes the 1 tablespoon of Cajun Mayonnaise): 361 calories, 11 grams fat, 89 milligrams cholesterol.

Cajun Style Crabbie Mushrooms

12 large stuffing mushrooms
1 tablespoon margarine or oil
1/4 cup onions, chopped
1/4 cup green pepper, chopped
1 can crab meat (6 1/2 oz.)
1/2 cup parmesan cheese, freshly grated
1 tablespoon hot pepper flakes
1 tablespoon sweet basil
1/2 tablespoon black pepper
1 tablespoon garlic powder

Preheat oven to 350ø. Wash and remove stems from mushrooms. Chop stems finely and set aside. Heat margarine or oil in a medium-sized skillet. Add mushroom stems, onions and green peppers. Cook until tender. Remove from heat and add crab meat. Stuff mushroom caps with this mixture and place on ungreased baking dish. Combine cheese, pepper flakes, basil, pepper and garlic powder in a small bowl. Sprinkle over mushrooms. Bake for 20 mins or until thoroughly cooked.

Yield: 12 mushrooms.

California-Style Salmon

4 8-10 oz. salmon steaks
1 cup ripe olives -- chopped
1/2 cup chopped tomatoes
1/4 cup chopped onion
1 tablespoon vegetable oil
1 tablespoon fresh cilantro -- minced
1 teaspoon garlic -- minced (or more)

Grill salmon being careful to not overcook. Meanwhile, in a medium bowl, combine olivesm tomato, onion cilantro, oil and garlic. Mix well. Garnish with cilantro if desired.

Serves 4.

(A National Fisheries Institute calendar recipe.)

Recipe By :

Calvert's Pecan Flounder

4 each 6-oz. fillets flounder (any
1 delicate fish fillet may be
2 tablespoon calvert's cedar street chive
2/3 cup calvert's cedar street
1 pecan vinaigrette
4 tablespoon dry white wine
1/2 cup pecan halves
8 each thin lemon slices

~------ GARNISH:
In a stainless steel or glass pan, place flounder fillets which have been spread with Calvert's Cedar Street Chive Mustard. Pour 1/2 cup Calvert's Cedar Street Pecan Vinaigrette over fillets and marinate for 1 hour, turning once. Place each fillet of flounder on a rectangle of aluminum foil large enough to encase it. Top

each marinated fillet with another tsp. of Pecan Vinaigrette, two slices of lemon, and 1/4 of the pecan halves. Sprinkle with one tbs. dry white wine. Seal foil to envelop fish. Bake in 375 F preheated oven for 20 minutes. Place flounder with garnish on individual, warmed plates.

Camp Tuna & Rice

2 can tuna; and liquid
1 cup quick-cooking brown rice
2 tablespoon instant dried onikon
2 tablespoon green pepper flakes
1 3/4 cup boiling water

Heat tuna in its oil in a skillet. Add remaining ingredients and bring to a boil. Cover and cook 15 to
20 minutes.

From: The Tuna Cookbook Charrin' off the Ol' Point..from the O
:-)

~-- EZPoint V2.2 * Origin: "LaRK's" Place (1:343/26.3)

===
==========
BBS: Computer Specialties BBS Date: 08-14-93 (11:13) Number: 63443 From: LAWRENCE KELLIE Refer#: To: ALL Recvd: NO Subj: recipe Conf: (149) COOKING

Cang Cua Boc Tom (Shrimp On Crab Legs)

10 crab legs or several hard shell cra; bs
1 shrimp paste, prepared as for shrim; p on sugar cane
1/4 cup vegetable oil
----NUOC CHAM----
1 clove garlic
1/2 fresh hot red chili pepper or 2 dri; ed 2
teaspoon heaping, granulated sugar
1/8 fresh lime
2 tablespoon fish sauce (nuoc mam)

2 1/2 tablespoon water, more if necessary

Here we have a party dish that will bring out "oohs" and "ahs" from your guests on sight - and a repeat performance on taste.

Crab claws, alone, are sometimes available in fish stores. If they aren't, boil several hard shell crabs and use the claws; you can use the bodies in many other dishes.

The crab claws in fish stores are already partially peeled and serve not only as a handle but are edible as well. If you prepare your own claws, peel the upper section around which you mold the shrimp paste.

Boil the crab legs or crabs for about 10 minutes, then drain and cool; remove the claws from the crabs, if using, and reserve the bodies for another purpose.

Have the shrimp paste ready; preheat the oven to 350F.

Pour the oil into a bowl. Dip your fingers into the oil and pick up 2 tablespoons of the shrimp paste. Mold it into an oval around and halfway down the crab claw, covering the part of the claw where it was attached to the body; this will leave a claw tip extended to serve as a handle. Place the claws on a baking sheet and bake in the preheated oven for 30 minutes.

Serve with Nuoc Cham and watercress.

NOTE: In Vietnam, this dish is always barbecued over charcoal. If you wish to prepare it this way, cook for 10 minutes on each side.

Makes 10 servings.

Here we have a party dish that will bring out "oohs" and "ahs" from your guests on sight - and a repeat performance on taste.

Crab claws, alone, are sometimes available in fish stores. If they aren't, boil several hard shell crabs and use the claws; you can use the bodies in many other dishes.

The crab claws in fish stores are already partially peeled and serve not only as a handle but are edible as well. If you prepare your own claws, peel the upper section around which you mold the shrimp paste.

NUOC CHAM:

This exciting sauce is almost always served at Vietnamese meals, just a Westerners serve salt and pepper. It's base is nuoc mam (bottled fish sauce). Freshly prepared, it is a constant delight, and so addictive to Western palettes that it will appear with meals other than Vietnamese. To best appreciate the results of its superb blending qualities at the table, use it sparingly at first, gradually adding more until the result is just right for your palate.

Peel the garlic. Split the chili pepper down the center and remove the seeds and membrane. Cut into pieces and put into a mortar, together with the garlic and sugar. Pound into a paste. Squeeze the lime juice into the paste, then with a small knife remove the pulp from the lime section and add it as well. Mash this mixture and add the fish sauce and water.

NOTE: If you find this a trifle strong at first, dilute it with an additional 1/2 tablespoon of water.

From "The Classic Cuisine of Vietnam", Bach Ngo and Gloria Zimmerman, Barron's, 1979.

Posted by Stephen Ceideberg; May 24 1993.

Canh Chua Dau Ca (Sour Fish Head Soup)

2 scallions, white part only, crushed; with the side of a 1
freshly ground black pepper
2 teaspoon salt
2 tablespoon plus 4 teaspoons fish sauce (nuoc m; am) 1
large fish head or fish carcass, split do; wn the center 1
quart water
1/2 cup canned sliced sour bamboo
1/4 fresh pineapple, cut in a lengthwis; e section and sl 1
dash msg (optional)
2 tablespoon mixed chopped fresh coriander (chin; ese parsle 1
scallion green

An excellent way to get twice the pleasure out of your fish purchase. You can use either the fish head of the fish carcass if you wish. To the people of the South, this is as much their traditional dish as Southern Fried Chicken is to our southerners++and it will meet with instant praise

Sprinkle the scallions, black pepper, 1 teaspoon salt, and 4 teaspoons fish sauce over the fish head. Allow to stand for 10 to 15 minutes.

Bring 1 quart of water to a boil and drop in the sour bamboo and pineapple slices. Cook at a lively boil for 5 minutes. Drop fish head into the actively boiling water and, keeping at a boil, add the 2 tablespoons fish sauce, remaining teaspoon salt, and a dash of MSG. Boil the fish head for a total of 10 minutes. Transfer to a soup tureen, sprinkle on the coriander and scallion green, and serve.

NOTE: If the fish head is dropped into water that is not boiling, it will fall apart.

Makes 4 servings.

From "The Classic Cuisine of Vietnam", Bach Ngo and Gloria Zimmerman, Barron's, 1979.

This is real good with chunks of catfish, shrimp, whatever...

Posted by Stephen Ceideberg; December 28 1991.

Canned Tuna Casserole

1 cup brown or white rice
1 can mushroom soup, 10 1/2 oz
1 can light tuna or bonito 6 1/2
1 oz can, drained
1 teaspoon butter or margarine
1 1/2 tablespoon dry bread crumbs
2 oz cheddar cheese, or more to
1 taste, grated

Cook rice following package directions. Stir soup into rice. Mash tuna and stir into rice mixture.

Spread butter over inside of 1 3/4-quart casserole; sprinkle bread crumbs over butter. Pour tuna-rice mixture into casserole and sprinkele with grated cheese. Bake on middle shelf of preheated 375-degree oven 30 minutes. Serves 4 to 6.

Variation: Add any vegetables you fancy to the rice mixture. It's a good way to use up leftover peas and/or carrots.

Cantonese Fish Filling (Dim Sum Filling)

1 1/2 tablespoon sesame seed oil
1 black or red pepper

1/2 lb flounder filet, cubed
1 1/2 teaspoon chicken bouillon
2 garlic, minced
1 1/2 tablespoon water
1/2 cup cabbage, chopped fine
1 teaspoon cornstarch
8 scallions, chopped
2 quart stock or water
4 mushrooms, chopped
2 teaspoon lemon juice

Servings: 24

1. Heat 1/2 ts sesame oil in wok over low heat. 2. Add flounder cubes and garlic and simmer for 5 minutes. Remove. 3. To wok add rest of oil and cabbage and scallions. Stir-fry three minutes. 4. Push veggies to side of wok. In center well add mushrooms and lemon juice. Stir-fry one minute. 5. Return flounder. Add pepper and bouillon. Blend. Simmer two minutes. 6. Mix cornstarch and water til blended well. 7. Add to flounder mixture in wok. Blend. Simmer til thickened. 8. Remove fish filling from wok to bowl. 9. Assemble won tons and boil.

Cape Beaujolais's Fine Fish Marinade

----FOR POULTRY, LAMB, FISH----
1/2 cup dry white wine
1/2 cup soy sauce
1/4 cup water
2 tablespoon light brown sugar
1 small white onion; minced
1 small garlic clove; crushed
1/8 teaspoon hot pepper sauce
1/4 teaspoon freshly ground pepper

Combine all ingredients in a bowl. Makes about 1-1/2 cups

Caribean Fish Fillet

3 lb fillet, white fillet 3/4-in
4 shallots, peeled and chopped
4 cloves garlic, peeled and mi
1 cup orange juice
1 cup white wine
1/4 cup dark rum
1 juice of 2 limes
1/4 cup soy sauce
1/4 cup chopped parsley
1/4 teaspoon white pepper
1/4 teaspoon salt
2 tablespoon fresh chopped rosemary (2 t

REMOVE THE SKIN FROM THE FILLET, if necessary, and go over the fillet carefully with your fingers to remove any small bones. Wash and pat dry with paper towels. Grill the fish for 3 to 4 minutes on a side, depending on thickness, turning gently. The fish should still be slightly translucentin the center since it will continue to cook after being taken off the grill. While the fish is grilling, boil down the marinade until it is reduced by half. Spoon a few tablespoons over each portion of fish. Serve immediately. Note: The fish may also be served at room temperature or chilled.

Casserole Apicius With Meat Or Fish

----FOR PANCAKES----
3 eggs
1/2 cup flour
1/3 cup milk
1/3 cup water
----FOR CASSEROLE----
2 1/2 cup cooked pork or chicken
1 thinly slice
1 or
1 1/2 lb cooked fish fillets
3 raw eggs
2 tablespoon olive oil
1/2 teaspoon ground pepper
1/2 teaspoon celery seed (or lovage)
2 cup beef or chicken stock
1/4 cup white wine
1/4 cup sweet raisin wine - muscatel
1 flour
1 coarsely ground pepper
1 pine nuts or almonds

First make the pancakes:- beat 3 eggs and add flour, milk and water to makea thin batter. Into a greased 8 inch frying pan, pour a little of the batter and allow it to spread evenly. Cook each pancake over high heat and flip over when it is lightly browned.

Prepare the coked meat or fish:- Mix with eggs, olic=ve oil, celery seed, stock, white wine and sweet wine. Heat the meats in this sauce, adding moreliquid if requird. Thicken the sauce with flour.

Next, take a greased casserole dish and cover the bottom with a layer of meats or fish in their sauce. SPrinkle with coarsely ground pepper and withnuts. On this, place a pancake. Fill the dish with layers of the sauced meats, seasoned with pepper and nuts, each alternating with a pancake. Pierce a hole in the final pancake to allow steam to escape and cooke uncovered in a 375 F oven for 20- 25 minutes until the dish is uniformly heated. Serve with a sprinkling of pepper.

Casserole Of Catfish Jean Lafitte

4 5-7 oz. catfish fillets
1 cup melted butter; or margarine
1 1/2 cup green onions; chopped
1/2 cup celery; diced
2 cup fresh mushrooms; sliced
3/4 cup dry sherry
1 cup heavy whipping cream
1/4 cup pimientos; diced
3/4 cup grated parmesan cheese
1/2 cup pecans; chopped
1 salt; to taste
1 cayenne pepper; to taste

Preheat oven to 400 F. Season fish fillets with salt and pepper; set aside. In a 12" saute pan, melt butter, when hot add green onions, celery and mushrooms. Saute until wilted, approximately 3 to 5 minutes. Add sherry, blend well into mixture. Place catfish fillets on top of seasonings in saute pan and cook approximately 5 minutes, do not overturn. Remove fillets to 8 by 11" baking pan and keep warm. Add cream to saute pan, blend well. Season to taste using salt and pepper and cook approximately 5 minutes or until mixture is well thickened. Pour sauce over catfish fillets, sprinkle with parmesan cheese and red pimentos and place in oven until cheese is brown and fish is cooked. Approximately 10 minutes. Serve at once.

Serves 6.

Catfish & Crawfish Mold

1 cup chopped parsley
1 cup cream cheese
1/2 cup dry white wine
1 salt, to taste
1 tablespoon lemon juice
1 lb catfish meat, cooked
1 teaspoon louisiana hot sauce
1 lb crawfish meat, cooked
1 tablespoon lea & perrins

Chop catfish and crawfish in food processor. Add wine, parsley, lemon juice, and salt. Mix real well. Add hot sauce and Lea & Perrins Worcestershire sauce. Mix well. Add cream cheese. Mix well. Refrigerate overnight in a mold. Serve with crackers or on a bed of lettuce. You can use shrimp if crawfish aren't available.#
From Justin Wilson's "Outdoor Cooking With Inside Help"

Catfish & Shrimp Stew

2 tablespoon olive oil
2 cup chopped onion
2 cl garlic; minced
28 oz tomatoes
3 tablespoon tomato paste
1 bay leaf
4 cup water
1 cup dry white wine
8 oz clam juice
1/2 lb medium shrimp; shelled
2 can fillets
1/2 teaspoon salt
1/4 teaspoon pepper
1 coriander; or parsley
1 lemon slices

In large soup pot, heat oil. Saute onion and garlic until unions are transparent. Add tomatoes, tomato paste and bay leaf. Cover and simmer 25 minutes. Add water, wine and claim juice. Simmer uncovered 45 minutes. Add shrimp, catfish (cut into 1-inch cubes), salt and pepper. Cook 10 minutes, or until catfish flakes easily. Remove bay leaf. Garnish each serving with chopped coriander and lemon slices.

Serves 8.

Serve with fresh salad and French bread.

Catfish Baked With Cheese

6 catfish fillets (about 2 lb)
1/4 cup flour
1 black pepper to taste
1 egg, lightly beaten
8 tablespoon butter, melted
1/2 cup fresh grated parmesan
1 cheese
1 salt to taste
1 teaspoon paprika
1 tablespoon milk
1/4 cup sliced almonds 1. preheat

oven to 350 deg. 2. Wipe the catfish dry 3. Blend together the cheese, flour, salt, pepper, and paprika 4. Combine the egg and milk in a flat dish5. Dip the fillets in the egg mixture, and then coat with the cheese mixture. Arrange the fillets in one layer in a baking dish, and pour the butter over all. Sprinkle with the almonds. 6. Place in oven and bake for 20 minutes

From Craig Claiborne's "Southern Cooking"

Catfish Barrios

6 fresh mushrooms
1 small onion
4 stalks celery

1 block butter
2 lb catfish
1 salt, pepper, parsley flakes
1 tablespoon flour
1 cup white cooking wine

Slice mushrooms, onions and celery paper thin. Place butter in deep frying pan and melt. Add mushrooms, onions and celery. Cook on low fire until tender. Add flour and wine to make gravy. Add salt and pepper to taste. When gravy begins to bubbble, add fish which has been salted and peppered. Cook until fish is firm. Serve with fresh hot French bread and ice cold beer. Courtesy Telephone Pioneers BillSpalding *P CRBR 38 A

Catfish Bienville

2 lb catfish fillets(4-5oz ea)
1 tablespoon lemon juice
1/8 teaspoon white pepper
1 cherry tomatoes(opt)
1 tablespoon butter or margarine,melted
1 teaspoon salt
1 parsley sprigs(opt)
----BIENVILLE SAUCE----
3 each bacon slices,chopped
1/3 cup chopped green onions(w/tops)
2 cup milk
1/4 cup sherry
1/2 lb shrimp,cooked,drained
1/4 teaspoon white pepper
2 tablespoon butter or margarine
1/4 cup flour,all-purpose
8 oz american cheese,small pieces
1 can mushrooms,sliced(4oz)
1/4 teaspoon worcestershire sauce
1 dash hot pepper sauce

1. Thaw frozen fish according to package directions.#
2. Prepare Bienville Sauce; keep warm.#
3. Place fillets on well-greased rack of broiler pan.#
4. Combine butter, lemon juice, salt and pepper; brush fillets with butter mixture.#
5. Broil 6 inches from heat for 8 minutes, or until fish flakes easily when tested with fork.#
6. Remove fish to warm serving platter; spoon Bienville Sauce over fillets.#

7. Garnish with parsley and cherry tomatoes if desired.#
*** BIENVILLE SAUCE ***#
1. In medium skillet, cook bacon and onion until bacon is light brown.#
2. Add butter and flour; cook over low heat, stirring constantly, until mixture is smooth (do not brown flour).#
3. Add milk gradually, making a smooth paste; cook over low heat until thickened and bubbly.#
4. Add cheese; continue cooking over low heat until cheese melts.#
5. Stir in remaining ingredients.

Catfish Cakes

2 lb catfish fillets; (poached)
2 tablespoon mayonnaise
2 beaten
1 salt and pepper; to taste
1 worcestershire sauce; to tas
1 fresh bread crumbs
8 tablespoon butter; (to 12 tbsp.)

Drain poached fillets well, pat dry and flake. Mix catfish fillets, mayonnaise, egg, salt, pepper, and Worcestershire sauce. Form into cakes. (The smaller you make the cakes, the better they hold together.) Dip both sides of each cake in bread crumbs. Melt butter in a skillet. Cook catfish cakes in butter over moderate heat until heated through and lightly browned.

Yield: 4-6 servings.

Catfish Caribbean

2 tablespoon margarine; low-fat
1/4 cup green pepper; chopped
4 tablespoon chopped onion
1/4 cup toasted almonds; chopped (op
1/2 cup fresh bread crumbs
1/4 teaspoon oregano
4 tablespoon fresh lime juice

1 tablespoon chopped coriander; (or parsl
1/2 teaspoon salt
4 catfish fillets
2 cup water
2 cl garlic; crushed
1 bay leaf
1 teaspoon red pepper flakes
1 lime peel

Melt margarine in skillet. Add green pepper and 2 tablespoons onion. Saute until onion is transparent. add almonds, bread crumbs, oregano, one tablespoon lime juice, coriander and salt; mix well. Spoon filling down center of each catfish fillet. Roll up and secure with toothpicks. In shallow baking pan, combine remaining 2 tablespoons onion, water, garlic, bay leaf, red pepper and remaining 3 tablespoons lime juice. Place catfish in pan. Bake 400 F. oven for 30-35 minutes, basting occasionally until catfish flakes easily. Remove catfish to serving platter. Garnish with strips of lime peel.

Serves 4.

Catfish Chili

2 lb catfish fillets, chunked
1 cup chopped green pepper
2 tablespoon butter
2 cloves minced garlic
1 1/2 teaspoon salt
1 lb red kidney beans
1 lb can tomatoes, undrained
6 oz tomato paste

Saute green pepper and garlic in butter until tender. Add seasonings. Mix well. Add beans and tomatoes. Cover and simmer 15 minutes. Add fish. Cover and simmer 15 more minutes until fish flakes easily.

Catfish Chowder

1 lb catfish fillets, cut into chunks

2 slice bacon, chopped
1 cup chopped onion
1 can sliced potators, drained
1 can cooking tomatoes, chopped
2 cup water
1 can corn, drained
1/4 teaspoon tarragon
1/2 teaspoon celery salt
2 teaspoon parsley flakes
1/2 teaspoon oregano
1/4 teaspoon salt
1 pepper to taste
1 teaspoon seafood seasoning
2 teaspoon thyme

In a large pot, fry bacon until crisp. Add onion and cook until tender. Add potatoes, tomatoes, and 2 cups water. Cover; simmer until potatoes are tender. Add corn and seasonings. Cook slowly and adjust seasonings, if necessary. Add yhe catfish 5 to 10 minutes before serving and simmer.

Serves four.

Posted by Alison Meyer. Courtesy of Fred Peters.

Catfish Creole

1 lb catfish fillets
1/3 cup oil
1/4 cup flour
1/2 cup water
1 cup celery, sliced
1/2 cup shallots, chopped
1/2 cup bell pepper, chopped
2 each garlic clove, crushed
1 lb tomatoes, cut small, can
8 oz tomato sauce
1 1/2 teaspoon salt
2 each bay leaves
1/2 teaspoon thyme
1/4 teaspoon pepper
1 tablespoon brown sugar, lemon juice
1 tablespoon lemon juice
1/4 cup parsley, chopped
1 teaspoon worcestershire sauce
2 each tabasco, dashes

1 rice, hot, cooked

Cut fillets into 1-in pieces. Heat oil in large pan. Add flour, stirring until brown. Remove from heat and add water slowly, stirring til blended. Add all ingredients except catfish and rice. Cover and simmer for 20 minutes or until vegetables are tender. Remove bay leaves, add catfish and simmer 8 - 10 min. more until fish flakes to the fork. Serve over rice in soup bowls. Possibly better to wilt all fresh vegetables before adding to pan. Also for: Catfish, Any Fish
Recipe date: 12/11/87

Catfish Curry With Tomato & Cilantro

1 3 lb catfish
1/2 teaspoon tumeric
1/2 teaspoon salt
1/4 cup veg oil
1 yellow onion, chopped
3 centiliter minced garlic
1 cup tomato, chopped
8 sprigs of cilantro

Clean, behead, cut off fins, remove slime from skin with a vegetable brush, but don't skin the catfish. Cut into 1" steaks and rub pieces with tumeric and salt. Let stand 30 min. Heat oil in large, deep frying pan on med. Add onion, garlic, paprika and tomato and sautee 5 min. Add water, cover, simmer 20 min. Lay fish steaks in pan, spoon the pan juices over the fish , cover and simmer 10 min. Sprinkle with cilantro and let stand off heat covered for 15 min.

Catfish En Papillote

3 tablespoon dry sherry
1 tablespoon soy sauce
2 tablespoon scallions; chopped
1 cl garlic; minced
1/4 teaspoon ground ginger
4 catfish fillets; cut in 2-in
1 red pepper; cut julienne

2 oz ham; thinly sliced*
8 lemon slices

* cut julienne.

Combine first 6 ingredients in a bowl. Cut 4 (12 x 12 inch) square pieces of parchment paper. Fold each to form a triangle; open. Divide catfish among four papers. Top with red peppers, ham and 2 slices of lemon per packet. Spoon sauce over mixture. Close each packet to form a triangle; crimp edges to seal tightly. Arrange 2 packets on a microwave-safe plate. Microwave on High 6 minutes. Let stand 1 minute. Repeat with remaining 2 packets. Arrange packets on serving plates; open carefully at table. Serve immediately.

Serves 4.

In a conventional oven: preheat oven to 450 F. Place crimped packets on baking sheet; bake for 10-12 minutes.

Light cuisine - 300 or less calories per serving.

Catfish Frangelico

4 5-8 oz. catfish fillets
3 oz cooking oil; to saute
2 cup flour
1 cup pecan halves
1 oz frangelico liquor
1 oz white wine
1 teaspoon lemon juice
2 cup heavy cream
1 salt; to taste
1 cayenne pepper; to taste
----Butter egg wash----
2 eggs
1/2 cup milk

Place saute pan on medium high heat and add cooking oil. Dip catfish fillets in egg wash and then into white flour. Saute in hot oil until nicely browned (3-5 min.) Reserve fillets to warm pan for holding. Saute pecans in remaining oil for about 1 minute. Deglaze pan with Frangelico liquor. Add white wine and lemon. Bring to a boil. Add cream and return to a boil, reduce this by half, season to taste with salt and cayenne pepper. Add butter and swirl pan slowly over burner until all butter is incorporated. Do not boil after adding butter. Place 1 catfish fillet on each of four plates and spoon 1/4 of sauce

over each fillet.

Yield: 4 servings.

Catfish In Beer

3 tablespoon butter or margarine 5
each garlic clove, chopped
3 each green onions, chopped
2 each catfish fillets, large
1/3 cup flour
4 each mushrooms, large, sliced
3 oz beer, light
1/2 each lemon
1 worcestershire sauce
1 rice, white

Brown finely-chopped garlic and onion in butter, sizzling hot. Lightly flour catfish, add to pan with mushrooms. Pour in beer and treat fillets with juice of of half a lemon. Add a couple of drops of Worcestershire. Saute over medium heat, turning, until brown on both sides. Serve on hot plates with rice. Use pan-gravy over the rice.

Catfish In Oyster Andouille Butter

6 each 5-8 oz catfish fillets
3/4 cup vegetable oil
1 cup eggwash (1 egg, 1/2 cup
1 water, 1/2 cup milk)
1/2 cup unseasoned flour
1/4 cup julienned andouille sausage
1 teaspoon garlic
1/2 cup sliced mushrooms
1/2 cup chopped green onions
24 each fresh shucked oysters
1/2 cup dry white wine
1 1/2 cup heavy whipping cream
1 salt and white pepper to

1 taste
4 slice cold butter

In a ten inch heavy bottom saute pan, heat oil over medium high heat. Blend eggwash to ensure that egg, milk and water are well mixed. Dip catfish fillets into eggwash and then into flour, coating evenly on all sides. Saute fish, three fillets at a time, until golden brown, approximately three to five minutes on each side. Once cooked, remove and keep warm. In the same saute pan, add andouille, garlic, mushrooms and green onions and saute until vegetables are wilted, approximately three to five minutes. Add oysters and saute until their edges are curly. Deglaze with white wine, add heavy whipping cream and cook until sauce is slightly thickened. Season to taste using salt and white pepper. Once sauce has thickened, swirl in butter chips, two at a time, until all is incorporated. The butter will finish the sauce to a nice sheen. Place two to three ounces of oyster butter in the center of a serving plate and top with catfish fillet. Garnish with four cooked oysters per serving.

Catfish In Picante Sauce

4 medium to large catfish filets
3 cup pace picante sauce
2 cup cooked rice

Place the catfish filets in a large skillet. Pour Picante Sauce over the filets. Simmer on low flame for about 20-30 minutes.

Recipe by Chris Tomlinson

Catfish In Red Curry Sauce

2 tablespoon red curry paste
4 tablespoon peanut oil
2 cup coconut milk
1/2 teaspoon salt
1 teaspoon sugar
3 tablespoon fish sauce
2 lb dressed catfish cut in

1 steaks
1 tablespoon substitute italian basil
1 3 fresh hot chilies chopped

Heat the curry paste in oil, stirring for about 2 minutes over med heat. Add 1/4 cup of coconut milk and the fish sauce and simmer slowly for another 2 minutes. Add the salt, sugar and the rest of the coconut milk. Bring to a boil and, as soon as the sauce boils, add the fish. DO NOT STIR THE FISH UNTIL THE SAUCE RETURNS TO A BOIL. Chai says that if you disturb the fish before the sauce boils it will acquire a strong aroma. Simmer the fish until done, about 5 minutes. Let the dish sit for at least 15 minutes (or even as long as overnight in the refrigerator) so the curry flavor permeates the fish. Reheat, without boiling, and just before serving add the basil leaves and chilies. Serve over rice.

RED CURRY PASTE ~~~~~~~~~~~~~~~~ 5 dried red chilies, seeded, soaked in warm water and drained salt and freshly ground pepper to taste 2 tsp ground caraway seeds 2 tsp ground coriander seeds 1 tsp coriander root (Cilantro root) 2 tsp finely chopped fresh lemon grass or 1 tsp dried 1 tsp finely chopped Laos root (galangal) 1 Tbs chopped shallots 1/2 tsp shrimp paste

Catfish Maitre'd

4 8-oz. catfish fillets
1 salt and pepper; to taste
1/2 cup flour
1/4 cup vegetable oil
1/4 lb butter; melted
2 tablespoon lemon juice
1 tablespoon parsley; chopped

Season catfish fillets with salt and pepper; dredge in flour. Lightly brown on both sides in skillet with melted shortening. Remove from skillet and place in oven dish. Bake in 350 F. oven for 10 minutes. Meanwhile, have ready in small pot, butter and lemon juice. Remove fish from oven and place on serving platter. Bring lemon and butter mixture to a boil and stir. Add salt and pepper, to taste. Pour over the fillets and garnish with sliced lemon and curly leaf parsley.

Yield: 4 servings.

Catfish Mexican Style

4 catfish fillets
16 oz picante sauce
6 monterey jack cheese grated

Place 4 catfish fillets in a microwave dish. Cover leaving a vent. Microwave on high for 10 minutes rotating dish occasionally. Uncover and sprinkle with grated cheese. Microwave uncovered for 30 seconds or until cheese is melted.

Serves 4.

Catfish Mulate's Crawfish Etouffee

1 crawfish etouffee:
1 lb crawfish tails -- peeled
1 1/4 cup dry onions -- diced
1/4 cup celery -- diced
1/2 cup green bell pepper --
1 chopped
2 oz margarine
1/4 teaspoon salt
1/4 tablespoon cayenne pepper
1 cup fresh parsley -- chopped
1 cup green onion tops -- chopped
1 broiled catfish:
12 catfish filets -- 2 to 3 oz
1 each
3 tablespoon cayenne pepper
1 tablespoon salt
2 cup all-purpose flour
8 oz margarine
2 cup green onion tops -- chopped

In a medium skillet, melt margarine, add onion, celery and bell pepper. Cook for approximately 20 minutes. Season crawfish with salt and cayenne pepper; add to skillet mixture, stirring well. Cook for 10 minutes then add parsley and onion tops. Keep Etouffee warm until needed to serve over catfish. Broiled Catfish: Use small sheet pan to lay out filets. Sprinkle both sides with seasonings. Dust each side of filets with flour. Heat flat-top grill or skillet to 375 . Pour

melted margarine on grill or in skillet. Allow to heat, then add catfish. Cook for 4 minutes on each side. Remove catfish from skillet, top each Filet with 4 ounces Mulate's Crawfish Etouffee. Sprinkle top with green onions. Note: Crawfish Etouffee may also be served over white rice. Shrimp can be used in place of crawfish and the catfish can be substituted with any fresh water fish. Festival: Mulate's Accordian Festival; July 4, 1995. Recipe: Mulate's Restaurant.

Recipe By : Cajun Country Recipes

From: Janice Springer <75451.2725@compudate: 28 Nov 95 09:28:35 Est

Catfish Orleans With Creole Sauce

24 each catfish fillets
1 cup butter or margarine,melted
1 1/3 cup soy sauce
12 cup rice,hot,cooked
1/4 cup liquid smoke
1 teaspoon garlic powder
2 teaspoon salt
----CREOLE SAUCE----
1/2 cup salad oil
1 cup celery,sliced
7 cup tomatoes
1 each bay leaf
1/4 teaspoon thyme
1 cup green bell peppers,cors chop
1/2 teaspoon hot pepper sauce
1 cup onions,coarsely chopped
1/2 teaspoon garlic,minced
2 cup tomato puree
1/4 teaspoon black pepper
1/4 teaspoon worcestershire sauce
1/4 cup lemon juice

1. Thaw frozen fish according to package directions.#
2. Prepare Creole Sauce.#
3. Place fillets in shallow baking pans.#
4. Combine liquid smoke, butter, garlic powder, soy sauce and salt; brush generously over catfish.#
5. Cover with foil; bake in preheated 400'F. oven about 30 minutes.#
6. To serve, place fillet on 1/2 cup rice; top with 1/4 to 1/3 cup Creole Sauce.#
*** CREOLE SAUCE ***#

1. Heat oil in large Dutch oven; add onions, celery and garlic and saute about 15 minutes.#
2. Add tomatoes, tomato puree, bay leaf, black pepper, thyme and Worcestershire sauce; cover and simmer slowly 1 1/2 hours.#
3. Blanch bell peppers in boiling water 5 minutes; drain well.#
4. Remove bay leaf from sauce; add bell peppers, lemon juice, hot pepper sauce and simmer 15 minutes longer.#

Catfish Parmesan

6 pan-dressed whole catfish or
1 catfishfillets
2 cup dry breadcrumbs
3/4 cup grated parmesan cheese
1/4 cup parsley, chopped
1 teaspoon paprika
1/2 teaspoon oregano
1/4 teaspoon basil
2 teaspoon salt or to taste
1/2 teaspoon pepper
3/4 cup margarine or cooking oil
1 lemon wedges

Combine bread crumbs, Parmesan cheese, parsley, paprika, oregano, basil, salt and pepper. Dip Catfish in melted butter or oil and roll in crumb mixture.

Arrange in well-greased 14 by 9 by 2" baking dish. Bake in preheated 375 F. oven for 25 min. or until fish flakes easily. Cooking time will be less if using fillets. Garnish with lemon wedges.

Catfish Pecan Meuniere

1 no ingredients

1 c flour
4 ts Rustic Rub
2 eggs -- beaten
1/2 c milk

4 catfish or trout fillets --
: (6 to 6 1/2 oz
: each)
1/2 c vegetable oil
1 stick (1/4 pound) butter
1 c pecan pieces
4 TB chopped parsley
2 TB minced garlic
2 TB fresh lemon juice
1/4 c Worcestershire sauce
1/4 c heavy cream
1 ts salt
1/4 ts cayenne

Combine the flour with 2 teaspoons of the rub in a shallow bowl. In another shallow bowl, blend the eggs and milk together. Season the fish with the remaining 2 teaspoons rub. Heat the oil in a large nonstick skillet over medium-high heat. Dredge the fillets in the flour, coating evenly. Dip the fillets in the egg mixture. Dredge again in the flour. When the oil is hot, but not smoking, lay the fillets in the skillet. Pan-fry for 3 to 4 minutes on each side, or until golden. Transfer to a warm platter. Discard any oil remaining in the skillet and wipe clean with paper towels. Return the skillet to the stove. Over medium-high heat, melt 2 tablespoons of the butter. When the butter foams, add the pecans and stir constantly for about 1 1/2 minutes, or until lightly toasted. Add the parsley, garlic, lemon juice, Worcestershire, and cream. Stir with a whisk for about 15 seconds and remove from the heat. Add the salt, cayenne, and remaining 6 tablespoons butter, broken into small chips, and stir until the butter melts completely. Spoon the sauce over the fillets and serve.

Recipe By : COOKING LIVE SHOW #CL8733

From: "Jon And Angele Freeman" <jfreemadate: Sat, 12 Oct 1996 11:11:28 ~0500

Catfish Stew

1/2 lb bacon,diced
2 clove garlic,minced
2 onions, diced (large)
1 green pepper, diced (large)
1 red pepper, diced (large)
1 crushed red pepper flakes
8 oz okra, sliced

6 oz tomato paste
2 lb catfish,cubed
1 salt
1 pepper
2 1/2 cup diced, canned tomatoes
3 cup fish stock

In a heavy bottomed soup pot, saute the bacon. As soon as it startes to brown add the onion and diced green & red pepper. Cook for about 5 min more. Add the diced tomatoes. Cook 5 min. more. Add the okra and the fish stock bring to a boil and reduce to a simmer. Cook till soup starts to thicken(tomato paste can be added at this point if desired).
Add the cubed catfish and simmer till fish is done. Season w/salt & pepper.
Pass the crushed red pepper flakes.
NOTE: to spice up the soup add tabasco,grn.red pepper. Can also add crab, shrimp, oysters, chicken. Went out fishing the other day and caught a few catfish too small to keep but this recipe came to mind. Its real good when made spicy and served with COLD beer.
04/29 11:17 Weird AL A.Green14 on Genie

Catfish With Dijon Sauce

4 catfish fillets; thawed
3 tablespoon melted butter; or margarine
1 teaspoon worcestershire sauce
----Lemon pepper dijon sauce----
1/2 cup sour cream
1 tablespoon dijon mustard
----Worcestershire sauce garnish (o
1 lemon twists

Rinse fillets and blot dry. Combine butter, Worcestershire Sauce, and Lemon Pepper; mix. Brush both sides of fillets with butter mixture and place on a sheet of heavy-duty foil or in a well-greased hinged fish basket. Grill over medium-hot coals for 5-8 minutes; turn fillets and grill another 5-8 minutes or until fish flakes easily when tested with a fork. Combine sour cream, Dijon Mustard, and Worcestershire Sauce. Heat 45 seconds in microwave or until warm. Serve 2 tablespoons sauce over each catfish fillet and garnish with lemon twists.

Oven Method: Broil 6-inches from heat for 10-12 minutes or until fish

flakes easily when tested with a fork; turning once.

Yield: 4 Servings.

Catfish With Oregon Hazelnuts

1/2 cup cornmeal
1/4 cup all-purpose flour
1/4 cup finely ground hazelnuts (roasted or; egon hazelnuts 1 teaspoon salt
1/2 teaspoon cayenne pepper
1/4 teaspoon ground cumin
4 catfish fillets (6 oz. ea.)
1/4 cup olive oil
2 tablespoon coarsely chopped hazelnuts (roasted; oregon hazelnuts)

Combine cornmeal, flour, ground hazelnuts, salt, cayenne pepper and cumin in large plate or shallow casserole. Dredge catfish in cornmeal and flour mixture and place on waxed paper. Heat oil in large heavy-bottomed skillet over medium heat. Add catfish and cook about 4 minutes on each side, or until golden brown. Transfer to serving plate, and garnish with chopped hazelnuts and orange twists.

* COOKFDN brings you this recipe with permission from: * Oregon Hazelnut Industry and The Hazelnut Marketing Board

Catfish With Spicy Orange Sauce

1/2 cup orange juice
1 tablespoon hoisin sauce
2 tablespoon soy sauce
1/4 cup sherry
1 teaspoon grated fresh ginger
2 green onions, chopped
1 lb catfish fillets

In a small bowl or measuring cup, combine the orange juice, hoisin sauce, soy sauce, sherry and ginger. Mix well. Add the onions. Spray a large, non-stick skillet with vegetable oil spray. Heat over high

heat until hot. Add the fish fillets and cook for 1 minute on each side. Add sauce and boil 1 minute. Turn fillets and boil 2 minutes longer. Remove fish to a serving platter. Boil sauce 1 minute longer, until it is reduced and slightly thickened. Pour over fish.

Columbus Ledger-Enquirer

Cathe's Clam Chowder

6 slice bacon (or more)
1 large onion, chopped
24 oz clam juice, bottle (doxee brand)
1/2 teaspoon garlic, dried, minced
1 large potato, baking
10 oz baby clams, canned (orleans brand)
3 tablespoon cornstarch
1/4 cup half & half (or more) (or cream)
1 teaspoon garlic salt (lowry's)
1/4 teaspoon black pepper

Fry bacon in 3-quart pan until brown. Reserve 2 T. bacon grease in pan; remove bacon to paper towel to drain well. Crumble bacon and save it for later. (Can cook bacon in microwave and transfer 2 T grease to 3-quart pan.)

Saute chopped onion in bacon grease until translucent. Shake one of the three bottles of clam juice well; add to the sauteed onion. Stir in dried minced garlic and let come to a boil. Boil until the liquid is reduced by half, but don't let the liquid get so low that the sauteed onion and minced garlic brown.

Shake the other two bottles of clam juice well and add to the mixture in the pan. Bring to boil.

Scrub the baking potato well (or peel it, if you want to); cut it into half-inch cubes. Add to the boiling clam juice and reduce heat (to low) -- so the mixture bubbles gently -- until the potatoes are almost done.

Meanwhile, drain the baby clams, reserving the juice in a cup. Put the clams aside. Stir the cornstarch into the reserved clam juice, blending well.

When the potatoes are just barely done, remove the pan from the heat. Re-mix the cornstarch and clam juice and add to the soup, stirring constantly as you pour the cornstarch mixture into the pan. Return

pan to heat and stir constantly until thickened. (This may seem too thick.) Remove from heat and stir in the baby clams and the crumbled bacon. Add half and half or cream until soup is the consistency you want it. (If you don't want it so creamy, use milk or skim milk instead.)

Add garlic salt and black pepper to taste; serve warm. Do not let the soup boil once the baby clams are added; boiling will turn them into rubber. This makes about a quart of soup, enough to serve 4 with no leftovers.

Vicki's notes:

* The recipe that Cathe gave me in the 70s called for only two bottles of clam juice (instead of three), 1/2 C half & half (instead of 1/4 C), 2 T cornstarch (instead of 3 T), 2 teaspoons minced garlic (instead of 1/2 t), 1/4 t garlic salt (instead of 1 t), and no black pepper or bacon (just 2 T drippings for frying).

It also called for 1/4 t each lemon pepper and sweet basil, 2 t dried parsley, 3 drops Tabasco sauce and 1/4 C sauterne, of which are called for in this recipe. The only things the same are the potato, the onion and the 10 oz. can for baby clams (Geisha). (The recipe said you could substitute a 7 oz can of minced clams if you had to.)

Cathe's Crawfish Etouffe

1/2 cup butter
1 large onion, finely chopped
1 bell pepper, finely chopped
3 garlic cloves, finely chopped
1/2 cup celery, finely chopped
1 green onions (one bunch), finely ch; opped 1
teaspoon lowry's garlic salt
1 tablespoon parsley, dried
1/4 teaspoon red pepper flakes
1/2 teaspoon pepper
3 dash tabasco sauce
1 lb crawfish, cleaned
4 tablespoon flour
2 cup chicken broth
1 rice, cooked (for serving)

Melt butter; saute vegetables. Add seasonings and stir well. Add crawfish and saute for a minute. Add flour; mix well, and cook 3 more minutes. Add chicken broth; mix well and simmer 15 minutes.

Serve over hot rice.

Cathe's Crawfish Quiche

1 tablespoon butter
2 tablespoon olive oil
1 carrot, diced
3 green onions, diced
1 onion, diced
2 large garlic cloves, minced
1 parsley, minced (2 big sprigs)
1/2 teaspoon thyme, crushed
1 bay leaf, crushed
1 tablespoon dill, dried
1/8 teaspoon cayenne
2 tablespoon tomato paste
2 tablespoon cognac
1/2 cup sauterne
3 large eggs
1 cup cream
4 oz swiss cheese, grated
1 lb crawfish chunks
1 pie crust (pre-baked), 10

Saute vegetables in butter and olive oil till slightly brown. Add spices, tomato paste, cognac and sauterne; mix well.

Beat together 3 eggs, cream and finely grated cheese. Reserve 8 pieces of crawfish for decoration; add rest to cream/egg mixture. Blend with vegetables and pour into pre-baked pie crust. Bake until done.

Cathy's Fish & Rice

1/2 lb white fish (i used frozen
1 pollock), cut in
1 small onion -- chopped
3 cloves garlic
1 handful cherry tomatoes halved

1 some mushrooms -- sliced
1 flour (for dredging)
1 oil (for sauteing)
110 ml white wine
1 curry powder
1 black pepper
1 cooked rice

1. Saute the onions in a small amount of oil till they start to soften. Add the garlic and cook for a few minutes, and then add the mushrooms and cook for a few minutes more, till they lose their raw look.

2. Meanwhile, put a few tablespoons of flour and the pepper into a plastic bag and shake the fish cubes in the bag (don't forget to close the bag!) Remove the fish from the bag, shaking off any excess flour.

3. When the vegetables are cooked to your liking, remove them from the pan and set them aside. You could drain them on a paper towel to remove a bit of the oil, but it's not necessary.

4. Add a little more oil to the pan, and heat it for a moment. Drop the fish pieces in the oil, and saute them till them start to turn opaque. Add the vegetables, the cherry tomatoes & the curry powder, and stir to mix them in. Pour in the white wine (or other liquid of your choice) and cook down till most of the liquid has evaporated. Serve over rice.

Author's Notes: This is a recipe I made up the other night, when I didn't feel like going out to the store. It's not exactly haute cuisine, but it tasted OK, and used common ingredients. It'squick to prepare, and doesn't taste very fishy since the dominant flavor is the curry powder. (All measurements are approximate. This made more than enough for 2 people).

The thing about this sort of recipe is that you can vary it in countless ways ~- add some bell peppers if you want, or add different spices. Use soy sauce and call it Oriental. Add a few hot chilli peppers for more punch.

Difficulty : easy. Precision
: measure ingredients.

Recipe By : Catherine Smither cathy@seismo.gps.caltech.edu

Ceviche (Scallops)

1/2 lb scallops, cut horizontally
1 in half
1 cup dry white wine
1 each plum tomatoe, diced
1 large shallot, peeled and minced
1 teaspoon white wine vinegar
1 tablespoon olive oil
1 tablespoon capers
1/8 teaspoon crushed red pepper flakes
1 each salt and pepper to taste

In a non-aluminum medium skillet, combine scallops with white wine. Bring to a boil over medium high heat. Turn off heat and let scallops stand in wine 5 minutes. Drain, discarding wine. Transfer scallops to glass bowl and let cool. Add tomato, shallot, vinegar,oil, capers, and crushed red pepper flakes. Season to taste with salt and pepper. Toss gently but well. Chill 30 minutes before serving.

Charbroiled Swordfish With Citrus Salsa

4 5-oz swordfish steaks (cente
1 ruby red grapefruit; peeled
2 oranges; peeled & sectioned
2 limes; peeled & sectioned
1 lemons; peeled & sectioned
1 cup red, green, and yellow bell
1 medium red onion; finely diced
1 tablespoon cilantro; chopped
1 tablespoon mint; chopped
1 oz tequila
1 tablespoon corn oil
1 dash salt
1 dash black pepper

Recipe by: Elmar Prambs of the Riverside Cafe, Austin, TX Preparation Time: 1:00 STEP ONE: Prepare the Citrus Salsa-- Mix all ingredients except swordfish, corn oil, salt, and pepper and let marinate for a couple of hours.

STEP TWO: Grill the Swordfish-- Season the swordfish steaks with salt and pepper to personal taste. Brush lightly with one tablespoon corn oil. Grill.

STEP THREE: Spoon the Citrus Salsa over the charbroiled swordfish

steaks. Garnish with mint sprigs. Serve with saffron rice, fresh asparagus, and baby carrots.

Charcoal Grilled Salmon With Spicy Black Beans

1/2 lb black beans; soaked
1 small onion; chopped
1 small carrot
1/2 celery rib
2 oz ham; chopped
2 jalapeno peppers; stemmed and diced
1 clove garlic
1 bay leaf; tied together with
3 sprigs thyme
5 cup water
2 cloves garlic; minced
1/2 teaspoon hot pepper flakes
1/2 lemon; juiced
1 lemon; juiced
1/3 cup olive oil
2 tablespoon fresh basil; chopped
24 oz salmon steaks

Combine in a large saucepan the beans, onion, carrot, celery, ham, jalapenos, whole clove garlic, bay leaf with thyme, and water. Simmer until beans are tender, about 2 hours, adding more water as necessary to keep the beans covered. Remove the carrot, celery, herbs and garlic, and drain off the remaining cooking liquid. Toss the beans with the minced garlic, hot pepper flakes and the juice of 1/2 a lemon. Set aside.

While the beans are cooking, combine the juice of a whole lemon, olive oil, and basil leaves. Pour over the salmon steaks, and refrigerate for 1 hour. Grill the salmon over a moderately high flame for 4-5 minutes per side, basting with some of the marinade every minute. Serve each steak with a portion of beans.

Per Serving: Calories: 480, Protein: 42 g, Carbohydrate: 25 g, Fat: 23 g, Saturated Fat: 4 g, Cholesterol: 106mg, Sodium: 291 mg, Fiber: 8g.

Chard-Wrapped Salmon & Duxelles

1/3 lb mushrooms; commercial, wild, or a m 2
tablespoon butter
1/2 cup onion; finely diced
1 clove garlic; minced
1 pinch dried savory; crumbled
1 pinch pepper
1/4 teaspoon salt
2 tablespoon dry sherry or madeira
12 oz salmon fillets; cross-cut
4 large swiss chard leaves; stemmed, blanched, rinse
1/2 cup brown veal or poultry stock
1 oz dry white wine

Finely dice the mushrooms (if using wild mushrooms with an interesting shape, cut them into long strips or wedges.) Melt 1 tb of the butter in a large non-stick skillet over medium-high heat. Add the mushrooms and onion and cook, shaking or stirring, until the mushrooms begin to wilt. Add the garlic, savory, pepper, and 1/8 ts salt. Cook until the liquid given off by the mushrooms is nearly gone, then add the sherry and cook until evaporated. Remove from heat, taste for seasoning, and set aside to cool.

Remove any pin bones from the salmon fillets and season lightly with remaining salt and pepper. Lay out 2 chard leaves in opposite directions, slightly overlapping. Place a salmon fillet across the middle, skin side up (if the belly flap is especially long or thin, fold it double for a more compact, even shape.) Arrange 1/4 of the mushrooms mixture on each side of the salmon. Fold the near end of the leaves over the fish, tuck in the sides, then fold the whole thing over the remaining leaf, forming an envelope. Trim off the remainder of the leaf to form a neat package. Repeat with the remaining salmon fillet.

Heat the stock and wine to a simmer in the same skillet used for the mushrooms. Place the salmon packages in the pan, seam side down, cover, and cook at a simmer until a skewer easily enters the center of the fish, 8-12 minutes depending on the thickness.

Transfer the fish to plates, turn the heat under the skillet to high, and reduce the stock slightly. Swirl in the remaining butter, taste for seasoning, and pour over the fish.

Per Serving: Calories: 415, Protein: 32 g, Carbohydrate: 9 g, Fat: 27 g, Saturated Fat: 11 g, Cholesterol: 125 mg, Sodium: 495 mg, Fiber : 2 g.

Charlene Prickett's Crab Salad With Yogurt Dr

----YOGURT DRESSING----
1 cup low-fat yogurt
1 tablespoon chives or spring onions
1 garlic clove,crushed
2 teaspoon lemon juice
1 vegetable salt
----CRAB SALAD----
1 butter lettuce head
2 lb crab meat
1 lb mandarin oranges,seedless
1 lb fresh peaches,peeled/sliced
4 shallots,minced
2 large cucumbers,sliced
1/2 lb snow peas
1 juice of lemon
----GARNISH----
1 lemon slices
1 fresh chives

Charlene Prickett combines brain with brawn on IT FIGURES, her long-running exercise show for Lifetime Television. "I have a real academic streak," says Prickett. "I have a lot of interest in science and in keeping up with the research that's always changing. Every year I go to fitness conferences and sports-medicine clinics throughout the country, and I always like to share what I've learned by including an information element in my shows." So what does the latest research say about the most effective way to get a good workout? Says Prickett, "In terms of being optimally effective, cross-training - weight training, along with some stretching and aerobic activity - has come to be thought of as important. The advantage is that you don't stress the body in the same way every single day, and it prevents injury as well as boredom."

Prickett also believes that women have to work harder than men at battling the bulge. "When you're young or if you're a man, the likelihood of your staying near ideal weight with exercise alone is good. However, if you're female or over 25, it generally takes both regular exercise AND good food choices. That doesn't mean you can never have an ice-cream sundae, but to stay at or near ideal weight, you need to make discriminating food choices."

For dressing: mix all ingredients and chill.

For salad: mix all ingredients except lettuce in a bowl, add dressing, and chill for 1 hour. Arrange lettuce leaves in a salad bowl, add salad.

Garnish with lemon slices and chives.

Cheer Up A Crab

2 10 ounce packages frozen
1 spinach, cooked and well
1 drained
1 10 ounce can rotel tomatoes
1 and green chiles
1 cup sour cream
1 cup grated cheese
1 cup crabmeat (canned, fresh
1 or frozen)
1/2 teaspoon nutmeg
1/2 teaspoon mrs. dash
1 teaspoon dill weed
2 tablespoon chopped onion

Place spinach in greased shallow 2 quart casserole. Mix all other ingredients and pour over spinach. Bake at 350 degrees F for 25 to 30 minutes.

Cheese & Crabmeat Casserole

1 lb old english cheese
8 slice bread without crust
5 eggs
1 pint milk
1/2 cup melted butter
1 can frozen crabmeat

Cube bread and cheese. Alternate layers of cheese, bread and crabmeat (twice) in buttered casserole. Beat eggs, milk and melted butter and pour over the layered mixture. Bake in a pan of water at 350 degrees for 1 to 1 1/2 hours. Serve with sauce: 1 can of mushroom soup,

undiluted and heated. Randy Rigg

Cheese & Salmon Bagel Ww

1 tablespoon cream cheese, light
1 bagel, mini (1 oz) cut in half hor; izontally toaste 1
teaspoon capers rinsed, drained
1 oz salmon, smoked (lox) thinly slice; d 2
slice tomato
2 slice onion, red

Spread cream cheese over one cut side of toasted bagel; top with capers, salmon, tomatoe and onion. Top with remain half of toasted bagel.

Weight Watcher's Exchanges: 1 Protein, 1 Vegetable, 1 Bread, 35 Optional Calories.

Nutritional Analysis per serving: 152 calories, 10 g. protein, 4 g. fat, 19 g. carbohydrates, 42 mg. calcium, 553 mg. sodium, 14 mg. cholesterol, 1 g. dietary fiber (excludes capers).

Calories from fat: 22.5%

Original recipe from Weight Watcher's "Simply Light Cooking". Conversion and additional nutritional analysis by Rick Weissgerber [GEnie D.WEISSGERBE]

Cheese-Broiled Catfish

1/4 cup bread crumbs, soft
1/4 cup parmesan cheese, grated
1/2 teaspoon paprika
1/4 teaspoon curry powder
1/2 teaspoon salt
1 pepper, dash
1 lb catfish fillets
4 tablespoon butter, melted

Preheat broiler and broiling pan. Combine breadcrumbs, cheese and seasonings. Spread mixture evenly over each fillet. Generously grease hot broiling pan and place fillets on it. Drizzle 2 Tbsp melted butter over fillets; set pan 3 in. from heat and broil for 3 minutes. Baste with remaining butter and broil for 3 min. more. Remove to a hot serving platter. Recipe date: 12/11/87

Cheesy Fisherman's Grill

213 gm canned red alaska salmon crab, or..; . 1 large crab*
15 gm butter or margarine
15 gm plain flour
1 milk for stock (see recipe)
2 fresh tomatoes; skinned de-seeded and ch
1 tablespoon freshly chopped parsley
1 salt
1 freshly ground black pepper
75 gm fresh parmesan, grated

*(ask the fishmonger to dress it for you, but retain the small legs for garnish)

Drain the can of salmon, reserving the juice. Make the juice up to 150ml (1/4 pint) with milk. Set aside.

Put the salmon and crab meat into a bowl.

Melt the butter in a pan and stir in the flour. Gradually add the fish and milk stock to make a smooth sauce. Add the chopped tomatoes and parsley, season well. Mix the sauce into the crab and salmon, then pile this mixture into two individual serving dishes. Sprinkle the Parmesan over the top of the salmon mixture and place under a moderate grill for 6-8 minutes or until the cheese is golden brown.

Serve garnished with two or three crab legs and new potatoes.

Serves 2. Approx 535 kcals per serving

From: On the Wild Side - Alaska Canned Salmon Recipes Reprinted with permission from Alaska Seafood Marketing Institute Meal-Master compatible recipe format courtesy of Karen Mintzias

Cheesy Garden Tuna-Filled Crepes (Microwave R

4 crepes
1/2 cup chopped celery
1/4 cup chopped onion
1 can (7 3/4 oz) tuna, drained
2 cup frozen broccoli,cut up
2 cup shredded cheddar cheese

Prepare crepes.Place broccoli in 1 1/2 qt. microwave safe casserole. Cover and microwave as directed on pkg.;drain.Stir in 1 1/2 cups cheese and the remaining ingredients.Microwave covered on high 1 minute. Spoon onto crepes;roll up.Arrange in square microwave dish,8 x 8 x 2"; sprinkle with remaining cheese.Cover loosely with plastic wrap and microwave on high until cheese is melted,2 to 3 minutes.4 Servings.

Cheesy Salmon Supper

2 can salmon (7 3/4 oz cans)
1 tablespoon lemon juice
2 eggs, beaten
1 cup rolled oats
1 cup cheese, grated
1/4 cup onion, diced
1/2 cup celery, diced
1/2 cup carrots, grated
1/2 teaspoon salt
1/8 teaspoon pepper
1/2 teaspoon parsley flakes, dried
1 can cream of mushroom soup (8oz)
3/4 cup milk or 1/2 cream & 1/2 milk

Mix all ingredients except soup and milk. Bake in a loaf tin or a casserole dish in a 350F oven for 40 - 45 minutes. Remove from pan. Combine soup and milk, heat and pour over the loaf as a sauce.

Chesapeake Bay Crab Cakes

1 teaspoon sharp prepared mustard
1 tablespoon freshly squeezed lemon juice
6 tablespoon olive oil, divided
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper
1 lb lump crabmeat, picked clean
1/2 cup dry, unflavored bread crumbs
1 pinch of cayenne pepper
4 tablespoon butter

Chesapeake Bay Crab Cakes

Parsley, lemon wedges, tartar sauce as desired

Using an electric blender or wire whisk, beat together mustard, lemon juiceand egg until thoroughly combined. While beating vigorously, gradually pour 4 Tbs of olive oil into the egg mixture in a thin stream. When smooth and creamy, stir in salt and pepper.

Gently fold in crabmeat, then bread crumbs and cayenne pepper. Shape into 8 patties, each about a half-inch thick. They will want to fall apart, butthat's the idea of a good crab cake. You want only enough non-crab stuff to just barely bind them.

Melt butter together with 2 Tbs of olive oil in skillet over medium heat. When butter sizzles (but before it burns!) gently ease the crab cakes into the skillet to cook. When well browned (2 to 3 minutes), gently turn and cook other side. Drain on paper towels. Serve immediately.

Makes 4 main-course servings, 8 appetizers

From: Captain's Galley, Main St.,
Chrisfield, Md.
Cheryl

Chesapeake Oyster Bisque

1 quart oysters
1 bay leaves
2 onions

2 celery stalks
1/2 cup butter
1/4 cup flour
1/2 teaspoon salt
1/4 teaspoon white pepper
1 pint cream
1/4 cup sherry

Slice onions. Dice celery. Drain oysters and save liquid. Oysters may be chopped or left whole as desired. Add water to oyster liquid to make 1 qt. In stock pot, combine bay leaf, one onion, and bay leaf and simmer for about 1 hour uncovered. Remove from heat; allow to cool for about 1 hour, strain, and set aside. In butter, saute remaining onion and celery; cook for about 5 minutes or till pale in color. Add flour and stir well, but DO NOT BROWN. Add some strained oyster stock: stir well tp prevent lumps from forming. Add remaining stock and heat till hot and thickened (about 10-15 minutes). Add oysters and cream. Heat about 5 minutes more. Add sherry and ladle into serving bowls and garnish with chopped parsley.

Chesapeake Restaurant Crab Cakes

1 lb lump crabmeat, cooked
1 each egg, beaten
1 teaspoon salt
1/2 teaspoon pepper
1/4 cup parsley, chopped
1/4 teaspoon dry mustard
1/2 cup mayonnaise
1/4 teaspoon worcestershire sauce
1 cup bread crumbs
6 tablespoon butter

I personally like to add 1 ts of Old Bay seasoning to this and cut back a little on the salt.

Trying to preserve whole pieces of crabmeat, combine first 8 ingredients in medium bowl. Using 1/3 - 1/2 cup for each cake, shape mixture into 6 cakes. Gently coat cakes with breadcrumbs; place cakes on plate and refrigerate 2 hours. Melt butter in 10" skillet. Brown crab cakes in butter until golden on both sides and heated through. Cakes will keep in refrigerator 3-4 days and in the freezer 2 months. To reheat, wrap in foil and warm in preheated 325 degree oven for 10 minutes or refry in a skillet with a little butter.

Chex Mix Oyster Crackers

10 oz oyster crackers
1/4 cup water
1/4 cup olive oil
1 teaspoon granulated chicken bouillon
1 teaspoon garlic powder
2 1/4 teaspoon worcestershire sauce

----- Recipe via Meal-Master (tm) v8.05

Title: CHEX MUDDY BUDDIES
Categories: Snacks, Chocolate
Yield: 9 Servings

9 c Chex cereal
1 c Chocolate Chips
1/2 c Peanut Butter
1/4 c Butter or Margarine
1 ts Vanilla
1 1/2 c Powdered sugar

Put cereal in large bowl and set aside. In 1-qu microwave-safe bowl, combine chips, peanut butter, and butter. Microwave on HIGH 1-1 1/2 min. or until smooth, stirring after 1 minute. Stir in vanilla. Pou chocolate mixture over cereals, stirring until all pices are evenly coated. Pou cereal mixture in a large zipper bag with powdered sugar. Seal sercurely and shake until all pieces are well coated. Spread on waxed paper to cool.

Recipe By : Chex

Chicken & Oyster Casserole

1 large fryer (about 3 lbs.), cut up
1/4 cup all-purpose flour
1 1/4 teaspoon salt
1/4 teaspoon white pepper
2 tablespoon shortening
1/2 cup boiling water

1/2 cup heavy cream
18 oysters
2 tablespoon toasted slivered blanched almonds

Reserve back, wings, and neck of chicken for later use. Wash remaining pieces and dry. Dredge with flour mixed with 1/2 teaspoon salt and 1/8 teaspoon pepper. Brown on all sides in hot fat. Remove to 2-quart casserole. Add boiling water, cover, and bake in preheated moderate oven (350 F.) for 1 hour, or until tender. Add cream, remaining salt and pepper, and the oysters. Cover and bake for 10 minutes longer. Sprinkle with almonds and serve at once with hot baking powder biscuits, if desired.

Makes 4 servings.

Chicken Sausage Oyster Gumbo

1 cup oil
1 cup flour
1 bell pepper; chopped
3 celery stalk; chopped
3 garlic clove; minced
2 onion; chopped
1 chicken; cut up
1 lb smoked sausage or andouille
1 1/2 quart ; water, boiling
2 bay leaf
1 pint oysters
1 salt
1 pepper
1 rice; cooked

Make a dark roux wtih oil and flour. Add bell pepper, celery, garlic, green onions, and onions. Saute until tender. Add chicken and brown. Add sausage, boiling water, and bay leaves. Let simmer 1 hour. Remove chicken from bones. Add chicken meat, salt, pepper, and oysters. Cook 10 minutes more. Serve over rice.

--- per Ellen Cleary

Chicken Stuffed With Crab

8 chicken breast halves - skinned and; boned 3
tablespoon butter
1/4 cup all-purpose flour
3/4 cup milk
3/4 cup canned chicken broth - diluted
1/3 cup chablis or other dry white wine
1/4 cup onion; chopped
1 tablespoon butter; melted
7 1/2 oz fresh lump crabmeat - drained and f; laked 3
oz can sliced mushrooms - drained
10 saltine crackers; crushed
2 tablespoon fresh parsley; chopped
1/2 teaspoon each salt and pepper
1 cup swiss cheese (4 oz.) - shredded
1/2 teaspoon paprika

Place chicken between 2 sheets of wax paper; flatten to 1/4" thickness, using a meat mallet or rolling pin. Set aside.

Melt 3 tb. butter in a heavy saucepan over low heat; add flour, stirring until smooth. Cook 1 minute, stirring constantly. Gradually add milk, chicken broth and wine; cook over medium heat, stirring constantly, until mixture is thickened and bubbly. Set sauce aside.

Saute onion in 1 tb. butter in a large skillet until tender. Add crabmeat, sliced mushrooms, cracker crumbs, parsley, salt and pepper; stir well. Add 2 tb reserved sauce, stirring well.

Top each chicken breast half with 1/4 cup crabmeat mixture. Fold long sides of chicken over crabmeat mixture; fold ends over, and secure with wooden picks.

Place chicken rolls, seam side down, in a 13 x9 x 2" baking dish. Top with remaining sauce. Cover and bake at 350 F. for one hour, or until chicken is done. Uncover and sprinkle chicken with shredded Swiss cheese and paprika. Bake an additional 2 minutes or until cheese melts. Remove wooden picks and serve chicken immediately.

Recipe from Jan Inman in _More Memoirs of a Galley Slave_ by The Kodiak Fishermen's Wives Association/Kodiak, AK. In _America's Best Recipes: A 1990 Hometown Collection_. Birmingham, AL: Oxmoor House, Inc., 1990. Pg. 250. ISBN 0-8487-1009-6. Electronic format by Cathy Harned.

Chile Tuna Sea Shells

6 green chiles, skinned,
1 seeds removed, chopped
2 tablespoon prepared chile sauce
1 can white tuna, drained and
1 flaked
1/4 cup mayonnaise
2 teaspoon prepared horseradish sauce
4 green onions, chopped
1/4 cup green olives, sliced
1/2 lb sea shell macaroni
1 avocado, peeled, pit
1 removed, chopped
2 sprigs cilantro, chopped

Contributed to the echo by: Stephanie Dicamillo Originally from: "The WholeChile Pepper" magazine, Dec. 1989 Chile Tuna Sea Shells Cook the macaroni in 4 quarts of salted water until just done but still firm. Drain and rinsein cold water.

Combine all the ingredients, except the avocado and cilantro, and allow to sit for 2 hours to blend the flavors. Garnish with the avocado and cilantroand serve.

Serves: 4 Heat Scale: 5

Chili Crab Puff: Ladies Lunch

1 no ingredients

1 lb grated Monterey Jack cheese
1 c crab meat
8 oz diced green chilies --
: canned
1/3 c half-and-half
4 eggs
2 c flour
1 c Marinara Sauce or tomato
: sauce

Preheat oven to 400 degrees. Grease a deep 12- to 2-quart baking dish. Set aside 2 cup of the cheese for the top. Place 1/3 of the

cheese on the bottom of the baking dish. Add 1/3of the crab and 1/3 of the chilies. Repeat, making 3 layers of each. Whisk the half-and-half with the eggs and flour, and slowly pour into the baking dish. Top with the marinara sauce and sprinkle with the reserved cheese. Bake, uncovered, for 1 hour, or until hot and set in center. Yield: 4 servings

Recipe By : Nathalie Dupree, Cooks, TVFN, 1996

From: Path <phannema@wizard.Ucr.Edu> Date: Wed, 9 Oct 1996 15:22:57 ~0700 (P

Chili Fish Sauce

6 tablespoon thai fish sauce
5 tablespoon thinly sliced scallions
3 tablespoon fresh lime or lemon juice 3
tablespoon finely chopped cilantro 1 1/2
tablespoon minced serrano chilies 2
teaspoon roasted chili paste
1/2 teaspoon minced garlic

Combine all ingredients in a small bowl and mix well. Will keep in refrigerator for 3 days.Recipe from Tommy Tang, New Yorker Magazine, 5/25/92. MM:MK VMXV03A.

Chili Seared Salmon With Sweet Pepper Salsa

1 sweet red pepper salsa
1 (recipe follows)
2 tablespoon chili powder
1/4 teaspoon salt teaspoon
1/8 black pepper
4 (6oz) salmon fillets
1 (about 1 inch thick)
2 teaspoon olive oil

Make salsa; set aside. Combine chili powder, salt and black pepper; rub evenly over salmon fillets. Heat oil in a large nonstick skillet

over medium-high heat. Add fillets; cook 4 minutes on each tide or until fish flakes easily when tested with a fork. Serve with salsa, Makes 4 servings.

SWEET PEPPER SALSA: Combine in a bowl: 3/4 cup diced red onion, 1/2 cup diced yellow bell pepper, 1/2 cup diced red bell pepper, 1 tablespoon minced seeded jalapeno pepper, 1/2 cup diced plum tomato, 2 tablespoons chopped fresh cilantro, 1 tablespoon fresh lemon juice, 2 teaspoons cider vinegar, 1/4 teaspoon ground cumin, 1/8 teaspoon sugar, 1/8 teaspoon salt, 1/8 teaspoon ground coriander and 1/8 teaspoon ground red pepper. Stir well. Let stand at least 30 minutes, stirring occasionally.

Per serving: Calories 348 Fat 18g Cholesterol 115mg Sodium 351 Percent calories from fat 46%

Dallas Morning News 10/2/96 Typos by Bobbie Beers

Chili-Orange Fish Fillets With Banana

4 fish fillets - red snapper, turbo,; cod or other fillet
2 firm, ripe bananas - halved lengthw; ise, - then crossw 4
tablespoon fresh orange juice
2 tablespoon grated orange zest
2 tablespoon minced red onion
2 teaspoon minced, seeded fresh chilies
4 fresh lime wedges

Preheat the broiler. Arrange the fish fillets and bananas (cut side up) on a lightly greased broiler pan.

In a small bowl, combine half the orange juice with the orange zest, red onion, chilies, and a pinch each of salt and pepper. Spread evenly over fish and bananas.

Broil 4 inches from the heat source, without turning, until fish and bananas are well browned and the center of the thickest part of the fish is opaque, about 10 minutes.

Transfer to a serving platter. Sprinkle with the remaining orange juice. Garnish with lime wedges.

Approximate nutritional analysis: 210 calories per serving; 30 g protein; 18 g carbohydrate; 2 g fat (10% of calories); 2 g fiber; 53 mg cholesterol; 246 mg sodium; 71 % of the Daily Value for vitamin B12, 46% for B6, 41% for vitamin C.

Chilled Pappa Al Pomodoro With Crab Meat Cros

2 1/2 lb overripe tomatoes, cores removed 1
1/2 cup day old bread, torn up
1/4 cup fresh basil leaves
1 tablespoon fresh thyme leaves, chopped 1
salt and pepper to taste
8 oz fresh crab meat, dungeness or maryl; and
2 tablespoon extra virgin olive oil, plus 1/4 c; u, p
1 juice and zest of 1 lemon
1 teaspoon crushed red pepper flakes
2 scallions, thinly sliced
4 slice baguette, toasted, and cooled

In a food processor, blend tomatoes until liquid. Add day old bread, basil, thyme and season aggressively with salt and pepper. If too thick, thin with water. Allow to sit in a cool place.

In a medium mixing bowl, toss crab meat, 2 tablespoons extra virgin oil, juice and zest of 1 lemon, red pepper and scallion gently together and season lightly with salt.

Divide cool tomato soup among 4 bowls. Place 1 slice baguette in center of each bowl. Float 2 ounces crab meat mixture on top of each baguette slice and serve. Posted to MC-Recipe Digest V1 #

Recipe by: MOLTO MARIO

From: "suechef@sover.net" <suechef@sover.net>

Date: Tue, 10 Dec 1996 16:19:04 -0500 (EST)

Chilled Trout In Dill Sauce

4 whole cleaned trout
1 (each about 1/2 lb.)
1 basic poaching liquid

1 parsley sprigs
1 lemon wedges
1 cup sour cream
4 teaspoon lemon juice
3/4 teaspoon salt
1/2 teaspoon dillweed

----BASIC POACHING LIQUID----

1 medium onion (sliced)
6 whole black peppers
2 whole allspice
3 tablespoon lemon juice or white wine
1 vinegar
1 bay leaf
1 teaspoon salt
1/2 cup dry white wine (or water)
1 quart water

About 3-4 hours before you intend to serve, poach trout in basic poaching liquid (recipe and directions follow). When done, transfer to a serving platter and let cool; then cover and chill.
About 10 minutes before serving time, remove cover from fish and, holding fish in place with wide spatula, drain off and discard any juices that might have collected on platter. Wipe platter and garnish with parsley sprigs and lemon wedges.
In a bowl, combine sour cream, lemon juice, salt and dill weed. Mix thoroughly. Serve sauce in small serving bowl to spoon over fish.
Basic Poaching Liquid In a poaching pan or 3-quart pan, combine onion, whole black peppers, whole allspice, lemon juice or white wine vinegar, bay leaf, salt, dry white wine (or water), (you will need just enough to cover fish pieces, so amount of water and wine may be varied accordingly). Cover and simmer ingredients for at least 20 minutes.
Recipe may be doubled or tripled if larger amounts are needed (if so, simmer ingredients for 30 minutes to 1 hour). Poaching liquid may be reused several times - it will simply acquire more flavor, the more often it is used. However, liquid should not be stored in the refrigerator longer than 2 days; freeze in an airtight container if longer storage is necessary. How to Poach Bring poaching liquid to a boil in poaching pan on top of the stove. Lower fish into simmering liquid - there should be just enough liquid to cover fish; if not, add equal parts water and dry white wine (or all water) just to cover fish. Reduce heat, cover, and simmer gently (water should never be allowed to boil).
Cook until fish flakes readily when prodded in thickest portion with a fork - for a 1-inch thick piece of fish (measured in thickest portion), allow 10 minutes from the moment simmering resumes after fish has been added. (Allow same ratio of thickness to time - 1 inch: 10 minutes - for fishes of all thicknesses.) When, done, lift fish from liquid with a wide spatula, supporting it with cheesecloth if necessary. Drain well; then open cheesecloth carefully and gently remove it from fish.

Chinese Crab & Corn Soup

1 (16 oz.) pkg. frozen whole
1 corn
1 tablespoon cornstarch
1/4 cup water
3 can (10 1/4 oz.) chicken
1 broth
1 teaspoon gingerroot
1/2 lb fresh crabmeat
1/3 cup minced green onions
1/2 teaspoon salt
1/8 teaspoon white pepper
1 teaspoon rice vinegar

Position Knife Blade in Processor. Add Half Of Corn. Process Until Finely Chopped. Add Remaining Corn. Stir Well & Set Aside.
Combine Cornstarch & Water in A Small Bowl; Stir Well & Set Aside. Combine Chicken Broth & Gingerroot in A Large Saucepan; Bring To A Boil. Add Corn, Cornstarch Mixture, Creabmeat, Green Onions, Pepper & Rice Vinegar. Bring To A Boil. Reduce Heat & Simmer Uncovered 3 Min.
(Fat 0.6. Chol. 32.)

Chinese Crab Rice

1 stephen ceideburg
2 green onions, chopped
1 piece fresh ginger, 2-3 cm, grated
4 tablespoon dry sherry
3 tablespoon light soy sauce
3 blue crabs
400 gm glutinous rice
1 tablespoon soy sauce
1 tablespoon oil
1 teaspoon sugar

The Chinese have comfort food, too, and this dish qualifies. You will need a large steamer; if you don't yet have one, they can be bought cheaply in large Chinese or Vietnamese food stores where you can also pick up the glutinous rice. The dish takes considerably longer to

cook than the previous recipes but little more of the cook's time. By the time the rice is cooked, it is saturated with crab flavour.

Finely chop 2 green (spring) onions and grate 2-3 cms of fresh ginger. Combine them with 4 tablespoons dry sherry and 3 tablespoons light soy sauce. Prepare three green blue swimmers crabs. Chop two of them into several pieces with a large knife or cleaver and crack the hardest pieces of the shell with a hammer. Crack the third crab thoroughly all over but do not chop up. Pour the sherry-soy sauce mixture over the crabs and leave to marinate for an hour. Wash 400 grams glutinous rice in several changes of water until the water runs clear.

Put the rice into a saucepan and pour over it 1.5 L water. Bring to the boil and boil for 5 minutes. Drain.

In the bottom of a heatproof dish at least 12 cm deep and of a size to fit into your steamer, pack in the chopped crab pieces, reserving the marinade. Pour the rice over the top and pack it down. Press the intact crab into the top of the rice. To the marinade, add a further tablespoon soy sauce and a tablespoon oil, teaspoon salt and 1 teaspoon sugar. Pour over the crabs and rice.

Put the dish in the steamer over boiling water and steam for 35-40 minutes. Serve. Diners deal first with the top crab, now half buried in rice, then fish around, for the rest of the crab pieces in rice.

From an article by Meryl Constance in The Sydney Morning Herald, 5/18/93. Courtesy Mark Herron.

Chinese Oyster Stew

1 can (10-3/4 ounces) condensed chicken b; roth 1
soup can water
2 tablespoon soy sauce
1/4 teaspoon grated gingerroot
1 pinch shucked large oysters, undrained
2 cup chopped chinese cabbage
8 ounces sliced mushrooms (about 2-1/; 2 cups)
1/2 cup bean sprouts
4 green onions (with tops), cu into; 1, -inch pieces

Heat broth, water, soy sauce and gingerroot to boiling in 3-quart saucepan. Add oysters, cabbage, mushrooms and bean sprouts. Heat to boiling reduce heat. Cover and simmer about 2 minutes or until cabbage is c Ladle stew into bowls and garnish with green onions. 4 SERVINGS; 135 CALORIES PER SERVING.

Chinese Pasta Salad With Shellfish

1 1/2 cup snow peas
250 gm rice vermicelli
1 red pepper; sliced thin
1/2 cucumber; sliced thin
6 oz shrimp; cooked
130 gm crabmeat
1 tablespoon fresh ginger; chopped fine
1 centiliter garlic; chopped
2 tablespoon sesame oil
1/2 teaspoon black pepper
1 1/2 teaspoon salt
2 tablespoon lemon juice
3 teaspoon vegetable oil
1 teaspoon red wine vinegar

Wash and trim snow peas. Place them in a bowl and pour in enough boiling water to cover them. Let stand 10 minutes; drain and set aside. Cook the noodles in plenty of boiling water for 3 to 4 minutes. Drain in colander, rinse with cold water and set aside. In large bowl, combine noodles, snow peas, red pepper, cucumber, shrimp and crabmeat. In a small bowl, combine ginger, garlic, sesame oil, pepper, salt, vegetable oil, lemon juice and vinegar. Pour this dressing over the other ingredients and mix thoroughly. Chill before serving.

Chinese Steamed Cracked Crabs

1 crab, live in the shell, about 2 po; unds 2
green onions, bruised and cut in ha; lf 2
quart sized slices of ginger
1 tablespoon shao hsing wine or dry sherry
1 ginger, green onion and vinegar dip; ping sauce 4
tablespoon finely shredded green onion
2 tablespoon finely shredded ginger, preferably; young ginger
1/4 teaspoon sugar
1/2 teaspoon salt

5 tablespoon vinegar
3 1/2 tablespoon peanut oil

It's crab season here in the San Francisco bay area. Heap and heaps of luscious Dungeness crabs are showing up all over the place. Steamed or live++take your pick! I was in Oakland's Chinatown last weekend shopping at the Sam Yick gorcery and saw a couple of boxes of still-kicking Blue crabs for a buck seventy-nine a pound. Good eatin' ahead!

Kill and clean the crab. Place it, top shell down, on a heat-resistant plate. Scatter the onion, ginger and wine on top of the crab. Put the crab and plate into a preheated steamer. steam over high heat for 15 minutes. Remove and cool.

Disjoint and crack the crab and arrange on a platter. Dip the meat into the dipping sauce and eat with green onions and ginger. Use the tip of the leg to dig out the meat.

Serves 2 as a light meal.

GINGER, GREEN ONION and VINEGAR DIPPING SAUCE Scatter green onions in a shallow saucer. Top with the shredded ginger. Sprinkle sugar and salt evenly over the ginger. Pour the vinegar over the ginger. Heat the oil until it's hot but not smoking, and pour it over the mixture. It should sizzle lightly. If it is too hot, let it cool.

Makes about 2/3 cup.

Joyce Jue, San Francisco Chronicle, 12/5/90.

Posted by Stephen Ceideburg December 8 1990.

Chinese Style Mushroom Filled With Salmon Fil

1 salmon steak, fresh
----FILLING----
1 mushrooms, inoki, - julienne
1 carrot, julienne
1 mushroom, shitake, - julienne
1 celery, julienned
1 salt (to taste)
1 pepper (to taste)
1 oil, for frying
----BRAISING SAUCE----
1 lemon grass, white part - only, min; ced 2
tablespoon shallot, minced

2 tablespoon rice wine
2 tablespoon fish sauce
1 teaspoon sesame oil
2 tablespoon broth, chicken
1 teaspoon sugar
1 rice, cooked
1 cilantro (garnish)

Preparation: ==========

First julienne the mushrooms and vegetables into thin, short strips. Set aside.

Cut the salmon steak in half. Take each half and slice it most of the way through horizontally so the two pieces fold back on a hinge like a hamburger or hot dog roll.

Prepare a braising glaze by mixing the "sauce" ingredients above in a small bowl and stir and set aside.

Assembly: =========

Into each of the two salmon "sandwich" pieces, add a touch of salt and pepper to taste and then add portions of Shitake, and Inoki mushroom, celery and carrot as filling for the "sandwiches."

Close up the "sandwiches" and set aside.

To Cook: ========

In a small saute pan, heat a bit of peanut oil over high heat until it begins to smoke and then put the salmon sandwiches in to brown both sides (about 1 minute each side.)

When both sides are browned, add the braising sauce to the salmon. Cover and braise over medium heat until the salmon is done (2 to 3 minutes).

Transfer the cooked salmon sandwiches to a serving plate and serve with cakes of sticky rice and garnish with julienne fans of Szechuan pickle.

Top with drippings from the saute pan, and pieces of Cilantro.

Chinese Style Sea Scallops

1 stephen ceideburg
1 1/2 cup broccoli flowerets
1 cup thinly sliced onion
2 tablespoon sesame or vegetable oil
1 lb sea scallops
3 cup thinly sliced napa cabbage or bok c; hoy 2
cup snow peas, ends trimmed
1 cup shiitake or common mushrooms, slice; d 2
cloves garlic, minced
2 teaspoon ground star anise
1/4 teaspoon ground coriander
1/2 cup chicken broth
1/4 cup rice wine vinegar
2 teaspoon to 3 ts light reduced sodium soy s; a, uce 2
tablespoon cornstarch
1/4 cup cold water
2 tablespoon to 3 tb nutrasweet spoonful
4 cup hot cooked rice

Lots of oriental vegetables and an interesting blend of seasonings give this light and healthy scallop stir-fry its exotic flavor.

STIR-FRY BROCCOLI and onion 3 to 4 minutes in oil in wok or large skillet. Add scallops, cabbage, snow peas, mushrooms, garlic, anise and coriander; stir-fry 2 to 3 minutes.

ADD CHICKEN BROTH, vinegar and soy sauce; heat to boiling. Reduce heat and simmer, uncovered, until scallops are cooked and vegetables are tender, about
5 minutes. Heat to boiling.

MIX CORNSTARCH AND COLD WATER. Stir cornstarch mixture into boiling mixture; boil, stirring constantly, until thickened. Remove from heat; let stand 2 to 3 minutes. Stir in NutraSweet Spoonful; serve over rice.

NOTE: 2 teaspoons five-spice powder can be substituted for the star anise and Coriander; amounts of vinegar and soy sauce may need to be adjusted to taste.

NUTRITIONAL INFORMATION

Serving Size: 1/6 recipe (approx. 2 oz. scallops and
1/3 cup rice)

Calories.....330 Saturated Fat.....<1 g Protein.....20 g
Cholesterol... ...26 mg Carbohydrates.....49 g Fiber.....2 g
Total Fat.....6 g Sodium.....276 mg

DIABETIC FOOD EXCHANGE: 2 lean meat, 2 1/2 starches, 1 vegetable

From "The NutriSweet Spoonful Recipe Collection", 1992.

Posted by Stephen Ceideburg

Chinese Tuna Steaks On The Grill

1 tuna steak
1 teaspoon salt
1 teaspoon finely chopped ginger root
1/4 teaspoon white pepper
1 teaspoon cornstarch
2 tablespoon salted black beans 4
green onions with tops
2 teaspoon green chilies
1 tablespoon cornstarch
1 tablespoon water
1 teaspoon sugar
2 tablespoon peanut oil
1 tablespoon peanut oil
2 teaspoon finely minced garlic
1 cup chicken broth (or fish
1 stock)
1 spinach or red-leaf lettuce
1 leaves

Contributed to the echo by: Bill Birner

Pat fish dry w. paper towels. Mix salt, ginger & pepper. Coat both sides offish with mixture and rub 1 tsp. cornstarch on both sides of fish. Cover & refrigerate 30 minutes.

Place black beans in bowl and cover with warm water. Stir about 2 minutes. Remove and drain. Discard water. Partially pulverize beans. Chinese cooks use the back end of their cleaver handle.

Cut 3 of green onions on diagonal into 1 inch pieces, remaining one into thin slices (strings).

Remove seeds and membranes from chilies. Cut chilies into very thin slices.
Mix 1 Tbs cornstarch, water and sugar.

[If grilled fish is preferred, grill on charcoal about 4-5 minutes each side or 10 minutes per inch of thickness, not too close to coals - otherwise fry in wok]

Heat wok until hot & add 2 Tbs oil, tilting to
coat sides. Fry fish 2 minutes or until brown, turning once. Reduce
heat to low, cover and simmer 10 minutes turning after 3 minutes. Uncover & remove from wok.
Bring wok back up to very hot over high heat.
Add 1 Tbs oil, tilt & coat. Add black beans, chilies, garlic & green
onion pieces & stir fry all for 1 minute. Add broth/stock and heat to
boiling. Stir in cornstarch/sugar watermixture, stir cooking until
thickened. Add fish steaks turning to coat withsauce. Heat 2 minutes.

Line platter with
spinach/lettuce leaves, place fish on bed and garnish topwith green onion slivers.

Chinese: Crab Meat Lion's Head - Shanghai

3 teaspoon oil
1 lb ground pork
6 oz chopped cooked or canned crab meat 2
eggs
2 teaspoon sherry
1 teaspoon salt
1 tablespoon cornstarch
1 black pepper
2 scallions
4 slice minced ginger
1 tablespoon light soy sauce
1 lb celery or chinese cabbage
1 tablespoon cornstarch mixed with 3 tb. water

Cut celery/or chinese cabbage into 2-inch segments.

Mix ground pork, crab, eggs, sherry, salt, cornstarch, pepper,
scallion, ginger and soy sauce into 5 large meatballs. Heat oil then
fry meat mals until brown, approximately 8 minutes. Add broth and
cover. Simmer for 15 minutes. Add celery or Chinese cabbage. When
cabbage is done but crisp, add water cornstarch mixture to thicken.

Chinese: Won Ton In Oyster Sauce (Ho Yau Gon

40 won ton
2 quart water
1 1/2 tablespoon sesame oil
1 tablespoon thin soy sauce
2 tablespoon oyster sauce
1 green onion, chopped

In a large saucepan bring 2 quarts water to a boil.

Add won ton and boil for 5 minutes; then, remove with a Chinese strainer or colander.

Put the cooked won ton in a deep serving bowl, and add all other ingredients except the green onion, and mix carefully.

Garnish with the chopped green onion.

VARIATION: Heat sauce in wok; stir fry won ton briefly.

Chippewa Trout

6 small dressed trout
----Bacon marinade----
1/2 cup sherry
1/2 cup melted butter
2 tablespoon lemon juice

Salt the inside of the fish. Mix the sherry, melted butter and lemon juice. Place the dressed fish in a wide pan and cover with the marinade. Let stand for 1 hour.

Wrap bacon around the fish and hold in place with skewers. Cook over a hot fire basting frequently. Cook until the bacon is crisp, turning only once.

Serves 6.

(Adapted from a recipe of the Red Cliff Chippewas; from 'Old Times Recipes')

Chop Suey With Tuna

2 stalks celery; cut small
1/2 onion; chopped fine
3/16 teaspoon pepper
2 tablespoon soy sauce
2 cup water +
2 tablespoon water
3/4 cup rice
3/4 cup tuna

Cook celery and onion in 2 tb water over low heat, covered. When tender, remove from heat, add rice, 2 c water, and seasonings. Bring to a boil. Turn heat to low and cook covered, until rice is tender and liquid absorbed (about 1/2 hour). Add tuna. Mix and remove from heat. Set aside, covered, for a few minutes before serving. Food Exchange per serving: 1 STARCH/BREAD EXCHANGE + 1 MEAT EXCHANGE

Souce: Recipes for Diabetics by Billie Little with Penny L. Thorup
Brought to you and yours via Nancy O'Brion and her Meal-Master

The cookbook doesn't have the nutritional values as it 22 years old. Only the calories: 145 per serving

Christmas Crab Quesadillas

1/4 lb butter or margarine,
1 divided
1 whole shallot (or 2 or 3
1 green onion), finely
1 minced
1 teaspoon chopped fresh chives
1/2 lb lump crab meat, picked over
1 to remove shells
2 tablespoon sour cream
1 teaspoon chopped fresh dill
1 salt, to taste
1 hot pepper flakes, to taste
6 10-inch flour tortillas at
1 room temperature
3/4 cup grated monteray jack cheese
----GARNISHES----

1/2 cup (each) finely chopped red
1 and green bell peppers
1 radicchio leaves, 3 per
1 plate
1 salsa
1 quacamole
1 sour cream

Preheat the oven to 375F.

Reserve 2 tablespoons of the butter. Place the remaining butter in a sauce pan and melt over low heat. Add the shallots and chives. Saute until translucent. Remove from the heat and add the crab, sour cream, dill, salt and hot pepper flakes. Mix well.

Spread the crab mixture on one half of each tortilla. Top with a sprinkling of the grated chese. Fold the tortillas in half and place them on a baking sheet. Brush the tops of the tortillas with the reserved butter.

Bake in the preheated oven for about 5 minutes or until the tops are golden brown. Let rest for 5 minutes before cutting into quarters.

Place 3 small radicchio leaves on each plate. Fill one with sour cream, one with quacamole, and one with salsa. Place three triangles of quesadilla on each plate. Sprinkle with a confetti of chopped green and red bell peppers.

Serves 8.

[The Baltimore Sun; Dec 11, 1991] Posted by Fred Peters.

Christmas Oyster Soup

2 carrots; mediun peeled & grated in
1/2 cup celery; finely diced
1/4 cup butter; melted
4 cup milk; or 1/2 milk, 1/2 cream
4 cup oysters salt and pepper to taste

Peel and grate in long thin shreads, the carrots and add finely diced celery. Melt butter in saucepan and add the vegetables. Stir. Cover and simmer over very low heat for 20 minutes, without browning the vegetables. Add milk (or use 1/2 milk, 1/2 cream); bring to a boil. Heat oysters in enamelled cast iron pan over medium heat; do not boil. Pour into milk and serve. Uase salt and pepper to taste.

The soup should be served as soon as ready, otherwise it tend to curdle. The milk and vegetables can be be prepared ahead of time and the oysters heated and served at the last minute.

To quote Mme. Benoit,"This traditional Quebec dish is still very much alive. My grandmother's recipe is, as far as I am concerned, the best there is.

Chuck's Clam Chowder

6 celery stalks, cut longways
2 onions, medium peeled & chop
2 tablespoon butter
1 quart chicken stock, (berta's)
1 black pepper, ground, add to
1/2 teaspoon thyme, leaves, not ground (u 1
1/2 lb potatoes, diced, skin left o
9 tablespoon butter
1/2 cup flour
1 quart half & half
1 quart whole clams, course chopped
2 cams, canned, gortons, 6 1/2
1/4 cup sherry
1/4 cup parsley, chopped for garnish

Saute celery & onions in 2T of butter for 10 minutes until opaque. Add to chicken stock. Add the juice only from the clams reserving the meat. Bring to a heavy simmer and add pepper and thyme. Add the potatoes skin on and simmer until cooked but still firm. While the potatoes are cooking in the soup, warm the milk. Make a roux with the butter & flour and when cooked, add to the milk off heat. Stir and return to the heat and stir until thickened. Set aside. When the potatoes are just tender, add the clam meat, cook for 2 minutes then add the milk sauce. Simmer for 8 minutes then add the sherry. Simmer for 2 minutes more, garnish w/ parsley and serve.

Cipate Au Salmon (Layered Salmon Pie)

1/4 lb salt pork
1 lb salmon streak; or fillets skinned & cut
2 tablespoon flour; all purpose
1/4 cup celery; chopped
1 tablespoon onion; finely chopped
1 potato; medium, peeled & sliced s
1 pastry for double crust 9 pie

Cipate au Salmon

"This traditional salmon dish comes from Auberge La Msrtre, an inn on the north coast near St. Anne des Monts. Proprietors Roger Fournier and Marie France Crevier specialize in fish and game dishes."

Cut salt pork into thick strips and spread evenly in the bottom of a 2 qt casserole. Dredge salmon lightly with flour. Arrange half the fish on the salt pork. Sprinkle with half of the celery, onion and potato slices; season with salt and pepper to taste.
Roll out half of the pastry, slightly thicker than normal, to fit the size of the casserole. Cover potato layer with the pastry, cutting two large vents. Pour in water through the vents until level with the pastry. Layer with the remaining fish, celery, onion and potato to taste. Cover with top pastry crust and again cut out two vents. Pour water in vents until level with pastry.
Bake pie in a preheated 350F oven for 1 1/2 hours or till crust is golden-brown. SERVES:4-6

Citrus Grilled Jumbo Scallops

1 melted butter -- as needed
1 fresh parsley -- chopped
12 jumbo scallops -- halved
1 widthwise
1 sauce --
1 cup water
1/4 lemon -- juiced
1 cup chardonnay
1 tablespoon butter
2 teaspoon honey
1 pinch salt
1/2 clove garlic -- diced
1 cornstarch -- dissolved in
1 water

In small saucepan, combine water, wine, juice, butter, honey with peppers and garlic. Place over medium heat; reduce to almost half, stirring frequently. Add cornstarch solution to thick to taste. Remove from heat; keep warm.

Grill scallops over hot coals, brushing frequently with melted butter. Cook to taste. Remove scallops from grill. Place 6 scallop halves on each plate. Pour citrus sauce over scallops and garnish with parsley.

Recipe By : Henry Yang, Chef, Fortune Cookie Restaurant, Temecula, CA

From: Date:

Clam And Olive Dip

1 can black olives, drained
1 can chopped or minced clams, drained
1 pint sour cream
1 salt
1 powdered garlic
1 cayenne pepper

Open can of olives. Eat a handful, just to make sure. Eat a few more. Aslong as you leave at least half the can, you've got enough. Chop them up. Add the chopped olives to the rest of the ingredients, stir, and chill for 2 hours before serving.

Quantities on the spices are left to you.

Btw, if you have never tried cream cheese and chopped olive sandwiches, letme recommend them. Soften a package of cream cheese, add small can choppedolives and a teaspoon or so of lemon juice. Stir well and spread. Gutsy eaters add turkey.

Coconut Fish Roe Sambal (Sambal Kelapa Dengan

1 stephen ceideburg
1 cup desiccated or freshly grated cocon; u, t 1
oz fish roe, chopped
1/4 teaspoon turmeric
2 teaspoon ground chilli
1 lemon, juice only
2 oz hot water to moisten coconut
1 onion, grated
1 one-inch piece ginger, scraped and; grated 1
salt, to taste

Mix everything together in a saucepan. Cook on low heat for 20 minutes with the lid on. Stir occasionally to prevent it from burning.

From "Dishes From Indonesia", Yohanni Johns, Thomas Nelson Ltd., Sydney, 1971. SBN 17 001929 2 [It says "SBN", not "ISBN" in the book. S.C.]

Coconut Rockfish

1/2 cup sweetened shredded coconut, dried 1
tablespoon minced or pressed garlic
3/4 cup sliced green onions
2 1/2 tablespoon olive oil
2 3/4 cup freshly cut corn kernels or
2 3/4 cup frozen corn kernels
1 cup minced red bell pepper
1 can black ripe olives, sliced/ pitted,d; rained
1/4 cup chopped parsley
1 1/2 lb rockfish fillets,1/2 thick, cut int; o 6 portions 2
tablespoon lemon juice
1 lemon wedges
1 parsley sprigs
1 salt
1 pepper

In a 3-4 quart pan over medium heat, stir coconut until golden, 3-5 minutes. Remove from pan; set aside.

Add garlic, onions, and 1 tablespoon oil to pan; stir often over medium heat until onions are limp, 3-5 minutes. Add corn, bell pepper, olives, and 2 tablespoons water; cook, covered, until corn is tender to bite, about 5 minutes. Mix in chopped parsley; keep relish warm.

Rinse fish and pat dry. Rub fillets with lemon juice and remaining 1

1/2 tablespoons oil. Arrange in a single layer in a 12x17" broiler pan (without rack). Broil about 3" from heat for 3 minutes. Turn fish over; broil until opaque still moist-looking in center of thickest part (cut to test), 2-3 minutes longer. Transfer to a warm platter.

Spoon corn relish onto platter; sprinkle coconut over fish. Garnish with lemon wedges and parsley sprigs. Season fish with lemon and salt and pepper to taste.

Cod Fish Cakes

1 lb salt cod fish
6 potatoes
1 onion chopped
1 egg
1/2 teaspoon pepper

Soak codfish over night. In morning pour off water and add fresh, put on heat and bring to boil, pour off water and put fresh on if need be, (test fish for saltness). If o.k. mix with the boiled mashed potatoes and egg. and onion. Make into cakes and fry in oil and margarine.

Codfish Balls

2 cup cod, cooked and flaked
1 egg, beaten
1 dash pepper
1 tablespoon butter, melted
1 1/2 cup potatoes, mashed
1/2 teaspoon salt
1/2 tablespoon onion juice
1 hot deep canola oil

Mix cod, egg, pepper, butter, potatoes, salt and onion juice. Beat until smooth. Shape lightly into small balls and deep fry in hot oil until goldenbrown, approximately 1 minute. Drain on paper towels and serve with lemon slices and cocktail sauce, if desired. Serves 4 as a Main dish. Serves 8 to10 as an Appetizer. Preparation time: 10 to 15 minutes. Cooking

time: Approximately 1 minute. "101 Simple Seafood Recipes" by Pam & Bill Collins

Codfish Vegetable Casserole

1/4 cup chopped onion
2 cup white sauce
1/4 teaspoon paprika
1 cup corn kernels
1 tablespoon butter
1/2 teaspoon pepper
2 cup flaked codfish (fresh)
1 cup cooked vegetables

Fry onion in butter until tender. Combine with other ingredients and season with salt to taste. Pour into greased casserole and cover with pastry dough. Bake in 425f for 30 minutes.

Codfish With Couscous - Bsnx01a

1 1/2 lb atlantic cod, haddock or whiting fi; lets 1
1/2 teaspoon olive oil
1 lemon juice
1 1/2 teaspoon prepared mustard
1/2 teaspoon ground cumin
1/2 teaspoon paprika
1/2 teaspoon salt
1/2 teaspoon black pepper
1/4 teaspoon celery seeds
1/4 teaspoon ground coriander
1/4 teaspoon ground ginger
1 1/4 cup water
1 teaspoon orange rind
1/2 teaspoon salt
1 cup couscous
1 can chick-peas; (16 oz) drained
3 tablespoon chopped pimento

1. Choose and oven proof dish that cod will fit into snugly. 2.

Combine olive oil, lemon. mustard, cumin, paprika, salt, pepper, celery seed, coriander and ginger, brush mixture on both sides of cod and place in dish. Bake at 375 degrees 15 minutes. 3. Meanwhile, bring water, orange rind and salt to a boil. Stir in couscous, cover and set aside 5 minutes. Stir well amd mix in chick-peas and pimento. Arrange couscous on a serving dish and top with cod, spooning, cooking juices over the fish. Makes 4 servings.

From Newsday (Long Island Newspaper), "Cinderellas of the Sea" by Marie Bianco p65, January 13, 1993.

Cold Crabmeat Nacho

24 oz cream cheese
2 tablespoon mayonnaise; the real thing
1 dash tabasco
1/4 cup green onions; minced
1/4 cup celery; coarsely chopped
1 dash paprika
1 salt and pepper, to taste
1 can black olives; finely chopped (16 oz. c
1/2 lb crabmeat; flaked
1 nacho cheese flavor doritos

The best way to prepare this recipe in a food processor, because it chops the ingredients finely enough and blends them together for you. But if a food processor is not handy, you can use a blender and a chef's kniofe. It will still come out great, no matter how you do it!
First, mix the cream cheese to a pasty consistency. It has to be soft and pliable. THen, in a large mixing bowl, whip together the cheese and the mayonnaise until the mixture is smooth. Toss in the Tabasco at this point and blend it in, too. Next, add the minced onions, the celery, the seasonings, the finely chopped black olives, and the crabmeat. Just put them all together -- it's not necessary to add them one at a time. But is *is* necessary to blend them all *gently*. If you get rough, you'll smash the ingredients and you'll lose the crispness.
When you're ready to serve, lay out the *whole* bag of Doritos on a pizza pan and stuff each one, heaping on the crabmeat mixture and sprinkling the tops with paprika. To increase the flavor, put the stuffed chips in the refrigerator for an hour or two. Author's note: ...While crabmeat is used in the original dish, you can also substitute chopped shrimp or crawfish for the crabmeat, and the basic mix is also excellent for stuffing avocados, tomatoes, celery stalks, and just about anyting yourtaste dictates. Note from me: I don't care for Nacho Cheese Flavor Doritos but instead these are great with the unsalted style chips you get with salsa at Mexican restaurants.

Cold Redfish Mold

2 lb redfish
1 each onion, sliced
1/2 each bell pepper, minced
2 each celery stalks, minced
1 teaspoon green onion tops, minced
1 teaspoon parsley, minced
1/2 each lemon, juice of
1/2 teaspoon mustard
1/2 teaspoon worcestershire sauce

Boil redfish in just enough water to cover, to which has been added onions, salt and pepper, boiling about 15 minutes. Remove bones and skin. Add bell pepper, celery, green onions and parsley. Season with lemon juice, mustard and Worcestershire sauce. Add most of the fish stock and place in mold in the refrigerater to congeal. Serve with mayonnaise and crackers. Also for: Any edible fish. Best use of bony types (Sheepshead etc)

Cold Trout In Aspic

6 trout
1 salted water
4 cup quick fish aspic
1 green onion stems and
1 hard-cooked egg whites
1 (sliced thin) for decorating

Cook the trout in simmering salted water for 4 to 6 minutes, or until the fish flakes easily when tested with a fork. Place on a wire rack. Make two diagonal incisions on one side of the fish a few inches apaprt. Pry under the skin and peel it off, leaving the head and tail intact. Chill the fish.
Spoon chilled but still-liquid aspic over fish.
Make a flower design on the skinned portion of fish as follows: Use trimmed green parts of onions as stems. Cut the egg white slices with a paring knife to simulate flower petals. Dip the decorations with

still- liquid aspic and arrange on the fish. Chill.
Cover with layers of aspic as desired, chilling after each layer is applied. To serve, garnish the fish platter with chopped aspic and serve with mayonnaise.

Cold Trout In Orange Marinade

3 trout (about 3/4 lb each),
1 gutted and scaled but with
1 heads and tails left on
1/2 cup extra virgin olive oil
1/2 cup flour, spread on a plate
2 tablespoon onion, chopped very fine
1 cup dry white italian vermouth
2 tablespoon chopped orange peel, using
1 only the rind, not the pith
1/2 cup freshly squeezed orange
1 juice
1 freshly squeezed juice of
1 one lemon
1 salt
1 freshly ground black pepper
1 1/2 tablespoon chopped parsley

1. Wash the gutted, scaled fish in cold water and pat thoroughly dry with paper towels. 2. Put the oil in a skillet and turn on the heat to medium. When the oil is hot, lightly dredge both sides of the fish in flour and slip into the skillet. Don't overcrowd the pan; if all the fish does not fit loosely at one time, cook it in batches, dredging it in flour only at the moment you are ready to put it into the pan. 3. Brown the fish well on one side, then turn it and do the other, calculating about 5 minutes on the first side and 4 minutes on the second. Using a slotted spatula or spoon, transfer the fish when browned to a deep serving dish broad or long enough to accommodate all of it without overlapping. Do not pour out the oil in the skillet. 4. With a well-sharpened knife, make two or three diagonal cuts on both side of the fish. be careful not to tear the skin, and avoid cutting into the flesh. 5. Put the chopped onion into the skillet that still contains the oil in

which you cooked the fish. Turn on the heat to medium and cook the
onion until it becomes colored a pale gold. 6. Add the vermouth
and the orange peel. Let the vermouth bubble gently
for about 30 seconds, stir, then add the orange juice, lemon juice,
salt, and a few grindings of pepper. Let everything bubble for about
half a minute, stirring two or three times. Add the chopped parsley,
stir once or twice, then pour the entire contents of the skillet over
the fish in the serving dish. 7. Allow the fish to steep in its
marinade at room temperature for at
least 6 hours before refrigerating. Plan to serve the fish no sooner
than the following day. Do serve it within 3 days at the latest to
enjoy its flavor at its freshest. Take it out of the refrigerator
at least 2 hours before bringing to the table to allow it to come to
room temperature. Before serving, garnish it, if you like, with
fresh slices of orange. ~--

Confetti Crab Salad

1 lb crab meat picked over to remove s; hells and cartil
1/2 cup mayonnaise
1/2 cup finely chopped radishes
2 tablespoon finely chopped fresh parsley
2 tablespoon finely chopped onion or scallions
2 tablespoon drained capers (finely chopped)
1 tablespoon lemon juice
1/2 teaspoon salt
1/8 teaspoon freshly ground black pepper

IN A LARGE BOWL, combine all of the ingredients. Refrigerate until serving time.

NATHALIE DUPREE

PRODIGY GUEST CHEFS COOKBOOK

Confetti Macaroni & Tuna Salad

3/4 cup mayonnaise -- non-fat
2 tablespoon lemon juice from
1 concentrate
3 cup macaroni shells -- cooked &
1 warm
3 hard-boiled egg -- chopped
7 oz can tuna in oil -- drained flaked
1 or 1 1/2 cups cubed chicken
1 or ham
1 or cheddar cheese
1 cup celery -- chopped
1/4 cup green bell pepper --
1 chopped
1 cup frozen green peas -- thawed
3 tablespoon pimiento -- chopped
1 teaspoon basil leaves
1 teaspoon sugar
1/2 teaspoon salt
1 lettuce

In large bowl, combine mayonnaise and lemon juice; mix well. Stir in macaroni, eggs, tuna, celery, bell pepper, peas, pimiento, basil leaves, sugar and salt. Cover; chill thoroughly. Serve on lettuce.

Recipe By :

Cooked Clams

4 clams in shells
1/4 cup water

1. Scrub and rinse clams, suitable for steaming (about 1 1/2" wide). in a 1 1/2 quart pan, bring water to a boil. Add clams; cover and simmer until they open, about 5 minutes.#
2. Or, to cook in a microwave oven, place clams in a microwave-safe 1 quart container. Cover with plastic wrap and cook at full power (100 percent), checking every 30 seconds, until clams open, 2-3 minutes total.#
3. Remove the clams as they open; continue cooking until all are open. (If a clam doesn't open, discard it and cook another.) Use

clams warm or cool. Reserve
1/4 cup of the cooking liquid.

Coquilles St. Jacques Au Gingembre (Scallops

6 oz puff pastry
1 egg; lightly beaten
1/2 cup sauternes
1 shallot; minced
1 1/2 teaspoon minced fresh ginger
10 oz bay scallops or- sea scallops, halv; ed (horizo
3 tablespoon whipping cream
3/4 cup unsalted butter; chilled, cut into small 1
salt
1 freshly ground pepper
2 teaspoon fresh lemon juice or to taste
2 green onions; sliced -or- leek, in 1/4

Preheat oven to 450 F. Roll out puff pastry into 10-inch circle 1/4 inch thick. Place on baking sheet and cut out 8-inch circle from center, discarding excess pastry. Brush with egg. Cut concentric circle 1 inch from edge and halfway through pastry. Chill pastry 10 minutes. Bake 15 minutes, reduce heat to 350 F and continue to bake until pastry is golden brown, about 15 to 20 minutes. Return oven temperature to 450 F. Carefully lift off pastry cover formed by concentric circle and gently remove moist dough inside shell. Combine wine, shallot and ginger in medium saucepan and bring to boil over medium heat. Add scallops and cream and cook 1 to 2 minutes. Remove scallops using slotted spoon. Increase heat to medium-high and cook liquid until reduced to 2 tablespoons, adding any juices drained from scallops. Whisk in all but 1 teaspoon butter 1 piece at a time. Season with salt and pepper. Add lemon juice. Set sauce aside. Melt remaining 1 teaspoon butter in small skillet over high heat. Add green onion and cook 30 seconds. Set aside. Stir scallops into sauce and heat through. Reheat pastry shell and lid in oven for 2 minutes. To serve, place pastry shell on heated platter and fill with scallop mixture. Sprinkle with green onion and top with pastry lid.

Coriander Fish (Bharia Machli)

4 lb sole, flounder, rock cod, or
1 other white f
8 cloves garlic
3 hot chillies
1 inch ginger
1 medium bunch coriander
1 tablespoon coriander seeds
1 teaspoon brown sugar
1 teaspoon turmeric
1/2 teaspoon black mustard
1/2 teaspoon fenugreek seeds
1 tablespoon salt
1/2 cup lemon juice
1/2 cup vegetable oil
2 cup chopped onion
1 cup chopped tomato
1/2 teaspoon garam masala

1. Wash and pat dry fish. Sprinkle 1t salt inside and set aside. Preheat oven to 400f 2. Blend garlic, chili, ginger, 1/2 the corriander, corriander seeds, brown sugar, turmeric, mustard seeds, fenugreek seeds, salt and lemon juice till it all becomes a smooth paste (add some water if needed.) 3. Fry onions till they are soft and golden brown. 4. Add the blended masala and cook till most of the liquid is gone and it starts to leave the sides of the pan. 5. Add the tomatoes and Garam Masala. Fry for 2 minutes more and remove. 6. Coat one side of fish, stuff 1 1/2 cups inside. Close opening, spread the rest of the masala over it. Cover tightly and bake for about 25 minutes. 7. Grill for 1 or 2 minutes in broiler and sprinkle the remaining coriander.

Recipe By : Somesh Rao

Corn & Crab Chowder

4 tablespoon unsalted butter 1
medium onion, chopped
1 clove garlic, chopped
3 cup fresh corn kernels
1/4 cup water
1 1/2 tablespoon cornstarch
2 cup whole milk
3/4 cup lump crabmeat, about 4 ounces
1 cup whipping cream
2 poblano chili peppers, roasted and; diced

1 canned chipotle chili pepper, diced

Salt to taste Chopped fresh thyme or cilantro

Melt 2 Tbsp. butter in a large saucepan. Add onion and garlic and cook over medium heat, stirring often until soft, 7 to 8 minutes. Transfer to a blender and add corn kernels, water and cornstarch. Blend until smooth.

Melt remaining butter in same pan. Add puree, and cook over medium heat, stirring constantly, until mixture thickens, 3 to 4 minutes. Add milk and heat to a simmer. Cover partially and simmer 15 minutes, stirring often.

Strain soup, pressing on solids to remove as mush liquid from the corn as possible. Return strained mixture to pan, and add crab, cream, poblano chilies, chipotle chili and salt. Heat to a simmer. Serve hot, garnished with thyme or cilantro. Makes 4 cups

From: Asbury Park Press 08/12/92 Shared By: Pat Stockett

Corn And Crab Chowder

4 tablespoon unsalted butter 1
medium onion, chopped
1 clove garlic, chopped
3 cup fresh corn kernels
1/4 cup water
1 1/2 tablespoon cornstarch
2 cup whole milk
3/4 cup lump crabmeat, about 4 ounces
1 cup whipping cream
2 poblano chili peppers, roasted and; diced 1
canned chipotle chili pepper, diced

Salt to taste Chopped fresh thyme or cilantro

Melt 2 Tbsp. butter in a large saucepan. Add onion and garlic and cook over medium heat, stirring often until soft, 7 to 8 minutes. Transfer to ablender and add corn kernels, water and cornstarch. Blend until smooth.

Melt remaining butter in same pan. Add puree, and cook over medium heat, stirring constantly, until mixture thickens, 3 to 4 minutes. Add milk and heat to a simmer. Cover partially and simmer 15 minutes, stirring often.

Strain soup, pressing on solids to remove as mush liquid from the corn as

possible. Return strained mixture to pan, and add crab, cream, poblano chilies, chipotle chili and salt. Heat to a simmer. Serve hot, garnished with thyme or cilantro. Makes 4 cups

From: Asbury Park Press 08/12/92 Shared By: Pat Stockett

Crab And Corn Cakes

1 cup corn
2 cloves garlic,chopped
1 teaspoon dijon mustard
1 egg
1 teaspoon worcestershire sauce
1/2 cup crab
1/2 cup flour
2 green onions, chopped

Blend 1/2 c corn, garlic, worcestershire sauce, mustard and egg in blender until smooth. Add remaining corn, crab, onions and enough flour to make thick mixture. Fry in skillet. To make low-fat and high fiber, use 2 egg whites instead of whole egg and substitute oat flakes for flour.

Crab Stuffed Mushrooms # 2

20 large mushrooms
1 italian dressing
8 oz crabmeat, well picked
3/4 cup fresh breadcrumbs
2 eggs, beaten
1/4 cup mayonnaise
1/4 cup onion, minced
1 teaspoon lemon juice

Marinate mushrooms in Italian dressing; drain. Combine crabmeat, a half-cupof breadcrumbs, eggs, mayonnaise, onion and lemon juice. Fill mushrooms. Top with remaining breadcrumbs; bake at 375 for 15 minutes. Yields 20 appetizers or 4 main course servings.

Cream Of Oyster Stew

4 tablespoon butter
1/2 cup chopped celery
1/2 cup chopped onion
1/2 cup diced carrots
1/4 teaspoon white pepper
1 oyster liquor
1 10-12 oz can cream of mushroom soup
1/2 cup milk
1/4 cup chopped parsley
1 pint maryland oysters, standards

Cream of Oyster Stew

Melt butter in a 2 quart saucepan. Saute celery, onion, and carrots in melted butter for 5 minutes. Add white pepper and liquor that has been drained from oysters. Add mushroom soup and milk; stir until smooth. Heat to low simmer.

Add parsley and oysters. Heat until oysters are plump and begin to ruffle.

Serve immediately. Makes 5 cups total. 4 servings of 1 1/4 c each.

Suggestion: Add a splash of sherry right before serving.

Creamed Flounder Tarragon

2 tablespoon butter or margarine
1/2 cup chopped onion
1/2 teaspoon dried tarragon leaves
8 oz can sliced mushrooms
1 cup sour cream
2/3 cup light cream
1 1/2 teaspoon paprika
1 teaspoon salt
1 tablespoon flour

1/2 tablespoon dried parsley flakes
1 1/2 lb flounder fillets

1. In a medium-sized, heat-resistant, non-metallic skillet. melt butter in Microwave Oven 30 seconds. Add chopped onion and heat, uncovered, in Microwave Oven 3 minutes, or until onion is soft. 2. Add tarragon leaves and mushrooms to onions and heat. covered, in Microwave Oven 3 minutes. 3. In a small bowl, combine sour cream, light cream, paprika. salt and flour. Add to onion-mushroom mixture. Heat, uncovered. 2 minutes in Microwave Oven. Stir. Heat, uncovered, an additional minute in Microwave Oven. 4. In a buttered, 3-quart, heat-resistant, non-metallic baking dish, pour half of the mushroom sauce. Arrange fillets on top. Spoon remaining mushroom sauce over fish. Sprinkle with parsley flakes. 5. Heat, uncovered, in Microwave Oven 7 minutes, or until fish flakes easily with a fork.

Creamed Lobster & Clams

2 green onions, sliced
3 tablespoon butter
3 tablespoon flour
1/2 teaspoon salt
1/8 teaspoon cayenne
1 1/2 cup half and half (cream & milk)
3 tablespoon dry white wine
1/2 cup cooked lobster
1/2 cup cooked clams, minced
1 pastry shells
1 can mushrooms (4 1/2oz) drained

In a saucepan, saute onion in butter until tender. Blend in flour, salt and cayenne. Add the half and half all at once. Cook, stirring constantly, until mixture is thick and bubbly. Add the wine, clams, lobster and button mushrooms. Heat through and serve in warm pastry shells.

Creamed Oysters

24 oysters

2 tablespoon butter
1/8 teaspoon pepper
1/2 teaspoon salt
1 tablespoon cracker crumbs
1/2 pint cream
1 1/2 oz wine, sherry
1/8 teaspoon mace
2 bay leaves
1 pint water, boiling

Scald and drain oysters. Put oyster water in saucepan with butter, mace, bay leaves, salt and pepper. Bring to a boil, then add cracker crumbs, cream and sherry. Boil and add oysters, cook two minutes more. Serve on toast.

Creamed Salmon In Rice Ring

1 tablespoon minced onions
1 tablespoon butter
2 tablespoon flour
1 can mushroom soup
3/4 cup beer
1/2 teaspoon salt dash pepper
1 lb can salmon, flaked
2 hard-cooked eggs, diced
1 cup rice
2 cup water
2 tablespoon butter
2 pimentos, cut in strips

Cook onion in butter until lightly browned; add flour and blend. Gradually add mushroom soup and beer. Cook over low heat until thickened, stirring constantly. Season with salt and pepper. Add flaked salmon and diced hard-cooked eggs.

Cook rice. Add 2 TBS butter and blend with fork; pack into buttered ring mold and turn out on hot serving plate. Fill rice ring with salmon mixture. Garnish with pimento or watercress.

From the files of Al Rice, North Pole Alaska. Feb 1994

Creamed Scallops In Wine Sauce (Coquilies St.

1/2 lb frozen scallops
1 tablespoon butter or margarine
1 tablespoon finely chopped onion
1 1/2 teaspoon lemon juice
1/4 teaspoon salt
1 few leaves dried marjoram, crushed
1 dash paprika
6 tablespoon white wine
4 oz can mushroom stems & pieces, drain; e, d 3 tablespoon butter or margarine
2 tablespoon flour
1/2 cup heavy cream
1 teaspoon finely chopped parsley

1. If scallops are frozen, partially defrost according to package directions. 2. In a deep, 1 1/2-quart,heat-resistant, non-metallic casserole place the 1 tablespoon butter or margarine and onion. Heat, uncovered. in Microwave Oven 1 minute or until onion is tender. 3. Add scallops. lemon juice, salt, marjoram, paprika and wine. Stir to combine. Heat. covered, in Microwave Oven 3 minutes. 4. Add mushrooms and heat. covered. in Microwave Oven 1 minute or until scallops are tender. Do not overcook scallops as they will become tough. 5. Drain liquid and reserve. Set scallops and liquid aside. 6. Melt the 3 tablespoons of butter or margarine in a small heat- resistant. non-metallic bowl in Microwave Oven 30 seconds. Blend in flour. 7. Gradually stir in reserved scallop liquid and cream. 8. Heat, uncovered in Microwave Oven 2 minutes or until thickened and smooth. Stir in parsley. 9. Combine reserved scallop mixture and sauce. Spoon mixture into 4 serving shells or small non-metallic ramekins. 10. Heat, uncovered, in Microwave Oven 3 minutes. If browning is desired, place under broiler of conventional oven several minutes or until lightly browned.

Creamy Artichoke & Oyster Soup

2 cup artichoke hearts
12 oysters; jar, or fresh
4 tablespoon butter
4 tablespoon flour
1 cup milk
3 green onions; chopped
1 cl garlic

1/4 cup parsley; chopped
1 generous pinch of thyme
1 cup cream
1 salt and freshly ground pepp er to; taste

Reserve four artichoke hearts for garnish; cut each in two or four pieces and set aside. Buzz the rest with their liquid in the blender.
Make a white roux with the butter and flour, letting them cook together, stirring, without browning. Stir in the artichoke puree, any liquid from the oysters and 1 cup milk. Simmer with the green onions, garlic, thyme and parsley, salt and pepper for about 10 minutes or until the flavors are well blended. Add the oysters and the cream and heat just until the oysters plump and curl around the edges. Serve in deep bowls immediately, the top garnished with the reserved artichokes.

Creamy Clam Sauce & Pasta

1 cup fresh mushrooms, sliced
2 centiliter garlic
1/4 cup butter
1 tablespoon olive oil
3 tablespoon flour
12 oz chopped clams, res. liquid
1 cup half and half
1/4 cup parmesan cheese
1/4 teaspoon fresh ground pepper
1 freshly chopped parsley

Brown mushrooms and garlic in butter and olive oil. Stir in flour. Stir in clam liquid and cook until thickened. Add clams, cream, cheese, pepper and keep warm.

This is best with half whole wheat or spinach pasta and half egg pasta. Top with fresh chopped parsley and coarsely ground pepper.
Submitted By DRL@HALCYON.COM (DARLENE R. LINDGARD) On SAT, 24 JUN 1995 025511 GMT

Creamy Crab & Red Pepper Sauce

1 lb favorite pasta shape uncooked
1 cup dry white wine
1 shallot; or... yellow onion, fine 2
small cloves garlic; minced
4 tablespoon butter or margarine 4
tablespoon all-purpose flour
3 cup skim milk
4 oz jar pimientos; well-drained
8 oz crabmeat picked over for shells
1/2 teaspoon salt

Prepare pasta according to package directions; drain.

Pour the wine into a large, non-reactive saucepan. Add shallot and garlic and place the saucepan over high heat. Boil until almost all wine has evaporated. There should be a small amount of moisture in the bottom of the pan. Stir in butter or margarine and cook over medium-low heat until it melts. Stir in the flour and blend completely. With a whisk, very gradually stir in the milk. Bring the sauce to a simmer and cook slowly for five minutes.

In the meantime, puree the pimientos in a food processor or blender. Stir the pimiento puree and the crabmeat into the sauce and season with salt. Bring the sauce back to a simmer and cook slowly for 2 or 3 more minutes.

Toss sauce with cooked pasta and serve immediately.

Each serving provides: 735 Calories; 31 g Protein; 119 g Carbohydrates; 11 g Fat; 35.8 mg Cholesterol; 721 mg Sodium. Calories from Fat: 14%

Copyright National Pasta Association (http://www.ilovepasta.org)
(Reprinted with permission)

Creamy Crab Fondue

8 oz pkg. cream cheese
1/2 cup dry white wine
6 oz shredded swiss cheese
1 teaspoon corn starch
7 oz can crab meat
3 tablespoon milk
2 teaspoon worcestershire sauce

1 teaspoon parsley (optional)
1 french bread, cubed

In a saucepan over low heat, melt together cream cheese and wine, stirring constantly. Toss Swiss cheese and cornstarch to coat. Drain crab flakes removing cartilage. Stir crab, Swiss cheese, milk, Worcestershire sauce and parsley into wine mixture in saucepan, heat through. Transfer to fondue pot. Keep warm. Spear bread cubes with fondue fork, dip into fondue swirling to coat. Tested-a superb flavour well liked by seafood lovers. Good and creamy.

Creamy Crab Soup

1 pkg (10oz/300g) frozen chopped
1 spinach
3 cup chicken broth
1/4 cup butter
1/2 cup chopped onion
1/4 cup all-purpose flour
1/2 teaspoon salt
1 pinch nutmeg
2 cup light cream
1 cup imitation crabmeat; coarsely
1 chopped
1/2 cup bick's tangy dill relish

Cook spinach in chicken broth. Saute onion in butter in large saucepan until tender. Add flour and seasonings, stirring until smooth. Stir in spinach mixture. Cook, stirring constantly, until mixture just comes to a boil and is thickened. Stir in cream, crabmeat and relish. Heat through, do not boil.

Note: This soup freezes well. Reheat slowly, don't boil. It's also nice with a can of crab meat or small shrimp.

Creamy Crab-And-Artichoke Dip

1/2 lb fresh lump crabmeat -- shell
1 pieces removed
1/3 cup low-fat sour cream
1/3 cup nonfat mayonnaise
3 tablespoon grated fresh parmesan
1 cheese
1 tablespoon lemon juice
1 1/2 teaspoon prepared horseradish
1 teaspoon worcestershire sauce
14 oz artichoke hearts -- (1 can)
1 drained
1 clove garlic -- minced

Combine all of the ingredients in a bowl, and stir well. Spoon mixture into a 1-quart casserole. Cover with heavy-duty plastic wrap, and vent Microwave at MEDIUM (50% power) for 6 to 7 minutes, rotating the dish a half-turn after 3 minutes. Yield: 2-1/2 cups (serving size: 1 tablespoon).

Recipe By : Cooking Light, Nov/Dec 1994, page 153

Creamy Salmon Soup

418 gm canned pink alaska salmon
3 shallots; chopped or... onion, cho
450 ml vegetable stock
150 ml dry white wine
25 gm butter
25 gm plain flour
300 ml skimmed milk
100 gm curd cheese
4 tablespoon greek yogurt
1 seasoning

Drain can of salmon. Put the juice into a bowl with onion, stock and wine. Cook on HIGH POWER for 10 minutes. Stand for 15 minutes.

Melt butter on HIGH POWER for 30 seconds. Stir in flour and cook for 30 seconds on HIGH POWER. Add milk 150ml / 1/4 pint at a time. Whisk well and cook on HIGH POWER for 1 minute between each addition. Add stock to milk mixture with salmon, cheese and yogurt. Season. Transfer to a blender. Puree until smooth. Re-heat for 7 minutes on MEDIUM POWER and serve.

Serves 4-6. Approx. 280 kcals per serving

From: On the Wild Side - Alaska Canned Salmon Recipes Reprinted with permission from Alaska Seafood Marketing Institute Meal-Master compatible recipe format courtesy of Karen Mintzias

Creamy Seafood Pasta Salad

12 oz medium shell pasta
1 lb mixed seafood(scallops,squid
1 shrimp, and/or firm white
1 fish fillets) cut into 2
1 pieces
1 1/2 cup diced sweet red peppers
1 cup diced sweet green peppers
3/4 cup diced red onions
3/4 cup thinely sliced carrots
1/2 cup chopped green onions
----DRESSING----
1 cup 2% yogurt
1/3 cup light mayonnaise
1/2 cup chopped fresh dill or
1 1 1/2tbsp dried
2 tablespoon lemon juice
2 teaspoon crushed garlic
1 teaspoon dijon mustard

1. Cook pasta in boiling water according to package instructions or until firm to the bite. Rinse with cold water. Drain and place in serving bowl. 2. In medium nonstick skillet sprayed with vegetable spray, saute seafood just untill cooked, approximately 3 minutes. Set aside. 3. Add red and green peppers, onions, carrots and green onions to pasta. Add seafood. 4. Make the dressing: In small bowl combine yogurt, mayonnaise, dill, lemon juice, garlic and mustard. Pour over pasta. Toss and chill TIPS: firm fish filets can be used with or instead of mxed seafood. Be careful not to over cool. Grilled fish instead of sauteed makes an excellent variation. Make ahead>> Pasta salad and dressing can be prepared early in day. Do not toss untill ready to serve. From Rose Reisman Brings Home Light Pasta.

Creamy Smoked Salmon & Dill Tart

5 filo sheet; thawed
3 tablespoon butter, unsalted; melted
4 large egg yolks
1 tablespoon dijon mustard; plus
1 teaspoon dijon mustard
3 large eggs
1 cup half and half
1 cup whipping cream
6 oz smoked salmon; chopped
4 scallion; chopped
1/4 cup dill, fresh; chopped, or
1 tablespoon dill, dried
1 dill sprigs

Generously butter 9-1/2-inch diameter deep-dish pie plate. Place 1 phyllo sheet on work surface (cover remaining pieces with plastic wrap, then with clean damp towel). Brush phyllo sheet with butter and fold in half lengthwise. Brush folded surface with butter. Cut in half cross- wise. Place 1 phyllo rectangle, buttered side down, in prepared pie plate, covering bottom and letting pastry overhang 1 section of edge by 1/2-inch. Brush top of phyllo in pie plate with butter. Place second phyllo rectangle in pie plate, covering bottom and letting pastry over- hang another section of edge by 1/2-inch; brush with butter. Repeat process with remaining 4 phyllo sheets, making certain entire surface of edge is covered to form crust. Fold overhang under to form crust edge flush with edge of pie plate. Brush crust edges with butter. (Can be prepared 4 hours ahead. Cover and refrigerate.)

Preheat oven to 350F. Whisk yolks and mustard in medium bowl to blend. Beat in eggs, half and half, cream, salmon, onions and chopped dill. Season to taste with salt and pepper. Pour into prepared crust. Bake until center is set, about 50 minutes. Transfer to rack. Cool. Garnish with dill sprigs and serve slightly warm or at room temperature.

NOTE: Purchased phyllo pastry is used here instead of a regular pie crust for quick and easy assembly. This tart is best when served at room temperature.

Creamy Smoked Salmon And Dill Tart

5 sheet phyllo - thawed
3 tablespoon unsalted butter - melted
4 large egg yolks

1 tablespoon dijon mustard - plus 1 teaspoon 3
large eggs
1 cup half and half
1 cup whipping cream
6 oz smoked salmon - chopped
4 green onions - chopped
1/4 cup dill - fresh, chopped or 1 t. dried; dillweed 1
dill sprigs

Calories per serving: Number of Servings: 6 Fat grams perserving: Approx. Cook Time: Cholesterol per serving: Marks:

DIRECTIONS

Generously butter 9-1/2-inch diameter deep-dish pie plate. Place 1 phyllo sheet on work surface (cover remaining pieces with plastic wrap, then with clean damp towel). Brush phyllo sheet with butter and fold in half lengthwise. Brush folded surface with butter. Cut in half crosswise. Place 1 phyllo rectangle, buttered side down, in prepared pie plate, covering bottom and letting pastry overhang 1 section of edge by 1/2-inch. Brush top of phyllo in pie plate with butter. Place second phyllo rectanglein pie plate, covering bottom and letting pastry overhang another section of edge by 1/2-inch; brush with butter. Repeat process with remaining 4 phyllo sheets, making certain entire surface of edge is covered to form crust. Fold overhang under to form crust edge flush with edge of pie plate. Brush crust edges with butter. (Can be prepared 4 hours ahead. Coverand refrigerate.) Preheat oven to 350F. Whisk yolks and mustard in medium bowl to blend. Beat in eggs, half and half, cream, salmon, onions and chopped dill. Season to taste with salt and pepper. Pour into prepared crust. Bake until center is set, about 50 minutes. Transfer to rack. Cool.Garnish with dill sprigs and serve slightly warm or at room temperature.
NOTE: Purchased phyllo pastry is used here instead of a regular pie crust for quick and easy assembly. This tart is best when served at room temperature.

Recipe from Bon Appetit, April, 1991.

Creamy Tomato Bisque With Lump Crabmeat & B

1 no ingredients

3 lg ripe tomatoes -- chopped
: (1-1/2 cups)
1/3 c extra virgin olive oil
1 sm onion -- chopped (1/3 cup)

1 ts minced garlic
1/2 c all-purpose flour
3 c chicken broth
3/4 c fresh basil -- chiffonade
: cut
4 c tomato sauce
2 c tomato juice
1 c half and half -- or
: whipping cream
1 TB sugar
1/2 ts salt -- to taste
: White pepper -- to taste
8 oz lump crabmeat

Chiffonade: rolls leaves in sheath, from tip to stem. Then cut into thin strips.

Core and cut "x" in bottom of tomatoes; plunge into boiling water 20 to 30 seconds or until skin begins to peel back. Plunge into ice water. Peel tomatoes; cut in halves. Seed andcoarsely chop tomato; set aside. Heat olive oil in large heavy saucepan. Add onions and garlic; cook 5 minutes or until transparent. Add flour, whisk over low heat 3 to 5 minutes. Do not brown. Whisk in chicken broth, removing all lumps. Add 1/2 cup fresh basil. Heat mixture to a boil; reduce heat to simmer and cook 5 to 10 minutes. Whisk in tomato sauce,tomato juice and reserved chopped tomatoes. Simmer 10 minutes. With large spoon, skim froth from top as it forms. Whisk in cream; heat to a simmer. Skim again, if necessary. Add sugar and season with salt and white pepper. Ladle into warm cups or bowls and garnish with remaining basil and fresh crabmeat, if desired. 8 cups; 8 servings

Recipe By : Cooks Tip, Charleston.net

From: Path Date: Mon, 30 Sep 1996 12:38:18 ~0700 (

Creamy Vegetables With Tuna

1 pkg frozen vegetables w/onion
1/4 cup dry white wine
2 english muffins,split/toast
1/2 cup water
1 can tuna,drained/flaked(6 1/2oz)
1 shredded cheddar cheese

Heat frozen vegetables, water and wine to boiling in covered 10-inch

skillet. Remove from heat. Stir until sauce is smooth. Stir in butter and tuna. Heat over low heat, stirring constantly, until hot and bubbly.#
Place muffins cut sides up on ovenproof platter. Spoon tuna-vegetable mixture over muffins; sprinkle with cheese. Set oven control to broil and/or 550'. Broil muffins 5 inches from heat until cheese is melted.#

Creole Baked Fish

1 med. onion, chopped
2 tablespoon shortening
2 cup cooked whole tomatoes
1 bay leaf
2 lb fish filet
1/4 cup bell pepper, chopped
2 tablespoon flour
1 teaspoon salt
1/8 teaspoon pepper
1 pkg frozen kernel corn or>>>
1 1/2 cup cooked corn

Saute onion and green pepper in shortening until tender. Add flour and blend. Then add tomatoes, aslt, pepper, and bay leaf; brting to a boil. Cover and simmer 10 mi. Add corn and cook over low heat 10 min. longer, stirring occasionally. Remove bay leaf. Arrange fish in greased shallow baking dish. Cover with vegetable mixture and abke at 400 F. for 30 min or until done.

Creole Crab

1 cup mushrooms,sliced
2 tablespoon butter or margarine 2 tablespoon onion,chopped
1/2 garlic clove,pressed
2 cup tomatoes,canned,drained
1 salt to taste
1 black pepper to taste
2/3 cup cream or half-and-half
1 tablespoon flour,all-purpose

2 tablespoon pimiento,diced
2 tablespoon red pepper,minced
1 lb crabmeat,lump,picked over
1 rice,hot cooked
1 pastry shells

1. In heavy skillet, saute mushrooms in half the butter; remove and reserve.#
2. In same skillet, melt remaining butter; saute onion and garlic until soft.#
3. Add tomatoes and season to taste.#
4. Stir in cream and flour, mixing until smooth; cook, stirring, until mixture thickens.#
5. Add mushrooms, pimiento or red pepper and crabmeat; heat thoroughly.#
6. Serve over rice or in heated pastry shells.#

Creole Crab & Rice

3/4 cup rice
2 tablespoon butter or margarine
1 small onion
1 small green pepper, cored and seeded and; chopped 1
15 oz can tomatoes, chopped, juice; included
1 teaspoon cajun seasoning
1/4 teaspoon black pepper
1/2 teaspoon sugar
1/2 teaspoon worchestershire sauce
1 bay leaf
1/8 teaspoon ground cloves
1 6 oz can crab meat, white or lump,; drained 3 tablespoon grated parmesan

cook rice in 1-1/2 cups water until just tender and water is absorbed,about 18 minutes. Melt butter in medium skillet over moderate heat. Add onions and green pepper and cook until onions are transparent, 2-3 minutes. Add tomatoes with juice, cajun seasoning, pepper, sugar,worchestershire, bay leaf and cloves. Bring mixture to simmer and reduce heat to low. Cook, uncovered, 10 minutes, stirring frequently. Remove bay leaf. Stir in rice and crab meat. Taste and adjust seasonings. Transfer mixture to 1-1/2 quart casserole and sprinkle with cheese. Bake uncovered, at 375 F for 20 minutes. Makes 4-6 servings.

Origin: Province newspaper, February 24, 1993 Shared by: Sharon Stevens.

Creole Fish

3/4 cup vegetable oil
1 cup celery,thinly sliced
1 each garlic clove,minced
1 each bay leaf,finely crushed
1 teaspoon black pepper
3 tablespoon salt
3 dash tabasco sauce
1/2 cup water,cold
32 each fish fillets,lg,breaded
1/3 cup lemon juice
1 cup onion,chopped
1 cup green bell pepper,thin slice
1 quart tomato puree
1 teaspoon thyme
3 tablespoon sugar
1 tablespoon worcestershire sauce
1/2 cup cornstarch
16 lb fish fillets
64 each fish fillets,sm,breaded
2/3 cup butter

1. Heat oil in large Dutch oven; lightly saute onions, celery, bell pepper and garlic until soft (do not brown).#
2. Add tomatoes, tomato puree, bay leaf, thyme, pepper, sugar, salt, Worcestershire sauce and Tabasco.#
3. Stir well; bring to a boil, reduce heat, cover and simmer at least 1 hour.#
4. Correct seasoning.#
5. Blend cornstarch into water; stir briskly into sauce and cook until translucent and thick.#
6. Prepare fish as desired: Steam or poach fillets; or bake (in sauce of lemon juice and melted butter) in preheated 375'F. oven 20 to 30 minutes; or deep-fry breaded fillets. Serve with warm sauce, allowing 1/3 to 1/2 cup per serving.#
NOTE: Unbreaded fish fillets may be baked directly in sauce, too. Thaw fish if frozen; pat dry and place in well-oiled shallow baking dishes. Cover with sauce; bake in preheated 375'F. 25 to 30 minutes, or until fish flakes easily.#

Creole Fish Soup

1 lb red snapper,boned/shredded
1 cup minced onion
1 cup cooked strained tomatoes
1 each bay leaf
1 cayenne pepper
2 tablespoon lemon juice
1 lb shelled shrimp,diced
1 cup diced potatoes
1 tablespoon butter or margarine
1 salt
6 cup water

1. Combine all ingredients except lemon juice in large saucepan.#
2. Simmer 40 minutes, or until vegetables are tender.#
3. Add lemon juice; stir and serve.#

Creole Redfish Courtbouillon

3 lb redfish
1 each onion, large, minced
1 tablespoon lard
6 each tomatoes, large, chopped
2 tablespoon flour
4 cup water
6 oz claret
1 each lemon, juice of
1 thyme, finely minced
1 parsely, finely minced
1 bay leaf
1 each garlic clove, finely minced
1 salt & pepper to taste

Put lard in a deep kettle. Stir in flour, don't burn. Add green seasonings. Put in tomatoes, water, pepper and salt. Cook about 50 minutes. Add Redfish, slice by slice, and the juice of a lemon. Simmer gently until fish is tender. Serve with mashed potatoes.

Creole Seafood Gumbo

1/4 cup butter; or margarine
2 tablespoon flour
2 cup liquid; (water/seafood liquor)
2 cup okra, cut
2 cup tomato; peeled & cubed
1 large onion; chopped
1 small bell pepper, green; chopped
1 teaspoon tabasco sauce
1/8 teaspoon thyme
1 bay leave
2 cup shrimp, crabmeat, oyster combo
3 cup rice; hot cooked

Make a dark roux of the butter and flour over low heat, stirring constantly. Add liquid, okra, tomatoes, onion, pepper, Tabasco, thyme and bay leaf; bring to a boil, then cover and simmer 30 minutes, stirring frequently. Add seafood and cook, covered, 10 to 15 minutes longer. Remove bay leaf and serve in soup bowls with mound of hot rice in center.

Creole Seafood Seasoning

1/3 cup plus 1 tablespoon, salt
1/3 cup plus 1 tablespoon, paprika
1/3 cup cayenne pepper
1/4 cup black pepper
1/4 cup granulated garlic
3 tablespoon granulated onion
2 tablespoon thyme

Combine all ingredients in a small bowl and mix thoroughly. Can be stored indefinitly in tightly lidded glass jar.

Great with Pat's Shrimp Creole.

Crepes With Salmon Filling

6 tablespoon margarine
1/2 lb mushrooms; sliced
1 cup celery; diced
1/2 cup yellow onions; diced
1/2 cup all-purpose flour
1 1/2 cup chicken broth
1 teaspoon worcestershire sauce
1 teaspoon lemon juice
16 oz salmon, canned
1 cup sour cream
1 tablespoon pimientos; chopped
1 tablespoon fresh parsley; chopped
12 crepes; *see note
1 cup swiss cheese; shredded
1 lemon wedges; for garnish

already prepared or make your own from the "Basic Crepe Recipe" in this [conference].

1. Melt margarine in skillet; add fresh sliced mushrooms and saute about 2 minutes. Add the onion and celery and continue to saute for 3-4 minutes longer. Blend in the flour and cook, stirring constantly, for 1-2 more minutes.

2. Add the chicken broth, lemon juice and Worcestershire sauce. Cook over low heat, stirring constantly, until mixture thickens.

3. Blend in the flaked salmon, sour cream, pimientos and parsley. Heat 1 minute.

4. Place 1/4 cup filling on each of the crepes. Roll crepes and place seam side down in greased baking pan in single layerd cheese is melted.

5. Place under broiler for 2 minutes to brown cheese. Serve immediately with lemon wedges.

Crepes With Tuna Sauce

1 can tuna; 6 1/2 oz, packed in oil
1 can anchovies; 2 oz
1 tablespoon parsley, italian; fresh, chopped salt fresh

1/2 cup flour; unbleached cold water
3 eggs; slightly beaten
1 teaspoon onion salt
1 oil

Drain oil form tuna and anchovies and finely chop the fish. Add parsley, salt and pepper to taste, and mix well. Beat the flour with half the water to avoid forming lumps. Add remaining water and mix well. Add eggs, onion salt and 1/4 tsp pepper and beat well.
Heat a four inch skillet; brush bottom with oil. Pour 2 or 2 1/2 Tbsp of butter in skillet, tilting to spread the crepe evenly. Cook 3 minutes or until bottom is done but the top is still somewhat moist. Place 1 Tbsp of tuna mixture off centre on edges; fold other edge on top; with a fork seal the open semicircular edge.
Turn migliaccini onto ungreased baking sheet, as you make them. Then bake in 450F oven for 5 to 6 minutes. SERVES: 6

Crisp Atlantic Salmon On Lentils With Morocca

1 pre-heat the oven to 350
1 degrees
1 pre-heat grill.
1 begin the sauce:
1/2 cup olive oil
1 cup shallots, peeled and chopped
1/4 cup garlic, peeled and chopped
1 salt and pepper to taste
1 tablespoon harissa
2 beefsteak tomatoes (or 6
1 plum), chopped
1 prepare the spice mix:
1/2 cup coriander seeds
1/4 cup cumin seed
1/2 cup fennel seed
2 tablespoon cloves
1/4 cup cardamom

Heat the olive oil in a saute pan over medium heat, add the shallots and garlic, and season. Saute until the vegetables are translucent, about 5 minutes. Add the harissa and stir.Cook for 3-5 minutes. Add the tomatoes and 4 tablespoons of the spice blend Toast the above in a pre-heated 350 degree oven for five minutes (or on the stove over medium heat). Grind the mixture in a spice or coffee grinder. Coat the salmon. Finish the Sauce: Working in batches, puree the mixture in a food processor, until the liquid is smooth. Set aside until ready to use. Makes enough for at least twelve fillets. Make the

lentils: 5 cups blanched lentils 1/2 cup chicken stock 1 tablespoon butter Salt and pepper Show uncooked blend of red, yellow and green lentils. Move to blanched lentils. Heat saute pan, add stock and lentils and simmer until liquid almost evaporates. Stir in butter, season and serve. Cook the salmon: Six 7-ounce skin-on boneless fillets Salt Spice blend for seasoning Butter (1/2 teaspoon per fillet) and olive oil for sauteing Bring two saute pans to high heat, add the olive oil, and when hot, add salmon fillets, skin-side down (do not crowd pan). Shake pans to be sure the fillets are not sticking. Add the butter little bits at a time, shaking the pan to incorporate the butter Make the tzatziki: 32 ounces yogurt 2 English cucumbers, peeled, seeded and diced 4 cloves of garlic, minced 2 tablespoons fresh dill, chopped 1 tablespoon fresh mint, chopped 3 tablespoons extra virgin olive oil 1 1/2 tablespoons fresh lemon juice Salt and pepper to taste Place yogurt in cheese cloth, tie the end closed with kitchen string and hang it on a rack, above a bowl, in the refrigerator. Allow to drain for two hours or overnight. Discard the liquid in the bowl, and blend the yogurt with the remaining ingredients. Prepare the nan bread: 1/2 cup olive oil 2 cloves garlic, minced Salt 6 pieces nan bread (or other Mediterranean flat bread) Combine oil, garlic and salt. Using a pastry brush, coat the bread lightly with the oil and place on grill. Cook to mark bread, turn to mark other side and serve. To serve: Mound lentils in center of plate. Place salmon fillet on top, skin side up. Surround with sauce. Present with side dishes of tzatziki and nan bread. Yield: 6 main course servings. Posted to MC-Recipe Digest V1 #1

Recipe by: :CHEF DU JOUR RICK MOONEN SHOW #DJ9383

From: "Ed Bauman" <BIRCHCREEK@msn.com>

Date: Thu, 5 Dec 96 19:57:33 UT

Crisp Scallops With Horseradish Lime Sauce

1/2 cup mayonnaise
2 tablespoon bottled horseradish --
1 drained
1 1/2 teaspoon fresh lime juice
1/2 teaspoon lime zest -- freshly grated
1/8 teaspoon black pepper -- freshly
1 ground
6 5-by 2 1/2 graham crackers
1 teaspoon coarse salt
1 lb sea scallops -- about 24
1 vegetable oil -- for deep

1 frying
1 large egg -- beaten lightly

FOR SAUCE:

In a bowl, whisk together mayonaise, horseradish, lime juice, zest, and pepper. Cover and chill.

FOR SCALLOPS:

Put graham crackers in a resealable plastic bag and with a rolling pin lightly crush until crumbs are course. In a bowl, stir together crumbs and salt. Discard small tough muscle from side of each scallop and halve any large scallops. Pat scallops dry.

In a 4-quart heavy saucepan or heavy kettle, heat 1 1/2 inches oil to 365 degrees on a deep-fat thermometer. Working in batches of 6, dip scallops in egg to coat, letting excess drip off, and roll in crumb mixture. Fry scallops, stirring gently, 2 minutes, or until browned and cooked through. Transfer scallops as cooked with a slotted spoon to paper towels to drain and season with salt and pepper.

Serve scallops on a platter with sauce.

Makes about 24 hors d'oeuvres or 2-3 main course servings.

Recipe By : Gourmet May 1995

From: Falderso@interserv.Com Date: Thu, 14 Mar 1996 00:57:26 ~0800

Crispy Meat & Seafood Roll

----BASKET GARNISH (OPTIONAL----
1 teaspoon sesame oil
6 small crabs
150 gm potato
1 cornstarch
1 cooking oil
----FILLING----
100 gm shelled prawns
100 gm raw chicken meat
100 gm water chestnuts (or canned water ch; estnuts, or celer
100 gm soaked sea cucumber (optional)
100 gm mushrooms
----SEASONING MIXTURE----

1 tablespoon chinese yellow wine (or sherry) 1
tablespoon cornflour
1 teaspoon sesame oil
1/4 teaspoon salt
1/4 teaspoon sugar
----LEGS----
50 gm bamboo shoots (or carrots)
300 gm pork caul lining (or bean curd skin; , or edible rice
100 gm chinese cured ham
10 gm coriander (12 sprigs)
----COATING----
4 egg whites
1 tablespoon cornflour
2 tablespoon water
----SWEET SAUCE----
1 tablespoon hoisin (barbecue) sauce
1/2 cup water

Here's another of the Winners series. This one might be a bit time consuming, buy there aren't any really exotic ingredients and, unless you get into garnishing it the way it shows in the book, not too much hassle. These are "mock" chicken legs++a minced mixture of meat and seafood rolled up and deep fried. I'd use the rice paper option for wrappers as they are readily available, at least around here. The basket garnish is an incredibly fussy little number actually woven from strips of potatoes. I'd use the two seive potato nest trick for that part if I bothered at all. The small crabs that go into the basket really are small crabs++ about two inches across the shell. They look neat, but add nothing to the dish aside from that.

Establishment. Bui Hang Village Restaurant hotel Miramar) UG/F., Princess Wing, Hotel Miramar, 130 Nathan Road, @Tsimshatsui, Kowloon.

Chinese Cuisine Practical Class Platinum Award - Meat "South of the Yangtse River Crispy Leg" sounds prosaic in English, but to a Chinese the geographic description has many happy associations++ scenic beauty, ancient traditions, a land where poets found peace. The promise of crispy legs in the dish evokes the image of Cantonese favorite - crispy chicken drumsticks yet the diner senses that there is a surprise treat in the dish.

1. Optional basket garnish: Steam crabs and put aside. Form potatoes into basket shapes. This can be done by peeling them into long strips, which are then interwoven', and sealed with cornstarch paste. Deep-fry baskets over medium flame until golden. 2. Slice all filling ingredients at an angle, and cut into dia- mond shapes (which creates a better texture). Season with seasoning mixture. 3. Slice bamboo shoots into 12 strips each 5 cms long and 0.5 cms wide. 4. Divide pork caul lining into 12 triangular pieces (large enough to wrap "legs"). Cut ham into 24 strips. On to each pork caul lining lay one sprig of coriander, 2 strips of ham, and 1/12 of the diamond-cut filling ingredients. Place one strip of bamboo shoot on top, with half of it left outside wrapping. Fold and mould each filled pork

caul lining into leg shape. 5. Mix coating ingredients with 2 tbs water, and coat each "leg" with the paste. 6. Mix Hoisin sauce with water, and simmer till thickened.

To cook Carefully slide "legs" into medium-hot oil (sufficient to deep-fry all twelve at same time), with folded "leg" ends facing centre of wok. Deep-fry for 3 minutes, then increase heat a little and continue deep- frying for a further 3 minutes.

To present 1. Lay "legs" on a paper doily in serving dish, arranging the potato baskets and crabs as a central garnish. 2. Serve the Hoisin sauce mixture on the side. From "Champion Recipes of the 1986 Hong Kong Food Festival". Hong Kong Tourist Association, 1986. Posted by Stephen Ceideberg; October 27 1992.

Crispy Pecan Fish Fillet

1 1/2 lb fillets (catfish, snapper,fl
1 cup milk
2 cup yellow cornmeal
1 teaspoon tabasco
1/2 teaspoon salt
1/4 lb (1 stick) unsalted butter
1/4 cup vegetable oil
1 cup chopped pecans
1 cup chopped parsley
1/2 cup freshly squeezed lemon juice

WASH THE FISH FILLETS under cold running water, and place them in a bowl with the milk, Tabasco and salt. Allow them to sit at room temperature for 15 minutes. Just before cooking, drain the fillets and dredge them in the cornmeal. Heat 2 T of the butter and vegetable oil in a skillet over mediumhigh heat. Fry cornmeal covered fillets until crispy and brown, about 2 minutes on a side--don't crowd the pan. Remove from the pan with a slotted spatula, drain on paper towels. Repeat until all fish is fried. Keep warm. Pour grease out of the skillet, and add the remaining butter. Place over medium heat, and when it has melted, add the nuts. Stir constantly while the nuts brown. Add parsley and lemon juice and stir to combine. Pour sauceover fish fillets and serve immediately.

Crispy Salmon Potato Pancakes

1 can (14.75 oz's.) alaska salmon 2
medium baking potatoes
1/3 cup carrots, grated
2 eggs, lightly beaten
2 tablespoon flour
1/2 teaspoon black pepper
1/4 teaspoon salt vegetable oil for frying apple; sauce

Brown and crispy potatoes are everyone's favorite. You can make a nutritious meal-in-one by combining grated potatoes with flaked Alaska canned salmon. Make small pancakes for the kids and garnish with a sweet and familiar ingredient such as applesauce. Sour cream mixed with horseradish makes these irresistible for the adults at your table.

Drain and flake salmon. Peel potatoes and grate using large holes of a cheese grater. Combine salmon and grated potatoes with remaining ingredients except vegetable oil and applesauce. Mix well. Heat vegetable oil in a large non-stick pan over medium-high heat. Form potato mixture* into thin patties using 1/3 Cup mixture for each. Fry in heated skillet for 3 minutes on each side or until crisp golden brown. Serve with applesauce. Makes 4-6 servings (10-12 salmon potato cakes). potato mixture will form liqui d as it sits. Drain in colander and squeeze out excess liquid when forming patties. From the files of Al Rice, North Pole Alaska. Feb 1994

Crispy Scallops With Soy Dipping Sauce

1 large egg white
1 tablespoon canola oil
1 tablespoon toasted sesame oil
1 teaspoon reduced sodium soy sauce
1/2 cup unseasoned dry breadcrumbs; (fine) 2
teaspoon sesame seeds
1/2 teaspoon ground ginger
1 1/4 lb sea scallops; sliced in half horizonta
----DIPPING SAUCE----
2 tablespoon reduced-sodium soy sauce
2 tablespoon rice-wine vinegar
1 tablespoon scallions; chopped
1 teaspoon honey

Preheat oven to 450 degrees F. Lightly oil a wire rack large enough

to hold scallops in a single layer. Put the rack on a baking sheet and set aside.

In a bowl, whisk together egg white, vegetable oil, sesame oil, and soy sauce until creamy. In a shallow dish, stir together breadcrumbs, sesame seeds, and ginger.

Add the scallops to the egg-white mixture, tossing to coat them well. Transfer the scallops to the breadcrumb mixture in two or three batches, tossing each with a spoon to coat evenly. Place the scallops on the prepared rack; they should not touch each other. Bake for 8-10 minutes or until the outsides are golden and the centers are opaque.

To Make Dipping Sauce: In a small bowl, stir together the sauce ingredients. Serve alongside the hot scallops. Serves 4

Crockpot Crab Soup

1 judy garnett pjxg05a
2 cup crabmeat; flaked and picked
2 cup milk
2 cup half-and-half
3 tablespoon butter
2 lemon peel strips
1/2 teaspoon mace; ground
1 salt and pepper
2 tablespoon dry sherry; opt.
1/2 cup saltine crackers

Combine all ingredients except sherry and crushed crackers in Crock-Pot; stir well. Cover and cook on Low setting for 3 to 5 hours. Just before serving, stir in sherry and crumbs to thicken. Makes about 2 quarts. Note: You may also add shrimp to this soup for variation.

Crunchy Fish Fillets

12 saltine crackers; finely

1 . crushed
1/2 teaspoon paprika
1/4 teaspoon onion powder
1/4 cup sour cream; reduced calorie
2 teaspoon lemon juice
10 oz grouper fillets; cut into
1 . strips
1 chili sauce (optional)

1. Preheat oven to 350øF. Spray baking sheet with nonstick cooking spray.

2. On wax paper, combine crushed saltines, paprika and onion powder. In small bowl, combine sour cream, lemon juice and 2 teaspoons water. Stir grouper into sour cream mixture, coating on all sides; transfer fish to crumbs, rolling to coat evenly. Place fish sticks on prepared baking sheet.

3. Bake fish sticks 20-25 minutes, turning once, until golden. Serve with chili sauce, if using.

Crunchy Hot Crab Bites

1 1/2 cup crab mead, drained, all bits of sh; e, ll removed 1 tablespoon fresh lime or lemon muice
1/2 teaspoon grated lime peel
1 green onion, minced
2 tablespoon minced parsley
1 teaspoon worcestershire sauce
1 teaspoon hot prepared mustard (or to taste)
1 several dashes of liquid hot-pepper; sauce (or to ta 2 tablespoon unsalted butter, melted
16 melba toast rounds
1/2 cup grated swiss or sharp cheddar chees; e

Simple to prepare ans serve. If you like, use tuna, small cooked shrimp or even deviled ham in place of the crab.

Preheat broiler. Combine crab, lime or lemon juice, lime peel, green onion,parsley, Worcestershire sauce, mustard and hot-pepper sauce. Taste and adjust seasonings. Brush melted butter on toast rounds and arrange in a single layerin a broiler pan. Top each round with a portion of the crab mixture, then with 1-1/2 tsp cheese. Broil until cheese is melted and crab mixture is hot. Makes 16 appetizers.

Crunchy Oven-Fried Fish

1 lb fresh orange roughy, or other white; fish fillets
1/4 cup all-purpose flour
1/4 teaspoon salt
1/4 teaspoon lemon pepper
1 egg white
1/4 cup dry bread crumbs
1/4 cup cornmeal
1 1/2 teaspoon grated lemon peel
1/2 teaspoon basil

Cut fish into serving-size pieces. In a shallow dish combine flour, salt and lemon pepper and set aside.

Beat egg white until frothy and set aside. Combine bread crumbs, cornmeal, lemon peel and basil. Dip one side only of fish fillets into flour mixture, shaking off excess. Dip into egg white, then coat with bread crumbs.

Spray a shallow baking pan with nonstick cooking spray. Place fillets in baking pan coating side up, tucking under any thin edges. Bake in a 450 degree oven 6 - 12 minutes or until fish flakes easily with a fork.

Nutrition: 165 calories; 1 gram fat; 22 mg cholesterol; 319 mg sodium; 18 grams carbohydrates

Posted By pgl@iglou.com (Don Thomas) On rec.food.recipes or rec.food.cooking

Crunchy Potato Chip Tuna Salad

1 cup mayonnaise
2 tablespoon vinegar
2 cup cabbage; finely shredded
6 1/2 oz tuna; drained & flaked
1/3 cup carrot; shredded

1/3 cup bell pepper, green; chopped
2 tablespoon onion; minced
2 1/2 cup potato chips

In a medium bowl, combine mayonnaise and vinegar. Stir in cabbage, tuna, carrot, green bell pepper and onion. Cover; chill. Just before serving add potato chips; toss lightly.

Crunchy Tuna Salad

1 can (6 1/2 oz.) can solid
1 white tuna packed in water,
1 drained & flaked
1 can (8 oz.) water chestnuts
1 drained & chopped
1 cup chopped celery
1/2 cup shredded carrots
1/4 cup sliced green onions
1/4 cup low cal. mayonnaise
1 tablespoon dijon mustard
1 teaspoon soy sauce
1/4 teaspoon pepper

in Large Bowl, Combine All Ingredients. Cover & Chill. Line Two Plates With Lettuce. Spoon Half Of Tuna Salad Onto Each Plate.
(May Use Low Fat Yogurt in Place Of Mayonnaise.)

Crustless Seafood Quiche

4 eggs
1 cup sour cream
1 cup low fat cottage cheese
1/2 cup parmesan cheese
4 tablespoon flour
1 teaspoon onion powder
1/4 teaspoon salt
4 oz canned mushrooms; drained
1/2 lb monterey jack cheese (shredded)
----CHOICE OF FILLING----

8 oz salad shrimp
1 teaspoon lemon rind
1 tablespoon green onion tops, chopped
8 oz crab or surimi
1 teaspoon lemon rind
1/4 cup sliced almonds
15 1/2 oz canned red salmon; flaked
1/2 teaspoon dill weed
1 cup grated cheddar cheese instead of h; alf the jack

In a blender combine first 7 ingredients. Blend until smooth. Arrange cheese, seafood, mushrooms & seasoning in quiche dish. Pour blended ingredients over. Bake 350 degrees F. for 45 minutes or until knife inserted in center comes out clean. Let stand 5 minutes before cutting. serves 8.

For variety make one half quiche filled with shrimp and other side salmon, then pour blended mixture over all. Excellent cold.

Leslie, Anchorage, Alaska

Carol, Anchorage, Alaska

Cucumber Rounds With Smoked Salmon Mousse

8 oz cream cheese, at room temp.
2 oz smoked salmon
1 drop lemon juice (few drops)
3 tablespoon heavy cream
1 white pepper to taste
2 seedless english cucumbers
1 garnish watercress leaf(opt)

From Daniel's Restaurant. (Makes approximately 40 hor d'oeuvres)

Combine the mousse ingredients in the bowl of food processor and blend until the mixture is smooth. Chill at least 30 minutes. Cut each cucumber crosswise into approximately 20 slices, each slightly less than 1/4" thick. Cucumbers can also be peeled, striated with fork tines or cut into decorative shapes with biscuit cutters. Assemble hor d'oeuvres no more than an hour before serving by softening the mousse with a wooden spoon and putting it in a pastry bag with a leaf tip. Pipe mousse on top of each cucumber slice and garnish with a small watercress leaf.

NOTE: If you prefer, you can slice the cucumbers a bit thicker than 1/4" and make a small hollow for the filling in the center of the slice with a melon-ball scoop.

Cured Salmon & Grouper Roulade W/ Mache Let

1 side fresh salmon
1 lb fresh grouper
2 quail eggs, hard boiled
2 oz mache lettuce
1 tomato, peeled and seeded
1 lb sugar
1/2 lb salt

----- Recipe via Meal-Master (tm) v8.05

Title: CURING OF HOME-GROWN OLIVES~ GREEK STYLE
Categories: Greek, Info/tips, Ethnic
Yield: 1 Servings

If you own an olive tree and do not want to go through the complicated process of leaching olives with chemicals, follow one of these ancient Greek methods to get rid of the bitterness.

SALTING METHOD: Place washed olives in a wicker basket or a plastic container with holes. Cover with medium-coarse salt. Set basket in sun and protect with a cheesecloth cover. Twice a day for a week, toss olives to redistribute them, until the bitter fluid is drawn from them. Bring olives in at night to prevent mold.

WATER METHOD: Cover washed olives with a solution of salt water - 1 cup salt to each quart water - in a crock or glass jar. Place a weight, such as a small plate or washed rock, to keep olives submerged. Olives may remain in this brine for months. Marinate in Olive Marinade before serving.

Curried Salmon Steaks

4 each steaks salmon
1/4 cup butter
2 cup cream sour
1 pepper to taste
1 cup onion chopped
2 tablespoon curry powder
1 salt to taste
1 curry to taste

Saute onions in butter until transparent. Remove from pan. Mix some flour, salt, pepper and curry into a powder and sprinkle all sides of the salmon. Add butter to pan and saute salmon until done. Remove and keep warm. Return onions to pan. Heat then slowly add the curry and when mixed, slowly stir in the sour cream. Heat the sauce but do not boil. Pour the sauce over the salmon and serve immediately.

Curried Salmon With Poppadoms

213 gm canned alaska salmon (pink or red) 2 tablespoon mayonnaise
2 tablespoon natural yogurt or- sour cream 1 lime; juiced
2 teaspoon medium hot curry paste (or more, if; desired) 2 pickled dill cucumbers - chopped
1 avocado; peeled and chopped
1 red apple core removed and chopped
1 salt to taste
2 tablespoon vegetable oil
6 poppadoms

Drain the can of salmon and flake the fish. Set aside.

Mix together the mayonnaise, yogurt, lime juice, curry paste, dill cucumber, avocado and apple. Season lightly and stir in the salmon flakes.

Heat the oil in a frying pan and fry each poppadom, not too rapidly or they will lose their shape and curl up unevenly. Cook until they are crisp and the edges have curled up. Pile equal amounts of the salmon curry onto each poppadom and serve on individual plates, garnished with a little salad and lime slices.

Serves 6. Approx. 240 kcals per serving

From: On the Wild Side - Alaska Canned Salmon Recipes Reprinted with permission from Alaska Seafood Marketing Institute Meal-Master compatible recipe format courtesy of Karen Mintzias

Curried Scallops In Cream Sauce

8 large fresh scallops
1 1/4 cup water
1 slice lemon
1/2 bay leaf
1 1/2 lb potatoes, cut in pieces
5 tablespoon butter
1 salt to taste
1 fresh ground pepper to taste
3 oz button mushrooms, sliced
2 shallots, finely chopped
1 teaspoon curry powder
1/4 cup all-purpose flour
3 tablespoon whipping cream
2 tablespoon chopped fresh parsley
1 fresh bay leaves (opt)
1 lemon twists (opt)
1 lime twists (opt)
1 fresh dill sprigs (opt)

Wash scallops, remove roe. Pat scallops dry and cut in slices.

Put scallops, water, lemon slice and bay leaf in a saucepan. Simmer gently 20 minutes. Strain, reserving liquid. Discard lemon and bay leaf. If necessary, add enough water to reserved liquid to make 1-1/4 cups liquid. Cook potatoes in boiling, salted water until tender. Drain and return to pan. Mash with 1 tablespoon of butter. Season with salt and pepper. Beat well; cool slightly. Transfer to a large pastry bag.

Preheat broiler. Pipe potato around edges of 4 ceramic scallop dishes. Melt remaining butter in a saucepan. Add mushrooms, shallots and Curry Powder and cook 2 minutes. Stir in flour and cook 1 minute. Add reserved liquid and bring to a boil. Reduce heat and simmer 2 minutes, stirring constantly. Remove from heat and stir in scallops, cream, parsley, salt and pepper. Spoon into dishes. Broil 4-5 minutes or until lightly golden. Garnish with bay leaves, citrus twists and dill sprigs, if desired, and serve hot.

Curried Snow Crab Claws

1/4 cup oil, olive or
1/4 cup oil, vegetable
2 celery, stalks, chopped
1 medium carrot, chopped
1 cup tomato, chopped
1 large onion, minced
2 tablespoon parsley, minced
1 medium apple, diced
2 bay leaves
1 pepper (to taste)
1 salt (to taste)
2 tablespoon curry, powder, (or to - taste)
3 cup stock, fish
1 tablespoon arrowroot
1 tablespoon water
1/2 cup juice, pineapple
1 lb claws, snow crab

Heat the oil in a skillet and add 1/4 cup oil, celery, carrot, tomato, onion, parsley, and apple. Cook over moderately high heat, tossing continuously for 3 minutes.

Add bay leaves, salt, pepper and curry. Continue cooking for 4 minutes.

Add hot fish stock and bring to a boil. Reduce heat and simmer for 30 minutes.

Add dissolved arrowroot. Strain into another saucepan, then add the claws and pineapple juice. Simmer for 3 minutes, correct seasoning with salt and pepper, and serve.

Curried Tuna Melts

----FROM JONI'S KITCHEN----
6 oz can water packed tuna; drain and flake 3 hard cooked eggs; chopped
1 3/8 cup onions; green and chopped
1/3 cup reduced calorie mayonaise

1/2 teaspoon curry powder
1/4 teaspoon salt
1/4 teaspoon pepper
8 slices rye bread
1 cup 4oz-monterey jack cheese shredded

Combine first 7 ingredients; spread evenly onto 4 slices of Rye bread slices. Sprinkle cheese evenly over tuna mixture, and top each with a bread slice. Heat a large nonstick skillet over medium heat. Add sandwichs; grill 2 minutes on each side or unti cheese melts and sandwichs are golden. Serve immediately. Yield: 4 servings.

Curried Tuna Salad

2 can (7 oz) tuna in oil
14 1/2 oz (1)cn aparagus pieces; drained
1/2 medium head lettuce; separated
1/4 cup curry dressing or dip
3 hard-cooked eggs; sliced
1 paprika

Chill canned tuna and asparagus. Drain tuna and flake lightly. Drain asparagus pieces well. Arrange lettuce on six salad plates. (not me, a big bowl will nicely, thank you.) One each salad plate place 1/2 cup asparagus and 1/2 cup flaked tuna. Cover with 2 tablespoon Curry Dressing; top with 3 slices of egg. Garnish with a sprinkle of paprika.

Food Exchange per serving: 3 LEAN MEAT EXCHANGES + 1 VEGETABLE EXCHANGE; CAL: 211; CHO: 5g; PRO: 25g; FAT: 9g; SOD: 613; CHO: 182; Low-sodium diets: Substitute low-sodium canned tuna and low-sodium canned asparagus. Omit salt from Curry Dressing or Dip.

Cuttlefish With Spinach

1 karen mintzias
750 gm cuttlefish or squid

1/3 cup olive oil
1 water
1 salt
1 freshly ground black pepper
750 gm spinach
1 cup chopped spring onions
1/2 lemon (juice only)

Cuttlefish (soupies) as distinct from squid (kalamaria) are preferred for this dish, though either may be used. Cleaning cuttlefish can be a rather messy business as these marine molluscs have an ink sac from which the pigment sepia is obtained. The sac ruptures easily and is usually rupturedby the time you purchase them, so don't be put off by their colour - the ink rinses off easily.

Rinse cuttlefish or squid and remove head, attached tentacles and intestines; discard intestines. Pull out cuttle bone or fine transparent bone if squid is being prepared. Pull off fine skin and rinse. Remove eyes and beak from head, leave head attached to tentacles and pull or rub off skin from tentacles, or as much skin as will easily come off.
Slice hood or body into strips. If squid are large, slice head and tentacles - cuttlefish tentacles are usually small and these are left intact. Place prepared cuttlefish or squid in pan and set on medium heat. Cover and cook for 15 minutes in its own juice. Add half the oil, just enough water to cover, and salt and pepper to taste, cover and simmer gently for 45 minutes or until tender.

Meanwhile trim spinach and wash thoroughly.
Drain well and chop leaves andstalks coarsely.

Heat remaining oil in a separate pan and gently fry spring onion until soft, add spinach and stir over heat until it wilts. Add spinach mixture to cuttlefish or squid with lemon juice and adjust seasonings with salt andpepper. Cover and simmer for further 10-15 minutes. Serve hot.
From: "The Complete Middle East Cookbook" by Tess Mallos. ISBN: 1 86302 0691

Typed for you by Karen Mintzias

Cuttyhunk Paprika Scallops

3/4 cup seasoned bread crumbs
1 tablespoon paprika

1/4 cup flour
1 3/4 lb scallops
4 tablespoon butter
1/2 cup scallion -- chopped
2 tablespoon parsley -- chopped

Combine bread crumbs, paprika, and flour in a mixing bowl. Add the scallops and toss thoroughly to coat. Melt the butter over medium high heat in a large frying pan. If you do not have a pan large enough to hold scallops in 1 layer, cook them in 2 batches. Add the scallops and cook for 5 minutes, stirring gently. Let them brown nicely, then add the scallions and parsley. Cook for 3 minutes and serve on hot plates, garnished with lemon slices. The nutty flavor of short grain brown rice is perfect with this scallop dish.

Recipe By : Seafoods Secrets Cookbook

Dallo (Cuttle Fish Curry)

450 gm cuttle fish
25 gm onions
1 fresh chilli
1 tomato
4 cloves garlic
2 cardamoms
1 clove
3 teaspoon coriander
2 teaspoon cumin
1 teaspoon fenugreek
1/2 teaspoon chilli powder
1/2 teaspoon paprika
1/2 teaspoon turmeric sprig curry leaves
250 ml thin coconut milk
125 ml thick coconut milk

Stuffing: 100 g gram 2 cloves garlic 1 teaspoon coriander 1 teaspoon salt 1/4 teaspoon chilli powder
1/4 teaspoon turmeric

Wash and clean the cuttle fish. Wipe dry and set on one side. Prepare the stuffing by roasting the gram and then grinding it coarsely. Crush the garlic and mix this, together with the gram, in a bowl with the coriander, salt, chilli powder and turmeric. Stuff the cuttle fish with this mixture and then secure with toothpicks. Chop onion, chilli and tomato and crush the garlic, cardamoms and the clove. Mix the onion together with the chilli, tomato, garlic, cardamom,

clove, coriander powder, cumin powder, fenugreek, chilli powder, paprika powder, turmeric, curry leaves and thin coconut milk. Put in a pan, add the stuffed cuttle fish and bring to the boil. Reduce the heat and simmer until the cuttle fish are tender, approximately 30 minutes. Pour in the thick coconut milk and cook until the gravy thickens. From: "A taste of Sri Lanka" by Indra Jayasekera, ISBN 962 224 010 0

Dartmouth Crab & Lobster Salad

8 oz cooked, shelled, crabmeat
8 oz cooked, shelled, sliced -
1 lobster tail
1 dash lemon juice
1 pinch salt and pepper to taste
1 fennel and orange salad:
2 large navel oranges
1 medium fresh fennel
1 tablespoon olive oil
1 pinch salt and pepper to taste
1 courchamps sauce:
2/3 cup flaked cooked crabmeat
2 tablespoon lemon juice
4 teaspoon anisette or dry white wine
2 teaspoon chopped fresh parsley
2 teaspoon chopped fresh tarragon
1 or
1/2 teaspoon dried tarragon
2 teaspoon soy sauce
2 teaspoon dijon mustard
1/4 cup olive oil
1 dash salt and pepper to taste
1 garnish:
1 bunch italian parsley, fennel -
1 sprigs, and lemon wedges

In medium bowl, combine lump crabmeat and lobster. Season to taste with lemon juice, salt and pepper, tossing gently to mix. Cover and refrigerate. Fennel and Orange Salad: Using a vegetable peeler, remove 1/4 of the zest from 1 orange. Cut in very fine julienne strips. Blanch in small pan of boiling water 5 minutes. Drain and set aside in medium bowl. Peel oranges. Section oranges into same bowl, then squeeze in juice from membranes. Set aside. Trim fennel, reserving tops. Remove tough outer layers of fennel bulb. Cut fennel bulb in thin slices. Add to orange mixture. Chop 1 teaspoon feathery fennel tops and add to salad. Drizzle with 1 tablespoon olive oil.

Add salt and pepper to taste. Cover and refrigerate. Courchamps Sauce: In blender, combine flaked crab, lemon juice, anisette, chopped parsley, tarragon, soy sauce, and mustard. Blend until pureed. With blender running, gradually add 1/4 cup olive oil in a thin stream until blended. Stir in salt and pepper to taste. To serve: On each of 4 serving plates, arrange mounds of crab salad and fennel salad. Garnish with sauce, Italian parsley, fennel sprigs, and lemon wedges.

Duck Webs In Oyster Sauce

1 stephen ceideburg
5 to 6 duck webs
1/2 lb broccoli
2 to 3 chinese dried mushrooms, soake; d 2
slice ginger root, peeled
2 scallions (spring onions)
2 tablespoon rice wine (or sherry)
1 teaspoon soy sauce
1/2 tablespoon sugar
1 teaspoon salt
1 star anise
2 tablespoon oyster sauce
1 teaspoon sesame seed oil
1 tablespoon cornstarch (corn flour)
4 tablespoon oil

Remove the outer skin of the duck webs; wash and clean well. Crush the ginger root and onions. Heat up 2 tablespoons (30ml) oil; toss in the crushed ginger root and onions followed by the duck webs; stir a few times; add rice wine or sherry and soy sauce. After 5 minutes or so, transfer the entire contents to a sand-pot or casserole. Add sugar, a little salt, star anise and a little stock or water. Simmer gently for 3 hours. Just before serving, stir-fry the broccoli or greens with the Chinese dried mushrooms, a little salt and sugar. Place them on a serving dish, then arrange the duck webs on top of that. Meanwhile heat a little oil in a saucepan, add oyster sauce and sesame seed oil. Thicken with cornstarch (corn flour) mixed with a little cold water; when it is smooth, pour it over the duck webs and serve. The oyster sauce enriches the subtle taste of the duck webs

Duke's Clam Chowder

1/4 lb potatos, new, diced
4 ea. bacon slices, diced
6 tablespoon butter
3 ea. celery ribs, diced
1 ea. onion, medium, peeled and diced 2
teaspoon chopped fresh basil
1 teaspoon dried marjoram
1 teaspoon dried italian seasoning
1/2 teaspoon dried thyme
2 each bay leaves
1 each pinch chopped fresh garlic
1 white, black and cayenne peppers to; taste
1/3 cup flour
4 cup whipping cream
1/2 cup half and half
1 1/4 cup clam nectar or broth
2 oz clam concentrate (or 1 addtl. c. cl; am nectar) 1
1/2 cup clams, chopped, fresh or frozen
1/4 teaspoon dill
2 tablespoon parsley, fresh, chopped

1. Blanch the potatoes in boiling water for 5 minutes, or until tender. Drain and set aside.

2. Cook bacon until transparent. Add butter, celery, onion, basil, marjoram, italian seasoning, thyme, bay leaves, garlic and peppers to taste. Cook until vegetables are tender, about 10 minutes.

3. Stir in the flour and cook over low heat, 3 to 4 minutes. Stir in the cream, half and half, clam nectar and concentrate. Heat to just under boiling.

4. Add potatoes and chopped clams. Bring to slow boil and cook for 2 to 3 minutes. Discard bay leaves. Stir in dill and parsley; serve.

Makes 8 servings.

Posted by Bob Stein. Courtesy of Fred Peters.

Dulse Fried Oyster Mushrooms

----FLOUR MIXTURE----

1 teaspoon dulse flakes, pulverized
1/2 teaspoon garlic powder
1/4 cup all-purpose flour
1 salt & black pepper
----LIQUID MIXTURE----
1/2 teaspoon dulse flakes
1/4 teaspoon garlic powder
1/2 cup water
----BREAD CRUMB MIXTURE----
2 cup fresh breadcrumbs
4 teaspoon dulse flakes
1/2 teaspoon garlic powder
1 1/2 cup safflower oil
4 oz oyster mushrooms, rinsed

Combine the ingredients for the three mixtures separately & set aside. Line a baking sheet with absorbent towels. Heat oil to 350F in a medium-sized saucepan, about 5 minutes over medium heat. Dredge mushrooms in flour mixture. Shake off excess flour & dunk in the liquid, before rolling in the breadcrumbs. Fry in the hot oil for 45 seconds each side, they should be golden brown. Drain & serve.

Dungeness Crab Dijonnaise

1 lb dungeness crabmeat
4 tablespoon butter
4 cloves fresh garlic, minced
1/2 lb fresh mushrooms, sliced
2 tablespoon chopped shallots
1/2 cup dry white wine
1/2 cup whipping cream
1 tablespoon dijon-style mustard
1 salt and pepper to taste
1 lemon juice to taste
1 minced fresh parsley

In skillet, saute crab in butter for 3 to 4 minutes. Remove crab and keep warm. Add garlic, shallots and mushrooms. Cook for 1 minute. Deglaze pan with wine. Reduce to 2 tbsp. Add cream and reduce until thick. Whisk in mustard. Do not boil. Add salt, pepper and lemon juice. Return crab to pan and toss quickly in sauce. Serve over fettuccine. Sprinkle with parsley.

Dungeness Crab Lasagna

1 lb ricotta cheese
1/4 cup sour cream
1/2 cup parsley; minced
1 lb dungeness crab meat; picked over
1 teaspoon salt
3 teaspoon garlic; minced
1 freshly ground pepper
1/2 lb spinach lasagna noodles; fresh if possible 1
1/2 cup bechamel sauce*
1 1/4 lb mozzarella cheese; grated
1 cup grated parmesan cheese

Preheat oven to 350 degrees F. Butter a 9x13-inch baking pan.

Combine ricotta, sour cream, parsley, crab meat, salt, one teaspoon minced garlic and a generous amount of pepper, and set aside. Cook pasta in rapidly-boiling salted water, until is it three-quarters cooked. Remove from water and place in cold water until ready to use (drain very well before putting in baking pan). Add the remaining 2 teaspoons of garlic to the bechamel sauce.

In the baking pan, layer the lasagna as follows: sauce, pasta, sauce, half of the Mozzarella, pasta, sauce, ricotta, pasta, sauce, remaining Mozzarella and the Parmesan cheese. Cover with foil and bake for 30 minutes. Uncover during the final 10 minutes to brown the top. This may be made ahead and reheated before serving. Serves 12.

*See separate recipe for Bechamel Sauce.

Shared and MM by Judi M. Phelps. jphelps@shell.portal.com or jphelps@best.com

East: Calcutta Curried Fish With Crisp Vegeta

1 stephen ceideburg
1/2 teaspoon to 3/4 ts cayenne pepper
3 tablespoon mustard oil or light olive oil
1 lb fresh salmon or red snapper filet
1/2 cup broccoli florets
1/4 cup red bell pepper julienne

1/2 cup peeled, sliced carrots
1/4 cup petite peas, fresh or frozen
5 whole cloves
1 two-inch piece cinnamon stick, brok; en 2
green cardamom pods
1 bay leaf
1/2 cup finely chopped onion
2 teaspoon grated fresh ginger 1
tablespoon dijon-style mustard 4
tablespoon unflavored yogurt 1/2
teaspoon salt
2 teaspoon lemon juice
1 fresh mint leaves for garnish

This bountiful combination of fish, simmered with plenty of fresh vegetables, comes from the bay of Bengal. The whole spices used in the recipe are not meant to be eaten; remove them just before serving.

Combine cayenne and tablespoon of the oil and rub over fish. Cover and marinate for 15 minutes. Meanwhile, combine broccoli, bell pepper, carrots and peas in a steamer over boiling water. Steam until crisp-tender, about 4 minutes.

Heat remaining 2 tablespoons oil in a large, heavy skillet over medium-high heat. Add cloves, cinnamon, cardamom and bay leaf. Cook, stirring until fragrant, about 1 minute. Add onion and ginger; cook until onion is soft, about 3 minutes. Add fish in single layer. Stir in mustard. Cook for about 1 minute per side. Stir in yogurt and salt. Simmer over low heat stirring constantly, for 3 or 4 minutes. Mix in steamed vegetables. Transfer fish into a heated serving platter. Spoon sauce and vegetables over. Sprinkle with lemon juice and mint leaves.

PER SERVING (4 servings): 260 calories 25 g protein, 7 g carbohydrate, 15 g fat (2 g saturated), 60 mg cholesterol, 428 mg sodium, 2 g fiber.

Laxmi Hiremath writing in the San Francisco Chronicle, 6/24/92.

Eastern Shore Crab Cakes

1 lb crab meat
1 salt; to taste
1 pepper; to taste
1 egg
1/4 lb butter

1 tablespoon lemon juice
1 egg; hard boiled
1 tablespoon worcestershire sauce
1 bread crumbs

Put crab meat in a bowl and season to taste with salt and pepper. Add slightly beaten egg, melted butter, lemon juice, cut-up hard-boiled egg, and Worcester sauce. Then add just enough soft bread crumbs to make it into cakes (2 or 3 slices of bread). Pan-fry the cakes a golden brown.

-- Mrs. William W. Paca
Weston, Anne Arundel Co., MD
from The Hammond-Harwood House
cookbook

Easy Clam Sauce With Low-Calorie Version

6 1/2 oz can minced or diced clams see note 1
tablespoon olive oil
1 clove garlic minced
1 tablespoon oregano or basil -- or
1 mixture
1/4 teaspoon salt
1 few grinds of pepper

* drain juice into small saucepan, and set clams aside.

Add garlic and seasonings to clam juice, bring to a simmer, and let cook while the pasta cooks. Drain pasta and return to pot in which it was cooked. Remove juices from heat, add clams, and pour over cooked pasta. Toss well and let stand a few minutes so juices can permeate the pasta well before you serve it. I understand that it is not chic to use grated parmesan or romano cheese with a seafood sauce, but we love romano on this. These canned clams must not be cooked--they turn into rocks if you do.

Recipe By : esther@rochgte.fidonet.org (Esther Vail)

Easy Crab Imperial

2 cup crab meat [flaked]
1 cup mayonnaise
4 egg whites [stiffly beaten]
1/4 teaspoon salt
1/8 teaspoon pepper
1/2 bread crumbs

1) Mix the crab meat and the mayonnaise in a bowl, then fold in the egg whites, salt & pepper... 2) Pour into a greased baking dish, and sprinkle with the bread crumbs... 3) Bake in a 350ø oven for for 45 min.

Easy Fish Casserole

1 pkg halibut,frozen(14.54oz)
1 pkg noodles,wide egg(8oz)
1 pkg vegetables,mixed,frozen(10oz
1/2 cup half-and-half
1/2 cup milk
1 can cream/mushroom soup(10.75oz)
1 cup dairy sour cream
2 teaspoon worcestershire sauce
1/2 teaspoon onion powder
1 salt to taste
1 pepper to taste

1. Bake halibut (breaded or batter-dipped) according to package directions; set aside.

2. Cook noodles and vegetables according to directions on each package.

3. Meanwhile, combine remaining ingredients in a shallow 2-quart casserole.

4. Drain noodles and vegetables; add to casserole, stirring to combine.

5. Bake in preheated 350'F. oven 20 minutes.

6. Remove dish from oven and place fish on top; bake, uncovered, 10 minutes longer, or until heated through.

Easy Fish Marinade

1 lemon juice
1 soy sauce
1 white wine
1 fish for broiling

Mix marinade to taste. Pour over fish for 45 minutes. No oil or butter is needed for cooking. To retain moisture, pour 3/4 inch of water into bottom of broiling pan.

Easy Mini-Salmon Burgers

7 1/2 oz salmon, canned
4 oz saltines, finely crushed
1 onion, finely diced
1 egg
1 tablespoon lemon juice
2 teaspoon dill
2 teaspoon pepper

Trim canned salmon of large bones and skin as desired. Mix well with other ingredients, except oil. Form into 3" x 1/2" patties and fry lightly in oil until golden brown. Makes approximately 12 mini-salmon burgers.

Serves 4 as an appetizer or 2 as a main course.

Created and typed for you by Lawren Freebody @ Salata BBS.

Easy Poached Fish

1 quart water

1/2 medium onion; sliced
6 whole black peppercorns
3 whole allspice
3 tablespoon lemon juice
1 bay leaf
1 teaspoon salt
1/2 cup dry white wine

Combine all ingredients in large skillet or Dutch oven. It may be necessary to double or triple recipe if larger amount of liquid is needed to be sure fish is just covered during poaching. Simmer for 20-30 minutes to blend flavors. Add fish; cover and simmer over low heat for 15-25 minutes, or until fish flakes easily when tested with a fork. (NOTE: Avoid using high heat. Boiling action will break up fish.) Lift cooked fish carefully from liquid with wide spatula. Drain well, patting excess moisture from fish with paper towels if necessary. Poached fish may be served hot or cold with a complementary sauce or flaked/chunked and used in casseroles, spreads, etc.

Easy Salmon Chowder

6 slice bacon; diced
1/2 cup onion; chopped
10 3/4 oz condensed chicken broth
5 1/2 oz au gratin potato mix
2 cup water
17 oz whole kernel corn
1/8 teaspoon black pepper
15 1/2 oz red sockeye salmon; drained
1 boned, skinned, and broken
1 into chunks
1 1/2 cup milk
1/3 cup evaporated milk

Fry the bacon in a 10-inch skillet until crisp, about 8 minutes. Remove the bacon and drain on paper towels. Combine the onion, chicken broth, au gratin potato mix (both the potatoes and sauce mix), water, undrained corn, and pepper with the bacon in a 3 1/2-quart slow cooker. Cover and cook, on the low setting, 6 hours. Add the salmon, milk and evaporated milk. Cover and cook, on the high setting, 15 minutes or until thoroughly heated.

Easy Seafood Stew

1 tablespoon extra-virgin olive oil
1 medium onion, chopped
2 garlic cloves, pressed or minced
13 oz canned chopped or minced clams, und; rained 6
oz canned white crab, drained and rins; ed
6 oz canned shrimp, drained and rinsed
10 3/4 oz canned condensed sodium reduced tom; ato soup 2
oz jar pimientos, undrained
1 1/3 cup hot water
1/4 cup fresh parsley, optional
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
1/4 teaspoon dried basil, crushed
1/4 teaspoon dried oregano, crushed
1/8 teaspoon red pepper flakes

1. Heat the oil in a large, heavy saucepan. Add the onion and garlic and cook, covered, over low heat for about 15 minutes, or until the onion is soft and translucent. 2. Stir in all remaining ingredients and continue to cook, covered, over low heat for about 10 minutes, or until hot.

Ecrevisse (Crawfish) Strudel With Two Sauces

1 tablespoon sesame oil
1 yellow onion -- juilliened
1 red bell pepper --
1 juilliened
1 yellow bell pepper --
1 julienned
1 green bell pepper --
1 juilliened
1 bunch green onion -- sliced
6 oz bok choy -- juilliened
4 oz can bamboo shoots
2 oz shiitake mushrooms --
1 sliced
2 carrot -- julienned
1 lb crawfish tails
2 tablespoon hoisin sauce

3 tablespoon soy sauce
2 tablespoon fresh ginger
2 cloves garlic -- mince
1/2 teaspoon cayenne pepper
1/4 teaspoon cracked black pepper
1/4 teaspoon pink peppercorns
1 salt to taste
1 lb melted butter
1 lb filo dough

In large heavy sauce pan heat sesame oil. Add red, yellow, and green bell pepper and saute. Add green onions, bokchoy, bamboo shoots, shiitake mushrooms and carrots, and saute. Add remaining ingredients, cook until al dente. Place mixture in collander, allow to drain and cool. Melt butter, place filo sheets on work surface. Brush melted butter in between sheets (7 sheets total) Place crawfish mixture at bottom end. Roll tightly and seal with melted butter. Place in 350 degree oven and cook until phyllo dough browned. Place sauces, each on one side of plate, and serve studel on top of the sauces. Can add less ginger, if desired. Can also substitute shrimp

Serve with Plum Ginger Sauce and Leek Mustard Sauce

Eddy's Oyster Loaves

3 small loaves french bread
1/2 teaspoon garlic powder
2 tablespoon melted butter
3 doz fresh oysters
2 tablespoon melted butter
1 milk

First, almost split the loaves lengthwise, leaving a hinge. Scoop out the soft middle and save the crumbs. Then add a 1/2 tsp of garlic powder (not salt) to 2 Tbls melted butter, and brush the cavities.

Next, drain the oysters and save the liquid. Saute' them in the rest of the butter till the edges curl - about 5 minutes. Put the oysters into the loaves, mix the crumbs you saved with the oyster liquid you saved, and add them, too. Shut up the loaves now. STOP HERE.

Then wrap them in cheesecloth dipped in milk, twisting the ends and tucking them under the loaf. Bake them on a baking sheet for half an hour at 350^. Cut them in half before you serve them.

6 servings

(Note from the book: Eddy was a San Franciscan who owned a bar and made small oyster loaves for his married male customers to take home to their wives. These were pacifiers. But Eddy is dead now, and Mother must pacify herself. This is good for a special lunch. I also know a family who has it traditionally as Christmas Eve supper.)

From: The Compleat I Hate To Cook Book by Peg Bracken

Food & Wine RT [*] Category 3, Topic 6 Message 168 Fri Mar 06, 1992
YLR.ROSE [Cafe Queen] at 19:25 EST

MM by QBTOMM and Sylvia Steiger, GEnie THE.STEIGERS, CI$ 71511,2253, GT Cookbook echo moderator at net/node 004/005

Egg & Smoked Haddock Pate.

2 oz 60 g cooked smoked haddock, 1
skin and bones removed.
1 egg, hard boiled, chopped.
2 oz 60 g low fat soft cheese.
1 teaspoon chopped fresh parsley or 1
quarter tsp dried.
1 pinch cayenne pepper.
1 salt and pepper.
1 sprigs of watercress or
1 parsley to garnish.

1. Place the fish in a medium sized bowl and flake it with a fork. Add the chopped egg, soft cheese parsley and cayenne pepper. Mix well until thoroughly blended and season to taste.

2. Keep covered in the fridge and use within 3 days. Use as a topping for crisp breads or open sandwiches garnished with watercress or parsley.

Preparation 15 minutes Serves 1 (makes 2 portions) 95 calories

Eggplant Stuffed With Oysters

2 large eggplants, split lengthwise
2 jars (10 ounces each) oysters
3 tablespoon olive oil
1 1/2 cup finely diced onion
2 large garlic cloves, minced
1/2 teaspoon herbes de provence
1/2 teaspoon creole seafood seasoning
2 tablespoon dry white wine
1 i cup fresh bread crumbs
1 tablespoon minced chives
1/4 cup grated parmesan

Creole-style seafood seasoning blends are sold in most markets; you can use a mixture of salt and red, white and black peppers. Chesapeake- style seasonings, such as Old Bay, are another option.

Bake the eggplant halves in a 400F oven until just tender. Scrape out the pulp, leaving a shell about 1/2 inch thick attached to the skin. Discard any big clumps of seeds and chop the pulp coarsely. Drain the oysters, reserving the liquor. Chop oysters into bite-sized pieces.

Heat the oil in a skillet; add the onion and garlic and cook until the onion softens. Add the herbs and seasoning mix, then stir in the oyster liquor and wine. Reduce slightly, then stir in the eggplant pulp, bread crumbs, oysters and chives. Cook for 1 minute, then taste for seasoning and adjust to taste. Spread the mixture evenly in the eggplant shells and top with Parmesan. Return to the oven and bake until nicely browned.

Serves 4.

PER SERVING: 320 calories, 17 g protein, 30 g carbohydrate, 15 g fat (3 g saturated), 66 mg cholesterol, 416 mg sodium, 7 g fiber.

Bay Area resident Jay Harlow is the author of "Jay Harlow's Beer Cuisine " (Harlow & Ratner) and "Shrimp" (Chronicle Books).

From the San Francisco Chronicle, 2/17/93.

Posted by Stephen Ceideberg; February 23 1993.

Eggs Benedict With Salmon

8 slices rye or pumpernickel bread, t; oasted & buttered 8
thin slices smoked salmon
8 hot poached eggs

1 yogurt hollandaise *
1 fresh parsley sprigs
1 capers
1 yogurt hollandaise:
3/4 cup plain low-fat yogurt
2 teaspoon lemon juice
3 egg yolks
1/2 teaspoon dijon mustard
1/4 teaspoon each salt and granulated sugar 1
pinch of pepper
1 dash of hot pepper sauce

Place hot slices of toast on warm plates. Top each with slice of smoked salmon, then hot poach egg. Drizzle with Yogurt Hollandaise. Garnish with parsley and capers. Makes 8 servings.

YOGURT HOLLANDAISE: In top of double boiler, whisk together yogurt, lemon juice, egg yolks, mustard, salt, sugar, pepper and hot pepper sauce; cook over simmering water, stirring constantly, for 6 to 8 minutes or until sauce is thick enough to coat back of spoon. (Sauce can be set aside at room temperature for up to 1 hour; reheat gently in double boiler.) Makes 1 cup

Eileen's Salmon Steaks

1/4 cup orange juice
1 teaspoon orange rind
1/4 cup lemon juice
1 teaspoon lemon rind
1/4 cup lime juice
1 teaspoon lime rind
1 small onion grated
1 teaspoon honey
1/4 cup oil,vegetable
1 dash tobasco sauce
1 pinch pepper
8 salmon steaks,1

Mix all of the above ingredients together except for the Salmon.In a glass baking dish arrange the Salmon steaks and pour the above marinade over the Salmon.Place in fridge for one hour.After one hour,turn the Salmon steaks over and marinate for one more hour in fridge.Allow the glass tray to come to room temperature and broil in oven with the marinade.Turn over after they are done and broil the other side.Serve some of the marinade on the Salmon as a garnish.If you have never loved fish,this will convert you. Remove the skin and

bones before serving. NOTE:Use a glass dish to marinate,as metal dishes or pans may give an off taste.

Fettuccine With Shellfish, Tomatoes And Olives

6 tablespoon olive oil
2 lb ripe romatoes, peeled, seeded, cho; pped 3
tablespoon drained capers
2 tablespoon chopped anchovies
1 tablespoon chopped garlic
3/4 lb medium uncooked shrimp, peeled, de; veined
1/2 lb sea scallops, halved horizontally
2 tablespoon chopped pitted kalamata olives **
3/4 lb fettuccine

Heat 4 tablespoons oil in heavy skillet over high heat. Add tomatoes, capers, anchovies and garlic and cook until tomatoes release their juices and mixture thickens, stirring occasionally, about 10 minutes. Add shrimp and sea scallops and saute' just until cooked through, about 2 minutes. Mixin Kalamata olives.

Meanwhile, cook pasta in large pot of boiling salted water until just tender but still firm enough to bite, stirring occasionally to prevent sticking. Drain. Transfer pasta to bowl. Toss with remaining 2 tablespoons olive oil.

Add pasta to seafood mixture and toss to heat through. Season to taste with salt and pepper. Divide among plates and serve.

* Black, brine-cured Kalamata olives are available at Greek and Italian markets and some supermarkets.

Fiery Catfish Fingers

1 cup yellow or coarse ground mustard or; a combination 1
egg white lightly beaten
2 teaspoon tabasco pepper sauce

1 1/2 lb catfish fillets, cut into bite siz; ed strips
1/2 cup yellow cornmeal
1/2 cup all-purpose flour
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
1 quart vegetable oil

In the South Folks grow up loving catfish, which is plentiful in the bayous and rivers. Now it's farm-grown, and northerners are discovering its mild and versatile flavor. We coat bite-size fingers of catfish fillets with plenty of Tabasco sauce and deep-fry them for a knock-your-socks-off appetizer.

Filet Of Beef & Oysters

4 filet mignon steaks
2 tablespoon butter or olive oil
1 quart oysters, reserve liquid --
1 shucked
2/3 cup white wine to deglace
2 garlic cloves -- thinly
1 sliced
1 juiced lemon
1 tablespoon chopped parsley
1 salt and pepper to taste

Pan fry the filets in the butter or olive oil until rare or medium rare over medium to med. high heat. For me, about two minutes per side is fine. Use a non-stick pan. Remove the filets to a serving plate, reserving the pan drippings in the frying pan.

Deglace the pan with the white wine. Add the thinly sliced garlic and the lemon juice. Add the oysters and the oyster liquid and simmer for approx. 6 - 8 minutes until the oysters are just cooked; until the edges of the oysters are just beginning to curl. Do not over-cook!

Carefully remove, with a slotted spoon, the oysters and arrange around and over the filet, reserving the liquid in the pan.

Put the remaining liquid back on the stove-top, over med/high heat and reduce to half. The sauce will slightly thicken. At the last minute add the chopped parsley, salt and pepper. Be very careful with the salt as the oysters and liquid have a salty flavor.

Pour the sauce over the filets and oysters, garnish with parsley and serve. Sounds weird but WOW!!! it's good.

Recipe By : Kip Jones

Fillet Of Catfish Bayou Lafourche

4 each catfish fillets(5-7oz ea)
1 cup flour,all-purpose
1 cayenne pepper to taste
1/2 cup white wine,dry
2 each juice of lemon
2 tablespoon tarragon,chopped fresh 2
tablespoon green onion,chopped
2 tablespoon chives,chopped
1/2 cup butter,clarified
1 salt to taste
1/2 cup champagne
12 each oysters,fresh shucked
2 tablespoon shallots,chopped
1/2 teaspoon tarragon,dried
1/2 cup butter,unsalted

1. Thaw frozen fish according to package directions.#
2. Season catfish with salt and cayenne; dust with flour, shaking off excess.#
3. Heat clarified butter in large heavy skillet.#
4. Place fillets in skillet, flat side up; saute over medium heat until brown.#
5. Turn fillets and continue to saute until brown, then remove to heated plates.#
6. Deglaze skillet with champagne or wine; add oysters, oyster liquor, lemon juice, shallots, fresh or dried tarragon, and green onions.#
7. Cook until oysters begin to curl, then remove and place 3 on each fillet.#
8. Reduce liquid in skillet until a glaze forms, then add cold butter, a few chips at a time, swirling pan constantly (do not stir, as spots will develop and butter solids and liquids will separate).#
9. Continue adding butter; butter will emulsify, creating a smooth creamy sauce.#
10. Add chives, adjust seasoning with salt and cayenne, and pour over oysters.#
NOTE: Served a famous Lafitte's Landing retaurant in Donaldsonville, Louisiana.#

Fillet Of Catfish In Wine

1/3 cup golden raisins
24 oz catfish fillets
1/4 cup all-purpose flour
1/2 teaspoon dried whole sage
1/2 teaspoon ground pepper
1 vegetable cooking spray
1 tablespoon margarine
3 tablespoon lemon juice
1/4 cup chablis; or other dry white wine
1/4 cup dry sherry
1 tablespoon light soy sauce
1 fresh sage leaves

Place raisins in a small bowl; add enough water to cover. Let stand 10 minutes. Drain, and set aside. Rinse fillets with cold water, and pat dry. Combine flour, sage and pepper; dredge fillets in flour mixture to coat well. Coat a skillet with cooking spray; add margarine, and place over medium heat until margarine melts. Add fillets, lemon juice, and reserved raisins. Cover; reduce heat, and simmer 10 minutes. Remove cover, and turn fillets.

Add wine, sherry, and soy sauce to skillet. Bring to a boil; reduce heat, and simmer 5 minutes or until wine mixture is slightly thickened. Carefully transfer fillets and wine mixture to a serving platter. Garnish with sage leaves, if desired.

Per Serving: Calories: 191, Protein: 21.1 g, Carbohydrate: 13.9 g, Fat: 5.4 g, Cholesterol: 62 mg, Sodium: 193 mg.

Fillet Of Fish Amandine

1/4 cup butter (or marg.)
1/4 cup almonds; sliced
1 1/2 teaspoon lemon juice
16 oz fish fillets; thawed
1 salt; to taste
1 lemon slices; opt.
1 parsley sprigs; opt.

Place butter, almonds, and lemon juice in a 12x8x2" baking dish. Microwave at HIGH for 6 to 8 minutes or until almonds are golden, stirring twice. Remove almonds with a slotted spoon, reserving butter mixture in baking dish; set almonds aside.

Sprinkle fillets with salt, and coat with butter mixture. Arrange in dish with thickest portion to outside (thinner portions may overlap, if necessary). Cover with clear plastic wrap.

Microwave at HIGh for 2 to 4 minutes or until fish flakes easily when tested with a fork, giving dish one half-turn during cooking.
Carefulle remove fish to a serving platter; spoon almonds over top.

Fillet Of Fish Florentine

21 oz frozend spinach, cooked per
2 lb fish fillets
1 1/2 cup court bouillon
3 tablespoon butter
2 tablespoon flour
1/3 cup cream
1/2 cup grated swiss cheese
1 salt and pepper to taste
2 tablespoon grated parmesan cheese

HEAT THE OVEN TO 350F. Make the spinach according to package directions, and drain in a colander, pressing with the back of a spoon to extract as much liquid as possible. Place the fish fillets in a baking dish, and bringthe court bouillon to a simmer on the stove. Pour the liquid into the baking dish, cover with a sheet of buttered wax paper, buttered side down, and bake for 5 to 7 minutes. Drain the cooking liquid, and reserve. Melt the butter in a saucepan over low heat. Add the flour and cook, stirring constantly, for 3 minutes. Whisk in the reserved cooking liquid, and bring to a boil. Add the cream and cheese to the sauce, and stir until smooth andbubbly. Season with salt and pepper to taste. Preheat an oven broiler. Stirhalf the sauce into the spinach, and arrange the spinach on an ovenproof serving platter. Arrange the fish on top of the spinach, and then top each fillet with some of the sauce. Sprinkle the Parmesan on top of the sauce, and place under the broiler for 1 to 2 minutes, or until lightly browned. Serves 6. If assembled a day in advance, refrigerate covered. Then, rather than broiling, heat dish in a 350F oven until hot, about 15 minutes.

Fillet Of Fish Provencale

2 tablespoon olive oil
1 onion, peeled and sliced
2 teaspoon minced garlic
2 red bell peppers
3 ripe tomatoes, diced
1 salt and pepper to taste
1/2 teaspoon thyme
2 lb fish fillets
1 court bouillon

HEAT THE OVEN TO 350F. Heat the olive oil in a skillet over medium heat. Add the onion, garlic and red peppers and saute, stirring constantly, for 7minutes, or until the vegetables are soft. Add the tomatoes, sprinkle with salt, pepper and thyme, and cook covered for 5 minutes. Place the fish fillets in a baking dish, and cover with the vegetable mixture. Add enough simmering court bouillon to cover the fillets, cover with a sheet of buttered wax paper, buttered side down, and bake for 7 minutes. Pour the juices into a saucepan, and reduce by half. Serve the fish and vegetables with the sauce on the side. Serves 6.

Filleted Trout With Macadamia Nuts And Fried Capers

4 tablespoon butter
1 splash of dry white wine
2 trout filleted
1/4 cup fish stock, or half clam
1 juice, half water
1 salt and fresh pepper
1/4 cup macadamia nuts, sliced
3 tablespoon heavy cream
1 oil for deep frying
1/8 teaspoon tomato sauce
2 tablespoon capers

A very special way a doing trout fillets, inspired by a dish created by chef Seppi Renngli at the Four Seasons. In a skillet large enough to hold the fillets melt about 3 tablespoons butter and, when almost sizzling, add

trout. Saute on one side for about 3-minutes, turn, cover for a minute, and then saute the other side. A total of 6-7 minutes should do it.
Salt and pepper the fish and remove to a warm place, add nuts for a moment to the pan to toast, then toss over the trout fillets.
Meanwhile, in a separate small, sturdy pan, heat enough oil so that a small strainer can be lowered into it.
Let capers drain in the strainer.
Returning to the trout pan, splash in tablespoon or two of wine, then add stock and cream and boil down rapidly, stirring in just a taste of the tomato paste and a little more butter. When reduced and slightly thickened,spoon this little bit of pan sauce over the fillets.
Now quickly lower the capers into the almost smoking oil. Let them sputter and sizzle a few seconds, then remove the strainer and shake free of oil. Distribute fried capers in neat piles at either end of the filletsand serve immediately.

Fillets Of Bluefish General Patton

4 bluefish fillet, 4 oz
1 pint wine, dry chablis
1 cup shallots; finely chopped
1/2 cup parsley; finely chopped
1/2 pint heavy cream
1 tablespoon lemon juice
2 egg yolks; beaten
1 salt & white pepper

Place fillets in a buttered baking dish, sprinkle with shallots and parsley. Pour on the wine, dust with salt and pepper and bring to a boil. Cover the dish with oiled, waxed paper (or foil) and place in preheated 350 degree oven. Cook for 15 minutes. Now drain the juice from the baking dish into a saucepan, add the cream, the lemon juice, the beaten egg yolks and continue to stir this over the flame until it has reduced to thick consistency. Pour this over the fillets, which you have kept hot in a baking dish, and serve very hot.

Fillets Of Flounder In Lemon Parsley Butter

1/2 cup butter or margarine, melted

2 tablespoon cornstarch
3 tablespoon lemon juice
1 tablespoon chopped fresh parsley
2 lb flounder or sole fillets
1 celery salt, to taste
1 pepper, to taste

1. Melt butter in a 12 x 7-inch, heat-resistant, non-metallic baking dish. Add coirnstarch, lemon juice and parsley. Stir to blend well. 2. Dip each fillet in butter sauce. Arrange in baking dish with butter sauce side up. 3. Sprinkle fillets with celery salt and pepper to taste. Cover loosely with clear plastic wrap and heat in Microwave Oven for 7 minutes or until fish flakes easily with a fork. 4. Let stand covered for 2 minutes to finish cooking. Spoon sauce over each serving.

Firecracker Grilled Alaskan Salmon

4 6 oz salman steaks
1/4 cup peanut oil
2 tablespoon soy sauce
2 tablespoon blasamic vinegar
2 tablespoon chopped scallions
1 1/2 teaspoon brown sugar
1 clove garlic, minced
3/4 teaspoon grated fresh ginger root
1/2 teaspoon red chile flakes, or more to
1 taste
1/2 teaspoon sesame oil
1/8 teaspoon salt

Place the salmon steaks in a glass dish. Whisk together the remaining ingredients and pour over the salmon. Cover with plastic wrap and marinate in the refrigerator for 4 to 6 hours. Heat the grill. Remove the salmon from the marinade, brush the grill with oil and place the salmon on the grill. Grill over medium heat for 10 minutes per inch of thickness, measured at the thickest part, turning halfway through cooking, or until the fish just flakes when tested with a fork.

From The Austin American Statesman typed by jessann :)

Fish

1 no ingredients

Blue, mackerel, salmon, steelhead, trout, and other fatty fish except tuna.

Caution: Eviscerate fish within 2 hours after they are caught. Keep cleaned fish on ice until ready to can.

Note: Glass-like crystals of magnesium ammonium phosphate sometimes form in canned salmon. There is no way for the home canner to prevent these crystals from forming, but they usually dissolve when heated and are safe to eat.

Procedure: Remove head, tail, fins, and scales. Wash and remove all blood. Split fish lengthwise, if desired. Cut cleaned fish into 3-1/2 inch lengths. Fill pint jars, skin side next to glass, leaving 1-inch headspace. Add 1 teaspoon of salt per pint, if desired. Do not add liquids.

Adjust lids and process following the recommendations in Table 1 or Table 2 according to the canning method used.

Table 1. Recommended process time for Fish in a dial-gauge pressure canner.

Style of Pack: Raw. Jar Size: Pints. Process Time: 100 minutes.
Canner Pressure (PSI) at Altitudes of 0 - 2,000 ft: 11 lb.
2,001 - 4,000 ft: 12 lb.
4,001 - 6,000 ft: 13 lb.
6,001 - 8,000 ft: 14 lb.

Table 2. Recommended process time for Fish in a weighted-gauge pressure canner.

Style of Pack: Raw. Jar Size: Pints. Process Time: 100 minutes.
Canner Pressure (PSI) at Altitudes of 0 - 1,000 ft: 10 lb.
Above 1,000 ft: 15 lb.

=== === * USDA
Agriculture Information Bulletin No. 539 (rev. 1994) * Meal-Master format courtesy of Karen Mintzias

Fish & Brewis

1 lb salt cod
2 hardbread or hardtack cakes
1 cup salt pork; diced

Cut cod into serving-size pieces. Soak cod and hardbread separately in cold water for 8 hours or overnight. Drain fish. In saucepan, cover fish with cold water. Heat to boiling and boil gently for 15 to 20 minutes or until tender; drain.
Meanwhile, in skillet, fry salt pork until golden. Brain bread and place in saucepan, cover with salted water and bring to a full boil. Drain immediately and serve with fish on warm plates. Sprinkle with scrunchions. SERVES:4

Fish & Cheese Chowder

1 lb fish fillets, fresh or froze

===
========== BBS: Ned's Opus Date: 03-21-94 (00:52) Number: 309 From: STUART FLECK Refer#: 30 To: CARL GRIFFITH Recvd: NO Subj: MREs Conf: (4) Cooking

Fish & Leek Chowder

1 tablespoon margarine
1/2 cup onion; chopped
2 carrots; medium, chopped
1 cup bell pepper; chopped
1/2 cup anaheim chili; chopped
2 cup tomatoes; italian, chopped
4 medium potatoes; peeled and cut into 1/2 c 1
cup fish stock
4 leeks; chopped, white only
2 bay leaf
1 cup white wine; sauvignon blank

1 teaspoon black pepper
1 teaspoon thyme; 2 fresh sprigs 2
tablespoon parsley; chopped 3/4 lb
shark; cut into 1/2 cubes 1/4 lb
dried cod; refreshed
1/4 lb bay scallops
1 can evaporated skim milk 12 oz.

Melt the margarine in a large soup kettle. Add the onion and cook over moderate heat until soft, 3 minutes. Add the carrots, cook for several minutes add the bell pepper, anaheim pepper, leeks and bay leaf, cook for 3 minutes or so, add tomatoes, potatoes, fish stock, wine, pepper, thyme and parsley. Bring to a low boil, reduce the heat and simmer, covered, until the potatoes are almost done, 10 to 20 minutes. This is the point to do ahead have ready to add the fish, on the day it is to be served.
Bring the Chowder base to a simmer and add the fish and scallops and simmer, covered until the fish is just done, 5 to 15 minutes (don't overcook). Add the evaporated milk and stir gently. Serve at once. Garnish with washed parsley leaves, and hot pepper sauce.

Fish & Mushrooms

1 large onion; thinly sliced
1 tablespoon oil
1 1/2 cup mushrooms; sliced thinly
1 lb fish fillets; (cod, halibut sole) cut i
1 dash salt
1 dash pepper
1 stack celery; sliced thin
1 tablespoon soy sauce
1 tablespoon dry sherry

Preheat skillet(non-stick) and saute onion in oil. Add mushrooms and saute about 2 minutes, stirring constantly, until mushrooms wilt. Spread half of fillet slices on mushrooms; sprinkle with salt and pepper; and remaining fillet; sprinkle these with salt and pepper. Add celery, soy sauce, and sherry; cook gently, covered, for ten minutes.

Food Exchange per serving: 1 VEGETABLE EXCAHNGE + 3 LEAN MEAT EXCHANGES + 1 FAT EXCHANGE CAL: 200

Fish & Potato Platter

8 oz plain non-fat yogurt
2 tablespoon rice vinegar
1/2 teaspoon salt
3/4 lb small red potatoes, sliced
1 cup broccoli florets
1/4 cup chopped fresh dill
2 tablespoon chopped chives
1/2 teaspoon pepper
1 lb salmon filets, cut in pieces
2 tablespoon lemon juice

Combine first 6 ingredients in a small bowl; cover and chill.# overlap potato slices around edge of a round 12 inch platter. Cover and microwave at high for 3 minutes. Uncover and place fish in a ring inside potatoes with pieces end to end. Mound broccoli in center of platter. Sprinkle fish and potatoes with lemon juice; cover. Microwave at high 8 minutes or until fish is cooked through and potatoes are tender, giving dish a half-turn at 4 minute intervals. Serve with a dill sauce.

Fish & Stoffle

4 cup two day old bread crumbs
1 large onion, finely minced
2/3 cup milk (approx.)
1 egg
1 tablespoon prepared mustard
1 teaspoon salt
1/4 teaspoon pepper
1/2 teaspoon poultry seasoning
3 tablespoon melted butter or
1 4 strips of bacon
2 lb fresh or frozen hake, cod or
1 any firm, white fish

Mix milk, egg, mustard and seasonings and pour over bread cubes. Toss until bread absorbs milk. Mound in a 3 quart bake dish, lightly buttered. Arrange fish over dressing. Top with melted butter or

strips of bacon. Paprika, chives or parsley may be sprinkled on for eye appeal. Bake at 375F until fish flakes easily. Baking time will depend on thickness of fish and whether frozen or fresh.

Fish & Tomato Zucchini Saffron Coulis

1 no ingredients

3 lb tomatoes -- peeled, seeded,
: diced
1/4 ts saffron -- powdered
1/3 lb baby zucchinis -- thinly
: sliced
2 TB Parmesan cheese -- freshly
: grated
: salt -- to taste
: fresh ground black pepper --
: to taste
1 1/2 lb fresh or frozen fish
: fillets
: water -- for steaming
1/4 c fresh lemon juice
2 green onions -- coarsley
: chopped

Sauce:

Place tomatoes into 3 quart heavy bottomed saucepan over medium-high heat. Cook at a simmer until juice evaporates and fiber breaks down, about 20 minutes. Add saffron. Blend thoroughly. Add zucchini. Cook 1 minute. Season to taste. Remove from heat. Stir in cheese. Yields about 4 cups. Can be made ahead of time and refrigerated or frozen. Use 1/4 to 1/2 cup of sauce per serving.

Fish:

Rinse fish under cold water. Bring water, lemon juice, and onions to a boil in steaming vessel of choice. Reduce heat to simmer. Steam fish for 6 to 12 minutes per inch thickness until just opaque throughout. Serve immediately topped with coulis.

Recipe By : The National Fish & Seafood Promotional Council

From: john And Deirdre Fisher[smtp:fis

Fish A La Lyle

3 eggs
1 splash of milk
1 pkg golden dipt breading mix
4 cup bread crumbs
1 garlic powder, salt and pepper to t; aste 1
vegetable oil to fry
4 fillets of fish (perch, walleye pik; e, etc)

"Here's my quick and dirty recipe to cook fresh fillets...

Soak your fish in a pan of milk first, overnight if you have time.

Mix the eggs in a bowl with just a splash of milk. Mix in equal portions Golden Dipt Fish Style breading and 4 cups of bread crumbs. Note -- do NOT read the Golden Dipt box, mix it dry with the bread crumbs.

Add garlic powder, salt and pepper to taste. For older men (Pat) use more garlic powder... this really does help (g).

Put about 3/4 inch of oil in a frying pan and heat for about 10 minutes on medium/high or until water sizzles when splashed in the grease (carefully).

Take your fillets from the pan of milk and dip it in the egg/milk mixture. Then take it from there to the dry batter and make sure that the entire fillet gets a good coating. Place it in the pan of hot oil until golden brown. After you have repeated the process for all of the fillets, eat your heart out!!"

Fish Baked In Coconut Chutney

2 cloves garlic -- peeled and
1 chopped
2 jalapeno peppers -- cut in
1 half, seeded
1 cup coconut flakes

1/2 cup fresh cilantro leaves
1/4 cup fresh mint leaves
1 teaspoon cumin seed
2 tablespoon water
2 tablespoon lime juice
1/4 teaspoon ground turmeric
2 tablespoon canola oil
1 1/3 lb whitefish fillets
1 lime wedges
1 and chopped

In a food processor or blender, finely chop the garlic and jalapeno. Add the coconut, cilantro, mint, cumin seed, water and lime juice. Process just to blend. Transfer to a bowl. Combine the oil and turmeric. Place the fish in a foil-lined baking pan and brush with the oil mixture. Spoon some of the chutney on each piece of fish, reserving a couple of tablespoons. Bake in a preheated 450-degree oven 12 minutes per inch of thickness of fish. Serve with remaining chutney spooned on top, and lime wedges. Recipe By : Dave DeWitt and Arthur J. Pais

Fish Baked In Sour Cream

2 lb fish fillets-fresh or frozen
1 large onion, sliced
2 tomatoes, cut in wedges
1 salt and pepper
1 paprika
1/2 cup grated parmesan cheese
1 cup sour cream
1 tablespoon butter

Thaw fillets if frozen. In greased shallow baking dish, arrange onion and tomatoes. Place fish fillets over vegetables. Sprinkle with salt and pepper to taste and paprika.

Combine cheese with sour cream; pour over fillets. Dot with butter. Bake in 400øF oven until fish flakes easily when tested with fork. Makes 6 servings.

Fish Baked~ Broiled~ Or Barbecued In Foil

6 fillets, or whole small
1 pan-dressed fish
1 (about 2 lbs.)
6 sheets heavy aluminum foil
1 salt
1 seasoned pepper
1 dried dill seed, parsley,
1 or rosemary, if desired
1 butter
6 lemon or lime slices
12 tablespoon dry white wine

Preheat oven to 400, preheat broiler, or have charcoal at cooking temperature in BBQ grill.

Place each individual serving of fish on a sheet of foil. Sprinkle with salt, seasoned pepper and dill, parsley or rosemary. Dot generously with butter. Top with slice of lemon or lime. Pour 1 to 2 TBS. of wine over fish. Fold foil up around fish and seal by folding, allowing a little space on top of fish.

Bake 20 to 30 minutes in oven, or for 15 minutes in broiler, or for 30 minutes over glowing charcoal. Fish will be tender and flake easily when done. The High Altitude Cookbook, by Beverly A. Nemiro & Donna M. Hamilton, Random House, NY, 1969.

Fish Broth (Brodo Di Pesce)

2 medium onions
2 medium leeks
2 tablespoon olive oil
1 lb heads and bones from red snapper, r; ockfish, cod, 1
flounder, porgy, or sea bass
1 tablespoon tomato paste
1 salt to taste
2 quart boiling water
1 celery stalk
2 sprigs fresh thyme (or 1 tsp dried;)

PREPARATION: Peel and coarsley chop the onions. Rinse leeks, remove greentops, and reserve white parts for another use.

COOKING: Heat oil in a 6-quart soup kettle. Add onions and saute

over medium-high heat until softened, about 2 minutes. Add fish heads and bonesand saute until golden, about 5 minutes. Stir in salt and tomato paste. Add the boiling water to the soup kettle. Cut the celery stalk in half andadd it to the soup along with the thyme and leek greens. Simmer for 25 minutes. Strain broth through a fine sieve and return it to the soup kettle; set aside. (Can cool, cover, and refrigerate for up to 2 days or freeze for up to 1 month.)

Makes 2 quarts

[COOKS; Jan/Feb 1989] Posted by Fred Peters.

Fish Broth With Oysters & Saffron

1/4 cup butter, unsalted
1 medium onion, coarsely chopped
1 1/2 carrots ***
3 celery ***
2 small leeks ***
6 parsley stems
2 garlic, cloves, crushed, - peeled
2 bay leaves
1/2 teaspoon juniper, berries
1 large tomato, cut into wedges
3 lb bones, fish, and trimmings
1 cup wine, white, dry
6 cup water, cold (approximately)
1/4 teaspoon salt (or to taste)
4 clams
8 oysters, shucked
1 oz mung bean threads **
8 radicchio leaves
1/4 teaspoon saffron threads

** Soak the mung bean threads (also called cellophane noodles) in hot water for twenty minutes. Drain, and cut into 2-inch lengths. Set aside.

*** Split the carrots, celery and leeks lengthwise in half. Clean, peel, and slice the vegetables into 1/2-inch-thick slices.

Melt the butter in a stockpot over medium-high heat. Add the onions, carrots, leeks, parsley, garlic, bay leaves and juniper berries, tossing the mixture well to coat with butter. When the vegetables begin to sizzle, reduce the heat to medium low and cover. Cook, covered, stirring occasionally, about 10 minutes.

Add the tomato to the stockpot and stir for 1 minute. Add the fish bones and trimmings and white wine. Cook this mixture for 5 minutes, stirring occasionally. Add cold water to cover and raise heat to medium high. Bring to a boil, skimming all of the froth from the surface as it forms. Immediately lower heat and simmer gently, uncovered, for 35 to 40 minutes. Strain the mixture, pressing the solids firmly to extract all liquid. Discard the solids. Add salt to taste.

Heat 4 cups fish broth in a saucepan. Steam clams separately in small amount of broth just until shells open, removing each shell as it opens. Transfer to 4 warm soup bowls; strain clam broth into warm fish broth, avoiding any grit at the bottom.

Add oysters to fish broth and cook gently over low heat, uncovered, just until edges curl, about 1 minute. Place 2 oysters in each bowl. Ladle warm broth into bowls and add 2 tablespoons mung bean threads. Add radicchio leaves and saffron and serve.

Fish Cakes #1

1 lb fish, cod
1 each egg
3 medium potatoes
1/4 cup milk; hot
1/2 teaspoon pickling spices
1 bread crumbs; or matzo meal

Boil fish, potatoes, and spices until potatoes are soft. Remove spices, mash potatoes, add hot milk and beat until light and fluffy. Add flaked fish and well beaten egg. Chill thoroughly, form into cakes, dip in bread crumbs (or matzo meal) and chill again. Fry in shortening (or Passover approved oil).

Fish Cakes #2

1 lb fish, haldock
1 1/2 cup potatoes; mashed
1 teaspoon mustard, prepared
1 salt; to taste
1 pepper, black; to taste
1 tablespoon onion; finely chopped
1 lemon juice
1 each egg, beaten

For every cup of haldock, add mashed potatoes, mustard, salt and pepper, onions and a little lemon juice. Mix all with a little beaten egg and form into cakes. Dip in remaining egg and coat with crumbs. Refrigerate uncovered until firm, then fry or bake.

Fish Caribbean With Herbed Wine Sauce

1 cup rice or couscous -- cooked
4 sheets parchment paper,foil
1 or -- banana leaves
2 small zucchini -- matchstick
1 strips-2c
1 chile poblano or chile
1 pasillo -- in thin strips
1 roasted, peeled -- and
1 seeded
1 lb boneless firm white fish --
1 in 4 pieces
4 medium tomatoes -- peeled/diced-1
1 cup
10 black olives -- finely
1 chopd
1 teaspoon each chopped fresh basil,
1 thyme -- tarragon
1 parsley, and green onion
1 tops
1 egg -- if using parchment
1 paper, to seal edges

Place on a baking sheet and cook for 12 minutes or until fish is done! (Depends on the fish) Wing it. 3/4 cup herbed wine sauce (recipe follows) 1. Preheat an oven to 350 degrees 2. Cut parchment paper into 4 pieces about 10 to 12" square, same with foil, and I'm not sure about the banana leaves. Any of these would surely work. 3. Place 1/2 cup of the cooked rice in the middle of any of the above. Top each serving with 1/2 cup of zucchini strips, a piece of the fish, 1/4 cup diced tomato and 3 thin strips of the chile. 4.

Sprinkle a fourth of the chopped olives on each serving, and top with 1/4 each of the fresh herbs. 5. Seal any of the above wrappings the best you can. String, holding the parchment together with egg, etc. Now... .. HERBED WINE SAUCE 1 1/2 cups coarsely chopped onions 3 cloves garlic very finely chopped 1 tablespoon fresh thyme 1/4 cup fresh chopped tarragon 1 cup dry white wine 3 tablespoon light virgin olive oil 2 thin strip of the chile 1. Combine all the ingredients except the oil and the chile in a blender and puree. Pour into a small saucepan and bring to boil over medium heat. Reduce heat to low and simmer until the sauce is reduced by half. 2. Strain the reduced sauce, pressing all the liquid out. Slowly whisk in the olive oil until smooth. 3. Chop the strip of chile very tiny and add to the sauce. (Sauce could be made ahead and reheated just before serving) To serve, place each packet on a plate, open the packet and put 3 tablspoons of the sauce over the top.

Recipe By : RUBYdakoda

From: Date:

Fish Casserole

----WALDINE VAN GEFFEN VHGC42A----
2 lb speckled trout, redfish or red snap; per fillets
1/2 cup creamy italian salad dressing
1/2 cup butter; melted
1 1/2 cup potato chips; crumbled
8 slice velveeta cheese

NOTE-Do not use ridged potato chips and only use "creamy" dressing. Place fish in a 9x12" baking dish. Pour salad dressing over fish and then melted butter. Sprinkle potato chips over fish and add cheese slices. Bake for 15 minutes in a preheated 350~ oven.

Fish Chowder I

1 lb fresh fish filets
4 potatoes, peeled, sliced
1 salt and pepper
1/4 cup diced salt pork

1 small onion, diced
2 cup milk, scalded

Cook fish slowly in small amount of water until fish flakes when tried with a fork. Remove fish and flake. Cook potatoes in fish water until tender. Fry out salt pork, add onion and cook slowly until lightly browned. Add fish, salt pork and onions to potatoes in fish water. Next, pour milk into pan, heat and add to chowder. Season with salt and pepper. Crushed crackers may be added to the chowder.

Yield: 4 servings

Fish Citrus Salad

----SALAD----
1 lb large fish fillets; such as salmon, halibut o 1
white wine
1 large onion; sliced and separated into
4 medium oranges; or
2 grapefruit
2 medium avocados
----DRESSING----
1/3 cup olive oil
1/4 cup grapefruit juice
1 teaspoon mustard
1 salt
1 ground pepper

Cut the fish fillets into 3/4" cubes. Poach the fish in the white wine along with the onion slices for about 8 minutes. Let them cool in the liquid, then strain it off.

Peel the oranges and slice thinly crosswise. Remove the seeds. For grapefruit, peel and section, then cut the sections into 2 or 3 pieces. Peel the avocados and cut into cubes. Toss the avocado in a bit of the grapefruit juice.

To make the dressing, blend the oil, juice, and mustard. Salt and pepper to taste.

To serve the salad family-style, toss the ingredients with the dressing and serve. For a fancier presentation, line the bottom of a salad plate with overlapping slices of orange, surround it with avocado cubes and pile the fish cubes in the center. Drape the onions over the fish and drizzle with the salad dressing.

Per Serving: Calories: 516, Protein: 24 g, Carbohydrate: 21 g, Fat: 39 g, Saturated Fat: 6 g, Cholesterol: 37 mg, Sodium: 73 mg, Fiber: 5 g.

Fish Clams & Corn Chowder

4 idaho potatoes, peeled and cut into; 1/2 inch cubes 6 oz pork fat cut into 1/2 inch cubes.
2 tablespoon unsalted butter
4 garlic cloves, finely chopped
1 large onion, coarsely chopped (1/4 inch; p, ieces) 3 celery stalks, coarsely chopped
2 cup clam juice, fresh, canned or bottl; e, d 1 tablespoon fresh ground black pepper
1 tablespoon marjoram
1 tablespoon thyme
1 tablespoon sage
1/2 tablespoon rosemary, chopped fine.
1 cup dry white wine
1 cup fresh sweet corn or
16 oz unsalted canned corn, strained
1 lb fresh fish, cut into 1 inch square; pieces
24 fresh shelled chowder clams or
1 cup strained canned clams chopped up
2 cup light cream

Use an enamel pot that holds about one gallon, add 2-3 ears sweet corn to boiling water. Cook until almost tender then cut corn off the cob. Add the potatoes to the same water and boil them until half done, about 5 minutes, strain and set aside. On a medium heat, brown the pork fat until it's nearly crisp, remove the fattiest bits. Add the onion and when it's caramelized, add the garlic, celery and potatoes. Let each brown a little before the next is put in. Add the butter if needed. On a low heat add 1 cup of clam juice, white wine, corn and all the spices. Simmer a few minutes to reduce slightly. Add the remaining clam juice, clams and fish, simmer another 5 minutes max. Salt lightly if necessary with course salt. Add light cream, when its starts to simmer its chow time! Serves 4

If you want to make chowder without the clams then make a fish stock to substitute for the clam juice. Into one quart cold water add a 1/2 cup of white wine, a small celery stalk, a few sprigs' parsley, a bay leaf, a pinch of thyme, 1/2 a small onion, a pinch of coarse salt, a few peppercorns and the head, tail and bones of any fish. Reduce it

until you have about 2 cups (about 20 minutes) of stock. Strain liquid into a few bowls temporarily.

Posted By jbphoto@pipeline.com (James Brill) On rec.food.recipes or rec.food.cooking Submitted By MARK ALEXANDER <MARK@ALEXR.DEMON.CO.UK> On 11 MAR 1995 2044 GMT

Fish Courtbouillon

3 lb catfish steaks
1/2 cup salad oil
2 onions, chopped fine lemon slices
1 clove garlic, minced
1 can tomato sauce salt, red and black pe; pper

In medium size Dutch oven, bring oil to medium heat. Add alternate layers of fish, (sprinkled with salt, black and red pepper) and onions, garlic, lemon slices and tomato sauce. Do not add water. Cover and simmer for 1 hour. A small amount of water may be added toward end of cooking time if necessary for more gravy. Serves 4.
Serve over mounds of rice. Try a tossed green salad and French bread.
Note: Another elegant fish delight is called Bouillibasse and you get those recipes when you order "CAJUN COOKING FUN".
---
chapter end

Converted by MMCONV vers. 1.20

Fish Creole

1 lb frozen fish fillets
1/3 cup chopped onion
1/3 cup chopped green pepper
1 centiliter garlic, minced
1 can tomatoes, cut up 16 oz.
2 tablespoon snipped parsley
1 tablespoon instant chicken bouillon

1 granules
1 dash hot pepper sauce
1 tablespoon cornstarch
3 cup hot cooked rice

Thaw fish, if frozen. Cut into 1 inch cubes. Combine onion, green pepper, garlic and 2 tablespoons of water. Cook covered, till tender. Add undrained tomatoes, parsley, bouillon, hot pepper sauce, and 1/2 cup of water. Simmer, covered, 10 minutes. Blend cornstarch and 3 tablespoons of cold water; stir into tomato mixture. Cook and stir till thickened. Stir in fish. Simmer, covered for 5 to 7 minutes. Serve over rice. Randy Rigg

Fish Curry

1/3 cup finely chopped onion
2 tablespoon mncd frsh cilantro stems
2 tablespoon mncd frsh lemongrass
1 (frm bottom 6 of stalk)
1 tablespoon turmeric
1 tablespoon mncd fresh ginger
1 tablespoon ground cumin
3 lge garlic clvs, halved
3/4 teaspoon dried crushed red pepper
1 tablespoon vegetable oi
3/4 lb 1 1/2 thick sea bass
1 fillets, cut in 3 pieces
1 cup cnd unswtnd coconut milk
2/3 cup bottled clam juice
1 minced fresh cilantro
1 freshly cooked rice

Blend first 8 ingredients in processor to dry paste, stopping frequently to scrape down sides of work bowl. (Paste can be prepared 3 days ahead. Cover and chill.) Heat oil in medium nonstick skillet over med-high heat. Add 2 rounded T spice paste; stir 1 minute. Add fish and cook 2 minutes, turning occasionally with tongs. Add coconut milk and clam juice and simmer until fish is cooked through, turning occasionally, about 6 minutes. Transfer fish to plate. Boil liquid until reduced to thick sauce, about 8 minutes. Season with salt. Return fish to sauce and heat through. Sprinkle with cilantro. Serve over rice. From Bon Appetit, June, 1992. MM format by Mike Kean.

Fish Cutlets With Curry Sauce

1 tablespoon oil
1 onion, sliced thickly from top to b; ase
1 teaspoon fresh ginger, grated
8 candlenuts, chopped into 8 pieces
1 teaspoon curry powder
2 teaspoon light soy sauce
2 teaspoon lemon juice
1 cup water
4 fish cutlets, (fillets??)
2 spring onions, chopped

1. Heat oil in frying pan, add onions, stir-fry until tender. Add ginger, candlenuts and curry powder, stir-fry over low heat for 3 minutes.

2. Add soy sauce, lemon juice and water, bring to a boil. Reduce heat and simmer for 3 minutes.

3. Add fish cutlets in single layer, cover, simmer for 5 minutes on each side or until just cooked through.

NOTE: Any white fish cutlets or fillets are suitable for use with this recipe.

Fish Fantastic & Fast

4 fish fillets or steaks; about 6oz ea, 3/4 thick*
1/4 cup dried tomato bits
1/4 cup lemon juice
2 tablespoon chopped fresh thyme or
2 teaspoon dried thyme
4 teaspoon garlic; minced
1 salt and pepper

Preheat oven to 400~. Cut 4 12" circles from kitchen parchment; fold each circle in half.** Unfold circles and place fish pieces next to folds. Top fish with tomato bits, lemon juice, thyme, garlic, salt and pepper, dividing equally. Refold paper over fish so that cut edges meet. Fold and roll cut edges up all the way around to seal packes securely. Place on baking sheet; bake 10 to 12 minutes until

packets are browned and puffed. Transfer to plates; cut open to serve. *Any thick-fleshed fish such as halibut, sea bass and orange roughy. **Aluminum foil may be used in place of kitchen parchment. Cut 4 12" squares of foil; proceed as with parchment circles, but bake for 12 minutes.

Fish Filets With Winter Salad

2 oz lettuce
3 1/2 oz radishes
2 oz red onions
4 sage leaves
2 tablespoon wine vinegar
1 salt
1 pepper
1 sugar ,to taste
3 tablespoon oil
6 oz fish filets
1 flour to coat
1 oz butter

1.Clean the lettuce and the radishes;pat dry. Cut radishes into fine strips. 2.Peel onion and cut into fine strips. 3.Wash sage and chop finely. 4.Mix vinegar with the sage,salt,pepper and sugar to make it sweet and
sour to taste.Mix in the oil;add the lettuce and onions and radishes and mix well. 5.Salt fish filets;roll in flour until well coated and fry in the
butter ,on both sides about 4 minutes. 6.Put sald on a plate and arrange the fish on top,serve. 7.Serve with fresh bread and a dry white wine. Translated by Brigitte Sealing Cyberealm BBS Watertown NY 315-785-8098

Fish Fillets Au Gratin

6 tablespoon butter (or marg.)
1 cup onion; chopped
1/2 cup celery; chopped
1/2 cup green pepper; chopped

6 tablespoon flour, all-purpose
1 1/2 cup milk
1 1/2 teaspoon salt
1 teaspoon pepper
1/4 teaspoon thyme
1 dash hot sauce
1 lb fish fillets; thawed
1 cup breadcrumbs
1/2 cup cheese, cheddar; shredded

Melt butter over low heat in a saucepan; saute onion, celery, and green pepper until tender. Blend in flour, stirring well. Gradually add milk, stirring constantly. Cook over medium heat, stirring constantly, until smooth and thickened. Add salt, pepper, thyme and hot sauce, blend well.

Place fish fillets in a buttered 8" square baking dish; cover with sauce. Combine breadcrumbs and cheese; sprinkle over sauce. Bake at 450 degrees for 20 to 25 minutes or until fish is done.

Fish Fillets Au Gratin #2

6 tablespoon butter (or marg.)
1 cup onion; chopped
1/2 cup celery; chopped
1/2 cup green pepper; chopped
6 tablespoon flour, all-purpose
1 1/2 cup milk
1 1/2 teaspoon salt
1 teaspoon pepper
1/4 teaspoon thyme
1 dash hot sauce
1 lb fish fillets; thawed
1 cup breadcrumbs
1/2 cup cheese, cheddar; shredded

Melt butter over low heat in a saucepan; saute onion, celery, and green pepper until tender. Blend in flour, stirring well. Gradually add milk, stirring constantly. Cook over medium heat, stirring constantly, until smooth and thickened. Add salt, pepper, thyme and hot sauce, blend well.

Place fish fillets in a buttered 8" square baking dish; cover with sauce. Combine breadcrumbs and cheese; sprinkle over sauce. Bake at

450 degrees for 20 to 25 minutes or until fish is done.

Fish Fillets In Garlic Butter

2 tablespoon butter or margarine
2 small garlic cloves, minced
4 fish fillets (6 oz. each) - salmon,; - (or whitefish or
1/4 cup green onion, thinly sliced
1 lemon wedges

In a skillet, melt butter over a medium heat. Saute garlic 1 minute. Place fish over garlic, cover and cook over low heat 3 minutes. Carefully turn fish; sprinkle with onions. Cover and continue to cook until fish flakes easily with fork, about 2-3 minutes. Squeeze lemon over fish. Serve immediately.

Fish Fillets In Zucchinni Cream

1 1/2 teaspoon butter
1/2 cup sliced zucchinni
1 1/2 tablespoon sour cream
1 lb fish fillets
1/3 cup butter milk
1 seasoning to taste

Melt butter in skillet, and gently fry fish until golden brown..(approx 4 mins). Remove from pan and keep warm. Saute the zucchinni in the same pan until cooked but not soggy, then stir in the butter milk sour cream and seasonings. Pour sauce over fish fillets, top with a little grated cheese, melt under boiler for a minute or two and serve. Recipe from: The Australian Heritage Cookbook.

Fish Fillets With Asian Vegetables

2 lb fish fillets
10 oz sliced water chestnuts
10 oz sliced bamboo shoots
6 scallions trimmed
1/2 lb fresh snow peas, cut into f
1 cup court bouillon
1/4 cup soy sauce
1/4 cup sesame oil
1/4 teaspoon pepper
1 teaspoon minced garlic
2 teaspoon finely minced ginger

HEAT THE OVEN TO 350F. Arrange the fish fillets in a baking dish. Place thewater chestnuts and bamboo shoots in a colander, and pour boiling water over them to remove the tinny taste. Arrange the vegetables around the fish. Also arrange the scallions and snow peas. Bring the court bouillon toa simmer, along with the soy, sesame oil, pepper, garlic and ginger. Pour this over the fish, cover the fish with a sheet of buttered wax paper, buttered side down, and bake for 7 minutes. Remove from the oven, drain thecooking liquids, and reduce them by half. Serve immediately, dividing the fish among the plates along with the vegetables. This will serve 6.

Fish Fillets With Tomatoes Capers & Olives

1 stephen ceideburg
1 1/2 lb fish fillets *
1 tablespoon fresh lime juice
1/4 teaspoon salt
1 1/2 teaspoon vegetable oil
1 1/2 teaspoon olive oil
1 medium onion, thinly sliced
45 oz good-quality tomatoes, lightly drai; ned 2
cloves garlic, minced
12 meaty green olives, pitted and coar; sely chopped 2
tablespoon large spanish capers
2 medium pickled jalapeno chilies, sliced pl; us: 1
tablespoon pickling juices
3/4 teaspoon dried marjoram
3/4 teaspoon dried thyme
2 tablespoon finely chopped parsley **

3 bay leaves
1 one-inch cinnamon stick
2 whole cloves
1/4 teaspoon black peppercorns, cracked
1 fish broth, bottled clam juice or w; ater salt (opt)

* like boneless and skinless red snapper or halibut, in 6 1 1/2-inch thick piece. ** plus a few sprigs for garnish

Rinse fillets, place them in a non aluminum dish and sprinkle them with lime juice and salt. Cover and refrigerate for 1 hour. In a large nonstick skillet, heat oils over medium heat, add onions and cook, stirring frequently, until golden, about 5 to 7 minutes.

Cut tomatoes into 1 inch pieces and place them in a bowl, collecting the juices as you go.

Add garlic to onion and cook for a minute or so, then add tomatoes. Simmer for 5 to 10 minutes, or until most of the liquid has evaporated. Divide olives and capers between two small bowls and set one aside to use for garnishes. To the other bowl, add jalapenos, pickling juice, marjoram, thyme and chopped parsley. If you don't want bay leaves, cinnamon, cloves and pepper in the finished sauce, wrap them in cheesecloth and tie with a string, otherwise add them directly to the olive mixture.

Add the olive-herb mixture to the tomatoes, along with fish stock, clam ice or water. Simmer, covered, for 10 minutes, then taste, adding salt if necessary. Remove the cheesecloth bag, if using, and the bay leaves.

Remove fillets from marinade and rinse. To cook on the stovetop, place them in the skillet, covering them well with sauce. Cover and cook over medium heat for 4 minutes. Turn the fillets over, cover and cook for 2 to 3 minutes longer, until they flake when pressed firmly with a fork at the thickest part.

Alternatively, to bake, preheat oven to 350 degrees F. Place the fillets in a single layer in a lightly oiled baking dish. Spoon the sauce over them, cover with aluminum foil and bake for 10 to 15 minutes, or just until the fish flakes when pressed firmly with a fork at the thickest part. Serve garnished with reserved olives, capers and parsley.

185 CALORIES PER SERVING: 25 G PROTEIN, 5 G FAT, 10 G CARBO- HYDRATE; 249 MG SODIUM; 41 MG CHOLESTEROL.

From Authentic Mexican: Regional Cooking from the Heart of Mexico by Rick Bayless with Deann Groen Bayless (William Morrow & Company, 1987).

Posted by Stephen Ceideburg

Fish From Tipitapa (Pescado A La Tipitapa)

1 1/2 lb sea bass, red snapper
1 or similar fish
1/2 cup onion, sliced
1/4 cup tomato, sliced
1/2 cup sweet red pepper, sliced thi
1 teaspoon worchestershire sauce
1/2 teaspoon sugar
1/2 cup water
1/4 cup white table wine
2 teaspoon corn oil
3 tablespoon cornmeal
1/4 cup corn oil
1 bay leaf

Bone fish. Cook the onion, tomato, sweet pepper, Worchestershire sauce, sugar and water together over moderate heat for 10 minutes. Add the wine, oil and bay leaf and cook for 5 minutes more. Set the sauce aside and keep warm. Toast the cornmeal in a dry skilllet for about 2 minutes, or until the odor is released and the color changes. Heat the oil in a skillet over moderate heat. Roll the fish liberally in the cornmeal and fry in the oil until slightly crisp, about 5 minutes on each side. Turn the fish only once. Remove and drain on paper towels for a moment. Pour the warm sauce over the fish. Serve warm.

Fish Fumet

2 lb fish trimmings do not use salmon
2 quart cold water
1/4 cup tarragon vinegar
2 celery stalks with leaves cut into; 2-inch pieces 2 carrots; cut into 2 pieces
2 leeks; white part only, split
1/2 medium head of lettuce
10 white peppercorns
5 dill sprigs, fresh
3 parsley sprigs

2 bay leaves
1 teaspoon dried thyme
1 teaspoon salt

Combine all ingredients in 4- to 5-quart saucepan and bring to boil. Reduce heat and simmer uncovered 45 minutes. Strain through colander or cheesecloth-lined strainer before using. ---

Fish Gourmet

2 tablespoon salad oil
4 thick fish fillets
4 tablespoon white wine
4 tablespoon tomato sauce
1 clove garlic, crushed
1 salt and pepper
2 bay leaves
2 tablespoon white breadcrumbs
1 tablespoon parsley

Pour the salad oil into an ovenware dish and arrange the fillets in this. Sprinkle the white wine and tomato sauce over fish and add the garlic, salt and pepper, and bay leaves. Sprinkle breadcrumbs over top together with the chopped parsley. Bake at 350 F, for about 25-30 minutes.

Fish House Barbecue

2 cup tomato sauce; (15 oz. can)
1/2 cup dry white wine
4 tablespoon butter, melted
2 tablespoon lemon juice
2 tablespoon green onion, chopped
1 teaspoon salad herbs, dried
1/2 teaspoon sugar
1/2 teaspoon salt
1/8 teaspoon hot pepper sauce
6 trout, whole, dressed

In small saucepan, combine tomato sauce, wine, melted butter, lemon juice, green onion, salad herbs, sugar, salt, and hot pepper sauce. Simmer 10 to 15 minutes.
Grill fish over hot coals 10 minutes on each side.
Brush both sides of fish with sauce during the last few minutes of grilling. Pass remaining sauce.

Fish House Punch

2 cup lemon juice
6 oz super fine sugar
1 1/2 liter jamaica gold rum
750 ml cognac
1 cup peach brandy
1 block ice
1 pint club soda; chilled
8 quart punch bowl; chilled

Combine lemon juice and sugar in a mixing bowl. Stir until sugar is dissolved. In a 4 quart container, combine lemon juice and sugar mixture, rum, Cognac, peach brandy; stir. Store in refrigerator until chilled, ideally overnight.

Fish In Adobo Sauce

2 each ancho chiles; dried, or
1/2 teaspoon red peppers; crushed
2 lb fish fillets; *
1/4 cup vegetable oil
8 oz tomatoes; 1 cn
1 cup orange juice
1 cup onion; cut up, 2 md.
1 each clove garlic; minced
1 teaspoon salt
1/2 teaspoon oregano; dried, crushed
1/4 teaspoon cumin; ground
1/4 teaspoon cinnamon; ground
1 dash cloves; ground
----GARNISHES----

1 lettuce; shredded, half head
1 each orange; thinly sliced, 1 lg
1 radish roses

* Use fresh or frozen Haddock or other fish fillets in this recipe. Cut ancho chiles open, discard stems and seeds. Cut the chiles into small pieces with a pair of scissors or a sharp knife. Place in a small bowl andcover with boiling water; set aside for 45 to 60 minutes to soak. Drain. Meanwhile, thaw fish if frozen. Lightly brown the fish fillets on both sides in hot oil. Arrange fish in a 13 X 9 X 2-inch baking dish. Season with a little salt. In a blender container, combine drained ancho chiles (or crushed red peppers) with the UNDRAINED tomatoes, orange juice, onions,garlic, salt, oregano, cumin, cinnamon, and cloves. Cover and blend until smooth. In the skillet used for cooking the fish, simmer the tomato mixture for about 20 minutes, or until thickened, stirring occasionally. Pour over the fish in the baking dish. Bake, uncovered, in a preheated 350degree F. oven for 30 minutes. Transfer the fish fillets to a serving platter. Top with lettuce, garnish with orange slices and radish roses.

Fish In Aspic

2 lb fish (eel, carp, salmon, trout)
1 lemon juice
1 fish stock, or vegetable broth
2 tablespoon vinegar
1 each envelope unflavored gelatin softene; d in 1/4 cup cold 1 or white wine
2 cup fish stock

If small, the fish may be served whole; otherwise cut into steaks, filets or other such portion-size pieces. A whole fish may be molded with or without its skin but usually with its head. Clean and wash fish and sprinkle inside and out with lemon juice. Let stand 20 minutes, then pat dry. Poach fish in fish or vegetable stock to cover, flavoring stock with vinegar. When fish is done, remove carefully from stock, drain and lay in large shallow but rimmed dish, such as pie pan, or individual dishes. Let cool thoroughly. When gelatin has softened, add it to the 2 cups hot stock in which fish was poached. Stir until gelatin is completely dissolved. Cool until slightly thickened but not set. Pour over cool fish to cover. Chill until completely set, 1 to 2 hours FISH IN ASPIC

Fish In Cilantro Sauce

2 lb fish fillets; *
1 each onion; sliced, 1 small
1 each clove garlic; small, minced
1 tablespoon vegetable oil
1/4 cup almonds; toasted, ground
2 tablespoon lime juice
1/2 each pickled jalapeno pepper; **
1/2 teaspoon salt
1 dash pepper
1 salt
1/2 cup cilantro; snipped

* Use large Red Snapper or other fish fillets cut into 6 serving pieces.
**Pickled Jalapeno pepper should be rinsed, seeded and chopped. There should be about 1 1/2 tsp.

Thaw the fish fillets if frozen. Cook onion and garlic in hot oil until tender but not brown. Add the almonds, lime juice, jalapeno pepper, the 1/2 t salt, and pepper. Heat through. In a well greased 13 X 9 X 2-inch baking dish, arrange the fish fillets and sprinkle lightly with salt. top with the onion mixture. Sprinkle evenly with the cilantro, (or with parsley). Bake, covered, in a preheated 350 degree F. oven for about 40 minutes, or until the fish flakes easily when tested with a fork.

Fish In Fiery Lemon-Coriander Sauce

5 green new mexican chiles, roasted,; peeled, stems and 1 seeds, removed, chopped
1 teaspoon garlic, minced
1/4 cup lemon juice
4 tablespoon chopped fresh cilantro 1/2 teaspoon ground coriander seeds 1 1/2 lb firm white fish such as halibut 4 tablespoon ghee or vegetable oil
1 lemon slices for garnish

Mix the chiles, garlic, lemon juice, cilantro, and coriander and use to marinate the fish overnight in a glass or ceramic dish.

Remove the fish and combine the marinade with the melted ghee.

Grill or broil the fish, basting with the marinade mixture.

Garnish with lemon slices and serve with the butter on the side.

The Whole Chile Pepper From the collection of Jim Vorheis

Fish In Foil

2 heavy duty foil
1 lb fish fillets; divided
3 tablespoon lemon juice
1/4 teaspoon paprika
4 oz onions; sliced, divided
1 teaspoon parsley; chopped
1 teaspoon chives; chopped
6 oz potatoes; peeled, cut, french style
1 salt & pepper to taste
2 teaspoon margarine

Place 1/2 of fish fillets on each piece of foil. Sprinkle each with lemon juice and paprika. Place 1/2 of the onion slices on each fillet. Combine parsley and chives. Roll potato in parsley mixture. Arrange 1/2 potato sticks around each fillet. Season each with salt and pepper. Fold foil and secure tightly. Bake 325 deg. for 40 minutes. Open foil and dot each with 1 ts margarine. Makes 2 servings for dinner. May also be microwaved 12-15 (not in foil) This is an old WW recipe and should be adjusted according to today's weights etc.

Fish In Horseradish Sauce

2 carrots
2 celery stalks
1 parsley root
1 onion, quartered
5 peppercorns
1 bay leaf

2 teaspoon salt
6 cup water
2 lb fish fillet (carp, sole, pike, or s; imilar fillets)
----SAUCE----
3 tablespoon butter
3 tablespoon flour
3/4 cup horseradish, cream style
1 teaspoon sugar
1/4 teaspoon salt
2/3 cup sour cream
2 eggs, hardboiled, peeled, and sieve; d

1. Combine vegetables, dry seasonings, and water in a saucepan or pot. Bring to a boil; simmer 20 minutes, then strain. 2. Cook fish in the strained vegetable stock 6 to 10 minutes, or until fish flakes easily. 3. Remove fish from stock. Arrange on serving platter and cover with plastic wrap. Chill. 4. Strain fish stock and reserve 3/4 cup for horseradish sauce; cool. 5. For horseradish sauce, melt the butter in a saucepan, then blend in flour until smooth, making what the French would call a roux. 6. Add the cooked fish stock gradually, stirring constantly. Cook and stir until the sauce boils and becomes thick and smooth. 7. Remove from heat and stir in horseradish, sugar, salt, sour cream, and eggs. Cool for 15 minutes. 8. Pour the horseradish sauce over the chilled fish, and garnish with shredded lettuce.

Fish In Mandarine & Parsley Sauce

1 stephen ceideburg
2 to 4 mandarines
4 fish fillets
4 to 8 mandarines, juice only
1 piece fresh ginger, grated, 2 cm 1
cup chopped fresh parsley
2 large onions, chopped
2 to 3 cloves garlic, chopped
3 tablespoon olive oil

Use any good meaty fish fillets for this dish. Grate the mandarine peel with a light hand on a sharp grater or it will tear.

Grate the zest of 2-4 mandarines (depending on size). Place 4 fish fillets (about 800g) in a large dish and pour over them the juice of 4-8 mandarines mixed with 2 cm fresh ginger, grated. Cover and leave in the refrigerator, turning occasionally, for up day or at least one hour.

Finely chop 1 cupful or more of fresh parsley, 2 large onions and 2-3 large cloves of garlic. Heat 3 tablespoons of olive oil in a medium size saucepan, add the parsley, onion and garlic mixture, cover the pan and sweat gently, stirring from time to time, until the onion is almost melting.

Heat the grill to very hot, drain the mandarine fish mari- nade into to onions and add the zest. Simmer the onions and marinade, uncovered, until the excess liquid disappears. Puree in a food processor, blend or sieve and add salt and pepper to taste. Reheat gently. Meanwhile, dry the fish fillets, brush them with olive oil and grill them for a couple of minutes on each turning only once, until the fish flakes at its thickest point. Serve with the sauce.

Posted by Stephen Ceideburg

From an article by Meryl Constance in the Sydney Morning Herald, 6/29/93. Courtesy, Mark Herron.

Fish In Moroccan Charmoula Sauce

3 lb firm fish fillets
4 potatoes -- roasted and
1 sliced
2 green peppers -- sliced and
1 sauteed
2 tomatoes -- sliced
1 salt and fresh ground black
1 pepper -- to taste
1 lemon

----Charmoula Sauce----

1/2 cup chopped cilantro
1/2 cup chopped parsley
5 cloves garlic -- finely
1 chopped
5 tablespoon lemon juice
1 1/2 teaspoon salt
1 teaspoon paprika
1/3 teaspoon ground cumin
1 cayenne pepper -- to taste
1/2 cup olive oil, or more

1. Preheat oven to 425 degrees F. Prepare Charmoula Sauce. In a 9- by 13-inch baking pan, lay roasted potatoes slices, sauteed green peppers, and sliced tomatoes. Arrange fish fillets on top of the

vegetables. Season with salt and pepper and top with Charmoula Sauce. Add a squeeze of lemon.

2. Bake until fish is done (10 to 15 minutes, depending on size of fish).

Charmoula Sauce: Combine cilantro, parsley, garlic, lemon juice, salt, paprika, cumin, and cayenne. Add enough olive oil to make a thick sauce.

Recipe By : the California Culinary Academy

From: Date:

Fish In Orange Juice

2 lb frozen fish steaks; *
1/2 cup onion; finely chopped
2 each cloves garlic; minced
2 tablespoon vegetable oil
2 tablespoon fresh cilantro; snipped
1 teaspoon salt
1/8 teaspoon pepper
1/2 cup orange juice
1 tablespoon lemon juice
1 each egg; large, hard cooked, **

* Use Halibut or other fish steaks. ** Cut the hard cooked egg into wedges after peeling. Thaw the frozen fish steaks. Arrange the fish in a 12X 7 1/2 X 2-inch baking dish. In a small skillet cook the onion and the garlic until the onion is tender but not brown. Stir in the cilantro, salt and pepper. Spread the mixture over the fish. Combine the orange juice and lemon juice and pour evenly over the fish. Bake, uncovered, in a 400 degreeoven for about 20 to 25 minutes, or until the fish flakes easily with a fork. Arrange egg wedges on top of the fish steaks; sprinkle with paprika and garnish with orange slices, if desired.

Fish In Pineapple-Lime Sauce

1/2 cup pineapple juice; unsweetened
1/3 cup fresh lime juice
1 1/4 lb fish fillets
1/2 teaspoon cornstarch; dissolved in
1 . 1 tbsp water
1 tablespoon cilantro; chopped

Heat pineapple and lime juices to a simmer in a large nonstick skillet over medium heat. Add fillets and poach 1 minute. Carefully turn fish over. Cover and simmer 5 to 7 minutes.

Transfer fish to a large plate and cover to keep warm; reserve juices in the skillet. Stir cornstarch mixture into pan juices. Simmer 1 minute. Pour over fillets. Sprinkle with herbs and serve at once. Makes 4 servings.

Fish In Sweet & Sour Sauce Wih Coconut-Rice

450 gm fish fillets -- (firm, white
1 fish)
200 gm shrimp
1 1/2 tablespoon lemon juice
1 small onion -- chopped
1 carrot -- cut in 1 1/2
1 strips
250 gm zucchini -- cut in 1 1/2
1 strips
200 gm savoy cabbage -- cut in thin
1 strips
1 tablespoon oil
3 deciliters fish stock - (1 bullion; cube)
227 gm can cushed pineapple in light syrup 2
teaspoon white wine vinegar
1 teaspoon sugar
1 tablespoon ginger root -- freshly
1 grated
1 clove garlic -- crushed
1 tablespoon soy sauce
1 dash cayenne pepper
1/2 teaspoon salt
2 1/2 teaspoon cornstarch
----Water Garnish (Optional)----
1 fresh coriander leaves --
1 or-
----Parsley Sprigs (fresh) Cocon--
1 1/2 deciliters water

1 deciliter coconut flakes
1/2 teaspoon salt
240 gm jasmine rice

Thaw fish and shrimp if necessary. Cut fish in fubes and dip in lemon juice. Lightly brown vegetables in oil. Add bullion, 1 dl. pineapple juice, pineapple pieces, vinegar, sugar, ginger, garlic, soy sauce, cayenne pepper and salt. Stir gently for 3-4 minutes. Add fish and stir another 4-5 minutes. Add shrimp. Mix cornstarch and water and add to other ingredients. Boil a 1-2 minutes. Garnish if desired.

Coconut-rice: Boil water and coconut flakes for 2-3 minutes. Cool and strain. You should now have approximately 4.5 dl. coconut-milk. Add extra water if necessary. Add salt and bring to a boil. Add rice. Boil in mixture according to directions on rice package.

Serve rice separately.

Recipe By :

Fish In Tomato-Wine Sauce

1 medium onion -- diced
2 cloves garlic -- minced
2 tablespoon fresh basil -- chopped
8 oz tomato sauce
1/2 cup tomato paste
3/4 cup water
1/2 cup dry white wine
1 teaspoon oregano
1 fresh ground black pepper
1 1/2 lb flounder fillets -- sliced
1 into 3 inch s

In very large skillet, saute onion, garlic until tender. Add basil and saute for another few minutes. Add everything else except fish. Bring to a boil and stir so that paste is mixed in. Simmer on low for 10-15 minutes. Add fish and simmer for an additional 15 minutes or until fish is completely cooked.

Recipe By : Net

From: Date:

Fish In Wine Casserole

2 tablespoon butter or margarine
1 medium onion, thinly sliced
1/2 cup dry white wine
2 lb halibut fillets,
1 cut into 2-inch pieces
1 milk
3 tablespoon butter or margarine
3 tablespoon flour
1 1/2 teaspoon salt
1/8 teaspoon pepper
8 1/2 oz can small peas, drained
1 1/2 cup chinese fried noodles

1. In a shallow, 1 1/2-quart, heat-resistant, non-metallic casserole melt the 2 tablespoons of butter in Microwave Oven 30 seconds. 2. Add onion and heat, uncovered, in Microwave Oven, 3 minutes or until onion is tender but not browned. 3. Add wine and fish and heat, covered, in Microwave Oven 6 minutes or until fish flakes easily with fork. 4. Drain pan juices into a measuring cup and add enough milk to pan juices to equal 2 cups. Set fish and liquid aside. 5. ln a small, heat-resistant, non-metallic bowl, melt the 3 tablespoons of butter or margarine in Microwave Oven for 30 seconds. 6. Stir in flour, salt and pepper. Gradually stir in reserved fish liquid mixture. 7. Heat, uncovered, in Microwave Oven 6 minutes stirring frequently until thickened and smooth. 8. Add peas to sauce. 9. Add sauce to fish in the casserole and stir gently. 10. Heat, uncovered, in Miicrowave Oven 2 minutes. 11. Sprinkle noodles over fish and heat, uncovered, in Microwave Oven 1 minute.

Fish Kabobs

----KABOB----
1 1/2 lb bass / lean fish, cubed
16 mushroom caps
2 green peppers, cut in chunks
16 chunks pineapple
3 onions, cut in chunks
3 firm tomatoes, cut in wedges
----MARINADE----

1/4 cup vinegar
1 teaspoon salt
1/4 teaspoon pepper
1/2 cup oil
1 pinch cayenne
1/4 teaspoon powdered mustard

Combine ingredients to make marinade and shake well. Marinate fish for at least 1 hour. Thread onto skewers alternating fish with fruit and vegetables. Brush kebabs with remaining marinade. Place skewers on grill 4 inches above coals. Cook only until edges of fish begin to curl.

Fish Lemongrass

2 large redfish
1 stalk lemongrass
1 hot pepper, bias-sliced thin
1/2 teaspoon curry powder
1 teaspoon salt
1 clove garlic, crushed
3 tablespoon oil

Crush the stalk of lemongrass with the flat side of a cleaver, then cut it into small pieces. Clean the fish and with a sharp knife slash diagonally across the body of the fish. Mix lemongrass, curry powder, salt and peppers. Put the redfish in the mixture, coat well, cover and refrigerate for one hour. Heat oil in a large skillet, and lightly saute the garlic. Then place the redfish in the skillet, let brown very well before turning it over. (If the fish is not very brown it will fall apart.) Brown well on other side, and serrve.

From: Living and Cooking Vietnamese by Paula Tran ISBN 0-931722-79-9

Posted by Syd Bigger.

Fish Marinated In Herbed Olive Oil

----WHOLE FAMILY COOKBOOK----
4 garlic cloves; peeled and

1 ; crushed
1 fresh rosmary; handful
1 ; removed from stems
1 fresh oregano; handful
1 ; removed from stems
1 italian parsely; handful
1 black pepper; fresh ground
1 fresh fish filets or steaks
1 ; (thick halibut or salmon
1 ; best)
2 cup olive oil
1 salt garnish
1 lemon wedges

Place the garlic, rosemary, oregano, parsley and black pepper in a food processor and chop coarsely. Rub both sides of desired fish and place in a glass baking dish. (Do not add any salt or acids such as lemon juice or vinegar at this time!) Add the oil and turn the fish a couple of times. The fish should be nearly or completely submerged in the oil. For best results, the fish should be covered and refrigated overnight. You may also marinate it for a few hours.

To cook, pat off the excess oil and lightly salt to taste. Grill, broil, or bake to your liking. Do not over cook! Serve with lemon wedges. The leftover herbed oil can be refrigerated for a few day and reused only for fresh seafood preparation.

From Frugal Gourmet Whole Family Cookbook by Jeff Smith p.147.

Fish Mustard Curry

425 gm fish
50 gm shallots
3 cloves garlic
2 cloves
2 cardamoms
25 gm ground mustard seed juice 1 lime
50 ml oil
1 teaspoon salt
1/4 teaspoon tutmetic
1 cm cinnamon stick
150 ml thin coconut milk
100 ml thick coconut milk

Cut the fish into required portions and wash well. Chop the shallots and garlic, crush the cloves and cardamoms and mix the mustard with

the lime juice in a bowl. Heat the oil and fry the shallots and garlic. Add the fish, cloves, cardamoms, salt, turmeric, cinnamon stick and thin coconut milk and cook until the onions are soft. Mix the thick coconut milk with the mustard and lime juice mixture and pour into the pan. Mix well and simmer for a few minutes, then discard the cinnamon stick and transfer to a serving dish. From: "A taste of Sri Lanka" by Indra Jayasekera, ISBN 962 224 010 0

Fish 'n Chips 'n Peas

2 tablespoon olive oil; xtra light with a dsh of 2
potatoes; russet, large each slice
----FISH----
1/2 cup cornmeal
1/2 cup bread crumbs
1/2 teaspoon cayenne pepper salt, freshly groun; d 1
tablespoon parsley; fresh finely chopped
1/2 cup milk, 2%
1/4 cup flour,all purpose; sifted
1 tablespoon olive oil; extra light with a dash o 4
cod fillets; 4 oz each with skin remov
----PEAS----
1/4 cup -water
2 cup peas,frozen salt, freshly ground
1 mint sprig
1 teaspoon sugar
----GARNISH----
4 watercress sprays; washed & dried well 1
lemon; cut in wedges

Nutritional Profile: PER SERVING CLASSIC
MINIMAX Calories
1104 Fat (gm) 57 13 Saturated fat (gm) 19 2
Calories from fat
: 46% 23% Chlorestrol (gm) 150 63
Sodium (gm) 2264 546 Fiber (gm) 8
8

TIME ESTIMATE: Hands on, 45 minutes COST ESTIMATE: Low

Without a doubt, this is England's most famous dish. Always deep fried, the fish is mostly cod, and the batter made with eggs, milk and flour.Liberally salted, the fish and chips are traditionally doused with malt vinegar and wrapped in newspaper, so that everything goes limp. My recipe is designed not to flaunt tradition, but to make the taste available to those who count fat grams for good reason. My

method delivers this "grease heaven" for a mere 13 grams of fat per serving...or 23 percents calories from fat. The peas are definitely not "classic" -t hey simply don't behave well in a newspaper...but then who does?

Helpful Hints BIG CHIPS. The bigger the better! We experimented for some time with the idea that the larger the french fry the lower its fat content would be. It's simply a matter of exposed surface area. By cutting a large russet potato lengthwise into three slices both ways, you'll get nine potato sticks between 1/2" and 3/4". When they are cooked, you'll experience a completely new and fabulous taste - potato, almost free of grease. DIRECTIONS: THE CHIPS: Preheat the oven to 500F. In a large frying pan, heat the oil and fry the potato sticks until brown on all sides - about 13 minutes. Transfer the potatoes to a roaster pan and bake for 10 minutes. Remove from oven and sprinkle with the salt. THE FISH: In a small bowl, combine the cornmeal, bread crumbs, cayenne, salt, parsley and dill. Spread the mixture out on a large plate. Pour the milk, flour and oil out, each onto its own large plate. Set all 4 plates side by side.
Dip the fillets first into the milk and then into the flour, turning until completely covered. Next dip the fish back into the milk, then into the bread crumb mixture and through the oil. Place the breaded cod on a baking sheet and bake for 8 minutes (you can time the fish to cook for the last 8 minutes with the chips.) THE PEAS: In a medium saucepan, bring the water to a boil and simmer the peas, salt, mint and sugar until the peas are tender - about 3 minutes. TO SERVE: Divide the fish and chips among 4 dinner plates. I serve this classic with a "handy" wedge of lemon (easy to squeeze), peas and watercress. It's the combination of golden browns and vivid greens and lemon yellow that makes such a great picture.

Fish On A Stick

2 lb salmon steaks
1 green bell pepper -- 1-in.
1 dices
10 small onions
1 cup oil
1/2 teaspoon salt
1/2 teaspoon oregano
1/2 teaspoon thyme
1/2 teaspoon garlic powder
1 teaspoon pepper

Cut salmon into 1" pieces. Place the salmon, pepper and onion on skewer, alternating items. Place "sticks" in a shallow dish. Pour

oil and seasoning over and let stand for one hour. Drain and put fish over hot coals for 4-6 minutes. Keep stick turning. When done, the fish will flake.

Serves 4.

(From "Tsimpshean Indian Island Cookbook", compiled by the Ladies Aid of the William Duncan Memorial Church in Metlakatla, Alaska, reprinted in National Fisherman July 1985)

Recipe By :

Fish Piccata

----INGREDIENTS----
1 each 9-12 ounces snapper fillets,
1 skinless catfish fillets or
1 other fish.
1 salt and pepper
1 tablespoon flour
1 tablespoon butter or margarine 2
tablespoon lemon juice
2 tablespoon minced parsley
1 garnish: 4 thin slices lemon
----PREPARATION----

Cut fish into serving-size pieces. Season lightly with salt and pepper. Dredge in flour, shaking off excess. Measure thickness of fish at thickest part to estimate the cooking time. Allow 10 minutes per inch of thickness.

Heat butter in a nonstick skillet over moderate heat until it bubbles. Add fish and cook three minutes. Turn fish and continue cooking until fish just begins to flake when tested with a fork.

Remove to warm plates. Add lemon juice and parsley to pan. Cook 30 seconds, stirring to loosen contents of pan. Pour over hot fish. Garnish with lemon slices. Makes two servings.

Fish Pie

700 gm white fish
1 shallot
2 tablespoon dry white wine
2 eggs
450 ml milk
30 gm butter
30 gm flour
4 tablespoon chopped parsley
700 gm mashing potatoes
150 ml hot milk
60 gm butter
1 salt & pepper
50 gm shrimps/prawns or
1 other shellfish and/or
50 gm mushrooms

Wash the fish, which can be a mixture, or one single type, of cod, hake, haddock, smoked haddock etc etc. and dry more or less. Chop the shallot and put half of it into a buttered micro-wave dish. Put fish on top, and sprinkle with remaining shallot, a little salt and pepper and the dry white wine. Cover loosely with cling film, pierced in two or three places and microwave on full power for about 5 mins, or until the fish is just cooked.

Meanwhile, peel, quarter and boil the potatoes, hard boil the eggs, and make a white sauce with the first lot of butter and milk, and the flour. (I use a little bit of maggi cube to make it into a bechamel ~ more or less. If using mushrooms, wipe them, and cook lightly in a little extra butter. If using shrimps or prawns, cook them if needed, then shell them.

As soon as the fish is cool enough to handle, flake it into a bowl, taking care to remove any bones. Add the coarsely chopped hard boiled eggs, and such of the optional ingredients as you are using.

Add the liquid exuded by the fish during poaching to the white sauce, and cook down gently until the original volume is reached again. An alternative way of dealing with this liquid, is to cook it down to a near syrup, then add it to the white sauce - it has the same effect, but needs a little more care. Taste carefully for seasoning, and then add chopped parsley. Gently fold fish flavoured parsley sauce into flaked fish and put the mixture into a pie dish of suitable capacity.

When the potatoes are done, drain them and mash. We use a potato ricer, which works very well. Add the second quantity of butter and the hot milk, stir briefly, season to taste and mix gently, taking care not to develop the gluten. Spread the mashed potato over the fish mixture, and if you like, make a bit of a pattern with a fork or

knife.

*May be cooked ahead to here

If not required immediately, allow to cool uncovered, then cover and refrigerate until wanted. Don't keep for more then a day or so, especially if using shrimps/prawns. When required, remove from fridge and cook in pre-heated moderate oven 375øF 190øC until the mixture is bubbling and the top is browned 25-40 mins depending on whether it was still warm when put into oven or had been refrigerated.

Fish Piquant - Psari Savore

1 karen mintzias
1 kg fish
1 seasoned flour
1 oil for frying
3 garlic cloves; finely chopped
1 teaspoon rosemary spikes
1/4 cup wine vinegar
1/4 cup dry white wine or water

Any fish suitable for frying may be used - whole fish, fish slices or fillets.

Coat with seasoned flour and shallow fry in hot oil until golden brown and cooked through. Drain on absorbant paper and place in a single layer in a serving dish. Keep hot.

Drain most of the oil from the pan, leaving about 1 tablespoon. Return panto heat and add garlic, rosemary and 3 teaspoons of the seasoned flour. Stir well and cook until flour is golden.

Remove pan from heat and pour in vinegar, swirling pan contents to blend. Return to heat and stir in wine or water. Let sauce bubble gently for 1 minute. Pour over sauce and serve immediately.

Note: Trout is exceptionally good prepared this way.

Fish Saute (Sudado)

1 cup tomato, chopped
1/4 cup onion, chopped
3 each clove garlic, chopped
3 each bay leaves
1 teaspoon thyme
1/2 teaspoon oregano
1/2 teaspoon salt, or to taste
2 tablespoon corn oil
1/4 cup water
2 lb whole fish or fillets,
1 scrod, sea bass, flounder

Fry the tomato, onion, garlic, bay leaves, thyme, oregano and salt in the oil in a large skillet over moderate heat for 3 minutes. Add the water and simmer for 2 minutes more. Add the whole fish or fillets, cover the pan and simmer for 15 minutes, turning the fish over once. If too much liquid has accumulated, remove the cover and simmer for a minute or two more to thicken the sauce. Serve warm.

Fish Slices~ Peking Style

1 lb fish fillets, cubed
1 cornstarch for dredging fish
1 oil for deep frying
2 + dried chile peppers
1 thin slice of ginger, minced
2 to 3 cloves of garlic
2 scallions, chopped coarsely
2 dried shiitake mushrooms
----MARINADE----
1/2 teaspoon salt
1/8 teaspoon white pepper
1/4 teaspoon sugar
2 tablespoon dry sherry
1 teaspoon freshly minced ginger
1 beaten egg
----SAUCE----
1 tablespoon white vinegar
4 teaspoon sugar
3 tablespoon black soy sauce
2 tablespoon rice wine
1 cup chicken broth
2 tablespoon cornstarch mixed with 3 tb water 1
teaspoon sesame oil

1. Mix marinade, plop fish slices into marinade and refrigerate for 30 minutes.

2. Place dried mushrooms in warm water for 15 + minutes to soften.

3. Dredge marinated fish slices in cornstarch while heating oil in wok.

4. Deep fry fish slices until they are light brown. Dry fish slices on paper towel. 5. Remove all but two TB of oil from the wok. Stir fry the garlic, chilies, ginger and scallions. Add the mushrooms, stir in the sauce mixture until sauce comes to a boil and then stir in the cornstarch mixture and cook until thickened.

6. Return the fish slices to the wok, swirl in sesame seed oil.

7. Eat!

Fish Souffle

3 1/2 tablespoon butter
3 1/2 tablespoon flour
1/8 teaspoon paprika
2/3 teaspoon salt
2 cup milk
1/3 cup bread crumbs
2 cup cooked fish
2 eggs

Melt butter, add flour and when smooth, stir in milk. Cook untiul thickened. Add seasonings and crumbs. Cool. Add flaked fish to sauce and mix well. Stir in egg yolks, and stiffly beaten whites. Put in greased baking dish and bake in moderately hot oven until firm.

Fish Soup

4 tablespoon olive oil
1 medium chopped onion

3 centiliter garlic, minced
4 can minced clams
4 cup peeled and chopped tomatos
1 cup finely chopped carrots
2 cup finely chopped celery
1 teaspoon salt
1/2 teaspoon dry mustard
1/2 teaspoon oregano
1/2 teaspoon paprika
4 bay leaves
1 1/2 lb shrimp
1 lb scallops
2 can beef broth
2 can chicken broth
4 can water
1 lb cut bite size haddock
1 lb cut bite size cod

Saute onion, garlic, olive oil in heavy pan until golden. Add clams, tomatos, carrots, celery, broth, water and spices. Simmer for about 1 hour.Add fish and scallops. Let come to a boil. Add shrimp. Let it come to a boil till fish flakes with a fork.

Fish Soup With Fennel

1 lb flounder
1 bones from fish
1 bay leaf
4 parsley stalks
2 lovage stalks
6 1/4 cup cold water
1 sea salt
6 black peppercorns
1 small onion
1 carrot
1 leek
1/2 lb hake
2 tablespoon butter
1 tablespoon flour
2 tablespoon sour cream
2 tablespoon chopped fennel leaves

Put the fish bones in a pan with the bay leaf, parsley, and lovage. Cover with cold water, add salt and peppercorns, and bring to boil. Simmer for 30 minutes. Peel and chop the onion and carrot. Trim and chop the leek. Put them in a saucepan. Pour the fish stock over the

vegetables through a seive (strainer). Bring to a boil, then let simmer for another 30 minutes, then put in the hake. Simmer for 15 minutes, or until the hake is cooked. Remove the hake and put the plaice (flounder) filets into the pan. Simmer for 5 minutes, then remove them. Cool the soup slightly, then puree it in a blender. Melt the butter in a clean pan, stir in the flour and cook for one minute. Stir in the blended soup and simmer for 3 minutes, stirring. Add salt and pepper to taste. Take the hake off the bone and chop it; skin the plaice (flounder) filets and chop them. Put both sorts of fish into the soup and stir in the sour cream. When all is hot, add the chopped fennel and stand, covered, for 3 to 4 minutes before serving. Serve as is, or with fennel dumplings.

Fish Steamed In Napa Cabbage - *p Cooking Cla

12 leaves napa cabbage
1 lb salmon fillets, skinned
1 lb sole fillets, skinned
2 tablespoon olive oil
1 tablespoon lemon juice
1 teaspoon minced garlic
1/4 cup minced shallots or scallions
1/4 teaspoon pepper
1/2 teaspoon salt
1 teaspoon chopped fresh thyme (1/4 t d
1 teaspoon chopped fresh basil (1/4 t d
----FOR THE SAUCE----
1/2 cup seafood stock
2 red bell peppers roasted pee
1 1/2 teaspoon lemon juice
1 teaspoon anchovy paste or salt
1 pinch white pepper
----~FOR THE FISH: BRING A POT OF--

blanch the cabbage leaves until pliable, about 2 minutes. Drain and set aside. Cut the salmon and sole into 1/2-inch cubes, and set aside. Heat theoil in a small skillet over medium heat. Add the shallots and garlic, and saute, stirring frequently, for 5 minutes. Add to the fish, along with the lemon juice, pepper, salt, thyme and basil. Place 2 cabbage leaves overlapping slightly. Divide mixture in the center of the six sets of leaves. Roll cabbage, tucking in the sides to enclose the filling, and secure the rolls with toothpicks. Place in a bamboo steamer, and steam overboiling water for 7 to 10 minutes. While the rolls are steaming, puree the stock, peppers, lemon juice, anchovy paste and pepper in a blender or food processor with a steel blade. Pour into a small saucepan, and bring to a boil over medium heat. Reduce by half, stirring frequently. To serve,

placea pool of sauce on the plate, and top with a cabbage roll. Note: The cabbage rolls can be refrigerated for a day before cooking, tightly coveredwith plastic wrap. Do not steam until just prior to serving. The sauce can also be prepared a day in advance, and refrigerated. Reheat over a low flame, stirring occasionally.

Fish Stew With Herbs

1 lb fresh or frozen haddock*
2 tablespoon olive or corn oil
1 medium onion; chopped
2 carrots; finely chopped
1 celery stalk plus leaves - finely c; hopped 2
garlic cloves; peeled - finely chopped
28 oz can italian plum tomatoes - undrain; ed
1/2 cup fish or vegetable stock or
1/2 cup bottled clam juice
1/2 cup dry white wine
1 garlic oil**
1 cup garlic croutons**
----BOUQUET GARNI----
1 bay leaf
2 thyme sprigs
1 strip of lemon peel
1 large sprig of fennel fronds
4 black peppercorns
----GARNISH----
1 chopped fresh fennel or
1 chopped fresh parsley

*Or perch or cod.

**To make the garlic croutons, cut crusts from thick, day-old bread. Cut bread into large cubes. Spread a cookie sheet with garlic oil - either oil in which whole garlic cloves have been steeped, or oil that has been heated gently with a cut garlic clove, pressing on clove to release oils. Toss croutons in the garlic oil, then bake at 400 F., turning often, 8 to 10 minutes, until golden brown.

If frozen, unwrap fish and allow to stand at room temperature for 15 to 20 minutes, or until soft enough to cut. With a sharp knife, cut into 2" cubes.

Meanwhile, heat oil in a large, heavy saucepan. Add prepared onions, carrots and celery and saute, stirring, 3 to 5 minutes over medium heat. Add garlic and saute another 1 or 2 minutes. Add tomatoes (and

their juices), stock and wine. Tie bouquet garni spices in a cheesecloth bag and attach with string to pot handle for easy removal. Place in tomato-wine mixture and let come to a boil, uncovered. Boil 5 to 10 minutes, then reduce heat to low. Add fish cubes and cover pot. Simmer 15 minutes or until fish flakes easily with a fork.

Serve on top of garlic croutons in heated bowls, garnished with chopped fennel or parsley.

Yield: 4 to 5 servings.

From _Nancy Enright's Canadian Herb Cookbook_ by Nancy Enright. Toronto: James Lorimer & Company, 1985. Pg. 44. ISBN 0-88862-788-2.

Fish Stock

2 lb fish heads and bones
1 cup dry white wine
1 large onion, sliced
1 large carrot, scrubbed, unpeeled, and
1 sliced
1 each bouquet garni
1 salt to taste
5 cup water

Fish stock is simmered longer than court bouillon, but rarely for more than20 minutes. Most chefs feel that a longer cooking time makes the stock bitter.

Place all the ingredients in a large heavy kettle and simmer over low heat for 20 minutes, skimming if you wish.

Strain through a cheesecloth lined strainer.

Yield: About 5 cups

From The Complete Book Of Sauces by Sallie Y. Williams

Fish Stuffed Peppers With Orzo

8 large chiles, or
8 long, slender sweet peppers, or
4 large bell peppers
1 lb rockfish or lingcod filet
1 tablespoon minced garlic
1/2 teaspoon salt
1 tablespoon lemon juice
1/2 teaspoon ground coriander seed
1 freshly ground pepper to taste
3 tablespoon every day olive oil
1/2 cup loosely packed basil leaves
2 oz orzo, rosmarino or other rice-sized; dry pasta 3
garlic cloves, sliced
1 1/2 cup seeded, coarsely chopped tomato 2
tablespoon extra-virgin olive oil
1 roast, peel and seed the peppers

Rinse the fish, pat dry and cut into pieces to fit comfortably inside each pepper. Combine minced garlic and salt in a medium bowl and mash to a paste with the back of a spoon.

Add the lemon juice, coriander, pepper and 1 tablespoon olive oil and stir to combine. Bruise 3 or 4 of the basil leaves and add them to the marinade. Add the fish pieces, toss gently to coat evenly, and marinate for 1 to 2 hours.

Cook the pasta until just done, drain, and rinse with cold water.

Warm the peppers (loosely covered to prevent drying) and serving plates in a low oven.

Heat 2 skillets over medium-high heat, 1 for the fish (nonstick if possible) and 1 for the sauce. Remove the fish from its marinade and add it to the dry skillet.

Add the remaining 2 tablespoons olive oil to the other skillet, add the sliced garlic and cook until it begins to color. Immediately add the tomatoes and pasta and toss to coat evenly. Add the basil leaves, remove from the heat, and season to taste.

Spread the contents evenly on the plates and lay the peppers on top. As the fish pieces are done, tuck them inside the the peppers. Drizzle or brush the tops of the peppers with the extra-virgin oil and serve.

Serves 4.

PER SERVING. 320 calories, 21 g protein, 21 g carbohy-drate, 17 g fat (2 g saturated), 32 mg cholesterol, 199 mg sodium, 3 g fiber.

San Francisco Chronicle, 7/15/92.

Posted by Stephen Ceideberg; October 31 1992.

Fish Taco Brochettes

1 stephen ceideburg
1/2 cup finely chopped fresh cilantro
1/2 teaspoon pasilla or other chile powder
1/2 teaspoon salt
1 lb firm fish, cut in 1 inch cubes
12 corn tortillas
1/2 cup shredded red cabbage
1/2 cup shredded green cabbage
1 sauce:
1/2 cup mexican crema
1 teaspoon sugar
1/4 cup milk
1 serrano chile, seeded and minced
1 juice of 2 lemons

Combine all but 1 teaspoon of the lemon juice in a bowl with 1/4 cup of the cilantro, the chile powder and the salt. Add the cubed fish and turn gently to coat with the marinade. Let stand 1 to 2 hours at room temperature.

Warm the tortillas on the grill, in a steamer or in the oven.

The sauce: Combine the Mexican crema, sugar, milk, minced chile and the remaining teaspoon of lemon juice; mix well.

Thread the fish onto skewers and grill over medium heat for 3 or 4 minutes on each side until just cooked through. Remove the fish from skewers onto double layers of warm tortillas. Add a little of the remaining cilantro, some red and green cabbage and a tablespoon of sauce to each; roll or fold and serve.

Makes 6 tacos.

PER TACO: 275 calories, 18 g protein, 29 g carbohydrate, 10 g fat (5 g saturated), 61 mg cholesterol, 236 mg sodium, 5 g fiber.

From an article by Georgeanne Brennan, The San Francisco Chronicle, 7/1/92.

Posted by Stephen Ceideburg

Fish Tacos

1/2 cup nonfat milk
3/4 cup seasoned bread crumbs
8 oz firm fish fillets (red snapper, sea; bass, etc.) 1
nonstick vegetable spray
8 corn tortillas
1 cup cabbage, shredded
1 tomato, sliced

A tasty dish from South of the Border. Try adding low-fat cheese or your favorite vegetables for variety.

Tartar Sauce, or Salsa and Fresh Cilantro (optional)

Pour milk into one shallow pan and bread crumbs into another.

Gently coat fish by dipping first into milk, then into crumbs. Be sure that the fish is completely coated.

Place fillets on a baking sheet that has been coated with nonstick spray and bake in a preheated 350 F oven for 10 minutes or until fish is done.

Warm the corn tortillas in the oven and place the fillets, cabbage and tomato slices on top.

Serve with tartar sauce or salsa and fresh cilantro, if desired.

Yield: 8 tacos

One Serving = 1 taco Calories: 118 Protein: 9 g Fat: 2 g Carbohydrate: 17 gFiber: 1.7 g Cholesterol: 11 mg Sodium: 104 mg Potassium: 260 mg

Exchange: 1 Starch/Bread 1 Lean Meat

Fish Tacos In-A-Hurry

8 oz flounder fillets -- breaded
1 frozen
4 taco shells
2 cup shredded cabbage -- napa
1/4 cup mayonnaise
1/4 cup sour cream
4 slice avocado
1 salsa -- tomato

Bake fish in the oven following package directions. Wrap taco shells in foil and heat in oven 5 minutes while fish is baking. In a bowl combine cabbage, mayonnaise and sour cream. Fill each taco shell with some cabbage mixture; top with fish, avocado and salsa. Makes 2 to 4 servings.

Recipe By : Gust Vreneos, Cathedral City, CA

From: owner-Mm-Recipes@idiscover.Net O

Fish Timbales With Curry Sauce

2 tablespoon butter or regular margarine
1/4 cup onion; chopped
1 lb cod or halibut fillets; *
1 cup milk
1/2 cup bread crumbs; dry
1/2 teaspoon salt
1/4 teaspoon nutmeg; ground
1/8 teaspoon pepper
3 each eggs; lg
----CURRY SAUCE----
1 tablespoon butter or regular margarine
1 tablespoon unbleached flour
1/2 teaspoon curry powder
1/4 teaspoon salt
1/8 teaspoon pepper
1 cup milk

* Cut the fish fillets into 1-inch pieces.

+++

Heat the oven to 350 degrees F. Grease six 6-oz custard cups. Heat the butter in a 10-inch skillet, over medium heat until it is melted. Cook the onion in the butter until tender but not browned. Add the

halibut or cod pieces and the milk, then heat to simmering (Do NOT boil) and reduce the heat. Cover and simmer for 5 minutes or until the fish flakes easily with a fork. Place the mixture in a food processor work bowl or blender container. Cover and process on high speed about 1 minute, stopping the blender occasionally to scrape the sides, until smooth. Mix the fish mixture, bread crumbs, slat, nutmeg, pepper and the eggs together. Pour into the custard cups. Place the cups in a rectangular pan, 13 X 9 X 2-inches, on the oven rack. Pour very hot water into the pan to within 1/2 inch of the tops of the cups. Bake for 30 minutes in the preheated oven or until a knife inserted in the center comes out clean. Unmold and serve with the Curry Sauce.

CURRY SAUCE:

Heat the butter in a 1 1/2-quart saucepan over low heat until melted. Stir in the flour, curry powder, salt and pepper. Cook over low heat, stirring constantly, until smooth and bubbly then remove from the heat. Stir in the milk, heat to boiling, stirring constantly. Boil and stir for 1 minute.

Fish With Capersauce

2 lemons,juice and grated peel
2 tablespoon capers,chopped,finely
2 garlic cloves, smashed
8 tablespoon bread crumbs
1 salt
1 pepper
1 egg
22 oz fishfilet
1 oil for frying

1. Sprinkle fish with the lemonjuice. 2. Mix breadcrumbs with capers,garlic and lemon peel, add salt and pepper. 3. Mix egg in a dish; dip fish in it, then in the bread crumb mix until coated very good. 4. Heat oil and fry the fish crispy brown on both sides. Translated by Brigitte Sealing, Cyberealm BBS Watertown NY 315-786-1120

Fish With Garlic Salsa

2 lb cod fillets*
2 tablespoon margarine
1 tablespoon cilantro,fresh,chopped
1/2 teaspoon salt
1 garlic clove salsa:
3 garlic cloves -- crushed
2 tomatoes,fresh,ripe -- chopped
1 medium onion -- chopped
1 jalapeno pepper,canned,chop ed
1 tablespoon cilantro,fresh,chopped -- optional 1
tablespoon lemon juice
1/2 teaspoon oregano leaves,dried
1 1/2 teaspoon vegetable oil

*USe cod, halibut or red snapper fillets. 1-If fillets are large, cut into 6 serving pieces. Place fish on rack in broiler pan. 2-Mix melted margarine, cilantro, salt and crushed garlic. brush half of the mixture over fish. Broil with tops of fillets about 4 inches from heat until light brown; about 6 minutes. Turn fish carefully; brush with remaining margarine mixture. Broil until fish flakes easily with a fork, about 4-6 minutes longer. Serve immediately with garlic salsa. SALSA: Heat all salsa ingredients over medium heat, stirring occasionally, until hot and bubbly, about 5 minutes. Jo Anne Merrill Message 152 Fri Dec 17, 1993 This is a very healthy dish and the salsa that is served over the fish makes this very special!

Fish With Rice Wine

2 lb.s sole fillets
1 cup whole wheat flour
1 vegetable oil
1 oriental sesame oil
1 cup oriental rice wine
1 juice of 1 large lemon
1/4 cup peeled grated fresh ginger
1 white pepper
1/2 cup toasted pine nuts
1/2 bunch scallions,trimmed and chopped fine; on the diagon

Dredge fish in whole wheat flour.Use about 2/3 vegetable oil to 1/3 sesame oil.Heat enough oil mixture to coat the bottom of a large skillet.(To cook all the fish at the same time will require more than 1 skillet.)Add fish (do not crowd) and cook on both sides until done

(about 5 minutes in all).Remove the fish to serving platter or plates.Keep warm. To the skillet,add rice wine and lemon juice,ginger,pepper and pine nuts.Reduce until no longer runny.Pour over the fish.Garnish fish with minced or slivered scallions.Serves 4 to 6.

Fish With Summer Vegetables

4 fish fillets
1/2 teaspoon pepper
1/2 teaspoon paprika
2 tablespoon grated parmesan cheese
1/4 cup butter or margarine
1/2 cup carrots, julienned
1/2 cup zucchini, julienned

Mix together pepper, paprika and Parmesan cheese. Put one-fourth of mixture on each fillet. Roll fillet with seasoning side on the outside and place seam side down in a 9 inch microwave dish. Set aside.

In a small mixing bowl, microwave butter until melted. Add carrots and zucchini, cover and microwave on high 2 minutes. Stir and microwave 2 more minutes. Spoon vegetable mixture over fish, cover and microwave on high 6-10 minutes or until fish flakes easily with a fork. Let set for 4 minutes before serving. Serve with lemon wedges.

Fish With Tomato & Caper Sauce

1 text only

The sauce is the important element in this Maltese dish. It can be served with fish cooked plainly in any manner++grilled, fried, poached, baked or barbecued.

Chop 1 large onion and 4 cloves of garlic. Fry gently in a tablespoon of oil until golden. Add 1/2 kg of peeled and chopped ripe tomatoes (or use a 400 g tin), 1 tablespoon tomato paste, 1/2 teaspoon sugar, juice of 1/2 lemon and salt and pepper to taste.

Simmer for 15 minutes then add 3 tablespoons of capers, the zest of 1/2 lemon and 2 tablespoons chopped mint. Cook until the sauce is thick and serve with 4 portions of cooked fish.

Makes 4 servings.

From "Raw Materials" by Meryl Constance, Sydney Morning Herald, 1/19/93.

Posted by Stephen Ceideberg; February 18 1993.

Fish With Vegetable Sauce

9 oz carrots,grated
1 egg
1 salt
1 pepper
1 curry powder
5 tablespoon breadcrumbs
22 oz fish filet
2 tablespoon lemonjuice
1 oil for frying

1. Sprinkle fish with the lemonjuice 2. Mix egg in a plate;add salt,pepper and currypowder to taste. 3. Put the breadcrumbs in another plate and the carrots in another. 4. Dip fish in egg first, than in the carrots and than in the breadcrumbs. 5.Heat the oil and fry fish crispy on both sides. Translated by Brigitte Sealing Cyberealm BBS Watertown NY 315-785-8098

Fish: Shrimp Creole

3/4 cup chopped onion
1 clove garlic, pressed or minced
1 medium green pepper, finely chopped
1/2 cup finely chopped celery
2 tablespoon butter
1 can tomato sauce
1/2 cup water

1 bay leaf, crushed
1 teaspoon minced fresh parsley
1/2 teaspoon salt
1/8 teaspoon cayenne pepper
1/2 lb salad shrimp
1 * serve over bed of rice*

Servings: 2

In medium skillet, saute' onion, garlic, green pepper, and celery in butter, about 5 minutes, or until tender. Remove from heat; stir in tomatosauce, water, bay leaf, parsley, salt, and pepper. Add shrimp. Bring mixture to a boil; cook covered over medium heat 5 minutes. Serve over fluffy white rice.

Yield: 2 servings.

Fish~ Clams & Corn Chowder

4 idaho potatoes, peeled and cut into; 1/2 inch cubes 6 oz pork fat cut into 1/2 inch cubes.
2 tablespoon unsalted butter
4 garlic cloves, finely chopped
1 large onion, coarsely chopped (1/4 inch; p, ieces) 3 celery stalks, coarsely chopped
2 cup clam juice, fresh, canned or bottl; e, d 1 tablespoon fresh ground black pepper
1 tablespoon marjoram
1 tablespoon thyme
1 tablespoon sage
1/2 tablespoon rosemary, chopped fine.
1 cup dry white wine
1 cup fresh sweet corn or
16 oz unsalted canned corn, strained
1 lb fresh fish, cut into 1 inch square; pieces
24 fresh shelled chowder clams or
1 cup strained canned clams chopped up
2 cup light cream

Use an enamel pot that holds about one gallon, add 2-3 ears sweet corn to boiling water. Cook until almost tender then cut corn off the cob. Add the potatoes to the same water and boil them until half done, about 5 minutes, strain and set aside. On a medium heat, brown the pork fat until it's nearly crisp, remove the fattiest bits. Add the onion and when it's caramelized, add the garlic, celery and potatoes. Let each brown a little before the next is put in. Add the

butter if needed. On a low heat add 1 cup of clam juice, white wine, corn and all the spices. Simmer a few minutes to reduce slightly. Add the remaining clam juice, clams and fish, simmer another 5 minutes max. Salt lightly if necessary with course salt. Add light cream, when its starts to simmer its chow time! Serves 4 If you want to make chowder without the clams then make a fish stock to substitute for the clam juice. Into one quart cold water add a 1/2 cup of white wine, a small celery stalk, a few sprigs' parsley, a bay leaf, a pinch of thyme, 1/2 a small onion, a pinch of coarse salt, a few peppercorns and the head, tail and bones of any fish. Reduce it until you have about 2 cups (about 20 minutes) of stock. Strain liquid into a few bowls temporarily.

Fisherman Chowder

1/4 lb bacon cut in small pieces
1 teaspoon paprika
1/2 cup chopped onion
1 cup diced raw potato
1 can (6.5-oz) chopped clams
1 with liquid
1/4 cup white wine
1 cup crab legs/imitation crab
1 cup shrimp
1 cup scallops halved/quartered
1 teaspoon salt
1/2 teaspoon pepper
1 bay leaf
1/2 teaspoon thyme
2 1/2 cup skim milk
1/2 cup instant mashed potatoes to
1 thicken
1 any other shellfish you
1 like

In a heavy soup pot or kettle, brown the bacon with the paprika, onion and potato, sauteing until potato and onions are soft and bacon is cooked. Add the clams, wine, crab legs, shrimp, scallops and nay other seafood or fish.Season with salt and pepper, bay leaf and thyme. Stir in the milk and heat over low flame, stirring constantly. Do not allow mixture to boil. When seafood and fish are thoroughly heated through, thicken chowder by adding instant potatoes. Remove bay leaf and serve. Chowder may be prepared ahead,refrigerated, then re-heated in a crock pot or over very low heat.

Fisherman's Brewis

1 fresh fish
1 hard bread
1 fat pork

Skin and bone fresh fish. Put in boiling salted water and cook until tender. Soak hard bread over night. Put the soaked bread into cold water; bring slowly to the boil and cook only until tender, 5-10 minutes. Fry out small pieces of fat pork. Add the cooked fish, then the cooked brewis. Toss lightly and heat thoroughly.

Fisherman's Cioppino

1 cup onion; chopped
2 garlic clove; minced
1 tablespoon vegetable oil
8 oz tomato sauce
28 oz tomato, mashed
1 bay leaf
1 teaspoon basil, dried
1 teaspoon thyme, dried
1 teaspoon oregano, dried
1 teaspoon marjarom, dried
1/2 cup dry white wine
1/4 teaspoon black pepper
1 lb shrimp or scallops; chopped
1 tablespoon parsley, fresh; chopped

In a 4 quart saucepan,saute onion and garlic in oil until tender.Add tomato sauce,tomatoes,bay leaf,basil,thyme,marjoram,oregano,wine and black pepper.Let simmer 20 to 30 minutes,uncovered,stirring occasionally.Add shrimp or scallops and simmer about 3 minutes.Discard bay leaf.Add parsley and serve.This soup is a complete meal when served with a green salad and French bread.

Fisherman's Pie

3 cup potatoes, mashed
3 cup water
1/2 lb shrimp, peeled and deveined
1 cup white crab meat
1/4 cup butter
1 cup pet milk
1 teaspoon tabasco sauce
1 tablespoon parsley
1/2 lb cod
1/2 lb catfish
2 tablespoon flour
1/2 teaspoon salt
1 tablespoon worcestershire sauce
1/2 cup cheddar cheese

Press 2 cups potatoes in 9 inch glass pie plate to form pie shell. Put cod in sauce pot, cover with water, bring to boil, lower heat and simmer 5 minutes. Add catfish and shrimp and simmer until catfish flakes and shrimp are about done. Drain off stock and reserve. Flake fish; add crab to seafood , place mixture in potato shell and set aside. Melt butter in skillet. Add flour and stir constantly; do not brown. Add milk and a half cup reserved fish stock. Whisk until smooth and creamy. Add salt, Tabasco, worcestershire and parsley. mix well. Pour sauce over seafood mixture. Place remaining potatoes in pastry bag, then pipe ring of potatoes around pie, with rosette in the middle. Sprinkle pie with cheese. bake at 375 degrees for 40 minutes.
Date: 04-08-91 Area: Cooking

Fisherman's Soup

1 tablespoon olive oil
1 cup finely chopped onion
2 medium cloves garlic, peeled and
1 minced
1 (14.5 oz) can peeled, diced
1 tomatoes, undrained
1 teaspoon fennel seeds, lightly
1 crushed
1/2 teaspoon dried thyme, crushed
1 (14.5 oz) can vegetable

1 broth, plus enough water to
1 equal 3 cups
1/8 teaspoon powdered saffron
1/2 teaspoon salt
1/8 teaspoon cayenne pepper
2 lb red potatoes, halved and
1 sliced 1/4-inch thick
1 lb halibut fillet, cut into 4
1 pieces
1 freshly ground black pepper
1 to taste
1/4 cup minced parsley
1 cup prepared croutons, crushed
1 to crumbs

1. In a large pot, heat the olive oil over medium heat. Add the onion and garlic; saute 5 minutes. Add the undrained tomatoes, fennel seeds and thyme. Bring to a boil, reduce the heat and simmer 10 minutes.

2. Add the broth-water combination, saffron, salt and cayenne pepper. Simmer 5 minutes. Add potatoes, cover and simmer 15 minutes.

3. Put the halibut pieces in a steamer basket that will fit over the pot. Drizzle with a little of the cooking broth and sprinkle with pepper. Steam 12 minutes per inch of thickness, or until the fish flakes.

4. Remove the skin from the halibut and put into 4 soup bowls. Stir the parsley and croutons into the soup, adjust the seasonings with salt and pepper if necessary and ladle into the bowls.

Fisherman's Stew

1 tablespoon olive oil
1 cup finely chopped onion
2 medium cloves garlic, peeled and
1 minced
1 (14.5 oz) can peeled, diced
1 tomatoes, undrained

1 teaspoon fennel seeds, lightly
1 crushed
1/2 teaspoon dried thyme, crushed
1 (14.5 oz) can vegetable
1 broth, plus enough water to
1 equal 3 cups
1/8 teaspoon powdered saffron
1/2 teaspoon salt
1/8 teaspoon cayenne pepper
2 lb red potatoes, halved and
1 sliced 1/4-inch thick
1 lb halibut fillet, cut into 4
1 pieces
1 freshly ground black pepper
1 to taste
1/4 cup minced parsley
1 cup prepared croutons, crushed
1 to crumbs

1. In a large pot, heat the olive oil over medium heat. Add the onion and
garlic; saute 5 minutes. Add the undrained tomatoes, fennel seeds and
thyme. Bring to a boil, reduce the heat and simmer 10
minutes.

2. Add the broth-water combination, saffron, salt and cayenne pepper.
Simmer 5 minutes. Add potatoes, cover and simmer
15 minutes.

3. Put the halibut pieces in a steamer basket that will fit over the pot.
Drizzle with a little of the cooking broth and sprinkle with pepper.
Steam 12 minutes per inch of thickness, or until the fish flakes.

4. Remove the skin from the halibut and put into 4 soup bowls. Stir the
parsley and croutons into the soup, adjust the seasonings with salt and
pepper if necessary and ladle into the bowls.

Fishrolls With Peppers

10 pearlonions
6 oz butter

5 tablespoon sherry
1 bunch parsley
2 tablespoon mustard, spicy
8 fishfilets
4 small peppers, green, red,yellow
2 slice white bread
1 clove garlic

1. Saute the cubed onions in 1 tablespoon butter for 1 minute; add the sherry and season with salt and pepper to taste, and let it simmer for another 5 minutes. 2. Knead the rest of the butter with the finely chopped parsley and the mustard together. 3. Half the fishfilets lenghtwise and spread the mustard-butter-herb mix over them. Roll them up in little rolls. 4. Wash the peppers and cut in halfs and clean out the insides. 5. Put the onioncubes evenly in each pepperhalf and carefully set two fishrolls in each pepper. 6. Cut aluminum foil into sqares, big enough for the pepperhalfs, put a pepper on each and fold over and twist to close tightly. 7. Put on a hot grill for 20 minutes. 8. Toast the bread golden brown and rub it with the peeled garlic. Cut bread into little squares and put over the ready grilled peppers and serve.

Out of "Die Actuelle" magazine

Translated by Brigitte Sealing. Cyberealm BBS Watertown NY 315-786-1120

Fish-Stuffed Bean Curd

1/4 lb white fish filets (such as rockfish; or turbot) 2 teaspoon minced green onions
1 teaspoon soy sauce
1/4 teaspoon cornstarch
1/4 teaspoon salad oil
1/4 teaspoon sesame oil
1/8 teaspoon salt
1/8 teaspoon sugar
1/8 teaspoon liquid hot pepper seasoning
1 dash pepper
1 pkg tofu (about 22 oz)
1 salad oil

3 cloves garlic, minced
1/2 head iceberg lettuce, cut in 2 inc; h, squares
1/4 cup frozen peas, thawed
4 oz whole mushrooms
1 cup chicken broth
1 tablespoon cornstarch
2 teaspoon soy sauce
1 tablespoon water

Finely chop fish. Mix with green onion, soy sauce, cornstarch, salad oil, sesame oil, salt, sugar, hot pepper seasoning and pepper, set aside. Cut tofu block crosswise in four equal slices, then cut each slice in half diagonally. Place in a colander and let drain for 15 minutes, then place between paper towels and gently press out excess water. Change paper towels several times until they no longer soak up any moisture. On widest side of each triangle, cut a pocket to within 1/2 inch of edges. Gently stuff each pocket with about 1 1/2 t fish filling. In a wok or deep pan, pour oil to a depth of about 1 1/2 inches and heat to 350 degrees. Add several bean curd triangles at a time and fry, turning once, until golden on all sides (about 4 to 5 minutes). Remove from oil and drain on paper towels. Cool, cover, and chill, if made ahead. In wide frying pan, heat 1 T salad oil over medium-high heat. Add garlic and cook, stirring, just until it begins to brown. Add lettuce, then stir and cook just until lettuce begins to wilt (about one minute). Stir in peas and mushrooms; top with stuffed tofu. Pour broth over tofu, cover, and simmer over low heat for 8 minutes (15 minutes if chilled). Stir together cornstarch, soy and water. Push tofu away from one side of pan and stir soy mixture into broth; cook, stirring carefully so as not to break the tofu, until sauce bubbles and thickens.

Fishy Fries

213 gm canned pink alaska salmon
100 gm plain flour
1 salt and pepper; to taste
1 tablespoon vegetable oil
150 ml skimmed milk or water
2 egg whites
1 sunflower oil (for deep fat frying)
----TO SERVE----
1 spicy tomato sauce; and/or
1 tartar sauce to serve

Drain the can of salmon and flake. Set aside.

Put the flour into a bowl along with the seasoning and vegetable oil. Gradually beat in the milk or water until smooth and thick.

Whisk the egg whites until they are stiff and fold these into the batter along with the salmon flakes. Heat the oil for frying in a deep fat fryer, over a moderate heat. Carefully drop tablespoons of the salmon batter into the hot oil. (It is better to cook the salmon fries 4-5 at a time depending on the size of your fryer. Keep the prepared ones warm in a low oven whilst cooking the rest.)

Turn each salmon fry over after about 45 seconds to brown the other side. Use plenty of oil for frying as the batter will need to rise and move about the pan to cook properly. When golden brown all over, remove from the oil with a slated spoon and drain on absorbent kitchen paper. Serve the fries hot with tomato sauce or tartar.

Serves 6-8. Approx. 220 kcals per serving

From: On the Wild Side - Alaska Canned Salmon Recipes Reprinted with permission from Alaska Seafood Marketing Institute Meal-Master compatible recipe format courtesy of Karen Mintzias

Fiskepudding Eller Fiskefarse (Fish Pudding O

1 tablespoon butter; soft
2 tablespoon bread crumbs; dry
1 1/2 lb cod or haddock; skinned and boned
1/2 cup light cream and
1 cup heavy cream; combined
2 teaspoon salt
1 1/2 tablespoon cornstarch

"To make an authentic Norwegian fish pudding - white, delicate and sponging in consistency - you should begin with absolutely fresh white fish. The pudding is served weekly in Norwegian homes, usually hot, with melted butter or a shrimp sauce (see recipe). Cold and sliced, it is also excellent as part of an open-faced sandwich." With a pastry brush or paper towel, spread the bottom and side of a 1 1/2 quart loaf pan or mold with 1 tablespoon of soft butter and sprinkle the mold with 2 tablespoons of dry bread crumbs. Make sure the crumbs are evenly distributed and tap out any excess. Cut the fish into small pieces and place a few pieces at a time in a blender, along with a couple of tablespoons of the combined creams to facilitate pur,eing. Blend at high speed, turning the machine off after the first few seconds to scrape down the sides of the jar with a spatula. Continue to blend, one batch at a time, until all of the fish is a

smooth pur,e. As you proceed, use as much of the cream as you need to form this smooth pur,e. Place the pur,ed fish in a large mixing bowl, beat in 2 teaspoons of salt and the 1 1/2 teaspoons of cornstarch and slowly add any of the cream that was not used in the blender, beating vigorously until the mixture is very light and fluffy. Pour into the prepared mold and bang sharply on the counter to settle the pudding and eliminate any air pockets. Smooth the top with a spatula. Preheat oven to 350øF. Butter a sheet of tin foil and seal it tightly around the top of the mold. Place the mold in a baking pan and pour into the pan enough boiling water to come 3/4 of the way up the sides of the mold. Set the pan in the middle of the oven for 1 to 1 1/4 hours, regulating the heat if necessary so that the water simmers but does not boil; if it boils, the pudding will have holes. When the top of the pudding is firm to the touch and a toothpick or skewer in the middle comes out dry and clean, the pudding is done. Remove the mold from the oven and let rest for 5 minutes. Pour off all excess liquid in mold, run a sharp knife around the inside, place a heated platter on top and holding the mold and plate together, quickly invert the two to remove the pudding from the mold. Clear the place of any liquid with paper towels and serve the fiskepudding while still hot.
TO MAKE FISH BALLS: Prepare the fish in the blender as described above. Chill the pur,ed fish in the mixing bowl for about 30 minutes, then roll about 1 tablespoon of the fish in your hands at a time, to make 1" balls. Refrigerate them, covered with wax paper, until ready to cook. Poach these fiskefarse by dropping them into 3 or 4 inches of barely simmering salted water for 2 or 3 minites or until firm to the touch. Scoop them out with a slotted spoon, drain thoroughly and serve as part of a fish soup (see recipe). Makes 60 fish balls.

Fiskesalat Med Pepperrotsaus (Fish Salad W/Ho

2 lb halibut or cod fillet; cold boiled (see recipe)
4 tablespoon horseradish root; freshly grated -=or=-
4 tablespoon prepared horseradish
1 pint sour cream
1 teaspoon salt
1/8 teaspoon white pepper
2 tablespoon onion; finely chopped
1 teaspoon white vinegar
3 tablespoon dill; fresh, finely chopped
1 medium head lettuce; preferably boston 2
eggs; hard-cooked, sliced
3 tomatoes; peeled & cut in wedges

If you are using bottled, prepared horseradish, drain it through a fine sieve, pressing out the excess juices with a wooden spoon or

squeeze it dry through a kitchen towel or double thickness of cheesecloth. In a large mixing bowl, combine the horseradish, sour cream, salt, pepper, onions, vinegar and 2 tablespoons of the chopped dill. Break the fish into 2" chunks and carefully fold it into the sour-cream dressing with a rubber spatula. Marinate for at least 30 minutes in the refrigerator, then arrange the fish, sauce and all, on a bed of dried, chilled lettuce leaves. Garnish with the sliced eggs and tomato wedges and, just before serving, strew the remaining tablespoon of chopped dill over the salad.

Flaky Salmon Surprise

213 gm canned pink alaska salmon
250 gm ready-made puff pastry
100 gm cucumber; peeled and diced
1/4 teaspoon salt
15 gm butter
15 gm plain flour
90 ml milk
3 tablespoon sour cream
1/2 teaspoon freshly chopped tarragon (optional)

Pre-heat the oven to 220 C, 450 F, Gas mark 8. Drain can of salmon, reserve the juice. Set aside. Roll out pastry to 1/2cm / 1/4 inch thick. Cut into four 8.5cm / 3-inch rounds. Stand, rolled side down on a dampened baking tray for 30 minutes. Brush upper surface with milk. Bake for 10-15 minutes until golden. Cool. Sprinkle cucumber with 1/4 teaspoon salt, leave 15 minutes.

Melt butter in a saucepan. Stir in flour, then salmon juice and milk. Bring to boil. Mix well.

Add rinsed cucumber, cream, tarragon and salmon. Blend well. Cut each pastry round into three slices crossways. Pile half salmon filling onto bottom slices. Place middle layers on top and remaining filling over these. Top with puff pastry tops. Serve hot with vegetables.

Serves 2. Approx. 800 kcals per serving

From: On the Wild Side - Alaska Canned Salmon Recipes Reprinted with permission from Alaska Seafood Marketing Institute Meal-Master compatible recipe format courtesy of Karen Mintzias

Florida Fish Stew

2 oz olive oil
1 oz garlic, chopped
3 oz onion, diced
3 oz leeks, julienne
3 oz carrots, julienne
1 pinch saffron
1/2 oz cracked black pepper
4 oz white wine
2 oz pernod
4 pint chicken stock
3 oz yellow squash, julienne
3 oz green zucchini, julienne
1 pinch fennel tops, chopped 3 oz fish, cut in 1/2 inch cubes 4 small shrimp
4 mussels
2 clams

In soup pot, heat olive oil and saute garlic. Add onions, fennel, leeks and carrots. Continue to saute, adding saffron and cracked black pepper.

Deglaze with white wine and Pernod. Add chicken stock. Add seafood and poach until done.

Add green and yellow squash and chopped fennel tops. Season the soup as needed and serve. Yield: 2

Flounder 0r Sole Fillets

4 leaf lettuce leaves
1/4 cup minced fresh chives
1 tablespoon minced fresh dill or
1 teaspoon dried dillweed
1/4 teaspoon salt
1/4 teaspoon pepper
2 teaspoon prepared mustard
2 (8 oz.) flounder or sole
1 fillets

Rinse Lettuce Under Cold Water; Place Leaves in A 1 1/2 Quart Casserole. Cover With Plastic Wrap; Turn Back 1 Corner To Vent. Microwave At High For 1 Min. Place Lettuce On Paper Towels To Drain. Combine Chives, Dill, Salt,Pepper & Mustard; Mix Well. Splitfillets Lengthwise; Spread Chive Mixture Evenly Over Each Fillet. Roll Up Each Fillet Beginning With The Short End. Wrap Each Roll in A Lettuce Leaf & Place in A 1 1/2 Quart Casserole. Cover With Plastic Wrap & Vent. Microwave At High For 4 To 5 Min. Let Stand Covered 4 Min. Fat 1.1. Chol. 57.

Flounder A La Nouvelle Orleans

1 flounder, 3-lb
1 thyme, sprig
1 tablespoon flour
2 parsley, sprigs
1 tablespoon butter
1 sweet basil, sprig
6 allspice
1 can mushrooms
1 salt & pepper to taste
1 croutons

Parboil a well-cleaned flounder by scalding well. Put into butter and salt and set to bake in oven. When it is 2/3 cooked, take off and pour on a cream sauce made of 2 Tbsp flour, 1 Tbsp butter, spice, thyme, parsley, sweet basil, bay leaf, mushrooms chopped fine; cook for five minutes. Remove from oven, slit open in scores along top, and return to oven to bake until done, about 15 minutes. Prepare croutons cut in diamond shape by frying in butter and use as a garnish.

Flounder Au Gratin

1 tablespoon margarine
4 green onons cut into 1/2
1 inch pieces
2 tablespoon diced celery
2 teaspoon flour
1/8 teaspoon salt

1/8 teaspoon white pepper
1/2 cup skim milk
1/4 cup (1 oz.) shredded swiss
1 cheese
1 (16 oz.) package frozen
1 flounder, thawed & drained
1 tablespoon minced fresh parsley

Melt Margarine in A Small Saucepan Over Low Heat. Add Onions & Celery; Saute Until Tender. Stir in Flour, Sat & Pepper; Cook 1 Min. Stirring Constantly. Gradually Add Milk; Stir Well. Cook Over Medium Heat Until Thickened & Bubbly, Stirring Constantly. Add Shredded Swiss Cheese; ReduceHeat & Cook Until Cheese Melts, Stirring Constantly. Set Aside. Arrange Fillets in A Single Layer in A 10 X 6 X 2 Inch Baking Dish Coated With Cooking Spray. Pour Cheese Mixture Evenly Over Fillets. Cover & Bake At 350 For 25 Min. OR Until Fillets Flake Easily When Tested With A Fork. Sprinkle With Parsley.
Fat 6. Cho. 64.

Flounder Florentine

1/4 cup onion,chopped
1/8 teaspoon rosemary,crushed
2 tablespoon butter or margarine
1 pkg spinach,frozen,chopped(9.5oz
1/4 cup almonds,toasted,chopped
1/2 cup rice,cooked
1 tablespoon lemon juice,fresh
6 flounder fillets,fresh(1.5lb
1 can cream/mushroom soup(10.75oz)
1/4 cup water
1 paprika

1. In a saucepan, cook onion with rosemary in butter until tender.#
2. Add spinach, almonds, rice and lemon juice; heat, stirring occasionally.#
3. Place 1/4 cup mixture on each fish fillet; roll and secure with toothpicks.#
4. Arrange fish rolls in a shallow 112x8x2-inch baking dish; bake in preheated 350'F. oven 20 minutes.#
5. Meanwhile, blend soup and water; set aside.#
6. Pour soup over baked fish, stirring around sides; bake 15 minutes longer, or until done.#
7. Sprinkle with paprika and serve piping hot.#
NOTE: Flounder Florentine can be prepared in advance and refrigerated before you bake-and-serve.#

Flounder In Lemon-Dill Sauce

3 tablespoon butter or margarine
1 tablespoon dill,fresh,chopped
3/4 teaspoon dill weed
1 tablespoon lemon juice
1/4 teaspoon salt
1 green onion,med,thin sliced
1 lb flounder fillets
1 lemon slices for garnish

1. In 10-inch skillet over medium-low heat, heat first 5 ingredients, stirring occasionally, until butter or margarine is melted and hot.#
2. If flounder fillets are large, cut into serving-sized pieces. Add flounder to butter mixture in skillet; cover and cook 5-8 minutes, until flounder flakes easily when tested with a fork, basting flounder occasionally with butter mixture in skillet.#
3. Arrange flounder with its sauce in warm deep platter. Garnish with lemon slices.

Flounder In Parchment

1 flounder, 3 or 4 lb
1 salt & pepper to taste
8 bacon slices
4 tablespoon prepared mustard
1 parchment
1 greased brown paper

Brush a scaled, cleaned flounder with prepared mustard. Sprinkle with salt and pepper; wrap in bacon slices. Wrap in paper and skewer tight. Put into baking dish or pan. Bake 30 minutes at 375 degrees F. Open paper; bake 10 minutes more, or until tender and flaky. Serve on paper. Recipe date: 11/29/87

Flounder In Sweet-Sour Sauce

3 lb flounder fillets
2 onions, chopped
1/4 cup butter
2 tablespoon flour
1 can beer
2 tablespoon brown sugar
5 peppercorns
2 cloves
1 teaspoon worcestershire sauce
1 tablespoon vinegar

Cut fillets in serving size pieces. Brown onions in butter ; add flour; cook 3 minutes. Add beer and remaining ingredients except vinegar. Cook over low heat, stirring until thickened. Add fillets, cover and cook, until fish is done. Add vinegar, cook 2 minutes longer. Serve.

From the files of Al Rice, North Pole Alaska. Feb 1994

Flounder Meuniere For 4

1 bsnx01a -prodigy
1 s.talkofsky genie
1 fido
1 lb flounder filet (4 pieces)
1/2 cup flour
1/2 teaspoon salt
1/4 teaspoon white pepper
1/4 cup milk
1/3 cup vegetable oil
4 tablespoon margerine; divided
1 tablespoon lemon juice
1 chopped parsely

Pat fillet dry with paper towels. Mix flour, salt and pepper. Dip fish into milk and then coat with flour mixture. Heat oil and 2 tablespoons of margerine in large skillet over medium heat until hot. Cook fillets 6 to 8 minutes until golden brown, turning once during cooking. Remove fish and keep warm. Drain oil from skillet and add remaining margerine. Melt margerine over low heat until it just

begins to brown, add lemon juice and immediately pour over fish. Sprinkly with chopped parsely.

Nutritional analysis per serving: Calories-376, Sodium-580mg, Cholesterol-89mg

From Great Atlantic and Pacific Seafood

Flounder With Scallions

1 lb flounder fillets
1/4 cup cornstarch
1 egg white
2 tablespoon dry sherry
1/4 teaspoon ground ginger
1 fresh ground black pepper
3 tablespoon vegetable oil
1 cup fresh thin slice mushrooms
1 cup chopped scallions with tops
1 tablespoon soy sauce

Cut fish into uniform 1 x 2-inch pieces. Dry fish pieces. Put cornstarch on a plate. Combine egg white, 1 tablespoon of the sherry, ginger and pepper in a small bowl. Dip fish first in cornstarch to coat thoroughly, then in egg white mixture.

Heat oil in wok or large skillet. When oil is very hot, add coated fish pieces and fry them quickly until they are golden brown on both sides, keeping them moving and turning them as they cook. Remove fish to a warm serving dish. Add mushrooms and scallions to wok or skillet and stir-fry a minute or two. Add remaining sherry and soy sauce, stir and pour contents of pan over fish. Serve at once.

Flounder With Vegetables & Gingered Sauce

2 tablespoon mazola corn oil or mazola
1 right blend canola and corn
1 oil
2 medium carrots, cut into thin

1 strips
1 medium onion, chopped
1 clove garlic, minced
1/4 lb snow peas
1 teaspoon minced fresh ginger or
1/4 teaspoon ground ginger
1/2 teaspoon salt
1/4 cup dry white wine
4 (4 oz each) flounder fillets

1. In large skillet heat oil over medium heat. Add carrots, onion and garlic; stirring frequently, cook 4 minutes. Add snow peas, ginger and salt; cook, stirring, 2 minutes. Remove vegetables from skillet; keep warm.

2. Stir wine into skillet; bring to a boil. Fold fillets in half crosswise; arrange in skillet. Reduce heat; cover and simmer 5 minutes or until fish is firm.

3. Transfer fillets to serving platter; top with vegetables and pan juices.

Makes 4 servings.

Recipe By :Womans Day Recipe

Fluffy Tuna Pate

16 oz cream cheese, softened and
1 cut in little blocks
14 oz tuna -albacore -water packed 2
tablespoon dry white wine
2 tablespoon lemon juice
1 tablespoon soy sauce
1 teaspoon dill weed
2 tablespoon parsley, chopped

Beat all ingredients, except parsley, together. Stir in parsley.
This is delicious, either as a spread on crackers, or for sandwiches. You can cut it in half if desired. This will freeze well.

Cookie-Lady posted this - said it tasted like salmon - 12/09/93

Formatted for MM by Pegg Seevers 12/09/93

Foil Baked Fish With Mexican Mint Marigold

1 lb fresh fish fillets
1 thin lemon slices
1 butter; to taste
1 salt and pepper; to taste
1 cup chopped mexican mint - marigold lea; ves

Put fish fillets on a piece of buttered aluminum foil or parchment. Slash the fillets at 2" intervals and insert a thin slice of lemon into each cut. Dot the fish with butter, salt and pepper, then sprinkle with Mexican mint marigold leaves. Double-fold the edges of the foil to seal; fold parchment around the fish, letter style, then turn the ends under.

Bake the packet no more than 20 minutes in a preheated 350 F. oven. The fish is done when it flakes easily. Avoid overcooking.

Recipe in Diane Morey Sitton's "An Herb to Know" column in "The Herb Companion." April/May 1993, Vol. 5, No. 4. Pg. 20. Posted by Cathy Harned.

Foiled Fish On The Grill

1 lb fish fillets
2 tablespoon margarine -- not diet
1/4 cup lemon juice
1 tablespoon fresh parsley -- chopped
1 teaspoon fresh dill weed
1 teaspoon salt
1/4 teaspoon black pepper
1/4 teaspoon paprika
1 onion -- thinly sliced

Use heavy aluminum foil cut into large squares. Place equal portions of the fish fillets on each piece of foil. In a saucepan, melt margarine. Add lemon juice, parsley, dill, salt and pepper. Stir to blend well. Pour this mixture over the fish, sprinkle with paprika, and top with the onion slices which have been separated into rings. Fold the foil around the mixture and seal using a drugstore fold or

other method of sealing tightly. Leave a little space for thefood to expand while cooking. Place on hot grill and grill for 5-7 minutes per side. Fish should flake easily when done.

Recipe By : Jo Anne Merrill

Fragrant Fish

2 scallions, finely chopped
1 clove garlic, minced
1 tablespoon minced fresh gingerroot
1 tablespoon soy sauce
1/2 teaspoon chinese chili paste
1 or hot chili oil
2 tablespoon hosin sauce
1 tablespoon balsamic vinegar
1/2 teaspoon sugar
1/2 cup water
1 1/3 lb white fish fillets such as
1 cod or chilean sea bass
2 tablespoon cornstarch
1 tablespoon canola or veg oil

In a nonreactive container, combine the scallions, garlic, gingerroot, soy sauce, hoisin sauce, chili paste or oil, vinegar, sugar and water. Set aside.

Slice the fish fillet, if necessary, into 1/2 inch thick slices. Spread cornstarch on a plate and dredge fish in it.

In a large nonstick skillet, heat the oil over medium heat. When the pan is hot, cook the fish in batches for a couple of minutes per side, or until almost cooked through. Remove from the pan and keep warm while cooking the remaining fish.

Put the sauce into the pan in which the fish was cooked. Simmer for a ocuple of minutes until slightly thickened. Then put the fish back in the pan and warm gently in the sauce for 2 minutes, or until cooked through.

From the Ft. Lauderdale Sun-Sentinel March 6, 1997 typos by Kim Reese

Nutitional Info per serving: 196 calories, 28g protein, 5 g fat, 8g carbohydrates, 61mg cholesterol, 542mg sodium, 24% calories from fat.

Frank's Place Crawfish Etouffe

1/4 cup butter or margarine
3 tablespoon flour
1 1/2 cup onion; minced
1/2 cup scallion; chopped
1/2 cup celery; chopped
2 garlic clove; minced
1 teaspoon tomato paste
2 cup fish stock (see note)
1 cup tomato; chopped
2 cup crayfish meat
1/4 cup parsley; chopped
1 teaspoon salt
1/2 teaspoon pepper, black
1/2 teaspoon cayenne pepper
2 cup rice, cooked; hot

Melt butter in large saucepan over low heat; remove from heat and stir in flour until smooth. Return to heat and cook, stirring, for 10 minutes, until roux is dark brown. Stir in chopped white and green onions, celery and garlic; cook about 10 minutes. Add tomato paste to fish stock; stir into onion mixture. Add tomatoes, crayfish, parsley and seasonings; cover and simmer 20 minutes. Serve over hot rice.

NOTE: Make fish stock from heads and tails of fish and/or crawfish.

Fred's Fish Sauce M&M

3 teaspoon catsup
2 teaspoon worchestershire sauce
2 teaspoon a-1 sauce
5 drop red pepper sauce **

**I prefer Crystal Hot Sauce. Use what you like.

Mix together the ingredients using the basic measurements, except for the hot sauce. Add it as needed for seasoning and heat. Adjust seasonings with sauces to taste.

This dipping sauce is perfect for any firm white fish, such as halibut, cod, monkfish, along those lines.

My dad (Fred) invented this sauce sometime in the forties and I've used it all my life.

Enjoy!

Fruited Fish

1 lb fish fillets
1/4 cup frozen orange juice concentr
2 tablespoon lemon juice
1 teaspoon dried dill
1 teaspoon paprika
2 tablespoon fresh parsley; minced (or 1
1/2 cup water
4 tablespoon orange marmalade
1 teaspoon arrowroot

Recipe by: Net
Place fish in shallow non-metal casserole.
Combine the rest of the ingrediants except the arrowroot and marmalade and stir till OJ dissolves.
Reserve 1/2 cup of sauce and pour the rest over the fish. Let the fish marinate for at least 45 minutes, turning once.
Preheat broiler.
Remove fish from marinade and put in broiler pan.
Add 3 tablespoons of marmalade to the marinade and heat.
Broil fish 4 inches from heat for 10-15 minutes, basting with marinade several times, until fish flakes.
Add 3 teaspoons of marmalade to reserved sauce, and add the arrowroot, stirring until the sauce begins to thiken.
Put fish on serving dish, pour sauce on top or serve on the side.

Yield 4 servings, Calories 163 Fat 1 gram %CFF 5% Cholesterol 23 mg Sodium 23 mg Fiber .2 g

Fruity Seafood

3 tablespoon butter
4 shallots chopped
1 green apple, peeled cored and diced
1 pinch dill
2 teaspoon mild curry powder
2 tablespoon plain flour
1 cup apple juice
1 lb scallops
1 banana sliced
1/2 lb green prawns in bite sized pieces
1/2 cup cream
1 salt to taste

Melt butter in saucepan, saute apple and shallots until soft. Add curry powder and cook for a minute longer. Stir in flour, add apple juice. Bring to boil, stirring constantly. Add salt and dill, simmer for 5 minutes. Add prawns and scallops, cook until almost tender, add banana 5 minutes before end of cooking time. Stir in cream, heat through. Serve with fluffy or fragrant rice.

NB In this as in many recipes I use evaporated skim milk in lieu of the cream, and thicken if necessary. Better for the arteries, with no great compromise in taste or texture.

Fusilli Bucati With Soft Shell Crabs

6 soft shell crabs
6 tablespoon virgin olive oil
1 medium red onion, thinly sliced
6 anaheim peppers, cored, seeded, and; julienned 4
red jalapenos, cored, seeded, and j; ulienned 1 cup
white wine
1 cup basic tomato sauce (see recipe)
2 cup escarole, finely chopped
1 lb fusilli bucati pasta

Bring 6 quarts water to boil in a large spaghetti pot and add 2 tablespoons salt.

Clean soft shell crabs by snipping off their faces with a pair of scissors and removing the skirt. Cut in half and set aside.

In a 12 to 14-inch saute pan, heat olive oil until smoking, add onions, Anaheim, jalapenos and cook until softened, about 8 to 10 minutes. Add the crab pieces and continue cooking until crabs are

deep red and firm. Be careful not to break up the crabs with aggressive stirring. Add the white wine and the tomato sauce and reduce by half. Add escarole and cook another 1 minute until escarole has wilted and remove from heat. Drop fusilli into boiling water and cook according to package instructions until al dente (about 7 to 9 minutes). Drain pasta well in colander and pour hot pasta in pan with crabs. Return to medium heat and toss to coat well, about 1 minute. Pour into heated serving platter and serve immediately.

Yield: 4 servings Posted to MC-Recipe Digest V1 #

Recipe by: Molto Mario

From: "suechef@sover.net" <suechef@sover.net>

Date: Tue, 10 Dec 1996 16:19:04 -0500 (EST)

G.'s Easy Fish Marinade

1 lemon juice
1 soy sauce
1 white wine
1 fish for broiling

Mix marinade to taste. Pour over fish for 45 minutes. No oil or butter is needed for cooking. To retain moisture, pour 3/4 inch of water into bottom of broiling pan.

Gaeng Paa Pla Dook (Jungle Curry With Catfish

----CURRY PASTE----
2 tablespoon chopped lemon grass
8 shallots
6 cloves garlic
1/4 cup chopped lesser ginger 8
dried jalapeno peppers
1 teaspoon canned peppercorns 1
teaspoon shrimp paste
1/2 teaspoon salt

----PREPARATION----
2 tablespoon oil
1 1/2 lb catfish, cut into 1 slices
1/4 cup fish sauce (nam pla)
3 cup water
1/2 cup thai eggplant
1/4 cup sliced green jalapeno pepper
1/2 cup sweet basil leaves
10 whole kaffir lime leaves

In the days when travel through various parts of Thailand required journeying through areas of jungle, the people had to make do with what was available there. This recipe is so named because the ingredients and cooking method made it a suitable dish for the jungle. Best eaten in the presence of monkeys, tigers and snakes to keep it more authentic.

Garden Tuna Salad Pockets

2 can tuna (6.5 oz ea)
3/4 cup best foods mayonnaise
1/2 cup chopped onion
1/2 cup chopped celery
1 sprouts
1 tomato
1 cucumber

Combine tuna, mayonnaise, onion and celery. Fill pitas with tuna salad, sprouts, tomato and cucumber.

Garlic Braised Tuna Steaks

4 tuna steaks, 1 thick
1 garlic clove, peeled and cut in th; i, n slivers 8
oz button onions, peeled
1 tablespoon butter
1/2 cup red wine
1/2 cup water
1 bay leaf

----SAUCE----
1 tablespoon butter
1 tablespoon flour
1 tablespoon tomato paste
1/2 teaspoon thyme
1 tablespoon chopped parsley
1 squeeze of lemon juice
1 salt and pepper
----GARNISH----
1 lb spinach, washed and thinly sliced
1 tablespoon butter

Make small slits in the tuna steaks with a knife and insert a sliver of garlic into each slit. Heat a browning dish for 3 minutes on High. Drop in 1T butter and the peeled onions. Heat for 1-2 minutes on High, stirring occasionally, until the onions begin to brown. Pour in the water and wine. Transfer the contents of the browning dish to a large casserole. Add the bay leaf and fish to the casserole, cover loosely and cook for 5 minutes on High. Remove the fish and onions from the casserole and keep them warm. Melt 1T butter in small, deep bowl for 30 seconds on High. Stir in the flour and cook for 1-2 minutes on High or until flour is lightly browned. Pour in the cooking liquid from the fish, and add the tomato paste and thyme. Cook for 2-3 minutes on High, stirring occasionally until thickened. Add the parsley, lemon juice, salt and pepper, and set aside with the fish. Melt the remaining butter in a small casserole on High for 30 seconds. Put in the spinach, cover loosely and cook for 1-2 minutes on High. Spread the spinach onto a serving plate and combine the fish and sauce to re-heat for 30 seconds on High. Arrange the fish and onions on top of the bed of spinach and pour the sauce over to serve.

The Complete Microwave Cookbook. Judith Ferguson and Celia Norman.

Garlic Clam Dip

8 oz cream cheese
1/2 teaspoon salt
1/2 tablespoon garlic
1 dash fresh ground pepper
7 oz clams, drained and minced
1/4 cup clam broth
1 1/2 teaspoon worcestershire
2 teaspoon lemon juice

Using garlic press, squeeze pulp and juice into softened cheese. Cream

with a spoon until smooth. Gradually add the remaining ingredients, blending until smooth. For thinner dip, add more clam broth. Serve with crackers, chips or veggies.

Garlic Clams

12 cloves fresh garlic, minced
1 bunch green onions, minced
1/2 cup butter
1/4 cup vegetable oil
1/2 cup chopped parsley
1 teaspoon italian seasoning
1 cup dry white wine
1 cup clam juice
1 cup water
24 cherrystone clams, cleaned

In large skillet, saute garlic and onion in butter and oil for 1 minute. Add parsley and seasoning. Add wine, clam juice and water and cook 2 minutes. Now add clams and cook covered until clams open, about 10 to 12 minutes. Serve in bowls.

Garlic Shrimp & Scallops

1 teaspoon olive oil
2 tablespoon slivered garlic
1/2 teaspoon crushed red pepper flakes
1/2 lb lg shrimp, peeled, deveined
1/2 lb bay scallops
1/2 teaspoon paprika
4 tablespoon chicken broth
1 teaspoon fresh lime juice
1/2 cup finely chopped fresh italian parsl; e, y 1
salt and pepper

In a large heavy skillet, heat the oil over medium heat. Add the garlic and saute until it begins to brown. Remove the garlic with a slotted spoon and set aside. Add the pepper flakes to the skillet and increase the heat to medium high. Add the garlic, shrimp, scallops,

and paprika. Saute for 1-2 minutes, stirring constantly. Add the chicken broth and cook for 1 minute. Remove the shrimp and scallops with a slotted spoon, place on a platter; set aside and keep warm. Add the lime juice, parsley, and salt and pepper to taste to the pan and just heat through. Pour the sauce over the shrimp and scallops and serve immediately.

Gary's Clam Dip

2 tablespoon onion -- chopped
3 tablespoon parsley -- chopped
2 tablespoon worcestershire sauce
1 salt and pepper -- to taste
12 dash tabasco sauce
16 oz cream cheese -- room temp.
3 can clams, canned -- minced
1 each sheepherder bread -- round,
1 large
1 (or sourdough bread round)
1 each french bread -- baguette

Drain clams, reserving 1/2 C. of liquid. With electric mixer (not food processor), mix together all ingredients except bread. Slice top off of bread round. Hollow out bread. Fill with dip and replace top. Wrap tightly in foil. Bake at 250 for 3 hours.

Recipe By : Gary Soto

From: Emory!rahul.Net!watson@sunshine.Edate: Fri, 1 Apr 1994 15:04:18 ~0800 (P

Gemfish In Chermoula Marinade

2 lb gemfish (or firm white fish)
1/2 bunch of parsley
1/2 bunch coriander
3 cloves garlic
1/2 tablespoon paprika
1/2 tablespoon cumin

1 teaspoon coriander
1 pinch cayenne
2 1/2 oz lemon juice
3 oz olive oil

In food processor, process half a bunch of fresh coriander, half a bunch ofparsley, 3 large cloves of garlic, 1/2 tablespoon each of paprika and cumin, one teaspoon coriander, pinch of cayenne, 2 1/2 oz lemon juice, 3 ozolive oil.

Marinate 2 lb of Gemfish in this mixture for at least one hour, but preferably overnight.

Remove fillets from marinade, place in griller or barbeque, basting in marinate while cooking. Cook 2-3 minutes each side, turning carefully only once.

From : Meryl Constance. Sydney Morning Herald. 15 th September. 1992.

Georgia Crab Soup

6 tablespoon butter or margarine, divided
2 1/2 cup sliced fresh mushrooms (about 8 oun; ces) 3
tablespoon all-purpose flour
3 cup homemade chicken stock or canned ch; icken 1
broth, preferably low sodium
1 1/2 cup heavy cream
12 oz cooked crabmeat, fresh, canned, or; frozen, 1
thawed if frozen (about 1 1/2 cups)
3/4 cup freshly grated parmesan cheese
1/4 cup good-quality dry sherry, optional
1 salt and pepper to taste
1 chopped fresh parsley

Melt 3 tablespoons of the butter in a 10-inch skillet over medium heat; add the mushrooms and saute for about 5 minutes, stirring occasionally, until softened. Remove from the heat and set aside. Melt the remaining 3 tablespoons of butter in a heavy 3-quart saucepan over medium heat; stir in the flour and blend until smooth. Pour in the chicken stock and cream, stirring constantly; cook and stir for 8 to 10 minutes until the mixture thickens and just begins to boil. Add the crabmeat and reserved cooked mushrooms; cook and stir for 2 to 3 minutes longer until heated through. Remove from the heat; stir in grated Parmesan, sherry, if using, salt and pepper. Serve garnished with chopped parsley.

Makes 8 servings.

Nutrition information per serving: 351 Calories; 12 g Protein; 31 g Fat; 11 g Carbohydrates; 629 mg Sodium;
147 mg Cholesterol

[REDBOOK; Nov 1990]

Posted by Fred Peters.

Georgia Pecan Fish-Rec.foods

1 no ingredients

: 1/2 c mayonnaise
: 3/4 ts lemon and pepper seasoning
: Salt, to taste
: 1/2 ts tarragon leaves
: 2 fish fillets
: 1/4 c chopped pecans

Blend mayonnaise, and seasonings. Spread over fillets. Press pecans on the fillets and back in 425' oven for 15-20 minutes. Walt MM
Date: Thu, 12 Sep 96 20:22:10
+0000

Grandma's Salmon Patties

2 cup salmon, boned
1 medium egg
1 cup bread cubes, soft
1/2 cup milk
1 teaspoon lemon juice
1/8 teaspoon pepper
1/2 teaspoon salt
1 paprika
1 medium egg
1 cracker crumbs

Combine salmon, egg, bread crumbs, milk, lemon juice, pepper and salt together in a bowl..mix well until salmon mixture can be molded. Let stand in refrigerator for about 15 minutes. Remove from refrigerator and form patties from salmon mixture. Dip patties into beaten egg and then into crushed saltine cracker crumbs. Fry in hot oil until browned. Sprinkle with paprika for color and serve with lemon wedges.

Gratineed Oysters With Diced Apples In A Calvados Sabayon

1 cup heavy cream
3 egg yolks, lightly beaten
2 tablespoon calvados
16 oysters in the half shell
2 apples; peeled and finely diced
1 lemon

In a small bowl place the heavy cream and whisk it for 3 to 5 minutes, or until it is softly whipped. Add the egg yolks and the Calvados, and whisk them in.

In each oyster half shell place the diced apple. Place the oyster meat on top. Cover it with the cream mixture.

Place the oysters on a flat sheet and broil them for 1 to 2 minutes, or until the cream mixture is golden.

Gravlax (Salmon Marinated In Dill)

3 lb fresh salmon fillet; center cut, cleaned & sca 1
large bunch dill; fresh, whole
1/4 cup kosher salt (coarse, or regular is; necessary)
1/4 cup sugar
2 tablespoon white peppercorns (or black) crush; e, d

Cut the salmon in half lengthwise and remove the backbone and the small, freebones, as well, or ask your fish delaer to do it for you. Leave the skin on. Place half of the fish, skin side down, in a deep

glass, enamel or stainless steel baking dish or casserle. Wash and then shake dry the bunch of dill and place it on the fish. (If the fill is of the hothouse variety and not very pungent, chop the herb coarsely to release it's flavor and sprinkle it over the fish instead.) In a separate bowl, combine the salt, sugar and crushed peppercorns. Sprinkle this mixture evenly over the dill. Top with the other half of the fish, skin side up. Cover with foil and set a heavy plate or platter on top of it, slightly larger than the salmon. Weigh it down with cans or jars and refrigerate for at least 3 days, up to 7 days. Turn the fish over every 12 hours or so, basting with the liquid marinade that accumulates, separating the halves a little to baste the salmon inside. Replace the platter and weights each time. When the gravlax is finished, remove the fish from it's marinade and scrape away the dill and seasonings. Pat dry with paper towels. Or leave the dill and seasonings in place. Place the separated halves skin side down on a carving board and slice the salmon thinly on the diagonal, detaching each slice from the skin. Gravlax is served as part of a smorgasbord or as an appetizer and is usually accompanied by a mustard-dill sauce (see recipe). When gravlax is presented as a main course, it is garnished with lemon wedges as well as the mustard-dill sauce and served with toast and perhaps a cucumber salad.

Great Northern Mock Tuna Salad <t>

16 oz can great northern beans --
1 rinsed and drained
2 tablespoon onion -- finely chopped
2 tablespoon sweet pickle relish
1/3 cup celery -- chopped
1 tablespoon +1 tsp nonfat mayonnaise
1 dash garlic powder
1 salt and pepper -- to taste

Place beans in a medium bowl and mash with a fork. Add remaining ingredients and mix well. Chill several hours to blend flavors. Grams of fat/serving: 0.6 Joan Schilling

From JustBek@aol.com Wed Jul 10 18:06:43 1996 Here ya go! The salad is simple and awsome! No paprika in this recipe, but, throw some in!

Recipe By : Lean and Luscious and Meatless

From: Janice Springer <75451.2725@compudate: 28 Nov 95 09:28:35 Est

Great Tuna Casserole

1 pkg wide noodles (16 oz.)
1 large can albacore tuna in water
1 red bell pepper *
1 large onion *
1 large jar pimentos
5 medium celery stalks *
1/2 cup seasoned bread crumbs
1 1/2 cup mayonaise
1 can cream of celery soup
1 soup can milk
3/4 cup good sherry wine
1 pkg slivered almonds

* Chopped small

1. Cook noodles al dente, rinse with cold water, drain, and toss with a little olive oil. Put aside and cover to keep soft.

2. Saute onions, peppers, celery in olive oil for about 5 minutes. Throw in the pimentos. Set aside.

3. In a large deep skillet, mix together the mayonaise, celery soup, milk and Sherry. Cook a few minutes until well blended, then add sauted ingredients.

4. Drain the tuna, flake and put in the sauce. Cook for a couple of minutes, stirring gently.

5. In a large bowl, mix the cooked noodles and sauce until well blended.

6. Transfer to small casserole dishes or one large (your choice) and sprinkle with bread crumbs and slivered almonds. Salt & pepper to taste when served.

Greek Fish Baked In Grapevine Leaves

1 karen mintzias
5 medium whole fish; cleaned heads left on

2 tablespoon olive oil (or more)
1 lemon (juice only)
1 tablespoon chopped fresh parsley
1 tablespoon chopped fresh thyme
1 tablespoon chopped fresh fennel
1 salt & freshly ground pepper
3 anchovy fillets; rinsed minced or mashed 2
tablespoon butter
15 large grapevine leaves
1 lemon slices & fennel leaves

Wash and dry the fish. In a glass or earthenware bowl, beat the oil, lemonjuice, parsley, thyme, fennel, and a pinch each of salt and pepper. Dip each fish in the mixture, turning to coat and allow to marinate an hour or two in the refrigerator.

Remove the fish from marinade and drain. Meanwhile, beat the anchovies andbutter together and spread on the fish with a knife. Wrap each fish in grapevine leaves and place, seam side down, in an attractive baking-serving dish. Bake in a moderate oven (350 F) for 30 minutes. Serve hot, garnished with lemon and fennel.

From: "The Food of Greece" by Vilma Liacouras Chantiles. Avenel Books, NewYork.

Typed for you by Karen Mintzias

Green Chile & Oyster Chowder

1 lb red potatoes, cut into
1 1/2-inch dice
1 medium onion, finely chopped
2 1/2 cup fish stock or clam juice
1 medium bay leaf
1/2 lb fresh green chiles
2 cup peanut oil
1/2 cup fresh corn kernels
16 shucked oysters in their
1 liquor
1 large sweet red bell pepper, 1
roasted, peeled and cut
1 into 1/2-inch dice
2 cup half & half
1 salt to taste
1 tablespoon butter
1 teaspoon fresh marjoram, chopped

Gently boil the potatoes for about 4 minutes in salted water, rinse and cool. Cook the onion with 1 cup of the stock and the bay leaf over low heat for 15 to 20 minutes, until cooked through, but not browned. Discard the bay leaf and cool. Fry the green chiles in the oil for about 4 to 5 minutes until the skin is blistered, but not blackened. Skin the chiles, remove the seeds and cut into 1/2-inch dice. Steam the corn in 1/4 cup of water in a covered pan for 2 minutes or until tender.

In a large pan, combine the oysters with their liquor, the remaining stock, and the green chiles. Heat for 2 minutes, then add the potatoes, onion and red pepper, and bring to a boil. Add the half and half, keeping the mixture below a boil to keep the half and half from separating. Add the salt, corn and butter. Pour into soup bowls and garnish with the marjoram.

Griddled Trout With Herbs

6 fresh cleaned trout
6 sprigs fresh rosemary, or 1 1/2 tab; lespoons dried 3
oz soft butter
18 fresh mint leaves or 2 teaspoons dr; ied
6 sprigs fresh thyme (leaves only) or; 2 teaspoons dried 6
fresh sage leaves or 1 scant teasp; o, on dried
1 1/2 teaspoon coarse sea salt
7 grinds black pepper

The herbs are what might have been used in Anglo-Saxon East Anglia, but use whatever you might fancy. Try to use fresh, although dried is acceptable. Put one sprig or generous shake of rosemary down the middle of each fish. Chop all the other herbs and seasonings and mash them into the soft butter. Use this to coat the fish generously on each side. Griddle, barbeque or grill it for 4-5 minutes on each side or till the skin is well browned and the flesh flaking off the bone. Baste now and then with the butter which runs off. Serve at once with lot of fresh bread and a salad or a simple green vegetable.

Grill Poached Salmon

2 lb salmon fillets -- or steaks
2 tablespoon butter
1 teaspoon salt
6 slice lemon -- (thin)
1/2 cup white wine
1 few grains pepper

Cut salmon into serving-size pieces. Place each piece on a square of heavy duty aluminum foil. Double thickness of foil may be used. Sprinkle salmon with salt and pepper, top with butter, a slice of lemon and drizzle with wine. Close package securely and cook on the grill for 20-30 minutes or until fish flakes easily when tested with a fork.

Serves 6.

(Adapted from a recipe in "Seafood Treats From The Barbeque", Department of Fisheries and Oceans Canada)

Recipe By :

Grilled Bluefish Wrapped In Mammoth Basil Lea

10 mature mammoth basil leaves - (fres; h) 1
1/2 lb bluefish
4 tablespoon pesto

Heat outdoor grill. Soak the Mammoth basil leaves in water. Slice the bluefish into strips 2 inches wide, making 8 slices. Spread pesto on each slice of fish. Wrap each slice in a Mammoth basil leaf, securing with a toothpick or wooden skewer. Place the wrapped fish on the hot grill over glowing coals, 6 inches from the heat. Cover the grill and cook for 5 minutes on each side.

From: The Cook's Garden catalog - Spring/Summer 1993 (page 2)

Grilled Catfish Salad

----FOR MARINADE----
3 each catfish fillets (5-8oz)
1/4 cup butter,melted
1/4 cup louisiana cane syrup
1 tablespoon dried thyme
1 tablespoon dried basil
1 tablespoon cracked black pepper
1 salt to taste
----FOR SALAD----
6 each leaves red leaf lettuce
6 each leaves romaine lettuce
6 each leaves curly endive
1/2 cup crumbled blue cheese
1 cup blue cheese dressing
6 each cherry tomatoes, sliced
1 cracked black pepper
1 to taste

FOR MARINADE: In a mixing bowl combine all of the marinade ingredients and mix well to ensure that spices are well blended. Allow fillets to set in marinade appoximately thirty minutes. Charbroil the fillets on a hot barbecue grill three to five minutes on each side or until fish is cooked to desired doneness. Remove and keep warm. FOR SALAD: On a six inch salad plate, place one piece of red leaf lettuce as a base. In a large mixing bowl, combine the other three lettuces and break into appropriate size serving pieces. Place one handful of mixed lettuces on top of red leaf lettuce. Using a sharp knife, cut grilled catfish into one inch slices. Place an equal number of slices on top of each salad, sprinkle with blue cheese crumbles and top with salad dressing. Garnish each salad with tomato circles and cracked pepper.

Grilled Crabmeat Flautas

1 roasted tomato sauce; *
8 oz crab meat; **
1/2 cup green onions w/tops; sliced
1 tablespoon butter or margarine
1/2 cup dairy sour cream
1/2 cup monterey jack cheese; shred
14 oz artichoke hearts; ***
10 flour tortillas; ****

* See Sowest 2 for recipe. ** Use 1 package of Frozen salad-style imitation crabmeat, thawed *** Artichoke hearts should be drained and cut into quarters. Use one **** Flour tortillas should be 7 to 8

inches in diameter and be warm. Prepare Roasted Tomato Sauce; set aside. Cook crabmeat and onions in 1 Tbls of margarine over medium heat, stirring frequently, until onions are tender. Mix in cour cream, cheese and artichoke hearts. Spoon about 13 of a cup of the mixture onto one end of each tortilla. Roll up tightly into a cylinderical shape; secure with wooden picks. Heat 2 Tbls of margarine in 10-inch skilled over medium heat until hot and bubbly. Cook 3 or 4 flautas in margarine, turning frequently, until golden brown, about 5 minutes. Keep warm in 300 degree F. oven. Repeat with remaining flautas, adding the remaining margarine as needed.
Serve with warm Roasted Tomato Sauce.

Grilled Curry-Apricot Shrimp & Scallops

1/2 cup olive oil
1/2 cup apricot preserves
2 tablespoon dijon mustard
2 tablespoon curry powder
2 tablespoon garlic; minced
2 tablespoon cilantro; chopped
4 teaspoon jalapeno chili; minced and seeded
16 large shrimp; peeled, deveined, tails l
12 sea scallops
4 bamboo skewers; soaked in water 30 minute

Combine first seven ingredients in medium bowl. Add shrimp and scallops, toss to coat. Cover and refrigerate at least 30 minutes and up to 1 hour, tossing occasionally.

Prepare barbecue. Skewer 4 shrimp and 3 scallops alternately on each skewer. Grill until shrimp are just cooked through and scallops are opaque, brushing frequently with marinade, about 3 minutes per side. Bring remaining marinade to simmer in small saucepan. Serve on skewers, passing marinade separately.

Grilled Fish

1 no ingredients

1 lb salmon fillet
1 lb swordfish fillet
: Chili pepper
1 lemon
3 TB butter
: Crushed black pepper

Cut salmon and swordfish into two pieces and place on the grill. Sprinkle chili pepper over swordfish. Squeeze juice of 1/2 the lemon over salmon. Grill for 3 - 5 minutes before flipping. Flip fish. Brush swordfish with melted butter and more chili pepper. Squeeze other 1/2 of lemon over salmon and sprinkle with black pepper. Grill until cooked through. Serve.

Recipe By :CHEF DU JOUR SHOW #DJ9110 LEA DELARIA

Date: Sat, 19 Oct 1996 00:14:22
~0400

Grilled Fish In Banana Leaf

3 garlic cloves
1 teaspoon black peppercorns
2 tablespoon chopped fresh coriander root
1 slice fresh ginger, quarter-sized crush; ed -
1 1/2 tablespoon soy sauce
2 lb whole snapper =or=- striped bass -=; or=4
whole trout
1 large banana leaf (or more if needed)
1 vegetable oil (for oiling leaf)
----CHILE LIME SAUCE----
3 small green serrano chiles seeded and f; i, nely chopped 3
garlic cloves
2 tablespoon fresh coriander leaves
1 teaspoon sugar
1/4 teaspoon salt
1/2 cup fresh lime juice
1/3 cup chicken stock

This recipe illustrates the popular use of banana leaves as a food wrapper in Asia. Aluminum foil works well as a substitute.

IN A MINI-FOOD PROCESSOR, add the garlic, peppercorns, coriander root and ginger; process into a fine mince. Transfer into a mortar and pound into a smooth paste; add soy sauce and blend thoroughly. Clean

fish and pat dry with paper towel. Rub garlic mixture over entire fish; set aside for 30 minutes. Choose a banana leaf about 6 inches longer and 3 times wider than the fish. Rinse leaf with cold water to clean. Plunge leaf into a pot of boiling water for a few seconds to soften. Wipe dry. Using a knife or scissors, remove the thick spine in the leaf. Place the leaf with its glossy side down on a work surface. (Use more leaves if needed.) Brush oil on the leaf where the fish will lie. Set the fish with the marinade on the oiled surface. Fold over the wide sides overlapping at the top and secure with toothpicks. Turn over package, fold over ends to enclose sides, and secure ends with toothpicks to make a neat parcel. Set packet about 3 inches above medium-high heat coals and grill each side for 8 to 10 minutes. NOTE: If using trout, marinate the 4 fish together. Wrap each 1 individually and reduce the grilling time to about 3 minutes on each side. Serves 4 as part of an Asian multicourse menu. Transfer to a serving plate. Open leaf and serve with accompanying sauce.

CHILE LIME SAUCE: In a mortar or a mini-food processor, add the chiles, garlic, coriander leaves, sugar and salt; pound (or chop) into a smooth paste. Put chile mixture into a saucepan with lime juice and stock; bring ~--

Grilled Fish Tacos

1 no ingredients

Recipe by: Rich McCormack <macknet@CTS.COM> Marinate shark or fish fillets (tuna, swordfish, halibut, mahi-mahi, or whatever) in lime juice and salsa picante (as "picante" as you wish) for about 30 minutes. Grill the fillets on a charcoal, electric, or gas BBQ grill (or a ribbed cast iron "grilling" pan on a stove top), sprinkling both sides with Rich's pico de gallo spice mix (see above) during the grilling. The grill can be brushed with olive, corn, or peanut oil to keep the fish from sticking. When done, slice the fish into approx. 1/2 inch slices and serve as above.

To be honest, when I suggest fish tacos to visiting friends or relatives from out of the So. Calif. area, I usually get some sort of a response such as "you ain't gonna put no fish on MY taco." But those who try 'em usually like 'em...

BTW -- Have you ever tried fish enchiladas? Mmmmm...mmm, muy bueno

Grilled Fish Tacos With Green Salsa

3 1/2 cup finely shredded red or green -cabb; a, ge
1/4 cup white distilled vinegar
1 salt and pepper
3/4 lb fresh tomatillos *
2 tablespoon salad oil
1 onion, cut into 1/2 slices
1 1/2 lb firm-fleshed skinned fish fillets (; lingcod, sea bas 4
jalapeno chilies
2 teaspoon lime juice
3/4 cup fresh cilantro leaves
1 clove garlic
12 warm corn or low-fat flour -tortill; as (6-7 inch) 1
low-fat sour cream
1 lime wedges

* Look for the small green tomatillos with papery husks in some supermarkets and Latino grocery stores. If unavailable, substitute small Roma tomatoes and add more lime juice to taste.

Mix cabbage with vinegar and 3 tablespoons water. Add salt and pepper to taste. Cover and chill.

Remove and discard husks from tomatillos; rinse tomatillos. Thread onto skewers. Brush some of the oil lightly onto onion slices. Rinse fish and pat dry. Brush fish with remaining oil.

Place tomatillos, onion, and chilies on a barbecue grill (high heat). Cook, turning as needed, until vegetables are browned, 8-10 mintues. Set aside to cool.

Place fish on grill (med-high heat). Cook, turning once, until fish is opaque but still moist-looking in thickest part (cut to test), 10-14 minutes.

Remove stems from chilies; remove seeds (if you want less heat). In a blender or food processor, whirl tomatillos, chilies, lime juice, 1/4 c cilantro, and garlic until smooth. Chop onion. Add the chopped onion to salsa mixture, and salt and pepper to taste. Pour into small bowl.

To assemble each taco, fill a tortilla with a little cabbage relish, a few chunks of fish, salsa, and sour cream. Add a squeeze of lime, and salt and pepper to taste.

Per serving: 432 cal, 11 g fat (23% of cal), 37 g pro, 232 mg sod, 89 mg chol

Reprinted from Sunset Magazine, July 1996.

Grilled Fish W/Pineapple-Cilantro Sauce

1 medium pineapple (about 2 lb) peeled, core; d and cut int
3/4 cup unsweetened pinapple juice
2 tablespoon lime juice
2 centiliter garlic, minced
1/2 teaspoon to 1 ts jalapeno pepper
2 tablespoon minced cilantro
1 tablespoon cornstarch
2 tablespoon cold water
2 tablespoon to 3 tb nutrasweet (r) spoonfull (t; m) 1
salt
1 pepper
6 oz 4 oz halibut, haddock or salmon ste; ks or fillets.

Heat Pineapple, Juices, Garlic and Jalapeno pepper to boiling in a medium saucepan; Reduce heat and simmer, uncovered about 5 minutes. Stir in cilantro; Heat to boiling.

Mix Cornstarch and cold water, Stir into boiling mixture. Boil, stiring constantly, until thickened. Remove from heat; Cool 2-3 minutes.

Stir in NutraSweet (r) Spoonfull (tm); Season to taste with salt and pepper. Serve warm over Fish or Pork.

Makes six servings

Nutritional Information Serving size 1/6 recipe (figgured with a 3 ox fish fillet) Calories -------- 185 Saturated Fat -------- Trace
Protein --------- 24g Cholesterol ~--------- 36mg
Cargohydrates --- 16g

Grilled Gingered Swordfish

6 each swordfish steaks,1thick
3/8 cup dry sherry

1 1/2 each garlic clove,mince
2 1/4 teaspoon ginger,mince
1 1/2 teaspoon lemon zest,grated
1 cup soy sauce
1 1/2 each carrot,small,minced
1 1/2 tablespoon red bell pepper,nince
3 each scallions,small,chop fine
3 tablespoon extra virgin olive oil

1) Place fish in glass dish. 2) Combine soy sauce,sherry,carrot,garlic,red pepper,ginger,scallions & lemon zest.Pour over fish.Cover & set aside 1hr at room temperature.Remove fish from marinade & pat dry,& brush w/oil. 3) Light grill or broiler.Brush grill rack or broiler pan w/vegetable oil & cook fish steaks,4" from heat,turning once & basting occasionally w/remain-marinade until the fish is opaque throughout,4-5min @ side.

Grilled Hawaiian Fish In Basil-Coconut Curry Sauce

2 lb hawaiian fish*
1 fresh basil sprigs
1 salt
----BASILCOCONUT CURRY SAUCE----
1/2 cup dry white wine
1 1/2 tablespoon minced fresh ginger
1/4 cup minced fresh lemon grass*
1 tablespoon dried kaffir lime leaves** 2
teaspoon red curry paste (follows) 2
teaspoon cornstarch
1 cup canned coconut milk
----RED CURRY PASTE----
1 large ca or nm chili
1 garlic clove,minced
2 teaspoon salad oil
1/2 teaspoon ground coriander
1/4 teaspoon ground cumin
1 seeds of cardamom pod

* - cut into 6 eaual pieces, grilled#

#
Spoon sauce equally onto 6 warm plates; set fish in sauce and garnish with basil. Add salt to taste.#
#
*** BASIL-COCONUT CURRY SAUCE ***#
* - or 2 teaspoons grated lemon peel#

** - or chopped fresh lemon leaves#

#
1. In a 1 1/2 to 2 quart pan on high heat, bring to a boil white wine, fresh ginger, fresh lemon grass (or lemon peel), kaffir lime leaves and red curry paste. Simmer, covered, for 15 minutes.#
2. In a blender, whirl mixture with cornstarch and coconut milk until smooth. Return to pan (with 1 tablespoon dried basil leaves if not using fresh, following). Stir sauce over high heat until boiling. If made ahead, chill airtight up to 1 day. Reheat to simmering; if needed, add coconut milk to thin. Stir in fresh basil leaves. Use hot.#
#
*** RED CURRY PASTE ***#
NOTE: Use purchased Thai Muslim curry paste or all of this mixture.# Rinse chili; stem, seed and break into small pieces. In a 6-8" frying pan over medium heat, stir garlic in salad oil until golden, about 2 minutes. Add chili, coriander, cumin, and cardamom pod seeds. Stir just until chili browns lightly, about 45 seconds. Use hot or cold.

Grilled Hawaiian Fish With Papaya Relish

2 lb hawaiian fish*
1/2 cup fresh cilantro leaves
1 salt
1 pepper
----PAPAYA RELISH----
1/4 cup minced white onion
1 1/4 cup diced ripe papaya
3/4 cup diced red bell pepper
1/4 cup chopped fresh cilantro
1 tablespoon minced fresh ginger
2 tablespoon olive oil
2 tablespoon lemon juice

* - cut into 6 equal portions#

===
============== ===#
Arrange papaya relish and hot fish equally on 6 warm plates. Garnish plates with cilantro. Add salt and pepper to taste.#
#
*** PAPAYA RELISH ***#
In a fine strainer, rinse white onion. Soak onion in ice water for 30 minutes; drain. Mix with rest of relish ingredients.

Grilled Marinaded Kingfish

2 bay leaves
1/2 teaspoon thyme
1 cup vinegar
1 kingfish, 1 to 1-1/2 steaks

Prepare marinade by blending 2 bay leaves, 1/2 tsp thyme and 1 Cup wine vinegar. Heat in saucepan to blend flavors; Cool before marinating. Submerge steaks and marinade for 30 minutes or longer in marinade. Drain before cooking. Barbecue approximately 12 minutes, turning once, approximately 3" from the charcoal. Also for: Cobia, Amberjack, King, Grouper, Snapper, Speck et al. Suggestions: Subst some of prepared salad dressings for marinade. Recipe date: 11/28/87

Grilled Marinated Seafood

2 cup olive oil
1/2 cup fresh lemon juice
2 tablespoon chopped fresh dill
1/8 cup fresh horseradish
1/8 cup dijon mustard salt and freshly grou; nd black pepp 1
lb fresh salmon fillet, boneless, skin; less
1 lb fresh tuna
1 lb fresh swordfish
1 lb large shrimp, peeled and deveined
20 long bamboo skewers

Make two marinades as follows: Place 1 cup of the olive oil and 1/4 cup of lemon juice in each of two bowls. Add the dill to the first bowl and the horseradish and mustard to the other. Add salt and pepper to both marinades.

Cut the salmon, tuna and swordfish into 1/2 by 1/2 by 2 inch pieces. Place the salmon and the swordfish in the horseradish-mustard marinade and the shrimp and tuna in the dill marinade for about 30 minutes.

While the seafood marinates, soak the bamboo skewers in cold water.

Thread the seafood on the skewers, alternating fish, and beginning and ending with a shrimp. Grill over hot coals for about 2 minutes, turning occasionally. Makes 10 servings.

From: Asbury Park Press 6/15/94 Shared By: Pat Stockett From: Pat Stockett Date: 16 Jun 94 From: Fred Towner Date: 06-22-96

Grilled Meli Melo Of Seafood With Soy Beurre

3 cup vegetable oil
4 large leeks; (white parts only) julie
2 salmon fillets (5 oz each)
2 sea bass fillets (5 oz each)
12 medium shrimp; peeled and deveined
12 medium scallops
1/4 cup olive oil
----SOY BEURRE BLANC----
2 tablespoon butter
1 medium onion; coarsely chopped
1 large carrot; coarsley chopped
2 cup white wine
1/2 lb butter cut into small pieces
1 tablespoon soy sauce

In a large saucepan place the vegetable oil and heat it on medium high until it is hot (350øF). Add the leeks and fry them for 3 minutes, or until they are golden brown. Drain the leeks on paper towels. Set them aside and keep them warm.

Brush the seafood pieces with the olive oil. Grill (or broil) the salmon, swordfish, and sea bass for 2 to 3 minutes on each side, or until they are just done. Cut each piece of fish crosswise into 3 pieces.

Grill the shrimp and scallops for 1 to 2 minutes on each side, or until they are just done.

On each of six individual serving plates place the fried leeks. Place 1 piece of each kind of fish on top. Add 2 of the shrimps and 2 of the scallops. Drizzle on the Soy Beurre Blanc.

Soy Beurre Blanc: In a medium saucepan place the 2 tablespoons of butter and heat it on medium until it has melted. Add the onions, carrots, and celery. Saut, the vegetables for 4 to 5 minutes, or until they are tender.

Add the white wine. Reduce the heat to low and simmer the ingredients for 45 to 60 minutes, or until the liquid is reduced to 1 cup.

Place the mixture in a food processor and pur,e it. Return the pur,e to the saucepan. While whisking constantly over low heat, add the pieces of butter one at a time. Add the soy sauce and stir it in.

Grilled Mussels With Hot Fish Sauce

2 lb fresh mussels
1 lemon grind to paste or 1t powder
3 tablespoon fish sauce nuc-mam
1 vietnamese (or thai)
1 teaspoon sugar
2 dried hot red pepper
2 cloves garlic
2 tablespoon water

1. Clean and scrub the mussels as shown in class. 2. While mussels are draining, prepare sauce: Blend garlic and red peppers into a paste. Add juice of 1 lemon, 3 tb fish sauce, 1 tb sugar, and finally, 2 tb water. 3. Preheat broiler. 4. Place clean, dry mussels in a single layer on a baking sheet. 5. Broil mussels just until they are all open and aromatic. 6. Remove from broiler and serve with rice. Dip mussels into sauce to eat.

Grilled Oriental Fish Steaks

4 fish steaks (halibut, salmon or sw; o, rdfish), 1 about 3/4 thick
1/4 cup lite soy sauce
3 tablespoon minced onion
1 tablespoon chopped fresh ginger root
1 tablespoon toasted sesame seeds
1/2 teaspoon sugar

Place fish in single layer shallow baking pan. Measure the lite soy

sauce, onion, ginger, sesame seeds and sugar into blender container; process on low speed 30 seconds, scraping down sides once. Pour sauce over fish; turn over to coat both sides. Marinate 30 minutes, turning fish over occasionally. Remove fish and broil or grill 4" from heat source or moderately hot coals 5 minutes on each side, or until fish flakes easily when tested with fork.

Serves: 4

Grilled Rainbow Trout With Apricot Salsa

4 6-oz. rainbow trout fillets
1 cup fresh apricots; diced
1 small avocado; diced (1/2 cup)
3/4 cup fresh pineapple; diced
1/4 cup red pepper; diced
1 1/4 tablespoon lime juice
1 teaspoon cilantro; finely chopped
1 fresh ground pepper; to tast

In a medium bowl, combine apricots, pineapple, avocado and red pepper. Sprinkle with lime juice and cilantro; toss and chill. Grill trout on oiled grate for 2 minutes. Turn trout and grill for 2 more minutes, or until trout turns opaque. Top with apricot salsa and serve immediately.

Serves 4.

(Adapted from a National Fisheries Institute recipe.)

Grilled Rainbow Trout With Asian Flavors

4 6-oz rainbow trout fillets
1 tablespoon ginger root
1 teaspoon grated lime peel
1/4 cup safflower oil
1 teaspoon crushed red pepper
2 tablespoon lime juice
1 salt; to taste

In a medium bowl, saute ginger in oil just lightly browned and aromatic. Remove pan from heat; stir in red pepper. When oil cools completely, whisk gradually into lime juice and peel. Set aside. Heat grill and brush with oil. Grill trout flesh side down 2 minutes. Gently turn. Grill for 2 more minutes, or until trout turns opaque. Serve immediately with lime-ginger mixture.

Serves 4.

(A National Fisheries Institute calendar recipe.)

Grilled Rainbow Trout With Caponata Relish

----INGREDIENTS----
2 tablespoon olive oil
1 each garlic clove, crushed. may
1 double amount or according
1 to taste
1 cup peeled and chopped egg plant
1 or sliced mushrooms.
1/2 cup chopped bell peppers, a 1
mixture of green and yellow 1/2
cup chopped tomatoes
2 tablespoon sliced black olives 1
tablespoon capers
1 teaspoon balsamic or red wine vinegar
4 each rainbow trout fillets, 4 oz
1 each
----PREPARATION----

In a small saucepan, heat olive oil over medium heat. Saute garlic for one minute. Add eggplant and peppers. Stir quickly to coat. Saute for five minutes or until softened. Add tomatoes and remaining ingredients except fish. Continue cooking five minutes longer. Hold on very low heat.

Oil the grid of a grill or broiler pan. Place fillets, flesh-side down, on the oiled grid and cook about two minutes. Gently turn trout with a spatula. Cook the fish about two minutes more. Fish is done when it turns from translucent (like glass) to opaque (like paper). Fish flakes easily when tested with a fork. Serve the trout with the caponata relish.

Grilled Rockfish With Garlic & Basil

2 lb rockfish filet
3 tablespoon oil
1 tablespoon lemon juice
4 tablespoon butter
4 garlic clove; finely chopped
2 tablespoon basil, fresh; chopped
1 dash cayenne pepper

Marinate the fish in the oil and lemon juice for at least 30 minutes before grilling. Grill for 10 to 15 min, turning only once. Time depends on the thickness of your fish. Heat the butter and stew the garlic for 3 min stirring constantly to make sure it doesn't brown. Add the basil, cayenne pepper and remove from the heat. Either pour the garlic butter over the fish or serve it in a gravy boat on the side.

Grilled Rudderfish With Maltese Sauce

1 stephen ceideburg
1 tablespoon olive oil
1 large chopped onion
4 cloves garlic, chopped
400 gm peeled tomatoes with juice
1 tablespoon lemon juice
1 salt and pepper to taste
2 tablespoon capers
1 small lemon, zest only
1 tablespoon finely chopped fresh mint
4 serving size pieces rudderfish

Good capers are essential to this dish. If possible, visit a deli whose owners are of Mediterranean extraction and buy bulk capers which have been packed in salt. Rinse them to remove the salt before using. If you have to use the more readily available capers bottled in a vinegar solution, blot them dry of vinegar before using.

In a tablespoon of olive oil. gently fry a large onion, chopped. until

transparent. Add 4 cloves of garlic, crushed or finely chopped, and cook for a minute or so longer, then add a 400 g tin of peeled tomatoes. chopped, together with their juice, 1 tablespoon lemon juice and salt and pepper to taste. Simmer for about 20 minutes, then add 2 heaped tablespoons of capers, the zest of a small lemon and a tablespoon of finely chopped fresh mint. Simmer again until the sauce is thick. Meanwhile heat the grill to very hot, dip 4 serving-size pieces of rudderfish in olive oil and put them under the grill for 3-5 minutes, turning once if using a conventional grill. You may not need to turn the fish at all if you have a fan assisted grill.

Spoon the sauce onto warmed plates, add the fish and serve, preferably with good bread to ensure no sauce is wasted.

Posted by Stephen Ceideburg

From an article by Meryl Constance in The Sydney Morning Herald, 7/6/93. Courtesy Mark Herron.

Grilled Salmon

6 medium salmon steaks 1 inch thick
1/3 cup olive oil
4 cloves garlic, crushed
1/2 cup chopped parsley
1/4 teaspoon dill weed
1 teaspoon salt
1 cup fine dry bread crumbs
1/4 cup butter or margarine

Place salmon on well-greased broiler pan. Combine and blend oil, garlic, parsley, dill weed, and salt in blender container. Stir in bread crumbs and set aside. Brush steaks with butter. Broil about 4 inches from heat 8 minutes, or until fish flakes easily when tested with a fork. Spread about 2 Tablespoons garlic mixture on each salmon steak. Return to broiler and broil 1 or 2 minutes, or until lightly browned.

Grilled Salmon & Marinade

1 1/2 lb salmon fillets
1/2 cup oil
1/4 cup vinegar, red wine
3/4 teaspoon garlic salt
1/4 teaspoon salt
1/4 teaspoon sugar
1/2 teaspoon italian seasoning
1 garlic clove, large, minced
1/8 teaspoon pepper
1 teaspoon water

Mix all ingredients except salmon. Marinate for at least 30 minutes. Grill (15 minutes per side for steak, 6 for fillet), brushing often with leftover marinade.

Grilled Salmon Fillets In Lettuce With Mustar

4 (4 to 6-oz) salmon fillets
3 tablespoon lemon juice
2 tablespoon white wine
4 teaspoon olive oil
3 tablespoon capers
1/4 teaspoon dry mustard
1 salt
16 green leaf lettuce leaves
----MUSTARD SAUCE----
2 tablespoon butter or margarine
1 1/2 teaspoon flour
1/4 cup vinegar
1/4 cup boiling water
1/2 bouillon cube
1/4 cup dry mustard
1 tablespoon sugar
1 egg; beaten

To prepare salmon, rinse with cold water. Pat dry with paper towels, and set aside. Combine lemon juice, white wine, olive oil, capers and 1/4 teaspoon mustard. Season to taste with salt. Pour over salmon and marinate 30 minutes, turning once. Reserve marinade. Blanch lettuce leaves in boiling water 5 seconds. Drain well. Arrange 2 leaves with stem ends overlapping at center. Spoon about 2 teaspoons marinade over lettuce. Place 1 salmon fillet on lettuce. Top with 1 or 2 more teaspoons marinade, including some of capers. Roll fillet up. Place 2 leaves on top and tuck edges under fish. Bring up bottom leaf edges. Tie package-style with string. Repeat with remaining lettuce,

marinade and fillets to make 4 packages in all. Set aside. To make sauce, blend butter and flour in top of double boiler until smooth. Add vinegar, boiling water, bouillon cube half, 1/4 cup mustard, sugar and egg. Cook and stir over hot water until sauce thickens, about 10 minutes. Keep warm. Place salmon bundles on well-greased grill 4 to 5 inches from hot coals and cook 5 to 6 minutes. Turn and cook an additional 5 to 6 minutes. Remove string and serve with mustard sauce. ~--

Grilled Salmon Sandwich

4 salmon fillet, 3 oz; skinned
1/2 teaspoon tarragon, dried; crushed
1/4 teaspoon salt
1/8 teaspoon pepper, black
2 teaspoon olive oil
2 garlic clove; minced
1/4 cup chicken broth
1 tablespoon sweet pickle relish
2 teaspoon lemon juice
1 pinch cayenne
1 1/2 cup boston lettuce leaves
1/2 cup plum tomatoes; sliced
4 slice pumpernickel; 1 oz

Spray indoor ridged grill with nonstick cooking spray; heat over medium heat. Or, prepare outdoor grill according to manufacturer's directions.

Sprinkle salmon on both sides with tarragon, salt and black pepper. Grill 5 minutes on each side, until fish is cooked through.

Meanwhile, to prepare sauce, in small nonstick skillet, heat oil. Add garlic; cook, stirring constantly, 2 minutes. Stir in broth, relish, lemon juice and red pepper; cook, stirring frequently, 2-3 minutes, until sauce boils and reduces slightly. Remove from heat.

To assemble sandwich, divide lettuce and tomato evenly over bread. Place salmon on top and drizzle evenly with sauce.

Grilled Salmon Steaks In Sauce

6 salmon steak
1 cup wine, white
1/8 teaspoon cinnamon
4 scallion; finely minced
1 tablespoon lemon juice
1/8 teaspoon ginger
1 salt; to taste

Take a Salmond and cut him rounde, chyne and all, and roste the peces on a gredirne; And take wyne, and pouder of Canell, and drawe it thorgh a streynour; And take smale mynced oynons, and caste there-to, and lete hem boyle; And then take vynegre, or vergeous, and pouder ginger, and cast there-to; And then ley the samon in a dissh, and cast the sirip theron al hote, & serue it forth.

Broil the salmon steaks, after brushing them with some cooking oil or melted butter. Meanwhile, put scallions in a saucepan with wine and cinnamon and bring to a boil; turn down heat and simmer gently. When salmon steaks are browned on both sides, add the lemon juice and ginger to the sauce. Put salmon on a serving dish and pour the sauce over it.

Grilled Salmon W/ Roasted White Corn Salsa &

1 no ingredients

4 TB Olive Oil
2 ts Lemon Zest -- grated
2 TB Fresh Mint -- chopped
1/2 ts Salt
1/4 ts Freshly Ground Pepper
6 6 Oz Salmon Fillets Or
: Steaks cut 1/2-inch thick
: Roasted White Corn Salsa
: (Recipe Follows)
: Basil Cream (Recipe
: Follows)
: Garnish--
: Cilantro Or Mint Sprigs

Whisk olive oil, zest, mint, salt and pepper together and marinate salmon in mixture for 1 hour. At serving time, grill salmon over hot coals until just done. Place on warm plates with a heaping tablespoon

or two of corn salsa on top, warm basil cream around and a garnish of herb sprigs. Serve immediately

Recipe By :

From: Reggie Dwork <reggie@reggie.Com>

Grilled Salmon With Honey Mustard Glaze

6 oz salmon fillets -- brushed
1 with oil
2 tablespoon honey
2 pinch dry coleman's mustard
2 tablespoon water -- warm
2 teaspoon soy sauce
1 pinch salt -- to taste
1 pinch black pepper -- to taste

STEP ONE: Honey-Mustard Glaze-- In a bowl, combine honey, mustard, water, and soy sauce. Salt and pepper to taste. STEP TWO: Prepare the Salmon Fillet-- Brush one six-ounce salmon fillet lightly with oil, season with salt and pepper. Grill each side for 2-3 minutes. Turn the fish over carefully only once to mark the surface; cook to desired texture. Brush flesh side of fish with glaze before removing from grill. Serve at once.

Recipe By : Gordon Restaurant, Chicago

Grilled Salmon With Lemon & Thyme

4 lb salmon fillet; skinned
3 tablespoon cognac
1/4 cup lemon peel; minced
2 tablespoon shallot; minced
1 1/2 tablespoon kosher salt
1 1/2 tablespoon sugar, brown
1 tablespoon thyme, fresh; minced
3/4 teaspoon pepper

Place salmon fillets on heavy large baking sheet. Rub Cognac over both sides of fish. Mix together all remaining ingredients in small bowl. Rub over both sides of fish. Cover with plastic wrap. Top with another baking sheet. Weight with heavy object. Refrigerate at least 6 hours or overnight.

Prepare barbecue (medium-high heat). Grill fish until cooked through, about 3 minutes per side. Transfer to plates and serve.

Note: Bon Appetit recommends a sturdy red wine, such as a Beaujolais from Moulin-a-Vent. They also recommend serving with sauteed zucchini. You could also diagonally slice thickly some zucchini with peel left on and brush with butter, lemon and thyme mixture and grill next to the fish; a Griffo grill would help but if you sliced the zucchini thick enough and on a strong enough diagonal, I don't think you would have problems with it falling through the grill. Some fresh steamed green beans with butter and freshly ground pepper would also be good.

Grilled Salmon With Potato & Watercress Salad

3 lb small red thin-skinned
1 potatoes
1 cup thinly sliced red onion
1 cup seasoned rice vinegar
1 about 1/2 pound watercress
1 rinsed and crisped
1 salmon fillet, about 2 lbs.
1 tablespoon soy sauce
1 tablespoon firmly packed brown sugar
2 cup alder or mesquite wood chips
1 soaked in water
1 salt

In a 5-to 6-quart pan, bring about 2 quarts water to a boil over high heat; add potatoes. Cover and simmer over low heat until potatoes are tender when pierced, 15 to 20 minutes. Drain and chill.

Soak the onions about 15 minutes in cold water to cover. Drain and mix onions with rice vinegar. Cut potatoes in quarters; add to onions.

Trim tender watercress sprigs from stems, then finely chop enough of the course stems to make 1/2 cup (discard extras or save for other uses). Mix chopped stems on a large oval platter with potato salad alongside; cover and keep cool.

Rinse salmon and pat dry. Place, skin side down, on a piece of heavy foil. Cut foil to follow outlines of fish, leaving a 1-inch border. Crimp edges of foil to fit up against edge of fish. Mix soy sauce with brown sugar and brush onto the salmon fillet.

Lay fish on center of grill, not over coals or flame. Cover barbecue (open vents for charcoal) and cook until fish is barely opaque in thickest part (cut to test), 15 to 20 minutes. Transfer fish to platter with salad. Add salt to taste. Serve hot or cold.

Per serving: 439 cal. (19 percent from fat); 34 g protein; 9.4 g fat (1.4 g sat.); carbo.; 1,062 mg sodium; 77 mg chol.

Sunset magazine 6-94

Grilled Salmon With Surf Sauce

1 cup mushroom slices
1 tablespoon margarine
1 cup kraft think 'n spicy
1 chunky barbecue sauce
6 oz frozen cooked shrimp, thawed
1 tablespoon prepared horseradish
1 1/2 lb salmon steaks, 1 thick

Saute mushrooms in margarine. Reduce heat. Stir in 1/2 cup barbecue sauce, shrimp and horseradish; heat thoroughly, stirring constantly.

OUTDOORS:

Place fish on greased grill over low coals (ash gray). Grill, uncovered, 6 to 8 minutes on each side or until fish flakes easily with fork, brushing frequently with remaining sauce. Serve with shrimp mixture.

INDOORS:

Place fish on greased rack of broiler pan. Broil 5 minutes on each side or until fish flakes easily with fork, brushing frequently with remaining barbecue sauce. Serve with shrimp mixture.

From: the Kraft Barbecue Guide, 1987.

Painstakingly typed in by Jeff Duke.

Grilled Scallops & Kale With A Fresh Beet S

1 no ingredients

1 1/4 c fresh beet juice -- see
: notes*
: Fruity olive oil
1 ts white wine vinegar
: Salt and freshly ground
: pepper
1 1/4 lb fresh sea scallops -- see
: notes**
: dr fresh lemon juice
1 lb young kale leaves -- core
: removed
: dr sherry vinegar
: Garnish--
: Fresh chives cut into 1/2
: inch sticks
: tiny dice of yellow bell
: pepper For the sauce: Place beet juice in a non-reactive saucepan and boil until reduced to approximately 1/2 cup. Off heat, whisk 2-3 tablespoons of olive oil slowly into reduction to thicken the sauce. Whisk in white wine vinegar, salt and pepper to taste. Set aside and keep warm.

Lightly oil the scallops and season with salt, pepper and a few drops of lemon juice. Brush kale leaves with oil and season lightly. Grill kale on both sides until the leaves are slightly charred and cooked through. Grill scallops until just cooked (center should be slightly opaque). Arrange kale attractively in the center of warm plates and drizzle a few drops of sherry vinegar over. Place scallops on top and spoon beet sauce around. Garnish with chive sticks and yellow pepper and serve immediately.

Yield: 4 servings

~ - - - - - - - - - - - - - - - - - -

NOTES : *from approximately 1 1/4 pounds peeled beets. **preferably day-boat type

Recipe By : COOKING RIGHT SHOW#CR9658

Grilled Scallops(Welsh)

1 no ingredients

4 scallops with firmly
1 lb potatoes
2 tb chopped parsley
salt and pepper
2 oz butter
2 tb milk
2 tb oil
1 clove garlic

GREGYN CYLCHOG WEDI'U GRILIO Peel and boil the potatoes in salted water. Place the scallops in a pan in a warm oven (325/F or Mark 3) until the shells open. Remove the black part and gristly fibre leaving the red coral intact. Place the scallops in an ovenproof dish, add salt and pepper and cook for 3-4 minutes on each side. Cleon the rounded shells. Drain the potatoes and cream with 1 oz butter and the milk. Pipe or fork a border of potato arounb the edges of the shells. Place a scallop in the centre of each shell. Skin and crush the garlic. Heat the butter, oil and garlic and pour over the scallops. Garnish with parsley. These may be served with crisply fried bacon.

Grilled Seafood Flautas

1 roasted tomato sauce; *
8 oz crab meat; **
1/2 cup green onions w/tops; sliced
1 tablespoon butter or margarine
1/2 cup dairy sour cream
1/2 cup monterey jack cheese; shred
14 oz artichoke hearts; ***
10 flour tortillas; ****
4 tablespoon butter or margarine

* See Sowest 2 for recipe. ** Use 1 package of Frozen salad-style imitation crabmeat, thawed *** Artichoke hearts should be drained and cut into quarters. Use one **** Flour tortillas should be 7 to 8 inches in diameter and be warm.

Grilled Shark

1 filet of shark
1 slice apple per filet
1 oil
1 spicy chutney of your choice

* Get rather thick slices of Shark and use 1 per person. Slice the filet along the side to make a pocket. Slice the apple slice so you can put it in the pocket. Oil the filet with canola oil to keep it from sticking and season with salt and pepper (or any other seasoning you like. I like to use curry powder.) Grill on moderate coals for about 10 minutes per side. As always check and adjust as required. Serve with a spicy dressing or chutney of your choice. Submitted By KEN HAYCOOK <KHAYCOOK@UNICOMP.NET> On THU, 22 JUN 1995 105604 -0500 (CDT)

Grilled Shark Mexicana

1 1/2 lb shark steaks or other firm-fleshed; fish
1/3 cup lime juice
3 cloves garlic; pressed
2 tablespoon vegetable oil
1/4 cup beer
1 tablespoon chopped parsley
1/2 teaspoon cumin
2 teaspoon dijon mustard
1/4 teaspoon salt
1 pepper to taste
1 salsa (see below)
1 ripe avocado; cut into slices
----SALSA----
2 medium tomatoes; peeled, seeded and coars
1/4 cup chopped red onion
3 tablespoon diced green chilies
2 dash liquid hot pepper sauce to 3 dashe; s 1
salt to taste

Rinse shark with cold water; pat dry with paper towels. Set aside. Combine remaining ingredients except Salsa and avocado; pour over shark. Cover and marinate in refrigerator for 1 hour, turning once. While shark is marinating, make Salsa. Drain shark, reserving marinade. Place on well-greased grate 4-5 inches from hot coals. Cook

4-5 minutes; baste with marinade and turn. Cook an additional 4-5 minutes, or until shark flakes when tested with a fork. Top with avocado slices and Salsa. Makes 4 servings. SANDWICH VARIATION: Serve on toasted bun with mayonnaise, lettuce, avocado and Salsa. SALSA: Combine all ingredients and blend well. Let stand at room temperature or in refrigerator for 15-20 minutes to blend flavors. Makes approximately 1-1/4 cups sauce.

Grilled Shark Teriyaki

1 1/2 lb shark steaks or other firm-fleshed; fish 1
can pineapple chunks (20 oz)
3 tablespoon salt-reduced soy sauce
2 tablespoon sherry
1 tablespoon grated ginger root
1/2 teaspoon dry mustard
2 cloves garlic; minced
1 teaspoon brown sugar
1 to 2 large green peppers cut into; l, arge pieces 1
skewers

Rinse shark with cold water; pat dry with paper towels. Set aside. Drain pineapple, reserving 3 tablespoons of juice; set pineapple chunks aside. Make marinade by combining reserved juice, soy sauce, sherry, ginger, mustard, garlic and brown sugar. Stir well and pour over shark. Cover and marinate in refrigerator for 1 hour, turning once. Using bamboo or metal skewers, make kabobs by alternating pineapple and green pepper; set aside. Drain shark, reserving marinade. Place on well-greased grate 4-5 inches from hot coals and cook 4-5 minutes. Baste with marinade and turn. Cook an additional 4-5 minutes, or until shark flakes when tested with a fork. Baste fruit and vegetable kabobs and place on grill. Cook 15-30 seconds on each side, or until just browned. Makes 4 servings. NOTE: Shark may be broiled on a well-greased broiler pan 5-6 inches from source of heat. Follow grilling times and directions.

Honey Fried Trout

2 trout

2 tablespoon honey
4 tablespoon butter
1 lemon
1/2 cup cornmeal
1/4 cup flour
1/2 teaspoon salt
1/4 teaspoon pepper
1 egg
1/3 cup milk

Mix cornmeal, flour, salt and pepper in bowl. Mix egg and milk in separate bowl. Rub trout with lemon and dredge in cornmeal mixture. Dip in milk mixture and then back into cornmeal mixture. Heat butter or margarine to almost smoking in frying pan. Put trout in pan and cook until golden brown on both sides. Put honey on top of trout, lower heat, cover and cook for
4 minutes.

Honey-Mustard Broiled Rockfish

1 stephen ceideburg
1 tablespoon light mayonnaise
1 tablespoon lime juice
2 teaspoon honey
2 teaspoon dijon mustard
1 teaspoon dried dill
1 1/3 lb rockfish fillets
1/8 teaspoon salt
1 freshly ground black pepper to tast; e
1/3 cup panko bread crumbs, see note
2 teaspoon margarine

Combine the mayonnaise, lime juice, honey, mustard and dill. Spread over the fish and place on a broiling pan.

Sprinkle the fish lightly with salt and pepper. Pat the bread crumbs on top of the fish and dot with the margarine.

Broil about 5 inches from the heat source under a hot broiler 12 minutes per inch of thickness, or until the fish tests done (140 degrees on an instant read thermometer). The fish can be served with lime wedges. Note: Panko bread crumbs can be found in the Asian food section of major supermarkets.

By Larry Brown of the Seattle Times writing in the San Jose Mercury News. 6/9/93.

Posted by Stephen Ceideburg

Hot & Sour Fish Soup

1 no ingredients

1/4 c Fish sauce -- (nuoc mam)
2 ts Fish sauce -- (nuoc mam)
1 ts Fresh ginger root -- minced
1/2 ts Turmeric
2 whole cod fillets -- 10 oz
: each
2 stalks lemon grass -- tender
: bulbs only
1 md tomato -- quartered
1/4 c lime juice -- fresh
1/2 ts lime zest
1 sm chiles serranos --
: Julienned
2 lg scallions
2 TB cilantro -- fresh is vital
1/2 ts white pepper -- freshly
: ground
6 c rice, cooked -- preferably
: Jasmine
5 c boiling water

In small bowl combine 2 teaspoons of fish sauce, ginger, and turmeric. rub the fish on both sides w/ this mixture and let stand for 5 min. In a non-reactive sauce pan, bring 5 cups water and lemon grass to a simmer over medium heat and then simmer the fish for c. 4 min or till just cooked through. transfer the fish to a plate to cool slightly. remove the skin and separate each peice into 2 peices (4 total). bring the soup back to a simmer and add all remaining ingredients (except the fish). and simmer for 3 min. set a piece of fish in each bowl and ladle hot soup over fish. serve w/ jasmine rice.

~ - - - - - - - - - - - - - - - - -

Recipe By : Food & Wine Magazine

From: Kmeade@ids2.Idsonline.Com (The Me

Hot & Sour Seafood Soup

1 stephen ceideburg
1/2 lb small fresh shrimp shelled (shells; reserved) and deve 2
quart chicken stock
2 green serrano chilies, seeded and c; hopped 1
teaspoon salt
1 grated zest of one lime
4 kaffir lime leaves
3 lemon grass stalks, cut into 1-inc; h, pieces
1/2 lb scallops
2 tablespoon fish sauce
1 juice of 3 limes
3 to 4 tablespoons fresh cilantro, ch; opped 1
red serrano chili, seeded and slive; red 6
shiitake mushrooms, sliced
2 green onions, sliced julienne

Combine shrimp shells with stock, chilies, salt, lime, zest, lime leaves and lemon grass stalks in heavy nonaluminum pot. Bring to a boil, reduce heat, cover and simmer 20 to 20 minutes. Strain. Return liquid to pot and place over medium-high heat and bring to a boil. Add shrimp and scallops and cook 1 minute. Stir in fish sauce and juice of limes. Add chopped cilantro, slivered red chili and shiitake slices, and green onions. Stir and pour into a tureen or ladle into individual bowls.

Hot Artichoke Crab Dip

1 14 oz. can artichoke hearts, drain; e, d and chopped 1
cup mayonnaise
1 6 oz. can crabmeat, rinsed and drai; ned
1/2 cup grated (fresh if possible) parmesan; cheese
1/4 teaspoon garlic powder
1 tablespoon chopped fresh parsley paprika

These dashes are then put into MM as extra ingredients lines starting with the dashes as if it is reading them as a two column ingredient list. Have you had this happen to you, and if so is there a way to prevent it from happening? I'm asking you because you seem to be an expert on these conversion programs. I can delete them fairly easily

but that is a pain.

I hope it's OK to ask this here.

Thanks,

{*}
\|/ Sandy **

Hot Artichoke Seafood Salad

14 oz can artichoke hearts, drained and f; inely choppe 2
cup mayonnaise
2 cup freshly grated parmesan cheese
1 1/2 cup fresh crab meat, drained and picke; d, through
1/2 teaspoon tabasco sauce
1/2 cup toasted almonds
1 assorted crackers

Preheat oven to 350 degrees. Liberally grease a 1 1/2 quart glass baking dish. Combine artichoke hearts, mayonnaise, cheese, crab meat, and Tabasco sauce. Mix well and spoon into the baking dish. Top with almonds. Bake for about 15 to 20 minutes or until hot. Serve on crackers. ---

Hot Clam Dip

8 oz cream cheese
1 can clams, minced (10.5 oz)
1 tablespoon lemon juice
2 tablespoon clam broth
1 tablespoon mustard, prepared
2 teaspoon worcestershire sauce
1/8 teaspoon garlic powder
1 dash cayenne pepper

Bring cheese to room temperature. Drain clams and reserve liquid. Combine cheese, lemon juice, clam broth and seasonings. Blend in

clams. Heat before serving with Melba toast or onion rounds.

Original recipe from The Gasparilla Cookbook (received in May cookbook swap from Gail), by Mrs. Charles J.
Younger. Conversion by Rick Weissgerber. [GEnie D.WEISSGERBE]

Hot Clam Tarts

1 pastry for 2-crust pie
2 tablespoon butter
2 tablespoon flour
1 cup light cream
1/2 teaspoon salt
1/4 teaspoon tabasco sacue
2 teaspoon dry sherry
1/4 cup parmesan cheese; grated
1 can (6.5 oz) minced clams

Preheat oven to 425 F.

Roll out pastry, then cut into 2 1/2-inch squares. Line small, 1 1/2-inch muffin pans with pastry squares; prick with fork and bake for 10 minutes or until crisp and golden brown. Remove shells from pans and set aside. Reduce oven heat to 350 F.

Melt butter in small saucepan. Blend in flour, then stir in cream, salt, Tabasco, sherry, and 3 tbsp Parmesan cheese. Cook over medium heat, stirring constantly, until sauce thickens. Add drained clams and simmer until heated thoroughly.

Spoon clam mixture into tart shells; sprinkle mixture into tart shells; sprinkle with remaining Parmesan cheese. Bake for 5 minutes, or until well-heated. Remove from oven; serve immediately.

Hot Crab & Shrimp Casserole

1 small can mushrooms, with juice
1 cup cream mushroom soup
1/2 cup butter, melted

1 medium green pepper
1 onion finely chopped
1 cup shrimp, sm. drained
1 cup crab meat, drained, rinsed
1/2 cup slivered almonds
1 teaspoon worcestershire sauce
1/2 teaspoon paprika
2 cup wild rice cooked
1 cup white rice cooked

Directions:

Combine all ingredients in large baking dish. Bake at 350 F. for 50 minutes. Remove from oven, top with Toasted buttered bread crumbs and 1/4 cup slivered almonds return to oven for 10 minutes.

Hot Crab Bake

6 tablespoon butter or margarine
1/4 cup all-purpose flour
2 cup milk
1 can crab meat (7 1/2 oz.), drained, fla; ked & cartila 2
each hard cooked eggs, chopped
1/2 cup chopped pimiento
1/2 cup fine dry break crumbs
1/4 cup slivered almonds

In skillet, melt 4 tbs. butter; blend in flour. Add milk all at once; cook and stir until thickened and bubbly. Stir in crab meat, chopped eggs, pimiento. 1 tsp. salt, and 1/8 tsp. pepper. Spoon mixture into 6 individual casserole dishes or baking shells. Melt remaining 2 tbs. butter, toss with bread crumbs to combine. Sprinkle crumbs atop crab mixture. Top with slivered almonds. Bake uncovered, at 350, for 20 to 25 minutes.

Hot Crab Dip #1

1 lb crabmeat
8 oz cream cheese, softened

1 medium onion, finely diced
2 teaspoon horseradish
1 tablespoon milk
2 tablespoon worcestershire sauce (opt.)
1 salt and pepper
1 almonds, sliced

Mix all ingredients except Almonds with fork. Place in uncovered casserole dish and bake at 350øF until bubbly, 20 to 30 minutes. Sliced Almonds may be sprinkled on top before baking. Serve with crackers.

Hot Crab Dip #2

3 oz cream cheese
1/2 cup miracle whip
6 oz drained crabmeat
1/4 cup minced onion
1 tablespoon lemon juice
1/8 teaspoon tabasco sauce

Beat cream cheese until smooth. Stir in remaining ingredients. Spoon intoa small ovenproof dish. Bake at 350øF for 30 minutes or until bubbly. Makes 1 cup. From: Los Angeles Times.

Hot Crab Dip #3

8 oz cream cheese
1 tablespoon milk
1/2 teaspoon horseradish
1 pepper
1 pkg crabmeat
2 tablespoon onions chopped
1/4 teaspoon salt

Mix all of the ingredients (not in a blender or food processor). Put in a baking dish and top with either sliced almonds or paprika. Bake in a 375F oven for 15 minutes. Serve with chips.

Hot Crab Fondue

1 jar sharp cheese (5 oz.)
1 cream cheese (8 oz. package)
1/4 cup white dry wine
1 can crab, drained and flaked
1 8 1/2 oz. size
1/2 teaspoon worcestershire sauce
1/4 teaspoon garlic salt
1/2 teaspoon cayenne pepper
1 french bread, cut in cubes

In top of double boiler, combine cheese until melted and smooth. Add remaining ingredients. Stir well. If thickens, add more wine. Should makeabout 2 1/2 cups.

Hot Crab Meat Canapes

6 1/2 oz can crab meat
1/2 cup mayonnaise
1 teaspoon lemon juice
1 few grains cayenne pepper
1 crackers or melba toast
1 paprika

1. Rinse and drain crab meat and remove any ligament, cartilage or shell. Shred crab meat with a fork. 2. Combine crab meat, mayonnaise, lemon juice and cayenne pepper, to taste, in a bowl. Stir to blend. 3. Spread about 1 teaspoon of crab mixture on each cracker and sprinkle with paprika. 4. Arrange 24 canapes on a large, heat-resistant, non-metallic, serving platter. 5. Heat, uncovered, in Microwave Oven 3 to 3 1/2 minutes or until heated through. 6. Serve hot. Tip: If desired, 12 canapes may be heated at a time for 1 1/2 to 2 minutes.

Hot Crabmeat Appetizer

1 gary weyback dnn79c
8 oz cream cheese
7 1/2 oz crabmeat, rinsed, drained
2 tablespoon onion, finely chopped
2 tablespoon cream
1/2 teaspoon horseradish, creamstyle
1/4 teaspoon salt
1 dash pepper
1/3 cup almonds, toasted, sliced

Combine all ingredients except nuts, mixing well until blended. Smooth mixture into 9-inch tart or quiche dish, sprinkle with nuts. Bake at 375 degrees for 15 minutes. Serve with crackers or crudites. Posted by Gary Weyback 12/92. Formated by Theresa V. Grant

Hot Crabmeat Spread

8 oz cream cheese
1 can crabmeat
1 dash worcestershire sauce
1 dash lemon juice

Soften cream cheese. Drain crabmeat and break into small pieces. Mix all ingredients together. Bake at 350 degrees (F) until cream cheese is "goey", about 20 to 25 minutes. Serve hot with crackers.

Hot Spiced Crab Soup

1/8 lb butter
1 large onion, chopped
2 centiliter garlic, crushed
1/2 teaspoon tobasco or other pep sauce
1/8 teaspoon cayenne pepper
1/4 cup chopped parsley
1 bay leaf

1 bottle of *dry* white
1 drinking wine (26.5 oz.
1 bottle)
1 can (14 oz) chicken broth
2 large cooked dungeness crabs
1 (about 2 lbs. each),
1 cleaned and cracked
1 lemon wedges

In a large kettle (at least 8 qt.) heat butter until bubbly; stir in onion and garlic and cook over medium heat until onion is soft. Stir in hot pepper seasoning, cayenne, parsley, bay leaf, broth and wine; heat to simmering. Add crab, cover, and simmer about 10 minutes or until crab is heated through.

Eating this soup is a wonderful and messy affair. Serve with hot Parmesan garlic bread, a salad and another bottle of the wine used.

Hot Tuna Pasta Salad

1/2 cup reduced calorie mayonnaise
1/3 cup realemon lemon juice
1 tablespoon dijon style mustard
1 tablespoon sugar
1/2 teaspoon basil leaves
1/2 teaspoon salt
1/2 lb medium pasta shells cooked and drai; ned
2 can tuna,chunk,light, 6 1/2 oz. ea, dra; ined and flaked 2
cup broccoli, flowerets, cooked and dra; ined
2 cup carrots, sliced, cooked & drained

In large bowl, combine mayonnaise, lemon juice, mustard, sugar, basil and salt; stir in shells, tuna and vegetables. Serve hot. Refrigerate leftovers.

Hurry Tuna, Please

----INGREDIENTS----
1 large 12-1/2-ounce can white

1 or light meat tuna, drained
2 tablespoon vegetable oil
1 apple; cored and chopped
1 small onion; chopped
1/2 teaspoon curry
3 tablespoon flour
1 cup chicken bouillon; (that's one cube of bouil 1
(8-ounce) package egg
1 noodles; cooked & drained
1 or
1 cup cooked rice

THIS MEAL IS IMPOSSIBLE TO WRECK AND QUICK TO MAKE

Fry the apple and onion in a little oil until lightly cooked. Add flour and slowly stir in milk and bouillon. That will make a lumpy white sauce. (The lumps are from the apple and onions and are not your fault.) Add tuna, breaking it up well, and sprinkle in the curry. Mix well. Serve over hot noodles which take nine minutes to cook and should have been started back while the apples and onions were cooking. If time is not a problem, serve this over rice. (Now that should have been started BEFORE the apples and onions.)

Deidre Anne Penrod, Prodigy Food & Wine Board

Italian Fish Soup

1/2 cup olive oil
3 leeks, cleaned and sliced, white pa; rt only 2
cloves of garlic diced fine
1 yellow onion, peeled and chopped
1 cup chopped celery
1 cup fresh mushrooms, sliced
6 cup fish stock, clam nectar or water
1 cup italian tomato sauce
1 cup dry white wine (maybe soave)
1 cayenne pepper to taste
1 lb white fish boneless fillet, cut int; o small pieces 1
(cod, seabass, monkfish)
2 lb combined, of any or all of {the fol; lowing:
1 clams, soaked in fresh water 1 hou; r, then drained
1 crab,
1 shrimp,
1 mussels, scrubbed with the beards r; emoved

Serves 8

(don't leave these out they are cheap, tasty and attractive) You can buy a 1/4 or 1/2 lb. of several items. Even if shrimp is $6 per lb. 1/4 lb. is affordable and will add flavor and variety.

Chopped parsley for garnish

Saute the leeks, onions, celery, garlic and mushrooms until the onions are clear. Add the stock, nectar or water, tomato sauce and white wine. Bring to a heavy simmer and taste. Add the cayenne pepper and salt to taste.

Prepare the seafood and add to the pot, remembering to add first those things which take longest to cook. The various shellfish go in with the shells on.

Simmer until done. Serve in large bowls over spaghetti. By adding extra fish such as a lobster per person this will become a meal instead of a soup.

Italian Oyster Corn Chowder

1 cup orzo pasta
3 cup clear chicken broth
1/4 cup minced fresh parsley
1/2 cup chopped leeks
1/4 cup minced prosciutto
1 salt and white pepper, to taste
1 1/2 cup fresh or frozen corn
2 tablespoon unsalted butter
2 1/2 cup light cream (optional)
1 pint maryland oysters with their liquor

Cook the orzo according to the directions on the package and set aside.

Place the chicken broth, parsley, leeks, prosciutto, salt and pepper in a large sauce pan. Simmer until the leeks are tender, or about 2 minutes. Add the corn, butter, cream and oysters with their liquor. Simmer for 3 to 5 minutes longer and add the cooked orzo. Stir and serve immediately.

Makes 4 servings.

Per Serving: 337 calories, 21 gm protein, 38 gm carbohydrates 12 gm fat, 5 gm saturated fat, 85 mg cholesterol, 733 mg sodium.

This recipe is from Jack Azud of Easton, MD, who finished first in the Soups and Stews category of this fall's National Oyster Cook-Off in Leonardtown, MD. For a copy of the "National Oyster Cook-Off AwardWinning Recipes" booklet that contains this recipe and other champions, send $3 to National Oyster Cookoff, P.O. Box 653, Leonardtown, MD 20650.

[The Washington Post; Nov 24, 1991]

Posted by Fred Peters.

Italian Style Fish & Vegetables

2 tablespoon olive oil
1 medium sliced onion
2 1/2 oz jar sliced mushrooms, drain
1/2 teaspoon basil
1/2 teaspoon fennel
2 cup frozen mixed vegetables
2 lb fresh or frozen sole (thaw)
1/4 teaspoon salt
1/4 teaspoon pepper
2 medium tomatoes, sliced
1/3 cup grated parmesan cheese

In a large skillet over medium heat, heat the oil. Add the onion. Add mushrooms, basil and fennel. Saute for 4 minutes or until onion is tender. Stir in frozen vegetables. Place fish fillets over vegetables, sprinkle with salt and pepper. Arrange tomato slices over fish. Reduce heat to low, cover and cook 12-16 minutes or until fish flakes with a fork. Remove from heat, sprinkle with parmesan cheese, cover and let stand until cheese melts (about 3 min).

Italian Style Fish And Vegetables

2 tablespoon olive oil
1 medium sliced onion

2 1/2 oz jar sliced mushrooms, drain
1/2 teaspoon basil
1/2 teaspoon fennel
2 cup frozen mixed vegetables
2 lb fresh or frozen sole (thaw)
1/4 teaspoon salt
1/4 teaspoon pepper
2 medium tomatoes, sliced
1/3 cup grated parmesan cheese

In a large skillet over medium heat, heat the oil. Add the onion. Add mushrooms, basil and fennel. Saute for 4 minutes or until onion is tender. Stir in frozen vegetables. Place fish fillets over vegetables, sprinkle with salt and pepper. Arrange tomato slices over fish. Reduce heat to low, cover and cook 12-16 minutes or until fish flakes with a fork. Remove from heat, sprinkle with parmesan cheese, cover and let stand until cheese melts(about 3 min).

Italian Tuna Salad With Olives & Sun-Dried

1/4 cup green beans; cut into 1/2-inch pieces 6
1/2 oz can tuna in olive oil
1 tablespoon capers; rinsed and drained
1 tablespoon sun-dried tomatoes in olive
1 oil; minced
1 tablespoon black or green olives; minced
1 scallion; use equal amounts of whit
1 tomato; peeled, seeded and diced
1 tablespoon parsley or basil; chopped
2 tablespoon extra-virgin olive oil
2 tablespoon lemon juice; freshly squeezed
1 freshly ground black pepper
1 ; salt, to taste (optional)

Prepare an ice bath. Bring 2 cups water to a boil. Add a pinch of salt. Blanch the green beans for 1 minute. Drain and plunge into the ice bath. Drain and pat dry. Reserve.

Drain the tuna of its oil. Place it in a bowl and flake it with a fork. Add the green beans and all the other ingredients and toss well. Season to taste with salt and pepper. Chill before serving.

Judi's Notes: Serve as a salad or eat as a sandwich.

As suggested by the author, I made a couple of open faced sandwiches

with crusty french bread using this mixture. It was delicious. I mixed a little olive oil, lemon juice, and a clove of minced garlic together and spread it on the bread, then placed the tuna mixture on top. It serves 2 people but found the amount not to be enough. Double ingredients if you are hungry! Adapted recipe from: Salads by Leonard Schwartz.

Shared and MM by Judi M. Phelps. jphelps@shell.portal.com or jphelps@best.com

Italian: Risotto With Crabmeat & Basil

3 tablespoon butter
1 small onion, minced
1 1/2 cup arborio rice* or medium-
1 grain
5 cup chicken stock or canned
1 broth
1/2 cup whipping cream
3 1/2 oz fresh goat cheese (such as
1 montrachet)
8 oz crabmeat
1/3 cup chopped fresh basil or 1
1 teaspoon dried, crumbled

Melt butter in heavy large saucepan over medium heat. Add minced onion and saute' until translucent, about 3 minutes. Add rice and saute' 1 minute. Add 1 cup chicken stock to rice, reduce heat and simmer until liquid is absorbed, stirring frequently. Continue adding enough of remaining chicken stock 1 cup at a time until rice is just tender but still firm to bite, stirring frequently and allowing each addition to be absorbed before adding next, about 20 minutes. Add whipping cream and simmer 2 minutes. Mix in goat cheese, then crabmeat and chopped basil. Season risotto to taste with salt and pepper.

* Arborio, an Italian short-grain rice, is available at Italian markets and some specialty food stores.

Jackfish Lodge: Crispy-Fried Pickerel

1/4 cup all-purpose flour
1/4 cup milk
1 egg
2 cup saltine cracker crumbs
2 lb pickerel fillets, skinned
1 vegetable oil to deep-fry
1 salt

Pickerel: a sweet and firm freshwater fish.

Place flour in shallow bowl; in separate shallow bowl, whisk together milk and egg. In another shallow bowl, place cracker crumbs.

Using sharp knife, cut fillets diagonally into 2-inch wide pieces. In deep fryer, heat oil to 375F 190C. Meanwhile, dip fish, 1 slice at a time, into flour, shaking off excess, then into milk mixture, then into cracker crumbs, pressing on both sides to coat thoroughly. Fry a few pieces of fish at a time for 3-4 minutes or until golden and fish rises to top of fryer. Transfer to paper towel-lined platter; sprinkle with salt to taste.

Jackfish Lodge: Saskatoon Turnover Pie

4 cup saskatoon berries
1 teaspoon lemon rind, grated
2 tablespoon lemon juice
3/4 cup granulated sugar
1/4 cup cornstarch
1 pastry for 9-inch double crust pie
1 egg yolk

Blueberries may be substituted for Saskatoons.

In saucepan, combine saskatoon berries, lemon rind and juice, sugar, cornstarch and 1/4 cup water. Bring to boil, stirring; reduce heat and simmer, stirring for 3-5 minutes or until liquid is thickened. Remove from heat; let cool.

Divide pastry in half; roll out 1 half on lightly floured surface into

14x10-inch rectangle. Transfer to parchment paper lined 15x10-inch baking sheet. Mix together egg yolk and 1 ts water; brush over 1/2-inch border at edges of pastry. Spoon half of saskatoon mixture over 1 long half of rectangle; fold pastry over, pressing edges together firmly with fork. Brush top with egg mixture; cut steam vents in top. Repeat with remaining pastry and saskatoon mixture.

Bake in 425F 220C oven for 15 minutes. Reduce heat to 350F 180C; bake for 15-20 minutes or until golden brown.

Saskatchewan, Canada

[-=PAM=-] PA_Meadows@msn.com

Jackfish Lodge: Three Sister Soup

2 cup corn kernels
2 cup green beans, chopped
2 cup butternut squash
1 1/2 cup potatoes, diced
2 tablespoon all-purpose flour
2 tablespoon butter, softened
3/4 teaspoon salt
1/2 teaspoon pepper

In large pot, combine corn, green beans, squash, potatoes and 5 cups water; bring to boil.

Reduce heat; simmer, covered, for about 10 minutes or until vegetables are almost tender. Blend together flour and butter; stir into soup. Increase heat to medium; cook for 5 minutes, stirring occasionally. Stir in salt and pepper.

Serves 4-6

Jade Scallops

1 lb scallops,soaked in water & cut in 1; /2(if large), dri 1
egg white
1 salt & pepper to taste
1 teaspoon cornstarch
3 cup plus
1 to 2 ts oil
1/2 to 1 c canned baby corn
1/2 cup stringed snow peas
1/2 cup sliced water chestnuts
1 cup chunked bok choy
1 carrot,very thinly sliced optional
2 cloves garlic,chopped
1 slice ginger,chopped
1 cup chicken broth
1 tablespoon dry sherry
2 teaspoon cornstarch dissolved in
1 tablespoon water

marinate scallops for 1 hr. in egg white, salt, pepper,cornstarch & 1-2 tsp. oil. Heat wok hot & dry. When hot, add 3 cups oil. When it's just beginning to smoke, add scallops,stirring so they separate. After 1-2 min., drain them through colander, reserving 2-3 tbs. oil. Re- turn reserved oil to wok, add all vegetables, stir-frying or flipping the wok 2-3 min. Drain again, reserving 1 tbs. oil. Again, return reserved oil to wok. Stir-fry garlic & ginger several seconds & add chicken broth,dry sherry, salt,pepper & cornstarch mixture. When it thickens, return scallops & vegetables to wok & allow them to become hot. Serve. Note: Make sure all sand is removed from scallops so they are not gritty. Make certain cooking oil is fresh so scallops remain white.

James Barber's Pan Roasted Salmon W/Sweet Pep

2 salmon steaks
1 tablespoon olive oil
2 medium red or yellow sweet peppers (or com; bination), coarsel 3 clove garlic, thinly sliced
1 tablespoon wine vinegar
1/3 cup dry white wine
1/2 teaspoon dried thyme
1 pinch cayenne pepper
1 salt
1 pepper
1 fresh parsley, chopped

A colourful vegetable mixture accompanies succulent salmon steaks for

a quick and easy dish. Great with steamed rice.

Heat the oil in a large frypan and saute the peppers and garlic over high heat for 1 minute, stirring constantly. Add the vinegar, cook 1 minute more, still stirring. Push the peppers to the side of the pan, lay in the salmon, cook 30 seconds then turn over. Add wine. Sprinkle with thyme, cayenne, salt and pepper, and spoon peppers over salmon. Put the lid on the frypan and cook over medium heat for 6 minutes or until salmon flakes when fork-tested. Sprinkle with parsley and serve.

J'ande's Salmon En Papillote

2 medium zucchini squash
2 medium yellow hook sauash
1 medium onion
1/4 cup butter, unsalted
4 tablespoon fresh lemmon juice
4 tablespoon glen-ellen merlot wine
2 tablespoon grand marnierl liqueur
1 cracked pepper
1 garlic powder
1 dill weed
1 thyme
1 rosemary
1 salt (optional)

Preheat oven to 500 degrees. (That's right, 500 degrees.)

Melt butter and stir in the lemmon juice. Adjust amount of lemmon juice to taste.

Cut 2 10" to 11" circles from parchment paper.

Slice zucchini and hook squash into 4 lateral slices each. Cut onion into 1/8 " slices. Season all with salt, if desired. Heat a large cast iron skillet over medium high heat, then coat with non-stick cooking spray and sear both sides of vegetables, but do not saute them.

On 1/2 of each parchment circle, layer onion and zuchinni slices. Generously season salmon fillets with the garlic powder, dill, thyme, rosemary and salt (if desired). Layer the hooked squash and the green pepper on top.

Fold each parchment circle over and tightly seal by folding edges, leaving enough of an opening to spoon in the following; 4 tbs of melted lemmon butter, 2 tbs wine, 2 tbsp Grand Marnier. Compleatly seal the parchment envelope.

Place in the 500 degree F oven and bake for 7 minutes. Serve immediately. Created by Jim Anderson (AFC EC J'ande)

Jar Yue Har Guen (Deep-Fried Fish & Prawn R

12 raw prawns
500 gm (1 lb) fish fillets (see note)
1 egg, beaten with 1 tb. water
1/4 teaspoon finely grated fresh ginger
1/2 teaspoon salt
1 plain flour
1 dry breadcrumbs
1 oil for frying

Shell and de-vein prawns. Using a sharp knife, skin the fish fillets. Depending on the size of the fillets, they may be cut into two, three or four strips. Wrap each strip around a prawn and fasten with a wooden toothpick. Mix egg with ginger and salt. Dip fish rolls into plain flour, then into beaten egg and finally into breadcrumbs.

Heat about half cup oil in wok. When it starts to form a haze add fish rolls, about 6 at a time. Fry until golden brown all over, approximately 3 minutes. Drain on absorbent paper. Fry remaining rolls. Serve hot with soy or chilli sauce for dipping. Note: Choose flat fillets of firm white fish. They should be thin, for they have to be rolled around the prawns.

Jumbo Lump Crab Salad With Citrus~ Ginger And

: vinaigrette:

2 TB chopped shallots
2 TB chopped ginger

6 oz rice wine vinegar
2 oz soy sauce
1 oz sesame oil
8 oz extra virgin olive oil
2 oranges, -- juiced
2 limes, -- juiced
: Salad:
1/2 c Wakame Seaweed
1 cucumber,thinly sliced
1 pk alfalfa sprouts
1 1/2 TB julienned
2 cooked Dungeness Crabs,
: -cleaned
3 scallions

VINAIGRETTE: In jar combine all ingredients. Cover tightly and shake vigorously. Set aside until ready for use.

SALAD: In a bowl filled with warm water soak seaweed until soft. Dice after softening. In a large bowl combine cucumbers, seaweed, sprouts, ginger, crab and vinaigrette, being careful not to break up the crabmeat. Place salad in mounds on a plate and garnish with scallion

Recipe By :CHEF DU JOUR SHOW #DJ9118

Date: 09/26/96

Jumbo Lump Crabcakes~ Cucumber Carrot Salad A

1 make the base:
1 cup soy oil
1/2 cup chopped onion, small dice
3/4 cup chopped peppers (red, green and yel; low), s 3
egg yolks
1/4 cup fresh lime juice
1/4 cup dijon mustard
1/2 tablespoon tabasco
1 tablespoon vietnamese fish sauce
1 lb jumbo lump crabmeat, uncleaned
1 1/2 tablespoon each of fresh dill, chives and pars; ley, cleaned, 1
stems
1 1/2 cup fresh bread crumbs (crusts removed)
1 cup japanese bread crumbs, (panko)
1 tablespoon freshly ground white pepper
2 eggs
1 vegetable oil for sauting

Method: Pre-heat the oven to 350 degrees. In a sauce pan over medium heat, place the oil, onions and peppers, and simmer until the vegetables are tender, about 7 minutes. Combine the 3 egg yolks, lime juice, mustard, Tabasco, fish sauce in a large bowl. Remove the oil and vegetables from the heat. Slowly pour into the yolk mixture, whisking constantly. Begin by pouring with small splashes, incorporating the oil completely before adding more. The heat of the oil will cook the yolks as you go, and you should end up with a hollandaise-like sauce when all the oil has been blended. Return the saucepan to the heat for 30 seconds, whisking constantly to insure that sauce is fully incorporated. Set the saucepan down over a bowl of ice and whisk to cook quickly. Refrigerate the sauce covered, until it is well-chilled. Make the Chipotle Sauce: 2 chipotle peppers in 1 tablespoon. adobo sauce 1 tablespoon chopped garlic 1 tablespoon chopped shallots 1/2 cup of cilantro, washed and roughly chopped 1/2 cup seasoned rice vinegar 1 lemon, juiced 2 cups soy oil Process all the ingredients, except for the soy oil. With the machine running, add the oil in a slow stream until the sauce is emulsified. Taste. Add more oil if necessary. Reserve. Make the crab cakes: Pick over crab meat to remove any shell pieces. Add the herbs and gently toss, taking care not to break up the crab. Add two or three heaping tablespoons of the chilled sauce base to the crab and gently combine. Add enough of the bread crumbs to bind the crab mixture. Check to see that the mixture is moist (the bread crumbs will absorb moisture as the crab mix sits) and add more sauce or bread crumbs as needed. Add the white pepper and taste for seasoning. Form the crab into little cakes, about 2 inches in diameter. In a separate bowl, beat the eggs. One at a time, coat each crab cake with egg. Then coat with Japanese bread crumbs. Heat 1/4 of vegetable oil in a large saute pan over medium heat. SautJing in batches, brown the crab cakes on both sides and reserve on a platter. Place in a pre-heated 350 degree oven for 2-3 minutes to heat through, and serve. Make the Nuoc Cham Sauce 2 small cloves garlic, peeled and chopped 1 Serrano chiles, seeded and chopped 2 tablespoons sugar 1/4 cup rice vinegar 1 tablespoon lemon juice 1 tablespoon lime juice 1/4 cup Vietnamese fish sauce 1/2 cup soy oil 1/2 small red onion, peeled and thinly sliced 2 whole medium carrots, peeled 1 large turnip, peeled and sliced into matchsticks using a mandolin 1 gourmet cucumber, scored and split 3 tablespoons fresh mint, chiffonade Cut the vegetables and make the salad . Blend salad ingredients and toss in 1/2 cup of Nuoc Cham Sauce. To Serve: Artfully arrange the salad at one end and two crabcakes at the other. Drizzle the Chipotle sauce in between the two in a zig zag pattern. Wine Suggestion: Sauvignon Blanc. Yield: 12 crabcakes, or 6 first course servings. Posted to MC-Recipe Digest V1 #1

Recipe by: CHEF DU JOUR RICK MOONEN SHOW #DJ9321

From: "Ed Bauman" <BIRCHCREEK@msn.com>

Date: Thu, 5 Dec 96 19:56:53 UT

Jungle Curry With Catfish - Gaeng Paa Pla Doo

----CURRY PASTE----
2 tablespoon chopped lemon grass
8 shallots
6 cloves garlic
1/4 cup chopped lesser ginger 8
dried jalapeno peppers
1 teaspoon canned peppercorns 1
teaspoon shrimp paste
1/2 teaspoon salt
----PREPARATION----
2 tablespoon oil
1 1/2 lb catfish, cut into 1 slices
1/4 cup fish sauce (nam pla)
3 cup water
1/2 cup thai eggplant
1/4 cup sliced green jalapeno pepper
1/2 cup sweet basil leaves
10 whole kaffir lime leaves

In the days when travel through various parts of Thailand required journeying through areas of jungle, the people had to make do with what was available there. This recipe is so named because the ingredients and cooking method made it a suitable dish for the jungle. Best eaten in the presence of monkeys, tigers and snakes to keep it more authentic.

Justin Wilson's Fish Marinade & Basting Sa

2 cup chablis wine
2 tablespoon lemon juice
2 teaspoon salt
2 tablespoon creole mustard
1/2 teaspoon ground cayenne pepper

Mix all ingredients together and stir well. Use as a marinade and basting sauce

From Justin Wilson's "Outdoor Cooking With Inside Help"

Justin Wilson's Boiled Crawfish

4 boxes salt (no size mentione
6 pouches crab boil
9 lemons
8 oz cayenne pepper
5 lb small white onions
1 garlic
24 small potatoes
1 smoked sausage
1 corn
50 lb live crawfish

Bring seasonings to boil for 10 minutes. Add potatoes, corn, and smoked sausage. Boil for another 10 minutes. Add crawfish. Bring back to boil. Cut fire off immediately. Let soak for 20 to 30 minutes. Drain. Peel and eat.
While water is coming to a boil, cull and clean crawfish. Rinse well with garden hose and remove any dead ones.
Always wear gloves when you fool with crawfish, but remember, they can still pinch you through gloves. Justin Wilson writes, "Not everybody likes the fat, but I do, and I love to dig my finger into the head and scoop it out. During crawfish season, my finger stays yellow from one end to the other." From Justin Wilson's "Outdoor Cooking With Inside Help."

Justin Wilson's Crawfish Or Shrimp Cocktail

1/2 cup heinz chili sauce
1/2 cup catsup
1/2 cup horseradish
1 tablespoon lea & perrins worcestershire
1/2 teaspoon salt
1 tablespoon lemon or lime juice
1/2 cup parsley, chopped fine
1 louisiana hot sauce
1 boiled crawfish or shrimp

Combine all ingredients to make sauce. Pour over crawfish or shrimp, or

dip the crawfish or shrimp in the sauce. Justin Wilson's "Gourmet and Gourmand Cookbook"

Justin Wilson's Tuna Salad

3 eggs, hard-boiled, chopped
2 tablespoon mayonnaise
2 tablespoon dill relish (heaping)
1 teaspoon louisiana hot sauce
2 teaspoon poupon mustard
1 6 1/2 oz can tuna, drained

Combine eggs and dill relish. Add the rest of the ingredients, except tuna, and mix really well. Then add tuna. If the mixture is dry, add some more mayonnaise. This is fine for a sandwich. "Sneak a little on crackers before dinner. GOOD! From Justin Wilson's "Outdoor Cooking With Inside Help"

Lemon Tuna Pasta

4 teaspoon butter
1 teaspoon oil; olive
4 large garlic cloves, chopped
1/8 cup lemon juice
3 teaspoon capers, drained
18 black olives,pitted & sliced
2 can tuna; chunk,drained
1 pasta; penne , cooked anddr
4 teaspoon butter (add at end)

Melt butter with oil in skillet. Add garlic and cook 2 minutes. Add lemon juice, capers and olives and cook another 2 minutes. Turn heat to lowest setting. Add tuna & separate it (do NOT flake) with a fork. Heat through, stirring gently. Drain pasta. Add remainder of butter and sauce tohot pasta, tossing well. posted by Anne MacLellan

Lemon-Basil Swordfish

2 (4 oz) swordfish steaks
1 (about 3/4 inch thick)
1 centiliter garlic minced
1 tablespoon lemon juice divided
1/2 teaspoon vegetable oil
1/4 teaspoon basil
1 small carrot cut in julienne
1 strips
3/4 cup sliced radishes
2 oz fresh snow peas
1 dash of pepper

Place Fish On Rack Coated With Cooking Spray; Place Rack in A Shallow Roasting Pan. Combine Garlic, 1 1/2 t. Lemon Juice & Oil. Brush Fish With Half Of Mixture. Sprinkle With 1/8 t. Basil. Broil 6 Inches From Heat 4 Min. Turn Fish; Brush With Remaining Lemon Juice Mixture & Sprinkle With Remaining 1/8 t. Basil. Broil An Additonal 3 Min. OR Until Fish Flakes Easily When Tested With A Fork. Set Aside & Keep Warm. Arrange Carrot Strips in A Vegetable Steamer Over Boiling Water. Cover & Steam 3 Min. Add Radishes; Steam An Additional 2 Min.Add Snow Peas, Stean An Additional 30 Sec. Place Vebetables in A Bowl. Add 1 1/2 t. Lemon Juice & Pepper, TossingGently. Serve With Fish. About 186 Cal. Per 3 Oz. Fish & 1 C. Vegetables. (Fat 6.4, Chol. 44.)

Lomi Lomi Salmon

1 lb salt salmon
5 large ripe tomatoes
1 medium yellow onion; chopped
8 green onions

I usually scoop the tomato insides out with a large melon baller attemptingto keep the outside shell of the tomato as intact as possible. Dice the removed insides and place the diced tomatoes and their shells in the refrigerator while proceeding with the recipe. Soak the salt salmon after cleaning. Change the soaking water occasionally to drain off most of the salt. After 3 to 5 hours of soaking remove all of the skin and the bones. Cut the salmon into small pieces and placed in a bowl. Add the diced tomatoes and also add the yellow onion which has been chopped into fairly small pieces. Cover the mixture with ice cubes until

ready to serve. Chop the green onions very small and place them on top of the tomato mixture that you will place in the tomato shells to serve. Just as you serve the shells add a little crushed ice. FROM: THEODORE SEDGWICK (XPST31A)

Low-Fat Crab Chowder

2 medium potatoes
4 tablespoon margarine
1/2 cup chopped onions
1/4 cup green pepper
4 tablespoon flour
4 cup skim milk
2 can (10 1/4-oz each) whole corn
1 drained
1 teaspoon salt
1/8 teaspoon thyme
1/8 teaspoon pepper
16 oz imitation crab
2 tablespoon cooking sherry

Peel, dice and cook potatoes, set aside. Melt margarine in a 6 quart pan, over medium heat. Add onion and green pepper, cook about 4 minutes, stirring frequently. Add flour, cook about 1 minute, stirring constantly. Gradually add milk, using a whisk to prevent lumping and to blend the sauce. Add corn, salt, thyme and pepper. Reduce heat to low, cook until themixture appears hot, but not bubbling. Cut crab into bite-size pieces and add to the sauce. Add potatoes. Heat again until hot, but not bubbly, stirring frequently. Just before serving, add cooking sherry.

Manhattan Clam Chowder

1/4 cup finely cut-up lean salt
1 pork or bacon, or margarine
1 or butter
1 small onion, finely chopped
1 (about 1/4 c.)
2 can (8 oz. ea) minced or
1 whole clams*

2 cup finely chopped potatoes
1 cup water
1/3 cup chopped celery
1 can (16 oz.) whole tomatoes
2 teaspoon snipped parsley
1 teaspoon salt
1/4 teaspoon dried thyme leaves
1/8 teaspoon pepper

Cook and stir salt pork and onion in large kettle until pork is crisp and onion is tender. Drain clams, reserving liquid. Add clam liquid, potatoes, water and celery to pork and onion. Cook until potatoes are tender, about 10 minutes. Add clams, tomatoes (with liquid) and the remaining ingredients. Heat to boiling, stirring occasionally. Serve with assorted crackers if desired. *1 pint shucked fresh clams with liquid can be substituted for the canned clams. Chop clams and add with the potatoes. Variation--- *Vegetable-Clam Chowder* Add 2 T. finely chopped green pepper with the onion. Add 1 small carrot, finely chopped (about 1/4 c.) and 1/2 c. green peas with the potatoes. Add broken soda crackers and 1 T. margarine or butter just before serving.

Marides Marinates (Marinated Smelts)

1 karen mintzias
2 lb smelts; cleaned & drained
1 lemon (juice only)
1 flour for dredging
1 oil for frying (pref. olive)
1/2 cup dry white wine
1/4 cup wine vinegar
2 tablespoon chopped fresh parsley
1 tablespoon chopped fresh thyme; *or* dried oregano
1/2 teaspoon dry mustard mixed with:
1 tablespoon cold water
2 tablespoon olive oil
1 salt & freshly ground pepper

Sprinkle each smelt with lemon juice, roll in flour, and fry in hot oil about a half-inch deep. Drain on absorbent paper.

Meanwhile, in a small saucepan combine the wine, vinegar, parsley, thyme ororegano, diluted mustard, oil, salt, and pepper. Simmer 8 minutes, then add the smelts. Bring to a boil and remove from the heat. Cool, then chill before serving. Serve cold.

Note: The smelts will keep several days in the refrigerator. Sliced

garlic, shallot, or onion may also be added to the marinade.

Maryland Style Crab Cakes

1 lb crab meat
1/4 cup mayonnaise (preferably homemade) 2
tablespoon minced parsley
1/2 teaspoon salt
1/2 cup soft bread crumbs
2 large eggs; beaten
8 tablespoon butter

GENTLY BLEND ALL INGREDIENTS, except the butter. Shape into 8-10 crab cakesand refrigerate 30 minutes. Melt butter in a large skillet and saute crab cakes until golden brown on all sides, 5-7 minutes. Serve with lemon wedgesor an appropriate sauce.

PETER KUMP - PRODIGY GUEST CHEFS COOKBOOK

Microwave Salmon Ring

1 can salmon; 15 oz
1 egg; lightly beaten
1 cup breadcrumbs
1/4 cup sour cream or whipping cream
1/2 teaspoon curry powder
1 onion; small minced salt pepper
1 lemon; juice & rind
----SAUCE----
2 tablespoon butter
2 tablespoon flour
1 cup milk
3 teaspoon dill; chopped fresh or dill

Fat grams per serving: Approx. Cook Time: :15 LOAF: Empty can(s) of salmon in bowl, undrained, flake and break apart with fork. Add remaining ingredients. Mix thoroughly, place in microwave ring pan. Cover

with wax paper and cook on High 6 minutes. Let stand 5 minutes. Unmold. SAUCE: Melt butter on High 30 seconds. Stir in flour. Cook at High 30 seconds to 1 minute. Stir in milk, slowly. Add dillweed and pepper. Cook onHigh, stirring every 1 to 2 minutes till thickened.

from my microwave cooking class posted by Anne MacLellan

Microwave Seafood Paella

3 green onions
3/4 cup short-grain rice (such as valencia,; arborio or pearl 1
long grain rice
1 can stewed tomatoes (16 oz.)
1 can low-salt or regular chicken broth (; 14 1/2 oz.)
3/4 teaspoon dry thyme
1/4 teaspoon pepper
1/2 teaspoon salt (optional)
2/3 cup frozen petite peas (do not thaw)
8 live blue mussels or
8 small live greenshell mussels
6 oz raw medium shell-on shrimp
3/4 lb orange roughy, cut into 1 inch piec; es

Finely slice green onions; reserve 1/4 cup of the green tops for garnish. In a deep microwaveable casserole bowl or 8 cup measure, combine onions. rice, tomatoes and their liquid, broth, thyme, pepper and salt (dish needs to be twice the height of these combined ingredients).

Cover dish tightly and microwave on high (100% power) for 16 minutes, rotating the dish a quarter turn halfway through cooking.

Remove the dish from microwave; stir in peas. Arrange mussels and shrimp alternately around the edge of dish, sticking mussels upright into the ricemixture and shrimp head down and tail toward center (they do not need to becompletely covered with liquid). Arrange fish pieces in an even layer in center, on top of the rice mixture.

Cover and microwave on high until most of the fish has turned opaque throughout and mussels open, 5 to 8 minutes more. Mixture will look saucy. Let stand, covered, about 3 minutes for fish to finish cooking. Serve in wide shallow bowls and sprinkle with reserved green onions over each serving. Makes 4 servings.

Note: Clams, Scallops and Grouper may be substituted.

Per serving: 345 Calories, 31 g Protein, 35 g Carbohydrates, .6

g SaturatedFat, 1 g Monounsaturated Fat, .8 g Polyunsaturated Fat, .4 g Omega-3 Fat, 83 mg Cholesterol, 700 mg Sodium.

Mild Fish Pickle

3 oz tuna, salmon or anchovy
2 teaspoon white wine
1 tablespoon vinegar
1/2 teaspoon mustard seed
1/2 teaspoon oregano
1/2 teaspoon celery seed (or lovage)
1 tablespoon olive oil
1/2 teaspoon honey
1 pinch basil
1/4 teaspoon thyme
1 mint leaf, finely chopped

In a mixing bowl, thoroughly combine all ingredients. This fish pickle may be stored in the refrigertator in a glass jar for up tp 2 weeks, and shouldthen be replaced.

Mixed Seafood Grill In Corn Husks

3/4 lb unpeeled fresh shrimp
1/2 lb salmon fillet
1/2 lb sea scallops
2 teaspoon lemon-pepper seasoning 3
tablespoon dry white wine
3 tablespoon low cal. oleo
8 ears fresh corn in husks
8 sprigs fresh dill

Peel & Devein Shrimp. Remove Skin From Salmon & Cut Into 1-Inch Cubes. Combine Shrimp, Salmon & Scallops in A Medium Bowl. Toss With Lemon Pepper& Wine & Oleo. Set Aside. Soak Corn in Water To Cover 10 Min. Pull

Back Husks Leaving Them Attached To Stem. Remove Sil & Corn From Husks; Discard Silk & Reserve Corn For Other Uses. Divide Reserved Seafood Equally Among Corn Husks; Top Each With A Sprig Of Dill. Close Husks To Completely Enclose Seafood. Tie Securely With Heavy String At Each End. Position FoodRack 6 Inches Above Charcoal Coals. Place Husks On Food Rack & Grill Uncovered 10 Min. Turning Frequently. Serve Immediately in Husks. Fat 5.3, Chol. 76.

Mock Fish Buddhist

1 large potato; cooked, peeled and sliced
2 tablespoon flour
1 peanut oil; for frying
1 small onion; sliced
1/2 lb snow peas
10 wood ears; soaked to soften, tough
1/2 teaspoon salt
1/2 teaspoon sugar
1/3 cup water

Sprinkle potatoes with flour and deep-fry until golden.
Drain and set aside. Pour off all but 2 tablespoons of the oil, reheat an add onion. Stir-fry 10 seconds and add snow peas and wood ears. Stir-fry another 10 seconds and add salt, sugar and water. Bring to rapid boil, stirring constantly, and cook until peas are just tender crisp. Add reserved fried potato slices, heat through and serve.

Wood ears are a type of mushroom or shelf fungus. When soaked it has a crunchy, gelatinous texture with little taste. If you can't find them, I imagine that you could use the dried mushrooms although they wouldn't give exactly the same effect. A closer substitute would be dried jellyfish, but if you're some- where that sells dried jellyfish, I'm sure that they have wood ears as well...

From "The Regional Cooking of China" by Margaret Gin and Alfred E. Castle. 101 Productions, San Francisco, 1975. From: Stephen Ceideburg

Monkfish Kebob With Vegetables

1 lb monkfish filets, cut into cubes
1 onions
1 green peppers
1 cherry tomatos
1 zucchini
1 corn on the cob
8 kebob sticks
1 marinade:
1 clove garlic, minced
2 cup oil
1 cup white wine
1 tablespoon lemon juice
1/4 teaspoon salt
1/4 teaspoon thyme
1/4 teaspoon dill
1/4 teaspoon oregano
1/4 teaspoon paprika

Monkfish Kebob with Vegetables

Marinate monkfish cubes for at least an hour. Cut vegetables into chunks. Place monkfish cubes and vegetables on kebob skewers. Marinate skewers in large casserole or baking sidh, covered and refrigerated for three hours. Broil in oven, lightly basting and turning often for approximately 8-10 minutes. Serves 4, 2 kebobs each.

Mushroom Clam Chowder

1/2 cup fresh mushrooms, chopped
1 teaspoon veg oil
7 oz minced clams (canned)
1/2 cup celery, chopped
1/3 cup onion, chopped
1/2 teaspoon salt
1/8 teaspoon pepper
1/8 teaspoon cayenne
1 1/3 cup nonfat dry milk powder
1 1/2 cup cold water
1 tablespoon cornstarch
2 tablespoon fresh parsley, minced

Heat oil in saucepan and saute mushrooms. Stir in undrained clams, celery, onion, salt, pepper and cayenne. Cover and let simmer for 5 minutes.
Mix together milk powder, water, and cornstarch (you may substitute 1 1/2 c skim milk for the powder & water). Stir milk mixture into saucepan and

simmer over low heat until soup thickens. Pour into serving bowls and top each serving with 1/2 T parsley. (142 calories per serving)

Makes 4 servings

Nero Wolfe's Finnan Haddie (Smoked Haddock)

2 lb finnan haddie (smoked haddock)
1 cup milk
1 cup water
1/4 cup butter
3 tablespoon flour
2 cup heavy cream
1 black pepper to taste
1/8 teaspoon nutmeg
1 tablespoon chopped pimiento
4 hard cooked eggs
1 bread crumbs
12 bread triangles fried in anchovy b; utter

Soak finnan haddie in water to cover for 1 hour. Drain and put into a largesaucepan, covering with the milk and water. Bring to a boil, remove from the heat and let stand for 10 to 15 minutes. When cooled, remove the skin and bones, reserving the stock. Melt the butter in a heavy-bottomed saucepan. Stir in the flour and cook over direct low heat until smooth. Addthe cream and 1 1/4 cups of the reserved stock; continue to cook, stirring occasionally, until the mixture is slightly thickened. Season with pepper and nutmeg. When the sauce is thick enough to coat a spoon, remove it from the heat, measure out 1/4 cup, and set it aside. Break the finnan haddie into pieces and fold them into the sauce. Simmer gently over low heat for afew minutes until the fish is warmed. Pour the mixture into a shallow casserole; cover with the pimiento and sliced hard-cooked eggs and pour thereserved 1/4 cup of sauce over the eggs. Sprinkle the dish with bread crumbs and place under a hot broiler to brown. Serve with the anchovy toast.

New Orleans Crab Canape

2 tablespoon butter
1 white onion, small, or shallot

1 tablespoon flour
1/2 cup broth, water, or white wine
3/4 cup cooked (or 6-1/2 oz can) crabmeat,; drained 1
and flaked
1 cheese topping:
2 tablespoon butter
2 tablespoon flour
4 oz parmesan cheese (1 cup), grated
4 oz swiss or gruyere cheese, grated
1 loaf white bread
1 butter for sauteing

FORCEMEAT:

Melt butter, add onion, and cook over moderate heat until onion is soft. Add flour, stir to blend, cook 1 minute; stir in broth, cooking until smooth. Add crabmeat, simmer 8 to 10 minutes. Remove from fire; cool.

Cheese Topping: Melt butter, add flour to make a roux, and cook two or three minutes. Add cheses, blend well. Remove from fire, cool, then form into small firm, round balls.

Cut bread into canape-sized pieces; saute in butter. Spread each with the crab mixture; then place a cheese ball over the crab. Just before serving, place in hot oven for 5 minutes until cheese is melted and bubbly.

Makes about 50.

From: A Salute to Cheese, by Betty Wason, Hawthorn Books, Inc., 1966.

Shared by: June Hoffman, 7/93

Northfork Crab Meat

1 lb crab meat
4 tablespoon butter
1 tablespoon tarrigan wine vinegar
1 cocktail sauce
1 lemon wedges

Heat Butter over low heat. Saute crab meat, stirring for 2 minutes. Sprinkle with vinegar. Top with parsley and a little garlic powder. Serve with cocktail sauce and lemon wedges. Cam be made with shrimps.

Oriental-Style Sea Scallops

1 stephen ceideburg
1 1/2 cup broccoli flowerets
1 cup thinly sliced onion
2 tablespoon sesame or vegetable oil
1 lb sea scallops
3 cup thinly sliced napa cabbage or bok c; hoy 2
cup snow peas, ends trimmed
1 cup shiitake or common mushrooms, slice; d 2
cloves garlic, minced
2 teaspoon ground star anise
1/4 teaspoon ground coriander
1/2 cup chicken broth
1/4 cup rice wine vinegar
2 teaspoon to 3 ts light reduced sodium soy s; a, uce 2
tablespoon cornstarch
1/4 cup cold water
2 tablespoon to 3 tb nutrasweet spoonful
4 cup hot cooked rice

Lots of oriental vegetables and an interesting blend of seasonings give this light and healthy scallop stir-fry its exotic flavor.

STIR-FRY BROCCOLI and onion 3 to 4 minutes in oil in wok or large skillet. Add scallops, cabbage, snow peas, mushrooms, garlic, anise and coriander; stir-fry 2 to 3 minutes.

ADD CHICKEN BROTH, vinegar and soy sauce; heat to boiling. Reduce heat and simmer, uncovered, until scallops are cooked and vegetables are tender, about
5 minutes. Heat to boiling.

MIX CORNSTARCH AND COLD WATER. Stir cornstarch mixture into boiling mixture; boil, stirring constantly, until thickened. Remove from heat; let stand 2 to 3 minutes. Stir in NutraSweet Spoonful; serve over rice.

NOTE: 2 teaspoons five-spice powder can be substituted for the star anise and Coriander; amounts of vinegar and soy sauce may need to be adjusted to taste.

NUTRITIONAL INFORMATION

Serving Size: 1/6 recipe (approx. 2 oz. scallops and
1/3 cup rice)

Calories.....330 Saturated Fat.....<1 g Protein.....20 g
Cholesterol... ...26 mg Carbohydrates.....49 g Fiber.....2 g
Total Fat.....6 g Sodium.....276 mg

DIABETIC FOOD EXCHANGE: 2 lean meat, 2 1/2 starches, 1 vegetable

From "The NutriSweet Spoonful Recipe Collection", 1992.

Posted by Stephen Ceideburg

Orleans Grilled Fish

4 each fish fillets or steaks
1/3 cup italian salad dressing
2 tablespoon lemon juice
2 tablespoon cajun's

Choice black season

Place fish in shallow baking dish. Combine remaining ingredients and pour over fish (turn to coat both sides). Remove fish and reserve marinade for basting during grilling. Place fish on a lightly oiled grill. cook over hot coals approximately 4 to 5 minuts, baste, turn and repeat until fish flakes easily. Serve immed.

From the Kitchen of: Gary & Margie Hartford, Eugene, OR (1:152/19) 10/93 From Cajun's Choice recipes.

Ostiones En Escabeche (Soused Oysters)

1 jim vorheis
1/2 cup light olive oil
1/3 cup finely sliced white onion
8 garlic cloves, peeled
1/2 cup finely sliced carrots, blanched
1/2 cup cauliflower flowerets, blanched
2 california bay leaves
3 fresh marjoram sprigs or 1/4 tsp d; r, ied

1 1/2 teaspoon dried oregano, mexican if possible
1/2 teaspoon peppercorns
1 sea salt to taste
1/4 cup vinegar
2 cup shucked oysters or other seafood (s; hrimp, crab, 1
scallops, alone or together)
1 lime, thinly sliced
1 strips of canned jalapenos en escab; eche (to taste)

Heat the oil in a large frying or saute pan. Add the onion and garlic cloves and toss over high heat without browning for about 2 minutes. Add the vegetables, herbs, peppercorns, salt, and vinegar; cook over high heat until the mixture comes to a boil. Add the oysters, sliced lime, and jalapenos* and cook until the oysters are plump and just cooked - about 2 minutes.

Set aside to cool. Refrigerate overnight and serve at room temperature.

* Jalapenos may be omitted and passed separately at the table.

Outer Banks Clam Chowder

2 dozen clams, shucked; reserve juice
1 large onion, diced
1/3 lb good fatback, diced
3 medium to 4 md potatoes, cubed

Lots of coarsly ground black pepper

Render out the diced fatback (you can substitute bacon if you like, but...) and fry until crisp. Remove pieces and reserve. Saute onions in the grease. Add the potatoes and coat well. Add pepper and clam juice, supplement with another can of clam juice. Cover and simmer gently for about 15 minutes. Add clams (which you will have chopped), cook for about 3 minutes. Serve this in deep soup bowls and top with crisp bits of fatback or bacon.

This is the way they've made it down home for more than 100 years. It ain't fancy, but oh my is it fine!

Oven Baked Crab Cakes From The Sea Grill Rest

5 cup cornflakes
1/2 cup mayonnaise
2 tablespoon dijon mustard
2 teaspoon old bay seasoning
1/8 teaspoon cayenne pepper
2 large egg yolks
2 lb jumbo lump crab meat
1/4 cup unsalted butter, softened

In a food processor, pulse cornflakes until ground coarse and spread in a shallow baking pan.

In a large bowl, whisk together mayonnaise, mustard, Old Bay seasoning, cayenne and yolks and add crab meat and salt and pepper to taste, tossing mixture gently but thoroughly.

With a 1/4 cup measure, form crab miguel into slightly flattened rounds about 2 1/2 inches wide and 3/4 inch thick and gently coat crab cakes with cornflakes, transferring as coated to a wax-paper-lined baking sheet. Chill crab cakes, covered with plastic wrap, at least 2 hours and up to 4 hours.

Preheat oven to 400F.

Transfer crab cakes to a large baking sheet. Put about 1/2 teaspoon butter on each crab cake and bake in the middle of the oven until crisp and cooked through, about 15 minutes.

Serve with tartar sauce.

Oven Barbequed Salmon

1 small sockeye salmon, 4-5 lbs.
1 lemon; sliced
1 slice bacon
1/2 cup light karo syrup
1 cup ketchup
1 medium onion; sliced
1/2 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon garlic powder

Remove head and tail from salmon and fillet. Place one-half skin side down on a large sheet of foil in a baking pan. Add spices and layer with lemon, onion, and bacon. Mix syrup and ketchup; pour `./2 of this mixture over the fillet. Place second fillet flesh side down over the first; pour rest of sauce over all. Seal with the foil and bake 30- 40 minutes at 400 E Fish will flake easily with a fork in the thickest part when it is done. Do not overbake. Serve hot; oven baked potatoes or corn would make a good accompaniment with a green salad. Serves 6.

Oven Broiled Fish

4 lb bass (whole)
1 tablespoon salt
1 teaspoon pepper
6 slice bacon
1 onion (chopped)
1 cup apple (diced)
2 lemon (thinly sliced)
1 green pepper (chopped)
1 teaspoon garlic powder
1 teaspoon celery salt
1/4 cup butter
3/4 cup worcestershire sauce
2 tablespoon soy sauce

Clean fish. (Do not skin.) Remove head and empty cavity. Place 3 strips bacon in bottom of shallow baking tin. Mix onion, apple, lemon and green pepper. Layer 1/3 of mixture on bacon strips. Sprinkle both sides of fish with salt and pepper and place fish on vegetable mixture. Put 1/3 mixture in fish cavity and remaining 1/3 on top of fish. Place 3 strips bacon on top of fish and vegetable bed. Melt butter in saucepan. Add worcestershire and soy sauce. Add remaining ingredients and bring to boil. Baste fish regulary. Do not turn. Bake until meat separates from bones. Bake at 375 degrees for approximately 1 hour. Serves 4 to 5.

NOTE: Serve hot.

Oven Fried Ocean Whitefish Parmesan

1 lb ocean whitefish fillets*
2 tablespoon cornmeal
1/4 teaspoon paprika**
1 salt and pepper to taste
2 tablespoon flour
1 tablespoon grated parmesan cheese
2 teaspoon vegetable oil

*Cod, Rockfish, Perch, Sole, Flounder, Orange Roughy, etc. **Could substitute spice of choice, such as Cajun Herbed Spice mix. Combine cornmeal, flour, cheese, paprika, salt and pepper. Dredge fish in cornmeal mixture. Spray baking pan with non-stick coating. Arrange fish in pan and drizzle with oil. Bake at 450 D. 8-10 minutes or until fish flakes. WW Exchanges per serving: 1 1/2 Protein, 1/4 Bread, 1/2 Fat, 23 optional calories. Nutritional analysis per serving: Calories, 160; protein, 19 gm; fat, 5 gm; carbohydrates, 6 gm; cholesterol; 44 mg, sodium, 99 mg.

Oven Fried White Fish

1 lb cod, sole or flounder
2 tablespoon cornmeal
2 tablespoon flour
1/2 teaspoon cajun spice
2 teaspoon oil
1 dash salt & pepper
1 tablespoon parmesan cheese

Combine flour, cornmeal, cheese, & spices. Dredge fish in mix. Spray pan with Pam. Arrange fish in pan & drizzle with oil. Bake 450 for 8-10 min. 1 serving = 2 p, 1/4 b, 1/2 fat, 23 calories

Oven Poached Salmon

1 teaspoon lemon juice
1 teaspoon sherry, vermouth, or wine
1 teaspoon butter
1 dash dill
1 lb salmon filets.

Spary a piece of foil with pam. Place Salmon on center. Add lemon juice, & sherry. Bake 350 10 min. Open and add butter & dill. Close & bake 10 min. more.

Oven Salmon Cakes

1 1/4 cup ritz crackers, crushed coars
1 egg, slightly beaten
2 tablespoon parsley, snipped
2 tablespoon green onion, sliced
2 tablespoon milk
1/8 teaspoon pepper
1/8 teaspoon worcestershire sauce
16 oz salmon, drained and flaked
1 cup sharp cheese, shredded
1 tablespoon butter

Combine 3/4 cup cracker crumbs, egg, parsley, onion, milk, pepper and worcestershire sauce. Add salmon and cheese; mix. Shape into 4 patties. Mix butter with remaining crumbs and coat patties with mixture. Place on ungreased baking sheet. Bake at 400 degrees for 10 minutes. Best to you, Lisa

Oven Steamed Flounder Cantonese Style

4 scallions trimmed; cut into
2 ginger; julienned
4 4 oz flounder, red snapper,
2 tablespoon light or reduced soy sauce
1 teaspoon sesame oil
1/2 teaspoon sugar
1 dash of hot chili oil; --or-

1 dash of red pepper flakes
1 cilantro; for garnish

Recipe by: Michael Kinneer <MKinneer@AOL.COM> In a baking dish put 1/3 of the ginger and the scallion on the bottom. Put the fish fillets atop. Place the remaining scallion and ginger atop the fish. Combine the remaining ingredients (not the cilantro) and pour over t fish. Let stand for 15 minutes. Cover with foil and bake at 375 degrees for approximately 15 minutes or until fish flakes when pressed gently. Garnish with cilantro.

Hope you enjoy. Great with rice pilaf

Oven-Baked Battered Scallops

1/2 cup buttermilk
1 garlic clove
1 vegetable spray
1 lb sea scallops
1/2 cup bread crumbs
1 paprika

Mince garlic to equal 1/2 teaspoon. Preheat oven to 500 F. Soak scallops in mixture of buttermilk and garlic. Spray baking sheet with nonstick vegetable spray. Drain scallops, roll in bread crumbs, place on baking sheet. Sprinkle with paprika. Bake 8 to 10 minutes until opaque throughout. Sprinkle with parsley.

Per serving: 165 calories, 2 g fat (11%), 39 mg cholesterol, 22 g protein,
: 39 mg cholesterol, 13 mg carbohydrate,
308 mg sodium.

Oven-Baked Crab Cakes - The Sea Grill

5 cup cornflakes
1/2 cup mayonnaise
2 tablespoon dijon mustard
2 teaspoon old bay seasoning

1/8 teaspoon cayenne
2 large egg yolks
2 lb jumbo lump crab meat,
1 picked over
1/2 stick (1/4 cup) unsalted
1 butter, softened

In a food procesor pulse cornflakes until ground coarse, and spread in a shallow baking pan. In a large bowl whisk together mayonnaise, mustard, Old Bay seasoning, cayenne and yolks, and then add crabmeat, salt and pepper to taste, tossing mixture gently but thoroughly. With a 1/4-cup measure form a crab mixture into slightly flattened rounds about 2 1/2 inches wide and 3/4-inch thick and gently coat crab cakes with cornflakes, transferring as coated to a wax-paper-lined baking sheet. Chill crab cakes, covered with plastic wrap, at least 2 hours and up to 4 hours. Preheat oven to 400F. Transfer crab cakes to a large baking sheet. Put about 1/2 teaspoon butter on each crab cake and bake in middle of oven until crisp and cooked through, about 15 minutes. Serve crab cakes with tartar sauce. Makes about 20 crab cakes. Gourmet June 1995.

Oven-Fried Catfish

2 lb catfish fillets
1/2 cup milk
1/4 cup butter or margarine, melted
1 tablespoon salt
1 cup dry bread crumbs

Heat oven to 500 degrees. If fillets are large, cut into servings size pieces. Stir salt into milk. Dip fish into milk, then coat with bread crumbs. Place in well greased baking pan. Pour melted butter over fish. Place pan on rack that is slightly above middle of oven; bake uncovered for 10 - 12 minutes or till fish flakes easily.

Oven-Steamed Flounder With Cantonese Flavors

4 scallions, trimmed
1 cut in 2 julienned strips

1 2 piece ginger, peeled
1 cut in julienned strips
4 (4oz) flounder fillets
2 tablespoon soy sauce
2 tablespoon dry sherry
1 teaspoon sesame oil
1/2 teaspoon sugar
1 dash hot chile oil or
1 pinch white pepper
1 cilantro leaves
1 for garnish (opt)

Note: Black sea bass, red snapper, walleye (yellow pike) and sole are also delicious prepare this way.

Scatter about 1/3 of the scallions and ginger into a 9x13-inch baking dish. Place fillets in the dish, skinned side down, folding any thin tail ends under to create a uniform thickness. Scatter on remaining ginger and most of the remaining scallions, reserving a few for the garnish.

In a small bowl, combine soy sauce, sherry, sesame oil, sugar, and chile oil or pepper and pour the mixture evenly over the fish. Let marinate in refrigerator for 15 min to 1 hour.

Meanwhile, preheat oven to 375 F.

Cover the baking dish with foil and place it in the oven. Bake for 15 min, or until the fish flesh is opaque. Garnish with remaining scallions and cilantro.

eating Well Recipe Rescue Cookbook ISBN 1-884943-01-2 pg 172

Overton's Seafood Gumbo

4 quart seafood stock* =vegetables=-
1/2 cup oil
6 cup okra, sliced
3 1/2 lb tomatoes, canned
2 cup onion, chopped
1 cup celery, chopped, with leaves 1
cup peppers, bell, chopped
2 tablespoon garlic, chopped
2 tablespoon vinegar =seasonings=1
tablespoon salt
1 teaspoon cayenne

1 teaspoon pepper, white
1 teaspoon pepper, black
5 bay leaves, imported
2 teaspoon thyme, dried, leaves
2 teaspoon basil, dried, leaves
2 teaspoon oregano, dried, leaves =roux, etc.=; -
3 cup roux, dark, (from 1 1/2 c. oil; 1 1/2c. flour) 1
lb crab, claw meat
3 lb shrimp, small to medium, peeled
1 doz oysters
1 cup onions, green, chopped =file` powde; r

1) *Make seafood stock from shrimp heads and shells,crab bodies, fish carcasses or all of the above, substituting ham hocks,chicken backs,or necks, or other meats depending on availability. (Forthe 4 quartsof stock you will need about 4 pounds of shells, bonesand meat.)Bring to a boil, lower heat and simmer several hours. Strain thestock, discarding solids. (If time is a factor, simmer shrimp heads and shells and ham hocks in chicken stock for at leastan hour.)

2) Cook okra in the oil in a large, heavy pot overmedium heat, stirring and scraping until some of the sliminess isgone; about 15 minutes. Add tomatoes, onions, celery, garlic, peppers,vinegar, the seasoning and herb mix and cook over low to medium heatfor about 1/2hour, stirring and scraping often.

3) Blend the roux into the okra and tomato mixture. Veryslowly blend the stock into the mixture. Simmer about 1 hour.

4) Add crab and shrimp and simmer 10 to 15 minutes.Addoysters and simmer about 5 minutes. Add green onions. Serve overrice with file`powder added to taste at the table. (File` powder shouldnot be cooked.) From the files of Al Rice, North Pole Alaska.
Feb 1994

Oyster & Brie Soup

2 sticks unsalted butter
1 cup celery, chopped
1 cup onion, chopped
1/2 teaspoon white pepper
1/2 teaspoon cayenne pepper
1/2 cup all-purpose flour
1 lb brie cheese, cut into small
1 wedges, skin off
6 cup cold water

2 cup heavy cream
36 shucked oysters, with liquor
1/2 cup champagne
1/4 cup dry sherry

In a large soup pot, melt one stick of butter. Add the celery, onions, white pepper and cayenne. Stir and cook over low heat until vegetables begin to soften.

Over low heat in another pan, make a roux by combining 8 tablespoons melted butter and the flour to make a base for thickening the soup. Cook at least 2 minutes, stirring constantly, so the floury taste is eliminated. Add the roux and the cheese to the soup pot. Add the water, cream, oysters and their liquid. Simmer the soup until the oysters begin to curl. Add the champagne and sherry and heat through.

Oyster & Spinach Soup

8 oz oysters
1/4 cup pureed spinach
1 pint milk
1 cup half-and-half
1 1/2 teaspoon msg (optional)
1 dash garlic salt
1 teaspoon a-1 sauce
2 teaspoon butter
2 teaspoon cornstarch
1/2 pint whipping cream

Puree the oysters in a blender with a bit of the nectar, then pour that mess into a saucepan along with the pureed spinach. Add the milk, half-in-half, seasonings and butter and heat but do not boil.

Mix cornstarch with a little cold water, stir into soup and let everything simmer about 15 minutes, making sure it does not boil.

Whip cream, ladle soup into four ovenproof bowls, top each with a generous portion of cream and put under an oven broiler just until you have a golden pool of cream floating atop each bowl. Submitted By PGL@IGLOU.COM (DON THOMAS) On 30 JAN 1995 230843 ~0700

Oyster & Sweetbread

24 large oysters
1 pair sweetbreads (about 1 1/2 pound; s) 3
lemon slices
1/2 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon ground mace
1/4 cup butter
1/4 cup flour
1/2 teaspoon salt
1 cup light cream

Drain the oysters, reserving 3/4 c liquor. Wash the sweetbreads in cold water. Let stand in cold water 20 minutes. Drain. Combine the sweetbreads and lemon slices in a saucepan. Cook, covered, in boiling salted water for 30 minutes. Drain and cover the sweetbreads with cold water. When cool enough to handle remove any connecting membrane and cut them into 1-inch pieces. Combine the oysters and sweetbreads. Sprinkle with the salt, pepper, and mace. Melt the butter in a small saucepan. Blend the flour and 1/2 teaspoon salt. Slowly stir in the cream and reserved oyster liquor. Cook, stirring, over medium heat until the sauce is smooth and thickened. Stir in the sweetbreads and oysters. Pour into a 1 1/2-quart casserole. Bake at 375F. for 25 minutes or until bubbling and hot. Serves 5 or 6.
1 BULLOCK, Helen Duprey
Recipes of Early America
Heirloom Publishing Company
New York

MM Format by John Hartman Indianapolis, IN

Oyster Casserole

6 tablespoon fat
1/2 small onion, sliced
1/4 lb fresh mushrooms, sliced
4 tablespoon all-purpose flour
1 teaspoon salt
1 teaspoon paprika
1 dash of cayenne
2 cup milk
2 dozen raw oysters, with
1 their juice

3 hard-cooked eggs, sliced
2 tablespoon cooking sherry

Heat fat, add onions and mushrooms. Cook until tender and remove from pan. Blend flour with fat, add seasonings, let boil 2 minutes and add milk gradually. Cook oysters in their own liquor until edges curl and add oysters and liquor to creamed mixture. Add mushrooms, onion and eggs; stir in sherry. Turn into greased casserole and bake at 400F for 15 minutes. Serve on toast or pastry shells. Serves 4 or 5

Oyster Chowder

4 oz bacon, diced
1 cup onions, diced
1 1/2 cup mushrooms, sliced
1 1/2 cup medium dry sherry
4 cloves garlic, minced
2 1/2 cup clam juice
3 cup milk
1 tablespoon cornstarch (optional, for thickenin; g) 1 cup scallions
1 juice of lemon
1 cayenne
1 salt to taste
1 cup oysters
1 cornbread, sliced

Saute the chopped bacon over medium heat in a saucepan large enough to hold the entire soup. When the bacon is browned, remove the excess grease and add the onions, mushrooms, sherry and garlic. Simmer together until sherry is almost gone. Add the clam juice and bring to a simmer. Let mixture reduce by half. Then add the milk and bring to a simmer. Let the soup simmer together about ten minutes. You can hold this over a hot water bath until ready for serving. About three minutes before serving, add the oysters, scallions and lemon juice. Season with cayenne and salt, serve over a slice of cornbread in a large soup bowl. Garnish the top with a few chopped scallions if desired.

Oyster Fritters Cajun-Style

48 each shucked oysters w/liquid
6 each eggs, beaten
4 tablespoon baking powder
1/4 teaspoon oregano flakes
1 teaspoon black pepper
1/2 teaspoon white pepper
1 1/2 teaspoon tabasco sauce
2 cup flour, all-purpose is best
1 cup milk or half & half
1 teaspoon salt
1/4 lb butter
1/2 cup peanut or corn oil

Melt the butter in pan at approx. 300 degrees F. Saute the oysters in the melted butter for 2-3 minutes. Remove from the pan & quarter. Mix all other ingredients in bowl, including the oyster liquid. Control the thickness of the fritter batter by the amount of oyster liquid that you add. Mix in the oysters. Drop a tablespoon full of the batter into the pre-heated oil and fry until golden brown. ORIGIN: Aunt Lisle DuPree, Houma, La., circa 1966

Oyster Jambalaya

1 oz tasso
1 oz ham, medium diced
2 oz andouille sausage
3 oz bacon fat
1 yellow onion, finely diced
3 stalks celery, finely diced
2 bell peppers, finely chopped
2 fresh chili peppers
1 tablespoon garlic, chopped
2 teaspoon dried thyme
2 cup converted rice
1 cup oyster liquid
2 cup veal or beef stock
1 salt, white pepper, and cayenne to; taste 1
bunch green onions, chopped
1 bunch parsley, chopped
48 raw oysters

Render tasso, ham, and sausage in bacon fat. Add onions, celery and bell pepper, and saute' until translucent. Add chili pepper, garlic,

and thyme, and saute' until the garlic is blond. Add the rice, deglaxe with the oyster liquid, then add stock, salt, white pepper, and cayenne. Bring to a boil, reduce heat, and add green onions, parsley, and oysters. Cover and simmer, stirring occasionally, until rice is cooked. Adjust seasonings (should be spicy!) Makes about 6 1/2 cups.

NOTE: Tasso is very spicy and salty pork. Careful with adding salt.

Posted By elendil@yatcom.com (Edward J. Branley) On rec.food.recipes or rec.food.cooking

Oyster Patties

1 stick butter or oleo
8 cloves garlic, chopped
3 tablespoon flour (or more)
1/2 teaspoon salt
1/4 teaspoon oregano
1 large onion, chopped
3/4 bunch parsley, chopped
2 bunches green onions chopped
1/4 teaspoon pepper
2 dozen medium patty shells
5 dozen oysters

Saute onions, greeen onions, garlic in butter until golden brown. Add flour and brown. Chop oysters; reserve liquid. Add oysters, parsley and oregano, simmer 15 to 20 minutes. Add salt and pepper. If mixture is too thick, add oyster water for desired consistency. If mixture is too thin, thicken with a little flour and water. Fill patty shells and bake 325 F. about 15 minutes. Courtesy Telephone Pioneers BillSpalding *P CRBR 38 A

Oyster Pie

4 doz. oysters with liquor
2 cloves garlic, chopped
1 bunch green onions,fine chop

2 tablespoon chopped celery
1 teaspoon cayenne pepper (or to taste)
1 cup cooked, chopped chicken>>>>
1 leftovers are best.
1/2 cup all-purpose flour
1/2 teaspoon salt
1 9 double crust pie shell

Make roux of flour and oil until dark brown. Add green onions, saute 3 min. only, stirring constantly. All at once, add oysters, oyster liquid and the chopped chicken (or turkey). Bring to medium boil, cook until ingreds. thicken heavily, about 15 minutes. Add salt and pepper to taste. Pour into bottom crust and cover with top crust. Slit top crust to prevent blistering, and brush with milk or 1 egg beaten with 1 tbs. of water. Bake at 425 F. until crust is golden brown. Serve hot or at room temperature. Most people prefer room temperature.
A young, white burgundy, such as Pouilly-Fousse, goes well with this dish. Courtesy Telephone Pioneers BillSpalding *P CRBR 38 A

Oyster Pie Picayune

1 each pie crust (dough)
4 each bacon slices, crisp fried
1/2 cup shallots, chopped
1/2 cup celery, chopped
1/2 cup parsley, minced
1/4 cup bell pepper, chopped
1 pkg mushroom soup mix
1 1/2 pint oysters, unwashed
6 1/2 oz crab meat, white, can
2 oz mushrooms, button, jar
1/2 each lemon, juice of
1/2 teaspoon salt
1/2 teaspoon season all
1 tabasco, dash

Line a greased baking dish with pie dough, bake until done but not brown. Fry 4 slices bacon; save grease. Saute shallots, celery and bell pepper in 2 Tbsp bacon grease. Drain oysters and mushrooms and, using drained-off liquid (make up to 1 C if necessary with water), blend in mushroom soup mix. Heat over med. heat until thickened. Cook oysters over medium fire until edges curl. Add oysters and liquid to heavy soup mix sauce. Add shallots, celery and bell pepper. Add drained mushrooms, parsley minced, Season-All, salt and crumbled bacon. Stir and fill pie crust. Place fresh crust on top. Bake @ 350

til brown.

Oyster Po'boy

----LISA CRAWLEY/TEASPOON----
1/4 cup reg. or reduced cal. mayo.
2 teaspoon fresh lemon juice
1 teaspoon lemon peel; minced
2 long fr. rolls; split horiz. lightly toa
1 vegetable oil; for frying
1/3 cup yellow cornmeal
1/4 teaspoon cayenne pepper
8 oz jar oysters; drained, lg. oysters cut
1 cup iceberg lettuce; shredded
1 salt and pepper; to taste

Combine mayo, lemon juice and lemon peel in sm. bowl. Season to taste w/ salt and pepper. (Can be prepared one day ahead. Cover and refrigerate). Pull out some bread from bottom half of each roll to form shallow pocket. Spread mayo. in pockets.
Pour oil in med. skillet to depth of 1/4 inch. Heat 5 min. over med. heat. Blend cornmeal and cayenne pepper in sm. bowl; season w/ salt and pepper. Roll oysters in cornmeal mixture to coat. Fry oysters until golden brown, about 2 min. per side. Transfer oysters to paper towels and drain.
Arrange oysters in bottom halves of rolls. Top w/ shredded lettuce. Place top of each roll over lettuce and serve. May be doubled.

Oyster Poulette

3 dz oysters
2 tablespoon flour
3/4 cup oyster liquid
1 cup cream
2 tablespoon lemon juice
1 dash cayenne pepper
4 egg yolks
2 tablespoon butter

2 green onions -- chopped
1 tablespoon fresh parsley -- chopped
1/2 cup white wine, dry
1 salt to taste
1 buttered bread crumbs

Make a roux of butter and flour, stir until smooth and light brown. Add onions and cook for a few minutes. Drain oysters and add 3/4 cup of oyster liquid. Simmer for 10 minutes. Beat egg yolks with cream. Add seasonings and egg yolk mixture. Add onions and parsley. Continue to cook for 3 minutes. Add lemon juice and wine. Place in individual casseroles or ramekins. Top with buttered bread crumbs. Bake at 350=B0 F until hot and bubbly.

Makes 6 servings.

Oyster Rarebit

1 lb cheddar cheese
1 cup oysters
1 cup ale
1 tablespoon butter
1/2 teaspoon dry mustard
1/2 teaspoon salt
1 teaspoon worcestershire
1 tablespoon minced onion
1 chopped green pepper paprika and p; e, pper to taste

Melt the butter and cheese in a double boiler, stirring well. Add the onion, pepper, Worcestershire, ale, mustard and seasonings, and finally the oysters. Stir until the mixture is smooth and thick. From the files of Al Rice, North Pole Alaska. Feb 1994

Oyster Rockefeller Casserole

1 quart raw oysters
1/4 lb butter
1 finely chopped rib celery

1 medium onion, finely chopped
1/2 cup finely chopped parsley
1 pkg frozen spinach *
1/4 teaspoon anise seed
1/4 cup worcestershire sauce
1/2 cup soft bread crumbs
1 salt
1 fresh ground pepper
1 cayenne pepper to taste
1 cup grated parmesan cheese
1 toasted bread crumbs **

* Frozen spinach should be thawed and drained. ** Cracker crumbs may be substituted for toasted bread crumbs.

Oyster Soup

1 pinch oysters; including the liqu or, dr
1 reserving the liquor
2 tablespoon celery; minced
1 tablespoon scallion; white part only, minced 1
1/2 tablespoon unsalted butter
1 1/2 tablespoon all-purpose flour
1 1/2 cup milk
1/2 cup whipping cream
1/8 teaspoon salt; plus additional to ta ste
1 nutmeg; freshly grated to t aste
1 toast points; as an accompa niment

Fat grams per serving: Approx. Cook Time:
:45
Strain the oyster liquor through a sieve lined with a double thickness of rinsed and squeezed cheesecloth and set over a bowl and reserve it. In a small heavy saucepan, cook the celery and the scallion in the butter over moderately low heat, stirring, until they are softened; add the flour and cook the mixture over low heat, stirring, for 5 minutes. Add the milk and the cream in a stream and 1/8 teaspoon of the salt, stirring, and simmer it gently, stirring, for 5 minutes. In a saucepan, heat the oysters in the reserved liquor over low heat for 3 to 5 minutes, or until the edges of the oysters are curled and firm. Strain the milk mixture through a sieve into the oyster mixture, stirring, and remove the pan from the heat. Stir in the additional salt and divide the soup between 2 heated bowls. Sprinkle the soup with the nutmeg and serve it with the toast points. Serves 2. Gourmet, December, 1987.

Oyster Soup With Fresh & Smoked Oysters

1 stephen ceideburg
6 slice bacon, cut into thin strips
1 large onion, cut into fine dice
1 large leek, white part only, sliced thin
1 large red potato *
1 cup whipping cream
4 cup milk
1/2 cup bottled clam juice
4 cup packed young spinach leaves
16 fresh oysters and their liquor
7 oz smoked oysters **
1/2 teaspoon salt
1 freshly ground white pepper

* peeled and cut into 1/2inch dice ** well rinsed in cold water, gently patted dry

Cook the bacon in a 3-quart pot over medium high heat until lightly browned, about 4 minutes.

Add the onion and leek and cook until softened, about 4 minutes, stirring often.

Add the potato, cream, milk and clam juice and bring to boil. Simmer, uncovered, until potato is just short of cooked, about 8 minutes.

The soup can be made ahead up to this point and refrigerated overnight. Gently reheat if chilled.

Add the spinach and fresh and smoked oysters and cook just until fresh oysters are cooked, about 1 minute.

Add additional clam juice if needed for consistency.

Season with salt and white pepper to taste. Serve immediately.

Yield: 8 cups.

PER 1-CUP SERVING: 415 calories, 19 g protein, 22 g carbohydrate, 28 g fat (14 g saturated), 137 mg cholesterol, 515 mg sodium, 2 g fiber.

Nathalie Dupree writing in the San Francisco Chronicle, 11/20/91.

Posted by Stephen Ceideburg

Oyster Spaghetti

3 dz fresh oysters -- drained
5 cloves garlic -- minced
1 can cream of mushroom soup
1 salt and pepper to taste
1 tablespoon olive oil
1 tablespoon buttter
1 1/2 teaspoon fresh parsley -- chopped
1 can evaporated milk (small can)
2 tablespoon dry white wine -- divided

Simmer olive oil, butter, parsley and garlic together. Mix soup, milk and 1 tbs. wine together. If mixture is too thin, add a little flour. Combine all ingredients and cook about 15 minutes. Add remainder of white wine, salt and pepper while cooking. Serve over cooked thin spaghetti.

Oyster St. Laurent

18 oysters, fresh; -or- frozen oysters
1 quart warm milk; 1 imperial qt = 5 cups 3
tablespoon butter salt & pepper

A favorite recipe of former Canadian Prime Minister Louis St. Laurent.

With fresh oysters, cover with water, boil and save the juices. (With frozen or canned oysters, save the liquor). Mix milk, butter, salt and pepper in a saucepan. Bring to a boil. Add oysters, and simmer for 20 minutes. Taste frequently. Add juice or liquor at the last minute; bring to a boil and serve. Will serve 4

Oyster Stew (Prodigy)

1 cup milk
1 cup light cream
1 pint shucked oysters (do not drain)
2 tablespoon butter or margarine
1/4 teaspoon salt
1/4 teaspoon celery salt
1 pinch pepper
1 pinch paprika

HEAT 4 SOUP BOWLS. Scald the milk and cream in a large heavy saucepan over moderately high heat. Drain the oyster liquor into a separate saucepan and bring to a boil. Spoon 2 tablespoons of the hot liquor into a third sauce- pan, add the oysters and butter, and heat, uncovered, over moderate heat, swirling the oysters around 3 to 4 minutes until their edges just begin to ruffle. Add the oysters at once to the hot milk mixture, mix in the hot oyster liquor, salt, celery salt, pepper and paprika. Ladle into the heated bowls and serve piping hot with oyster crackers.

This is based on the oyster stew at New York's famous Grand Central Oyster Bar.

JEAN ANDERSON

PRODIGY GUEST CHEFS COOKBOOK

Oyster Stew With Vegetables

1 pint oysters; shucked
1 cup onion; chopped, 1 large
1 each green bell pepper; chopped,*
1 each clove garlic; minced
2 tablespoon margarine or butter
8 oz tomatoes; cut up, 1 can
2 each potatoes; peeled, chopped
1/2 cup olives; sliced, **
2 tablespoon capers
1 teaspoon salt
1/4 teaspoon marjoram; dried, crushed

1/8 teaspoon cinnamon; ground
1 cayenne; dash of
2 teaspoon vinegar

* Bell pepper should be of a medium size. ** Olives should be the greenpimento-stuffed.

Oyster-Mushroom Chowder

1 quart oysters
1 cup oyster liquor
3 tablespoon butter
1 tablespoon flour
1 cup milk
1/2 cup cream
2 tablespoon shallots, minced
1 salt and pepper
1/2 lb mushrooms
2 teaspoon parsley, minced

Heat oysters in liquor over low heat until edges curl. Drain, saving liquor. Melt 1 tbs butter, blend in flour, add milk gradually, stirring constantly. Bring to boiling and cook 1 minute. Add cream, shallots, parsley, salt and pepper. Warm mushrooms in remaining butter until heated but not brown. Combine mushrooms, oysters, and oyster liquor to cream sauce. Serve immediately.

Oysters & Artichoke Casserole

2 pkg frozen artichoke hearts
1 quart large oysters
1 bunch green onions, minced
1/2 cup browned flour
2 tablespoon lemon juice
1 pinch thyme, salt, pepper
1/2 lb mushrooms, sauteed in butter
1/4 lb butter
1/2 cup fresh parsley, minced
1 dry white wine

1 thinly sliced unpeeled lemon
1 paprika, cayenne pepper

Cook artichoke hearts as directed on package. Place in a flat, buttered casserole. Cover with sauteed mushrooms. Cook oysters in their liquid until edges begin to curl. Drain thoroughly in collander, reserving liquid. Melt butter and sautee onion until tender; add parsley and cook a minute. Add flour, stirring until smooth. Add enough white wine to oyster liquid to make 1 1/2 cups. Add seasonings and stir constantly until thick. Add oysters and spoon mixture over artichokes and mushrooms. Arrange lemon slices over top; add a dash or two of paprika and bake at 350 degrees about 10 minutes or until bubbling.

Mrs. Maynard C. Nicholl

Oysters & Caviar

2 lb seaweed
18 oysters, on half shell
2 scallions
2 oz black caviar
2 lemons

Spread seaweed in a flat basket. Arrange chilled oysters in their shells, on the seaweed. Thinly slice scallions into rings. Sprinkle 2 or 3 pieces on each oyster. Top each one with a dab of caviar. Serve very cold, accompanied by fresh, thin sliced lemon wedges. Pass well chilled Champagne.

Oysters & Mushroom Dip

1/4 cup unbleached white flour
1/4 cup oil
4 each shallots (finely chopped)
2 each ribs celery (finely chopped)
1 1/2 lb fresh mushrooms (cleaned and
24 each fresh, shucked oysters (in a
1/2 cup oyster liquor (from jar)

1 each clove garlic (finely chopped
1 teaspoon fresh parsley (chopped)
1/2 teaspoon black pepper
1/2 teaspoon salt
1 lb chips or crackers

In a large, heavy skillet, make a roux by heating flour and oil over a medium flame. Mix thoroughly and stir constantly. Mixture should bubble slowly. Let cook a few minutes until light brown. Add shallots and celery.
Cook on a medium flame for about 10 minutes or until celery is soft. Add mushrooms, oysters, oyster liquor, and garlic. Cook slowly, uncovered, until mushrooms become tender and sauce thickens, about 15 to 20 minutes. Add parsley, pepper, and salt. Stir well. Serve hot with crackers, chips, or raw vegetables.
Yields 3 cups.

Oysters A La Newburg

36 oysters
1/2 tablespoon flour
1 tablespoon butter
1 cup cream
2 egg yolks
1 teaspoon salt
2 tablespoon wine, sherry
1/4 teaspoon cayenne

Melt butter and stir in flour. When well blended, add gradually cream and beat smooth and glossy. Add drained oysters, quartered. When thoroughly heated, add salt, cayenne and sherry. Stir well and add beaten yolks of two eggs. Serve at once, over toast points or heated slices of french bread.

Oysters Baked With Garlic Pine Nut Butter

1/4 cup pine nuts
3 garlic cloves; peeled
2 shallots; peeled

2 tablespoon parsley, fresh; chopped
2 tablespoon chives, fresh; chopped
2 tablespoon juice, lemon
1 tablespoon brandy
1 teaspoon pepper, black
3/4 cup butter; room temperature
18 oysters; in shells, scrubbed
1 rock salt

Scatter pine nuts in a pie plate nd bake in a 350 degree oven until golden, 4-6 minutes. Pour toasted nuts into a food processor along with the garlic, shallots, parsley, chives, lemon juice, brandy and pepper; whirl until finely chopped. Slowly add the butter and pulse until just blended; bits of all the ingredients should still be visible. Shuck oysters and discard top shells. Nestle oysters, in their bottom shells, in a 1/2 inch layer of rock salt in a baking pan or shallow oven-proof dish. Spoon about 1 teaspoon butter on top of each oyster (freeze leftover butter) Bake oysters in a 375 degree oven until they become firm and butter melts, 8-10 minutes.

Oysters Bienville

3 oz oysters, (boiled until
1 edges curl), drained
3 oz clean oyster shells
1/2 bienville sauce, cold
1 cup bread crumbs
1 cup grated parmesan cheese
8 tablespoon melted butter
1 rock salt

Contributed to the echo by: Bill Birner Originally from: Austin Leslie
Here's a popular Creole recipe, not, of course, Cajun, from New Orleans. Ifyou can get the ingredients, it is a true winner. This is by Austin Leslie,probably the top Creole-Soul chefs in New Orleans. This is a "Crescent CityClassic." Those of you in Dry Dock will have to suffer without, or better yet, Come On Way Down Yonder. OYSTERS BIENVILLE (N.O. pronunciation = Bee-En-Vill, not quite true French) Preheat 6 pie pans filled with rock salt. Preheat broiler to highest flame or oven to 475 degrees. Place boiledoysters in shells and cover each with 2 tbs. cold Bienville sauce.
Sprinkle with bread crumbs and cheese and place on cookie sheets. Sprinkle melted butter over oysters to moisten amd place under broiler or in oven until lightly browned and bubbly. Place six oysters on each pre-heated pie pan and rock salt. Serve 6, immediately.

Oysters Bingo (Fried Oysters)

1 oz butter or vegetable oil
6 fresh oysters
1 cup flour (seasoned with salt and pepp; er) 1
tablespoon oyster juice
1 tablespoon white wine
1 tablespoon shallots
1 tablespoon real lemon juice

Oysters Bingo from the Ships Cabin Seafood Restaurant in Norfolk, Virginia

Lightly bread 6 oysters and saute on one side until golden brown, then saute the other side until same color appears. Remove oysters from pan. Turn off heat and add the wine, oyster juice, lemon juice, and shallotsto the butter that the oysters were sauted in. This will make a creamy sauce to pour over the oysters.

Oysters En Brochette

8 oz butter
2 teaspoon salt
1 tablespoon (1 to 1-1/2) worcestershire
1 sauce
2 teaspoon tabasco sauce
5 tablespoon lemon juice
2 tablespoon bacon drippings
4 each oysters per serving --
1 drained
4 each cherry tomatoes
4 each 1-1/2 pieces of bacon
4 each mushroom caps

In a skillet fry strips of thick-sliced bacon until almost crisp.
Remove bacon and reserve bacon drippings. Combine, in an oven proof container:

Place ingredients in container and cover with sauce and bacon pieces (1-1/2") Place in 375 degree oven and cook until oysters curl and are

hot throughout about 15 minutes. Remove container from oven and spoon sauce and ingredients over toasted French bread. Garnish with chopped spinach.

Recipe By :

Oysters In Blankets

8 oz can oysters, drained
1/2 lb raw bacon, cut in half

1. Wrap individual oysters with 1/2 strip bacon and fasten with a toothpick. 2. Line a heat-resistant, non-metallic baking dish with a double thickness of paper toweling. Place 15 bacon-wrapped oysters on paper toweling in a circle. 3. Heat, covered with paper toweling 8 to 10 minutes. 4. Remove toothpick and serve on toast or crackers.
25 appetizers

Oysters In Champagne Sauce

24 raw oysters - in shell
----CHAMPAGNE SAUCE----
1 1/2 tablespoon unsalted butter
1 1/2 tablespoon flour
1/2 cup oyster juice - from above
1/2 cup champagne - or other dry sparkling; wine
1/4 teaspoon celery seed - ground
1 freshly ground white pepper
2 cup rock salt - or coarse salt for the; broiler pan

* 2 cups rock salt - or coarse salt for the broiler pan

DIRECTIONS

PREPARATION: Open the oysters as instructed in previous recipe ("Opening Oysters in the Microwave"). Measure 1/2 cup of the strained cooking liquid and reserve.

CHAMPAGNE SAUCE: Melt the butter in a 1-quart glass or ceramic

measure or bowl, uncovered, on high for 2 minutes. Stir in 1/2 cup reserved oyster juices and Champagne and cook, uncovered, on high, stirring twice during cooking, for 4 minutes or until thickened. Recipe can be made to this point a few hours ahead.

COOKING AND SERVING: Heat the broiler with rack set at its highest level. Stir celery seed and white pepper to taste into the sauce. Spread 2 cups of coarse or rock salt in the bottom of a broiler pan to steady oysters. Nestle reserved shells into salt. Put each oyster in a shell and thoroughly coat the tops with sauce. Put under preheated broiler until just golden, about 2 minutes.

Makes 4 first-course servings.

NOTE: This is a simple and elegant classic. You can prepare the oysters and sauce ahead in the microwave, and then broil for a minute or two just before serving. The obvious wine to serve is Champagne. If you choose another dry sparkling wine to drink instead, use the same one in the sauce.

Recipe from Barbara Kafka, Cook's Magazine, September/October, 1987.

Oysters In Mango Remoulade

2 egg yolks
6 oz anchor steam beer
2 tablespoon all-purpose flour pinch of salt
12 large oysters rock salt for bedding
1/2 bunch spinach
4 oz mango remoulade (recipes follows)
1/2 cup corn oil
1/3 cup flour

Mix egg yolks and beer. Whisk in flour and salt. Set aside for 15 minutes. Shuck the oysters and arrange the shells on a bed of rock salt. Wash the spinach and dry thoroughly. Roll the spinach leaves in bundles and slice thinly to make a chiffonade. Line the oyster shells with the spinach. Put 1 tsp Mango Remoulade in each shell.

Heat about 1/4 cup corn oil in a large skillet on medium-high heat. Dredge oysters in flour and dust of excess. Dip in beer batter and fry on both sides until light brown. Drain on paper towels and place in shells. Drizzle with remaining remoulade and serve. Serves 2-4.

From the files of Al Rice, North Pole Alaska. Feb 1994

Oysters Mosca

2 tablespoon vegetable oil
3 cloves garlic, pressed
4 bunch scallions, chopped
2 pint oysters, chopped w/liquid
2 tablespoon chopped parsley
2 tablespoon lemon juice
1/2 teaspoon salt
1/4 teaspoon pepper
1 dash oregano
3/4 cup bread crumbs
3/4 cup grated romano cheese
24 cocktail patty shells

Cook garlic and scallions in oil or margarine until soft. Add oysters, parsley, lemon juice, slat pepper and oregano. Cook about 10 minutes, stirring often. Add bread crumbs and cheese; mix well.

Pour mixture into patty shells. Heat in 350oF oven for 10 minutes.

Barbara Bohannon

Oysters On The Half Shell With Red Wine Vineg

6 shallot -- peeled and
1 sliced
3/4 cup red wine vinegar
36 oyster -- fresh

In a blender puree shallots with the red wine vinegar until smooth. Set aside. Shuck oysters. Shucked oysters may be kept, covered with a wet towel, in the refrigerator up to an hour. Spoon about 1 teaspoon of sauce over each oyster to cover with a thin layer. Serve immediately.

Recipe By : Too Hot TamalesSHOW #TH6122/tpogue@idsonline.com

From: Mastercook Mac Date: Fri, 11 Oct 1996 21:48:00

~465800

Oysters Thomas

16 large oysters, fresh
1 rock salt
1 bearnaise sauce
1 lb lump crab meat
1 cream sauce
1/4 cup dry bread crumbs
1 paprika
1 lemon quarters
1 parsley sprigs

Oysters Thomas

serves 4

Remove oysters from shells. Scrub half of shells and place on a bed of rocksalt in a large flat pan. Put 1 - 2 teaspoons Bearnaise Sauce in each shell; top with an oyster and 1 tablespoon crab meat. Combine remaining Bearnaise Sauce with Cream Sauce and spoon on top. Sprinkle withbread crumbs and paprika. Bake at dg400 for 15 minutes or until sauce starts to brown. Serve with lemon and parsley. **

Paella (Spanish Chicken, Seafood Casserole)

4 lb chicken-serving size pieces
1/4 cup sake plus 2t
2 tablespoon soy sauce
5 3/4 cup chicken stock
16 clams little neck in shell
1 tablespoon gingerroot, minced, fresh 1
cup onions, green, chopped
3 cup rice short grain uncooked
1/4 cup cilantro leaves chopped
1 tablespoon szechuan chili sauce
1 lb shrimp whole, raw
1/2 teaspoon saffron threads crushed

1 1/2 lb mussels in shell
1/4 cup oil, olive plus 2t
1 1/2 tablespoon garlic minced
1/4 lb sausage, chinese pork
1 cup snow peas julienned

Shell, devein and butterfly the shrimp. Scrub mussels and clams and soak inseveral different changes of water until needed. Cut chinese sausage in thin diagonal slices and steam, 15 minutes. Pre-heat the oven to 350/F. Combine the chicken, chili sauce and 2 T of the sake in a bowl-set aside. Combine shrimp, 1 T of the soy sauce and 1 T of the sake in another bowl and set aside.Dissolve the saffron in some of the chicken stock and set aside. Heat 1/4 cup of the olive oil in a large skillet: medium high heat. Add chicken pieces a few at a time, cook until browned on each side. Set aside untill all are browned. Pour off fat from skillett then add remaining(2T) olive oil, garlic and gingerroot. Cook for 1 minute then add green onion and cook 30 seconds more. Now add the steamed sausage and cook 1 moreminute then add the rice and stir until it is all coated. Pour in the chicken stock, dissolved saffron, remaining 1/4 cup of sake and remaining 1T soy sauce. Bring to a boil and cook over medium heat for 10 minutes. Addthe snow peas, shrimp and chicken pieces and cover with rice mixture. Arrange clams and mussels on top, sticking up so they will open. Bake uncovered at 350/F for 30-40 minutes or until clams and mussels are open. Sprinkle the cilantro over the top and serve from the pan together with green salad and crusty bread.

Pan Fried Black Bass With Maitre D'hotel Sauce

----MAITRE D"HOTEL SAUCE----
1/2 clove garlic, smashed
1/4 cup butter
1/2 teaspoon salt
1 tablespoon lemon juice
1/8 teaspoon pepper
1 tablespoon finely minced parsley
----THE FISH----
1/4 cup yellow cornmeal
4 1-lb. bass, dressed and
1 and skinned
1/4 cup flour
4 tablespoon butter
1 salt and fresh pepper

This recipe includes a very simple sauce that enhances sauteed, broiled or baked fish. It can be made in camp if you brought parsley and usually impresses any old "fried fish angler."

Make the sauce first.
In a bowl set the butter out to soften. Then cream it with a fork and then a spoon until it is light and fluffy. Work in the salt and pepper. Mix the smashed garlic and the lemon juice, then work this liquid into the butter. Take a bit of time to do this.
Mix in the parsley and serve in a gravy boat with a spoon.
Pan fry the bass remembering to brown the fish on both sides but not to over cook.
Serve hot on hot plates and pass the sauce.

Party Crab Special

1 1/2 tablespoon knox gelatin
1/4 cup cold water
1 can cream of mushroom soup
1 cup mayonnaise
2 (7 oz) cans crab meat
1 cup celery, finely chopped
1 tablespoon worcestershire sauce
1 small onion, minced
1/2 teaspoon salt
1 (8 oz.) pkg cream cheese

juice from one lemon

Soften gelatin in cold water. Heat soup, mayonnaise, Worcestershire sauce,onion and cream cheese in double boiler until cheese is melted. Add gelatinand salt. Stir until dissolved. Chill until partly set. Fold in crab meatand celery. Turn into 1/2 quart mold and chill until firm. Serve with crackers.

Pasta Primavera With Scallops

----PHILLY.INQUIRER----
12 oz whole wheat spaghetti
2 cup brocoli
1/2 large onion chopped
1 teaspoon tamari or soy sauce

1/2 cup chicken stock
1 dash cayenne pepper
1/2 cup sliced mushrooms
1/4 lb sea scallops quartered
1 medium carrot sliced thin

COOK THE PASTA UNTIL AL DENTA.MEANWHILE PLACE THE ONIONS IN A LARGE SKILLET WIITH A 1/4 CUP OF THE STOCK ANDD COOK OVER MEDIUM HEAT UNTIL TRANSLUCENT.ADD THE MUSHROOMS CARROTS,BROCOLI,AND REMAINING STOCK,SOY SAUC
AND CAYENNE.BRIING TO A BOIL.THEN REDUCE HEAT TO LOW,COVER,SIMMER JUST UNT
THE BROCOLI IS BRIGHT GREEN,BUT STILL QUITE HARD.ABOUT TEN MINUTES... STIR THE SEA SCALLOPS INTO THE VEGETABLES AND COOK UNTIL THE SCALLOPS ARE
COOKED THROUGH AND OPAQUE AND THE VEGETABLES ARE CRISP ANDD TENDER. 1 2
MINUTES...
DRAIN THE PASTA,PLACE ON A SERVING PLATE,AND SPOON THE VEGETABLE MIXTURE ON TOP.GARNISH WITH MINCED PARSLEY,VARIATION USE 1/2 POUND OF SCALLOPS...

Peixe Oporto (Baked Fish With Port Wine Sauce)

1 1/2 lb sea bream or other suitable white f; ish 1
oz butter
2/3 cup port wine
2 egg yolks
1 tablespoon cream
1 paprika
1 salt

Prepare the fish and season with salt and paprika. Bake it with the butter in a covered fireproof dish in a moderate oven (350 deg. F) for 5 minutes. Add the port wine and continue cooking until the fish is tender - 15 to 20minutes. Strain of the liquor from the dish and cook quickly in a saucepan to reduce it a little. Cool, and beat in the egg yolks, add the cream and reheat very gently but do not bring to the simmering point. Pour the sauce over the fish and serve with Savory Rice (opt.)

Peppered Seafood Sausage

1 lb fish fillets
1 such as sole, flounder,
1 salmon or whitefish
1 all one kind or mixed
1/2 lb shrimp and/or scallops,
1 raw, cleaned
1/2 cup packed cilantro leaves
4 large egg whites
1 tablespoon fresh lemon juice
2 teaspoon ground cumin
2 teaspoon salt
1/4 teaspoon ground black pepper
5 feet hog casing
1 in a continuous length,
1 soaked in cold water for
1 a few minutes *

*Note: If hog casing is unavailable, seven 5- by 10-inch pieces of kitchen parchment may be used instead. See end of recipe for related info.

Pescado En Tikin Xik (Broiled Fish Seasoned With Achiote)

2 groupers or red snappers (about 2 1; /2 pounds each)

Yield: 6 servings

_One_day_ahead_:

Do not have the scales removed from the fish. Have the heads and tails removed and the fish opened out flat in one piece. Remove the backbone. 1 tablespoon ground achiote (annato) seeds Available in the Latin American food section of most supermarkets and Latin American and Carribean markets.1/4 teaspoon peppercorns 1 1/2 teaspoons salt, or to taste 1/4 teaspoon oregano, lightly toasted in a small frying pan 1/4 teaspoon hot paprika 3 cloves garlic, peeled 1/4 cup Seville orange juice, or mild white vinegar
In a blender or food processor, blend all the ingredients together to a smooth paste. Spread the paste over the flesh of the fish and set it asideto season for several hours of every night.

_On_serving_day_:

Brush the seasoned side of the fish with a little olive oil and cook it, seasoned side down, over the charcoal or under the broiler for about 10 minutes.

Turn the fish over and cook it on the skin side for a slightly longer period or until the flesh is _just_ cooked through - about 15 to 20 minutes, depending on the fish.

Serve the fish hot with fresh tortillas, so that everyone can make his own tacos, with small dishes of the following served separately:
Toasted oregano Chopped chiles habaneros or cayennes Sliced avocado Pickledonion rings (does anybody really want this recipe!?) Sliced tomato Sliced Seville oranges

Pickled Fish

2 lb fish fillets; fresh or frozen
1/2 cup vinegar
4 oz green chile peppers; 1 cn, *
1 tablespoon orange peel; finely shredded
1/4 cup orange juice
1/4 cup onion; chopped, 1 sm.
2 each bay leaves
2 each cloves garlic; minced
----GARNISHES----
1 each orange; thinly sliced, 1 lg

* Green Chiles should be rinsed, seeded, and chopped. Thaw fish fillets if frozen. Place fish fillets in a 10-inch skillet. Add boiling water to cover and simmer, covered, 5 to 8 minutes or until the fish flakes easily when tested with a fork. Drain fish; arrange in a shallow dish. Combine vinegar, oil, chile peppers, orange peel, orange juice, onion, bay leaves, garlic, 1 tsp salt, and 1/8 t pepper. Pour over the fish. Cover and refrigerate several hours or overnight. Drain off marinade and transfer fish to a serving dish. Serve cold, garnished with the orange slices.

Poached Salmon

1 6 oz. salmon steak or
1 filet
1 cup water

Rinse Salmon Under Cold Water. Pat Dry. Place Salmon & Water in A 10 X 6 X2 in Baking Dish. Cover With Plastic Wrap, Turning One Corner Back To Vent. Microwave Salmon At High For 2 1/2 Min. Give The Dish A Half Turn, Microwave 2 1/2 Min. OR Until Salmon Flakes Easily When Tested With A Fork.Fat, 3.2, Chol. 30.

Portugal: Fish Stew (Caldeirada De Peixe)

1/2 lb fish; whatever available or sh
2 pinch salt
4 tablespoon olive oil
2 onions; chopped
8 tomatoes; peeled & chopped
1 green pepper; seeded & chopped
4 large cloves garlic; crushed
1 pinch nutmeg
1/2 teaspoon ground allspice
3 teaspoon piri-piri sauce see recipe
1 small glass dry white wine
1 handful coriander leaves; chopped
4 slices of bread with the crusts cu; t off

This is a real fisherman's stew, dependent on whatever the boats have brought in. The spices and hervs give the dish its special Portuguese identity.

Clean the fish and cut into fairly small pieces, removing as many bones as possible. Sprinkle the salt over the fish and leave while you make the following sauce. Heat 2-3 Tbsp of the oil in a saucepan and stir in the onions, tomatoes and pepper. Cook gently until they start to soften, then put in the garlic, nutmeg, allspice and piri-piri sauce. Add the wine and alittle water. Cook for about 5 minutes, stirring frequently, then remove from the heat. Lightly oil the bottom of a shallow, ovenproff dish (preferably earthenware). Put in a layer of fish followed by a layer of sauce and sprinkle with coriander. Continue with these layers until the ingredients are used up. Cover the top of with the bread and sprikle well with the remaining oil or dot with a little butter. Cook in a pre-heated oven at 350 degrees F. for about 30 minutes or until the fish is tender. Serve with boiled or sliced and fried potatoes, bread and a slad to make a

substantial main meal. If you cannot obtain coriander leaves, you can use fresh parsley instead, but this will alter the flavour of the dish.

From "THE WORLD'S BEST FOOD FOR HEALTH AND LONG LIFE" by Michael Bateman, Caroline Conran & Oliver Gillie. Published in 1981 by Houghton Mifflin Company.

Shared by Robert Rostrup

Pot Au Feu Of Salmon

2 6 oz salmon fillets,
1 skinned
1 quart chicken stock
1 rib celery, sliced
1 medium carrot, peeled and
1 julienned
1 medium leek, julienned
1 small turnip, julienned
2 sprigs fresh parsley,
1 chopped rock or coarse
1 (kosher) salt imported
1 cornichon pickles
1 horseradish sauce
----HORSERADISH SAUCE----
1 tablespoon butter
1 tablespoon flour
1 cup chicken stock
1 tablespoon heavy (whipping) cream
2 tablespoon prepared horseradish
1 salt, to taste

In a 3-quart pan, heat the chicken stock to a simmer. Drop in the celery, carrot, leek, and turnip until tender-crisp. Remove the vegetables from the stock and keep warm. Poach the salmon fillets in the stock for 4 minutes, turn and poach for 3 minutes more until firm firm. (The salmon should not flake or fall apart.) Transfer the salmon to warm soup plates, Surround and sprinkle attractively with the poach vegetables and chopped parsley. Ladle stock over salmon. Garnish plates with the rock/coarse salt, pickles, and Horseradish Sauce. TO PREPARE THE HORSERADISH SAUCE: In a saucepan over medium heat, melt the butter. Stir in the flour, with a wooden spoon or wire whisk. Stir until smooth. Add the stock gradually, stirring/whisking constantly until sauce is smooth. Whisk in the cream and horseradish. Salt to taste. Stir until the sauce is smooth and thickened.

Recipe: Chez Nous, 217 S. Avenue G, Humble, TX

Quebec Poached Salmon

4 salmon steaks 4-6
1 tablespoon oil; salad
1 lemon juice; from 1 lemon
1 lemon peel; from 1/2 lemon
1 tablespoon salt
1 onion; small-quartered
4 parsley sprigs
6 peppercorns-crushed with back of sp; oon
----SAUCE VERTE (GREEN SAUCE----
1/2 cup green onion tops or: chives
1/2 cup green pepper
1/4 cup parsley
1/2 cup spinach- uncooked
2 tablespoon lemon juice
1 cup mayonnaise

Spread the oil in a frypan or baking dish. Place the salmon steaks next to one another, but not overlapping. Add the lemon juice and peel, peppercorns, salt, onion and just enough hot water to cover the fish. Coverand poach on top of the stove (if using frypan) over low heat, for 10-12 minutes or in 325F oven (in baking dish) for the same length of time or until the salmon flakes. Allow the fish to cool in the liquid. Drain well and remove the skin. Arrange on platter, then cover completely with the following sauce. Serve with a cucumber salad.

Sauce Verte: Chop the vegetables coarsely and put in blender with lemon juice. Cover and blend until it turns iinto a sort of mush with small bits of this and that in it. Add the mayonnaise and blend. If you don't have a blender, chop the ingredients very finely and blend them into the mayonnaise with the lemon juice, crushing them as much as possible to give color to the sauce.

From the author, "Use salmon steaks for this colourful and tasty dish. It is then easy to make it for 2 or 10."

Rice With Crab

3/4 cup long grain rice
1/4 cup onion; finely chopped, 1 sm.
1 each clove garlic; minced
2 tablespoon cooking oil
1 1/4 cup water
8 oz tomatoes; cut up, 1 can
1 1/2 teaspoon instant chicken bouillon
1/4 teaspoon salt
1 hot pepper sauce; to taste
1/2 cup frozen peas
7 1/2 oz crab meat; 1 can, *, or
7 1/2 oz frozen shrimp; **
2 tablespoon sherry; dry

* Crab meat should be drained, broken into chunks,and the cartilage removed. ** Shrimp should be shelled and cooked. In a skillet cook rice, onion and garlic in oil over medium-low heat, stirring occasionally until rice is golden brown. Remove from the heat. Add water, undrained tomatoes, bouillon granules, salt and a few dashes of hot pepper sauce. Cover and simmer about 15 minutes or till most of the liquid is absorbed. Stir in the peas and cook for 5 minutes longer. Stir in the crab or shrimpand sherry; heat through. Serve.

Rollitos De Jaiba - Crab Rolls

6 1/2 oz crabmeat
1 beaten egg
1/2 cup tomato juice
1 cup bread crumbs
1/2 teaspoon salt
1 teaspoon chili powder
2 teaspoon prepared mustarrd
1 teaspoon chopped parsley

Flake crab meat and remove any bones. Add egg, tomato juice, bread crumbs,and seasonings; chill in refrigerator 2 to 3 hours. Form mixture into finger-sized pieces. Arrange on broiler rack over pan and broil 6 inches from source of heat, 5 minutes to each side. Serve with toothpicks. Makes about 2 dozen.

Rubio's Fish Tacos

12 cod or favorite whitefish fillets (; 1-1/2 oz ea.)
12 tortillas, corn, as thick/fresh as; possible
----BEER BATTER----
1 cup flour
1 cup beer
1 garlic powder, pepper to taste
----WHITE SAUCE----
1/2 cup mayonaise
1/2 cup yogurt
----SALSA----
1 garlic clove, peeled and minced
6 tomatoes, ripe, peeled, seeded and; diced
1/2 onion, minced
2 tablespoon cilantro leaves, chopped, stems rem; oved 2
jalapeno chiles, seeded and chopped
1 1/2 teaspoon salt
1/4 teaspoon pepper
1 oil for deep frying
----GARNISH----
1 head cabbage, green, shredded
1 lime, cut into wedges

Calories per serving: Number of Servings: 0 Fat grams perserving: Approx. Cook Time: Cholesterol per serving: Marks:

DIRECTIONS +++

Mix flour with favorite spices such as garlic powder, red or black ground pepper. Stir the flour mixture into the beer and mix until well blended. Wash fish by dipping in cold, lightly salted water or water with a little bit of lemon juice added. Be sure fish is completely dry before dipping into batter.

Prepare salsa; reserve.

Put the vegetable oil into a deep skillet and bring to 375F.
Place fish ina single layer--do not let pieces touch each other. Cook fish until batteris crispy and golden brown.

Heat corn tortillas lightly in a skillet or Mexican comal until they are soft and hot.

To assemble, on each tortilla layer the fish fillet, white sauce, salsa andcabbage. Top it off with a squeeze of lime. Fold tortilla over to serve.

Russian Pickled Whitefish

4 pieces of whitefish fillet (about; 6 oz each) 1
onion; thinly sliced
1 tablespoon mustard
1 teaspoon whole coriander seed
1 teaspoon minced garlic
1 cup white wine
1/4 cup vinegar
1/4 cup :water
2 tablespoon chopped fresh dill
1 salt and pepper; to taste

PREHEAT OVEN TO 375F. Place the whitefish in a baking dish just large enough to hold the fillets comfortably, spread the onions over the top and set aside. Combine mustard, coriander, garlic, wine, vinegar, water, dill, salt and pepper in a small pot. Place over high heat, quickly bring to a boil and pour over the whitefish fillets. Cover the baking dish and place in the oven for 5 minutes. Remove from the oven, let cool to room temperature and place in the refrigerator. Serve chilled.

MICHAEL ROBERTS - PRODIGY GUEST CHEFS COOKBOOK

Salmon Ala Tandy Pro

2 salmon steaks, 1 - 1 1/2 thick
1 juice of 1/2 lemon
4 tablespoon butter or margarine, melted
2 tablespoon dill weed, ground

This recipe is really simple. Rinse the salmon well, and place in a glass bowl. Juice the lemon over the fish and refrigerate for one half hour or so. Meanwhile, melt the butter or margarine and add the dill weed.

Prepare a hot BBQ fire (or preheat oven to 400F), and grease the rack with non-stick spray (or prepare a baking dish in the same manner).

Rinse the salmon again, and cover liberally with dill-butter mix and bake for 20 min. or grill. If you grill, usually grill 4 min. per side.

"I might be so presumptious as to suggest a nice portion of Fettucini Alfredo, a few fresh green beans, cooked just until done a large bottle of Chenin Blanc, two candles, and a smile!"

Salmon Balls

14 oz salmon, drained and flaked
1/2 teaspoon liquid bbq sauce
8 oz cream cheese
1 tablespoon onion, grated
1 tablespoon lemon juice
2 teaspoon horseradish
1/4 teaspoon salt
1 cup walnuts or pecans, chopped
1/4 cup fresh parsley, chopped

Combine all except nuts and parsley. Shape into a log and roll in the nut mixture. Serve with crackers.

Salmon Buried In Potatoes

4 7-oz skinless salmon fillets
2 lb russet potatoes
1 tablespoon lemon juice
6 large scallions thinly sliced into round; s 1
kosher salt
1 white pepper
12 tablespoon butter
1/2 cup shallots
1/2 cup dry white wine
1/2 cup white wine vinegar

PREHEAT OVEN TO 450F. Heavily butter 4 pieces of 9-by-12-inch aluminum foil, then sprinkle with salt and white pepper. Shred the potatoes and mix with lemon juice and scallions. Make a bed using half the potatoes on each

piece of aluminum foil. Place a salmon fillet on the potato bed, sprinkle with salt and pepper and cover with remaining potatoes. Press down on the potatoes, then enclose tightly in foil. Place in oven for 15 minutes. Meanwhile, combine shallots, wine and vinegar in a saucepan. Place over medium heat and cook until most of the liquid is evaporated. Remove from the heat and beat in remaining butter. Add salt and white pepper to taste and set briefly aside in a warm place. When it's time to put dinner on the table, heat the broiler. Unwrap the salmon, and place it close to the heat.Brown well, about 2 minutes per side. Arrange the salmon on a platter and serve the sauce separately.

MICHAEL ROBERTS - PRODIGY GUEST CHEFS COOKBOOK

Salmon Coulibiac

2 (15xl2-inch) sheets puff pastry
1 rice filling, chilled (recipe follo; ws)
1 mushroom-spinach filling, chilled (; recipe follows)
1 1/2 lb poached salmon, boned and flaked, c; hilled
1 egg
2 teaspoon half and half
2 (lox4-inch) sheets puff pastry

Salmon coulibiac is a traditional Yule holiday dish in Russia because it looks like a present: red (salmon) and green (spinach), all gift-wrapped inpuff pastry. This dish would also be ideal on a New Year's Eve or Twelfth Night buffet. Here's a salmon coulibiac from Just Off Melrose caterers in Hollywood.

Cucumber-Dill Sauce (recipe follows)

Place 2 (15xl2-inch) puff pastry sheets side by side on floured board. For each puff pastry, spoon 1/4 Rice Filling evenly over center of each pastry.Add Mushroom Spinach Filling evenly on top of rice mixture. Distribute flaked salmon evenly over mushroom mixture. Top each with remaining Rice Filling.

Beat egg with half and half in small bowl to make egg wash. Brush edges of pastry with egg wash. Fold pastry lengthwise, overlapping edges. Tuck ends to seal. Turn over, seam-side down, onto greased baking sheet. Make cutoutsfrom remaining (lOx4-inch) puff pastry sheets, using pastry cutters. Place on top and sides of pastry roll. Make vent in center of roll and brush entire surface and cutouts with egg mixture. Bake at 350 degrees 45 minutes, or until golden brown. Remove and allow to cool 10 minutes before slicing. Serve hot or at room temperature with Cucumber Dill Sauce. Makes about 10 servings.

Rice Filling

2 tbs butter 1/2 cup chopped
shallots 2 cloves garlic, minced 3 cups cookedrice 1 bunch fresh dill, chopped
Melt butter in skillet
over medium heat. Add shallots and garlic. Saute until shallots are tender. Add rice and dill and mix well.
Mushroom-Spinach
Filling
1/4 cup butter 1
onion, chopped 1/2 pound mushrooms, sliced 1/4-inch thick 1 (IO-ounce) package frozen chopped spinach, thawed and squeezed dry Salt, pepper

Melt butter
in small skillet. Add onion and saute until tender, about 1 minute. Add mushrooms and spinach and cook 3 minutes. Season to taste with salt and pepper.

Cucumber-Dill Sauce

2 tbs butter 1/4 cup minced shallots 1 1/2 tsp flour 1 cup half and half 1 cup sour cream 1/2 cup chopped fresh dill Salt, pepper 1/4 cup grated peeled cucumber

Melt butter in small skillet over medium heat. Add shallots and saute untiltranslucent. Stir in flour and cook 1 minute. Stir in half and half and simmer until slightly thickened. Add sour cream and dill. Season to taste with salt and pepper. Heat through, but do not boil. Add cucumber just before serving. Makes 2 1/2 cups.

Salmon For Supper

6 salmon steaks, 8-10 oz. each
1/2 cup butter
1/4 cup vermouth
2 tablespoon orange peel
1 tablespoon lemon juice
1 teaspoon mixed vegetable seasoning
1 large russet potato,
1 sliced paper thin
2 cloves garlic, diced
1/2 cup green onion, sliced
1/4 cup parsley, diced

Wash salmon and pat dry. In a sauce pan, melt butter in vermouth; stir in orange peel, lemon juice, and vegetable seasoning. Place salmon in baking dish. Brush each side of fish with butter mixture. Lay potato slices on top of fish. Sprinkle on garlic, onion and parsley. Wrap baking dish in foil, sealing tightly. Place sealed dish over barbecue coals, and grill 10- 15 minutes or until fish flakes easily. Or, in the oven, bake covered at 325 degrees until fish flakes easily.

Salmon In Red Wine With Apricots

2 tablespoon vegetable oil
1/4 cup all-purpose flour
1 1/4 lb salmon fillets
1 cup dry red wine
1/2 cup fish stock
1 salt; to taste
1 freshly ground pepper to taste
1 cup dried apricots
2 tablespoon unsalted butter

PREHEAT OVEN TO 375F. Pat the salmon dry on towels. Dust in flour, shaking off the excess. Heat the oil in a 12-inch oven-proof skillet or roasting pan over medium heat on the stove. Add the salmon and brown on all sides. Remove to a plate and discard oil. Add the wine and stock to the skillet and bring to a boil. Replace salmon in the skillet, add the apricots and sprinkle with salt and pepper. Place, uncovered, in the oven. Cook 7 minutes. When done, transfer skillet to the stove top and remove the fish to a carving board. Cook the liquid in the roasting pan over high heat, stirring, until it thickens slightly. Remove from heat and whisk in the butter. Cut the salmon into 1/2-inch slices, arrange on a serving platter and spoon over the sauce.

MICHAEL ROBERTS - PRODIGY GUEST CHEFS COOKBOOK

Salmon Log - Tom Adams

16 oz can salmon (drained)
8 oz pkg cream cheese
1 tablespoon lemon juice

2 teaspoon grated onion
1 teaspoon horseradish
1/4 teaspoon salt
1/4 teaspoon liquid smoke
1/2 cup pecans
3 tablespoon snipped parsley

Mix together all except pecans and parsley a day ahead. Refrigerate covered. When firm, form 2 logs and roll in chopped pecans. Sprinkle withparsley and refrigerate. Serve with crackers.

Salmon Mousse With Sour Cream Dill Sauce

1 envelope unflavored gelatin
1/4 cup cold water
1/2 cup boiling water
1/2 cup mayonnaise
1 tablespoon lemon juice
1 tablespoon grated onion
1/2 teaspoon tabasco sauce
1/4 teaspoon paprika
1 teaspoon salt
2 cup canned salmon; drained chopp
1 tablespoon chopped capers
3 cup cottage cheese
1 sour cream dill sauce
1/2 cup heavy cream

Soften the gelatin in the cold water, add the boiling water and stir until the gelatin has dissolved. Cool. Add the mayonnaise, lemon juice, onion, tabasco, paprika and salt and mix well. Chill to the consistency of unbeaten egg white. Add the salmon and capers and beat well. Whip the cream, fold into the salmon mixture and turn into a 2 quart oiled fish mold. Add the cheese to fill the mold. Chill until set. Unmold on a servingplatter and garnish with watercress, lemon slices and salmon roe. Serve with sour cream dill sauce.

Salmon Mousse With Watercress Sauce

1 1/4 lb skinless salmon fillet
1/2 teaspoon salt
1/4 teaspoon white pepper
1/4 cup cold water
1/2 cup thinly sliced mushrooms
3 cup fish stock (or clam juice)
1 tablespoon unsalted butter
2 tablespoon gelatin
3 shallots, peeled and thinly
2 tablespoon brandy
1 dash tabasco
2 1/2 cup whipping cream, cold
2 cup watercress leaves
2 tablespoon fish stock
1/2 cup heavy cream
1/4 teaspoon salt
1/4 teaspoon pepper
3/4 cup mayonnaise
----~ FOR THE SAUCE: HEAT THE OVE--

into 1/2-inch cubes, and place in a single layer in a medium oven-proof skillet. Sprinkle with salt and pepper and set aside. Sprinkle the gelatin on the cold water to soften, and set aside. Bring the fish stock to a boil.Pour the boiling stock over the salmon in the pan and cook over medium-highheat until the stock returns to a boil. Transfer to the oven and bake, covered with a sheet of buttered parchment or waxed paper, for 1 to 2 minutes. The salmon should remain pink inside. Strain the mixture, reserving the salmon and stock in separate bowls. Melt the butter in a medium saucepan over medium-low heat. Cook the mushrooms and shallots untiltender, about 2 minutes. Pour in the brandy, turn the heat to high and light the alcohol with a match. Cook over high heat until the liquid in thepan is reduced by half. Add the reserved stock and reduce again by half. Remove from heat, and stir in the gelatin. Combine the reserved salmon, strained liquid, and Tabasco in a food processor and puree until smooth. Cool refrigerated until room temperature, but do not allow it to set. Whip the cream until stiff peaks form, and fold into the salmon mixture. Pour into a 9-by-5-by-3-inch glass loaf pan, cover with plastic wrap and chill aminimum of 6 hours or as long as 2 days to set the mousse. To make the sauce: Place all ingredients except mayonnaise in a blender and puree untilsmooth. Transfer to a mixing bowl and stir in mayonnaise. To serve: Run a knife along the inside of the pan. Dip the pan's bottom into hot water for a few seconds. Turn over onto a serving platter. Cut into 1/2-inch slices, and serve with the watercress sauce.

Salmon Pate #1

8 oz cream cheese
1 teaspoon horseradish
1 tablespoon lemon juice
1 cup cooked salmon
2 teaspoon minced onion
2 tablespoon chopped fresh parsley
1/4 teaspoon liquid smoke *

* omit if smoked salmon is used.

Salmon Pate #2

1 slice white bread
1 tablespoon unsalted butter
1/2 cup diced onion
1/2 cup dry white wine
4 eggs
3 egg whites
1/2 lb whitefish
2 1/4 lb salmon
1 teaspoon salt
1 teaspoon ground white pepper
1 teaspoon ground coriander
1/4 teaspoon ground nutmeg
1/2 cup whipping cream

PREHEAT OVEN TO 325F. Remove and discard the crust from the bread. Tear thebread into pieces and set aside. Melt the butter in a skillet over medium heat on the stove, add the onions and cook, stirring for 5 minutes or untilsoftened. Add the wine, bring to a boil and cook 1 minute. Add the bread and cook, stirring 5 minutes. Scrape the mixture into a mixing bowl. Roughly cut the whitefish and salmon into 1-inch pieces and add to the bread in the mixing bowl. Add the salt, pepper, coriander and nutmeg and mix. Place the mixture in a food processor and process until smooth. Or, fit a meat grinder with a medium die and grind the fish mixture twice. Transfer mixture to a mixing bowl and place bowl over a pan of ice water. Add the eggs and the whites and mix well. Slowly add the cream. Pack the mixture into a 9-by-5-by-3-inch glass, ceramic or metal loaf pan. Tap the pan on a counter to firmly pack. Cover tightly with a double layer of aluminum foil. Place loaf pan in a larger pan and fill with boiling water until it rises halfway to the top of the loaf pan. Place in the oven for 1 hour. Remove pate from oven and its water bath. Place loaf pan on a baking sheet. Cool for 1 hour. Refrigerate for at least 3 hours. To remove, run a knife around edges of the pate. Dip loaf pan in hot water for a minute. Turn out onto a plate. Serve with toast or crackers.

MICHAEL ROBERTS - PRODIGY GUEST CHEFS
COOKBOOK

Salmon Soup

3 quart milk
2 tablespoon butter
1 can salmon
1 salt
1 pepper
1 cracker crumbs

Place three quarts milk over fire to scald, add 2 T. butter, can of salmon,shredded with fork, (put in salmon when milk is hot), salt and pepper to taste. Thicken with cracker crumbs.

Salmon Steak With Cloud Ears And Noodles

2 salmon steaks, 1 1/2 thick
8 cloud ear black fungus
2 cup soaked bean thread noodles
1 sq. pressed beancurd
2 sprigs chinese parsley (or
1 slivered green onion)
2 tablespoon peanut oil
2 slices fresh ginger root
1 clove garlic, sliced
3 cup chicken stock
1 tablespoon sherry
1/4 teaspoon salt
1 pinch white pepper
4 drops sesame oil
1 teaspoon red (sweetened) vinegar

Soak cloud ears and bean starch noodles separately in warm water for 30 minutes, or until soft. Wash and dice pressed beancurd into 1/4" cubes.

Heat peanut oil in medium hot wok; add ginger and garlic; remove when oil becomes fragrant. Take care not to burn garlic; if you do, start over. Lightly saute one steak at a time in aromatic oil until surface is firm.

In clay pot, combine chicken stock, cloud ears, sherry, salt and pepper. Bring to boil; add bean thread noodles; return to boil. Now, reduce liquid to gentle simmer; add salmon steaks carefully so they remain whole; add diced bean curd. Cover and simmer for 5-7 minutes, until steaks are cooked.

Uncover, swirl in red vinegar and sesame oil. Garnish with parsley.

Salmon Steaks

4 salmon steaks
1/4 cup oil
2 tablespoon lemon juice
2 tablespoon soy sauce
1/2 tablespoon ginger

Combine all ingredients and pour over steaks. Marinate 30 minutes; turn steaks; marinate another 30 minutes. Barbecue 10 minutes; turn steaks and brush with marinade; cook another 10 minutes.

Salmon Steaks With Raspberry Mirepoix

4 (4 oz.) salmon steaks
2 tablespoon raspberry vinegar
1/4 teaspoon pepper
1 raspberry mirepoix

Rinse Salmon & Pat Dry. Brush Both Sides Of Salmon Steaks With Vinegar; Sprinkle With Pepper. Place On Rack Of Broiler Pan Coated With Cooking Spray. Broil Steaks 5 Inches From Heat, Turning Once, 4 To 5 Min. OR UntilSalmon Flakes Easily. Srve Salmon Steaks With Raspberry Mirepoix.
About 155Cal. Per Four Ounce Serving & 3 T. Raspberry Mirepoix.
Fat 4.3, Chol. 40.

Salmon W/ Cabbage, Chestnuts & Bacon

32 chestnuts
1/2 lb slab bacon cut into 1/2-in cubes
2 small red cabbages finely shredded
1/2 teaspoon freshly ground pepper
5 lb whole salmon
2 cup dry white wine
1/2 cup unsalted butter
2 tablespoon unsalted butter
4 tablespoon finely minced shallots
1 cup white vinegar
1/4 teaspoon salt

PREHEAT OVEN TO 350F. Using a small knife, make a slit in each chestnut andspread them on a cookie pan in the oven for 30-to-35 minutes. Remove from oven and when they are cool enough to handle, peel them. Place the bacon ina large skillet over medium heat and cook, stirring, about 5 minutes. Add the cabbage, cover and cook another 6-to-7 minutes or until well wilted. Remove from heat, add the chestnuts and transfer to a bowl. Sprinkle the cavity of the salmon with pepper and stuff with the cabbage mixture. Place the salmon in a roasting pan and add 1 cup wine and 2 tablespoons butter. Place in oven, uncovered, for 20 minutes. Turn on its other side and cook another 15-to-20 minutes, or until just barely cooked at the bone. While the salmon is baking, prepare the sauce. In a small saucepan over medium heat, combine shallots, remaining wine, vinegar and salt. Cook until the mixture is almost dry. Remove from heat and whisk in remaining butter. Arrange the salmon on a large serving platter and offer the sauce on the side.

MICHAEL ROBERTS - PRODIGY GUEST CHEFS COOKBOOK

Salmon With 2 Purees

1 lb celery root
1 lb onions
1 1/2 lb mushrooms
2 tablespoon minced shallots
3/4 teaspoon salt
1 cup dry white wine

1/2 tablespoon finely minced garlic
2 cup fish stock
1 cup whipping cream
3 tablespoon chopped parsley
4 7 oz salmon steaks =or=- salmon fil; lets 1
tablespoon melted butter
2 tablespoon unsalted butter

PEEL THE ONIONS, roughly dice them and set aside. Remove and discard celeryroot tops. Using a paring knife, peel and discard the thick black outer layer. Cut the celery root into pieces large enough to fit in the hopper ofa food processor. Fit with a shredding blade and shred the celery root. Combine onion and celery root in a heavy pot. Cover onion and celery root and place over low heat. Cook for 20 minutes, stirring frequently. Remove cover and cook, stirring, another 10 minutes or so or until the mixture is dry. Keep warm while preparing the rest of the recipe. Place mushrooms, shallots and 1/4 teaspoon salt in a food processor and puree until smooth. Scrape this mixture into a medium saucepan over medium heat and cook, uncovered, stirring, until the moisture has evaporated and the mixture is dry. Remove from the heat and hold in a hot oven until salmon is done. Preheat the broiler. Butter a 9-inch baking dish. While mushroom mixture iscooking, combine the wine, garlic and 1/4 teaspoon salt in another medium saucepan over medium heat. Cook, uncovered, until reduced by half. Add the fish stock and reduce again until the mixture starts to thicken. Add cream and reduce until sauce will coat the back of a spoon. Scrape into a blender, add the parsley and blend until smooth. Replace in saucepan. Placethe salmon in the baking dish and coat the surface with melted butter. Sprinkle with 1/4 teaspoon of salt, and place under broiler for 5 minutes. Replace parsley cream over medium heat on top of the stove and whisk in theunsalted butter. To serve, place dollops of celery root and mushroom puree on a warm plate. Lay a piece of salmon on top between the 2 and spoon some sauce over the top.

MICHAEL ROBERTS - PRODIGY GUEST
CHEFS COOKBOOK

Salmon With Cabbage Chestnuts And Bacon

32 chestnuts
1/2 lb slab bacon cut into 1/2-in cubes
2 small red cabbages finely shredded
1/2 teaspoon freshly ground pepper
5 lb whole salmon
2 cup dry white wine
1/2 cup unsalted butter
2 tablespoon unsalted butter

4 tablespoon finely minced shallots
1 cup white vinegar
1/4 teaspoon salt

PREHEAT OVEN TO 350F. Using a small knife, make a slit in each chestnut andspread them on a cookie pan in the oven for 30-to-35 minutes. Remove from oven and when they are cool enough to handle, peel them. Place the bacon ina large skillet over medium heat and cook, stirring, about 5 minutes. Add the cabbage, cover and cook another 6-to-7 minutes or until well wilted. Remove from heat, add the chestnuts and transfer to a bowl. Sprinkle the cavity of the salmon with pepper and stuff with the cabbage mixture. Place the salmon in a roasting pan and add 1 cup wine and 2 tablespoons butter. Place in oven, uncovered, for 20 minutes. Turn on its other side and cook another 15-to-20 minutes, or until just barely cooked at the bone. While the salmon is baking, prepare the sauce. In a small saucepan over medium heat, combine shallots, remaining wine, vinegar and salt. Cook until the mixture is almost dry. Remove from heat and whisk in remaining butter. Arrange the salmon on a large serving platter and offer the sauce on the side.

MICHAEL ROBERTS - PRODIGY GUEST CHEFS COOKBOOK

Salmon With Fines Herbes Stuffing

1 whole side of salmon (2 lb) skin a; nd bones removed 1 tablespoon oil
1 cup minced onion
1/2 cup white wine
2 teaspoon salt
1 teaspoon white pepper
5 tablespoon butter
2 cup fresh bread crumbs
1 cup chopped parsley
3 tablespoon chopped fresh tarragon
2 teaspoon chopped fresh thyme
1/2 cup sherry

COMBINE ONION, WINE, SALT, PEPPER and 2 tablespoons butter in a large pot, place over medium heat and cook for 5 minutes. Add bread crumbs. Cook, stirring constantly, 3 minutes. Transfer contents to bowl and cool. Add parsley, tarragon and thyme. Lay fillet on work surface and carefully butterfly it by cutting in half to give you 2 thin fillets. Lay down a piece of parchment paper larger than the 2 fillets side by side. Brush it with oil. Lay the 2 pieces of salmon on the parchment head to tail, forminga large rectangular fillet of salmon. Spread cool stuffing evenly over the salmon and roll up the salmon cigarette style. Use the paper

underneath to assist rolling tightly into a cylinder. Preheat oven to 350F. Place salmon roll in a baking pan and bake 35 minutes. Meanwhile, heat the sherry in a saucepan; cook, reducing by half. Remove from heat and whisk in the remaining butter. Unwrap the salmon from the paper and place on a platter. Pour the sauce over and serve immediately.

MICHAEL ROBERTS - PRODIGY GUEST CHEFS COOKBOOK

Salmon With Leek Foudue

6 leeks
1/2 lb butter
1 cup light cream
1 salt and pepper
2 shallots
1/2 cup white wine
1 cup vegetable bouillon
5 to 6 ea sprigs of saffron
1/2 side of salmon (cut in 6 oz serving; s)

Chop leeks into medium size pieces and soak in cold water to eliminate dirt. Drain them. Melt 4 tbs butter on medium heat and saute leeks for 2 or3 minutes. When soft and transparent, add 1 cup light cream, salt and pepper, and reduce until thickened. Set aside.

Chop shallots and saute them with 1 tsp butter. De glaze with white wine and reduce to dry. Add vegetable bouillon, saffron and reduce by half.

Incorporate the remaining butter slowly, mixing with a whisk until sauce thickens. Blend on high speed for 30 seconds. Set aside.

Saute the salmon, skin side down, on medium heat. When the skin is crisp, remove from heat and place in preheated oven (400 degrees) for 5 minutes. Remove from oven and allow to rest. Reheat leeks and the sauce and place 2 tbs of leeks in center of warm plate. Place salmon on top of leeks, skin side up, and pour sauce around. Serves 6.

From Robert Henry's voted best Overall.

Salmon With Yogurt

2 salmon steaks; 6 oz each
1 yogurt; plain low-fat
2 low-cal bread; crumbed
1 spices of choice

Slather the yogurt over the salmon; both sides and edges to. Roll in soft bread crumbs and spices of your choice (zap bread and spices in FP); broil about 6" from flame or grill until done. Turn only ONCE!!! This was moist and flavoprful and low too. Can be used with any thick cut of fish; sword;halibut, etc.
Enjoy!!!

Sauteed Scallops On Red Pepper Sauce

1 sm garlic; minced/peeled
1 lg red bell pepper; peeled,
1 tablespoon yogurt; non-fat pl/yogurt
1 cup yogurt; non-fat pl/yogurt
1/4 cup coriander; torn (cilantro)
1 black pepper; to taste
1 tablespoon olive oil; fruity
1 pam
1 teaspoon olive oil
1 lb sea scallops; patted dry
2 tablespoon dry vermouth
2 tablespoon lemon juice
1 coriander leaves, for garnis
----~Red pepper sauce:----
----~Scallops MAKE THE SAUCE. Pla--

garlic, pepper and tablespoon of yogurt in the bowl of a food processor fitted with a steel blade, and puree until smooth. Scrape the mixture into a small bowl and stir in the remaining yogurt, coriander and black pepper. Whisk in the olive oil, then spoon the sauce onto plates, spreading it out with the back of a spoon. For the scallops, spray a medium-sized skilletwith the non-stick coating. Add the olive oil, and heat until hot but not smoking. Add the scallops and quickly saute them over high heat until just cooked through, turning often, 2 to 3 minutes. Pour in the vermouth and letit almost evaporate, then add the lemon juice. cooking a few seconds longerso the scallops are glazed. Spoon them onto the plates with the sauce. Sprinkle a few coriander leaves on top and serve at once. Joanna Pruess PRODIGY service Guest Chef

Sauteed Scallops With Feta

1/2 large onion
1 1/2 bell peppers
2 oz butter
16 oz lg. sea scallops
2 jalepeno peppers; slice
1/2 cup mozzarella
1/2 cup feta cheese
1/2 cup white wine
1 pinch garlic; to taste
1 salt; to taste
1 chili powder; to taste

Saute onion, bell peppers, jalepenos and sea scallops in butter until soft.Add 1/2 c of white wine and steam. Cover for 45 seconds. Sprinkle with mozzarella and feta. Add pinches of garlic, salt and chili powder and let simmer until cheeses melt. Serve over rice. Serves 2.

Savoury Salmon Bread Cases

1 1/2 tablespoon butter
3 tablespoon flour
1/2 teaspoon salt
1/4 teaspoon pepper
3/4 cup milk
1/4 cup salmon liquid
1/4 cup chopped gherkins
1 cup flaked salmon
2 tablespoon mayonnaise
1 tablespoon lemon juice
1 loaf sliced bread, crusts removed
1 melted butter

1. melt butter, add flour and seasoning. cook 2 minutes.

2. remove from heat, gradually add combined milk and salmon liquid.

3. return to heat and stir constantly till mixture boils and thickens.

4. add remaining ingredients and mix through. place hot filling into heated bread cases and serve.

Bread Cases:-

1. brush both sides of bread with melted butter.

2. press diagonal corners into deep base patty tins. bake at 200 degrees cfor approximately 10-15 minutes till crisp and golden.

Scallops Fenton

3 lb scallops
1 1/2 cup dry white wine
2 tablespoon fresh lemon juice
3/4 lb mushrooms; sliced
1 small green pepper; sliced
1/4 cup butter
1/2 teaspoon salt
1 dash fresh ground pepper
4 tablespoon flour
1 cup diced swiss cheese
1/2 cup grated romano cheese
1 cup heavy cream, whipped
2 tablespoon butter for topping
1 paprika

Bring wine and lemon juice to boil and add scallops, mushrooms, and green pepper. Simmer just until scallops are tender. Be careful not to overcook!!! Drain, reserving liquid. Melt butter in saucepan, blending in salt, pepper, and flour until bubbly. Gradually stir in reserved liquid andcook until thickened. Add Swiss cheese and 1/2 of the Romano and stir over very low heat until blended. Remove from heat and fold in whipped cream. Stir in scallop mixture, then divide between eight, individual, buttered scallop shells/baking dishes. Sprinkle tops with remaining Romano, dot withbutter and sprinkle with pap- rika. Broil until golden brown. Watch them carefully so as not to burn!!!! This, as you may guess, is sinfully rich and deliciously bad for you. Scallops themselves, however, are very low in cholesterol. If you would also like to try some plainer, New England-style scallop recipes, just let me know. Yours in good food and good fellowship! FROM: DAVID SAWYER (RJHV41A)

Scallops Provencal

----PHILLY.INQUIRER----
1 tablespoon olive oil,full flavore
2 tablespoon fresh parsley,chopped
1 clove garlic minced
2 oz black olives chopped
1 lb scallops,bay or sea
1 dash of freshly ground peppe
2 large ripe tomatoes peeled
1 and coarsley chopped
1/2 cup green onions sliced
1 thin
1/2 lb mushrooms thinly slice

COMBINE OIL,GARLIC, AND ONION IN 2 QUART MICRO WAVE PROOF CASSEROLE.MICROWAVE ON HIGH 30 SECONDS.IF USING SEA SCALLOPS QUARTER THEM.
ADD SCALLOPS TO CASSEROLE AND STIR TO COAT.STIR IN TOMATOES,MUSHROOMS,PARSLEY,OLIVES,PEPPER TO TASTE AND TWO TABLESPOONS BASI
COVER WITH WAX PAPER AND MICROWAVE ON MEDIUM THREE MINUTES,STIR. COVER
AGAIN AND MICROWAVE TWO TO FOUR MINUTES OR UNTIL SCALLOPS ARE OPAQUE AND
COOKED THROUGH.TO SERVE,SPOON INTO INDIVIDUAL SERVING BOWLS AND SPRINKLE
WITH REMAINING BASIL,MAKES FOUR SERVINGS.

Scallops Saute

1 lb fresh sea scallops
1 tablespoon margarine
1/2 lb fresh snow peas
2 stalks celery, diagonally
1 sliced
2 tablespoon chablis or dry white wine
1 tablespoon + 1 1/2 t. lemon juice
3/4 teaspoon dried dillweed
1/4 teaspoon freshly ground pepper
1 teaspoon chopped fresh parlsey

Rinse Scallops in Cold Water; Drain & Set Aside. Coat A Large Skillet With

Cooking Spray; Add Mrgarine & Place Over Medium-High Heat Until Margarine Melts. Add Snow Peas & Celery; Saute 1 Minute OR Until Crisp Tender. Remove Vegetables From Skillet, Using A Slotted Spoon; Set Aside. Add Scallops, Wine, Lemon Juice, Dillweed & Pepper To Skillet. Bring Mixture ToA Boil. Cover; Reduce Heat & Simmer 5 To 6 Min. OR Until Scallops Are Done. Add Reserved Vegetables & Cook Just Until Thoroughly Heated. Sprinkle With Chopped Fresh Parsley & Serve With Slotted Spoon. Serve With Angel Hair Pasta With Pimiento, Spinach-Radicchio Salad,& Bread Sticks. Fat 3.3 Chol. 40.

Scallops With Mushrooms In Shells

1/2 cup butter,at room temperature
1 lb fresh bay scallops
1/2 cup soft bread crumbs
1 cup thinly sliced mushrooms
1/2 cup finely chopped fresh parsley
3 tablespoon finely chopped shallots
1 salt and pepper
1 tablespoon finely chopped garlic

Preheat the oven to 450 degrees.Melt 1/4 cup of the butter in a small skillet and add the mushrooms.Cook,stirring often,until the mushrooms are wilted and give up their liquid.Add the shallots and garlic and cook briefly.

Spoon the mushroom mixture into a mixing bowl.Let cool briefly, then add 2 tbsp. of the remaining butter,the scallops,bread crumbs, parsley and salt and pepper to taste.Blend well.

Use the mixture to fill 6 seafood shells.Arrange the filled shells on a baking dish or cookie sheet.Melt the rest of the butter and pour over the mixture in the shells.Place in the oven and bake 10 minutes.

Run the scallops under the broiler until nicely browned on top,about 1 minute.

Makes 6 servings.

///\oo/\\\ From the hearth in Sandee's Kitchen...

Scallops Zinfandel

7 scallops
2 chopped onions
1 tablespoon chopped parsley
1 centiliter garlic minced
1/2 cup zinfandel white wine
1 salt, pepper
1 plain crackers

Place Scallps in A Dish And Pour Wine Over Them. Sprinkle With Onions, Garlic, Salt & Pepper 7 Crumbled Crackers. Bake For 10 Minutes @ 300 Degrees. Garnish With Parsley & Serve.

Scandinavian Fish Salad

2/3 cup malt vinegar
2/3 cup water
3 tablespoon sugar
1 tablespoon pickling spice
4 fresh herrings, cleaned, filleted
1 1/4 cup sour cream
3 tablespoon mayonnaise
2 teaspoon dijon-style mustard
1 onion, halved, thinly sliced
1 green delicious apple
1 red delicious apple
1 red leaf lettuce leaves (opt
4 green onion daisies (opt)
1 fresh dill sprigs (opt)

In small saucepan, combine vinegar and water. Add sugar and Pickling Spice.

Bring to a boil, stirring to dissolve sugar. Boil 2 minutes; cool. Strain and discard spices. Cut herring fillets in 1/2"-wide strips and place in a shallow dish. Pour cold marinade over fish. Cover and marinate several hours or overnight.

Drain herring strips. In a bowl, combine sour cream, mayonnaise, mustard and onion. Cut apples in fourths, remove cores and slice thinly (do not peel). Add sliced apples and herrings to sour cream mixture and mix together gently until coated with dressing. Arrange lettuce leaves on 4 plates. Spoon herring mixture on plates and garnish with green onion daisies and dill sprigs, if desired. Serve chilled.

Sea Bass Greek Style

1 karen mintzias
8 8-oz sea bass fillets
1/2 cup flour (or as needed)
2 tablespoon light olive oil
1 lemon; juiced
3 tablespoon vegetable oil
2 large yellow onions; chopped fine
6 garlic cloves; crushed
1 bunch parsley; chopped
1 pinch pepper
3 1/2 cup canned tomatoes
1 tomato; chopped
3 bay leaves
1/2 teaspoon rosemary
1/2 cup dry white wine
1 lemon; cut into 8 wedges

Dust the sea bass fillets with the flour.

In a large skillet place the 2 tablespoons of olive oil and heat it on medium high until it is hot. Quickly sear the fillets on both sides so that they are sealed. Place the fish in a large baking pan and sprinkle onthe lemon juice. Set the fish aside.

In a medium skillet place the 3 tablespoons of vegetable oil and heat on medium high until it is hot. Add the onions, garlic, and parsley. Saute the ingredients for 3 to 4 minutes, or until the onions are translucent. Add the pepper and stir it in.

In a medium large saucepan place the sauteed onion mixture, canned tomatoes, chopped tomato, bay leaves, rosemary, and white wine. Stir the ingredients together and simmer them on low heat for 40 minutes.

Preheat the oven to 350 F. Pour the sauce over the fish and bake it for 20minutes, or until it is just done.

Garnish the dish with the lemon wedges.

Sea Bass In Cilantro

2 lb sea bass or red snapper; *
1 cup milk
1 teaspoon cumin; ground
1 cup onion; chopped, 1 large
1/4 cup vegetable oil
1 cup green chiles; **
1/4 cup fresh cilantro; snipped, ***
3/4 teaspoon salt
1/4 teaspoon pepper
1 lemon or lime wedges

* Bass Or Red Snapper fillets should be cut into 8 serving pieces. ** Green chiles should be canned, drained and finely chopped. *** You can use up to 1/2 cup of the snipped Cilantro. To Taste. Place fish fillets in a shallow glass or plastic dish. Mix milk with cumin and pour over the fish.Cover and refrigerate at least 1 hour. Cook and stir onion in oil in a 2-quart saucepan until tender. Stir in the remaining ingredients except the fish and fruit wedges. Heat to boiling and then reduce the heat. Simmer, uncovered, until thickened, about 10 minutes. Heat the oven to 350 degrees F. Drain fish and pat dry. Place 1 fish on each of eight 12-inch squares of heavy duty aluminum foil. Spoon some of the onion mixture onto the fish. Fold foil over the fish and seal security. Place foil packets onan ungreased jelly roll pan, 15 1/2 X 10 1/2 X 1-inch. Bake until fish fishflakes easily with fork, 25 to 30 minutes. Serve with lemon or lime wedges.

Seafood Baked In A Package

3 lb swordfish or halibut, cut into serv; ing pieces 1/2 t 1
salt and pepper
1/3 cup butter, room temperature
1 1/2 teaspoon garlic puree
1 tablespoon lemon juice
1 teaspoon dried tarragon
3/4 lb uncooked small or medium shrimp, sh; elled and devei
1/4 cup dry white wine
1/4 cup whipping cream
2 tablespoon chopped fresh parsley (garnish)

Preheat oven to 350 degrees. Sprinkle fish with salt and pepper. Mix

butter, garlic, lemon juice and tarragon until well blended. Using half of butter mixture, coat one side of fish and place buttered side down on half a sheet of heavy-duty aluminum foil that measures 48 inches in length.

Place shrimp on top of fish and dot with remaining butter mixture. Pour wine over. Fold other half of sheet over fish; seal and crimp foil.

Bake 25-30 minutes in upper part of oven.

Remove fish and shrimp and keep warm on a heated serving platter loosely covered with aluminum foil.

Pour off juices into a small skillet. Add cream and reduce to 3/4 to 1 cup. Pour over fish, sprinkle with parsley and serve at once. Serves 6 to 8.

Seafood Chilaquiles Casserole

1/2 cup vegetable oil
10 flour or corn tortillas; *
1/2 cup green onions w/tops; sliced
1/4 cup margarine or butter
1/4 cup unbleached flour
1/2 teaspoon salt
1/4 teaspoon pepper
2 cup half & half light cream
1 chipotle chile; **
1 lb bay scallops
1 lb raw shrimp; medium, shelled
4 bacon slices; ***

* Tortillas should be 6 to 7 inches in diameter and cut into 1/2-inch
** Chipotle Chile should be a canned one in adobo sauce and be finely
*** Bacon should be crisply cooked and crumbled.

Seafood Chowder

1 medium onion; minced

1 tablespoon butter
1 1/2 teaspoon thyme
1 1/4 teaspoon celery salt
2 cup whipping cream
9 oz haddock or halibut fillets
6 oz scallops; chopped
3 oz lobster meat; cooked & chopped
3/4 cup sour cream
3 potatoes; peeled, cooked and diced
1 1/4 cup milk salt pepper
1 paprika for garnish

"A traditional Atlantic chowder is made with fish or shellfish, canned milk, potatoes, onions and is served with a dollop of butter. This version,which comes from a Nova Scotia fisherman and uses sour cream, fresh cream and thyme, is quite different and very good. When reheated leftover chowder, it may be necessary to add a little more milk or cream, because the fish and potatoes will have absorbed some of the liquid."

Cook the onion in the butter until transparent. Add the thyme and celery salt. Remove from heat. In a saucepan, pour the whipping cream over the fish fillets.Cover, bring to a boil and simmer slowly for 10 minutes or till the fish flakes easily. Remove the fish with a slotted spoon, then break into small pieces and remove any bones. Add the onion mixture and thescallops to the poaching liquid. Bring to barely a boil, then simmer for about 1 minute or till the scallops are opaque. If the chowder is not to beeaten immediately, refrigerate everything at this stage. Just before serving, add the fish, lobster, sour cream, potatoes and milk. Heat through, but do not allow to boil. Season with salt and pepper. Ladle into soup bowls. Sprinkle with paprika. Serve immediately. SERVES: 4-6

Seafood Creole

2 tablespoon margarine
1/4 cup onion, chopped
1/4 cup red pepper, chopped
1 centiliter garlic, minced
1 can tomatoes (16 oz.)
1 teaspoon basil
1/2 teaspoon cayenne pepper
1/2 teaspoon salt
1/4 teaspoon white pepper
3 teaspoon cornstarch
2 tablespoon cold water

1/2 lb fresh shrimp or
1/2 lb frozen shrimp, thawed
1/2 lb fresh crab or
1/2 lb frozen crab, thawed
2 cup peppery rice

Melt margarine in a medium skillet. Add onion, red pepper and garlic. Cook Salt and white pepper. Cover, reduce heat, simmer for 10 minutes. Combine cornstarch and water in a small bowl. Mix well. Add to tomato mixture. Stiruntil bubbly. Add shrimp and crab and heat to boiling. Reduce heat and simmer for 10 minutes or until seafood is thoroughly cooked. Serve on top of rice. Serves 4.

Seafood Glace'

2 envelopes unflavored gelatin
1/2 cup cold water
10 oz cans consomme'
1 tablespoon lemon juice
2 tablespoon finely chopped green onion
2 tablespoon finely chopped curly
1 parsley
1/2 teaspoon tabasco
3 dz boiled shrimp or crawfish,
1 or 1/2 lb fresh crabmeat
2 to 3 dz crackers
1 mayonnaise
1 curly parlsey sprigs

Recipe 1 Pour gelatin in 1/2 cup cold water and stir. 2 Heat consomme' until hot, but not boiling. 3 Add lemon juice, chopped green onion, parsley, tabasco, and the dissolved gelatin mixture to the consomme' and stir. 4 Grease 3 egg holders or small muffin tins. 5 Put seafood in the bottom of each holder or tin. 6 Pour the consomme mixture over the seafood,cover, and refrigerate 6-8 hours. 7 Unmold and serve on plain crackers thinly spread with mayonnaise and garnish each with a sprig of parsley.

Seafood Gumbo

3 lb fresh shrimp
3 cup vegetable oil
4 tablespoon chopped garlic
3 tablespoon black pepper
2 pint oysters
2 cup bell peppers chopped
1 cup green onions chopped
2 teaspoon red pepper
3 can 14oz. whole tomatoes & juice
2 lb lump crabmeat
8 cup onions - chopped
1 can 8oz. tomato sauce
1 gal water
4 1/2 cup flour
3 cup celery - chopped
3 tablespoon salt
3/4 cup parsley - chopped

Make a roux by stirring flour and vegetable oil until a well browned peanutbutter color. Not Burned! When roux is made, addonions,bell peppers,celery,and garlic. Cook, stirring, until vegetables are limp, beingcareful not to burn. Add hand squeezed tomatoes, tomato sauce, salt and peppers. Cook and stir until well blended. Add water and cook 50 minutes. Turn fire off. Let sit until ready to serve. Just before serving,bring to alight bubble.If to thick add more water. Add shrimp. Cook 10 minutes. Add parsley,green onions, oysters and crabmeat. Cook 5 minutes more. It is important not to overcook the seafood. Serve immediately over rice or noodles.

Seafood Lasagna

1/2 cup butter
1/2 cup flour
1/2 teaspoon salt
2 cup garlic; crushed
2 cup milk
2 cup chicken broth
1/4 teaspoon pepper
1 teaspoon basil
2 cup mozzarella cheese, shredded
1/2 cup green onions, chopped
15 each lasagna noodles: uncooked
1 cup cottage cheese; small curd

2/3 cup cooked shrimp cut bite size
2/3 cup cooked bay scallops bite siz
2/3 cup crabmeat cut bite size
1/3 cup dry white wine

Heat butter in a large saucepan over low heat until melted. Add garlic. Stir in flour and salt. Cook,stirring constantly until bubbly. Remove from heat. Stir in milk, broth and white wine. Return to stove and heat to boiling, stirring constantly. Boil for 1 minute. Add mozzarella cheese,onions, basil and pepper. Cook over low heat until cheese is melted,stirring constantly. Spread about 1 1/2 cups of the sauce in an ungreased 9X13 pan. Top with UNCOOKED lasagna noodles, overlapping as needed. Spread the cheese over the noodles. Spread with another 1 1/2 cups of sauce and then top with another 5 lasagna noodles. Spread seafood over this layer andtop with another 1 1/2 cups of sauce. Cover with the last 5 lasagna noodlesand top with all of the remaining sauce. If desired, top with 1/2 cup grated parmesan cheese. Bake, uncovered at 350~F for 35 - 45 minutes or until the noodles are tender. Let stand for 15 minutes before cutting. Hopeyou love this as much as we do!!!

Patti Anderson, Prodigy Food & Wine Board

Seafood Pozole

1 small onion
1 can yellow hominy (15 oz.)
3/4 lb rockfish fillet
2 teaspoon olive oil or salad oil
1 lime
3 cup low-salt chicken broth
1 can diced tomatoes and juice (14 1/2 o; z, .) 1
can chopped green chilies (4 oz.)
2 teaspoon ground cumin

Salsa or hot pepper sauce

Preparation: 1. Thinly slice onion. Rinse and drain hominy. Rinse fish, patdry, and cut into 3/4 inch cubes (discard any bones you discover while cutting fish). Slice lime into 6 wedges.

Cooking: 1. Stir onion and oil in a 3-4 quart pan over medium-high heat until onion is tender, about 5 minutes.

2. Add hominy, chicken broth, tomatoes and their juice, chilies and cumin. Cover pan and bring to a boil; reduce heat and simmer 5 minutes.

3. Add fish; simmer and stir gently until fish flakes when prodded with a fork, 2-4 minutes. Ladle soup into bowls. Squeeze juice of 1 lime wedge into each bowl of soup. Serve salsa or hot pepper sauce alongside to seasonto taste. Makes 6 servings.

Note: Snapper, Cod, Shrimp and Orange Roughy may be substituted.

Per servings: 165 Calories, 15 g Protein, 17 g Carbohydrates, .7 g Saturated Fat, 2 g Monounsaturated Fat, 1 g Polyunsaturated Fat, .3 g Omega-3 Fat, 20 mg Cholesterol, 772 mg Sodium.

Seafood Sausage

1/2 lb whitefish, skinned, boned
1/4 lb salmon, skinned and boned
1/4 lb shrimps, peeled
2 tablespoon finely minced onion
1 bunch parsley; stems removed
1/2 teaspoon salt
1/4 teaspoon cayenne pepper
1/2 cup egg whites
4 feet sausage casings

CUT THE FISH IN 1-INCH PIECES. Place all ingredients except casings in a food processor and pulse until coarsely chopped. Or, pass all the ingredients through a meat grinder fitted with medium holes. Stuff the mixture into sausage casings or form 2 long sausages in plastic wrap. Poachthe sausages in gently simmering water for 5 minutes, drain and let cool. If you have used plastic wrap to form the sausages, remove it when sausagesare cool. Cut sausages into 6-inch lengths. To serve, grill the sausages orplace under a preheated broiler. Since the sausages are already cooked, we want only to reheat them and crisp their skins.

Makes 8 Sausages, or 4 Servings

MICHAEL ROBERTS - PRODIGY GUEST CHEFS COOKBOOK

Seafood Soup

1 large thin sliced onion
1 cup chopped green onion & tops
3 centiliter garlic fine chopped
1/2 cup fine chopped parsley
1 seeded and diced bell
1 pepper
3 cup tomato sauce
1 cup dry white wine
1 cup water
1/4 teaspoon thyme crushed
1/4 teaspoon rosemary crushed
1 teaspoon salt
1/4 teaspoon fresh ground black
1 pepper
1 bay leaf
1 lb crab/firm white fish cubed
1 lb shrimp
6 scallops/clams in the shell

Combine onions and garlic and cook, covered, over low heat until soft, stirring frequently so they don't scorch. Add parsley, bell pepper, tomato sauce, wine, water, thyme, rosemary, salt, pepper and bay leaf and simmer, covered 1 hour. Add crab or white fish, shrimp, scallops or clams and cook,covered, for 8-10 minutes or until scallops or clam shells open. Discard any shells that do not open.

Seafood Wellington (Chef Axel's Original Recipe)

8 oz lobstertail meat
8 giant prawns
12 large scallops
4 cup quartered mushrooms
4 oz clarified butter
1 1/2 oz cognac
----NANTUA SAUCE----
4 oz clarified butter
1 medium onion
1 pint lobster stock
1/2 pint heavy cream
1 tablespoon flour (heaping measure)
1 teaspoon tomato paste
1/4 teaspoon cayenne
1 dash tabasco
1 paprika; to taste

1 small lemon wedge
1 salt and pepper; to taste

Bake four vol au vents (puff pastry shells). Either use homemade mille feuille or commercial puff pastry dough and follow instructions. Vol au vent should be oval shaped and about 12 x 8 cm (5" x 3") in size.

Sauce preparation: Saute finely-chopped onion in 4 ounces clarified butter, add tomato paste, flour, and paprika. Mix well, add stock, stirring until smooth. Simmer on low heat for 15 minutes. Add heavy cream, seasoning to taste. Add a dash of cayenne, tabasco and the lemon wedge (easy on the spices; Nantua sauce should not be spicy hot). Let simmer for five more minutes. Retrieve lemon. Blend sauce in high-spped blender until smooth and creamy.

Heat saute pan on medium to high heat. Drop in butter, then add in quick succession: first lobster meat, then prawns, sauteeing each until rare, then add mushrooms. Flame with cognac, add the scallops and saute for 2-3 minutes. Pour in the Nantua sauce, adding the bay shrimp, and bring to a short bowl. Fill in preheated vol au vents and serve with steamed vegetables.

Seared Scallops With Cucumber-Pepper Relish

1 lb scallops
1 salt
1 pepper, white
2 tablespoon olive oil
1 *relish*
1 lemon grass stalk
1/2 cup rice vinegar
1/4 cup sugar
1/2 teaspoon red pepper flakes
2 cucumber, med
1 banana pepper; devein/minced 1
serrano, red; deveined/mince
2 teaspoon cilantro; minced
2 teaspoon basil, fresh; minced
2 teaspoon mint, fresh; minced
1/3 cup lime juice
1 salt
1 pepper, white

Servings: 4

Slice lemon grass stalk thinly crosswise. Peel and halve cucumbers lengthwise, then seed and slice thin crosswise.

Relish: Bring lemon grass, vinegar, sugar, red pepper flakes and 1/2 cup water to boil in a saucepan; simmer until reduced to 1/2 cup. Strain mixture into a bowl and cool slightly; discard solids. Stir in all other sauce ingredients.

Sprinkle scallops with 1/2 teaspoon salt and 1/4 teaspoon white pepper. Heat one tablespoon oil in a wok or non-stick skillet. Working in batches to avoid overcrowding, and adding remaining oil as needed, saute scallops, turning once, until seared.

Spoon a portion of relish onto each plate. Arrange a portion of scallops over the relish and serve immediately.

~-- COOK's Magazine

Simple Salmon Fillets

3/4 lb salmon; fillets are best
1 lemon
1 teaspoon dill; dried or better, fresh
1 salt
1 pepper; white
2 tablespoon mayonaise

Hopefully you selected 2 nice fillets. Preheat the oven to 400F. Place the fillets skin side down in a baking dish (I use glass). Squeeze the lemon over and lightly sprinkle with salt and some white pepper.
Then spread the dill over the fillets and let set for fifteen minutes--if you have the time! Spread the Mayo evenly over the entire surface and cut end(s) of the fillets (just like spreading peanut butter).
Place on a high shelf in the oven (just under the broiler element). Bake for 10 to 15 minutes for each inch of thickness. Then kick the broiler in for a few minutes, just until you see some browning of the mayo. * This technique will give you delicious, moist salmon every time--just don't overdo the cooking! The broiler bit isn't mandatory, it just gives a nice finish. If you skip the broiler then just add a few minutes to the baking time.

Smallmouth A La Spednik Sauteed Bass Meunier

2 1 1/2-lb. bass, dressed,
1 heads and tail removed,
1 skinned
5 tablespoon butter
1 salt and pepper
1/3 cup yellow cornmeal
1/3 cup flour
1 tablespoon vinegar
1 parsley for garnish

Dredge the whole bass or fillets in a mix of cornmeal, flour, salt and pepper, and saute slowly in the melted butter over medium heat until well browned.
Turn carefully with a spatula and brown the other side. When the fish has turned opaque, remove to a warm platter and garnish with parsley.
Stir vinegar into the fat and "greables." Heat and pour over fish.

Smoked Fish Spread

1 1/2 lb smoked fish
2 teaspoon minced onion
2 teaspoon finely chopped celery
1 clove garlic, crushed
2 tablespoon finely chopped sweet pickle
1 1/4 cup mayonnaise
1 tablespoon prepared mustard
1 dash of worcestershire sauce
2 tablespoon chopped fresh parsley

Remove skins and bones from fish. Flake fish well. Combine with remainingingredients and chill. Serve with assorted crackers or party breads. Yield: 3-1/2 cups.

From: Southern Living, The Quick & Easy Cookbook Shared By:
Pat Stockett

Smoked Salmon And Dill

1/3 lb smoked salmon, thinly sliced
1 dill, to taste
3 oz package cream cheese, soften
1 cream
1 fresh ground pepper
1 dark bread
1 bunch watercress
1 horseradish

Combine the horseradish, pepper, cream cheese, and enough cream for cheese to spread easily. Place bread slices between pieces of wax paper and roll until thin. Spread cheese on bread, top with salmon, sprinkle with dill. Top each slice with watercress and roll. Wrap each roll in plastic wrap andchill. To serve, slice each roll in about six pieces.

Smoked Salmon Canapes

1/2 (8 oz.) pkg. neufchatel
1 cheese softened
1/2 teaspoon grated lime rind
1/4 teaspoon onion powder
1 1/2 lb jicama, unpeeled
1/2 teaspoon worcestershire sauce
1 tablespoon ground black pepper
2 oz smoked salmon cut into
1 36 thin strips.
1 3 lime wedges

Combine Cheese, Lime Rind, Onion Powder & Worcestershire Sauce in A Small Mixing Bowl; Beat At Medium Speed Of An Electric Mixture Untilsmooth. Set Aside. Cut Jicama Into 1/4 in. Thick Slices; Cut Slices Into 18 (2 Inch) Sqares. Cut Each Square in Half Diagonally To Make 36 Triangles. Discard Remaining Jicama. Rub The Longest Side Of Each Triangle With A Lime Wedge.Dip Side Of Triangle in Pepper. Repeat Procedure With Remaining Triangles.Pipe OR Spoon Aobut 1 t. Cheese Mixture Onto Each Triangle. Top With A Salmon Strip.
(Fat 0.8. Chol. 3.)

Smoked Salmon Spread

12 oz philly free
8 oz philly lite
1 large can salmon in water, drained
1 finely chopped green onions
1 liquid smoke to taste
1 pepper to taste

Combine all ingredients and mix well. Refrigerate until ready to serve.
Typed by Syd Bigger.

Smoked Trout Tartlets

----PHYLLO TART SHELLS----
1 large egg white
2 tablespoon olive oil
1/4 teaspoon salt
8 phyllo dough sheets (14x18
----SMOKED TROUT FILLING----
2 pkg cream cheese, low-fat (8 oz)
1/2 lb trout fillets; smoked, skin -and pin bon
1/3 cup scallions; chopped (2 scall
4 teaspoon horseradish; well drained
1 cup cucumber; shredded

To make phyllo tartlet shells: Preheat oven to 325 degrees F. Lightly coat 2 mini-muffin pans with nonstick cooking spray. In a small bowl, whisktogether egg white, oil and salt.
Lay a sheet of phyllo on a work surface and with a pastry brush, lightly coat it with the egg-white mixture. Lay a second sheet smoothly on top, taking care to line up the edges before setting the sheet down. (Once you set down the sheet, it cannot be moved.) Brush with the egg-white mixture and repeat with 1 more sheet. Lay a fourth sheet on top but do not brush it.
With a knife, cut the dough into 4 strips lenghtwise and 5 strips crosswise, making 24 squares. Press squares into muffin cups and bake for 8to 12 minutes, or until golden brown and crisp. Transfer the tartlets to a rack and let cool. Repeat the procedure with the remaining 4 sheets of phyllo and egg-white mixture. (The baked tartlet shells may be stored in a closed container at room temperature for 1 week or in the freezer for up to2 months.)

To make smoked trout filling: In a food processor, combine cream cheese and smoked trout; process until fairly smooth. Add scallions and horseradish and pulse until just combined. (Alternatively, finely mince thesmoked trout with a knife and combine with the cream cheese, scallion and horseradish in a small bowl.) (The smoked filling may be made ahead and refrigerated for up to 2 days.) Shortly before serving, spoon or pipe about1 heaping tsp. of filling into each tartlet shell and garnish with shreddedcucumber.

50 calories per piece: 3 g protein, 2 g fat, 5 g carbohydrate; 94 mg sodium; 5 mg cholesterol.

**"The rich, creamy filling contrasts with the pleasant crunch of the ~- tartlet shell." From Eating Well, May/June 1993.

Smoked Trout With Watercress Sauce

1 bunch watercress
1 cup sour cream
1 tablespoon fresh lemon juice
2 dashes of tabasco sauce
1 salt and freshly ground
1 black pepper to taste
3 smoked trout, skinned and
1 filleted into 6 pieces
6 lemon wedges
6 watercress sprigs

Wash and trim the watercress. Pat it dry and chop it (you should have about 1 1/2 cups).

Put the watercress in the bowl of an electric blender with the sour cream, lemon juice, Tabasco sauce, and salt and pepper. Turn the blender on high for several seconds, or until the mixture is very smooth.

Serve the sauce over the trout. Garnish each serving with a lemon wedge and sprig of watercress. YIELD: 6 servings. (NASON'S NOTE: Try this sauce with leftover cooked and chilled East Lake "pink-meat" trout if smoked trout is not available.)

Smoked Tuna Pate

1 lb smoked tuna or smoked mackerel skin; removed 6
oz cream cheese, softened
3 tablespoon to 4 tb mayonnaise
1 juice of 1/2 large lemon (about 2 t; b)
1 salt and freshly ground black peppe; r
2 tablespoon very finely diced red onion

From: Bill Birner

Any number of smoked fish can be used in this simple recipe. Instead of a large serving bowl, you can also chill it in small individual bowls or ramekins for an elegant first course, with thinly sliced French or black bread.

Flake the tuna or mackerel and combine it with the cream cheese, mayonnaiseand lemon juice in a food processor. Process until smooth and season to taste with salt and pepper. Transfer the mixture to a serving bowl and foldin the red onion. Cover and chill the pate until ready to serve.
MAKES 6 SERVINGS.

Smoky Salmon

1 7-3/4 oz can of salmon
1 tablespoon lemon juice
2 teaspoon grated onion
2 teaspoon horseradish
1/4 teaspoon liquid smoke
1 salt and pepper to taste
1 8 oz package cream cheese, softened
1/4 cup chopped pecans
2 tablespoon snipped parsley

Smoky Salmon xxxxxxxxxxxx

Drain and flake salmon. Combine salmon, lemon juice, onion, horseradish, liquid smoke, salt and peppe4 r with cream cheese. Blend together well. Shape into a ball or log on wax paper. Wrap and chill for several hours.

Combine nuts and parsley on wax paper. Roll salmon mold on this. Chill. Ifdesired, just before serving shape into fish shape and garnish with additional

Soft Shell Crabs With Scallions

----PHILLY.INQUIRER----
4 live soft-shell crabs
3 tablespoon coarsely chopped fresh
1 mint
3 tablespoon olive oil
3 cloves garlic finely chopped
1 hot pepper flakes to taste
1 cup coarsely chopped tomat
1/2 cup dry white wine
1 cup thinly sliced scallion
1 salt to taste

CLEAN SOFT SHELL CRABS,WASH AND PAT DRY.IN A MEDIUM SKILLET,HEAT THE OIL
UNTIL HOT.ADD THE GARLIC AND COOK,UNCOVERED,UNTIL IT BEGINS TO TAKE ON COLOR.ADD THE TOMATOES,SCALLIONS,MINT AND HOT PEPPER FLAKES,COVER AND COOK
OVER MODERATE HEAT,STIRRING OCCASIONALLY FOR FIVE MINUTES.ADD THE WINE,COV
AND SIMMER FOR 10 MINUTES.ADD THE CRABS,AND SALT TO TASTE,COVER AND SIMMER
FOR ABOUT EIGHT MINUTESIN ALL.(FOUR MINUTES ON EACH SIDE) SERVE THE CRABS
AT ONCE ON HEATED PLATES.MAKES TWO SERVINGS.

Sour Cream Stuffing For Fish

3/4 cup celery, chopped
1/2 cup onion, chopped
1/4 cup butter/margarine, melted
4 cup bread crumbs, dried
1/2 cup sour cream
1/4 cup lemon, diced, peeled
2 tablespoon lemon rind, grated
1 teaspoon paprika
1 teaspoon salt

Cook celery and onion in butter til tender. Combine all ingredients and mix thoroughly. Makes approximately 1 quart stuffing for fish.

Soured Cream Clam Dip

1 can gorton's clams, drained
1/8 teaspoon pepper
1 cup soured cream
1/2 teaspoon celery salt
2 teaspoon lemon juice
2 tablespoon minced onion
1/2 teaspoon salt

Gently fold clams into sour cream. Add other ingredients and stir gently until blended. Serve with chips.

Shared By: Pat Stockett

Soused Oysters - Ostiones En Escabeche

1 jim vorheis
1/2 cup light olive oil
1/3 cup finely sliced white onion
8 garlic cloves, peeled
1/2 cup finely sliced carrots, blanched
1/2 cup cauliflower flowerets, blanched
2 california bay leaves
3 fresh marjoram sprigs or 1/4 tsp d; r, ied
1 1/2 teaspoon dried oregano, mexican if possible
1/2 teaspoon peppercorns
1 sea salt to taste
1/4 cup vinegar
2 cup shucked oysters or other seafood (s; hrimp, crab, 1
scallops, alone or together)
1 lime, thinly sliced
1 strips of canned jalapenos en escab; eche (to taste)

Heat the oil in a large frying or saute pan. Add the onion and garlic cloves and toss over high heat without browning for about 2 minutes. Add the vegetables, herbs, peppercorns, salt, and vinegar; cook over high heat until the mixture comes to a boil. Add the oysters, sliced lime, and jalapenos* and cook until the oysters are plump and just cooked - about 2 minutes.

Set aside to cool. Refrigerate overnight and serve at room temperature. *

Jalapenos may be omitted and passed separately at the table.

The Art of Mexican Cooking From the collection of Jim Vorheis

Spanish Style Codfish

1 lb salt cod
1/4 cup onion; chopped, 1 sm.
1 each clove garlic; minced
1/4 cup vegetable oil
8 oz tomatoes; cut up, 1 cn
2 tablespoon pimentos; chopped
1 dash pepper
2 tablespoon sherry; dry
1/4 cup pimento stuffed olives; *

* Pimento-stuffed olives should be sliced. Rinse the excess salt from the cod, then soak cod overnight in cold water, changing several times. Drain and cut into serving size pieces. Cook the onion and garlic in oil until the onion is tender but not brown. Add the fish pieces and cook until lightly browned. Add the UNDRAINED tomatoes, pimentos and pepper. Simmer, covered, about 20 minutes or until fish tests done. Add the sherry and heat through. Garnish with the sliced olives.

Spetsioteko Psari (Baked Fish Greek Style)

1/4 cup olive oil
1/2 cup dry bread crumbs
2 lb red snapper fillets*
1 teaspoon salt

1/4 cup lemon juice
1/2 cup olive oil
1/4 cup tomato sauce
1 cup snipped parsley
1/2 cup dry white wine
2 cloves garlic,finely chopped
1 teaspoon salt
1/4 teaspoon ground pepper
1/2 cup dry bread crumbs

Heat oven to 350'. Pour 1/4 cup oil evenly into baking dish, 14x9x2 inches.Sprinkle 1/2 cup bread crumbs evenly over oil. Place fillets in single layer in baking dish; sprinkle with 1 teaspoon salt. Pour lemon juice on top.#
Mix 1/2 cup oil, the tomato sauce, parsley, wine, garlic, 1 teaspoon salt and the pepper; spoon over fillets. Sprinkle with 1/2 cup bread crumbs. Bake uncovered until golden brown, about 40 minutes. Remove fillets to warmplatter.#
*NOTE: 2 pounds fresh or frozen (thawed) cod, haddock, halibut or yellow pike fillets can be substituted for the red snapper fillets.#

Spring Trout And Fiddlehead

4 10 freshly caught trout
1/4 cup salad oil
1/4 cup white flour
1 fiddlehead ferns
1/4 cup cornmeal
4 quart boiling water
1 salt and pepper
1 butter
1 dash of garlic powder

Clean the fish well in cold water. Dredge in both flours to which salt, pepper and garlic powder has been added. Fry in hot oil, turning once whenskin is crisp.
Cook the fiddleheads in boiling water. Boil for 3 minutes only.
Fiddleheads will be cooked, yet very crisp. Remove from water and drain. Dot with pats of butter.

Steamed Fresh Crab In Curry Sauce

1 large whole fresh crab
6 slices ginger root
2 tablespoon dry sherry
3 spring onions or chinese
1 parsley
----SAUCE----
1/2 bell pepper, diced
1 teaspoon curry powder
1/4 teaspoon salt
1/2 teaspoon sugar
1 cup stock
1 teaspoon ginger, minced
1 clove garlic, minced
2 tablespoon peanut oil
1 cornstarch paste

Make Sauce: Heat oil in medium-hot saucepan. Saute minced garlic until fragrant. Add curry powder. Stir over medium heat for about 1 minute - avoid burning powder. Add stock, salt, sugar and ginger; bring to boil; cook for 1 minute. Add bell pepper, which has been coarsely diced into 1/4" squares; stir in enough thin cornstarch paste to make a light sauce. As soon as sauce thickens, remove from heat and reserve. This sauce can be made up ahead and reheated just before serving.

Clean & Steam Crab: Pry off plate from crab in one piece. Separate legs with cleaver; wash all parts, cleaning out junk; cut soft inner sections oflegs into manageable pieces. Carefully crack claws, keeping them intact. Reassemble crab on oval platter. Before putting on back, sprinkle meat withdry sherry; lay ginger on top; then put on back plate. Wash green onions, remove roots, and shred, greens and all, into 2" sections.

Bring water in steamer to rolling boil. Steam crab for about 15-20 minutes, depending on size. Meanwhile, reheat curry sauce (or keep hot in double boiler). Remove steamed crab from steamer; drain excess water. Lift back plate off crab; pour curry sauce over crab; sprinkle with onion shreds; return back plate. Serve.

Steamed Oysters With Black Beans

12 oysters, freshly shucked on the hal; f shell
2 teaspoon fermented black beans, rinsed and d; rained * 1 tablespoon soy sauce, low-sodium

1 tablespoon shao-hsing wine, * or dry sherry 1
1/2 teaspoon sugar
1 tablespoon white vinegar, distilled
2 tablespoon chicken stock, or canned low-sodium; broth 2
teaspoon oriental sesame oil
1 tablespoon peanut oil
1 pinch freshly ground white pepper
1 tablespoon red bell pepper, minced
1 small scallion, green part only, thinly s; liced

* available at asian markets

1. Place the oysters on a large heatproof dish. Divide the black beans evenly and place atop each oyster. 2. In a small bowl, combine the soy sauce, wine, sugar, vinegar, chicken stock, sesame oil, peanut oil and white pepper. Distribute the mixture over each oyster. 3. In a wok with a steamer rack or in a steamer pot, bring 6 cups of water to a boil over highheat. Place the dish on the steamer rack, cover and steam the oysters untilplumped and opaque, 2 to 3 minutes. Do not overcook or the oysters will be tough. Sprinkle the red pepper and scallion on top. Place 2 oysters on eachof 6 serving plates. Serve hot. 6 First-Course Servings. 69 Calories and 157 Mg Sodium per serving. Recipe from Food & Wine, September, 1989.

Steamed Salmon Sauce

1/4 cup hopped onions
4 chopped canned plum tomatoes
2 minced garlic cloves
1 salt and pepper to taste
1 tablespoon grated orange zest
4 oz 4 skinless salmon filets
1/2 cup orange juice
1 teaspoon virgin olive oil
1/2 cup white wine
4 basil leaves

IN A SMALL SAUCEPAN SIMMER 1/4 CUP CHOPPED ONIONS,2 MINCED GARLIC CLOVES,AND 1 TABLESPOON FINELY GRATED ORANGE ZEST IN 1/2 CUP ORANGE JUICE
AND 1/2 CUP WHITE WINE UNTIL REDUCED TO 1/4 CUP.ADD 4 CHOPPED CANNED PLUM
TOMATOES AND SALT AND PEPPER TO TASTE.SEASON FOUR,FOUR OUNCE PIECES OF
SKINLESS SALMON FILETS WITH SALT AND PEPPER,AND DRIZZLE WITH ONE TEASPOON

VIRGIN OLIVE OIL.TOP EACH PIECE OF FISH WITH A BASIL LEAF AND PLACE ON THE
SIMMERRING SAUCE.COVER AND STEAM FOR EIGHT TO TEN MINUTES,UNTIL THE FISH I
OPAQUE AND FLAKES TO A GENTILE TOUCH.MAKES FOUR SERVINGS.

Steamed Stuffed Clams

18 cherrystone clams, cleaned
1/2 teaspoon salt
1/2 lb pork, finely ground
1/4 cup fresh mushrooms, finely diced
1 tablespoon soy sauce
1 tablespoon chablis
1 tablespoon cornstarch
1 tablespoon scallion, minced
1 tablespoon ginger root, peeled and minced
1/2 teaspoon sesame oil
1/2 teaspoon salt

Place the clams into a large pot together with the salt and 1/2 cup of water. Place over high heat and steam the clams for about 5 minutes, shaking the pot frequently, just until the clams open.

Drain the clams. Remove clams from the shells, discarding any shells that have not opened. Mince the clams. Rinse and dry 18 half shells.

In a mixing bowl, combine clams and all the remaining ingredients. Mix well, and toss the mixture lightly against the inside of the bowl to combine and compact it.

With a spoon dipped in cold water, stuff the reserved shells with this mixture, mounding it and smoothing it. Arrange clams on a tray in a steamer for 20 minutes.

From: The Clam Lovers Cookbook Shared By: Pat Stockett

Steamed Whole Fish

2 lb whole fish (cleaned weight)
1 rock cod, flounder, pomfret
2 teaspoon salt
4 scallions
1 tablespoon ginger slivers
1 cup stock
1 tablespoon dry gin
1/2 teaspoon sugar
1 cornstarch paste
2 tablespoon peanut oil
1 sprig chinese parsley

For more people, use more than one fish. Each fish should be no more than 2 lbs. unless you have a very large steamer. Have your fishmonger clean andscale fish, leaving head and fins intact. You can tell if fish is fresh by the clearness of the eyes and a red tint on the inner edge of the gills. Wash and pat dry, rub with salt. Allow to stand at room temperature for 30 minutes.

On both sides of fish, make parallel diagonal cuts 1" apart through meaty section. Trim and shred scallions diagonally in 2" lengths. Peel and shredfresh ginger root. Place pieces of scallion and ginger in cuts.

Place fish on greased plate. Steam at rapid boil for 15 to 25 minutes, depending on size. Fish is cooked when you can flake flesh. Overcooking will toughen flesh, so watch closely.

Heat peanut oil in beaker or small saucepan. In wok, heat stock, gin and sugar. When fish is cooked, remove from steamer. Drain juices into stock mixture. Thicken slightly with cornstarch paste. Pour hot oil, then stock mixture, over fish. Garnish with Chinese parsley. Serve.

Steamy Smoked Oyster Dip

1 tablespoon butter or regular margarine
1/2 cup almonds, sliced
1 cup cream cheese, softened
1 tablespoon milk
1 black pepper to taste
1 1/2 teaspoon horseradish, prepared
2 tablespoon white onion, chopped
7 oz smoked oysters *

* Use two 3.6 oz cans of smoked oysters, rinsed, drained and mashed

Stir Fried Oysters With Garlic And Green Onio

1 lb oysters, shucked
1 teaspoon cornstarch
1 teaspoon oyster sauce
1 1/2 teaspoon soy sauce
1/8 teaspoon salt
1 tablespoon oil
1/2 teaspoon white wine
2 garlic cloves; minced
2 green onions; in 2 pieces
1 1/4 slice gingerroot *

*Note: Gingerroot should be chopped. Bring 4 cups water in large saucepan to boil. Plunge oysters into boiling water. Cook 10 to 15 seconds, until edges begin to curl. Remove with slotted spoon to paper towels to drain. Blend cornstarch with 2 tablespoons water until smooth. Stir in oyster sauce, soy sauce and salt. Set aside. Heat oil in wok until hot. Add wine, oysters, garlic, green onions and ginger. Stir-fry 15 seconds. Drain off any excess liquid that accumulates. Stir in reserved sauce. Stir-fry 1 minute, just until sauce bubbles and thickens. Created by: Mon Kee, Los Angeles (C) 1992 The Los Angeles Times

Stuffed Crabs

3 medium bellpeppers
2 large onions
2 cup bread crumbs
1 tablespoon flour
1 pinch parsley
2 stalks celery
1 stick butter
1/2 lb claw crab meat
1 pinch green onions
3 eggs

Saute' vegetables until wilted,season to taste with salt and red pepper. Mix bread crumbs,flour,eggs,green onions,and parsley. Combine with other ingredients and fill crab shells. Dip in a batter of egg and milk,then in flour and finally in bread crumbs. Fry until golden brown.

Stuffed Fish Fillets

2 tablespoon reduced calorie margarine
1/4 cup chopped scallions
1/4 cup chopped green peppers
2 slices white bread, crumbed
1 egg, beaten
1/3 cup chopped fresh parsley, divided
1/2 teaspoon salt
1 dash each nutmeg & redpepper
4 red snapper or flounder fillets (5; oz each) 1
tablespoon lemon juice

1. Preheat oven to 350F. In a 10 inch skillet, melt the margarine; remove 1tablespoon and set aside. Heat remaining margarine until bubbly and hot; add the scallions and bell pepper to skillet and saute over medium heat until vegetables are softened, about 3 min. Remove from heat and let cool slightly.

2. Add the bread crumbs, egg, 1/4 cup parsley, and the seasonings to the vegetables and mix well until ingredients are moistened. Spoon 1/4 of the vegetable mixture over each fillet and roll fish to enclose. Transfer stuffed fillets, seam side down, to an 8 x 8 x 2 baking pan, spoon any remaining ingredients over them. Drizzle reserved margarine over fillets and sprinkle each with 1/2 tb. lemon juice. Bake until fish flakes easily when tested with a fork, 15-20 minutes. Serve sprinkled with remaining parsley.

Stuffed Sea Bass

1 cup seasoned croutons
1 cup sliced fresh mushrooms
1/2 cup dry white wine
1 tablespoon chopped fresh parsley
1 tablespoon chopped fresh basil
1/2 teaspoon salt

1/2 teaspoon pepper
1 clove garlic, finely chopped
1 egg
1 dressed sea bass (about 2 lb
1/2 cup olive oil

Mix together all ingredients except sea bass and oil. Cut 3 diagonal slits on each side of fish. Place 1 tablespoon stuffing mixture in each slit. Fill cavity of fish with remaining stuffing mixture. Place fish in ungreased 12x7 1/2x2-inch baking dish. Drizzle with oil. Bake, uncovered, at 350F for 30 to 40 minutes or until fish flakes easily with fork.

Succulent Salmon (C) 1992 George Gilder

10 oz salmon fillet
1 (remove the skin)
2 medium red potatoes
1 large onions, sliced 1/4 inch
8 baby carrots or 8 carrot
1 sections, cut into 2
1 pieces
1/4 cup fresh orange juice
1 broccoli, cut into florets
1 tablespoon olive oil
1/4 teaspoon thyme
1/2 teaspoon basil
1 pkg herb-ox low salt
1 chicken stock mix
1 salt, pepper,to taste

This is a new adaptation from a series of fish recipes I developed for "people who don't like fish". The stock and juice combined with the onion add a distinctive savory flavor. The combination makes it hard to distinguish the individual flavors. This dinner takes less than ten minutesto complete.

Cut the potatoes into one quarter inch slices and place into a pan of cold water. Turn pot on high until it starts to boil. Add the carrots after three minutes. Salt the water and reduce heat to medium. Cook until tender,about six to seven minutes. Add broccoli about 2 minutes before the potatoes are finished. Drain if finished before the fish, and place back inhot pan. Add fresh pepper.

Saute onions in one half the oil, med-low heat in a ten inch teflon pan. When they start to brown add the rest of oil. Place the fish fillet on top fat side down and turn up heat to med- high. Saute until

salmon turns whiteon bottom. Add herbs and pepper. Add one quarter cup of water, chicken stock and the orange juice. Lower heat and simmer about five minutes. Basteoccasionally. The salmon should be pink inside and not over done.
Cut the filet in half in the pan. Using a plastic
spatula, pick up the fishand onions and place in one half of plate. Add a spoon or two of sauce. Addvegetables and arrange in semi-circle.

Swiss Crabwiches

1/4 cup almonds-slivered
1/4 cup sour cream
1/4 cup mayonaise
1 teaspoon dry mustard
1 teaspoon lemon juice
1/4 teaspoon garlic powder
1/8 teaspoon pepper
1/8 teaspoon nutmeg-ground
1/4 lb bacon-cooked, drained, crumb
3/4 lb crabmeat
6 green onions with tops, slic
2 cup swiss cheese shredded
4 rolls-kaiser or french
----JOYCE IN SUN CITY, AZ, FOR T---

Toast almonds until lightly browned. Toast split buns. Stir next 7 items until well blended. Stir in crumbled bacon, almonds, crabmeat, onions, and cheese. Spread about 1/3 cup of mixture on each roll half. Place on baking sheet and broil 6 inches from heat until golden brown. 2 open faced sandwiches per person.
01/02/92 9:51 AM FOOD AND WINE CLUB TOPIC: FOOD FORUM TIME: 12/23 11:46 AM TO: PATRICIA WILLIFORD (BPMC88A) FROM: JOYCE ALENSKIS (XMXX58B) SUBJECT: R-MM LEFTOVER HAM #1 Pat: Here are a few recipes that are our favorites:

Tampa's Own Fish Chowder*

1 lb fish fillets (snapper or
1 grouper)

1/2 cup boned and diced cooked
1 chicken (skinles)
2 slices of bacon
1 cup diced potatos
2/3 cup chopped onion
1 centiliter garlic minced
1/4 cup diced carrots
1 tablespoon dice celery
1 each lemon- juice of
1 teaspoon salt
1/4 teaspoon black pepper
1/8 teaspoon paprika
1/4 teaspoon ground dill
2 cup half & half
2 cup hot water(not quite boiling)
1/4 teaspoon ground cumin
1/4 teaspoon ground ginger

Fry bacon & remove from pan. Add onions & garlic to drippings. Saute' until tender but not browned. Add the water, potatos, carrots, celery, and
paprika. Cook until the potatos are almsot done. Cut fish into 1 inch squares. Add seasonings and fish at the same time. Cook until fish becomes
flaky. Pour in the Half & Half and stir well.
NOTE*....you may add 2 Tblspns of a dry white wine to this as well.

Tex-Mex Tuna Salad

2 can solid white tuna in water, drained; and flaked (6.5 oz
1/2 cup sliced ripe olives
1/2 cup sliced green onions w/tops
1/2 cup thinly sliced celery
2/3 cup pace picante sauce
1/2 cup dairy sour cream
1 teaspoon ground cumin
1 lettuce leaves or
1 shredded lettuce
12 taco shells or
3 cup tortilla chips

Combine tuna, olives, green onions and celery in medium bowl. Combine Pace Picante Sauce, sour cream and cumin; mix well. Pour over tuna mixture; tosslightly. To serve, line taco shells with lettuce leaves; spoon tuna mixtureinto shells. Or, line individual serving plates with shredded lettuce; top with tuna mixture and surround with tortilla chips. Drizzle

with additionalPace Picante Sauce; top with additional sour cream, if desired.

Tourtiere A La Ouananiche (Lac St-Jean Salmon Pie)

2 tablespoon butter
1 medium onion, thinly sliced
1 large potato, peeled, thinly sliced
1 lb ouananiche or salmon, cut into smal; l pieces 1
salt and ground white pepper
1/4 cup milk
2 tablespoon light cream
1/3 cup water (approximate)
1 egg, beaten with 1 tb milk
1 pastry for double crust pie

Servings: 6

Line a 9-inch pie plate with pastry. Heat butter in frying pan and saute onion until soft but not browned. Add potatoes, fish, salt, pepper, milk and cream; mix gently so as not to break up the pieces of fish. Arrange mixture evenly in the pastry shell. Gently stir in water; it should come halfway up the fish mixture. Cover with top crust, trim, crimping edge to seal. Cut a small hole in the centre. Brush pastry with the beaten egg andmilk.

Bake in a preheated 375 deg F oven to 45 to 50 minutes or until crust is browned.

Trout And Vegetables In Foil

4 10 trout
2 carrots
1 juice of 1/2 lemon
2 small onions
1 salt and pepper
3 ribs celery

1/2 teaspoon thyme
4 teaspoon butter

This delicious dish can be prepared for a noon campfire if the camp itself has a blender or food processor in its kitchen or prepare before the trip at home. If the fish is to be a sizable one, be sure to take enough foil in one piece; if the servings are to be individual for each guest, then cutthe foil accordingly.

Clean the trout and sprinkle inside and out with lemon juice, salt, pepper and herbs.
Put vegetables through the food processor, mix well and strain. Saute vegetables in butter until they are soft, and stuff each fish before wrapping loosely in foil.
Place in ashes or on cookie sheet in 450 degree oven for 15-20 minutes. Serve.

Trout Crepes

----CREPES----
4 eggs
1 cup water
1 cup flour
----FILLING----
1/3 minced onion
1/4 teaspoon pepper
1 clove garlic, minced
1 1/3 cup milk
1/3 cup butter
2/3 cup sauterne
1/4 cup flour
4 cup cooked, skinned, deboned
1 trout
1/2 teaspoon salt

In cooking the crepes, before filling and rolling up with the trout mixture, a 6-inch skillet is handy. Makes 20 crepes. NOTE: To make crepes,mix the ingredients for the batter together thoroughly and let rest for at least 1 hour. Brush skillet with a little butter, heat until almost smoking, and pour enough batter to thinly cover bottom of pan after it is tipped to spread evenly to edges. Cook over medium heat, turning when bubbles appear on surface; cook other side until lightly browned. Repeat, making 20 crepes in all, set aside.

Cook and stir onion and garlic in butter until onion is tender.
Remove fromheat. Blend in flour, salt, and pepper. Cook over low heat,

stirring, until mixture is bubbly. Remove from heat. Stir in milk and wine. Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in trout pieces.Fill each crepe with 2 tablespoons filling. Heat crepes at 350 degree oven for 10 minutes. Serve crepes topped with remaining filling.

Trout In Wine

1 whole trout
1 chopped herbs (marjoram,
1 parsley, thyme)
1 butter

1/2 botle White wine

Method: 1. Clean the trout. The incision in the belly should be as small aspossible consistent with the requirement to remove the entrails and clean. 2. Inside the cleaned trout place the chopped herbs and a tablespoon of butter. 3. Place the fish in an oven dish and add salt and pepper to taste.4. Pour two cups of wine over the fish. 5. Cook in hot oven about 25 minutes. 6. Add a little more melted butter, stir in and cook for another 5minutes.

Trout Sauteed In Butter

1 salt and pepper
4 fresh trout, dressed
1 a few tbsp. flour
6 tablespoon unsalted butter
1 parsley sprigs
1 lemon wedges

As every angler knows, skillet-size brook, brown, and rainbow trout are never more tasty than when prepared this way. Can there be any tastier dish than the one that comes from this happy marriage of fresh trout and butter? But for best results, a few words of warning: a basic rule of fishcookery is that fish, unless deep fried, should be cooked slowly. Yet, at the same time, one wants the flesh moist but with the outside golden

brown.Furthermore one wants to be able to serve trout whole, not in broken chunks, the result of sticking. One other word: since trout are delicately flavored, I do not "flour" trout with cornmeal but with flour. However, either way, the trout will be delicious. Salt, pepper and coat the trout byrolling them in the flour.
Melt the butter in a big iron skillet.
When the butter is hot (over medium heat) but has not yet shown color, lay in the trout and turn the fire low. A steady, low heat will do two things: cook the trout slowly and at the same time brown the trout. You must police the process continuously, and it will take 15-20 minutes, depending on the size of the trout.
Just as soon as the flour coating has set on the down side, loosen each trout from the skillet, shaking the skillet gently to keep the slow browning trout free.
After 10 minutes of slow browning, turn each trout carefully and repeat the above process.
When you serve the trout, pour a bit of the butter over each and garnish with a sprig of parsley and a wedge of lemon.
SAUTEED QUICK MEUNIERE

If you wish, add a couple of pats of butter to the skillet after the trout has been served, melt them, squeeze in a tablespoon of lemon juice, turn up the heat, and stir. Then pour this lemon-butter sauce over each trout.

Trout Served Cold In Aspic

1 poached trout
1 cup tomato sauce
4 teaspoon gelatin
1 parsley
1 lemon slices

If you'd like to serve the trout as a fish course in aspic, let the trout cool in the liquor, then remove and drain the trout.
Strain the liquor the trout were simmered in, add to it the tomato sauce, and over fire stir in the gelatin. Stir over low heat just until the gelatin melts. Set gelatin liquid in refrigerator until it cools but is not as yet "set."
Arrange trout in a flat dish, pour over them the aspic, and allow to set.
Arrange parsley and then lemon slices around the trout and serve.

Trout Stuffed Japanese Style

1/4 lb mushrooms, sliced
2 tablespoon vegetable oil
1 cup seeded, sliced in 1/4
4 eggs, lightly beaten
1 strips, red or green pepper
2 teaspoon soy sauce
4 trout, 8-10 oz. boned with
1 skin, head and tail
3 scallions, cut in 1/2
1 including greens
8 strips of bacon
1 cup bean sprouts
2 ribs celery, sliced

Mix the vegetables together. In a large skillet or wok heat oil, then tossin the vegetables and stir fry for 2 minutes. Add the eggs and soy sauce and continue to toss and cook for another minute until eggs begin to coagulate.
Stuff each of the 4 trout with one-fourth of the vegetable mixture--the filling will expand the opening by about an inch. Wrap 2 slices of bacon around each trout, tucking the ends under the trout. Bake in a large baking dish so trout are not touching in preheated 500 degree oven about 15 minutes, until skin is crisp and the fish is opaque tothe bone. Test after 12 minutes. Vegetables will remain crisp.

Truite Au Bleu (Blue Trout)

2 tablespoon butter
1 shallot of scallion, minced
1 rib celery w/leaves/chopped
1 carrot, thinly sliced
1 dressed trout, head and all
1 but cut into chunks
1 tablespoon salt
6 peppercorns
1/2 teaspoon thyme
2 tablespoon minced fresh parsley
1 bay leaf

3 cup water
1 cup white wine or dry vermouth
3 tablespoon tarragon vinegar
5 whole 10 trout

This dish is basically trout poached in a vegetable court bouillon flavoredwith a cut-up trout. It is a lovely way to offer the delicacy of trout, and can be either a fish course, if the trout are 6-8 inchers, or a main course if the trout are 10-11 inchers. As a fish course for a game dinner serve the trout cold (in an aspic if you wish-see below).

In a big saucepan or deep skillet with lid melt the butter and saute' the vegetables until the shallot is just soft.
Add the single cut-up trout and the remaining ingredients (except whole trout), bring to a bubble, and simmer for ten minutes or so. Add the dressed whole trout, cover, and simmer slowly for about 20-minutes.
If the dish is a main course, remove the fish, drain, and serve immediately with melted butter and lemon juice or herb butter. If the dish is just a fish course, allow the fish to cool in the liquor and serve the drained trout with a slice of lemon.

Tuna Broccoli Casserole

1/2 cup divided margarine
1 medium chopped onion
1/4 cup cornstarch
3 cup milk
1/4 teaspoon hot pepper sauce
2 chicken flavor bouillon
1 cubes
2 can (6.5-oz each) drained and
1 flaked tuna
1 pkg (10-oz) frozen chopped
1 thawed broccoli
8 oz elbow macaroni cooked 6
1 minutes and drained
1 1/4 cup shredded cheddar cheese
1 divided
1/2 cup fresh bread crumbs

Spray 1 quart casserole with cooking spray. In 2 quart saucepan melt 1/4 cup of the margarine over medium heat. Add onion; saute 3 minutes. In smallbowl stir corn starch, milk and hot pepper sauce until smooth; add to onions in saucepan. Add bouillon cubs. STirring constantly, bring to a boiland boil 1 minute. In large bowl combine sauce, tuna, broccoli, elbow

macaroni and 1 cup of the cheese. Turn into prepared casserole. In small bowl combine bread crumbs, remaining 1/4 cup cheese and remaining 1/4 cup margarine, melted; sprinkle over casserole. Bake in 350 degree oven 25 minutes or until topping is lightly browned.

Tuna Casserole

1 can cream of mushroom soup
1/4 cup water
3 oz chow mein noodles in the ca
1 can tuna
1 cup bean sprouts
1 cup salted cashew nuts
1/4 cup chopped onions
1 cup mandarin oranges.

Mix up the soup and water and add all the other ingredients, but save a fewof the noodles for garnishing the top. Put in a baking dish you've butteredfirst. Put the garnishing noodles on top and bake without a cover at 375 degrees for 20 or 30 minutes. My husband relaly likes this tuna casserole better than any other. I hope you enjoy it. Cindy

Tuna Fish Curry

2 teaspoon oil
2 teaspoon curry powder
1 apple; peeled & chopped
1 can tuna; drained - 8 oz
1 can tomato sauce (8 oz) or 1 cup
2 tablespoon apple juice
2 cup hot cooked rice

Fat grams per serving: Approx. Cook Time: :10
Heat oil in wok . Add apple and stir fry over medium heat, 1-2 minutes. Stir in curry powder. Add tomato sauce. Bring to a boil, add juice and tuna. Stir till heated. Serve over hot cooked rice.

Tuna Mounds With Curry Mushroom Sauce

1 small onion, minced
1/4 cup butter, melted or margarine
1/2 cup milk
2 7 oz cans tuna flakes
3 cup bread crumbs, soft
2 eggs, slightly beaten
1/4 teaspoon poultry seasoning
1/4 cup parsley flakes
1/2 teaspoon salt
1/4 teaspoon pepper
1 can mushroom soup, 10 oz
1/2 teaspoon curry powder
3 olives, stuffed and sliced

Saute onion in shortening until golden brown. Mix onion, milk, crumbs, eggs, poultry seasoning, parsley, salt, pepper, and tuna. Shape into 6 mounds in large shallow baking dish. Mix soup, curry powder and paprika. Pour around tuna mounds. Top each mound with olive slices. Bake uncovered for 45 minutes at 350 F.

Tuna Pate

10 oz canned white albacore tuna, packed; in oil, drained* 1 cup butter, softened
2 to 3 drops lemon juice
2 to 3 drops tabasco sauce
10 medium shrimp, cooked, shelled and minced 3 tablespoon coarsely chopped pimiento
2 tablespoon drained tiny capers

An inspired and inexpensive seafood hors d'oeuvre.

salt and freshly ground pepper to taste

Combine tuna, butter, lemon juice and Tabasco in a food processor or blender, process until mixture is smooth. Transfer to a bowl, add shrimp, pimiento and capers, mix well. Season with salt and pepper, taste and adjust seasoning (pate must be highly seasoned).

Pack into a well-oiled 3-cup loaf pan or mold, chill 24 hours. To serve, let stand 30 minutes at room temperature, unmold on a plate. Garnish with parsley or watercress sprigs and sliced stuffed olives. Serve with buttered toast rounds.

*Do not substitute water-packed tuna

10 servings

Tuna Pitas With Yogurt & Mustard

1 can 6 1/2 oz. solid white tuna
1 in water, drained & flaked
1/2 cup plain lowfat yogurt
1 celery stalk diced
1 teaspoon coarse grained mustard
1/4 teaspoon dillweed
1 salt & pepper
2 pita breads, halved
1 crosswise
2 lettuce leaves
2 tomatoes sliced thickly

Combine First Five Ingredients in Medium Bowl. Season With Salt & Pepper. Line Bread Halves With Lettuce Leaves & Tomatoes. Divide Tuna Mixture AmongBread Pockets. Serve Immediately.

Tuna Sashimi With Orange Glaze

2 ripe plum tomatoes
2 cup fresh orange juice
2 tablespoon green peppercorns in water drained
1/2 teaspoon salt; or as desired
1/4 cup vegetable oil
1 lb fresh tuna; in 1/4-in-thick slices
2 oranges; peeled, in sections

CUT OFF TIP AND STEM of tomatoes; remove seeds and core. Slice tomatoes into flat slices; lay each slice flat. Cut lengthwise into 1/4-inch

strips,pile strips; cut horizontally in 1/4-inch pieces. Reserve on a plate in refrigerator, covered. Chill 4 plates. In a small saucepan over medium-highheat, combine juice, 1 tablespoon green peppercorns and salt. Bring to boiland reduce until only 2/3 cup remains. The mixture should be thick and syrupy. Transfer liquid to bowl and cool to room temperature. When cool, beat in oil to make "glaze." If the mixture has a very shiny appearance andseems like it's going to separate, add a few drops of water or orange juice. To serve, spoon glaze onto plates. Arrange sliced fish on top. Garnish with the orange sections, the remaining tablespoon of green peppercorns and the chopped tomato.

MICHAEL ROBERTS - PRODIGY GUEST CHEFS COOKBOOK

Tuna Steaks

2 teaspoon olive oil
2 teaspoon margarine, melted
2 teaspoon soy sauce
1 tuna steaks

Contributed to the echo by: Pat Knox Use tuna, swordfish, or halibut steaks, cut 1/2 inch thick Place fish in a well-greased wire grill basket. Combine oil, melted butter, and soy sauce; brush some of the mixture over fish. Grill fish steaks over medium-hot coals 4 minutes. Turn the wire basket; baste fish again with the remaining soy mixture. Grill 3 to 5 minutes more or till fish just flakes with a fork.

Makes 4 servings.

Tuna Steaks Glazed With Ginger, Lime, And Soy

4 tuna steaks, 1 in thick
2 tablespoon lime juice
1 1/2 tablespoon soy sauce
2 garlic cloves, crushed
2 teaspoon ginger, grated
1 1/2 teaspoon sesame oil
1 teaspoon chili pepper, minced
1 teaspoon sugar

Whisk ingredients in small bowl. Pour marinade over fish and turn to coat. Cover and let marinade for 30 min. at room temperature, or 1 hr. in the refrigerator, turning fish over once or twice and spooning marinade over. Preheat broiler. Broil fish 4 in. from heat source until glazed and golden,basting twice with marinade, approx. 3 min. Carefully turn fish over. Broiluntil glazed and just cooked. Transfer to plate and spoon juice over top.
Clay Irving

Tuna Toasties

1 220 g can of tuna or skinned salmo; n
1/2 cup mayonnaise
1 small, finely chopped onion
1 teaspoon curry powder
1 loaf white sliced bread, crusts rem; oved
1/2 cup butter, melted

1. combine the first 4 ingredients, mix well.

2. brush both sides of slices of the bread with melted butter.

3. spread tuna filling, roll up diagonally, secure with a toothpick, sprinkle with paprika. bake at 200 degrees c for 10-15 minutes.

TO MAKE COCONUT MILK

soak 1 cup desiccated coconut in 1¬ cup warm water for 15 minutes. drain and squeeze all liquid from coconut. use light liquid, discard coconut yields about 1 cup.

Gerry

Turmeric Oyster Crackers

10 oz oyster crackers
1/4 cup water
1/4 cup olive oil

1 teaspoon granulated chicken bouillon
1 teaspoon garlic powder
1 teaspoon dill
1/2 teaspoon turmeric

Method: Place Oyster Crackers in a large mixing bowl. In small sauce pan boil Chicken Bouillon in water. Add other ingredients to sauce pan and simmer for a few minutes. Pour about 1/4 of the liquid over the Oyster Crackers. Mix. Repeat. Place Oyster Crackers in a microwave safe bowl. Cookin microwave oven on high for 3 minutes. Remove from oven and stir. Cook inmicrowave oven for another 3 minutes. Allow to sit for 5 minutes before serving. . THANKS for responding ...

Ukha (Clear Salmon Soup)

6 cup ; water
1 1/2 lb smelts, whole; cleaned well
1 onion, med
1 carrot, large; peeled quartered
1 leek (white only)
1 celery stalk; with leaves
1 parsnip; peeled
1 bouquet garni
1 salt; to taste
1 pepper, white; to taste
1 lb salmon trimmings
3/4 cup wine, white, dry
3 potato, new
2 carrot, thin; peeled
1 egg white
1 eggshell; crushed
1 lb salmon fillet, skinned
5 tablespoon scallion; chopped
1 lemon slices, thin

Approx. Cook Time: 2:00 In a large stock pot, place the water, smelts, onion, quartered carrot, leek, celery, parsnip, bouquet garni, and salt and pepper, and bring to a boil over high heat, periodically skimming off the foam as it rises to the top. Cover the pot, reduce the heat, and simmer for 35 minutes. Strain the stock through afine sieve into a clean pot, pressing the solids with the back of a spoon to extract as much liquid as possible. Discard the solids.#
Return the stock to the heat and add the salmon trimmings, wine, potatoes, and thin carrots. Bring to a boil, then reduce the heat to low and simmer, covered, until the vegetables are tender, about 25 minutes. Strain the stock into a clean pot, discarding all the solids except the potatoes and

all the carrots. Rinse the potatoes and carrots being careful not to mash them, and set aside.#
Return the stock to low heat and simmer for several minutes. Add the egg white and shell and increase the heat to medium high. Bring to a boil, beating constantly, with a wire whisk. When the stock boils, the egg white will start rising to the surface. At this point, turn off the heat and letstand for five minutes. Line a colander with a double layer of dampened cheesecloth and strain the stock into a clean pot.#
Add the fish fillets to the stock and poach over medium low heat until cooked through; five minutes. Taste and adjust the seasonings. Halve the reserved potatoes and cut into wedges. Cut the carrots into fine dice.# Divide the fish fillets among six soup bowls. Add a few potato wedges and diced carrots to each bowl. Ladle the stock into the bowls, sprinkle with scallions, and garnish with lemon slices.#

--- Please to the Table
von Bremzen and Welchman

Vieiras A La Gallega - Scallops In Mustard-Olive Sauce

1 teaspoon olive oil
4 large sea scallops
1 teaspoon minced garlic
5 green olives stuffed, chopped
1 teaspoon small capers, drained
1 teaspoon dijon-style mustard
1 cup whipping cream
1 teaspoon unsalted butter
1 1/2 teaspoon seasoned fresh bread crumbs

Cook's notes: Green olives stuffed with anchovies are available at stores that specialize in imported foods, Cost Plus.

Preliminaries: Preheat oven to 350 degrees. Procedure: Heat olive oil in medium skillet. Add garlic and scallops and cook on medium heat for 5 minutes. Add chopped olives (and anchovies if using them separately), capers, mustard, cream and butter. Cook over medium heat for 8 to10 minutesor until reduced by half, stirring occasionally. Spoon scallops into scallop shells or onto small ovenproof dish. Sprinkle with bread crumbs andbake in a preheated 350-degree oven until top is nicely browned, about 2 to3 minutes, watching carefully to prevent burning.

White Clam Sauce

1/4 cup olive oil
10 oz whole baby clams
2 garlic cloves,minced
1/3 cup dry white wine
4 teaspoon all-purpose flour
1/4 teaspoon red pepper flakes
16 oz minced clams
1/4 teaspoon salt
3 tablespoon chopped parsley

Drain and reserve juice in the cans of minced and whole baby clams. In medium saucepan heat oil. Add garlic & saute for 2 min. Stir in flour. Add reserved clam juices, wine, red pepper flakes and salt. Bring to boil & simmer for 10 min. Add minced clams, baby clams and parsley. Return to boil, then keep warm while preparing linguine. When linguine is done, pour sauce over top and toss gently and serve. I forget how many this will serve. Probably at least 4.

Whole Salmon With Dill Sauce

1 whole salmon (about 6 lb)
2 quart court bouillon
2 cup cumbers
2 lemons
1 pint sour cream
1 cup mayonnaise
1/3 cup grated onion
1/4 cup lemon juice
1/4 cup chopped fresh dill
1 salt and pepper to taste
----~For decoration: ~For the dil--

POACH THE SALMON: To time the poaching, measure the fish and allow 10 minutes for each inch of thickness; begin timing when the liquid starts to simmer. To check for doneness, insert a metal skewer into the thick flesh behind the gill. It should slide in easily. A six-pound salmon needs eithera fish poacher or a roasting pan fitted with a rack at the bottom for easy fish lifting. I use a roaster. It usually means the fish has been curved tofit in, and the benefit of this is that it retains this jaunty pose once cooked so it fits more easily onto a platter. Chill it carefully, then unwrap it, and gently pull off the skin. If the fat

underneath the skin is gray, scrape it away with a knife to reveal the orange flesh. Cut down the center of the fish to the backbone, and then ease one half of the fillet from the bones. Gently pull off the flesh, then remove the backbone and replace the fish. This way it is easier to serve at a buffet. Peel and halve the cucumbers. Scrape out the seeds, and then thinly slice them. Arrange cucumber on top of the salmon in a pattern resembling fish scales. Slice a lemon, and arrange around the fish. Chill well. For the sauce, combine the sour cream with the mayonnaise, and whisk until smooth. Add theonion, lemon juice, dill, salt and pepper. Serves 10 to 12, or more if there are other entrees. Note: The fish can be cooked up to a day in advance and refrigerated, tightly covered.
The sauce can be made up to two days in advance and refrigerated.

Wined Fish Chunks In Broth

2 lb oily fish, such as mackerel
2 teaspoon salt
1/2 cup good quality dry white wine
3 cup chicken stock
1/2 teaspoon ginger root, minced
1/4 teaspoon salt
4 napa cabbage leaves
2 scallions
2 cubes hard beancurd
1 tablespoon cooked salad oil
1/2 teaspoon ground white pepper

Marinating: Have fishmonger clean fish, discard head and fins. Wash fish, cut across fish in 1 1/2" sections. Mix salt and white wine in bowl. Add fish chunks; rub with marinade; cover bowl; refrigerate for 6 hours. After 2 hours, turn fish to mix with marinade.

Preparations: Wash cabbage; slice leaves down middle, then in 2" sections.Rinse beancurd; cut into 1" cubes. Wash, trim and shred scallions, greens and all. Peel and mince ginger. Heat salad oil to point of smoking. Remove from heat; reserve.

Cooking: Rinse fish chunks, drain. Heat chicken stock, beancurd, ginger and salt in sauce pan. Reduce heat, cover pan, and simmer for 10 minutes. When you are ready to add fish and cabbage, turn up heat to boil; add fish and cabbage when liquid boils; cover pan. Fish and cabbage are cooked in about 3 to 5 minutes - cabbage leaves will be bright lime green.
Ladle fish, cabbage and beancurd into warm shallow serving bowl; add soup. Garnish with cooked oil, minced scallion and pepper. Serve.

Anchovy-Grilled Salmon Steaks

4 salmon steaks
1 parsley sprigs
----Lemon wedges anchovy butter----
6 anchovy fillets
2 tablespoon milk
6 tablespoon butter
1 drop tabasco sauce
1 pepper

Pre-heat the grill to high heat. Oil the grill rack and place each steak to ensure an even heat. Place a small knob of Anchovy Butter (divide a quarter of the mixture in four) on each steak. Grill for 4 minutes.

Turn the steaks with a fish slice and place another quarter of the butter among the steaks. Grill on the second side 4 minutes. Reduce the heat and allow to cook for a further 3 minutes, less if the steaks are thin.

Serve with a neatly arranged pat of anchovy butter on top of each steak. Garnish with parsley sprigs and lemon wedges.

Anchovy Butter: Soak all the anchovy fillets in milk. Mash in a bowl with a wooden spoon until creamy. Cream all ingredients together and chill.

Serves 4.

(Adapted from a recipe in "Classic Fish Dishes," by Myra Street)

Apple Tuna Pasta Casserole

2 cup macaroni
6 tablespoon butter or margarine
1/4 cup all-purpose flour
3 cup milk

2 cup processed american cheese
2 cup tuna in water -- drained
2 cup tart apples -- core/dice
2 tablespoon butter or margarine --
1 melted
1/2 cup bread crumbs -- soft

Cook macaroni according to package directions; drain. In saucepan, melt 6 tb butter or margarine over low heat. Blend in flour and 3/4 ts salt. Add milk all at once. Cook quickly, stirring constantly, until mixture thickens and bubbles. Add cheese; stir until cheese is melted. Stir in tuna, diced apples and drained macaroni; turn into 12x7x2 inch baking dish. Combine melted butter and crumbs. Sprinkle on top of casserole. Bake in 350~ oven for 30 minutes, or until apples are tender.

Recipe By :

Asparagus And Crabmeat Salad

1 cup mayonnaise
1 tablespoon lemon juice - fresh
1 1/2 teaspoon tomato paste
1 1/2 teaspoon shallot - minced
1/2 teaspoon dijon mustard
1/4 teaspoon pepper
1 lb asparagus - trimmed
8 oz crabmeat - cooked
4 large boston lettuce leaves - or butter l; ettuce leaves

Calories per serving: Number of Servings: 4 Fat grams perserving: Approx. Cook Time: Cholesterol per serving: Marks:

DIRECTIONS

Whisk mayonnaise, lemon juice, tomato paste, shallot, Dijon mustard and pepper in medium bowl. Cover and refrigerate until ready to use. (Can be prepared 3 days ahead.) Cook asparagus in large pot of boiling salted wateruntil crisp-tender, about 4 minutes. Transfer to bowl of ice water and cool. Drain and pat dry. mix crabmeat into mayonnaise. Season to taste with salt. Arrange 1 lettuce leaf on each plate. Top with asparagus. Spoon crabmeat mayonnaise over and serve.

Bon Appetit, April, 1991.

Asparagus Crab Soup (Sup Mang Tay Cua)

2 1/2 quart water
2 lb pork bones
2 teaspoon salt
1 tablespoon fish sauce (nuoc mam)
1 teaspoon vegetable oil
1 clove garlic, chopped
2 shallots or
2 scallions, chopped white part
1/2 lb crab meat, fresh, frozen, or canne; d
1/4 teaspoon freshly ground black pepper 2
teaspoon cornstarch dissolved in
2 tablespoon water
1 egg
1 can (15 ounces) white asparagus, undra; i, ned 1/4
cup chopped fresh coriander (chinese pa; rsley) 1/4
cup chopped scallion greens

The French introduced asparagus to the Vietnamese, who promptly incorporated this classic vegetable into their cuisine. The Vietnamese word for asparagus is "Western bamboo," due to its resemblance to bamboo shoots. asparagus is universally popular throughout Vietnam, this light, tasty dish will delight your family as well.

Bring water to a boil and put the pork bones in. Remove the scum, then cover and continue to boil the bones for 1 hour. Remove the bones from the stock and discard. Add the salt and the fish sauce to the stock.

Heat the oil and add the chopped garlic and shallots; add the crab meat and fry for 5 minutes over high heat. Sprinkle with 1/8 teaspoon of black pepper, stirring constantly, then add the crab meat mixture to the soup and bring to a boil. Add the cornstarch-and-water mixture and stir for a few minutes.

Break the egg open and drop it into the actively boiling soup while stirring. Cook, still stirring, for about 2 minutes, then drop in the asparagus, along with the liquid from the can and the rest of the black pepper. Continue to cook until the asparagus is heated through.

Sprinkle the coriander and scallion green over the soup before serving.

Makes 6 to 8 servings.

From "The Classic Cuisine of Vietnam", Bach Ngo and Gloria Zimmerman, Barron's, 1979.

Posted by Stephen Ceideberg; May 24 1993.

Bacon-Broiled Scallops

----GOOD HOUSEKEEPKING----
24 large sea scallops, 1 1/4 lbs
12 slice bacon
1 salt
1 seasoned pepper
1 lemon wedges

Rinse scallops with running cold water to remove sand from crevices. Pat dry. Preheat broiler. Cut each bacon slice crosswise in half, wrap each half around a scallop. Secure with toothpick. Sprinkle lightly with salt and seasoned pepper. Broil 8-10 mins, turning frequently so bacon will brown evenly, until scallops turn opaque through. Remove toothpicks. Arrange on platter, garnish with lemon wedges. 205 cals per serving. Good source of iron

Bahama Fried Fish *

3 lb fresh fish fillets
1 lemon pepper
1 garlic salt
1 cup pancake mix
1 cup italian bread crumbs
1/4 cup water
1 egg; beaten
1 peanut oil

Preheat electric skillet to 350 degrees. Cut fish in bite-sized pieces. Lightly sprinkle with lemon pepper and garlic salt. Combine pancake mix and bread crumbs in a paper bag. Dip fish in water and egg mixture. Shake fish in bag to coat with crumbs. Fry in oil for 7 minutes, or until golden brown, turning once. Serve immediately.

Posted by Patti Anderson, Prodigy.

Shared on rec.food.recipes by Judi M. Phelps, 6/15/95. Internet: jphelps@shell.portal.com Submitted By JUDI MAE PHELPS <JPHELPS@SHELL.PORTAL.COM> On MON, 19 JUN 1995 151156 GMT

Baked Bluefish

3 lb bluefish fillets
1/4 cup white wine vinegar
1 bermuda onion -- sliced
1/4 teaspoon peppercorns
1/4 teaspoon allspice
1/2 cup sour cream

Place bluefish fillets in a shallow ceramic or enameled baking dish. Combine vinegar, onions, peppercorns, and allspice. Pour over fillet, turning to coat. Marinate, skin side up, at room temperature, for 1 hour. Pour off vinegar, but not onions or spices. Turn skin side down and spread top with sour cream. Bake at 350 degrees for 20-25 minutes, until fish flakes easily with a fork.

Recipe By : Elizabeth Powell

Baked Catfish & Pecans

2 lb catfish fillets
1 teaspoon salt
1 cup flour
1/4 teaspoon red pepper
1 teaspoon lemon rind; grated
1/2 cup butter
1/4 cup pecan; chopped
1 tablespoon lemon juice
1 tablespoon worcestershire sauce

Make pecan sauce by combining 1/4 cup butter, chopped pecans, lemon juice and Worcestershire sauce and blend well. Combine flour, salt, pepper, lemon rind. Roll fillets in mixture, coating well. Melt 1/4

cup butter in large skillet. Brown fillets over medium heat until light brown; turn once to brown both sides. Place fillets in well-greased 12"x8"x2" baking dish. Sprinkle pecan butter sauce over fillets. Sprinkle with additional chopped pecans if desires. Bake uncovered at 350 degrees for 12 minutes or until fish flakes easily when tested with a fork.

Baked Catfish A'la Meuni`ere

4 each catfish fillets (5 oz ea)
1/4 cup parmesan cheese
1 each egg
1 tablespoon water
1/2 cup cracker meal
1 tablespoon lemon and herb seasoning
1 meuni`ere suace

1. Thaw frozen fish accoding to package directions. 2. Beat Egg and Water. 3. Combine cracker meal,Cheese and seasoning; dip fish fillet in beaten Egg. then roll in crumb mixture. 4. Pour Meuni`ere Sauce in shallow bakin dish; place fillets in dish, turning once or twice to coat both sides well. 5. Bake i preheated 350 F. degree oven 40 minutes. or until fish flakes ea sily.

Baked Catfish Fillets With Horseradish Sauce

1 1/2 lb catfish fillets
1 tablespoon lemon juice
2 egg whites
2 tablespoon sour cream
1 tablespoon grated onion
1 clove garlic
1/4 teaspoon dry mustard
1/4 teaspoon white pepper
2 tablespoon butter or margarine
2 tablespoon flour
1 cup milk

4 teaspoon prepared horseradish

Arrange fish on baking pan sprayed with nonstick cooking spray. Sprinkle with lemon juice. In small bowl beat egg whites until soft peaks form. Fold in sour cream, onion, garlic, mustard and 1/8 teaspoon white pepper. Spoon some of mixture on top of each fillet. Bake at 375F for 20 minutes or until fish is opaque or skewer glides easily through flesh. Meanwhile in small saucepan melt butter. Blend in flour until smooth. Stir in milk, hourseradish and remaining 1/8 teaspoon white pepper. Cook and stir over medium heat until mixture is bubbly and slightly thickened. Serve over fish.

Baked Catfish Supreme

2 lb farm-raised catfish fillets
1 teaspoon salt
1/2 teaspoon white pepper
1 lemon; juice of
4 tablespoon minced parsley
1 cup mayonnaise
1/4 teaspoon paprika

Sprinkle fish fillets with satl and pepper; place in greased baking dish. Add lemon juice and parsley to mayonnaise and spread over fillets. Bake at 350 degrees for 30 minutes, or until fish flakes easily when tested with a fork. Sprinkle with paprika before serving.

Baked Citrus Swordfish

1 citrus barbecue sauce; *
6 swordfish steaks; **

* See Sowest 2 for recipe. ** You can use swordfish or salmon steaks but each should be about

1-inch thick and weigh about 5 ounces each. Prepare Citrus Barbecue Sauce and set aside. Heat oven to 450 degrees F. Place fish steaks in an ungreased rectangular baking dish, 13 X 9 X 2-inches. Pour 1 cup of the sauce over the fish. Bake, uncovered, until the fish flakes easily with a fork, 20 to 25 minutes. Serve with remaining Citrus Barbecue Sauce.

Baked Clams

12 cherrystone clams
2 tablespoon butter or margarine
1/4 cup finely chopped onion
1 clove garlic, peeled and crushed
1 egg, slightly beaten
1/4 cup seasoned bread crumbs
1/8 teaspoon dried oregano leaves
1/3 cup seasoned dry bread crumbs
2 tablespoon butter or margarine, melted

1. Remove clams from half shell and chop coarsely. Set clams and shells aside. 2. In a medium-sized, heat-resistant, non-metallic mixing bowl place 2 tablespoons butter. Heat in Microwave Oven 30 seconds or until melted. 3. Add onion and garlic. Heat, uncovered, in Microwave Oven 3 energy 3 minutes or until onion is tender. Add egg, the 1/4 cup bread crumbs, chopped clams and oregano to onion mixture. 4. Spoon mixture into reserved shells. Place shells on a heat-resistant, non-metallic serving platter. 5. In a small bowl combine the 1/3 cup seasoned bread crumbs and the 2 tablespoons melted butter. Sprinkle buttered bread crumbs on top of clam mixture. 6. Heat, uncovered, in Microwave Oven 5 minutes or until heated through.

Baked Clams With Tasso Gratinee With Saffron

8 oz tasso; finely diced
1 cup bread crumbs
1 tablespoon essence
1/2 cup parmigiano-reggiano cheese
1 ; grated
12 medium calms, on the half shell

----SAFFRON SABAYON----

4 egg yolks
1 juice of 1 lemon
1 pinch saffron
1 salt and pepper
2 tablespoon chives; chopped
2 tablespoon brunoise re peppers
2 tablespoon brunoise yellow peppers

Preheat the oven to 450 degrees F. In a hot saute pan, render the tasso for 2 minutes. Remove from heat. Add the bread crumbs, Essence and cheese to the rendered tasso, mix thoroughly. Season the clams with salt and pepper. Top each clam with 1 tablespoon tasso crust. Place the clams on a baking sheet and bake for 6-8 minutes, or until the crust is golden brown. For the Sabayon: In a mixing owl, whisk eggs, lemon juice and saffron together. Place the bowl over a pot of boiling water and whisk until pale in colour and thick. The sauce will leave a ribbon like trace, about 5 minutes. Season with salt and pepper. Remove clams from oven. Place the clams on a platter and drizzle with sabayon. Garnish with chives and peppers.

Baked Codfish With Spinach & Cheese Sauce

3 tablespoon butter
2 tablespoon flour
1 1/2 cup milk
1/4 cup heavy cream
1 cup gruy#re
1 egg yolk
1 salt
1 pepper, black
1/8 teaspoon nutmeg
1 pinch cayenne
1 lb spinach; fresh
2 tablespoon shallot; finely chopped
4 cod steaks
1/2 cup wine, white
2 tablespoon parmesan; grated

* The cod steaks should be boneless and skinless, about 6 oz each. Melt 1 tablespoon of the butter in a saucepan. Add the flour and stir with a wire whisk until blended.

Add the milk and cream all at once. Stir rapidly with the whisk.

Bring to a boil and add the Gruyere cheese. Stir until the cheese has melted. Add the egg yolk, stirring rapidly with the whisk. Add salt, pepper, nutmeg and cayenne. Simmer, stirring, for 1 minute. Set aside, cover and keep warm. Pick over spinach and discard any tough stems. Wash spinach thoroughly to remove any sand. Put spinach in a large saucepan, add salt and cook on high heat, stirring, until wilted, about 2 minutes. Drain well and squeeze out excess moisture. Set aside and keep warm. Preheat the oven to 450 F. Grease a metal baking dish with 1 tablespoon of the butter. Scatter the shallots over the dish. neatly arrange the pieces of cod over the shallots. Season with salt and pepper. Add the wine, cover with foil and bring to a boil on top of the stove. Put the dish in the oven and bake for 5 minutes.

Select a baking dish large enough to hold the fish in 1 layer. Spread the remaining 1 tablespoon of butter over the bottom of the dish. Spoon the spinach over the bottom and carefully transfer the cooked codfish over the spinach, reserving the wine liquid in the first dish.

Reduce by 1/2 the wine liquid in the metal baking dish and add it to the cheese sauce. Bring to a boil stirring with a wire whisk. Spoon the hot sauce over the fish, smoothing it over to cover the fish. Sprinkle with Parmesan cheese. Turn on the broiler unit and put the dish under the broiler with the door open until nicely browned and bubbling.

Baked Cqthi Salmon (Welsh)

1 large fresh salmon
1 lemon
1 salt and pepper
5 oz butter
2 egg yolks
1 pinch cayenne pepper
1/2 cucumber
2 tablespoon lemon juice

EOG COTHI O'R FFWRN Wash the salmon in salted water, dry, trim and cut into steaks. Line a roasting tin with baking foil and coat the foil with butter. Place the fish steaks on the foil. Season with salt and pepper and top each with a knob of butter. Cover with foil and bake in a fairly hot oven (400/F. or Mark 6) for 20-25 minutes. Peel and slice the cucumber and saute gently in butter in a saucepan. The Sauce : Whisk the egg yolks, vinegar and seasoning in a basin over hot water until the sauce thickens. Add 2 oz. butter, a small piece at a time. If the sauce becomes too thick add a little hot

water. When the fish is cooked, place it on a large plate, and surround with the cucumber slices. Serve with the egg sauce.

Baked Crab~ Pepper & Spinach Frittata

1 no ingredients

1 c Onion -- minced
2 ts Garlic -- minced
2 TB Olive Oil
1 Lb Fresh Spinach (1 Lg.Bunch)
: wash, stems removed
: Salt And Freshly Ground
: Pepper
: Freshly Grated Nutmeg
2 md Red Bell Peppers
1 TB Butter -- softened
6 lg Eggs
1 TB Minced Fresh Herbs
2/3 c Asiago Or Parmesan Cheese --
: coarsely grated
8 oz Dungeness Crab Meat -- well
: picked over

Saute the onion and garlic in olive oil over moderate heat until soft but not brown. While onions are cooking, blanch the spinach in lightly salted boiling water for a few seconds until wilted. Drain and immediately plunge into ice water to stop the cooking and set the color. Drain again and gently squeeze as much of the moisture as possible out of the spinach with a clean tea towel. Coarsely chop spinach and combine with onion mixture. Season with salt, pepper and nutmeg.

Over an open flame or under a broiler, char peppers on all sides. Remove and cover loosely with plastic for a few minutes to sweat and then scrape off charred skin with the point of a knife. Remove and discard seeds and stems and cut peppers into long thick slices.

Lightly butter or oil a small terrine or loaf pan (8x4x2 1/2 inches) and line the bottom with buttered waxed paper or parchment.

Beat the eggs briefly together with the herbs and season with salt and pepper. Layer one third of spinach mixture on bottom of pan. Top with 1/3 of roasted red pepper, 1/3 of the cheese and 1/3 of the crab. Pour about a third of the egg mixture over and gently tap pan and poke mixture to evenly distribute eggs. Continue layering in this way.

Place terrine in a larger baking pan and pour enough hot tap water to come at least 2/3 of the way up the sides of the terrine. Place in a preheated 325 degree oven, cover with parchment or foil and bake in a preheated 325 degree oven until eggs are just set. Remove from water bath and let sit 15-20 minutes before unmolding if serving warm.

Yield: 6 servings

~ - - - - - - - - - - - - - - - - - -

NOTES : Show: 10/24

*chives, tarragon, dill or a combination.

Recipe By : COOKING RIGHT SHOW #CR9746 From: Bill Spalding <billspa@icanect.Ne

Baked Fillet Of Catfish Creole

----58 oz. catfish fillets creole--
2 tablespoon butter
1 cup chopped onions
3/4 cup chopped celery
1/2 cup bell pepper; chopped
4 cl garlic; chopped
2 can tomato sauce; (8 oz. each)
2 bay leaves; (whole)
1 teaspoon chili powder
1 salt; to taste
1 cayenne pepper; to taste
1/2 teaspoon sugar
1/4 teaspoon thyme
1/4 teaspoon dill
1/4 teaspoon sweet basil
1 cup water
1 salt
1 cayenne pepper

Place catfish fillets in baking pan with 1-inch lip.

Cover with Creole sauce. Bake at 350 F. for 15-20 minutes.

In a heavy pot, saute seasonings in butter until done (10 minutes). Add tomato sauce and water, bring to a rapid boil, and reduce to simmer. Stir occasionally and cook approximately one hour. Add water

to retain volume. Season with salt and cayenne pepper to taste.

Yields 4 servings.

Baked Fish

2 oz seasond coating mix for fish
1 lb fish fillets or serving
1 size pieces of fish
1 water

1. Lightly grease a shallow, 10-inch, heat-resistant, non- metallic baking dish. 2. Empty seasoned coating mix into the plastic shaker bag. 3. Moisten fillets with water. Shake off excess water. 4. Shake 1 or 2 fillets at a time in the bag until evenly coated. 5. Arrange in greased baking dish. 6. Heat, uncovered, in Microwave Oven 7 minutes or until fish is easily flaked with a fork. Note: If frozen fillets are used, partially defrost in Microwave Oven and do not moisten with water.

Baked Fish Chowder

350 f.

Butter a deep baking dish. Peel and thinly slice three medium potatoes and two onions. In bottom of dish, put half the potatoes and onions. Salt and pepper and dot generously with butter. Cover with a thick layer of fish fillet (or flaked, canned salmon). Season and again butter generously. Layer with remainder of potatoes and onions and season again. Pour in enough milk to reach top layer. Sprinkle with paprika and bake one hour at

Baked Fish Steaks (Nz)

6 fish steaks, tamure (snapper), or h; apuka (gro
1/2 cup milk
1/2 teaspoon salt
1 cup dry breadcrumbs
2 oz butter
1 watercress or parsley
1 sliced lemon

1. Lay the fish in a shallow dish. Pour the milk over the steaks and add salt and pepper. Leave to soak one hour.

2. Drain the milk away and sprinkle with breadcrumbs.

3. Lay the steaks in a buttered baking dish. Melt the butter and pour over the fish.

4. Bake in the oven for 30 minutes at 350 degrees.

5. Serve garnished with sliced lemon and sprinkled with watercress.

Baked Fish With Almond Stuffing

5 1/2 lb whole bass or red snapper cleaned a; nd washed
1/4 cup chopped onion
2 tablespoon butter
3 cup soft bread crumbs
1/2 cup chopped celery
1/2 cup chopped green onion
1/2 cup chopped and toasted almonds
3 eggs, lightly beaten
2 tablespoon chopped fresh parsley
1 teaspoon dried tarragon
8 tablespoon butter
1 salt and fresh ground pepper

Preheat oven to 400=B0/ Saute onion in 2 Tablespoons butter until soft Add bread crumbs, celery, green pepper, almonds, eggs, parsley and tarragon and mix well. Stuff cavity of fish with mixture and sew shut. Melt 8 Tablespoons butter, line a large shallow baking dish with foil, and pour a little melted butter over the bottom. Place fish on the foil and sprinkle with salt and pepper. Bake for 1 hour and 15 minutes, basting frequently with remaining melted butter, or

until fish flakes easily with a fork. Do not overcook

Baked Fish With Spices

2 whitefish, whole (about 300 g eac; h,)
1 onion, chopped
1 garlic clove, crushed
1 teaspoon fresh ginger, chopped
1 teaspoon lemon rind, chopped
2 tablespoon tamarind sauce
1 tablespoon light soy sauce
1 tablespoon peanut oil

1. Place fish onto large pieces of foil. Make three deep incissions with sharp knife on each side of fish.

2. In a food processor, combine onion, garlic, ginger, lemon rind, tamarind sauce, light soy sauce and peanut oil, blend until the mixture is smooth.

3. Spread mixture on both sides and inside the fish.

4. Wrap foil around fish, secure firmly. Place fish in a baking dish, bake at 180 degrees C for 30 minutes, or until fish is just cooked.

Baked Fish With Sweet & Sour Onions W/Cousc

1/4 cup raisins
2 lb onions; about 4
1/4 cup olive oil
1/4 cup red wine vinegar
2 teaspoon grated lemon zest
1 tablespoon grated orange zest
1 salt and pepper
4 salmon fillets; 1 1/2 lbs
1/4 cup toasted pine nuts
1 cup instant couscous

2 tablespoon butter
1/2 teaspoon salt
1/2 teaspoon cinnamon; optional
----NUTRITIONAL DATA PER SERVING---
526 *calories
39 *gm protein
29 *gm fat
29 *gm carbo
94 *gm chol
634 *mg sodium

For Fish: (4 servings)

Pour 1/2 cup warm water over raisins and set aside to plump. Slice onions. In a large frying pan, heat oil over medium heat. Add onions and cook until tender, about 20 minutes. Drain raisins, and add to onions with vinegar and the grated zests. Cook 1 minute. Add 1 teaspoon salt and 1/2 teaspoon pepper. Heat oven to 375 degrees F. Sprinkle fish with salt and pepper and spread onion mixture on top. Bake until fish is cooked through, 7 to 10 minutes. Sprinkle with pine nuts just before serving. Work Time: 30 minutes Total Time: 40 minutes

For Couscous:* (4 servings) Put the couscous in a 9" square baking dish about 2" deep. In a saucepan, combine the butter, salt, cinnamon and 1 1/2 cup water and bring to a boil over high heat. Pour over the couscous and stir once to combine. Cover with foil and let stand 10 minutes. Uncover and fluff the couscous with a fork before serving.

*You won't get the best results from following the instructions on the box. This is an even simpler method for making couscous with just a touch of cinnamon.

From the MM database files of Judi M. Phelps. jphelps@slip.net or jphelps@best.com

From: Jphelps@slip.Net (Judi Mae Phelpsdate: 14 Oct 1996 15:50:10 Gmt

Baked Fish With Tomato-Orange Confit

4 sun-dried tomatoes -- (not
1 in oil)
1 tablespoon olive oil
1/2 cup onion -- minced
1 clove garlic -- peeled and
1 minced

2 large tomatoes -- peeled, seeded
1 and
2 tablespoon orange peel -- grated
2 tablespoon orange juice
2 tablespoon lime juice
1/2 teaspoon dried tarragon -- crushed
1 pinch cayenne pepper
1/2 teaspoon fennel seeds -- crushed
2 oranges -- peeled and
1 sectioned
1 tablespoon unsalted butter
1 ground black pepper -- to
1 taste
1 2/3 lb fish fillets
1 teaspoon olive oil
1 cut into cubes

Cover the dried tomatoes with boiling water and let sit until softened, about 20 minutes. Drain and chop. In a medium pan heat 1 tbsp. olive oil over medium heat. Add the onion and garlic; saute 10 minutes. Stir in the dried and fresh tomatoes, orange peel, orange and lime juices, tarragon, cayenne and fennel seeds. Cook over medium heat 10 minutes. Stir in the orange sections, butter, pepper. Keep warm. Place fish on a rack in a baking pan or use a broiling pan. Brush with 1 tsp. olive oil and bake in a preheated 450-degree oven 12 minutes per inch of thickness. Serve with confit on top.

Recipe By : Sarah Leah Chase

Baked Fish With Vegetables

1 whole red snapper (2 lb) =or=- whol; e sea bass or f 1
salt, pepper
2 1/2 lemons; halved
1 bunch fresh fennel leaves or
2 teaspoon fennel seeds
1/2 cup butter or margarine
1 onion; thinly sliced
2 medium potatoes; peeled and very thinly sl 2
tomatoes peeled and quartered
1/2 cup white wine
3 tablespoon pernod
1 parsley; chopped

Season fish inside and out with salt and pepper to taste and juice of 1/2 lemon. If fillets are used, sprinkle both sides with salt, pepper

and lemon juice. Place fennel leaves or seeds inside fish or sprinkle over fillets. Melt butter in large skillet. Brown fish on both sides. Transfer fish and juices to 13- x 9-inch baking pan. Arrange onion and potato slices around fish and bake at 375F 30 minutes. Add tomatoes, pour wine over fish and sprinkle with Pernod. Bake 10 minutes longer or until fish flakes easily with fork and potatoes are done. Serve from baking dish or arrange fish on large platter with tomatoes, potatoes and onions. Pour juices over fish and sprinkle with parsley. Garnish with remaining lemon halves.

Baked Flounder With Scallop Stuffing

1/2 cup butter
1 clove garlic -- minced
1 small onion -- finely chopped
1/2 lb scallops -- chopped
1 salt
1 fresh ground black pepper
1 dry white wine
1 dry bread crumbs -- fine
6 flounder fillets -- 5-7 oz
1/4 cup butter -- melted
1/2 cup hot water
1 white sauce:
2 tablespoon butter
2 tablespoon flour
1 cup milk
1 salt
1 fresh ground black pepper
1 dry white wine

In a 10 inch skillet, melt the 1/2 cup of butter. Add garlic and onion and saute until onions are translucent. Add scallops and cook 2 or 3 minutes. Season with salt, pepper, and white wine to taste. Add sufficient bread crumbs to prepare a moist stuffing. Place each flounder fillet dark-side-up on a flat surface. Placing the scallop stuffing in the center of each fillet, divide evenly among the fillets. Fold both ends of each fillet over the stuffing, overlapping the ends. Pour the melted butter and the hot water into a 9x12 inch baking dish. Transfer the stuffed fillets to the baking dish and bake 20 minutes while you prepare a white sauce. WHITE SAUCE: In a small saucepan, melt butter, then whisk in flour. Cook over low heat 2-3 minutes, whisking constantly. Then add milk, and salt, pepper, and white wine to taste. Increase heat to medium, whisking constantly until the sauce is thickened. Cook several minutes over low heat, stirring. When the flounder has baked 20 minutes, pour the white

sauce over the stuffed fillets. Return the baking dish to the oven briefly and heat until the sauce begins to bubble. -From Diana Rattray

Recipe By : Country Inns and Back Roads Cookbook

Baked Flounder(English)

4 flounders
2 tablespoon finely chopped parsley
2 tablespoon finely chopped chives
2 tablespoon finely chopped tarragon
1/4 teaspoon nutmeg
1 glass white wine
1 salt and black pepper
2 oz butter
4 oz fresh white breadcrumbs
1 parsley sprigs to garnish

If necessary, 4 small plaice can be substituted for the flounders. Set oven to 450/F or Mark 8. Wash and dry the flounders. Mix the herbs and nutmeg together. Butter an ovenproof dish and coat with the herb mixture. Arrange the fish in the dish and pour the wine over. Season to taste. Melt 1 oz. of butter, pour on to the fish and cover with the breadcrumbs. Dot with the remaining butter and bake for 10 to 15 minutes, near the top of the oven, so that the breadcrumbs brown, adding a little extra butter if they look dry. Serve, garnished with parsley sprigs.

Baked Rockfish With Ginger-Lime Sauce

1 stephen ceideburg
1 1/3 lb rockfish fillets
1/4 teaspoon salt
1 freshly ground black pepper to tast; e
1 1/2 tablespoon butter or margarine
1 tablespoon finely grated fresh ginger
2 tablespoon lime juice
2 tablespoon ketchup

Place the fish fillets on a rack set in a pan (or use a broiling pan), and sprinkle with salt and pepper. Bake in a preheated 450-degree oven 12 minutes per inch of thickness. Test for doneness.

While the fish is cooking melt the margarine in a small saucepan. Add the ginger, lime juice and ketchup. Stir until blended and hot.

Spoon the sauce over the fish and serve. By Larry Brown of the Seattle Times writing in the San Jose Mercury News. 6/9/93.

Posted by Stephen Ceideburg

Baked Salmon

1 lb salmon fillets
1 teaspoon oregano, dried
2 centiliter garlic; minced
1 pepper to taste
1 tomatoes; thinly sliced
1 small onions; thinly sliced
2 tablespoon parsley; chopped
1/4 cup dry bread crumbs
1 tablespoon vegetable oil

Spray shallow baking pan with non-stick coating. Place fish in baking pan and sprinkle with oregano, garlic and pepper. Layer with tomato, onion and parsley. Mix bread crumbs with oil and sprinkle on top of fillets. Bake at 450^ F. for 8 to 10 minutes or just until fish flakes easily.

Baked Salmon Packets

4 salmon filets
4 teaspoon butter
8 thyme sprigs, fresh
8 parsley sprigs, fresh
4 garlic cloves, minced
4 tablespoon white wine, dry
1/2 teaspoon salt

1/2 teaspoon black pepper, ground

Preheat oven to 400 degrees. Place 4 large pieces of foil on a working surface, shiny side down. Spray the inside with vegetable cooking spray. Place a fish filet on each piece of foil. Evenly divide thyme, parsley, garlic, salt, pepper, and wine among the fish. Dot each filet with one teaspoon of butter and then securely fold and seal the edges. Place the packets on a baking sheet and bake for 10-12 minutes. Place packets on plates and open carefully.

Baked Salmon Provencale

4 salmon steaks; 3/4-inch thic
1 teaspoon unsalted butter
1 teaspoon olive oil
2 teaspoon (1 gr) saffron thread 1
tablespoon minced garlic
1/2 teaspoon tarragon
1/4 teaspoon thyme
1 pinch sage
2 bay leaves; crushed
1 cup coarsely chopped plum tomato
9 greek olives; pitted;chopped
2 3/4 cup white wine
1 cup fish stock (see recipe)
1 teaspoon herbal salt substitute

Preheat oven to 400 degrees F. Wash and pat dry salmon steaks.

2. In a large, deep, ovenproof skillet or stovetop casserole over medium-high heat, saute salmon briefly on each side in butter and oil (about 1 minute). Remove to a platter. Add saffron, garlic, tarragon, thyme, sage, bay leaves, tomatoes, olives, wine, fish stock, and salt substitute. Bring to a boil. Lower heat and simmer for 10 minutes, uncovered.

3. Add salmon steaks. Remove pan from heat and place in oven. Bake until salmon is lightly pink and done to taste (10 minutes).

4. To serve, place salmon steaks on platter and spoon sauce over them.

Baked Salmon With Caper Sauce

2 tablespoon plain lowfat yogurt
2 tablespoon reduced cal. mayonnaise
1 teaspoon capers drained
1/2 teaspoon white wine vinegar
1/4 teaspoon lemon-pepper seasoning
2 (4 oz.) salmon steaks
1 small onion thinly sliced
2 tablespoon dry white wine
1 teaspoon dried dillweed
1 lemon slices
1 fresh dill sprigs (opt)

Combine First Five Ingredients, Mixing Well. Cover & Chill. Rinse Salmon, Pat Dry. Place in 1 Quart Baking Dish Coated With Cooking Spray. Arange Onino Slices Over Salmon. Pour Wine Over Salmon & Sprinkle With Dill. Cover & Bake At 350 For 15 To 20 Min. OR Until Salmon Flakes Easily When Tested With A Fork. Discard Onion & Dill (If Fresh). Transfer To Individual Serving Plates.Spoon 2 T. Caper Sauce Over Each Salmon Steak & Garnish With Lemon Slices & Fresh Dill If Desired.
Fat 8.6, Chol. 45.

Baked Salmon With Herb Sauce

1 1/2 lb salmon fillet
1 tablespoon butter
1 each salt and pepper
1/2 cup mayonaise
1 tablespoon parsley
1/2 teaspoon dill
1 each lemon wedges
1 each greens of onion, fine chop

Cut fillet in 4 serving pieces. Place large side of fillet toward edge of pyrex baking dish with center open. Pierce fish, dot fish with butter, and cover with plastic wrap. Microwave Medium (50%) for 5 minutes. Mix mayonaise, parsley, onion, and dill togerther. Spread mayonnaise mixture on top of fillets and microwave Medium (50%) covered for 5-6

minutes before serving. Garnish with lemon wedges. If steaks are used, arrange with thin ends toward center of dish. One inch steaks should be microwaved 5 minutes a medium power, covered with mayonnaise mixture and microwaved for 5-6 minutes longer.

Baked Sea Bass With Black-Olive Sauce

4 cloves garlic; minced
1 cup pitted black olives; chopped
1 teaspoon crumbled dried oregano
1 teaspoon crumbled dried basil
2 tablespoon minced parsley
1 salt
1 freshly ground pepper
1/4 cup olive oil
2 lb sea bass fillets (4 to 6 ea)
1/2 cup vegetable stock -or- dry white win; e

Combine garlic, olives, oregano, basil and parsley in small bowl. Season to taste with salt and pepper.
Heat oil in 13x9-inch glass baking dish at 425 degrees 1 minute. Spread olive mixture evenly over bottom of baking dish. Arrange sea bass, skin side up, on top. Pour vegetable stock around fillets.
Bake, basting occasionally with juices, 15 minutes or until done. To serve, arrange fillets and olive mixture on heated serving plates.
Makes 4 servings. Each serving contains about: 361 calories; 393 mg sodium; 145 mg cholesterol; 17 grams fat; 2 grams carbohydrates; 33 grams protein; 0.07 gram fiber.

Baked Sea Scallops

12 oz sea scallops
4 oz butter, melted
1 oz sherry
1 cup fresh bread crumbs
1 salt and pepper to taste

Slice scallops in half and place in a buttered casserole dish. Season

with salt and pepper. Combine butter, sherry and crumbs. Pour over scallops. Bake at
350 degs for 10-15 mins.

From: Aw Shucks...Another Junior League Cookbook

Food & Wine RT [*] Category 3, Topic 6 Message 161 Sun Feb 23, 1992
P.T.MACELUCH [Blivet NJ] at 06:27 EST

MM by QBTOMM and Sylvia Steiger, GEnie THE.STEIGERS, CI$ 71511,2253, GT Cookbook echo moderator at net/node 004/005

Baked Stuffed Catfish

2 onions chopped
4 stalks celery chopped
1 bell pepper chopped
1/2 cup butter
20 oz can tomatoes with or without
1 chilies
8 oz tomato sauce (canned or home
1 made)
1 to taste salt, black pepper
1 and cayenne pepper
1/4 cup parsley chopped
1/4 cup green onion tops chopped
5 lb whole catfish, cleaned and
1 head removed
1 shrimp and crab stuffing
1 (recipe follows)

Saute onion, celery and bell pepper in butter until onions are transparent; add remaining ingredients except fish and stuffing and simmer 20 - 30 minutes Season fish with salt, black pepper and cayenne pepper, then stuff cavity with shrimp and crab stuffing. Place fish in foil lined baking dish and pour tomato mixture over top; close foil over fish tightly and bake at 350 for about 30 to 45 minutes.

From: Nancy Coleman Date: 04-13-96

Baked Stuffed Clams (Pat Stockett)

12 chowder clams
1/4 cup butter
1 cup fine dry breadcrumbs
1 teaspoon parsley flakes
1/4 teaspoon lemon & pepper seasoning
1/8 teaspoon garlic powder
1/8 teaspoon oregano
1 few drops of hot sauce
1 paprika
1 old bay seasoning (or any
1 crab spice)

Shuck and chop clams, strain and reserve liquid. Melt butter. in pan. Add crumbs, parsley, lemon pepper seasoning, garlic powder, oregano, and hot sauce; mix well. If mix is too dry, moisten with clam liquor. Fill 12 clam shells with clam mix. Sprinkle paprika and crab spice over top. Bake at 400 degrees for 12 -
15 min.

Baked Stuffed Flounder

1/2 cup celery, chopped
1 clove minced garlic
1 stick butter
1/2 lb boiled, chopped, shrimp
1/2 lb crabmeat
1 egg, slightly beaten
1/2 cup chopped green onions
1 cup progresso bread crumbs
2 tablespoon chopped parsley
1 salt,pepper,red pepper

Saute celery, onions and garlic in 1/2 stick melted butter. Add bread crumbs, shrimp, crabmeat and parsley. Mix well. Season to taste with salt, pepper and cayenne. Split thick side of each flounder, lentthwise and crosswise, and loosen meat from bone of fish to form a pocket for stuffing. Brush well with additional melted buttter, salt and pepper. Stuff pocket with dressing. Melt remaining 1/2 stick butter in shallow baking pan. Place fish in pan. Cover and bake at 375 F. for abt. 30 minutes. Remove cover and bake additional 5 minutes. Courtesy Telephone Pioneers
: BillSpalding *P CRBR 38 A

Baked Trout With Fennel

1 large fresh rainbow trout (2-3 lb) - hea; d, left on if desired
1/2 cup dry white wine
1 lemon; cut in slices
4 fennel sprigs (up to 6) - (the feat; hery fronds) 2
tablespoon butter; cut in small pieces
----MEUNIERE BUTTER WITH FENNEL----
1/3 cup unsalted butter
1/2 small lemon; juice of
1 salt and pepper; to taste
1 tablespoon chopped fresh fennel leaves

Wash and clean trout thoroughly, scraping skin with a dull knife. Pat dry. Cut off fins with scissors or sharp knife and trim tails.

Place trout in a greased oblong baking dish. Place half the lemon slices, half the fennel sprigs and some butter inside prepared trout. Add wine and top with remaining lemon slices, fennel sprigs and butter.

Bake at 350 F. until fish flakes when tested with a fork (12 to 15 minutes, depending upon size of trout.) Baste periodically.

Meanwhile, make meuniere butter: In a small, heavy saucepan, melt butter. Cook slowly over low heat, shaking pan vigorously, until butter is a light brown nut color. Add lemon juice, salt, pepper and chopped fennel and serve at once, poured over baked trout.

From _Nancy Enright's Canadian Herb Cookbook_ by Nancy Enright.
Toronto: James Lorimer & Company, 1985. Pg. 46. ISBN 0-88862-788-2.
Typed for you by Cathy Harned.

Baked Trout With Yoghurt & Herbs

6 6-8 oz trouts
7 1/2 fl oz greek strained yoghurt
2 1/2 fl oz whipping cream

2 tablespoon fresh chopped parsley
2 tablespoon chopped chives
2 tablespoon chopped fennel
1 teaspoon fresh chopped thyme
1 teaspoon fresh chopped oregano
1 teaspoon fresh chopped tarragon
1 clarified or unsalted butter

Choose a baking dish or other shallow oven-proof dish suitable for bringing to table, which is just large enough to take the trout in a single layer when they are arranged head to tail. Thoroughly dry the fish with plenty of kitchen paper. Make a frying pan very hot, barely smear it with fat and fry the fish briefly, one or two at a time, just long enough to brown their skins well on both sides. Transfer the fish to the ovenproof dish, arranging them neatly. Cover and store in a cool place.

Chop the herbs and mix them gently in a small saucepan. Measure the yoghurt and cream and pour them over the herbs. Add plenty of pepper and some salt and stir to mix well. Cover and leave to infuse. Everything up to this stage can be done in advance, but be sure to bring both the pan of sauce and the dish of trout back to room temperature about 1 hour before they are to be put back into the oven for cooking. (Foods that are transferred straight from the fridge to cooker take a very long time to heat through properly.)

About 1/2 hour before you plan to serve the trout, bring the yoghurt-and- herb mixture very slowly to simmering point, stirring all the while. Pour the aromatic mixture over the fish, cover the dish and bake at 350 F (180 C) gas mark 4 for 20-25 minutes until the fish are piping hot and cooked through. (To check a trout for readiness, insert the tip of a knife into its flesh just behind the head.) Serve with steamed new potatoes and other young summer vegetables such as carrots and peas.

Baked Tuna Pie

1 cup all-purpose flour
1/3 cup enriched corn meal - (aunt jemima o; r quaker)
3/4 teaspoon salt (optional)
1/3 cup vegetable shortening or- margarine
1/4 cup cold water
10 oz frozen chopped broccoli - thawed
13 oz evaporated milk
1 can tuna (6-1/2 or 7-oz. size) - drain; e, d, flaked

1/4 cup grated parmesan cheese
1/2 teaspoon dillweed

Heat oven to 350 F. Combine flour, corn meal and 1/4 teaspoon salt. Cut in shortening until mixture resembles coarse crumbs. Add water, 1 tablespoon at a time, stirring lightly with fork until mixture forms a ball. On lightly floured surface, roll out pastry to form 12-inch circle. Fit loosely into 9-inch glass pie plate; trim. Turn edges under; flute.

Place broccoli between layers of paper towels. Pat gently to absorb excess water. Combine broccoli, remaining 1/2 teaspoon salt and remaining ingredients; mix well. Pour mixture into pastry shell. Bake 50 to 55 minutes or until knife inserted in center comes out clean. Let stand 10 minutes before serving. Serve with lemon wedges, if desired.

NUTRITIONAL ANALYSIS per serving: * calories 356 * carbohydrates 31 g * protein 22 g * fat 16 g * calcium 291 mg * sodium 210 mg * cholesterol 160 mg * dietary fiber 3 g

Baked Tuna Steaks

1 lb tuna, fresh; cut into 4 steaks
1 dash white pepper

Skin tuna. Sprinkle with pepper. Bake at 350 degrees until fish flakes easily and is no longer pink.

164 calories per serving

-Trim & Thin 4-Ingredient Cookbook

Baked Whole Fish

3/4 lb salmon, whole; or trout
2 tablespoon butter; or margarine

2 cup asst vegetables; sliced
4 slice bacon

Cover broiler pan rack with foil. Place bed of assorted sliced vegetables on foil. Lay fish on vegetables and put bacon slices on fish. Bake at 425F for 20-30 minutes or until flesh flakes easily with fork. Transport fish and vegetables to platter

Blackened Redfish

6 each 8-10oz redfish fillets
3/4 lb unsalted butter, melted
----SEASONING MIX----
1 tablespoon sweet paprika
2 1/2 teaspoon salt
1 teaspoon onion powder
1 teaspoon garlic powder
1 teaspoon ground cayenne pepper
3/4 teaspoon ground white pepper
3/4 teaspoon ground black pepper
1/2 teaspoon dried thyme leaves
1/2 teaspoon dried oregano leaves

NOTE: Fish fillets (preferably redfish, pompano or tilefish) cut about 1/2 inch thick. Redfish and pompano are ideal for this method of cooking. If tilefish is used, you may have to split the fillets in half horizontally to have proper thickness. If you can't get any of these fish, salmon steaks or red snapper fillets can be substituted. In any case, the fillets or steaks must not be more than 3/4 inch thick. Heat a large cast-iron skillet over very high heat until it is beyond the smoking stage and you see white ash in the skillet bottom (the skillet cannot be too hot for this dish), at least 10 minutes. (FT - this recipe is *NOT* for the faint of heart) Meanwhile, pour 2 Tablespoons melted butter in each of 6 small ramekins; set aside and keep warm. Reserve the remaining butter in its skillet. Heat the serving plates in a 250F oven. Thoroughly combine the seasoning mix ingredients in a small bowl. Dip each fillet in the reserved melted butter so that both sides are well coated; then sprinkle seasoning mix generously and evenly on both sides of the fillets, patting by hand. Place in the hot skillet and pour 1 teaspoon melted butter on top of each fillet (be

careful, as the butter may flame up). Cook, uncovered, over the same high heat until the underside looks charred, about 2 minutes (the time will vary according to the fillet's thickness and the heat of the skillet). Turn the fish over and again pour 1 teaspoon butter on top; cook until fish is done, about 2 minutes more. Repeat with remaining fillets. Serve each fillet while piping hot.
To serve, place one fillet and a ramekin of butter on each heated serving plate.
I had this in K Pauls Restaurant in New Orleans. It is a taste experience you will never forgive yourself for missing should you ever be lucky enough to find yourself in N'awlins and you don't go to K Paul's and order this. Even people who don't like fish love this dish. From Chef Paul Prudhomme's Louisiana Kitchen, published by William Morrow and Company, Inc. ISBN 0-688-02847-0

Brittany Mixed Fish Soup

3 lb mixed fish, cleaned *
2 lge onions, peeled **
1 lge clove garlic, crushed
3 tablespoon butter or margarine
6 med potatoes, peeled,in 1/4s
10 cup water
2 med. bay leaves
1 teaspoon dried thyme
1/2 teaspoon dried marjorin
4 sprigs parsley
2 teaspoon salt
1/2 teaspoon pepper

Slices of crusty French bread
* Flounder, mackerel, cod, or haddock
** Sliced thin

Cut fish into chunks of equal size. Saute onions and garlic in heated butter or margarine in a large kettle until tender. Add potatoes, water, bay leaves, thyme marjoram, parsley, salt and pepper. Bring to a boil. Add prepared fish and lower heat to moderate. Cook, covered, about 25 minutes, until fish and potatoes are tender. Remove and discard bay leaves. Put slices of bread in wide soup plates. Ladle broth over bread.

Serve fish and potatoes separately on a platter.
Serves 6 to 8.

Cajun Catfish

4 each catfish fillets (4 oz. each
1 oz wheat flakes cereal
1 tablespoon paprika
1/4 teaspoon salt
1/4 teaspoon onion powder
1/4 teaspoon garlic powder
1/2 teaspoon cayenne pepper
1/2 teaspoon black pepper
1/2 teaspoon white pepper
1/2 teaspoon thyme
1 tablespoon oil

1. Wash the fish fillets and pat dry.
2. In a bowl mix the ground wheat flakes and all the seasonings. Pour the dry mixture onto a piece of foil or wax paper, and dip the fillets into the seasoning, coating both sides.
3. In a heavy cast iron fry pan heat the oil. Fry the fillets for 2 minutes on each side. Lay the fillets on a plate lined with a paper towel, cover with another paper towel, and pat to remove excess oil.

Caribbean Fish Chowder

1/4 lb small shrimp
1/2 lb fish filets
1/4 lb clams
3 cup fish stock
1 cup clam juice
1/2 cup burgundy wine
1 tablespoon corn oil
3 cloves garlic, crushed
3 stalks celery, diced
1 potato, peeled & diced
1/3 cup stewed, chopped tomatos
1 green bell pepper, diced

1/2 teaspoon basil
1/2 teaspoon oregano
2 bay leaves
1 teaspoon paprika
1/2 teaspoon celery seed
1/2 teaspoon dry mustard
1/2 teaspoon dried cilantro

Salt & pepper to taste

Many recipes come out of the Caribbean that people either like or hate on first taste. This particular recipe is for a chowder that is excellent.

Heat the oil in a large soup pot. Saute' the onion and garlic until the onions are transluscent. Add all of the other ingredients except the shrimp, clams and the fish. Simmer for 1 hour or until the veggetables are tender. Add the seafood and cook for 7 to 10 minutes at a low boil.

NOTE: I have added on occassion 1/4 cup rice to this recipe and it is good that way too.

Serves 8 to 10.

Posted by Penny Plant. Courtesy of Fred Peters.

Carlos & Charlie's Tuna Dip

14 oz tuna, undrained
6 oz jalapenos, undrained
1 onion, diced
1/2 cup mayonnaise
1 cilantro
1 tortilla chips

Mix tuna, jalapenos, and onion in food processer, adding mayonnaise to desired consistency. Garnish with cilantro and serve with tortilla chips.

Carmelized Sea Scallops In Truffle Sauce

12 sea scallops, cut into half
2 oz port wine
1 oz veal stock
1/2 cup mussels stock
1 oz butter, unsalted
2 teaspoon chopped truffle
2 teaspoon truffle juice
1 tablespoon hazelnut oil
12 pieces baby carrots, glazed
4 oz spinach, sautéed with butter

Flame the port wine and add the veal stock, mussels stock and bring to a boil and reduce by a third.

Monte with one ounce of butter and at the last moment, add the truffle juice and chopped truffles.

Saute the scallops in hazelnut oil over high heat until golden brown in color.

Arrange the garnish and scallops on plate and pour the sauce on the plate.

Carrot Bundle Fish

4 medium carrots in strips
1 cup italian bread crumbs
1/3 cup butter or margarine, melted
1/2 teaspoon salt
1/4 teaspoon pepper
2 tablespoon lemon juice
1 lb sole or orange roughy

Heat Oven 375F. Add carrots and enough water to cover in saucepan. Bring to full boil & cook over med. heat until carrots are crispy tender (6-8min). Meanwhile, in sml bowl combine all ingrediants except fish; set aside.

When carrots are done, seperate fish fillets & divide carrots equally

among fillets. Wrap each fillets around each portion of carrots. Place fillets, seam down, in 9" sq. baking pan (slightly sprayed w/grease). Sprinkle fish bundles with stuffing mixture. Cover and bake for 10 minutes. Uncover; continue baking for 8-10 more minutes or until fish flakes with fork.

The "Great Catch of the Week" Recipie from LandOLakes Country Recipies
Submitted By RUFUS@MELBPC.ORG.AU On TUE, 28 NOV 1995 171617 +1100

Catfish And Crawfish Mold

1 cup chopped parsley
1 cup cream cheese
1/2 cup dry white wine
1 salt, to taste
1 tablespoon lemon juice
1 lb catfish meat, cooked
1 teaspoon louisiana hot sauce
1 lb crawfish meat, cooked
1 tablespoon lea & perrins

Chop catfish and crawfish in food processor. Add wine, parsley, lemon juice, and salt. Mix real well. Add hot sauce and Lea & Perrins Worcestershire sauce. Mix well. Add cream cheese. Mix well. Refrigerate overnight in a mold. Serve with crackers or on a bed of lettuce. You can use shrimp of crawfish aren't available. From Justin Wilson's "Outdoor Cooking With Inside Help"

Chicken Wings In Oyster Sauce

1 chicken wings
3 slice fresh ginger root
1 vegetable oil
4 tablespoon oyster sauce
1 tablespoon dry sherry
1/2 teaspoon sugar
2 1/2 tablespoon soy sauce

1 cup water

Recipe by: The Travelin' Gourmet Cut each wing into two pieces by separating at the joint; discard the tips. slices from the wok. Add the oyster sauce, sherry, sugar soy sauce, and water. Place the browned wings in the wok and simmer, covered, for 10 to 1 minutes. Cook another 12 to 15 minutes with the lid off, basting frequentl with the sauce. When the wings are tender and nicely glazed, they are read to be eaten.

Citrus Sauce For Fish

1 cup water
1/4 cup lime juice
1/2 cup soy sauce
1/4 cup orange marmalade, cut finely
3 tablespoon cornstarch
1/4 cup water
1 1/2 teaspoon finely grated lemon rind, i.e. lem; on zest

Bring water, lime juice, soy sauce, and marmalade to a gently boil until marmalade dissolves. Mix 3 tablespoons of cornstarch with the remaining 1/4 cup of water, and add to the mixture. Return mixture to a gently boil until it thickens. Add lemon rind and stir. Remove from heat, and let stand until the sauce reaches room temperature.

Citrus Trout Delight

2 medium trout, cleaned
1 1/2 lemons
1/4 tablespoon salt
1/4 tablespoon pepper
1 medium onion; sliced into rings
1 orange
1/3 cup dry white wine

Rub trout inside and outside with 1/4 cut lemon. Season trout inside and out with salt and pepper. Place onion in bottom of casserole and

put trout on top of onion. Spread orange sections around trout. Squeeze orange juice and lemon juice on trout. Pour wine in casserole. Cover casserole in aluminum foil and bake at 450 F for 25 to 30 minutes.

Clam & Corn Chowder

1 small yellow onion; peeled diced
2 tablespoon butter
1 can minced clams (6 1/2 oz)
1 can cream-style corn (17 oz)
1 equal amt of milk (17 oz)
1 salt and pepper; to taste
1 teaspoon dried dill weed

Saute onion in butter until soft. Do not discolor. Combine other ingredients and bring to a simmer. Simmer for 5 minutes and serve. Be sure to add lots of freshly ground pepper.

Clam & Olive Dip

1 can black olives, drained
1 can chopped or minced clams, drained
1 pint sour cream
1 salt
1 powdered garlic
1 cayenne pepper

Open can of olives. Eat a handful, just to make sure. Eat a few more. As long as you leave at least half the can, you've got enough. Chop them up. Add the chopped olives to the rest of the ingredients, stir, and chill for 2 hours before serving.

Quantities on the spices are left to you.

Btw, if you have never tried cream cheese and chopped olive sandwiches, let me recommend them. Soften a package of cream cheese, add small can chopped olives and a teaspoon or so of lemon juice. Stir well and spread. Gutsy eaters add turkey.

Clam Balls

3 can (6.5 oz) minced clams; drained, reserve liquid 3
celery stalks; minced
1 onion; minced
1 salt and pepper to taste
6 hard-boiled eggs; diced
1/2 lb moist bread crumbs
1 oil for deep frying

Add enough water to reserved clam liquid to make 2 cups liquid. Place 1 1/2 cups clam liquid, celery, and onion in saucepan; simmer until celery is soft.

Add clams, salt, and pepper to celery mixture; simmer for 10 minutes.

Add eggs, 1/2 cup clam liquid, and bread crumbs to clam mixture; mix well, then remove from heat. When cool enough to handle, shape clam mixture into small balls; refrigerate until well chilled.

Heat oil to 350 F in deep skillet or deep fryer. Fry clam balls until golden brown. Drain on paper towels; serve immediately with wooden toothpicks for appetizers, or in a basket as a side dish.

Clam Casserole

32 each ritz crackers
2 each eggs (beaten)
10 oz can of cream mushroom soup
2 1/2 cup minced clams w/juice
1/2 cup milk

Mix all together and pour into greased 2 qt. casserole. Crumble additional crackers on top. Bake at 300F for 1 hour.

From Fred Goslin, Cyberealm BBS Watertown NY 315-786-1120

Clam Chowder - New England Home Style

1 bacon - slice
2 tablespoon onion
1 potato - small
1/2 cup water
1/2 teaspoon salt
1 dash pepper
1 can minced clams
1 cup milk
1 tablespoon butter

Cook bacon, drain on paper towels and reserve drippings. Saute onion in reserved drippings until tender. Set aside. Combine potato, water, salt, pepper and cook until tender. Stir in clams, milk, butter and onion. Heat thoroughly. Springle crumbled bacon over each serving#
From: Charlotte Grunwald's Private Collection of Authentic New England Cooking

Clam Chowder #1

1 cup chopped onion
1 cup chopped celery
2 cup chopped potatoes
2 can minced clams
1 tablespoon apple cider vinegar
3/4 cup butter/margarine
3/4 cup flour
1 quart half and half
1 salt and pepper

Pour clam juice and vinegar over vegetables, add water just to cover. Simmer 30 minutes. Melt butter, blend in flour, cook 1 minute, then add half and half. Cook until smooth and thick. Add 1/2 ts salt and pepper to taste/ Last add vegetables and clams, cook in crock pot at least 1 hour until flavor is through.

Clam Chowder For Canning

1/2 lb salted port, diced
1 cup onions, chopped
3 quart to 4 qts. clams w/juice,
1 cleaned, and chopped
2 quart potatoes, pared, diced,
1 (about 8 medium size)
2 quart boiling water
1 salt and pepper to taste

Cook salt port until light borwn. Drain off excess fat. Add onions and cook until tender but not brown in a large kettle, combine clams and juice, pork, onions, potatoes, and water. Boil 10 minutes. Season to taste. Pour hot into hot pint Ball jars, leaving 1-inch head space. Adjust caps. Process pints 1 hour and 40 minutes at 10 pounds pressure.

Yield: About 10 pints

NOTE: For Manhattan Chowder....add 1/2 bay leaf, 1/2 tsp thyme, 1/2 cup chopped celery, and 2 cups cooked tomatoes to Clam Chowder before canning.

For New England Chowder.....add 2 Tbs butter and 2 cups milk to each pint Clam Chowder before heating for serving.

From the Ball Blue Book of Canning. Copyright @1974 Ball Corporation
New Revised Edition 29

Typed in by Bobbie Beers

Clam Dip #1

3 8-oz pkg cream cheese
2 can minced clams
1 can drained clam juice
1 teaspoon horseradish sauce
1/2 cup chopped green onions
1 teaspoon worcestershire
1 sauce

Heat thoroughly until cheese melts in crock pot or similar. Cook on low heat 3-4 hours. Serve hot.

Clam Dip #2

2 can 8-oz minced clams
50 ritz crackers
1/2 stick margarine
4 centiliter garlic
1 liberal oregano

Melt margarine in casserole dish in 350 degree oven. In bowl crush crackers. Add all ingredients including melted margarine. Mix together. Pour back in casserole dish. Sprinkle top with more oregano. Bake 30-35 minutes. Serve with Ritz crackers.

Clam Puffs

10 oz can minced clams
1/4 cup butter
3/4 cup flour
2 eggs
1 teaspoon salt
1/8 teaspoon white pepper
1/4 teaspoon crushed dillseed
1/4 teaspoon thyme
1/4 teaspoon paprika
1/2 teaspoon chopped chives

Drain clams and set aside, reserving 1/2 cup clam juice. Heat butter and reserved clam juice in saucepan until mixture boils; reduce heat. Add flour, stirring constantly until mixture leaves sides of pan and forms a ball. Beat in eggs 1 at a time. Stir in clams, salt, pepper, dillseed, thyme, paprika and chives. Drop by 1/2 teaspoonfuls into greased baking pan. Bake at 400 degrees for 20 minutes or until golden brown.

May freeze and reheat at 350 degrees for 10 to 15 minutes.

Clam Stuffed Mushroom Caps

1/2 cup butter
2 lb mushrooms, 1-1/2 to 2 in diameter
1 cup minced clams, with liquid
1 clove garlic, minced
1/2 cup dried bread crumbs
1/3 cup parsley, chopped
3/4 teaspoon salt
1/4 teaspoon ground black pepper
1 lemon juice

Melt butter in sauce pan. Remove and dice mushrooms stems. Dip caps in butter and place, rounded side down, on a rack on a cookie sheet. Drain clams and reserve liquid. In melted butter, saute mushrooms stems and garlic. Add clam liquid and simmer until mushroom stems are tender. Remove from heat and stir in remaining ingredients. Spoon mixture into mushroom caps. Broil about 6 " from heat for about 8 minutes, until mushrooms are tender and tops are lightly browned. Sprinkle a few drops of lemon juice on each and serve hot.

From: The Clam Lovers Cook Book Shared By: Pat Stockett

Clams Casino

2 1/2 to 3 - dozen clams
1/2 teaspoon salt
1/2 teaspoon pepper
1 juice of lemon
1 cup water
1 clove garlic
1/4 cup butter

Squares of bacon

Scrub clams well.Place in clam broiler.In bottom,place water,garlic, butter,salt and pepper.Cook on high heat until clams open.Layer clams on half shell.Spoon the broth over clams.Squeeze lemon juice over clams Place

bacon squares on each one and broil until bacon is crisp.Serves 8

Clams In Black Bean Sauce

2 1/2 lb clams
2/3 cup chicken broth
2 tablespoon black bean sauce
1 tablespoon sherry
1 teaspoon cornstarch
2 teaspoon szechwan chili sauce
1 tablespoon vegetable oil
1 scallions minced
2 teaspoon ginger root minced

Place clams on steamer rack over water in saucepan. Cover and bring to boil. Cook 5 minutes, or just until shells open. Drain. Combine broth, black bean sauce, sherry, cornstarch and chili sauce; set aside. Heat oil in wok or large skillet over high heat. Add onion and ginger; stir-fry 30 seconds. Add clams and black bean sauce mixture; cook and stir 30 seconds, or until sauce boils and thickens and clams are hot. Serve plain or over hot, cooked noodles, as desired.

Clams With Spicy Butter

36 cherrystone clams
1/2 lb butter, room temperature
1/4 cup chopped shallots
1 tablespoon chopped garlic
1/2 teaspoon tabasco pepper sauce
1 tablespoon worcestershire sauce
1 tablespoon dijon mustard
2 tablespoon chopped fresh parsley
2 tablespoon chopped fresh basil leaves
1 salt to taste
1 pepper to taste

When renowned chef Pierre Franey visited Avery Island, he observed some age-old local commercial enterprises ~ crawfish farming, oyster shucking and boudin making ~ with great curiosity and enthusiasm.

Here he brings his incomparable touch to cherrystone clams, best enjoyed with a loaf of crusty French bread and a carafe of wine. The southermers defer to the Yankees on this one.

Clam-Stuffed Fish Fillets

2 lb fish fillets
1/2 cup butter
1/4 cup onion; chopped
1/4 cup celery; chopped
4 cup fresh bread crumbs
2 can (6.5 oz) minced clams; drained, reserve liquid 2
tablespoon lemon juice
1 salt and pepper to taste

Preheat oven to 375 F.

Arrange half of the fish fillets in buttered baking dish.

Melt 1/4 cup butter in frying pan. Add onion and celery; saute until soft. Stir in bread crumbs until butter is soaked up. Cook over medium heat, continuing to toss bread crumbs, until crumbs are slightly browned. Add clams, lemon juice, and enough reserved clam liquid to moisten stuffing.

Season stuffing with salt and pepper; spoon stuffing over fish fillets. Cover with remaining fillets.

Melt remaining butter in small saucepan. Brush top layer of fillets with melted butter. Bake for 15 minutes, or until fish is done. Remove from oven and serve in baking dish.

Classic Fried Catfish

1 no ingredients

3/4 c Yellow Cornmeal 1/4 ts Garlic Powder 1/4 c
Flour 4
Farm-raised Catfish Fillets 2 ts Salt

-or whole catfish 1 ts Cayenne
Pepper Vegetable Oil

Combine cornmeal, flour, salt, cayenne and garlic powder. Coat catfish with mixture, shaking off excess. Add 1" layer of oil to a large skillet. Heat to 350 degrees. Add catfish in single layer and fry until golden brown, about 5 to6 minutes depending on size. Remove and drain on paper towels. Serve with lemon wedges and/or Tartar sauce.

Clear Fish Soup

1/2 lb white fish fillets, fresh
1 or frozen
4 cup superior chicken broth
1 (clear)
1 tablespoon medium sherry
8 slices winter bamboo shoots
1 bunch fresh spinach
1 teaspoon salt
1 tablespoon cooked peanut oil

Preparation: Heat chicken broth. Cut fish fillets into 1" by 2" pieces. Cut off root ends of spinach & thoroughly wash. Slice bamboo shoots into paper-thin strips; add to stock as it is heating.

Using wire strainer, blanch fish pieces in boiling water for 15 seconds, reserve. Add salt to water. Blanch spinach for 10 seconds, drain & reserve.

When stock reaches rapid simmer (don't let it boil), add fish, spinach & sherry. Cook for 3 minutes. Heat peanut oil in ladle over flame. Mix oil into soup, transfer to serving bowl, & serve.

Cold Glazed Salmon

3/4 cup dry white wine
8 basil leaves
3 tarragon (plus more for garn sh)

3 shallots, minced
2 rosemary
2 lemon slices
3 celery leaves
7 lb whole salmon, cleaned, rinse , pat; t, ed dry
8 cup fish aspic (see recipe)
1 turnip
1 egg yolk, hard cooked, mashe
1 teaspoon unsalted butter

In a small saucepan, combine the wine, basil, 3 tarragon sprigs, shallots, rosemary, lemon, and celery. Simmer the mixture for 20 minutes or until the liquid is reduced to about 3 Tbsp. Lay the salmon on a piece of heavy foil, twice as long as the fish. Pick up edges of foil and pour the wine mixture over the fish. Season with salt and fold the foil to enclose it, crimping the edges tightly to secure them. Put the salmon on a large bakingsheet or roasting pan and bake it in the middle of a preheated 375f oven for 50-60 minutes or until the fish just flakes. Transfer the package to a work surface, open foil carefully, and remove the skin from the top of the salmon below the head to the bottom of the salmon at the tail. Scrape away any brown flesh, leaving head and tail intact. Drain liquid from the foil, and using the foil as a guide, invert the fish onto a platter. Remove foil and skin and prepare the other side of the salmon in the same manner. Chillthe fish, covered, overnight. Peel turnip and cut into thin slices. Trim each slice to ressemble a flower or cut with a flower cutter. Place in a bowl of ice water to hold until ready for use. Mash the egg yolk with the butter and reserve at room temperature. Spoon a thin coat of cool but liquid fish aspic over the salmon and arrange the additional tarragon sprigs and turnip flowers decoratively on the fish. Spoon a thin coat of liquid aspic over the whole. Transfer the yolk mixture to a pastry bag fitted with a decorative tip. Pipe the mixture into the centers of the flowers. Chill the salmon for at least 2 hours or up to 6 hours. Serve surrounded with the chilled aspic, chopped. a 1964 Gourmet Mag. favorite

Cornmeal-Coated Catfish

1/3 cup yellow cornmeal
1/4 cup parmesan cheese,grated
1 tablespoon all-purpose flour
1 teaspoon dried leaf basil,crumbled
1 teaspoon salt
1/8 teaspoon ground red hot pepper
1 egg
4 catfish fillets (4 oz ea)
1 tablespoon vegetable oil

1. Combine cornmeal, cheese, flour, basil, salt and red pepper in shallow dish. Beat egg in small bowl. Dip fillets in egg, then dredge in cornmeal mixture.#
2. Heat oil in large nonstick skillet over medium heat. Working in batches if necessary, place fish in skillet; cook 4 minutes on each side until cooked through.

Cornmeal-Crusted Trout With Hazelnut Butter

1 cup cornmeal
1 cup all-purpose flour
4 boned trout, heads discarded
1 halved lengthwise
8 tablespoon butter
1 tablespoon vegetable oil
3/4 cup hazelnuts, chopped
1/3 cup fresh lemon juice
1/2 cup chopped fresh parsley 1
lemon wedges

Combine cornmeal and flour in pie pan. Season with salt and pepper. Coat trout with flour mixture. Melt 1 tablespoon butter with 1/2 teaspoon oil in heavy large skillet over medium-high heat. Add 4 trout pieces; cook until just cooked through, about 2 minutes per side. Transfer to platter. Melt 1 tablespoon butter with 1/2 tablespoon oil in same skillet. Add remaining trout; cook until just cooked through. Transfer to platter. Wipe out any burned bits from skillet. Melt 6 tablespoons butter in same skillet over medium-low heat. Add nuts and saute until brown. Add lemon juice and boil until slightly thickened, scraping up any browned bits, about 1 minute. Add parsley. Season with salt and pepper and pour over fish. Garnish with lemon.

Counterfeit Tuna Salad

1 no ingredients

2 c Carrots -- finely shredded

1/2 sm Onion -- grated (1 tb)
1/2 c Celery -- chopped fine
2 TB Sweet pickle relish
1 TB Lemon juice
1/4 c Nayonnaise
: Salt & Pepper

In a medium bowl, combine carrots, onion, celery and relish. In a small bowl, combine remaining ingredients. Add to carrot mixture, mixing well. Chell several hours or overnight to blend flavors.

Recipe By :

Country Salmon Pie

----PARMESAN CRUST----
1 1/2 cup flour
1/2 cup parmesan cheese, grated
3/4 cup shortening
3 tablespoon water (more as needed)
----FILLING----
15 1/2 oz salmon (1 large can)
1 large onion, diced
1 garlic clove, minced
2 tablespoon butter
2 cup sour cream
4 eggs
1 1/2 cup gruyere cheese, shredded
1 teaspoon dill weed
1/4 teaspoon salt

Preheat oven to 375 degrees F. Make parmesan crust: Combine flour and parmesan cheese. Cut in shortening until mixture resembles size of small peas. Sprinkle with about 2 T water. Form into a dough, adding more wateras needed. Press into an 8-inch springform pan. Bake at 375 degrees F. for 10 minutes.

Make filling: Saute onion and garlic in butter until onion is soft.

Beat sour cream and eggs until blended. Drain salmon and break into bite-size pieces. Stir into sour cream mixture along with vegetables, about1 cup gruyere, crumbled dill weed and salt. Pour into baked crust; top withremaining gruyere. Bake at 375 degree F. oven for 65 to 70 minutes. Cool 15 minutes in pan. Remove sides of pan and serve.

NOTES:

* A salmon and cheese pie flavored with sour cream -- This is a country cousin to the quiche, even real men will eat it. My mother says this is called "country" salmon pie because it uses canned salmon, which is the only kind you can catch out in the country.

: Difficulty: Easy.
: Time: 20 minutes to prepare, 1 1/4 - 1 1/2 hours to bake and set. : Precision: Measure the ingredients.

: Moira Mallison
: Organization: Tektronix, Inc. Beaverton, Oregon, USA : tektronix!moiram

Crab & Asparagus Soup

2 teaspoon reduced-calorie margarine
1/3 cup chopped onion
1/3 cup diced celery
2 tablespoon finely chopped carrot
1 garlic clove, minced
1/2 teaspoon minced shallots
1 tablespoon all-purpose flour
2 cup skim milk
1 tablespoon dry sherry
1/2 bay leaf
1/2 teaspoon salt
1/2 teaspoon worcestershire sauce
1/2 teaspoon grated lemon peel
1/8 teaspoon ground white pepper
1/8 teaspoon thyme leaves
3 oz thawed, well drained crabmeat, flak; ed
1/2 cup sliced asparagus spears

In 1 1/2-quart saucepan heat margarine over medium-high heat until bubbly; add onion, celery, carrot, garlic, and shallots; saute, stirring occasionally, until softened, 2 to 3 minutes. Sprinkle with flour and stir quickly to combine. Gradually add milk, stirring constantly, and cook until sauce is smooth. Add remaining ingredients, except crabmeat and asparagus and bring to a boil. Reduce heat to low and add crabmeat and asparagus. Cover and cook, stirring occasionally, until soup is thickened and vegetables are tender, 20 to 30 minutes. Remove and discard bay leaf before serving.

Makes 2 servings.

[WEIGHT WATCHERS NEW INTERNATIONAL COOKBOOK] Posted by Fred Peters.

Crab & Avocado Cocktail

1 cup crab meat; cooked
2 avocados; peeled & chopped
2 jalapeno chiles; *
1/4 cup tomato; chopped, 1 small
1/4 cup lime juice
2 tablespoon olive or vegetable oil
2 tablespoon onion; chopped
2 tablespoon cilantro; fresh, snipped 1
clove garlic; finely chopped
3/4 teaspoon salt
1 pepper; dash of
1 1/2 cup lettuce; finely chopped
1 lemon or lime wedges

* Jalapeno Chiles should be seeded and finely chopped.

Crab & Avocado Fritters

2 lb crabmeat
1 salt
1 cup diced green onions
1/4 cup dry breadcrumbs
1 medium avocado, peeled and cut into 1/4-i; n, ch pieces 1
corn oil for deep-frying
1 all-purpose flour
1 thinly slivered green onion(optiona; l)
2 eggs
1/2 cup hot chili salsa

Line baking sheet with parchment. Combine crab, 1 c green onions and avocado in large bowl. Mix eggs, salsa and salt; add to crab. Mix in breadcrumbs. Form mixture into 1 1/2 inch balls. Place on prepared sheet. Cover with plastic and refrigerate 3 hours. (Can be prepared

one day ahead and frozen. Do not thaw before cooking.)

Preheat oven to lowest setting. Line another baking sheet with paper towels. Pour oil into large skillet to depth of 3 inches. Heat to 350 degrees. Dust fritters with flour. Carefully ad to oil in batches (do not crowd) and cook until golden brown, about 2 minutes per side for refrigerated fritters and about 3 minutes per side for frozen.
Drain on paper towels. Transfer to prepared sheet and keep warm in oven until all are cooked. Garnish with green onion slivers and serve immediately. From

Bon Appetit, Nov '86.

Makes 4 dozen

Crab & Cheese Salad

1 pkg (6oz) frozen crabmeat =or=-
1 can (6oz) crab, drained
1/2 cup (2oz) swiss cheese,
1 shredded
1/4 cup chopped onion
1/4 cup finely chopped celery
1/4 cup finely chopped green bell
1 pepper
2 hard boiled eggs
1/4 cup mayonnaise
1/4 cup french dressing or cocktail
1 sauce
1 salt to taste

If using frozen crab, drain about half the liquid off.

Combine all ingredients; chill and serve.

Country Accents Christmas Cookies and Holiday Entertaining Ideas 1995

Crab & Corn Cakes

1 cup corn
2 cloves garlic,chopped
1 teaspoon dijon mustard
1 egg
1 teaspoon worcestershire sauce
1/2 cup crab
1/2 cup flour
2 green onions, chopped

Blend 1/2 c corn, garlic, worcestershire sauce, mustard and egg in blender until smooth. Add remaining corn, crab, onions and enough flour to make thick mixture. Fry in skillet. To make low-fat and high fiber, use 2 egg whites instead of whole egg and substitute oat flakes for flour.

Crab & Corn Chowder

1 small onion, chopped
4 tablespoon margarine
1/3 cup flour
3 cup milk
2 medium potatoes
1 small green pepper
1 slice celery
1 cup half and half cream
4 slice bacon, crisp and crumbled
2 can crabmeat
1 can kernel corn

Saute onion in margarine until soft. Add flour and cook gently for 1 minute, remove from heat. Gradually add milk. Return to heat and cook until thick. Add diced potatoes, celery, green pepper and cream. Simmer 30 minutes. Add crabmeat and corn. Heat through.

Crab & Corn Soup

16 oz frozen whole corn

1 tablespoon cornstarch
1/4 cup water
3 can (10 1/4 oz) chicken
1 broth
1 teaspoon ginger root
1/2 lb fresh crabmeat
1/3 cup minced green onions
1/2 teaspoon salt
1/8 teaspoon white pepper
1 teaspoon rice vinegar

Position Knife Blade in Processor. Add Half Of Corn. Process Until Finely Chopped. Add Remaining Corn. Stir Well & Set Aside. Combine Cornstarch & Water in A Small Bowl; Stir Well & Set Aside. Combine Chicken Broth & Ginger root in A Large Saucepan; Bring To A Boil. Add Corn, Cornstarch Mixture, Crabmeat, Green Onions, Pepper & Rice Vinegar. Bring To A Boil. Reduce Heat & Simmer Uncovered 3 Minutes. (Fat 0.6. Chol. 32.)

Crab & Cream Cheese Hors D'oeuvres

8 oz cream cheese, softened
8 oz backfin crabmeat
1 tablespoon milk
2 tablespoon chopped onion
1/2 teaspoon horseradish
2 oz slivered almonds
1 salt
1 pepper

Blend together all ingredients except almonds and put in shallow baking dish (salt/pepper to taste). Sprinkle almonds over top and bake at 350øF until slightly browned on top. Serve hot on crackers. Makes
2 cups.

Crab & Cucumber Rolls

1 large cucumber

6 1/2 oz can crab meat
4 tablespoon mayonnaise
1 1/2 teaspoon finely grated onion
1 large pinch salt
1/2 teaspoon sugar
5 drop tabasco

Cut ends off cucumber and cut into 3 pieces. Remove seeds with corer or a sharp knife, making a large cavity.

Mix crab, mayonnaise, onion, salt, sugar and Tabasco. Stuff into cucumber. Wrap cucumber in plastic wrap and chill.

Slice into 1/2-inch-thick slices.

Crab & Green Onion Pie

1 pie crust
3/4 cup cheese, shredded
2 tablespoon butter
6 onions, green
1/2 lb crabmeat
4 eggs
1 cup half and half
2 tablespoon lemon juice
1/2 teaspoon lemon peel, grated
1/4 teaspoon salt
1/4 teaspoon dry mustard
3/4 cup cheese, shredded

Preheat oven to 350. Bake pie crust 10 minutes. Sprinkle bottom of pie crust with cheese. Chop onions. Melt butter in frying pan. Add onions and cook until soft. Gently mix with crab and spoon evenly over cheese in pie crust. In bowl, beat eggs with half and half, lemon juice, lemon peel, salt, and mustard. Pour over crab mixture. Sprinkle with cheese. Bake 55-60 minutes, until center is set and firm. Let cool 15 minutes. Serve warm. Can also be served at room temperature.

Crab & Rice Salad

1/2 cup crab
1 1/2 cup cooked rice
1/4 cup celery
2 1/2 tablespoon mayo

Combine all ingredients. Add more mayo if needed.

Crab & Shrimp Seasoning

1 1/2 tablespoon celery seed
1 1/2 tablespoon salt
2 teaspoon cayenne pepper
1/2 teaspoon dry mustard -- coleman's
1/2 teaspoon whole thyme
1 tablespoon paprika
1 teaspoon freshly ground black pepper
1/2 teaspoon ground ginger --
2 bay leaves -- crushed

Grind all ingredients in an electric coffee grinder of in a
medium-sized food processor. Store in a covered container.

Recipe By : "The Frugal Gourmet Cooks American" - Jeff Smith

From: Hp_walls@woco.Ohio.Gov Date: Mon, 15 Jul 1996 14:00:51
~0400 (

Crab & Three Cheese Strata

1 1 loaf sourdough bread --
: cubed

1 c Ricotta cheese
1/4 lb Monterey Jack cheese
: shredded
1/4 lb Sharp cheddar cheese

: shredded
1/2 lb Dungeness crab meat
2 T Green chiles -- chopped
12 Eggs -- slightly beaten
6 c Milk
5 T Butter -- melted
1/4 ts Dry mustard

Butter a 9" x 14" baking dish. Layer the bread with ricotta, crab, Jack and cheddar cheese and chiles.

Blend eggs, milk, butter and mustard in a large pouring bowl. Pour over bread mixture, covering all of it.

Cover the Strata with plastic wrap and refrigerate overnight. Bake at 350 degrees for 30 minutes or until eggs are set.

Crab Avocado Melt

1 can crabmeat, rinsed
4 tablespoon mayonaise
1 tablespoon onion-green-chopped
1 tablespoon parsley-chopped
2 sl pumpernickle bread
2 sl avocado
2 sl colby or american cheese

In a small bowl mix crab, mayonaise, onion and parsley. Spread half the mixture evenly on each slice of pumpernickel bread, top with a slice of avocado and then cheese. Place one sandwich on. In a microwaveable dish muicrowave at 50% power, 1 1/2 to 3 mins, or until heated through and the cheese melts. Repeat for 2nd sandwich

Crab Balls (Mrs. Kitching's Smith Island Cook

1 lb crabmeat, special

1 egg
1 tablespoon prepared mustard
1 tablespoon old bay seasoning
3 tablespoon self-rising flour
3 drop drops hot pepper sauce
2 tablespoon mayonnaise

Put crabmeat in bowl, removing shell pieces. Add all ingredients and mix gently until blended. Form into balls. Deep fry until golden. Yields about 30 balls.

Crab Benedict

4 eggs
4 oz fresh or canned crabmeat
1 hollandaise sauce
2 split english muffins

Prepare the Hollandaise Sauce and set aside. Remove any excess liquid from the crabmeat and set aside. Toast English muffins. Poach eggs. Place 2 muffin halves on each plate. Place 1 ounce crabmeat on top of each muffin half. Place a poached egg on top of crabmeat. Cover each muffin with Hollandaise sauce. Place in microwave and heat for 45 seconds. Serve immediately. To make traditional eggs benedict, just substitute Canadian Bacon for the crabmeat. This is a great breakfast or brunch dish. It is high in calories but we do deserve a treat now and then. From: Syd's Cookbook.

Crab Burgers

2 each eggs; lg, hard cooked
1 cup crab meat
1 cup cheddar; md, grated
1 each green onion; md, diced
1/2 cup mayonnaise
1 catsup or bbq sauce; to taste
1 dash celery salt
1 dash onion salt
1 dash garlic powder

2 tablespoon sweet pickle juice

Mix the first 4 ingredients together. In a small bowl, combine the rest of the ingredients and then add them to the crab mixture. Spread on hamburger bun halves and broil until bubbly or slightly brown. Serve hot.

Crab Cakes With Basil Mayonnaise

40 basil leaves
1 1/2 cup mayonnaise
2 teaspoon dijon mustard
2 teaspoon lemon juice
----Cayenne pepper CRAB CAKES----
2 tablespoon olive oil
2 stalks celery; finely chopped
2/3 cup onion; finely chopped
1 lb lump crabmeat; picked clean
2 2/3 cup dry bread crumbs
1/4 cup chopped chives
2 tablespoon chopped parsley
6 tablespoon flour
3 large eggs
2 tablespoon vegetable oil

FOR BASIL MAYONNAISE: Blanch basil leaves in saucepan of boiling water for 30 seconds. Drain. Transfer leaves to medium bowl filled with ice water to cool. Pat dry on paper towels. Finely chop basil. Mix mayonnaise, mustard, lemon juice, and cayenne together. Set aside 1/2 cup mayonnaise for the crab cakes. Mix basil into remainder and refrigerate.

FOR CRAB CAKES: Heat olive oil in large heavy skillet over medium heat. Add celery and onion and saute until tender, about 5 minutes. Transfer to a large bowl. Stir in crabmeat, 2/3 cup breadcrumbs, chopped chives, and reserved mayonnaise. Season to taste with salt and pepper. Using 1/3 cup for each, form into twelve 2 1/2" cakes. Arrange cakes on a baking sheet.

Place flour in a small bowl. Whisk eggs in another bowl. Place remaining 2 cups breadcrumbs in a third bowl. Bread each cake in the following order: flour, eggs, then breadcrumbs. Heat 1 tablespoon oil in large skillet over medium heat. Add crab cakes in batches, cooking until golden, adding more oil as required. Serve with basil mayonnaise.

Per serving: 667 Calories; 57g Fat (76% calories from fat); 20g

Protein; 20g Carbohydrate; 182mg Cholesterol; 687mg Sodium

From the MM database of Judi M. Phelps. jphelps@shell.portal.com or jphelps@best.com

Crab Cakes With Cilantro Butter

----CRAB CAKES----
1/2 cup olive oil
1/2 red pepper,finely diced
1/2 green pepper, finely diced
1 lb best-quality lump crab meat
2 large eggs, beaten
1 1/2 cup coarse ground homemade bread crumb; s 1
salt, freshly ground pepper
----CILANTRO BUTTER SAUCE----
1 cup dry white wine
1 shallot, minced
1 cup whipping cream
8 oz unsalted butter, softened
1/2 cup chopped fresh cilantro
----GARNISH----
1 chopped tomato
1 cilantro sprigs

1. Heat 1/4 cup of the oil in a large skillet; cook red and green peppers in the oil until tender, 3 to 4 minutes. Remove from skillet with a slotted spoon. Cool.

2. Mix crab meat, eggs, cooked peppers and 2 tablespoons of the bread crumbs in a large bowl. Season with salt and pepper. Using wet hands, shape crab mixture into 8 equal-size cakes. Place on a wax paper-lined plate and chill up to several hours.

3. Heat oven to 375 degrees. Coat crab cakes in bread crumbs on all sides. Heat remaining 1/4 cup oil in a large, ovenproof skillet. Add crab cakes in a single layer. Cook until nicely browned on bottom, about 2 minutes. Carefully turn cakes over and then place in oven. Bake until golden on all sides, 10 to 12 minutes.

4. Meanwhile, for sauce, boil wine with shallot in a medium non-reactive saucepan until reduced to 1/3 cup. Stir in cream and boil until reduced by about half. Working over very low heat, whisk in the butter, 1 tablespoon at a time, until sauce is light and thick. Do not allow sauce to boil at any time or it will separate. Strain sauce through a fine wire mesh strainer into a warm bowl. Stir

in cilantro, salt and pepper. Keep warm by covering tightly with plastic wrap and then placing bowl in a pan of warm water.

5. To serve, pour a few tablespoons of the sauce onto a warm serving plate. Top with a crab cake. Garnish with chopped tomato and cilantro sprig. Serve immediately.

Posted By japlady@nwu.edu (Rebecca Radnor) On rec.food.recipes or rec.food.cooking

Crab Cakes With Sweet Peppers & Capers

2 large eggs
1 cup flour
1 cup whole milk
1 teaspoon chopped fresh thyme
1 scallion; minced
1 tablespoon chopped fresh parsley
1 dash tabasco sauce
16 oz dungeness crab meat; cooked
1 pinch each salt and pepper - or to taste 2 teaspoon double-acting baking powder 7 oz butter; clarified
1 cup beurre blanc
1/4 cup red, yellow and green bell peppers; - julienned, 2 lon 1 tablespoon minced fresh chives
4 teaspoon capers

Making the batter: Using a small whisk, combine the flour with eggs and milk. Strain through a fine strainer to remove any lumps. Add the following ingredients: thyme, scallion, parsley and Tabasco. Season with salt and pepper. Mix well.

Note: Batter can be made a few hours in advance up to this point. Cover and refrigerate until ready to use.

Just before cooking the crab cakes, add crab meat and baking powder to the batter, combining gently, using a wooden spoon.

To cook the crab cakes, heat 2 oz. of clarified butter in a large frying pan, at medium heat. Using a 2-oz. ladle, make a batch of three cakes. Fry gently on one side for 2 minutes, turn over and cook another 2 minutes. Keep cakes warm, while cooking the various batches.

When serving crab cakes, spread 1/4 cup warm beurre blanc on each plate. Arrange 3 cakes per serving and top off with the julienned

peppers and chives. Sprinkle some capers around the cakes; serve.

Suggested wines: Farniente Chardonnay.

Recipe by Emile Labrousse of 1001 Nob Hill Restaurant, San Francisco.
Electronic format by Cathy Harned. Submitted By CCH@SALATA.COM (CATHY HARNED) On 02 JAN 96 124006 -0800

Crab Casserole In A Clay Pot

1 1/2 lb fresh whole crab, preferably live
2 tablespoon peanut oil
5 unpeeled garlic cloves, crushed
2 unpeeled fresh ginger slices, 1/4 i; nch thick 3
whole scallions, cut into 2-inch pi; eces
3 tablespoon fermented black beans
2 fresh red chili peppers, seeded and; shredded 3
tablespoon rice wine
2 tablespoon light soy sauce
1/2 cup rich chicken stock

Well here it is, in all its glory. I've included Hom's method for making stock both because it's good and to give more of a feel for the book. Honk Kong is an extremely, almost excessively dynamic city and this is reflected in the food. The book is interesting because he has a finger on the development of the "new" Hong Kong cuisine and notes traditional recipes from which the ones in the book spring.

BTW, Michael++my roommate++and I were talking about this dish last night as we were munching up a plain old steamed Dungeness crab. He said he *really* liked this recipe. I found it too heavy on the black beans and spices. Here it is. You be da judge... ;-}

Here is an interesting, innovative technique employed by Hong Kong chefs. The clay pot traditionally is used for the long simmering and braising of foods; nowadays, however it is as often used to infused intense flavors over high heat in a short length of time, as in this recipe. the classic Cantonese dish is given a new twist; the fresh crab is stir-fired with aromatic seasonings and then quickly finished over high heat in the covered clay pot. The pungent black beans permeate the rich crab meat, enhancing it and adding to its subtle flavors. This delicious casserole is quite easy to prepare and turns an ordinary dinner into a special occasion.

If you are using a live crab, prepare it according to the technique on page 77. [Rinse, scrub and steam for ten minutes. S.C.] Cut the

body into quarters and lightly crack the claws and legs.

Heat a wok or large skillet until it is hot and add the oil. Add the garlic, ginger, and scallions and stir-fry to flavor the oil. Then add the black beans, chilies, and crab. Stir-fry for2 minutes and add the chicken stock. Turn the contents of the wok into a clay pot or casserole, cover, and cook over high heat for 5 more minutes or until the crab shell turns bright red. Serve immediately.

Makes 4 servings.

From "Fragrant Harbor Taste", Ken Hom, 1989 Fireside (Simon and Schuster), New York. ISBN 0-671-75444-0.

Posted by Stephen Ceideberg; October 22 1992.

Crab Cheesecake

1 cup crackers; ritz, crushed
3 tablespoon butter; melted
2 pkg cream cheese; (8 oz size)
1 softened
3 eggs
1/4 cup sour cream
1 teaspoon lemon juice; fresh
2 teaspoon onion; grated
1/4 teaspoon old bay or chowder seasoning 2
drop tabasco sauce
1/8 teaspoon ground pepper; fresh
1 cup lump crabmeat; canned
1/2 cup sour cream

Recipe by: The Travelin' Gourmet Preheat the oven to 350 degrees. Mix together the crackers and butter and aside to cool. Reduce the oven to 325 degrees. With an electric mixer, bea together until fluffy the cream cheese, eggs, and 1/4 cup sour cream. Add the cake sets. Remove from the oven. Run a knife around the edge of the cake, loosening it from the pan. Cool on a wire rack. Remove the sides of the pan. Spread the cake with thesour cream.

Crab Cioppino Ala Guardino

3 tablespoon fresh parsley; - chopped
1 large onion; - diced
1/2 teaspoon sugar
50 ml garlic; - sliced
1/2 teaspoon sweet basil
1/4 cup olive oil
2 large crabs; - cracked
16 oz tomato paste
1 lb shrimp; - raw
80 oz water
1 lb fresh clams
1/2 teaspoon salt
1/2 lb halibut; - raw
1/2 teaspoon pepper

Saute the garlic and onion with the olive oil in a large pot until soft. Add tomato paste, water, salt, pepper, parsley, sugar, and basil. Stir well and simmer 40 minutes. Add all seafood and cook for 15 minutes. Cover pot and shake several times. Serve with French bread and butter.

NOTE:Use fresh crab if available; boil it in the sauce for 15 minutes before adding the rest of the seafood.

NOTE:This Cioppino has been served by the Guardino family on San Francisco's Fisherman's Wharf for over a century. Chuck in Pok Sunday 02:59 pm 12/19 C.OZBURN on GEnie Posted on PRODIGY December 1993, formatted by Elaine Radis, BGMB90B on P*; E.RADIS on GEnie

Crab Claw Marinade

1 cup olive oil
1/2 cup vinegar
1/4 cup lemon juice
1 teaspoon tarragon
3/4 teaspoon black pepper
3/4 teaspoon salt
3/4 teaspoon sugar
----FOOD PROCESSOR----
1 cup parsley
1 cup celery
1 cup scallions
4 each cloves of garlic (4-10)

Mix all together, pour over claws and serve.

Crab Combination Soup #1

1 oz dried mushrooms
1 boiling water
6 oz fresh or thawed frozen
1 crabmeat
4 oz frozen sea scallops
1/2 cup drained whole or sliced
1 bamboo shoots (1/2 of 8 oz
1 can)
8 scallions
1 teaspoon vegetable oil
1 egg, slightly beaten
6 cup chicken broth
1/2 teaspoon grated pared fresh ginger
1 root
3 tablespoon cornstarch
6 tablespoon water
1 1/2 tablespoon rice wine (or dry sherry)
4 teaspoon soy sauce
2 egg whites

1. Place mushrooms in bowl and cover with boiling water. Let stand 30 minutes. Drain. Remove and discard stems. Cut caps into thin slices.

2. Flake crabmeat. Rinse scallops with water, drain and cut into thin slices. Cut bamboo shoots into thing strips. Chop green onions.

3. Heat oil in small omelet or crepe pan. Add eggs and tilt pan so egg completely covers bottom. Cook over medium-high heat until egg is set. Loosen edges and turn omelet over to cook other side. Remove from pan, roll up and cut into thing strips.

4. Pour broth into 3-quart saucepan. Cook over high heat until broth boils. Stir in mushrooms, crabmeat, scallops, bamboo shoots, onions, sliced egg, ginger and pepper. Return soup to boil.

5. Combine cornstarch, 4 tablespoons of the water, the wine and soy sauce.
Stir mixture into soup. Return soup to boil.

6. Beat egg whites and remaining 2 tablespoons water. Drizzle egg whites slowly into soup while stirring soup vigorously.

Makes 6 servings.

Recipe courtesy of: Catherine Vanicek, 26 Mar 93 19:12:03

Crab Crepes

1/3 cup chopped green onions
1/2 cup sliced fresh mushrooms
1/2 teaspoon dried whole thyme
1 tablespoon margarine, melted
1 1/2 teaspoon all-purpose flour
1/4 cup + 2 tbsp skim milk
2 tablespoon dry white wine
1/2 lb fresh lump crabmeat, drained/flaked 1
tablespoon chopped fresh parsley
1 1/2 teaspoon lemon juice
1/8 teaspoon dry mustard
1/8 teaspoon salt
1 pinch red pepper
8 light crepes, recipe follows
1 vegetable cooking spray

Saute onions, mushroms and thye in margarine in skillet until tender. Reduce heat to Low; add flour. Cook 1 minute, stirring constantly. Gradually add milk and wine; cook over Medium heat, stirring constantly until thickened. Remove from heat; stir in crabmeat, parsley, lemon juice, mustard, salt and red pepper. Spoon 1 1/2 Tbsp. crabmeat mixture down center of each Light Crepe; roll up crepes; arringe in baking pan coated with cooking spray. Cover; bake at 350 F. for 25 minutes. Broil crepes 4-6 inches from heat source, 1 minutes until golden. Yield: 4 servings: Per 2 filled crepes: 262 calories, 8.3 gr. fat, 195 mg. cholesterol

Light Crepes: Combine 3/4 cup all-purpose flour and 1/8 tsp. salt. Gradually add 2 eggs, beaten, 1 cup skim milk, and 1 Tbsp margarine, beating until smooth. Refrigerate crepe batter for at least 2 hours. Brush the bottom of 8 inch crepe pan with 1/8 tsp. oil; place pan over Medium hat until oil is just hot. Pour 3 Tbsp batter in pan; quickly tilt pan in all directions so batter covers pan in thin film. Cook crepe 1 minute. Lift edge of crepe to test for doneness. Crepe is ready for flipping when it can be shaken loose from pan. Flip crepe; cook 30 seconds on other side. Cool on towel. Stack between layers of wax paper. Repeat procedure with remaining batter. Yield: 8 crepes Per crepe: 91 calories, 3.1 g. fat, 69 mg. cholesterol

Recipe by: Cooking Light Card

From: Roberta Banghart <bobbi744@sojourn.com>

Crab Delights Stir Fry

8 oz crab delights flakes or chunks
10 oz frozen oriental style vegetables wi; th seasoning
1/8 teaspoon garlic powder
1/8 teaspoon ground ginger
1 soy sauce optional

Combine crab delights, vegetables with seasoning, garlic and ginger. Heat according to directions on vegetables package. Stir and serve. Season with soy sauce, if desired.

Crab Diablo

1 1/4 lb fresh dungeness crab meat
2 cup heavy cream
1 large shallot; minced
4 tablespoon dijon mustard
1 oz brandy or cognac
1 pinch cayenne pepper
1 tablespoon parsley; chopped
2 tablespoon pimento; chopped
1/2 tablespoon butter
1 tablespoon fresh bread crumbs

In a heavy saucepot, gently saute minced shallot over moderate heat in butter for about 1 minute. Add heavy cream and reduce over moderate heat until only about 1 1/3 cups remain. In a mixing bowl, whisk together mustard with small amounts of the cream mixture. Add brandy, parsley, pimento and cayenne pepper.

Preheat oven to 375øF. Combine sauce with fresh crab meat and divide into four baking dishes. Sprinkle with bread crumbs and bake in the oven about 12 minutes or until hot and bubbling. Garnish with lemon and parsley. Serve with crusty French bread and a cool, crisp

sparkling wine.

Crab Enchiladas With Chipotle Cream Sauce

1 (40 min left), (h)elp
1 and picked over
1 more?
1 chipotle cream sauce - see
1 recipe
1 porcini and shiitake) or
1/4 cup snipped fresh chives
1 buttom mushrooms
1/4 teaspoon freshly ground pepper
2 stick unsalted butter (1
12 6-in blue corn or corn
1 cup)
1 tortillas
1 teaspoon shallot - minced
3/4 lb assorted fresh wild
1/2 cup dry vermouth
1 mushrooms (such as
1 lb cooked crabmeat - drained
1 chanterelle

Cut off any hard stems from mushrooms and discard. Thinly slice mushrooms. Melt 1/2 cup butter in heavy large skillet over medium-low heat. Add mushrooms and shallot and cook until tender, stirring (40 min left), (H)elp, More? frequently, about 10 minutes. Add vermouth and bring to boil. Reduce heat and simmer until almost no liquid remains in pan, stirring occasionally, about 6 minutes. Melt remaining 1/2 cup butter in heavy medium skillet over medium heat. Add crab and stir until heated through. Combine with mushrooms. Mix in 3/4 cup chipotle sauce, chives and pepper and bring to boil, stirring constantly. (Can be prepared 1 day ahead. Cool completely. Cover and refrigerate.) Set aside. Preheat oven to 350F. Stack tortillas and wrap in foil. Bake until heated through, about 10 minutes. Rewarm filling over low heat, stirring occasionally. Place 1 tortilla on each plate. Divide filling among tortillas. Fold tortilla up as for letter, enclosing filling. Turn enchiladas seam side down. Spoon remaining sauce over and serve. Makes 12 appetizer or 6 main-course servings.

Crab Filled Cream Cheese Pastry

8 oz pkg cream cheese
2 teaspoon grated onion
1 teaspoon horseradish
1 teaspoon lemon juice
6 oz pkg shredded crabmeat
----PASTRY SHELLS----
1 cup softened butter
8 oz cream cheese
2 cup flour

Note: Lobster and shrimp may be substituted for the crab. Mix first four ingredients. Fold in the crabmeat. Fill pastry shells, chill and serve.

Pastry Shells:

Cream butter and cream cheese. Mix in flour and form into small balls. Wrap in plastic wrap and chill for several hours. When ready to use, let soften and roll out to 1/4 inch thickness. Press into pastry cups and bake at 350 for 12 - 15 min. Fill and serve.

Sharon Bailly

Crab Filo Appetizers

3 tablespoon butter
2 cloves garlic; minced
3 tablespoon flour
1 cup whipping cream
1 lb fresh crab meat
2 tablespoon chopped chives
2 tablespoon chopped parsley
1 salt & pepper to taste
8 filo sheets
1/2 cup unsalted butter

In 3 Tbls butter, saute garlic, and then stir in the flour and cook

for about 1 minute. Add the cream and stir till thick. Stir in crab, chives, salt and pepper. Fold the filo sheets so they are 6" x 6" brushing each layer with melted butter. Put a big plop of the crab mixture in the center of each square, and fold into triangles. Seal and brush top with melted butter. Bake at 400~ for 15 to 20 minutes, until they look perfectly browned.

Crab Fritters

1 3/4 cup all-purpose flour
1 1/2 cup warm water
2 tablespoon vegetable oil
2 teaspoon baking powder
1/8 teaspoon salt
1 lb crabmeat
3/4 cup fresh white breadcrums
4 large egg whites, divided
3 tablespoon chopped fresh parsley
1 salt and pepper, to taste
1 all-purpose flour, for
1 dredging
1 vegetable oil,for deep
1 frying

----CURRY SAUCE----

1 1/2 tablespoon olive oil
1 small garlic clove, minced
1 teaspoon curry powder
1/2 cup mayonnaise
1/2 cup sour cream
2 tablespoon orange juice
1 tablespoon sugar
1 tablespoon fresh lemon juice
1 tablespoon chutney

Mix the first five ingredients in a medium bowl to blend. Let the bater stand for 1 hour at room temperature. Mix the crabmeat, bread crumbs, two of the egg whites and the parsley in a large bowl. Season with salt and pepper. Divide the mixture into 24 mounds. press each mound firmly into a ball. Roll each crabmeat ball in flour; shake off excess. Immediately before frying, beat the remaining egg whites in a small bowl tostiff peaks. Fold the egg whites into the batter.

Heat the oil in a deep fryer or heavy saucepan to 360F. Dip the crab balls, one at a time, into the batter, coating completely. Carefully lower into the oil. Repeat with the remaining crab balls, cooking until pale andgolden brown, about 5 minutes. Use a slotted spoonto transfer the

frittersto paper towels and drain. Serve with Curry Sauce.

Makes 24 fritters.

NOTES:
Do not overcrowd the fryer or saucepan when making these crab fritters. Make no more than 5 fritters at a time.
Be certain to slide the fritters gently into the hot oil. Dropping them into the oil can can cause a dangerous splash.
Turn the fritters frequently as they fry, making sure that all sides are browned.

Heat the oil in a small heavy skillet over medium heat. add the garlic and saute for 1 minute. Add the curry powder and stir for 1 minute.Transfer the mixture to a blender. Add all of the remaining ingredients and blend until smooth. Pour into a bowl.

[The Baltimore Sun; Dec 11, 1991] Posted by Fred Peters.

Crab Gumbo

1 lb crabmeat
1 medium onion; chopped
1 large stalk celery; chopped
1 centiliter garlic; finely chopped
1/4 cup margarine or butter; 1/2 stick
6 cup canned whole tomatoes; three 1-pound cans; or 1 pkg frozen okra; (10 oz)
1 bay leaf
2 teaspoon salt
1 teaspoon sugar
1/2 teaspoon whole thyme
1/4 teaspoon chili powder
1/4 teaspoon pepper
3 cup hot cooked rice

Recipe by: The Maryland Seafood Cookbook.

Remove all cartilage from Crabmeat. In a 4 or 5 quart pot, cook onion, celery and garlic in butter or margarine until tender. Add tomatoes, okra and seasonings. Cover and simmer for 1 hour. Add Crabmeat and heat through. Serve over hot cooked rice.

Formatted for you by: Bill Webster

Crab Meat Alma

1 each stick butter or margarine
1 each sm bunch chopped green onion
1/2 cup parsley, finely chopped
1/2 cup celery, finely chopped
1 can (small) mushrooms, drained
3 tablespoon flour
2 cup light cream
2 cup swiss cheese, grated
1/2 cup sherry or vermouth, dry
1 cayenne pepper
1 salt, to taste
1 lb white crab meat (or shrimp)

Melt butter in heavy saucepot. Saute vegetables until soft. Blend in flourand add cream. Heat until thickened. Add cheese and heat until it has melted. Add wine, cayenne pepper, and salt. Fold in crab meat or shrimp. Heat gently for 8 to 10 minutes
Serve with french bread or in patty shells
"Alma is a good cook and also a fine, good friend, who has a terrific sense of humor, I garontee!" From Justin Wilsons Outdoor Cooking With Inside Help

Crab Meat Lion's Head

3 teaspoon oil
1 lb ground pork
6 oz chopped cooked or canned crab meat 2 eggs
2 teaspoon sherry
1 teaspoon salt
1 tablespoon cornstarch
1 black pepper
2 scallions
4 slice minced ginger
1 tablespoon light soy sauce
1 lb celery or chinese cabbage
1 tablespoon cornstarch mixed with 3 tb. water

Cut celery/or chinese cabbage into 2-inch segments.

Mix ground pork, crab, eggs, sherry, salt, cornstarch, pepper, scallion, ginger and soy sauce into 5 large meatballs. Heat oil then fry meat mals until brown, approximately 8 minutes. Add broth and cover. Simmer for 15 minutes. Add celery or Chinese cabbage. When cabbage is done but crisp, add water cornstarch mixture to thicken.

Crab Meat Roll Sushi

3 cup white medium grain rice
----VINEGAR SAUCE----
1 cup rice vinegar
1 cup white sugar
2 teaspoon salt (heaping)
----FILLING----
1 artificial crabmeat; mixed with mayonnaise 1 cucumber; cut in thin long strips
1 nori (seaweed)

Cook rice. Let steam after cooking for 20 minutes, then put into large mixing bowl and add 1 cup of cooled vinegar sauce. Toss rice lightly but thoroughly with vinegar sauce.

When rice is cooled, spread about 1 inch thick on a sheet of nori, leving about 1 1/2 inches uncovered at one edge of nori to use as a sealing flap. Wet finger tips in leftover vinegar sauce to make rice easier to handle.

Place crabmeat and cucumber in a thin line across the rice. Roll the rice into a cylinder, nori side out and crabmeat in the middle. Use a bambo sushi roller or an acrylic sushi press. Slice across the sushi roll into 8 pieces and serve. Makes about 6 rolls.

Crab Mousse

1 vegetable cooking spray
1 envelope unflavored gelatin
3 tablespoon skim milk

8 oz neufchatel cheese, softened
8 oz plain nonfat yogurt
1/2 lb fresh lump crabmeat, drained
1 cup minced celery
1/3 cup sliced green onions
1 tablespoon lemon juice
1 teaspoon pepper
1/2 teaspoon prepared horseradish
1 fresh radishes (optional)

Coat a 4 cup mold with cooking spray; set aside. Sprinkle geletin over skim milk in a small saucepan; let stand 1 minute. Add Neufchatel cheese, and cook over low heat, stirring until gelatin dissolves and mixture is smooth. Add yogurt, stirring until well blended. Remove yogurt mixture from heat. Add crabmeat, celery, green onions, lemon juice, pepper, and horseradish, blend well. Pour mixture into prepared mold. Cover and chill until firm. to serve, unmold onto serving plate; garnish withfresh radishes, if desired. serve with melba toast. Yeild: 4 cups. Note: Using Neufchatel cheese rather than regular cream cheese lowers calories and fat in recipes. to soften Neufchatel quickly, stir it vigorously. Or, if you have a microwave oven, unwrap the cheese and place it in a microwave-safe bowl. microwave, uncovered, at HIGH 15-20 seconds.

Crab Quiche

1/2 each recipe plain pastry
1 or 1 layer pie crust mix for
7 1/2 oz fresh lump crabmeat
1 (shells and cartilage remove
3 oz swiss cheese (grated)
4 each eggs
2 cup table cream
1/3 cup onion (minced)
1 teaspoon salt
1/4 teaspoon cayenne pepper
1 tablespoon fresh parsley (chopped)

Preheat oven to 425 F.
CRUST: Prepare pie crust as directed. Place pastry on the bottom and sides
of a 9-inch pie pan.
FILLING: Over the dough, sprinkle all of crabmeat, then all of cheese.
In a bowl, beat eggs, cream, onion, salt, and cayenne until blended. Pour

mixture over crabmeat and cheese. Sprinkle with parsley.
Place pan on a cookie sheet and set on middle rack in oven. Bake at 425 F
for 15 minutes, then reduce heat to 300 F. Bake 30 minutes more or until
knife, when inserted, comes out clean. Remove quiche from oven and let
cool 10 minutes. Cut and serve warm. Yields 6 slices.

Crab Rangoon #2

1 pkg (8oz) cream cheese
1 can (6oz) crab meat, drained and flake; d, 2 green onions

CRAB RANGOON

including tops, thinly sliced 1 clove garlic, minced 2 tsp
Worcestershire sauce 1/2 tsp lite soy sauce 1 pkg (48 count) won ton skins vegetable spray coating

In medium bowl, combine all ingredients except won ton skins and spray coating; mix until well blended. (To prevent won ton skins from drying out, prepare one or two rangoon at a time.) Place 1 tsp filling in center of each won ton skin. Pull bottom corners down and overlap slightly; moisten one corner and press to Lightly spray baking sheet with vegetable coating. Arrange rangoon on sheet and lightly spray to coat. Bake in 425 degree oven for 12-15 minutes or until golden brown. Serve hot with sweet-sour sauce or mustard sauce.

Makes 48 appetizers.

Crab Roll Hors D'oeuvres

1 lb backfin crabmeat
8 oz cream cheese, softened

Season slightly with your choice of the following: salt, cream, onion, sherry, pepper, Tabasco, mustard, Worcestershire. Remove all cartilage from crabmeat. Very gently mix crab with cream cheese,

being careful not to break the pieces. Shape into a log, sprinkle with parsley, chill, and serve with crackers.

Crab Salad Croissants W/Peaches And Pecans

1 cup cooked crab meat in small pieces
1 (chicken or salmon can be substitut; ed)
1/4 cup chopped green onion
1/4 cup chopped celery
1 large peach
1/4 cup pecan halves
1 mayonnaise
1 salt
2 fresh baked croissants
1 leaf lettuce
1 alfalfa sprouts

Combine crab, green onion and celery. Peel peach, cut half into slices for garnish, dice remaining half and add to crab mixture along with half the pecans. Add just enough mayonnaise to moisten. Add a little salt to taste if needed. Split croissants and fill with crab salad plus a lettuce leaf. Garnish plate with alfalfa sprouts, reserved peach slices and pecans. Yield: 2 servings.

Crab Souffle

1 grated parmesan cheese
2 tablespoon minced shallots or scallions
3 tablespoon butter
3 tablespoon flour
1 cup scalled milk
1/2 teaspoon salt
1/8 teaspoon ground white pepper
4 egg yolks
1/2 cup grated swiss cheese
3/4 cup flaked fresh crab meat
5 egg whites
1 pinch of cram tartar
1/8 teaspoon salt

1 grated parmesan cheese

Directions: Preheat oven to 400 F. Butter a 6 cup souffle dish and dust with grated Parmesan cheese. Cook shallots in butter for several minutes. Stir in flour and cook for 2 minutes. Remove from heat. Gradually blend in milk, salt, and pepper. Cook, stirring, until thick and smooth. Remove from heat and cool slightly. Beat in egg yolks, one at a time. Add swiss cheese and cook, stirring, until blended. Fole in crab meat. Cool. Beat egg whites until frothy. Add cram of tartar and 1/8 tea salt. Beat until stiff peaks form. Gently fold into souffle base. Pour the mixture into the prepared souffle dish and sprinkle the top with grated Parmesan cheese. Place on the middle rack of the oven and immediately lower heat to 375 F. Bake 30 to 35 minutes submitted marina

Crab Souffle Roll

1/2 cup butter
1/2 cup flour
2 cup milk
4 each egg yolks
1/2 teaspoon salt
1 each dash of red pepper
2 teaspoon snipped chives
4 each egg whites
1/4 teaspoon cream of tartar
1/3 cup parmesean cheese
----CRABMEAT FILLING----
4 each scllaions (finely chopped) 2 tablespoon butter
2 pkg (6oz. ea) crabmeat
1 each 3 oz. cream cheese
1/3 cup half and half
2 teaspoon snipped parsley
1 each dash of tabasco
1 each salt and pepper to taste

Grease 15 1/2 x 10 1/2 x 1" pan. Line with waxed paper- grease lightly and flour. Heat butter and remove from heat. Stir in flour. Cook over low heat, stirring til smooth and bubbly. Remove from heat, stir in milk. Heat to boiling, stir constantly. Boil and stir 1 minute. Remove from heat, beat in egg yolks, one at a time. Stir in salt, red pepper, chives, and cheese. Cool at room temp, cover mix to prevent film. Heat oven 350- Beat in whites with cream of tartar, sitff not dry. Fold in 1/4 whites into mixture, fold in remaining whites. Bake til

puffed and golden brown 35-45 minutes. Immediately loosen souffle from edges of pan, invert on cloth covered cooking rack. Spread with filling. Roll from narrow end ~cut desired slices when cool.# Cook and stir green onions in butter til tender. Stir in remaining ingredients. Heat til hot.

Crab Soup With Sherry

1 tablespoon shallot,finely minced
2 tablespoon butter
1 teaspoon flour
5 cup milk,warm
1/4 teaspoon worcestershire sauce
1/8 teaspoon white pepper
1 lb crab meat,flaked
1 egg yolk,beaten
1 salt
1/2 cup sherry,at room temperature
1 lightly salted whipped cream
1 paprika

1. Saute the shallots in the butter in the top of a double boiler over direct heat until very soft but not browned. Stir in the flour. Add the warm milk slowly, stirring as added. Place over simmmering water, add Worcestershire sauce, pepper, and crab meat. Let cook, stirring frequently, over, not in, simmering water for 15-20 minutes. (May be made ahead at this point up to about 1 hour before serving.) Cover and keep over hot water. stirring occasionally.#
2. Add a little of the hot soup to the beaten egg yolks and stir mixture back into soup. Season to taste with salt. Add the sherry and heat to steaming hot.#
3. To serve, ladle soup into warm bowls. Top each serving with a little whipped cream, sprinkle with paprika, and serve at once.

Crab Stew

2 egg yolks
1 qt. milk

1/8 lb butter
1 salt and pepper to taste
1 crab meat
1/2 cup sherry wine
1 lemon peel (garnish)
1 hard cooked egg (garnish)
1 tablespoon flour

PLACE FLOUR WITH 1 C. MILK IN A BOWL AND MIX INTO PASTE. PLACE THE REST OF THE COLD MILK IN POT WITH BUTTER, SALT AND PEPPER, AND CRAB MEAT. COOK ON LOW HEAT. MIX IN 2 EGG YOLKS. COOK SLOWLY FOR 1/2 HOUR. ADD SHERRY. GARNISH WITH LEMON PEEL AND STRAINED HARD COOKED EGG YOLK.

Food & Wine RT [*] Category 3, Topic 6 Message 143 Sun Feb 16, 1992
C.NORBERG [Kit] at 17:01 EST

MM by QBTOMM and Sylvia Steiger, GEnie THE.STEIGERS, CI$ 71511,2253,
GT Cookbook echo moderator at net/node 004/005

Crab Stuffed Chicken Breasts

6 each chicken breasts
1/2 cup onion, chopped
1/2 cup celery, chopped
3 tablespoon butter
3 tablespoon white wine, dry
7 1/2 oz crabmeat, flaked
1/2 cup herb stuffing mix
2 tablespoon all-purpose flour
1/2 teaspoon paprika
1 pkg hollandaise sauce mix
3/4 cup milk
2 tablespoon white wine, dry
1/2 cup swiss cheese, shredded
1 salt
1 pepper

Skin & bone chicken breasts; pound to flatten.
Sprinkle with a little salt and pepper. Cook onion and
celery in 3T butter until tender. Remove from heat;
add 3T wine, the crab and stuffing mix, and toss.
Divide mixture among breasts. Roll up and secure.
Combine flour, paprika. Coat chicken. Place in 11" X
7" X 2" baking dish , drizzle with 2T melted butter.
Bake uncovered in 375 degree oven for 1 hour. Transfer

to platter. Blend hollandaise sauce mix, milk. Cook, stirring, until thick. Add remaining wine and cheese. Stir until cheese melts. Serve over chicken. Mrs. Robert F. Lewis

Crab Tetrazzini

1 no ingredients

2 c Fettucine; cook -- drain
1/2 ts Dried Sweet Basil --
: crumble
3 TB Butter
1 cn Crab meat (6oz)
2 c Mushrooms -- sliced
1 TB Flour
1/2 ts Garlic salt
3/4 c Chicken broth
1/3 c Green onion -- sliced
1/4 c White wine -- dry
1/3 c Parsley; fresh -- minced
1/4 c Parmesan cheese -- grated

Place fettucine in a greased 1-quart casserole. Melt 2 tablespoons butter in large skillet; saute mushrooms in butter until just tender. Add garlic salt, green onion, parsley and basil to mushrooms; saute 1 minute. Spoon mixture over fettucine. Drain crab meat; arrange on vegetables. Melt remaining butter in skillet; blend in flour. Gradually add chicken broth; cook, stirring constantly, until smooth and thickened. Blend in wine. Add cheese; cook until cheese melts. Spoon sauce over crab; bake in preheated 400~ oven 15 to 20 minutes.

Recipe By :

Crab Tomato Sandwiches

1 topping
3 oz cream cheese, softened
1/2 cup crab meat, shredded

1 teaspoon lemon juice
1 egg, lightly beaten
6 slice sandwich bread-crust removed
3 tablespoon mayonnaise
2 tablespoon parsley minced
2 tablespoon parmesan cheese-grated
1 dash of cayenne pepper
2 large tomatoes, ripe, but firm

Directions; Preheat oven to broil. Combine topping ingredients and blend carefully. Toast one side of the bread slices. Cut tomatoes into thick slices and place on untoasted side of bread slices. Spread with topping mixture and broil about 5 inches from heat until puffed and browned. Bread slices may be cut into quarter triangles for appetizers and broiled as directed. source marina

Crab With Snow Peas

2 tablespoon vegetable oil
1 lb fresh crab meat, diced
2 cloves garlic, crushed
1/2 lb fresh snow peas
1 can (8 oz) water chestnuts (or
1 cup jicama, cut in 1/2 cubes)
1/4 cup white wine
1 tablespoon soy sauce
1 tablespoon arrowroot
1/4 cup water
4 cup rice, freshly cooked

Heat oil. Add crab and simmer, stirring, 2 minutes. Add garlic, snow peas and water chestnuts; simmer 5 minutes. Stir together wine, soy sauce, arrowroot and water until arrowroot is dissolved. Pour into cooking crab mixture and simmer another 2 minutes. Serve immediately over hot rice.

Crab Won Tons With Blackberry Szechuan Sauce

----SAUCE----

1/2 cup blackberry puree
1/2 cup saki or dry sherry
1 tablespoon cornstarch
1/2 teaspoon salt (to taste)
1/2 teaspoon red pepper flakes (to taste)
1/2 teaspoon ginger, grated
1 teaspoon lime juice
2 garlic cloves, minced
1 1/2 tablespoon honey
----FILLING----
3 oz spinach, fresh
1 tablespoon butter
4 tablespoon onion, chopped finely
3 oz cream cheese
2 tablespoon lemon juice
2 tablespoon breadcrumbs, dry
1/2 lb crabmeat, flaked, cooked
1 dash salt, pepper, tabasco (opt)
----WON TONS----
36 won ton wrappers
1 vegetable oil

BLACKBERRY PUREE: Place 1 cup fresh or thawed whole frozen blackberries in food mill, blender, or food processor ans process until smooth. If desired, seeds may be removed by straining through a medium sieve and using a rubber spatula to press pulp through while scraping underside of sieve. Add sugar to taste. A good rule of thumb for sweetening is about 2 T sugar per cup of whole berries. SZECHUAN SAUCE: Mix all sauce ingredients in a saucepan. Bring to a boil over medium high heat. Lower heat and cook until clear and thickened. (The flavor of this sauce improves after standing overnight.) FILLING: Remove stems and wash spinach. With water still clinging to the leaves, place in a large pan over medium high heat. Cook until spinach just begins to wilt and most of water has evaporated. Empty onto cutting board and chop finely. Set aside. Melt butter in saute pan. Saute onions until transparent. Cut cream cheese into small chunks. Reduce heat to low, and add cream cheese. when cheese begins to soften, add lemon juice to blend. Remove pan from heat and stir in breadcrumbs. crab and spinach. WONTONS: Place 1 - 2 tsp. filling in each wrapper and seal according to package directions. Place single layer of wontons in hot oil (about 1/4" in bottom of wok)and fry 2 - 3 minutes until golden brown. Drain on paper bags or paper towels, and serve immediately with blackberry sauce.

Crab~ Artichoke Heart & Pasta Casserole

1 stephen ceideburg
1 lb tiny shell noodles
1 shallot, minced
4 green onions, chopped, including gr; een tops 2
tablespoon butter
1 cup chicken stock
1/2 cup dry white wine
1/4 cup marsala or madeira
3/4 cup cream
1/2 cup grated gruyere or other swiss chees; e
1/2 lb crab meat
2 jars marinated artichoke hearts, cu; t in half
1/2 cup chopped flat-leaf parsley
1 salt and pepper to taste
1/4 cup grated parmesan
2 tablespoon bread crumbs

Cook shell noodles in large pot of boiling water until tender. Drain.

Melt butter and saute shallot and green onions until soft. Add chicken stock and white wine. Reduce by halt Stir in Madeira and bring to a boil, Stir in cream and cook until just thickened.

Add cheese to sauce. Combine sauce with pasta and stir in crab and artichoke hearts. Add parsley and salt and pepper to taste.

Butter a ceramic casserole and put pasta mixture into it. Preheat oven to 350 degrees F. Top casserole with grated Parmesan and bread crumbs and bake 30 to 40 minutes, until heated through and bubbling.

PER SERVING: 425 calories, 18 g protein, 49 g carbohydrate, 17 g fat (9 g saturated), 66 mg cholesterol, 363 mg sodium, 0 g fiber.

Heidy Haughy Cusik writing in the San Francisco Chronicle, 11/25/91.

Posted by Stephen Ceideburg

Crab-A-Leekie Crepes

----LEMON CREPES----
3 eggs
1 teaspoon sugar [optional]
2 egg yolks
1/2 teaspoon salt
1/4 cup lemon juice, fresh
1 1/2 teaspoon vegetable oil

3/4 cup milk
2 teaspoon lemon rind, grated
1 cup all-purpose flour
----FILLING----
1 lb crab or imitation crab
1 cup dry curd cottage cheese 1
small leek, thinly sliced
1/2 small tomato, finely diced 1
small lime - juice only
1 tablespoon balsamic vinegar 1
teaspoon salt
1 teaspoon seafood seasoning
----WHITE WINE SAUCE----
3 tablespoon butter
3 tablespoon flour
1/2 cup chicken stock
1/2 cup sour cream, or heavy cream
1/2 cup white wine
1 salt & white pepper

Ingredient note: Imitation crab, has several commercial names but generally consists of processed pollack with natural and imitation flavouring. It is processed so as to resemble crab meat - a white mean with a red exterior. This product is less expensive than natural crab and makes an excellent substitute.

Lemon Crepes: Combine eggs, egg yolks, and lemon juice. Beat the mixture to thoroughly combine ingredients and incorporate air into the mixture. Add the milk and whisk again.

Sift flour, salt, sugar [if using]together in a separate bowl then gradually incorporate into egg mixture. Add vegetable oil and blend thoroughly. Batter should be very smooth and creamy. Do not allow lumps to form [don't strained out lumps - they should be passed through a sieve so as to break them down.)

Add grated lemon rind and allow the mixture to rest for one hour. If mixture thickens during this period, 1-2 Tb of milk may be added. It is important that the crepes do not become pancakes.

Use a large hot crepe pan [or lg round frying pan]. Add vegetable oil to pan and swirl to coat. Gently pour in only sufficient batter to coat the whole surface of the pan swirling to get a thin and even coating. The crepe should be turned when the top is set and the bottom is lightly browned. Only cook the other side until the desired colour is achieved. Remove and set aside to cool.

Filling: Chop the crab, or imitation crab, into bite size chunks and place in large mixing bowl. Thinly slice the white of 1 small leek. Slicing should produce thin rounds. Press out the rounds so as to separate the slice into small rings. Add to mixing bowl along with a finely dice half of a small tomato.

To the mixture, add approx. 1 c of dry-curd cottage cheese, the balsamic vinegar and the juice of one small lime. Add seasonings. [The seafood seasoning is a commercial preparation available at most stores.] Combine all ingredients in the bowl. Cover with plastic wrap and allow to stand in fridge for up to 2 hrs.

Remove from fridge and toss lightly. Scoop out sufficient filling to fill the centre of each crepe. Do not overfill. Roll the crepes up into packages and place in a microwave dish, seam side down. Allow to stand while making sauce.

Sauce: In top of double-boiler, over medium-high heat, melt butter and add the flour. Cook, stirring constantly until thickened. Add liquids. Whisk while simmering gently; until mixture is the desired consistency. Reduce heat.

Microwave the stuffed crepes. Time will vary according to quantity. For eight filled crepes allow approx. 6 minutes. Heat until very warm throughout. Adjust time if necessary according to microwave capability.

Allow one crepe per person for entree, two crepes per person if serving with a garden salad, or three per person in serving alone with sauce. Pour a generous amount of the hot sauce over the top just before serving.

Foot-note: the quantity of leek, the balsamic vinegar and the lime juice should not be eliminated from this recipe [at least not without trial]. The combination of textures between the crepe, the seafood and the barely cooked leek are a treat. The subtle flavour variations created by the short marination of the filling ingredients in the juice and the vinegar, are quite delightful and work well with this sauce.

[-=PAM=-] [Crepe adapted from Lynn M Alford]

Crabapple Pickles

7 lb crabapples
7 cup beet or cane sugar
3 cup vinegar
2 cup ; water
1/2 cup broken stick cinnamon
1/4 cup whole cloves

Steam hard crab apples a short time before dropping into the syrup.

Combine all other ingredients to make a syrup. Tie spices in a little cheesecloth bag and cook in the syrup for 5 minutes. Remove apples to clean jars and add another layer, continuing until all apples are cooked. Fill jars with syrup and seal.

Crabby Potatoes

1 1/2 lb red new potatoes
1/4 lb crab meat
2 tablespoon chives -- minced
1 tablespoon parsley -- chopped
1 teaspoon olive oil
2 tablespoon nonfat mayonnaise
2 tablespoon nonfat yogurt
2 teaspoon lemon juice
3 tablespoon parmesan cheese

Bake potatoes in a 350 degree oven until tender (30-45 min). Let cool. Cut into quarters.

In a bowl, combine all other ingredients. Stir in potatoes. Place into a shallow baking dish.

Broil 4" from heat until golden. Serve hot.

Recipe By : Sunset Light and Healthy

Crabmeat Fajitas

12 large jalapenos
4 oz crabmeat, well drained
1/3 cup minced red onion
1/4 cup minced green bell pepper
1/4 cup mayonnaise
1/2 cup all purpose flour
3/4 cup mexican beer
1 corn oil (for deep frying)
1 all purpose flour
1/2 avocado, peeled, diced

1/2 cup mild salsa, drained
1 tablespoon mayonnaise

Starting just below stem, cut chilies lengthwise in half, leaving stems attached. Seed chilies. Place chilies in heavy medium saucepan. Cover with cold water and bring to simmer. Drain. Repeat process. Dry chilies. Combine crab, onion, bell peppers and mayonnaise in small bowl. Season with salt and pepper. Fill chili cavities with crab mixture. Press chili halves together to compress filling,. (Can be prepared 4 hours ahead, cover and chill.) Place 1/2 cup flour in bowl. Gradually whisk in beer. Let stand 5 minutes. Heat oil in heavy deep pot to 375 degrees. Whisk batter to smooth. Dredge jalapenos in flour. Holding stem end, dip into batter to coat completely and deep fry in batches until golden brown, about 3 minutes. Transfer jalapeno to paper towels and drain. Combine avocado, salsa and mayonnaise in small bowl. Season to taste. Arrange chilies on platter. Garnish with salsa.

Crabmeat Goodies

1 can old english cheddar cheese spread
1 stick margarine
1/4 teaspoon garlic powder
1/4 teaspoon seasoned salt
1 tablespoon mayonnaise
1 can crab meat (drained)(6 oz)
1 pkg english muffins

Combine the first six ingredients. Spread on the muffins and cut each into four pieces. Freeze the muffins on a cookie sheet, the put in plastic bags. Use as needed. Bake frozen for 10-12 minutes at 400'F.

Crabmeat Mousse

1 jim vorheis
1 tablespoon unflavored gelatin
1/4 cup cold water
1 cup undiluted mushroom soup
8 oz cream cheese, softened

1 cup mayonnaise
3/4 cup finely chopped celery
6 1/2 oz can alaskan king crab meat, drained 1
tablespoon grated onion
1 1/2 teaspoon worcestershire sauce

Soak gelatin in cold water to soften. Heat soup. Stir gelatin into hot soup, making sure it is dissolved. Add cream cheese and mayonnaise. Beat until smooth. Add celery, crabmeat, onion and Worcestershire. Pour into mold and chill. Serve with club crackers.

Colorado Cache Cookbook (1978) From the collection of Jim Vorheis

Crabmeat Patties

1/2 cup butter or margarine
2 each celery ribs,chopped
1 can mushrooms(5.5oz)
1 teaspoon celery salt
1/2 teaspoon cayenne pepper
1 cup cream
1 lemon juice
1 each onion,chopped
1 lb crabmeat,lump,picked over
1 each pimiento,chopped
1/4 teaspoon mace
1 cup milk
2 each egg yolks,well beaten
1 cup bread crumbs,buttered

1. Melt butter in saucepan with onion and celery; cook until vegetables are golden.#
2. Add crabmeat, mushrooms, pimiento and seasonings; stir in milk and cream and cook slowly 15 minutes.#
3. Add beaten egg yolks, a small amount at a time; cook 10 minutes longer, stirring.#
4. Spoon hot mixture into four to six buttered ramekins or shells; sprinkle with lemon juice and cover with buttered bread crumbs.#
5. Bake in preheated 450'F. oven a few minutes to brown crumbs.#

Crabmeat-Artichoke Casserole

3 tablespoon butter
3 tablespoon flour
1 1/2 cup milk
1 teaspoon salt
1/8 teaspoon pepper
1/3 cup parmesan cheese
1 tabasco, dash
4 eggs, hard-boiled, chopped
1 lb artichoke bottoms, can
2 cup crab meat
1 bread crumbs, seasoned

Make white sauce by melting butter, adding flour, and gradually adding milk, stirring constantly. Season with salt, pepper, cheese and hot sauce. Add eggs, artichoke bottoms and crab meat. Pour into 1-1/2 qt casserole dish. Sprinkle top with bread crumbs and dot with butter. Bake at 350 degrees for 30 minutes.

Crabmeat-Stuffed Pork Loin

1/8 tablespoon salt
1/8 tablespoon ground white pepper
1/8 tablespoon ground red [cayenne] pepper
1/8 tablespoon ground thyme
1 lb boneless pork loin
1/2 cup finely chopped onions
1/2 cup finely chopped bell pepper
1 (or substitute jalapenos)
1/2 cup beef stock or water (or
1 chicken
1 broth)
1 teaspoon low-sodium soy sauce
1 teaspoon lemon juice
2 slice stale bread, cut in 1/2
1 cubes
1/2 lb fresh lump crabmeat, picked
1 over

Preheat oven to 350. In a small bowl, combine the salt, white pepper, red pepper and thyme; mix well and set aside. Place the pork on a flat surface and cut a deep 3" long slit in the center to form a pocket, being careful not to cut all the way through the meat. Sprinkle the seasoning mix on the outside surface and inside the pocket; set aside. Spray the inside of a medium skillet with nonstick

vegetable cooking spray (or use some olive oil)and place over high heat. Add the onions and bell pepper and saute for 5 minutes, stirring often. Add the stock and the remaining seasoning mix. Reduce the heat to simmer; stir in the soy sauce, lemon juice, bread cubes and crabmeat. Cook for 1 minute, or until the mixture is firm but not dry. Remove from the heat. Spoon into the pocket and secure with toothpicks or tie up with some cotton string. Spray the inside of an 8"square baking dish with nonstick vegetable cooking spray or oil with some olive oil. Place the pork in the dish and cover with aluminum foil. Bake for 30 minutes, turning once during cooking. Uncover and cook for 10 minutes more. Turn the pork over and cook for 10 minutes longer, or until brown. Remove the toothpicks before serving.

Recipe By : Cajun Cooking, Hearst Books

From:

Crab-Potato Salad

1/2 lb lump crabmeat
3 large idaho potatoes
3/4 cup mayonaise
3 tablespoon sour cream
1 juice of 1/2 a lemon
2 scallions
1 parsley sprigs
1 salt & pepper

Pick any bits of shell out of the crabmeat and set aside. Cut the potatoes into thirds, place in a medium saucepan, cover with salted water, and bring to a boil over medium-high heat. Cook until tender, about 20 minutes. Drain and, when cool enough to handle, peel and cut into 1/4 inch-thick slices.

in a small bowl, combine mayonaise, sour cream, and the lemon juice; season to taste with salt and freshly ground pepper. Finely chop 2 whole scallions and a few sprigs of parsley.

To serve: Arrange several slices of potato on a platter and season with salt and pepper. Smooth some dressing on top, sprinkle with scallions and parsley, then add a layer of crab. Repeat, making several layers and ending with crab on top. (I'm sure you could just mix everything together as well)

Reprinted from Saveur Magazine - July/Aug 1996.

Crabs Carribbean-Style

8 tablespoon butter
4 scallions chopped
1 teaspoon to 2 ts chopped garlic
1 hot green chili, finely chopped and; seeded 1
(or use dried red pepper flakes)
1 tablespoon curry powder
3/4 to 1 lb crab meat, shredded
2 tablespoon chopped fresh coriander leaves, if; possible 2
tablespoon finely chopped parsley
1 salt nd freshly ground pepper
6 tablespoon to 8 tb crab liquid or clam broth 2
cup bread crumbs

Melt butter in skillet; add scallions, garlic and chili peppers and cook until scallions are wilted. Add curry powder to this mixture and blend thoroughly. Add crab, coriander and parsley. Add salt, pepper and crab liquid (if more is needed, add melted butter). Blend in bread crumbs. Fill the mixture in 8 clam shells and bake at 400 degrees F about 10 minutes or until browned. Serves 8 as an appetizer or 3 to 4 as a main course.

///\/\\\ From the hearth in Sandee's Kitchen...

Crab-Stuffed Chicken

4 oz crabmeat(or imitation) chop
2 tablespoon fine dry bread crumbs
1 tablespoon snipped parsley
6 med chicken breast halves *
1/4 cup water chestnuts, chop finely
2 tablespoon mayonnaise or salad dressing
1/4 teaspoon dijon-style mustard
2 tablespoon white wine worcestershire

* 6 med (1 - 1 1/4 lbs) boned skinless chicken breast halves Sliced green onion

For filling, combine crabmeat, water chestnuts, bread crumbs, mayonnaise, parsley, and mustard.
Place 1 piece of chicken, boned side up, between clear plastic wrap. Pound with meat mallet till 1/8" thick. Repeat with other pieces of chicken.
Spoon some of the filling onto 1 end of each chicken breast half. Fold in the sides and roll up. Arrange chicken, seam side down, in a 12x7x2" bakingdish. Brush with some of the Worcestershire sauce.
Bake in a 350 deg F. oven for 20-25 minutes or till chicken is no longer pink. Brush with remaining Worcestershire sauce and sprinkle with green onion.

Microwave Directions: Prepare as above, except microcook chicken rolls, covered with waxed paper, on 100% (high) for 8-10 minutes or till chicken is no longer pink. Give the dish a 1/2 turn every 4 minutes.

** Per serving: 190 calories, 31 g protein, 4 g carbohydrates, 5 g fat, 83 mg cholesterol, 324 mg sodium, 282 mg potassium.

Crab-Stuffed Sole

8 sole fillets (two pounds) filling
1 lb crab meat
5 tablespoon minced chives
5 tablespoon minced parsley
5 tablespoon butter, melted
1/4 cup chopped celery
1/2 cup plus two tablespoons heavy cream
1/2 teaspoon salt fresh ground pepper, to taste; sauce 3 tablespoon butter
3 tablespoon flour
1/4 teaspoon salt
1 1/2 cup milk l/3 cup dry white wine topping 1 cup grated swiss cheese
1/2 teaspoon paprika minced parsley

Preheat oven to 400 degrees. Combine filling ingredients and spread over fillets. Roll each fillet into a tube shape and place seam-side down baking dish

To make sauce, melt butter saucepan, then blend in flour and salt. Simmer for two minutes. Stir in milk and wine, and simmer until mixture thickens, stirring constantly.

Pour sauce over fillets and bake at 400 degrees for 15 minutes. Sprinkle with cheese. Bake until cheese melts. Sprinkle with paprika

and parsley.

From the files of Al Rice, North Pole Alaska. Feb 1994

Crawfish Bisque

----GRAVY----
1 cup cooking oil
2 large onions
4 ribs celery
4 cloves garlic
2 1/2 cup ground crawfish tails
9 cup hot water
5 teaspoon salt
2 cup flour (about)
6 green onions
1/4 bell pepper
10 sprigs of parsley
1/2 of crawfish fat
2 teaspoon red pepper
4 teaspoon (heaping) tomato paste
----STUFFING FOR HEADS----
1 rest of ground crawfish tail
3 ribs celery
1/4 bell pepper
4 cloves garlic
10 sprigs parsley
2 cup dry bread crumbs (or more)
2 teaspoon red pepper
2 large onions
6 green onions
1 rest of crawfish fat
1/4 cup cooking oil
2 eggs, beaten
4 teaspoon salt
1 flour

Use 1 sack crawfish (about 40 lbs.) Scald crawfish in almost boiling water for about 15 min. Drain and cool. Peel crawfish and save the fat in a separate bowl. Clean abt. 200 heads to stuff.

To make gravy: Grind onions, celery bell pepper, garlic and parsley. Make roux with oil and flour. Stir constantly until browned. Add ground seasonings. Cook on low fire abt. 30 min. Add tomato paste and crawfish fat. Cook abt. 30 min more. Add hot water and let cook on low fire. Add ground crawfish tails, add salt and pepper. Cook on

high fire abt. 20 min. Add baked crawfish heads. Cook on low fire abt. 1 hr. More hot water may be added if too thick. Stir carefully. Serve in soup bowls over rice.

To make stuffing for heads: Grind onions, celery, bell pepper, garlic and parsley. Fry crawfish and ground seasonings in hot cooking oil; cool. Add cawfish fat and eggs. Mix in bread crumbs, salt and pepper. Stuff heads. Dip the stuffed part of head in flour and place on cookie sheet. Bake for 20 min in 400 F. oven.

Crawfish Etouffee

2 lb crawfish tails
1/4 cup oil
1 cup chopped onions
2 tablespoon crawfish fat (or more)
2 teaspoon cornstarch
1/4 cup parsley, chopped
1/4 lb oleo
1/2 cup chopped celery
4 cloves garlic, chopped fine
2 cup cold water
1/4 cup chopped green onion tops
1 salt, red & black pepper

Season crawfish and set aside. Melt oleo, add seasoning, stirring constantly. Add crawfish and 1 1/2 cups water. Bring to boil, lower heat and cook slowly 30 minutes, stirring occasionally. Dissolve cornstarch in remaining 1/2 c. water. Add to mixture. Add onion tops and parsley. Cook for additional 10 minutes. Courtesy Telephone Pioneers BillSpalding *P CRBR 38 A

Crawfish File Gumbo

1 cup shortening
1 cup flour
1 onion, minced
1/4 cup parsley, minced
3 pods garlic, minced

1/4 cup celery leaves, minced
1 lb crawfish tails, cleaned
8 cup water
1/2 cup crawfish fat
1 seasonings to taste

Make a roux by cooking shortening and flour together to make a golden brown color while stirring constantly. Add onions and cook until soft. Add crawfish fat. Stir constantly while cooking over low heat until shortening floats on top. Add water and seasonings. Simmer over a low heat for 30 min. About 1/2 hr. before serving, add garlic and crawfish tails and let simmer for 25 min. longer. Add parsley, green onion tops, celery leaves and simmer 5 min. longer. Just before serving, add about 3/4 tsp. file powder, if desired. Serve in soup plates with hot steamed rice and Tabasco sauce, if desired.

Crawfish Of Shrimp Etouffee

----SEASONING MIX----
2 teaspoon salt
2 teaspoon cayenne pepper
1 teaspoon white pepper
1 teaspoon black pepper
1 teaspoon dried basil leaves
1/2 teaspoon dried thyme leaves
----OTHER INGREDIENTS----
1/4 cup chopped onoins
1/4 cup chopped celery
1/4 cup chopped green peppers 7
tablespoon vegetable oil
3/4 cup all-purpose flour
3 cup seafood stock
1/2 lb butter
2 lb shrimp or crawfish
1 cup finely chopped green onion
4 cup cooked rice

Throughly combine the seasoning mix ingredients in a small bowl and set aside. In a separate bowl combine the onions, celery, and bell peppers.#
In a large skillet (preferably cast iron), heat the oil over high heat until it begins to smoke, about 4 minutes. With a long handled whisk, gradually mix in the flour , stirring until smooth. Continue cooking, whisking constantly, until roux is dark brown, about 3-5 minutes. Remove from heat and immediately stir in

the vegetables and 1 T of the seasoning mix with a wooden spoon; continue stirring until cooled, about 5 minutes.#
In a 2-qt. saucepan bring 2 cups of the stock to a boil over high heat. Gradually add the roux and whisk until thoroughly dissolved. Reduce heat to low and cook until flour taste is gone, about 2 minutes, whisking almost constantly. Remove from heat and set aside.# In a 4-qt. saucepan melt 1 stick of butter over medium heat. Stir in shrimp and the green onions;saute 1 minute, stirring almost constantly. Add the remaining stick of butter, the stock mixture and the remaining 1 cup stock; cook until butter melts and is mixed into the sauce, about 4-6 minutes, constantly shaking the pan in a back and forth motion. Add the remianing seasoning mix, stir well and remove from heat (if sauce starts to separate, add about 2 T more of stick or water and shake pan until it combines) .Serve immediately.

Crawfish Pie

1 each onion; diced
1/4 cup green onion; minced
2 each garlic; cloves
1/2 each bell pepper; diced
2 each celery stalks; diced
1/2 cup butter
1/2 teaspoon pepper
1 cup milk
1 lb crawfish tails; coarsely ch
1/4 cup parsley; minced
1 tablespoon salt
1/2 cup bread crumbs; seasoned
1/2 teaspoon red pepper
1 each egg
1/4 cup tomato sauce
1 each 10 pie plate (double crust)

Calories per serving: 290 Fat grams per serving: 35 Approx. Cook Time: 1:00 Cholesterol per serving: 18 Saute onions, garlic, bell pepper and celery in butter until limp. Add tomato sauce, crawfish and parsley. Cook slowly for 10 minutes. Turn off heat. Add bread crumbs, salt, pepper, egg and milk then mix well.
Bake 35 to 40 minutes in 350 degree oven. If you don't care for the delicious mud bugs you may substitute shrimp.

Crawfish Stuffing

1/4 cup butter or margarine
1 tablespoon flour
1/2 cup onion,minced
1 tablespoon garlic,minced
1/2 cup parsley,chopped
1/2 teaspoon salt
1/2 teaspoon black pepper
1/2 teaspoon cayenne pepper
1 egg,beaten
4 cup white bread,chopped
4 cup breadcrumbs
2 lb crawfish tails,chopped

1. Melt butter in large saucepan; add flour and stir over heat until light brown.#
2. Add onion and garlic; saute.#
3. Remove from heat; add parsley, seasonings, egg, chopped bread and crawfish tails and stir until mixed.#

Crawfish Yvonne

1 1/2 cup roux: peanut-butter colored
1 lb butter
4 medium onions -- chopped fine
3 medium bell peppers -- chopped
1 fine
3 celery ribs -- chopped fine
3 lb crawfish tails -- peeled
3 oz crawfish fat
5 cup water
1 tablespoon salt
2 teaspoon cayenne pepper
1 teaspoon white pepper
1 teaspoon black pepper
5 drop tabasco sauce -- (5 to 6)
1 cup green onions -- chopped

1 cup parsley -- chopped
3 cup rice -- cooked

In a heavy 6-8 quart pot, melt the butter over high heat. Add the onions, bell peppers and celery and cook, stirring often, until the vegetables are very soft, 30-45 minutes. While the vegetables are cooking, place the crawfish tails in a large bowl and add the water. Agitate thoroughly with your hands to rinse the crawfish and to separate any remaining fat from them. Pick out any veins or other debris. Drain the crawfish, reserving the liquid, and place the tails in a separate bowl. Lower the heat under the vegetable mixture and add the roux, salt, peppers and Tabasco sauce. Cook over medium heat, stirring constantly, until the roux is completely blended in, 3-4 minutes. Stir in the crawfish fat and let the mixture simmer 4-5 minutes more, stirring frequently. If the oil begins to separate out, just stir it back in until the mixture is smooth. Pour in the crawfish liquid and bring to a heavy simmer. Cook for 10 minutes, stirring often to keep the oil from separating. You can prepare ahead to this point, returning the mixture to a simmer when you are ready to proceed. Add the crawfish tails and simmer for 5 minutes. Stir in the green onions and parsley and simmer for 1 minute more. Serve over cooked rice. Festival: New Orleans Wine & Food Experience; June 13-16, 1995 Recipe: Alex Patout's Louisiana Restaurant

Recipe By : New Orleans Recipes

From:

Crayfish & Poached Quail Eggs Salad & Truffle

----VINAIGRETTE----
1/4 oz truffles
1 oz vinegar, red wine
3 oz oil, peanut
1 oz shallots, finely chopped
1 bunch dill, chopped
1 salt (to taste)
1 pepper (to taste)
----COURT BOUILLON----
1 gal water
8 oz carrots
8 oz celery
1/2 leek
2 garlic, cloves
8 oz onion
10 peppercorns

2 bay leaves
1 salt (to taste)
1 pepper (to taste)

----SALAD----

1 gal court bouillon
16 crayfish
8 eggs, quail
1 endive, belgian, head
1 chicory, red, head
1 vinaigrette dressing

Vinaigrette: ==========

Put the truffles, shallots, dill, salt and pepper in a bowl.

While whisking, add vinegar. Continue whisking and add oil to taste.

Court Bouillon: ==========

Coarsely chop all the vegetables. Place all ingredients in a pot and cover with water. Cook over medium heat for 20 - 30 minutes. Strain.

Salad: ======

In boiling water with a touch of vinegar, poach the quail eggs until soft. Place them in a bowl with ice water to cool. Arrange the endive and red chicory on a plate. Decorate with quail eggs and crayfish tails. Serve with vinaigrette on the side.

Crayfish & Poached Quail Eggs Salad & Truffle Vinaigrette

----VINAIGRETTE----

1/4 oz truffles
1 oz vinegar, red wine
3 oz oil, peanut
1 oz shallots, finely chopped
1 bunch dill, chopped
1 salt (to taste)
1 pepper (to taste)

----COURT BOUILLON----

1 gal water
8 oz carrots

8 oz celery
1/2 each leek
2 each garlic, cloves
8 oz onion
10 each peppercorns
2 each bay leaves
1 salt (to taste)
1 pepper (to taste)
----SALAD----
1 gal court bouillon
16 each crayfish
8 each eggs, quail
1 each endive, belgian, head
1 each chicory, red, head
1 vinaigrette dressing

Vinaigrette:
Put the truffles, shallots, dill, salt and pepper in a bowl. While whisking, add vinegar. Continue whisking and add oil to taste.

Court Bouillon:
Coarsely chop all the vegetables. Place all ingredients in a pot and cover with water. Cook over medium heat for 20 - 30 minutes. Strain.

Salad:

In boiling water with a touch of vinegar, poach the quail eggs until soft. Place them in a bowl with ice water to cool. Arrange the endive and red chicory on a plate. Decorate with quail eggs and crayfish tails. Serve with vinaigrette on the side.

Crayfish Etouffee

3/4 lb butter
2 cup chopped green pepper
4 teaspoon salt
1 teaspoon cayenne pepper
1/4 cup tomato paste
1 1/2 cup water
4 lb crayfish tail meat
1 teaspoon kitchen bouquet
6 cup chopped onion

5 each cloves of garlic
1 teaspoon black pepper
1 teaspoon sugar
3 tablespoon cornstarch
1 1/2 cup white wine
1 each scallion, chopped

In large heavy pot, melt butter and saute onions, celery, green pepper and garlic until soft. Stir in salt, black and cayenne pepper, sugar and tomato paste. Simmer, stirring occasionally, for 20 minutes. Dissolve cornstarch in water; add wine to mixture. Cook for 20 minutes or until sauce thickens. Add crayfish, green onion and Kitchen Bouquet. Refrigerate overnight. Reheat and serve over rice. Don't overcook. Boiling crayfish: Discard any dead crayfish in the sack. Wash crayfish in clean, cool water just before cooking. They do not need to be purged with salt during washing. Place the live crayfish in boiling water and boil for 10 minutes. (Season the water with one pound of salt per five gallons of water. Add other seasoning to taste, including cayenne, garlic, onions, lemons, lemon juice and crab boil.) Don't begin timing cooking until watterreturns to a buil after adding crayfish. It's usual to add potatoes and corn on the cob to the boil. Crayfish are easiest to peel when still warm.

Crayfish Tails A La Carlton

1 quart water
1 teaspoon salt
1 tablespoon sugar
1 parsley leaves
12 each stalks of fresh dill
24 each frozen crayfish tails (2 lbs
----SAUCE----
1 cup hollandaise sauce
1 tablespoon finely chopped dell
1/2 teaspoon sugar
1/3 cup dry white wine

1.In skillet boil: 1 quart water with 1 teaspoon salt, 1 table- spoon sugar, a handful of parsley leaves, and 12 stalks of fresh dill. Simmer for 10 minutes. 2. Add: 2 dozen (2 pounds) frozen crayfish tails, bring to a boil and
simmer for 5 minutes. Let the crayfish cool in the liquid. When cool enough to handle, remove meat and discard intestinal vein which runs down back. The easiest way is to slit covering on underside of tail on both sides with kitchen scissors, then peel off shells. SAUCE: Put into small saucepan: 1 cup hollandaise

sauce. Stir in: 1 tablespoon finely chopped dell and 1/2 teaspoon sugar. Whisk the sauce over low heat until warm, then whisk in gradually: 1/3 cup dry white wine. Be careful not to let the sauce get too hot. Pour sauce over crayfish and serve with cooked white rice.

Cream Of Clam & Leek Soup

36 littleneck clams; smaller th
2 tablespoon butter
3 cup leeks, cut crosswise into fi
3/4 cup finely chopped onion
1 cl garlic; finely minced
2 cup dry white wine
1 freshly ground pepper; to ta
1 salt; to taste
2 cup heavy cream
1 cup milk
1 small dried hot pepper; optional
2 tablespoon ricard or pernod liqueur

Recipe by: Craig Claiborne - The New New York Times Cook Book 1. Rinse the clams in several changes of cold water. Drain well. Heat the butter in a heavy casserole or kettle and add the leeks. Cook for about 2 minutes, stiring often. Add the onion and garlic. Cook briefly, stirring. Add the wine, a little salt (the clams will give up their liquid, which is salty) and pepper. Cover and bring to the boil. Let simmer for about 5 minutes.

2. Add the clams, 2 cups of cream, 1 cup of milk and hot pepper and cover closely. Let cook for about 10 minutes or until the clams open. Add the Ricard and stir. Serve piping hot with a soup spoon and oyster fork.

Crispy Baked Fish & Herbs

4 each fillets white fish, 1 lb
1 each egg white
1 tablespoon water

1/2 cup cornflake crumbs
1/8 teaspoon lemon pepper
2 teaspoon chopped fresh parsley
1 teaspoon low fat margarine, melted

Preheat oven 400F. Lightly spray a medium size shallow baking pan with vegetable spray. Rinse fish and pat dry. In small bowl, beat egg white with a little water. Dip fish in egg white, then roll in crumbs. Arrange fish in baking pan. Sprinkle with lemon pepper and parsley, then drizzle margarine over all. Bake uncovered 20 min or until fish flakes easily. Cal: 135; Fat: 2 g.

Crustless Crab Qiuche

8 oz alaska snow crab-frozen
4 each slices of bacon
3 each eggs
1/2 cup bisquick
1/3 cup melted butter
1 1/2 cup milk
1/8 teaspoon salt, dash pepper
2 cup shredded swiss cheese

Defrost and slice crab meat, save 2 T of crab meat liquid- or use canned ham. Fry bacon until crisp. Drain and crumble. Beat together-eggs, bisquick, butter, milk, salt, pepper, and 2 T of crabmeat liquid, until smooth. Pour into 9" pie plate. Sprinkle crab, cheese and bacon over top, pressing down gently. Bake 350 for 35-40 minutes.

Curried Oysters With Banana Salsa

4 tablespoon curry powder; best quality,*
4 tablespoon butter or margarine; melted
2 tablespoon shallots; minced
2 each cloves garlic; blanch&pureed

2 cup fish fumet
2 cup heavy cream
1 juice of 1 lime
1 salt to taste
20 each lg wellfleet oysters
2 lb whitefish trimmings
1 cup sliced mushrooms
1 each carrot; sm, chopped
1 each white onion; md, sliced thin
1 cup oyster liquor
1 cup white wine
4 cup water
1 each bay leaf
1 teaspoon peppercorns
1/2 teaspoon fennel seed
2 each sprigs parsley
1 teaspoon fresh thyme; minced
4 each red bananas; ripe, **
2 teaspoon serrano chiles; minced
2 tablespoon corn oil
2 tablespoon line juice
2 tablespoon cilantro; minced
2 teaspoon mint; minced
2 tablespoon tamarind paste
1/2 cup red bell pepper; ***

----~FISH FUMET----

----~BANANA SALSA----

* Use the best curry powder that you can find. Also the freshest.
** Cut the red bananas into 1/4-inch dice.
*** Cut the red pepper into 1/4-inch dice.

In a very heavy skillet, saute the curry powder in the butter until fragrant. Stir in the shallots and garlic, and add the fumet. Reduce the mixture until 1/4 cup remains. Whisk in the cream and continue reducing until slightly thick. Whisk in the lime juice and salt. Broil or grill the oysters over pecan or mesquite until they open. Remove the top shell, pour the curry sauce over them and top with the Banana Salsa. Serve.

FISH FUMET:

Combine all of the ingredients in a large saucepan and bring to a boil. Lower the heat and simmer for 40 minutes. Remove from the heat and let sit for another 30 minutes. Strain and reserve the liquid.

BANANA SALSA:

Mix all of the ingredients together blending well.

From the Coyote Cafe Cookbook By Mark Miller

Deep-Fried Catfish

2 lb catfish
1 teaspoon salt
2 eggs, lightly beaten
1 cup all-purpose flour
1/8 teaspoon pepper
1 cup dry bread crumbs

Heat oil to 375 degrees in deep fryer. Stir together flour, salt and pepper. Coat fish with the mixture; dip into eggs, then coat with the bread crumbs. Fry each piece for about 4 minutes or until golden brown.

VARIATION: Prepare thin batter by mixing 1 cup all-purpose flour, 1 tsp baking powder, 1/2 tsp salt, 1 cup milk and beat till smooth. Coat fish with flour mixture then dip into batter mixture.
Date: 04-08-91 Area: Cooking

Deep-Fried Crab Balls With Vinegar Dip

1/2 lb fresh cooked crab meat
2 oz pork fat from loin
6 peeled water chestnuts
1 scallion
2 eggs
2 tablespoon dry sherry
1 teaspoon salt
2 tablespoon cornstarch
1/2 teaspoon minced ginger root
2 cup deep-frying oil
1 vinegar dip:
2 tablespoon black chinjiang vinegar
1 tablespoon yellow rice vinegar
2 teaspoon thin soy sauce
1/2 teaspoon sugar

You can serve this dish hot or cold. We prefer the crab balls hot, when their exterior is crisp and the meat hot and moist. They also go better with the vinegar dip when hot. If you prefer to serve them cold or at room temperature, delete the dip, or substitute something like mustard and catsup.

Preparation: If you're using food processor, crab and pork fat should be cold. Cut pork fat into cubes. Trim and cut scallion into 1" sections, including greens. Using steel blade, place water chestnuts and scallion in bowl; pulse/start to chop vegetables. Add crab meat

and pork fat; pulse/start to mince. Add eggs, sherry, salt, cornstarch and minced ginger. Pulse/start 3 or 4 times to blend. Don't overdo it; you don't want a puree.

Deep-frying: In wok or deep-fryer, heat oil until bubbles form around a bamboo chopstick held upright in oil. Using teaspoon, form small ball of crab mixture. Test cooking temperature; it should brown and cook through in about 5 minutes; adjust heat if necessary. Proceed with deep-frying about 6 balls at a time; avoid crowding them. Drain on bamboo strainer or towel. If you can't serve them immediately, refry briefly to crisp skin. Avoid overcooking.

Vinegar dip: Mix ingredients in a shallow bowl; place on serving platter and surround with crab balls.

Deli Seafood Sandwich

8 oz crap flakes or chunks
1/3 cup mayonnaise
1 cup sliced celery
2 tablespoon finely chopped onion
6 uncut round sandwich buns

Shred the crab. Combine with mayonnaise, celery and onion. Cut top 1/3 off bun. Hollow out bun to form shell. Fill with 1/3 cup mixture. Replace top. 240 calories per serving

Denjang Jiege Keh (Spiced Crab Soup)

2 cup water
2 tablespoon denjang paste
1 soft bean curd; in 1/2 cube
1 teaspoon hot red chili powder; mix with 1 tb water 1
slice ginger; size of a quarter
1 small onion; sliced (1/3 cup)
1 garlic clove; crushed
2 crabs; each in 4 pieces
1/2 cup zucchini; sliced

"The people of Kwangju where this recipe originates like their food salty and chili-hot. The fermented denjang paste provides the basis of the seasonings, aided by the chili and ginger. The fresh crabs absorb the flavors and the entire soup is enormously attractive. I went to my teacher's house one August in the middle of a three day pre-typhoon downpour. Sheets of water poured out of the sky as my taxi wended its way to the edge of town. The rice fields in this rice-growing region shimmered with an intense green as the rain engulfed the paddy. It had a wild, wet beauty but I was glad when I arrived and could concentrate in comfort on the crabs and the soup."

1. Put the water and bean paste (denjang) into a pan and simmer over low heat, covered, for 10 minutes. Add the bean curd and cook for 5 minutes more.

2. Now add all the other ingredients and cook for 15 minutes more. Serve in 4 individual bowls with rice and an assortment of side dishes.

Deviled Codfish Patties

1 1/2 lb cod fillets, fresh or frozen
1 cup boiling water
1/4 teaspoon salt
1/2 cup breadcrumbs, soft
2 tablespoon parsley, chopped
1/2 cup salad dressing (mayonnaise)
1 cup egg
1 tablespoon prepared mustard
1 tablespoon lemon juice
1 teaspoon worcestershire sauce
1/8 teaspoon pepper
1 paprika, as desired

Thaw frozen fish.

Preheat oven to 400 F (hot).

Grease baking sheet.

Add fish to boiling, salted water. Cover and bring to a boil. Reduce heat and cook 4 minutes or until fish flakes easily. Drain and flake. Remove bones, if present.

Mix fix, breadcrumbs, and parsley.

Mix salad dressing (mayonnaise), egg, mustard, lemon juice, worcestershire sauce, and pepper thoroughly. Stir into fish mixture. Mix well.

Form into 12 patties about 3 inches in diameter and 3/4 inch thick on baking sheet. Sprinkle with paprika. Bake 15 to 20 minutes or until lightly browned.

Calories per serving (2 patties): About 235

Deviled Crab

1 lb louisiana crabmeat
2 tablespoon onion,chopped
2 tablespoon flour,all-purpose
1 tablespoon lemon juice
1 teaspoon worcestershire sauce
3 drop tabasco sauce
1 pinch cayenne pepper
1 tablespoon parsley,chopped
3 can crabmeat(6.5oz ea)
3 tablespoon butter or margarine,melted
3/4 cup milk
1 teaspoon mustard,powdered
1/2 teaspoon salt
1 pinch black pepper
1 each egg,beaten
1/4 cup bread crumbs,dry

1. Thaw frozen crabmeat or drain canned crabmeat; pick over.#
2. Cook onion in tablespoons butter until soft, then blend in flour.#
3. Add milk gradually and cook until thick, stirring constantly.#
4. Stir in lemon juice and seasonings.#
5. Stir a little of the hot sauce into beaten egg; add egg mixture to remaining sauce, stirring constantly.#
6. Add parsley and crabmeat; blend well.#
7. Divide among six well-greased individual shells or 5-ounce custard cups.#
8. Combine 1 tablespoon melted butter and the crumbs; sprinkle over mixture in each shell.#
9. Bake in 350'F. oven 20 to 25 minutes or until tops are brown.#

Deviled Crab Quiche

2 cup all-purpose flour
1/2 teaspoon salt
1/2 teaspoon chili seasoning
1/4 cup cold margarine, diced
1/4 cup lard, diced
1/2 cup finely grated cheddar cheese
3 tablespoon cold water
6 slice bacon, chopped
2 onion, chopped
4 oz crabmeat, flaked
3 eggs
2/3 cup half-and-half
1/2 teaspoon mustard powder
1/4 teaspoon cayenne pepper
1 salt to taste
1 tomato slices (opt)
1 italian parsley sprigs (opt)

Preheat oven to 400'F. (205'C.). In a bowl, combine flour, salt and chili seasoning. Cut in margarine and lard until mixture resembles bread crumbs. Add cheese and mix well. Stir in cold water and mix to form a fairly firm dough. Knead gently on a floured surface and roll out pastry. Set a 10" flouted flan pan with a removable bottom on a baking sheet. Press pastry into flutes and trim edge neatly. Prick base with a fork. Line pastry with waxed paper and fill with dried beans.

Bake 15 minutes. Remove waxed paper and beans and bake 5-10 minutes more or until dry and lightly golden. Fry bacon 3 minutes. Add onion; cook 2 minutes. Remove from heat; mix with crabmeat. Spoon mixture into flan shell. Whisk eggs, half-and-half, mustard, cayenne and salt. Pour into flan shell. Bake 30-35 minutes or until set and lightly golden. Garnish with tomato and parsley, if desired, and serve warm or cold.

Deviled Oysters I

24 oysters
1/2 cup cracker crumbs, rolled

1/2 cup bread crumbs
1 teaspoon butter, melted
1 tablespoon butter
1 1/2 oz cream
1 salt & pepper to taste

Chop oysters finely; put in saucepan with 1 tsp butter and cream. Season and add rolled cracker crumbs. Simmer five minutes, stirring. Put in baking dish, sprinkle bread crumbs and bits of butter (1 Tbsp) over the top and bake in moderate oven until rich brown..

Deviled Smelt

12 oz smelt, thawed if frozen
1/4 cup all-purpose flour
1/4 teaspoon salt
1 teaspoon dry mustard
1/4 teaspoon cayenne pepper
1/2 teaspoon paprika
1 finely grated lemon peel
1 vegetable oil for frying
2 tablespoon chopped fresh parsley
1 lemon wedges
1 lemon peel strips (opt)
1 fresh dill sprig (opt)

Rinse smelt under cold running water. Pat dry on paper towels.

In a plastic bag, combine flour, salt, mustard, cayenne pepper, paprika andlemon peel. Add smelt and shake well until fish are evenly coated. Half fill a deep-fat fryer or saucepan with oil; heat to 375'F. (190'C.) or until a 1/2" cube of day-old bread browns in 40 seconds.

Place 1/2 of smelt in a frying basket. Lower basket gradually into hot oil and fry 1 minute, shaking basket frequently. Drain on paper towels. Reheat oil to 375'F. (190'C.). Repeat with remaining smelt. Place all of smelt into basket and fry 1-2 minutes more or until lightly golden and crisp. Drain on paper towels. Turn into a warm serving dish, sprinkle with choppedparsley and serve hot with lemon wedges. Garnish with lemon peel strips anddill sprigs, if desired.

Devilled Crab In Tomato.

2 cup cooked crab meat.
1/2 cup shallots, peeled, chopped.
1/2 cup lemon grass, sliced thin.
1/4 cup nam-prik pao.
1/4 cup fish sauce.
1/4 cup lime juice.
2 tablespoon sugar.
1/2 cup mint leaves, chopped fine.
1/4 cup scallions, sliced fine.
1/4 cup coriander leaves, chopped.
1 tablespoon chilli peppers, chopped.
30 each italian tomatoes.

Wash the tomatoes and dry. Cut in half lengthwise, and scoop out seeds and pulps.#
Mix all remaining ingredients and fill the tomato halves. Arrange on a platter, on a bed of lettuce leaves, and decorate with mint leaves.#

Diakon & Tuna Salad

1 no ingredients

3 c Daikon -- cut into 1 1/2"
: rub in 1/2 tbls -- of salt
: and drain
1/2 c Onion; thinly sliced --
: soak
: water for 10 minutes --
: drain
10 Okura -- rub in 1/2 tb
: salt
: cook, drain -- chopped
1 cn Tuna -- drained (keep 1 tb
: from tuna for -- dressing *
: DRESSING-----
1 1/2 TB Rice vinegar
1 1/2 TB Soy sauce
1 TB Juice from tuna* -- mix
: well

Put well-drained tuna flakes into a bowl and add daikon, onion and okura; mix well. Pour in dressing to the tuna mixture and mix. Toss

and put into a serving platter and serve.

Recipe By :

Dijon Baked Salmon With Mousse Topping

----MOUSSE TOPPING----
1/2 lb filet of sole,cut 1 pieces
1 each egg
1/4 cup heavy cream
2 tablespoon dijon style mustard
----SALMON MIXTURE----
4 each salmon steaks,1 thick
3/4 cup dry white wine
1 tablespoon chopped onion
1/4 cup heavy cream
2 tablespoon butter or margarine
2 tablespoon dijon style mustard

Mousse Topping: In a blender or food processor,combine all ingredients.Blend until smooth.
Salmon Mixture: Arrange salmon in a shallow baking dish,spoon mousse on salmon.Add wine.Bake in a preheated 450 degree oven for 20 minutes.Remove salmon to serving platter.Keep warm.Pour fish liquid into a large skillet.Add onion,cream and butter.Boil,stirring,until reduced by one half.Mix in mustard.Serve salmon with sauce.

Dilled Salmon Salad

----FOR THE DRESSING----
1 cup plain nonfat yogurt
2 tablespoon finely chopped fresh dill
1 tablespoon red wine vinegar
1 salt and freshly ground pepper
----FOR THE SALAD----
1 2-lb salmon fillet(1 thick) cleaned; of skin and sinew 1 tablespoon canola oil
1/2 teaspoon salt
1/2 teaspoon freshly ground pepper

1 medium cucumber
1 curly leaf lettuce
4 ripe tomatoes; finely sliced
2 medium red onions; peeled and sliced thinly 1
lemon; halved lengthwise and th

Make the dressing: Stir together the yogurt, dill, vinegar, salt and pepper. Refrigerate. Make the salad: Sprinkle salmon on both sides with oil, salt and pepper. Heat grill until very hot. Place salmon on the grill and cook, covered, until flaky, about 3 1/2 minutes on each side. Transfer to a serving plate and allow to rest for at least 5 minutes. Carve into 1/2-inch slices. Place salmon in a bowl and toss with the dressing. Cover and refrigerate. Just before serving, peel cucumber and cut in half lengthwise. Using a small spoon, scrape down the center to remove seeds. Thinly slice. Mound salmon mixture in center of a large platter lined with lettuce leaves. Surround with cucumber, tomatoes, onions, and lemon slices. Garnish with additional dill if desired.

Nutritional info per serving: 288 cal; 31g pro, 16g carb, 11g fat (35%)

Dobi's Linguini & White Clam Sauce

1/4 cup butter
1 tablespoon onion, grated
1 clove garlic, minced
2 tablespoon flour
1/4 teaspoon tabasco sauce
1/2 cup white wine
1/4 teaspoon marjoram (dried)
1 tablespoon sugar
1 can baby clams (crown prince)
1 parsley (bunch)

Saute onion and garlic in butter. Sprinkle with flour and blend well. Add the liquid from clams, wine, and Tabasco. Let mixture thicken. Add sugar and marjoram. When blended, add claims stiring until sauce begins to boil. Reduce heat and add parsley. Pour over hot linquini.

Note: I started with a simple recipe and experimented with several batches until I ended up with this one. My family loves it!

Drago's Char-Broiled Oysters

16 oysters, fresh; shucked, half of shells r 3
tablespoon butter; melted
2 garlic clove; chopped
3 tablespoon parmesan; grated
2 tablespoon parsley, fresh; chopped

Heat coals in outdoor grill to medium-hot. Place grill rack 4 inches above coals. If using indoor broiler, heat.

Wash and dry reserved shells well. Replace oysters in shell halves. If broiling, place shells on baking sheet.

In small bowl, combine butter and garlic; spoon over oysters. Sprinkle oysters with Parmesan cheese. Grill or broil oysters just until they begin to puff. Remove from heat and top with chopped parsley. Serve immediately. Klara and Drago Setanovich opened the doors of their seafood restaurant 22 years ago, and Louisiana locals have been crossing its threshold ever since. This popular oyster dish was added to Drago's menu by his son, Tommy, manager of this family-run eatery.

Dried Kingfish

1 stephen ceideburg
1 kingfish, 1 to 1-1/2lb
1 tablespoon finely sliced shallot
2 tablespoon shredded green mango 1
teaspoon shredded hot chilli
2 tablespoon fish sauce
3 tablespoon lime juice
1 teaspoon palm sugar
2 cup cooking oil

Snagged an excellent new Thai cookbook yesterday. It's

"The Elegant Taste of Thailand, Cha Am Cuisine" by Sisamon Kongpan and

Pinyo Srisawat. SLG Books, Berkeley and Hong Kong, 1989. ISBN 0-943389-05-4.

This is a big, well-illustrated-with-color=photos book. Mike hauled it home yesterday with another one, "Keo's Thai Cuisine". (Being no dummy, he realizes that new cookbooks inspire me to cook so every so often he'll grab something for me to avoid having to cook himself.) But it wasn't that simple... He'd bought them both, but intended to keep one and send one on as a thank-you gift to a fellow that took him and Laurie sailing a couple of weeks ago.

"You get to choose one to keep."

The dreaded words...

I paled, started to shake. Sweat beaded my brow. I grabbed the fanciest one--the hard bound "Keo's" book--and paged through it, awed by the illustrations, impressed by the recipes. Then I grabbed "Elegant Taste" and started on the first page, intending to skip through it. Instead I went through the entire book, page by page, from start to finish. I slammed it shut.

"This one."

"Elegant Taste" explains Thai ingredients (and gives both the Thai names and spells them out using the Thai alphabet), makes sensible recommendations for substitutions and has relatively simple but very good and authentic looking recipes, each of which is illustrated by a beautiful color photo. This can be really helpful when one is cooking a new dish and isn't sure of what it should look like and what garnishes to use. Garnishes are particularly important in Thai cooking as they're meant to be eaten with the dish but often are not referred to in the recipe. For instance, in the following recipe the dish is presented on a platter with a half dozen or so scallion brushes and tomato slices, neither of which are referred to in the recipe.

As for this recipe, some of you might remember a while back when I was raving about a dried, fried fish dish I'd had in a Thai place, but couldn't find in a cookbook. It was in "Elegant Taste" and here it is.

Plan Samli Daet Diao (Fried Sun-Dried Kingfish)

Preparation:

Wash, clean and butterfly the fish leaving the two sides joined along the belly. Open the fish out flat so that the skin is downward, remove the bones, and score the flesh with a knife.

After allowing it to dry, lay the fish opened out flat in strong sunshine for five to six hours, turning regularly so the sun strikes both the skin side and the interior.

Pour the oil into a deep frying pan and place on medium heat. When the oil is hot, place the fish, still opened out, in the oil. When the lower side becomes crisp and golden, turn the fish and continue frying until it is done on both sides; then, remove from the pan, drain, place on a serving dish.

Toss the shallots, mango and chilli together, seasoning with fish sauce, lime juice and palm sugar so that a sour taste is the predominant one. Spoon into a bowl and serve with the fish.

Serves two to three.

From "The Elegant Taste of Thailand, Cha Am Cuisine" by Sisamon Kongpan and Pinyo Srisawat. SLG Books, Berkeley and Hong Kong, 1989. ISBN 0-943389-05-4.

This dish is very savoury with a crunchy/chewy texture. The version I had in the restaurant still had bones but was so well fried that I just munched up the bones and all.

Incidentally, I'm going to buy the "Keo's" book as well. It looks quite good too but seems to be tailored more toward Western kitchens. For instance, it calls for brown sugar rather than palm sugar in most recipes. Now that's a perfectly adequate substitution, but why bother when I have palm sugar on hand? (Smug grin.)

Drunken Crab Bisque

3/4 lb crab meat
1/4 cup butter
1 cup whipping cream
1/4 cup scotch whiskey
1 quart milk
1/4 teaspoon salt
1/8 teaspoon white pepper
1 finely chopped parsley

Flake crab meat, picking over to remove any cartilage. Set the crab meat aside.

Melt 1/4 cup butter in a large saucepan. Stir in flaked crab meat, cream and whiskey. Over medium heat, stir until heated but do not boil.

Stir in milk and season with salt and pepper. Cook until very hot, but do not boil. Pour into a tureen or serve in individual bowls.

Garnish with chopped parsley.

Elegant Baked Fish

1 1/2 cup hellmann's mayonnaise
1 tablespoon creole mustard
1 tablespoon lemon juice
1 tablespoon tabasco
1 tablespoon worcestershire sauce
2 teaspoon garlic powder
3/4 teaspoon curry powder

Ritz crackers

Mix well and spread over eight fish fillets. Sprinkle with crumbled Ritz crackers and bake at 400 degs for about 20 mins uncovered. Fish is done when it flakes easily with a fork.

From: Best of the Best from Texas

Food & Wine RT [*] Category 3, Topic 6 Message 110 Fri Jan 17, 1992
P.T.MACELUCH [Blivet NJ] at 20:11 EST

MM by QBTOMM and Sylvia Steiger, GEnie THE.STEIGERS, CI$ 71511,2253, GT Cookbook echo moderator at net/node 004/005

Elegant Crabmeat Balls

2 can crabmeat (6-7 oz cans)
1 cup bread crumbs (fresh)
3 tablespoon sherry cooking wine
1 tablespoon lemon juice
1 tablespoon onion (grated)
1 teaspoon dry mustard
1/2 teaspoon salt
1 pepper
1 pkg bacon (cut into halves)
1 parsley

Drain and flake crabmeat; combine remaining ingredients except bacon. Mix well. Shape into walnut sized balls. Wrap in bacon half; secure with toothpicks. Broil under medium heat until bacon is crisp, approximately 10 minutes, turning to brown evenly. Garnish with parsely ans lemon. Makes appromately 2 dozen.

Elegant Southern Seafood Cake

1 pkg cornbread mix, prepared
1 each red bell pepper, small
2 each garlic cloves
1 lb lump crabmeat
1/2 lb flounder fillets
1/2 cup mayonnaise
1/8 teaspoon cayenne
1 white pepper to taste
1 each red onion, small
1 each green bell pepper, small
2 tablespoon olive oil
1/2 lb shrimp
1/4 lb scallops
2 tablespoon lime juice
1 salt to taste
6 tablespoon clarified butter

ell in advance, prepare cornbread according to package directions. ool and process in food processor or blender to make fine crumbs. et aside. Finely chop Onion. Remove seeds and veins from Peppers and hop into approximately1/2 inch pieces. Peel, chop, and finely crush arlic. aute Onion in 10 inchfrying pan in hot olive Oil until soft, about 4 inutes. Add Peppers and Garlic and continue cooking until Peppers re almost tender. Meanwhile, peelshrimp. Coarsely chop shrimp, callops and flounder. Remove Onion/Pepper mixture from heat and add eafood, mayonnaise and lime juice. Stir gently toprevent breaking p crab. Season to taste with Salt, Pepper and cayenne. Shape into atties and coat both sides with cornbread crumbs. (May now be placed n a plate and refrigerated for up to an hour) When ready to serve, eat 2 tablespoons of the clarified Butter in the frying pan over a oderately high flame. Saute 3 cakes at a time until golden on both ides, about 2 minutes. Add more Butter as necessary. May be served ith Creamy Corn Sauce. Spoon warm corn Sauce on plate and place eafood cake on top.

Ellen's Seafood Chowder

3 medium onions, chopped
1 each red pepper, diced
4 medium potatoes, peeled and cubed
4 cup chicken broth
6 cup milk
4 tablespoon butter (or more) 4
tablespoon flour (or more) 1/2
lb scallops (1/4 pieces)
1/2 lb sealegs (artificial crab) 1
can baby clams
2 tablespoon parsley
1/2 cup dry sherry
1 black pepper to taste
2 tablespoon green peppercorns (optional)

Par-boil potatoes until tender and drain. In a 5 quart stock pot, saute onions in butter together with the garlic, parsley, red pepper and green peppercorns until onions are clear. Drain clams, and reserve the juice. Add clams, crabmeat (cut in small chunks) and scallops. Simmer until scallops loose their glassy appearance. Add broth, clam juice, and potatoes, and bring to a boil. Combine remaining butter and the flour in a saucepan to make beurre manie. Remove a small amount of broth and whisk into the beurre manie. Add milk to the chowder and bring to a simmer. Whisk in the broth/butter/flour mixture a little at a time until desired consistency is reached. Add sherry and pepper to taste. Simmer for 5 more minutes then serve garnished with a sprinkle of cayenne and a sprig of parsley.

Erby`s Steamed Crawfish

35 lb crawfish
1 gal water
1 pint vinegar
24 oz dixie beer
1 1/2 cup seafood seasoning

Put water, vinegar, beer in bottom of pot. Should measure 4 inches. Layer crawfish in steamer basket with seasoning every 10 inches. When

water starts to steam, add basket of crawfish and continue to cook for 10 minutes after steam resumes. Turn out onto tray and sprinkle again with seasoning.

Fancy Fish

1 mayo
1 lemon juice
1 dill weed
1 rehydrated dried tomato halves; chopped 1
dash hot pepper sauce

Mix all and serve as a sauce with fish or even fish sticks.

Fast With Five: Almond Trout

2 tablespoon butter
1/2 cup sliced almonds
1 1/2 lb trout fillets
2 tablespoon lemon juice
1/4 cup green onions, finely chopped

In a large nonstick skillet, heat butter over medium-high heat until browned and sizzling stips. Stir in almonds; cook, stirring, for 1-2 minutes or until golden. With slotted spoon, remove and set aside.

Add trout fillets, skin side up; cook for 4-5 minutes or until edges are opaque and bottom is browned. Turn fillets and cook for 2 minutes. Sprinkle with lemon juice and 1/4 ts pepper; cook for 1-2 minutes or until fish flakes easily when tested with fork. With slotted spatula, remove fillets to serving platter.

Return almonds to pan; stir in green onions. Pour over fish.

Add a green vegetable such as frozen asparagud, plus rice fluffed and wellseasoned with fresh parsley.

Makes 4 servings for $14.13CDN [Nov 94]

Per Serving: about 335 calories, 38 g protein, 19 g fat, 4 g carbohydrate, excellent source iron

Faux Smoked Salmon

1 lb salmon, raw
2 tablespoon sugar
4 tablespoon salt *
1 tablespoon hickory salt

Mix sugar and salts together. Cover fish with this mixture and wrap in plastic wrap. Place in a plastic bag; tie; and put in dish in the refrigerator, meat side up, for two days. Turn the whole bag over and keep in the refrigerator for four more days. Wash off brine. Slice diagonally.

* Add more salt if desired. This recipe makes Nova-type lox (smoked salmon).

Fettuccine With Scallops & Peas

2 cup fresh peas (or 10-oz pkg fro en)
3/4 lb fettuccine
1 1/4 lb sea scallops, rinsed, patted ry
2 tablespoon unsalted butter, cut into bi s 1
saffron butter sauce (see r cipe)

In a saucepan of boiling salted water, cook peas for 3-5 minutes (fresh may take slightly longer.) or until they are just tender. Drain well. In a kettle of boiling salted water, cook the pasta until it is al dente, drain, and transfer it to a large skillet.

Meanwhile, arrange scallops in a steamer over boiling water, season them with salt and pepper and steam them, covered, for 2-3 minutes, or until they are just cooked through.

To the pasta, add the butter, peas, and salt and pepper to taste. Heat the mixture through, over low heat, tossing it well. Add the scallops and the saffron butter sauce and toss well. Serve hot.

a 1986 Gourmet favorite

Fillet Of Fish A L'orange

6 each small chopped green onions
1/2 lb fresh mushrooms, sliced
1 lb flounder
1/4 teaspoon salt & pepper
1/2 teaspoon dried whole italian season
2 tablespoon olive oil
1/4 teaspoon soy sauce
1/2 cup white wine
1/4 cup orange juice
3 tablespoon curacau liqueur
1 each paprika
2 tablespoon minced parsley

Layer half of each of green onions and mushrooms in a greased 9-inch baking dish. Add fish, and sprinkle with salt, pepper and Italiian seasoning. add remaining onions and mushrooms. Combine olive oil and next 4 ingredients, pour over vegetables and fish. Cover and bake at 350 for 40 minutes or until fish is opaque. Sprinkle with paprika and parsley.

Fish And Potato Platter

8 oz plain non-fat yogurt
2 tablespoon rice vinegar
1/2 teaspoon salt
3/4 lb small red potatoes, sliced
1 cup broccoli florets
1/4 cup chopped fresh dill
2 tablespoon chopped chives

1/2 teaspoon pepper
1 lb salmon filets, cut in pieces
2 tablespoon lemon juice

Combine first 6 ingredients in a small bowl; cover and chill.# overlap potato slices around edge of a round 12 inch platter. Cover and microwave at high for 3 minutes. Uncover and place fish in a ring inside potatoes with pieces end to end. Mound broccoli in center of platter. Sprinkle fish and potatoes with lemon juice; cover. Microwave at high 8 minutes or until fish is cooked through and potatoes are tender, giving dish a half-turn at 4 minute intervals. Serve with a dill sauce.

Fish Brown Sauce

----SEASONING MIX----
1 each whole bay leaf
1/2 teaspoon salt
1/2 teaspoon garlic powder
1/4 teaspoon white pepper
1/4 teaspoon dried oregano leaves
1/4 teaspoon dried thyme leaves
1/8 teaspoon ground cayenne pepper
----MAIN INGREDIENTS----
2 tablespoon vegetable oil
3 tablespoon all-purpose flour
1/4 cup finely chopped onions
4 teaspoon canned tomatoe sauce
1 teaspoon worcestershire sauce
2 cup hot basic seafood stock
2 tablespoon burgundy wine
2 tablespoon unsalted butter, softened

Serve this delicious sauce over broiled, fried or baked fish fillets or broiled, fried or baked oysters. Combine the seasoning mix ingredients in a small bowl and set aside. Heat the oil in a heavy 1-quart saucepan over high heat just until the oil starts to smoke, about 1 to 2 minutes. With a metal whisk, mix in 2 tablespoons of the flour, whisking constantly and scraping pan bottom well, until the roux is dark red-brown to black, about 2 minutes, being careful not to let it scorch or splash on your skin. (Remove from heat momentarily if it is browing too fast for you to control, continuing to stir constantly.) Immediately whisk in the onions; reduce heat to low and continue stirring and cooking about 1 minute. Add the tomato

sauce and stir and cook 1 minute. Then stir in the seasoning mix and the Worcestershire (the mixture should now be thick and dark red-brown); cook 2 to 3 minutes, stirring constantly. Add the stock; turn heat to high and bring to a boil, stirring often. Reduce heat to maintain a simmer and cook about 6 to 8 minutes, stirring often. Stir in 1 tablespoon of the burgundy and remove from heat. In a small bowl mix the butter and remaining 1 tablespoon flour until creamy. Return sauce to low heat; gradually add the butter mixture to the sauce, whisking until well blended each time. Return sauce to a simmer and simmer 10 minutes, stirring often. Add the remaining 1 tablespoon burgundy. Remove from heat and discard bay leaf. Serve immediately.
From Paul Prudhomme's "Louisiana Kitchen"

Fish Devine

4 fillets of white fish
1 salt and pepper to taste
3 ripe but firm bananas
1 half ripe papaya, large
1/2 cup margarine
1/3 cup fresh chopped parsley

Arrange fillets in single layer in a buttered broiling platter. Sprinkle with salt and pepper. Peel bananas and cut into 1/2 inch diagonal slices and dip in lemon juice. Pell and de-seed papaya and cut into 1/2 inch thick lengthwise slices. Arrange fruits alongside fish. Dot fish and fruit with 1/4 c of the margarine. Broil about 3 inches from the heat for about 5 minutes, or just until the fish flakes easily with a fork. Meanwhile, heat the remaining butter until it foams and browns. Stir in 2 T lemon juice and parsley. Pour over the broiled fish and fruits.

Taken from back of a 1974 calendar from local Hawaiian newspaper.

Fish Dish

1 1/2 lb turbot, or other lean fish
3/4 cup butter, melted
1 each lemon, juiced
1/2 cup grated parmesan cheese
1 cup fine bread crumbs

Cut fish into steaks. Combine melted butter and lemon. In a separate bowl, mix Parmesan cheese and bread crumbs. Dip each piece of fish into melted butter and then roll in crumb mixture. Bake at 350 degrees for 15-20 minutes. Serves 4.

Fish Fillets

1/2 lb fish fillets (any kind)
1/4 stick of butter
2 tablespoon lemon juice
1 curry
1 cayanne pepper
1 minced garlic
1 mrs. dash
1/2 teaspoon chicken bullion
2 tablespoon water

Put fillets in microwave safe baking dish. Sprinkle with lemon juice, assorted spices, and bullion. Place butter on top of fillets, so it will melt over them. Add a little water, cover with plastic wrap and punch with holes. Microwave on high for 3-5 minutes or until fish will flake witha fork.

Fish In Hot Fanny Sauce

4 tablespoon butter, unsalted
1 teaspoon cayenne pepper
1 tablespoon tabasco sauce
1 teaspoon black pepper, ground
1 teaspoon white pepper, ground
1 teaspoon paprika

1 teaspoon oregano
1/4 cup onion, minced
3 garlic cloves, in thin slices
1 tablespoon pecans, chopped fine
1/4 cup pecans, sliced
2 teaspoon lemon juice
2 fish steaks or tournedos, cut about; 1 inch thick)

Melt butter in a cast-iron skillet, add onions, garlic, peppers, paprika and diced pecans. Cook over medium heat until onions are clear. Add Tabascosauce.

Turn heat to high, add sliced pecans and fish pieces cut about 1 inch thick. Cook on high 4-5 minutes per side. Smear uncooked side with sauce before turning. Add lemon juice and oregano after turning.

NOTES:

* Fish in a hot garlic/pecan sauce -- The Cajun Cafe in Portland Oregon serves a sauce whose recipe they got under license from K-Paul's in New Orleans. They devoutly refused to answer all of my questions about the sauce or its ingredients, so I've tried to formulate it on my own, at home.This stuff doesn't taste exactly like what the restaurant serves, but it's delicious in its own right. Maybe it's best to title the recipe "fish withsomething not entirely unlike hot fanny sauce."

This sauce is best served with a moderately strong fish: I would recommendsturgeon, swordfish, or tuna.

* If you are cooking more pieces of fish than will fit in the skillet at once, make the sauce ahead, put it aside (keep warm) and add it before cooking each piece of fish.

* Serve with a simple rice or pasta dish. I use saffron rice with snow peas, or linguine with shrimp meat and pesto.
: Difficulty: moderate.
: Time: 45 minutes.
: Precision: no need to measure.

: Steven McGeady
: Intel Corp., Hillsboro, Oregon, USA : mcg@omepd.intel.com

: Copyright (C) 1986 USENET Community Trust

Fish Marinade

2 cup chablis wine
2 tablespoon lemon juice
2 teaspoon salt
2 tablespoon creole mustard
1/2 teaspoon ground cayenne pepper

Mix all ingredients together and stir well. Use as a marinade,
Then as a basting sauce when you cook fish.
From Justin Wilson's "Outdoor Cooking With Inside Help"

Fish 'n Flakes

2 each 3 oz fish fillets
1/8 cup skimmed milk
1/3 cup crushed corn flakes
1/2 teaspoon saffflower oil
1 season to taste

RINSE AND PAT DRY FILLETS. DIP FILLETS IN MILK THEN ROLL IN CORN FLAKES LET STAND BRIEFLY SO CRUMBS ADHERE. BRUSH THE OIL AROUND THE BOTTOM OF A 9
X 9 PAN. PLACE FILLETS IN PAN, SEASON, AND BAKE (UNCOVERED) AT 400 F. FOR 10 MINUTES, TURNING AFTER 5 MINUTES. SERVE IMMEDIATELY. NOTE: DO NOT TRY
TO KEEP THE FILLETS WARM BY COVERING. THE CORN FLAKES VALUES PER SERVING
CHOLESTEROL: 43 mg. TARTER SAUCE 1/4 CUP LOW FAT PLAIN YOGURT 2 TABLESPOONS SWEET PICKLE RELISH MIX TOGTHER AND SPREAD OVER FISH VALUES
PER SERVING CALORIES: 12 ADDED FAT: 0 CHOLESTEROL: 1 mg.

Fish Stew

1 1/2 lb monkfish (or see note)
1 seasoned flour
3 tablespoon vegetable oil

1 tablespoon sesame oil
1 oz ginger root - peeled & finely slice; d
5 garlic cloves; peeled,sliced
2 dried chilies; broken
1 tablespoon mustard seeds
1 teaspoon asafoetida
1 teaspoon tamarind; soaked in water
8 oz mushrooms
2 1/2 pint water
1 lb potatoes; peeled & diced
1 sea salt
1 freshly ground pepper
1/4 oz coconut, grated
2 tablespoon chopped coriander leaves

*Note: Any dense white fish, or 4 large shark steaks may be substituted formonkfish.

Cut the fish into chunks and toss in the seasoned flour. Heat the two oilstogether and throw in the ginger, garlic, chilies, mustard seeds and asafoetida. Cook for a moment then add the fish, saute for another moment,then add the mushrooms, tamarind and the 2 1/2 pints of water with the pototoes. Bring to the boil and simmer for 20 minutes. Taste and season if necessary. Add the coconut to thicken slightly, then throw in the coriander leaves. Serve with saffron rice.

Fisherman's Bouillabaisse

1/4 cup olive oil
2 each med. cloves garlic fine chop
1 cup water
1/2 cup dry white wine
1 each env. soup mix *
1 tablespoon finely chopped parsley
1 teaspoon thyme leaves
14 1/2 oz (1 can) tomatoes **
1 1/2 lb lobster tails ***
1 lb fish ****
6 each clams, well scrubbed
6 each mussels, well scrubbed

* Soup mixes to be used. Choose one. Onion or Onion-Mushroom. ** Canned tomatoes should be whole peeled tomatoes, undrained and *** There

should be about 3 lobster tails that are cut into
3-inch **** Fish that can be used. Choose one.
Red Snapper, cod, hallibut, or

Fishfilet On Cabbage Salad

22 oz fish filet
6 tablespoon lemonjuice
1/2 cabbage head
1 pepper, red
1 pepper, yellow
1 bunch thyme
4 tablespoon olive oil
4 tablespoon flour
2 oz butter
1 black pepper to taste

1.Wash the fish, dry with papertowl and sprinkle with two tablespoons of the lemonjuice. 2.Clean the cabbage and cut into small stripes;blanch the cabbage in boiling saltwater for a couple minutes.Put in a colanfer and let drip dry. 3.Wash the bunch of thyme and rip off the leaves;discard the stems. 4.Clean and core peppers; slice into small stripes. 5.Mix the left over lemonjuice with the salt and pepper; beat in the oil and add the thyme leaves. 6.Mix the cabbage with the peppers and mix in the marinade and arrange on a platter. 7.Cut the fish in stripes and roll in flour and fry in the butter untill golden brown and serve, still warm, on the cabbage salad. Translated by Brigitte Sealing, Cyberealm BBS Watertown, NY 315-786-1120

Foil Envelope Fish

1/2 green pepper, sliced
1 green onion, sliced
1 each salt
1 filet firm white fish
1/2 tomato, sliced
1/2 tablespoon basil
1 each white pepper

3 slices lemon

Cut tin foil into 12X16 inch rectangle. Place green pepper, tomato and green onion on lower half of foil sheet. Sprinkle with 1/4 teaspoon basil,salt and pepper. Place fish on vegetables. Sprinkle with remaining basil,salt and pepper. Top with lemon slices. Fold upper half of foil over fishand vegetables. Double fold edges of foil to make a tight 1/2 inch seal. Place foil envelope on baking sheet and bake at 450F for 15 minutes or until envelope puffs. To serve, Cut an "X" in top of envelope and fold foil back.

French Quarter Catfish

24 catfish fillets
1 quart white wine
1 cup vegetable oil
2 tablespoon thyme
3/4 cup butter,margarine,bacon fat
1 paprika
----LOUISIANA EPICURE'S SAUCE----
2 quart heavy cream,whipped
2 cup mayonnaise
1 cup tomato sauce
1/2 cup dijon mustard(or to taste)
1/2 cup horseradish,prepared
2 tablespoon sugar
1 teaspoon cayenne pepper

1. Thaw frozen fish according to package directions.#
2. Blend wine, oil and thyme in large non-aluminum bowl or dish; marinate catfish in mixture 4 hours.#
3. Remove catfish and drain.#
4. Place fillets on baking sheets; dot with butter and sprinkle with paprika.#
5. Either broil until fish is brown, sizzling and flakes easily (time depends on heat of broiler), or bake in preheated 350'F. oven 30 minutes, or until fish flakes.#
6. Serve with Louisiana Epicure's Sauce.#
*** LOUISIANA EPICURE'S SAUCE ***#
1. Combine all ingredients; store in refrigerator until ready to use.#
2. Just before serving fish, spread 1/4 cup sauce on each fillet; pass under broiler.#

Fresh & Smoked Salmon Pate

1/4 cup heavy cream
1/4 cup dairy sour cream
3 cup cold water
1 peeled and sliced thin
1 carrot
1 thin sliced small onion
1 bay leaf
3 thin lemon slices
1 fresh red chili pepper
1 lb fresh salmon fillets w/skin
4 shallots fine chopped
1 1/2 tablespoon + 1/2 cup (1 stick)
1 unsalted butter at room
1 temperature
8 oz smoked salmon diced
2 tablespoon lemon juice
1 1/2 teaspoon salt
1/4 teaspoon white pepper
1 tablespoon fine chopped fresh dill
1 plus a few sprigs for
1 garnish
6 tablespoon clarified butter

Whish together heavy cream and sour cream in small bowl. Refrigerate. Combine cold water, carrot, onion, bay leaf, lemon slices and chili pepper in skillet large enough to hold the salmon fillets in one layer. Bring to boiling; continue to boil 10 minutes. Lower to simmer. Add salmon, skin side up. Simmer very gently over medium low heat until salmon is just cooked, about 10 minutes. Do not overcook. Remove salmon from poaching liquid; remove and discard skin. Cool completely. Saute shallots in the 1 1/2 tablespoon butter in small skillet over medium heat, stirring, until golden, about 5 minutes. Transfer to bowl of food processor. Add salmon, smoked salmon and cream mixture to food processor. Puree until smooth. With processor running, add remaining 1/2 cup butter, bit by bit, until smooth. Add lemon juice, salt and pepper. Fold in dill. Spoon mixture into 4 cup souffle dish or decorative serving dish. Smooth top with rubber spatula. Garnish with a few fresh dill sprigs, and a whole bay leaf and small sweet red pepper strips, if you wish. Pour clarified butter over top of pate to cover completely. Refrigerate 4 hours to set pate. NOTE: To clarify butter, melt 6 tablespoon butter in saucepan over medium heat. Remove from heat; skim off foam from top. With small ladle, spoon clear liquid butter into a dish, leaving milky solids behind. Discard milky solids. Use clear butter.

Fresh Halibut Baked With Smoked Salmon

1/8 lb kippered salmon (soft-smoked) cut; in 1/4 2
tablespoon lemon juice
4 tablespoon sherry
2 lb halibut steak, 1 thick
4 oz butter
2 tablespoon coarsely chopped walnuts (optional;) 1
pepper

Melt butter in skillet over medium flame; when very hot but not smoking, brown steaks quickly, 2 minutes on each side; add lemon juice and sherry; season with pepper to taste; heat 1 minute only; remove from heat. Place halibut in shallow glass dish; pour pan juices over; garnish with nuts and smoked salmon. Bake at 350 for 10 minutes or until fish flakes with a fork.

Fresh Salmon Pate

1 1/2 lb boned and skinned salmon
1 teaspoon salt
1 teaspoon ground white pepper
1/2 teaspoon ground cloves
1/2 teaspoon ground mace or nutmeg
1/2 teaspoon ground bay leaves
1/2 lb butter
1 fresh lemon juice
1 chopped parsley or chives for decor; ation

Check that as many bones as possible really have been removed, then put the salmon into a large saucepan of cold water with a pinch of salt and a squeeze of lemon juice.

Bring it to the boil, then turn the heat down and poach gently for 10 to 15 minutes - one large piece of salmon will take longer than a couple of smaller pieces.

Turn off the heat and allow to cool in the water for another 10 minutes. If the skin is still on, you will find it lifts away

effortlessly at this point.

Put the salmon into a big bowl and mash it with a fork, or use a food processor. gently melt the butter in a saucepan and add to it all the other seasonings - the ground bayleaves, white pepper, cloves, mace or nutmeg and the salt. Stir thoroughly and pour it into the salmon. If you are using a food processor, give it another quick whizz, otherwise stir with a fork until it is thoroughly amalgamated.

If you want to serve the salmon pate in slices, spoon the mixture into a loaf shaped container lined with cling film, otherwise put it into a round bowl of souffle dish.

Smooth the top and sprinkle with a little parsley or chives for a lovely contrasting colour, and chill in the fridge for at least four hours.

Serve with lots of crusty french bread.

Fresh Trout Florentine

1 teaspoon safflower oil
1/4 cup minced green onions; incl top
1 teaspoon olive oil
1/4 cup dry sherry
2 cup chopped spinach
1/4 cup pine nuts
1 1/4 cup whole-wheat bread crumbs
4 tablespoon nonfat milk
1/4 teaspoon lemon juice
2 1/2 lb fresh trout (about 4 fish) cleaned
1 cup white wine
1/4 teaspoon pepper
2 teaspoon unsalted butter

Preheat oven to 350 degrees F. Lightly coat a 9- by 12-inch baking pan with safflower oil.

2. In a medium skillet over medium-high heat, saute green onion in olive oil and sherry until soft. Add chopped spinach and pine nuts, and cook until spinach has wilted (2 minutes). Remove from heat. Add bread crumbs, milk, and lemon juice and mix well.

3. Wash and pat trout dry, inside and out. Stuff cavity of each trout

with one fourth of the spinach mixture. Cut 4 sheets of parchment and place 1 trout on each. Set aside.

4. In the same skillet combine wine, pepper, and butter. Bring to a boil over high heat, and cook until alcohol has evaporated (2 minutes). Pour equal amounts of wine mixture over trout and seal parchment packets. Place packets on prepared baking sheets and bake for
12 minutes. Serve hot.

Fresh Tuna Salad

----BILLS20086----
2 lb fresh tune
1 1/2 teaspoon liquid crab boil
6 eggs; hard-boil, chop
1 cup onion; chop fine
1/2 cup celery; chop fine
1/2 cup dill pickle relish
1 mayonnaise
1 creole seasoning; to taste

Boil tuna in a pot of water seasoned with crab boil until it flakes apart. Remove from heat and soak for 15 to 20 minutes. Drain, cool and break into small pieces. Mix tuna with all ingredients to desired consistency. Serve on sandwich or with crackers.

Fresh-Tuna Salad Nicoise

1 tablespoon olive oil
3 eight-ounce tuna steaks
1 salt and pepper
24 whole cherry tomatoes
7 whole scallions -- cut into
1/2 wedges
6 cup watercress leaves -- torn
1 into pieces
3 teaspoon capers
1/2 cup nicoise olives -- pitted

3 whole anchovy fillets --
1 rinsed and minced
1/4 cup nicoise vinaigrette (see
1 recipe)

Brush grill lightly with oil. Heat grill to medium hot. rub tuna with oil. Sprinkle with salt and pepper. Sear until just pink in center, 3 to 3 1/2 minutes per side. Let cool. slice across into 1/4-inch strips. Toss tuna, tomatoes, scallions, watercress, capers, olives and anchovies with vinaigrette. Serve at room temperature.

Recipe By : Martha Stewart Living, June 1996

From: "Dax C. Davis" <dax@airmail.Net>date: Sat, 13 Jul 1996 07:12:31 ~0500

Fried Barbeque Crabs

1/2 cup chili powder
1/2 cup flour
1 teaspoon cayenne pepper
1 teaspoon garlic powder
1/2 teaspoon smoked salt
1 1/2 teaspoon salt
12 crabs, cleaned & halved

Put dry mixture in a bag and shake to mix. Add crabs, cleaned and cut in half. Shake to coat crabs. Fry in 360 - 400 degree oil until crabs surface. Ed Theriot, Houma LA Recipe date: 12/07/74

Fried Catfish With Zippy Cornmeal Crust & R

----SAUCE----
1 cup mayonnaise
1 grated zest of 1 lemon
2 tablespoon chopped fresh parsley
2 tablespoon chopped dill pickle
1 tablespoon spicy creole mustard
1 tablespoon drained capers (optional)

1 teaspoon worcestershire sauce
1/4 teaspoon hot pepper sauce
----FISH----
1 cup all-purpose flour
4 large eggs
1 cup yellow cornmeal
3 tablespoon old bay seasoning
1/2 teaspoon salt
1/2 teaspoon garlic powder
1/2 cup vegetable oil
2 lb catfish filets
1 lemon wedges, for garnish

Make the remoulade sauce: In a small bowl, stir together all the ingredients until well mixed. Cover, and refrigerate for at least one hour or overnight.
Prepare the catfish: Get everything ready before starting your fish fry: Place the flour on a plate. Beat the eggs well in a medium bowl. In a large bowl, whisk the cornmeal, Old Bay Seasoning, salt, and garlic powder to combine. Heat the oil in a large skillet over medium heat until very hot but not smoking. Preheat the oven to 200. The procedure will go smoothest if you reserve one hand for dredging the catfish in the flour and dipping it in the eggs, and the other for coating in the seasoned cornmeal. In batches, dredge the catfish in flour, shaking off any excess. Dip the catfish in the eggs, coating on both sides. Then dredge the dipped catfish in the seasoned cornmeal, patting the coating so it will adhere. Slip the coated catfish into the oil, and cook over medium heat, turning once, until golden brown on both sides, about 5 minutes total. Using a slotted spatula, transfer the browned catfish to a paper towel-lined baking sheet to drain, and keep warm in the oven while continuing with the remaining catfish.
Serve the catfish as soon as possible, with the remoulade sauce on the side. Garnish with the lemon wedges.

Fried Crab Cakes

1 lb crabmeat
1 egg yolk
1 1/2 teaspoon salt pepper to taste
1 teaspoon dry mustard
2 teaspoon worcestershire sauce
1 tablespoon mayonnaise
1 tablespoon chopped parsley
1/2 teaspoon paprika
1 tablespoon melted butter bread crumbs (1/2 to; 1 cup)

1/4 cup butter or oil
1 lemon, cut into wedges for garnish

combine all ingredients except oil and lemon; mix gently. Shape into 6 cakes. Heat butter or oil. Fry cakes over medium high heat until browned on both sides.

Fried Fish Balls

3 lb freshwater trout fillets, cooked an; d flaked
1/2 cup finely chopped onion
1/2 cup finely chopped green pepper
1 tablespoon chopped fresh parsley
1/4 cup lemon juice
3/4 cup fine, dry breadcrumbs
2 eggs, beaten
1/2 cup milk
2 teaspoon spicy brown mustard
2 teaspoon salt
1/4 teaspoon pepper

vegetable oil Cocktail sauce

Combine first 11 ingredients in a large mixing bowl; mix well. Shape into 1-inch balls. (At this point, balls may be frozen: when ready to use, partially thaw and fry as directed below.)

Fry croquettes in 2-inch deep hot oil (370) until golden brown. Drain on paper towels. Serve immediately with cocktail sauce. Yield: 5-1/2 dozen.

Note: This makes a delicious appetizer and may be made with any cooked fish.

From: The Southern Heritage Sea and Stream CookBook Shared By: Pat Stockett

Fried Fish Fillets

4 oz fresh fish fillets
3/4 cup dried bread crumbs
2 tablespoon grated parmesan cheese
2 tablespoon chopped fresh parsley
1 teaspoon paprika
2 each egg whites, lightly beaten

1. Rinse fish and pat dry 2. Blend bread crumbs with cheese, parsley and paprika in a flat dish. 3. Dip fillets into beaten egg whites, then bread crumb mixture. 4. Place in a single layer on wax paper and place in freezer 1 hour. 5. Spray a large skillet with NO Stick cooking spray. Place skillet over medium high heat. Add fillets; cook carefully turning once, until coating is brown and fish turns from translucent to opaque.

Fried Fish With Beer Batter

2 lb white fish fillets
1 oil for deep frying
1 egg
1 cup lager beer
2 tablespoon vegetable oil
1 1/4 cup flour
1 teaspoon black pepper
1 teaspoon salt
1/2 teaspoon cayenne pepper

Put oil in dutch oven or other deep pot to a depth of at least 3". Set over medium-high flame. Cut fillets into pieces about 2"x4". In a bowl, mix egg, beer and 2 TBL oil together. Stir in flour and spices. Mix until batter is smooth; it should be a little runny. When oil is hot (350-360F degrees), dip fish into batter with tongs or fingers, allowing excess batter to drip back into the bowl. Gently place fish in the oil and cook until golden brown, about 5-7 minutes. Do not crowd fish; cook in batches. Drain on paper towels and serve immediately. HINTS Use dark beer for stronger flavor. Don't skimp on oil, and use a large pot, not a skillet. Use a skimmer between batches to remove burned bits of batter. Pat fish dry before dipping into the batter.

Fried Fish With Garlic Sauce

2 lb fresh anchovies or whitebait
1 cup all-purpose flour
5 tablespoon cold water
1 pinch salt
1 oil for frying
----GARLIC SAUCE----
4 slice bread, crusts trimmed
1 (soaked in water for 10 min)
4 centiliter garlic,
1 (peeled and roughly chopped)
2 tablespoon lemon juice
4 1/2 tablespoon olive oil
1 1/2 tablespoon water (optional)
1 salt and pepper
2 teaspoon fresh parsley, chopped
1 lemon wedges for garnish

1) Sift the flour into a deep bowl with the salt. Gradually stir in the water in the amount needed to make a very thick batter.

2) Heat enough oil for frying in a large, deep pan. A deep-sided saute pan is ideal.

3) Take 3 fish at a time and dip them into the batter together. Press their tails together firmly to make a fan shape.

4) Lower them carefully into the oil. Fry in several batches until crisp and golden. Continue in the same way with all the remaining fish.

5) Meanwhile, squeeze out the bread and put in a food processor with the garlic and lemon juice. With the processor running, add the oil in a thin steady stream. Add water if the mixture is too thick and dry. Add salt and pepper and stir in parsley by hand. When all the fish are cooked, sprinkle lightly with salt and arrange on serving plates with some of the garlic sauce and lemon wedges.

From the kitchen of Pegyy and Bruce Travers, Cyberealm BBS Watertown NY 315-786-1120

Fried Fish With Whole Garlic

1 lb fresh fish fillets (pref. snapper o; r halibut) 1
teaspoon salt
3 tablespoon cornstarch
8 garlic cloves; peeled
2 tablespoon fresh ginger coarsely chopped 4
tablespoon oil, preferably peanut
----SAUCE----
1 tablespoon rice wine or dry sherry
3 tablespoon water
1 tablespoon light soy sauce
1 tablespoon bean sauce
1 teaspoon sugar
1 tablespoon dark soy sauce

RUB THE FISH FILLETS with salt and cornstarch. Heat a wok or large frying pan until it is hot, then add the oil. Brown the fish on each side until it is golden brown. Remove the fish and drain on kitchen paper. Drain off all but 1 tablespoon of oil, add the garlic and ginger and stir-fry for 20 seconds. Add the sauce ingredients, and cook for 3 minutes or until the garlic is tender. Return the fish to the wok and reheat through. Serve at once with the garlic cloves.

Fried Horseradish Breaded Fish With Mashed Po

4 firm white fish fillet
1/4 cup flour
2 egg
3 tablespoon water
1/2 cup seasoned bread crumbs
1/4 teaspoon salt and pepper
1/4 cup horseradish
1/4 cup puritan oil
1 decorative oil
1/4 cup puritan oil
3 tablespoon fresh chives
1 leek garnish
2 each leek, white part only
1/2 cup puritan oil
1 potato

2 lb potato
1/4 lb butter

Dry the fish filets, sprinkle with salt and pepper, then lightly flour.
Combine the horseradish and bread crumbs. Lightly beat the eggs and add water. Dip only one side of the filets first in the egg and then the bread crumb mixture. Fry first on meat side then on skin side.

For the decorative chive oil, in blender combine
1/4 c oil and chives.

Lightly fry the leek in oil, dry on a paper towel.

Boil the potatoes until tender. Drain and place on a cookie sheet in the oven at 375F until slightly dry. (10 to 15 Min) Mash the potatoes adding butter as needed until creamy. Season to taste with salt and pepper.

Place a serving of mashed potato on a plate. Place the cooked filet on top. Surround with chive oil. Place leek on top as garnish.
Walt

Fried Lake Trout

1 lake trout
1/2 teaspoon salt
2 tablespoon butter
1/4 teaspoon lemon pepper
1 cup sour cream
1/2 teaspoon lemon juice
1 cornmeal for dredging
1 shotening for frying

Clean and wash the fish and cut into serving pieces, leaving the skin on. Salt and pepper and coat throughout with cornmeal.
In a fry-pan bring 1/4-1/2 inch of shortening to high heat, add fish, and fry for approximately 4 minutes; turn, and cook 3 minutes more. Fish should be nicely browned. Put fish on hot serving platter. Pour off the fat from the pan and replace with butter, add the sour cream, and stir with a spoon to loosen any greables. Cook several minutes, but do not boil.
Remove from heat, add lemon juice, stir, and pour over trout.

Fried Oysters Wrapped In Bacon

12 each fresh, shucked oysters (in a
1/4 cup oyster liquor (from jar)
1 each bay leaf
1 teaspoon worchestershire sauce 4
each slices (1/2 oz. each) lean,
1/2 cup unbleached white flour (in a 2
each eggs (beaten in a small bowl 1
cup bread crumbs
2 cup oil (for frying)
12 each toothpicks (for wrapping bac

In a 1 quart saucepan, on a medium flame, poach oysters in oyster liquor with bay leaf and Worchestershire (about 2 minutes, until the edges of the oysters curl). Remove oysters from liquor and set aside. Discard liquor.
Cut bacon strips in thirds. Wrap each oyster with bacon and fasten with a toothpick. Roll in flour, dip in eggs, and then roll in bread crumbs.
Heat oil in a 9 inch skillet. When oil smokes, reduce heat and fry oysters for 5 minutes. Drain on paper bag and serve immediately.
Yields 12 oysters.

Fried-Fish Fillets With Sherry Vinegar & Herbs

4 fillets firm fish, 6 to 8 oz
1 each,
1 (see note)
1 salt and pepper to taste
2 to 4 tsp pure olive oil
3 tablespoon sherry vinegar
3 tablespoon extra-virgin olive oil
2 tablespoon mixed chopped fresh parsley 1
chives and chervil

If you're leaving the skin attached to the fillets, scrape off any remaining scales. Season the fillets on both sides with salt and pepper.

Heat pure olive oil in saute pan over medium heat, using smaller amongst of oil for a nonstick pan. Add fillets and adjust heat according to their thickness (thicker the fillet, lower the heat). Cook for about 4 minutes altogether for 1/2-inch-thick fillets, turning them halfway through the cooking time (or covering them if fragile), and trans- fer them to hot plates or a platter. Wipe oil out of saute pan with paper towel and add vinegar, extra-virgin olive oil and mixture of herbs. Bring sauce to rapid boil and season with salt and pepper to taste. Spoon boiling sauce over fish and serve immediatey.

Makes 4 servings.

Note: You can use red snapper (skin attached), sea bass (skin attached), salmon (skin attached or removed), tuna (skin removed), halibut (skin removed) or Dover sole (dark skin removed, light skin attached).

Per Serving: Calories 283 Fat 15g Cholesterol 62 mg Sodium 342 mg Percent calories from fat 48%

Typos by Bobbie Beers

Gefilte Fish 2

6 lb fish bones; several varietie
5 onions
4 teaspoon salt
1 1/2 teaspoon pepper
1 teaspoon sugar
2 large eggs
3/4 cup ice water
3 tablespoon matzo meal
3 carrots; sliced

Recipe by: My files Fillet fish. Combine heads, skin, bones, 4 sliced onions, 1/2 of salt and pepper and carrots in large pot. Cover with water and boi l. Grind fish abd onion, add seasonings, water and matzo meal. Shape into balls and drop into boiling stock. Cover and simmer 1 1/ 2 hours. Cool and strain.

Gifilte Fish From A Jar

1 large jar gifilte fish; good brand
1 bunch beets
1 bunch carrots
2 large onions pepper; lots salt; to taste

Here is the EASY way out... Take a large jar (at least 8 pieces but I usually do 12)...but first get your veggies ready; slice the carrots, beets and onions. Layer in a heavy stock pot, the beets (my Bubbe's secret ingredient), slices of fish, onions, carrots and seasonings; repeat as many times as is necessary with EVERYTHING but the beets. Pour the liquid from the jar over the fish and then bring to a boil. Turn down as simmer for about 45 minutes. Cool, remove from liquid and serve.

This tastes ALMOST a good as the real thing...try it you'll like it.

Elaine Radis, Prodigy Food & Wine Board

Gilled Salmon

6 medium salmon steaks
1/3 cup olive oil
4 cloves garlic, crushed
1/2 cup chopped parsley
1/4 teaspoon dried dill weed
1 teaspoon salt
1 cup fine dry bread crumbs
1/4 cup butter or marg., softened

Place salmon on well-greased broiler pan. Combine and blend oil, garlic, parsley, dill weed and salt in blender. Stir in bread crumbs and set aside. Brush steaks with butter. Broil about 4 inches from heat 8 minutes or until fish flakes easily when tested with fork. Spread about 2 tablespoons garlic mixture on each salmon steak. Return to broiler and broil 1 or 2 minutes or until lightly browned.

Ginger-Glazed Salmon Steak On Basil Mashed Po

: ginger glaze:

2 TB grated fresh ginger
2 TB minced garlic
2 TB minced scallion, white part
: only
2 TB chopped cilantro
1 TB hot chili paste
1/2 c rice wine vinegar
1/4 c Mirin (Japanese rice wine)
: or dry sherry
2 TB hoisin sauce
1/2 c chicken stock
1 TB vegetable oil
4 7-oz salmon steaks
: Salt
: Fried basil leaves, for
: garnish
: Basil mashed potatoes
: Sesame asparagus

Preheat oven to 450 degrees. Make glaze: In a small saucepan combine all ingredients and bring to a boil. Simmer 30 seconds and remove from heat. Cool to room temperature.

Heat oil in a heavy-bottomed, ovenproof skillet until smoking. Season salmon with salt. Sear first sides until golden brown. Turn steaks and roast in oven for 3 minutes. Brush with Ginger Glaze. Roast for 1 minute more. Serve with potatoes and asparagus, garnished with basil leaves.

Yield: 4 servin

Recipe By :CHEF DU JOUR DEAN FEARING SHOW #DJ9068

Date: 09/26/96

Glazed Salmon

1 vegetable oil spray
3/4 lb fresh salmon fillet

1/4 cup balsamic vinegar
1 tablespoon dijon mustard
1 salt and pepper to taste

Heat a medium-sized nonstick skillet and spray with vegetable oil spray. Brown salmon for 3 minutes on high, turn and brown another 3 minutes. Transfer salmon to plate; add vinegar to skillet and cook on high heat until about half the amount remains, about 3 minutes. Lower heat. Add mustard and mix well to make a smooth glaze. Salt and pepper salmon, return to skillet and cook 1 minute. Turn to coat both sides with the glaze and cook another minute or two, until cooked through. Divide salmon into two portions and place on plates. Spoon any remaining glaze on top.

Nutritional info per serving: 281 cal; 34g pro, 7g carb, 11g fat (35%)
Exchanges: 4.7 meat

Glen's Fish Sauce

3 tablespoon catsup
1 tablespoon a-1 steak sauce
3 tablespoon chili sauce
3 dash worcestershire sauce
1 teaspoon lemon juice

Mix well and use for barbecuing fish.

Mrs. Glen D. (Emma Lee) Hughes

Recipe By : Texas on the Halfshell - ISBN: 0-385-17904-9

From: Stephanie Da Silva

Golden Crab Puff

10 each slices white bread
1 lb backfin crabmeat

6 each eggs
3 cup milk
2 tablespoon minced parsley
3/4 teaspoon dry mustard
1/2 teaspoon salt
8 oz shredded sharp am. cheese

Remove crusts from bread and cut slices into cubes. Beat eggs, milk, and seasonings. Stir in bread cubes, cheese and crab. Pour into 9" X 13" baking dish.
Bake uncovered at 325 degrees for 1 hour or until center is set. 2 cups of shrimp, or a combination of shrimp and crab to total 2 cups may be substituted for crabmeat.
Mrs. James Hopkins

Golden Fried Catfish

6 small catfish; cleaned and dressed
1 teaspoon salt
1/4 teaspoon pepper
2 cup cornmeal, self-rising
1 vegetable oil

Sprinkle catfish with salt and pepper. Place cornmeal in a paper bag; drop in catfish, one at a time, and shake until coated. Fry in deep hot oil (375) until golden brown; drain well. Serve hot.

Good Habit Tuna Melt

1/4 cup drained, flaked, water-packd
1 tuna
1 tablespoon each diced celery and red
1 onion
1 tablespoon diet mayonnaise
3/4 teaspoon prepared mustard
1 dash oregano
1 salt and pepper to taste

1 slice whole grain bread
1 oz sliced low-fat mozzarella
1 cheese

1. Preheat broiler.

2. In small bowl combine tuna, celery, red onion, mayonnaise and mustard.

3. Add seasonings. Mix well.

4. Toast bread and spread with tuna mixture. Top with cheese. (If desired, cut into narrow slices and weave)

5. Broil until tuna is hot and cheese has melted.

DEAL-A-MEAL CARDS USED: 1 Bread 2 Meat 1 Fat
225 Calories

Gramma Bahrt's Salmon Piroghi

2 cup cooked salmon -- coarsely
1 flaked
1 pastry for a 2-crust, 9
1 pie
1 tablespoon butter melted
2 cup rice -- * see note
1 tablespoon lemon juice -- flavored
1 with
1 dash nutmeg
4 hard-boiled eggs -- sliced
1/4 cup butter -- melted
2 tablespoon chives -- chopped
1 salt -- to taste
1 fresh-cracked pepper -- to
1 taste
----Onion Salt to taste Egg Glaz--
1 egg yolk -- beaten with
1 tablespoon milk

* cooked in chicken stock.

Line a 9" pie pan with pastry dough and brush it with 1 tablespoon melted butter. Bake at 425 just until dough begins to color (5-8 minutes). Pat half the rice on bottom and sides of crust. Add salmon in an even layer and sprinkle it with the nutmeg-flavored lemon

juice. Add egg slices and season to taste with salt and pepper. Top this with remaining rice and pour over all the 1/4 cup butter-chive mixture.

Adjust top crust; flute edges, vent crust and paint it with Egg Glaze. Bake at 400 about 35 minutes. If crust browns too quickly, cover top loosely with foil. Add a light sprinkling of onion salt just before serving and garnish with sprigs of parsley lightly dipped in paprika.

Cut in wedge size servings and serve with a fresh spinach salad and croissants.

Serves 6

(Adapted from a recipe in "National Fisherman" magazine, July, 1985)

Recipe By :

Grand Central Oyster Stew

8 freshly opened oysters
1 teaspoon worcestershire
2 tablespoon butter
1 oz of clam juice
1/4 cup oyster liquor
1/2 teaspoon paprika
1 dash of celery salt
1 cup half-and-half

Place all of the ingredients except half-and-half and one tablespoon of the butter in the top part of a double boiler over boiling water. Don't let the top pan touch the water. Whisk briskly and constantly for about 1 minute, until oysters are just beginning to curl. Add half-and-half and continue stirring briskly, just to a boil. DO NOT BOIL. Serve piping hot topped with the remaining 1 T. butter and sprinkled with paprika.

Note: To make more servings, do 2 at a time. Have bowls hot, and heat half-and-half before adding.

Grilled Fish In Foil

1 lb fish fillets,fresh or frozen
2 tablespoon margarine or butter
1/4 cup lemon juice
1 tablespoon chopped parsley
1 teaspoon dill weed
1 teaspoon salt
1/4 teaspoon pepper
1 paprika
1 each med. onion, thinly sliced

On 4 large buttered squares of heavy-duty aluminum foil, place equal amounts of fish. In small saucepan, melt margarine; add lemnon juice, parsley, dill weed, salt and pepper. Pour equal amounts over fish. Sprinkle with paprika; top with onion slices. Wrap foil securely around fish, leaving space for fish to expand. Grill 5 to 7 minutes on each side or until fish flakes with fork. Refrigerate leftovers.

Grilled Salmon & Cheddar Sandwiches

1 lb salmon; 1 cn
1 tablespoon onion; grated
10 oz cheddar; md, *
1 tablespoon lemon juice
1/4 cup mayonnaise

* Slice the Cheddar Cheese into 4 slices of 2 1/2 ozs each.

Mix the salmon with the onion, lemon juice, and mayonnaise. Spread the mixture on thick slices of French bread and top with a slice of cheddar cheese. Add a top slice of bread and butter both sides of the sandwich generously. Grill until brown, then turn and brown the other side, and the cheese is melted. Serve hot.

Grilled Seafood Kabobs

1 lb large shrimp (deveined)
1 lb large mushrooms
1/4 cup honey
8 each wooden skewers
1 lb freah sea scallops
17 oz bottled bar-b-q sauce
4 tablespoon stone ground dijion mustard
2 lb fresh fruit (as garnish)

Combine the bar-b-q sauce, honey and mustard in a bowl and mix well. Place alternating groups of shrinp, sea scallops and mushrooms on the skewers. Place completed kabobs in a baking pan. Spoon the marinade over the kabobs and allow to set for 12 hours (or over- night) in the refrigerator. Grill over direct heat for 7 to 8 minutes or until the shrimp have turned pink, turing frequently to prevent buring. Baste with marinade and use a coveredgrill to insure snokey flavor. Garnish with fresh fruit.

Grilled Shark With Barbecue Sauce

2.00 lb shark steaks
2.00 tablespoon butter
1.00 clove garlic; minced
0.25 cup vinegar
1.00 teaspoon worcestershire sauce or other firm-; fleshed fish
0.33 cup chopped onion
0.50 cup water
2.00 tablespoon brown sugar
0.50 cup catsup

Rinse shark with cold water; pat dry with paper towels. Set aside. In medium saucepan, melt butter. Add onion and garlic; saute until tender but not browned. Stir in remaining ingredients. Bring to boil, stirring frequently. Reduce heat and simmer for 10-15 minutes until sauce is thickened. Remove from heat. Baste shark with sauce. Place on well-greased grate 4-5 inches from hot coals and cook 4-5 minutes. Baste and turn; cook an additional 4-5 minutes, or until

shark flakes when tested with a fork. Makes 6 servings.

NOTE: Shark may be broiled on a well-greased broiler pan 5-6 inches
from source of heat. Follow grilling times and directions.

Posted by Bob Hogan, head chef at MBOTVM BBS, Wichita KA and
participant at Kooknet, 316-554-0005

Grilled Swordfish Steaks

4 8-oz. swordfish steaks
1/2 cup teryaki sauce
2 tablespoon margarine; melted
1 teaspoon garlic powder

Marinate fish 5 minutes per side in teryaki sauce. Spray grill with a non-stick coating. Grill fish over medium coals 5-6 minutes per side, basting frequently with melted margarine. Season with garlic powder. Check fish for flakiness when done.

Grilled Swordfish With Barbecue Sauce

2 lb swordfish fillets
1/3 cup lemon juice
2 teaspoon worcestershire sauce
1/2 cup chopped onion
1 teaspoon sugar
1 small bay leaf
1 cup catsup
1/4 cup oil
1 clove garlic, minced
1/4 cup water
1/4 teaspoon hot pepper sauce

Place fish in single layer in shallow baking dish. Combine 1/2 cup catsup,lemon juice, oil, Worcestershire and garlic. Pour sauce over fish. Cover and refrigerate about 1 hour, turning fish once. Remove fish, reserving sauce. Use half of reserved sauce for brushing fish while grilling. Combine remaining half of sauce with remaining catsup, onion, water, sugar,hot pepper sauce and bay leaf. Simmer about 20 minutes to blend flavors and thicken. Meanwhile, place fish on well-greased, hinged wire grills. (If barbecuing fish on standard grill, brush fish with oil before cooking.)Cook about 5 inches from moderately hot coals 8 minutes. Baste with reserved sauce. Turn and cook 7 to 8 minutes longer, or until fish flakes easily when tested with fork. Brush fish with more sauce as needed during cooking. To serve, spoon hot barbecue sauce over fish.

Grilled Swordfish With Sundried Tomato Sauce

1 2 8-oz swordfish steaks, 1 inch thi; ck

3 ts fresh chopped rosemary
2 shallots, -- minced
1/3 c dry white wine
2 TB lemon juice
1 ts black pepper

Combine rosemary, shallots, wine, lemon juice and pepper in shallow dish.

Add fish and turn to coat both sides with marinade. Cover with plastic and refrigerate.

Make the sundried tomato sauce (recipe follows).

Grill fish and top with sundried tomato sauce.

Recipe By :COOK'S CHOICE SHOW #CH1213

From: Meg Antczak <meginny@frontiernet.

Grilled Teriyaki Swordfish

4 fresh swordfish steaks
1/2 cup light soy sauce
1/4 cup pineapple juice (no sugar added)
1/4 cup sherry
1 tablespoon brown sugar
1/2 teaspoon ground ginger
1 clove garlic minced or pressed
2 teaspoon lemon juice

In a non-reactive bowl, combine the soy sauce, pineapple juice, sherry, brown sugar, ginger and lemon juice. Place in heavy plastic bag with swordfish steaks and refrigerate for 1 to 2 hours, turning bag occasionally to thoroughly marinate all surfaces of the fish. Remove swordfish from bag and grill over high heat, 4-5 minutes on each side, turning once. Be careful not to overcook swordfish; it dries out quickly (fish is done when flesh is opaque and flakes easily with fork). Serve with lightly grilled slices of pineapple and baked sweet potatoes.

Grilled Trout With Olive Butter

4 brook trout; heads removed, - boned & 1
teaspoon salt
1/2 teaspoon freshly ground pepper; plus
1/8 teaspoon freshly ground pepper
2 tablespoon pernod
2 tablespoon extra-virgin olive oil
1 small shallot; coarsely chopped
1/4 cup coarsely chopped black olives
4 tablespoon unsalted butter - at room temperatu; re 1
teaspoon chopped chives
1 tablespoon chopped italian flat-leaf parsley

Sprinkle the fish on both sides with the salt, 1/2 tsp. of the pepper and the Pernod. Cover and let stand at room temperature for 30 minutes.

Brush each fish on both sides with the olive oil and let stand, covered, for 30 minutes longer.

In a food processor, place the shallot and olives and process until finely chopped, about 30 seconds. Add the butter, chives, parsley and remaining 1/8 tsp. pepper and process until well blended, about 30 seconds. Transfer to a bowl, cover and refrigerate. (The olive butter can be prepared to this point up to 2 days ahead. Remove from

the refrigerator 30 minutes before serving.)

Light a charcoal grill or preheat the broiler. Brush the grill rack or broiler pan lightly with the vegetable oil and cook the fish, either

Grilled Trout With Two Sauces

1 stephen ceideburg
4 whole cleaned trout, about 12 oz. e; ach 1
vegetable oil
1 walnut butter sauce or:
1 tarragon cream sauce

Cooking time is about 15 minutes, so prepare sauce ahead of time.

Prepare grill and briquettes.

Lightly rub outside of fish with vegetable oil. Grill fish on a well-oiled grid or in a well-oiled wire grill basket, on covered grill over medium-hot coals 7 minutes per side, or ap- proximately 10 minutes per inch thickness of fish. Test by prod- ding with a fork; fish should opaque inside.

Serve with either sauce.

From an article by Miriam Morgan in The San Mateo Times, 5/25/93.

Posted by Stephen Ceideburg

Grilled Tuna & Cheese Sandwiches

1 no ingredients

6 sl Bread
3 TB Butter or margarine -- soft
3 sl American cheese
6 oz Starkist Chunk White Tuna --
: drained and flaked

1. Spread one side of each slice of bread with butter. 2. Top three bread slices with cheese, tuna and second bread slice. 3. Grill 1 to 2 minutes per side to lightly brown. Makes 3 sandwiches.

http://www.starkist.com Shared by Sherilyn Schamber

Recipe By : Starkist Co

From: Sherilyn Schamber <sherschm@concedate: Thu, 24 Oct 1996 07:08:24 ~0700

Grilled Tuna Salad With Wasabi Dressing

1 tablespoon soy sauce (+ 2 teaspoons)
1 tablespoon olive oil (+ 2 teaspoons)
1 1/4 lb fresh tuna steak
4 teaspoon wasabi powder *
2 tablespoon tahini * (sesame paste)
2 tablespoon rice vinegar
1 teaspoon dijon mustard
1 teaspoon sugar
2 garlic cloves, minced
1 salt & pepper to taste
7 oz alfalfa sprouts (2 cups)
7 oz trimmed enoki mushrooms *
1/2 lb young spinach, stemmed
2 tablespoon slivered pickled ginger *

* Available at Asian Markets, well-stocked grocery stores and some health food markets.

(Note: In place of wasabi, you could use an equal amount of powdered dry mustard)

In a shallow glass dish, combine 1 T of the soy sauce and 1 t of the oil. Add the tuna and coat well. Refrigerate for about 15 minutes, turning fish twice.

Light grill or preheat broiler. In small bowl, mix wasabi powder with 4 t of hot water. Cover and set aside for 5 minutes.

In another bowl, stir 2 T of warm water into the tahini. Stir in the wasabi paste, vinegar, mustard, sugar, garlic and the remaining 2 t soy sauce and 4 t oil. Season with salt and pepper.

Season the tuna with salt and pepper; grill or broil until crusty on the outside and rare within, about 4 minutes per side. Transfer the fish to a plate to rest for a few minutes, then slice it against the grain 1/3 inch thick.

In large bowl, toss the alfalfa sprouts with the enoki mushrooms and all but 2 T of the dressing. Scatter spinach leaves on 4 large plates and arrange tuna on top. Drizzle on the remaining 2 T dressing. Mound the sprout salad on the tuna, scatter the pickled ginger on top and serve.

Reprinted from Food and Wine Magazine, July 1996.

Grilled Tuna Steaks

4 each 7oz. tuna steaks 1 thick
1/4 cup fresh lemon juice
1 tablespoon xtra virgin olive oil
2 centiliter garlic, minced
2 teaspoon chopped fresh oregano
1 tablespoon grated lemon zest
1/4 teaspoon salt
1 freshly ground pepper

Prepare a charcol grill. Meanwhile, rinse the tuna, pat dry, and place in a shallow glass or ceramic dish. In a small bowl, whisk the remaining ingredients. Pour over the fish and cover with plastic wrap; marinate for 30-45 minutes in the refrigerator. When the fire is ready, drain the tuna and place it in a fish or meat baslet. Grill the steaks 4" from the heat, 3 min. per side for rare or approximately 5 minutes per side to cook through. Pierce with a fork to see if the fish is flaky and done. Baste with remaining marinade if desired. NOTE: You can substitute lime juice and zest for the lemon.

Per serving: 210 calories, 2g carb., 38g protein, 80mg chol., 5g/23% fat.

Grilled Tuna With Olive-Rosemary Butter

1/4 cup butter, unsalted; room temp
1 tablespoon kalamata olives; pitted, chopped or brine1
tablespoon lemon juice; plus 1/4 ts
2 teaspoon rosemary, fresh; chopped or
1/2 teaspoon rosemary, dried; crumbled
1/4 teaspoon dijon mustard
3 tablespoon olive oil
1/8 teaspoon pepper
4 tuna steak, 1 thick (about 8 ounce; s, each) 1
rosemary sprig, fresh; (opt)

Blend butter, olives, 1/4 teaspoon lemon juice, 1 teaspoon rosemary and mustard in small bowl. (Butter can be prepared up to 2 days ahead. Wrap tightly and refrigerate. Let stand at room temperature 45 minutes before continuing.)

Whisk olive oil with remaining 1 tablespoon fresh lemon juice, remaining 1 teaspoon rosemary and pepper in shallow dish. Arrange tuna steaks in dish, turning to caot both sides. Let stand 15 minutes.

Prepare barbecue (high heat). Grill tuna until just cooked through, about 4 minutes per side. Transfer to platter. Place 1 tablespoon rosemary butter on each steak. Garnish with rosemary sprigs.

Note from author: A simple, sunny dish with the flavors of the south of France. The seasoned butter is our bonus, since the fish is already delicious after its quick marinating in a rosemary vinaigrette. Add a sliced tomato salad and buttered orzo (rice-shaped pasta) for a satisfying meal. Finish with freshing lemon sorbet.

Bon Appetit, July, 1991
per Michelle Bass
Fidonet COOKING echo

Grilled Whole Salmon Fillet

1/4 cup teriyaki sauce
1/4 cup lemon juice
3 tablespoon brown sugar -- packed
1 1/2 tablespoon vegetable oil
1 clove garlic -- crushed
4 lb salmon fillet -- skin on

Combine teriyaki sauce, lemon juice, brown sugar, oil and garlic and stir to mix. Place salmon, skin side down, on 2 layers of heavy-duty foil. Remove thin white pin bones. Baste salmon with soy mixture andlet stand while preparing grill (medium-low heat). Place fish on grill, with lid and vents open. Cook about 30 minutes, basting occasionally, until fishis opaque when tested at its thickest part and reaches 135#161#F to 140#161#F on an instant-read thermometer. Transfer to platter. Serve hot or cold.

Recipe By : Plain Dealer

Gulai Daun Singkong Tumbuk (Grilled Fish With

1/2 piece fresh ginger, sliced
1 small onion, sliced
1 or 2 fresh, hot red chilies, seede; d, , sliced
1/2 teaspoon salt
1/4 teaspoon sugar
1/4 teaspoon turmeric
2 cup coconut milk
1 whole red snapper or similar fish,; about 1 pound 1
slice laos [galangal s.c.]
2 stalks lemon grass or two slices le; mon
1/4 lb spinach or swiss chard, coarsely ch; opped

Process the ginger, onion, chili, salt, sugar, turmeric and 1/4 cup of the coocnut milk into a smooth paste. Set aside

Grill fish over charcoal or in a gas or electric broiler for 2 minutes on each side.

Put the remaining coconut milk and the spice paste in a large skillet and bring to a boil over moderate heat. Add the laos and lemon grass and simmer for 5 minutes, stirring frequently. Add the fish and greens, cook for 15 minutes basting occasionally. Serve warm.

Serves 4 with rice and other dishes.

San Francisco Chronicle, 3/9/88.

Posted by Stephen Ceideberg; February 24 1993.

Haddock & Sweetcorn Chowder

2 teaspoon margarine.
1 medium onion finely chopped.
4 oz 120 g potatoes peeled and
1 cubed
1 pint 600 ml vegetable or fish
1 stock
5 oz 150 g skinned and boned
1 smoked haddock cut into
1 chunks
3 oz 90 g sweetcorn kernels.
5 pint 300 ml skimmed milk.
1 salt and pepper.
1 tablespoon cornflour blended with a
1 little water.
1 tablespoon chopped fresh parsley.

1. Melt the margarine in a large saucepan and saute the onion and potatoes for 3 to 4 minutes stirring constantly. Add the vegetable or fish stock and bring to the boil. Reduce the heat and simmer covered for 5 minutes.

2. Add the smoked haddock and sweetcorn to the saucepan and simmer gently for 5 minutes. Pour in the milk and heat gently without boiling.

3. Season the soup with salt and pepper and then add the blended cornflour. Heat, stirring until thickened and smooth. Add the chopped parsley and serve one portion in a warmed soup dish.

4. To freeze the remaining soup cool quickly and transfer to three rigid containers. Seal, label and freeze for up to one month. Defrost and re-heat the soup gently to serve.

Preparation 10 minutes Cooking 20 minutes

Makes 4 portions, 145 calories per serving.

Selections per serving: bread 2 fat milk protein vegetable 10 optional calories.

Hawaiian Broiled Fish

1/3 cup soy sauce
1 tablespoon brown sugar; packed 2
tablespoon vegetable oil
1 tablespoon cider vinegar
1/2 teaspoon ground ginger
1 cl garlic; crushed
1 1/2 lb white fish fillets
1 tablespoon fresh parsley; minced

Recipe by: "Michelle M. Davis" <mdavis@PINEGOV.CO.PINELLAS.FL.US>
Combine 1st 6 ingrediants, marinate fish in sauce for 20 minutes. Turning once. Reserve sauce, broil fish - 5" from heat for 4 minutes, turn, baste with sauce and broil 4 minutes. Just before serving, sprinkle with parsley.

Healthy Scallops Penne Rigate

8 oz penne rigate pasta (ziti)
1 large tomato (diced)
1/2 teaspoon italian seasoning
3 tablespoon olive oil
1 medium onion diced (approx 1 cup) 1
bunch scallions chopped (1 cup)
1 cup sliced fresh mushrooms
2 tablespoon garlic (minced)
1/2 lb bay scallops
1/2 teaspoon garlic pepper seasoning
1/4 cup freshly grated parmesan
1 and romano cheese

Garnish diced tomato with italian seasoning and set aside at room temperature.
Prepare penne rigate according to instructions on box.
MEANWHILE: heat oil in medium skillet. Add onions and scallions and cook over medium heat 3-4 minutes stirring frequently to avoid browning. Stir in mushrooms and lower heat to medium low. Add minced garlic, garlic pepper seasoning, and scallops (including liquid).
Stir constantly to ensure even heating for approx 5-6 minutes. Do not overcook.
Divide pasta between 2 warmed plates. Top with scallop mixture including all liquid. Top with diced tomatoes and garnish with grated parmesan and romano. Serve immediately.
Total preparation time 25 minutes.

He-Man's Tuna Noodle Casserole

6 oz egg noodles; medium
2 tablespoon butter
1 can cream of mushroom soup
1 cup milk
1/2 cup sour cream
1/2 teaspoon salt
1/2 cup onion; finely chopped
1/4 cup pimiento; sliced
1/2 cup green bell pepper; fine chop
1 cup celery; chopped
6 1/2 oz tuna; drained and flaked *
15 each ritz crackers; **
1 parsley; for garnish

* An additional 3 oz can of Tuna can be added for a meatier casserole. ** Ritz crackers (15 = Half a Stack) should be broken but not crumbled.

+++
++++++++++++++++++ Cook noodles in salted water; drain. Coat with butter. Preheat oven to 425 degrees F. In a large saucepan, mix soup, milk, sour cream, salt, onion, pimiento, pepper, and celery. Cook over low heat, stirring frequently, for 15 minutes. Add tuna. Combine with noodles and pour into 2-quart casserole. Sprinkle top with ritz crackers. Bat 20 to 25 minutes. Granish with parsley before serving. Makes enough for 6 hungry men.

Hemingway's Trout

3 green onions, chopped or
1/4 cup freeze-dried chives
1 tablespoon chopped parsley or
1 dried parsley flakes
2 tablespoon lemon juice
1/4 teaspoon pepper
6 whole cleaned trout

1 (each about 8 oz.)
1 seasoned salt
6 strips bacon
1/2 cup baking mix (biscuit mix)
2 tablespoon yellow cornmeal
1 lemon wedges (optional)

Combine green onions, parsley, lemon juice, and pepper. Sprinkle trout cavities with salt, then spread each with onion mixture.

In a wide frying pan over medium heat, cook bacon until crisp. Remove bacon from pan and drain. Leave 2 or 3 TBS. of the drippings in pan and reserve remaining drippings.

Combine baking mix and cornmeal on a piece of wax paper. Coat trout on both sides with mixture. Arrange half the trout in pan. Cook, turning once, until fish is lightly browned and flakes readily when prodded in thickest portion with a fork. For a 1-inch thick fish (measured in thickest portion), allow 10 minutes total - 5 minutes on each side. (Allow same ratio of thickness to time - 1 inch: 10 minutes - for fish of all thicknesses.)

Cook remaining fish in reserved drippings. Slip a bacon strip into cavity of each fish. Garnish with lemon wedges, if desired. Serves 6.

The Sunset Seafood Cookbook, by the Editors of Sunset Books and Sunset Magazine, Lane Publishing Co., Menlo Park, CA, 1981.

Herby Fish Cakes

8 oz smoked-cod fillet, skinned and dice; d.
8 oz whiting fillet, skinned and diced
8 oz cooked, mashed potatoes, cooled.
2 spring onions, trimmed and
1 chopped
2 teaspoon chopped fresh parsley
1 egg, beaten
1 flour to dredge
1 oz parmesan or cheddar cheese, grated
4 oz breadcrumbs
3 tablespoon sunflower oil
1 pitta bread, relish and mixed salad; to serve

In a large bowl, combine fish, potatoes, spring onions, parsley and egg. divide into six. Dust hands with flour and shape mixture into balls. Flatten to form fish cakes.

Mix together grated cheese and bread crumbs. Coat cakes in cheese mixture.

Wrap each fish cake separately in an 8 inch square sheet of waxed paper. Freeze for at least 2 hours, preferably overnight.

Place fish cakes on a hot barbecue and cook for 15-20 minutes, turning once and basting lightly with sunflower oil.

Ho Yau Gon Lo Won Ton (Won Ton In Oyster Sauc

40 won ton
2 quart water
1 1/2 tablespoon sesame oil
1 tablespoon thin soy sauce
2 tablespoon oyster sauce
1 green onion, chopped

In a large saucepan bring 2 quarts water to a boil.

Add won ton and boil for 5 minutes; then, remove with a Chinese strainer or colander.

Put the cooked won ton in a deep serving bowl, and add all other ingredients except the green onion, and mix carefully.

Garnish with the chopped green onion.

VARIATION: Heat sauce in wok; stir fry won ton briefly.

Holiday Seafood Bisque

2 tablespoon butter
2 bacon strips, diced

1 small onion, chopped
1/4 cup all-purpose flour
2 cup dry white wine
1 potato, peeled and diced
1/4 teaspoon dried thyme
1/4 teaspoon dried tarragon
1 teaspoon salt
1/4 teaspoon pepper
1 tablespoon tomato paste
1 lb cleaned seafood
2 cup 35% real whipping cream
2 tablespoon fresh parsley, chopped

Ingredient notes: Chicken stock may be used in stead on dry white wine. Seafood should consist of shrimp, scallops, lobster, crab, or a combination. The seafood should be fresh, although defrosted is acceptable. 1. Melt butter in a lare saucepan or Dutch oven. Add bacon. cook until crisp. Remove and reserve bacon bits. Add onion to pan. Cook until tender. Sprinkle with flour and cook gently 3-4 minutes. 2. Whisk in wine or chicken stock. Bring to a boil. Add potatoes, thyme, tarragon, salt, pepper and tomato paste. Cook 15 minutes until potatoes are tender. 3. While potatoes are cooking, cut seafood selection into 3/4-inch chunks. Add seafood and cream to the pot when potatoes are tender. Bring to a boil, reduce heat and simmer 5-8 minutes or until seafood is cooked through. Taste and adjust seasoning if necessary. 4. Serve sprinkled with parsley and reserved bacon bits.

Holiday Tuna Tree

19 oz tuna, solid white canned
16 oz cream cheese
1 tablespoon lemon juice
1/4 cup olives, finely chopped
1/2 cup walnuts, finely chopped
1/4 teaspoon salt
1/2 teaspoon dry mustard
1/8 teaspoon pepper
1/2 teaspoon thyme

Spray an appropriate 4 cup mold with Pam; the example was done in a small Christmas tree mold. In a large bowl, combine cream cheese and tuna. Add remaining ingredients and stir well. Place in mold and refrigerate. Unmold onto a serving plate. For a Christmas tree mold, decorage with garlands of small parsley leaves, pieces of red and green pepper cut into stars, and a lemon wedge.

From: Chicken-of-the-Sea Tuna, 1990

Home On The Range Tuna Salad

1/2 cup water-packed tuna, drained and fla; ked 1
cup low-fat cottage cheese
2 each hard-boiled eggs, peeled & chopped
1/4 cup chopped celery
1/4 cup chopped green onion
2 tablespoon chopped parsley
1 teaspoon lemon pepper seasoning
1/4 teaspoon salt
1/4 cup diet mayonaise (4 tbs)

1. In mixing bowl, combine all ingredients. Chill. Use as salad or sandwich filling. 2. May be stored in refrigerator up to one week.

Home Recipes: Maritime Crab Dip

4 oz cream cheese [125 g]
1/4 cup mayonnaise
3 tablespoon chili sauce
1 teaspoon fresh parsley, chopped
1/2 teaspoon pepper
1/2 teaspoon dijon mustard
12 oz canned crabmeat, drained 2x6oz can; s 1
green onion, chopped
1/2 cup fresh bread crumbs
2 tablespoon butter, melted

Serve this warm dip with crackers or with vegetable crudits or pita wedges. It may also be used as a topping for baked potatoes

In bowl, beat together cream cheese with mayonnaise until smooth. Beat in chili sauce, parsley, pepper and mustard. Stir in crabmeat and onion; spoon into greased 2-cup ovenproof dish.

In small bowl, stir together bread crumbs with butter until evenly

moistened; sprinkle over crab mixture. Bake in 325F 160C oven for 20 minutes or until heated through. Broil for 1 minute, or until crumbs are golden brown.

Homemade Crab Apple Pectin

2 lb sliced unpeeled crab apples
3 cup water

Simmer, stirring for 30 to 40 minutes, adding water as needed. Plop into colander lined with one layer of cheesecloth and set over a bowl; press to force the juices. To clear, heat the collected juice and pour through a stout jelly bag that has been moistened in hot water. The result is the pectin you will use right away, can (1/2" headroom, process 185 F for 15 min), or freeze. Refrigerate after opening.

Liquid pectin is especially helpful in making peach, pear, strawberry or other jellies whose fruit is low in pectin.

4-6 tb of homemade pectin for every 1 cup of prepared juice should give a good gel. For tart apple pectin, start with 4 pounds sliced apples with peels & cores and 8 cups of water. Simmer 3 min, press through sieve. Return liquid to heavy kettle and cook briskly, stirring, until volume is reduced by one-half. Clarify and use as above.

Home-Smoked Salmon

1 lb salmon fillets or steaks
1 alderwood chips
1 chimney smoker

This is a method rather than a recipe. The key is to use alderwood, a hardwood found in the Pacific Northwest, as the smoking wood. It is my understanding that in the PacNW, smokehouses and seafood grills use GREEN alder twigs, but such things aren't available on the East Coast.

Ready a chimney smoker (I made one out of a galvanized trashcan

several years ago, but they are currently cheaper to buy than to make!) with a small amount of coals while soaking the alderwood chips. When the coals are glowing hot, drain the water from the chips, place the chips on the hot coals, get the drip catcher and the grate in place, and put the salmon directly on the grate. Close the lid and leave it alone for 6 to 12 hours! The fish will cook at 130 to 140 degrees, and will probably flake when removed from the grate. This is of a different flavor and consistency than your normal perception of smoked salmon. The fish may be served directly in small dishes with a fresh lemon wedge and a quality toast as an appetizer, or it can be mixed with a little cream cheese, sour cream, and lemon juice as a spread. Use your imagination!!!

Honey Broiled Sea Scallops

3 tablespoon lime juice
1 tablespoon vegetable oil
1 tablespoon honey
1 lb sea scallops
1 tablespoon soy sauce
1/4 teaspoon ginger
2 tablespoon toasted sesame seeds

Combine lime juice, oil, honey,soy sauce, and ginger. Add scallops and toss to caot. Cover and refrigerate 1 hour, stirring occasionally. Remove scallops from marinade, reserving marinade. Thread scallops evenly on 4 skewers. Place skewers on shallow baking pan that has been sprayed with a non-stick coating. Broil 4-6 inches from source of heat 2-3 minutes. Turn and baste with reserved marinade and continue cooking 2-3 minutes or until opaque throughout. Place sesame seeds on wax paper and roll each skewer over the seeds to evenly coat scallops. Serve immediately.

Hunter's Clam Chowder

16 oz clams; liquor reserved
16 oz cream cheese

2 medium potato; peeled & finely chopped
2 cup whole milk (or half and half)
1 cup ; water
1/4 cup butter
1/2 lb mushrooms
1/2 large onion; finely chopped
1 butter; for sauteing

Slice mushrooms and saute in butter; remove and set aside. Lightly saute onion in covered pan. Once done, add to pot along with water and bring to a boil. Add potato and cook covered until potatoes are done. Chunk cream cheese as well as possible (to aid in melting it) and add with mushrooms and clams. When cream cheese has completely melted, add milk. Heat but do not allow to boil. Melt the butter and add to chowder just prior to serving.

Idaho Trout

6 10-oz. trouts
1 salt; to taste
5 oz heavy cream
1 teaspoon chervil; finely chopped
1 teaspoon tarragon; finely chopped
1 cayenne pepper; to taste
1 oz brioche crumbs

Recipe by: "Jessica A. Walton" <ryanja@WKUVX1.WKU.EDU> Skin and fillet trout; reserve trimmings. Refrigerate fillets until chilled. Place trimmings in chilled blender or food processor; season with salt. Process for 30 seconds or until smooth. Add small amount of cream; process until mixed. Strain through fine sieve into stainless-steel bowl set in ice. Slowly incorporat remaining cream; whip to stiff peaks. Season with cayenne pepper. Spread thin layer of mousse over chilled fillets. Seal in plastic wrap; steam for 5 to 6 minutes. Remove plastic wrap; sprinkle with brioche crumbs. Grill until golden.

Serves 6.

Ikan Asam Padeh (Fish In Sour Sauce)

1 1/2 lb fish fillet
2 each shallot
1 ginger, 1 piece
2 each thai chile
1/2 teaspoon turmeric
1/2 teaspoon tamarind
2 tablespoon soy sauce, dark
2 tablespoon oil
1 salt; to taste
1 pepper, black; to taste

Calories per serving: 349 Fat grams per serving: 13 Approx. Cook Time: 0:30 Remove all skin from fish fillets, ensure that no bones remain and cut into serving-size pieces. Chop very finely the shallots, ginger, garlic and chiles, and pound these together with the turmeric powder, tamarind and soy sauce (or use a food processor). Heat the oil in a shallow pan and stir-fry the spice-paste for four to five minutes, then add the fish, cover with approximately one cup of cold water and bring to a boil. Lower heat, season to taste with salt and freshly ground black pepper and cook over a very low heat until the fish is done. Serve with fresh vegetables and rice.

In The Spirit Seafood Strata

3 cup oyster crackers
2 envelopes lobster bisque
1 dry soup mix
3/4 cup chopped green onions with
1 tops
3 tablespoon lemon juice
1 cup sliced, drained water
1 chestnuts
1/2 teaspoon lemon pepper seasoning
1 cup frozen peas
8 oz frozen crabmeat, thawed
1 cherry tomatoes, optional
1 green onion tops, optional
8 eggs
2 cup milk

Sprinkle 2 1/2 cups of the oyster crackers over the bottom of greased 13 x 9 x 2" baking dish.Layer onions,water chestnuts,peas and crabmeat crackers.Top with remaining crackers.Blend together remaining

ingredients and pour over layers.Cover and refrigerate several hours or overnight. Bake in preheated 350 degree oven until golden brown,30 to 35 minutes. Cut into squares to serve.Garnish with tomatoes and green onions,if desired.Makes 8 servings.

* Please Note: To keep down cost,use 1/2" slices of new imitation crabmeat sticks,termed "Surimi" in place of crabmeat.

Indian Fish Kebabs

1 lb monk fish or other firm fish
1 yellow squash
1 green bell pepper
1 red bell pepper
1 cherry tomatoes
1 bay leaves
1 cooked brown rice or
1 pita bread
1 lemon wedges
1 sprigs of mint
----CHERMOULLA----
4 small garlic cloves, minced
1 teaspoon ground cumin seeds
1/2 teaspoon sweet hungarian paprika
1/8 teaspoon cayenne
1 pinch [generous] saffron
1/4 cup chopped fresh cilantro
1/4 cup fresh lemon juice
3/4 cup olive oil
1 salt
1 black pepper

This is a very colorful and tasty arrangement of marinated and then skewered and grilled vegetables and fish. The marinade, called chermoulla, is a blend of fragrant seasonings, oil, and lemon juice. In this version I've suggested my favorite vegetables for kebabs. You should choose your own favorites; some other good choices are eggplants, mushrooms, and onions. special equipment: skewers (if you are using bamboo skewers, soak them in water for 1/2 hr. and fill them out to the ends so the skewers won't burn)

Combine the ingredients for the chermoulla. Cut the fish into 1-inch cubes. Similarily, cut the vegetables into 1-inch cubes. Place the fish and vegetables in the chermoulla and marinate, refrigerated, for 2 hours.
When you are ready to assemble the kebab, soften the bay leaves in

boiling water for several minutes. Alternate the tomatoes, peppers, yellow squash, and fish on skewers. Place a bay leaf occasionally on the skewers next to the fish. Reserve the chermoulla.
Cover the broiler pan with foil and plkace the kebabs on it about an inch apart. Broil for 15 to 20 minutes, basting with the reserved chermoulla, and turning frequently to cook evenly.
Serve on rice or in pita bread and garnish with lemon wedges and sprigs of mint. From Sundays at Moosewood Restaurant

Irresistible Smoked Salmon Bites

----CJHARTLIN@MSN.COM----
1/2 cup light cream cheese
2 teaspoon honey mustard
2 teaspoon grainy mustard
2 teaspoon freshly squeezed lemon juice
6 slices dark rye or pumpernickel bre; ad, crust 6
oz sliced smoked salmon
1 capers and dill sprigs for garnish

Place cream cheese in bowl; microwave at Medium for 1 minute to soften. Stir well. Blend in dill, honey mustard, grainy mustard and lemon juice. Generously spread mustard mixture over bread slices; layer with smoked salmon. Cut each slice into 4 triangles or squares, or 6 rectangles. Garnish with capers and dill. Cover with plastic wrap and refrigerate. Yield: 24 appetizers

Italian Trout

1 each fresh trout
1 each large onion, chopped fine
8 oz can tomato sauce
2 each stalks celery, chopped fine
3 tablespoon oregano
1/4 cup olive oil

In a large frying pan, mix oil, celery, onion, oregano, salt and

pepper. Saute for 5 minutes. Add sauce. Simmer for 10 minutes or until thick. Add trout. Turn over after 4 minutes. Cook 12 more minutes or until done.

Kennet Fried Trout

2 small trout, (6-8 oz each)
2 rashers streaky bacon
1 tablespoon (heaped) coarse oatmeal
2 oz unsalted or clarified butter
1 lemon
1 a little plain flour

Rub the skins of the cleaned and dried trout very gently with a good grinding of pepper - this makes the rich skin deliciously piquant when crisply fried - then dust lightly with flour and salt. Warm a frying pan large enough to take the two fish. Toast the oatmeal in it, or, for a richer dish, fry it. Remove and reserve. Cut the bacon into snippets; frygently until the fat runs, then increase heat to crisp the bacon a little. Remove and keep hot. Dice the butter and add 1-1/2 oz of it to the pan. When the butter foam dies down add the fish. Press them down lightly to ensure they lie very flat, touching the pan base everywhere. After 4-5 minutes steady cooking in the bubbling butter, the skin on the underside ofthe fish should be crisp and golden brown. Turn them carefully and fry on the second side in the same way. Put the cooked fish on to warmed plates, scatter the bacon and oatmeal over them and keep hot.

Wipe out the pan with kitchen paper. Melt the remaining butter and cook toa rich shade of gold. Quickly add generous 1 teaspoon lemon juice and a little salt and pepper. Swirl to mix well, pour over the trout and serve immediately with wedges of lemon.

L.j's Curried Clam Soup

1 pkg creamy clam soup mix
1 1/2 cup water
1 1/2 cup milk (full cream)

1/4 cup flour
1/4 cup butter
1 tablespoon curry powder
1 teaspoon cummin
1 teaspoon garlic powder
1 can baby clams

Follow the directions on the package as to making the ordinary soup with the water and milk. The package I used was "Creamy Clam" soup mix by Mayacamas Fine Foods Inc. CA. USA. Make a roux with the flour and butter in a seperate pot. Bring the soup mix to the boil and add the curry powder, garlic powder and cummin. Add the can of baby clams, stir until heated again then pour into the roux pot stirring constantly until the soup thickens. Simmer for 10 minutes and serve.

Laverbread & Crab Souffles With Cockle Sauce

----THE SOUFFLES----
1 boiled crab; -or- prepared crabmeat
6 oz prepared laverbread or- nori or sp; i, nach 2 oz butter
2 oz flour
3/4 pint milk
3 eggs
1/2 teaspoon grated nutmeg
1 salt & pepper
----COCKLE SAUCE----
1/4 pint white sauce from souffle mix
1/4 pint whipping cream
4 oz cockles or clams (shelled)
2 oz prepared laverbread **

If the crab is whole, pull the body apart and pick out all the meat - discarding only the mouthpiece and the grey "dead man's fingers" that fringe the inside carapace. For extra flavour, make a stock with crab shell, flavoured with a piece of carrot and a quarter of onion, and boil down to a couple of well-flavoured tablespoons which can replace the equivalent milk in the basic white sauce given above.

Prepare the white sauce; melt the butter in a small pan. Stir in the flour and fry gently until the mixture is still pale but sandy. Whisk in the milk slowly, beating till you have a thick sauce. Simmer for 5 minutes. Preheat the oven to 400 F (200 C) gas mark 6. Stir the crabmeat and prepared laverbread into the sauce. Season with salt, pepper and nutmeg. Separate the eggs. Beat the whites until quite stiff. By now the sauce will be cool enough to stir in the yolks.

Fold in the whites, turning well to "tire" the mixture. Taste and adjust the seasoning. Butter eight small souffle dishes and spoon in the mixture, leaving a finger's worth for expansion. Bake for 10-12 minutes until puffed up and golden.

Meanwhile make the cockle sauce. Heat up the reserved white sauce with the cream. Stir in the cockles and laverbread. Season with the salt and freshly milled pepper. Serve with the souffles as soon as they are ready.

Layered Salmon Pie

1/4 lb salt pork
1 lb salmon streak; or fillets skinned & cut
2 tablespoon flour; all purpose
1/4 cup celery; chopped
1 tablespoon onion; finely chopped
1 potato; medium, peeled & sliced s
1 pastry for double crust 9 pie

Cut salt pork into think strips and spread evenly in the bottom of a 2 qt casserole. Dredge salmon lightly with flour. Arrange half the fish on the salt pork. Sprinkle with half of the celery, onion and potato slices; season with salt and pepper to taste.
Roll out half of the pastry, slightly thicker than normal, to fit the size of the casserole. Cover potato layer with the pastry, cutting two large vents. Pour in water through the vents until level with the pastry. Layer with the remaining fish, celery, onion and potato to taste. Cover with top pastry crust and again cut out two vents. Pour water in vents until level with pastry.
Bake pie in a preheated 350F oven for 1 1/2 hours or till crust is golden-brown. SERVES:4-6

Lazy Salmon Cakes

1/2 cup mashed potato, 1 medium
1 tablespoon lemon juice
1/2 teaspoon lemon or orange peel dry

1/2 teaspoon dry dill or 1/4 c fresh dill
1/2 teaspoon dry cilantro /fresh parsley
1/4 medium onion, chopped
7 1/2 oz can salmon, no skin, bones
1 egg

Re "Lazy" - this was based on a recipe posted by Michelle Bass, Cooking Echo, Sept 17/93. I was too lazy to bake the potato, beat the egg white or make the sauce.

Mash potato and allow it to cool. Mix with lemon juice, seasonings, onion and then mix in the salmon. Mix in beaten egg.

Form the mixture into 4 patties or 6 smaller ones. Heat a large saute pan over medium heat. Spray or wipe with canola. Fry the cakes for 5 minutes on each side until golden brown. Serve with lemon wedge.

Makes 2 servings for hungry eaters, 3 smaller ones.

Shared and tested by Elizabeth Rodier, Oct 93

Legendary Lemon-Thyme Fish Steaks

4 fish steaks - each about 1 inch thi; ck
1/4 cup kikkoman soy sauce
1/4 cup dry white wine
4 tablespoon minced green onions & tops - divid; e, d 1 tablespoon vegetable oil
1 teaspoon grated lemon peel
1/4 teaspoon dried thyme, crumbled

Arrange fish, thickest parts to the outside, in microwave-safe baking dish. Combine soy sauce, wine, 3 Tbsp. green onions, oil, lemon peel and thyme. Pour over fish; turn over to coat both sides. Marinate 30 minutes, turning fish over once. Carefully discard excess marinade. Cover dish with wax paper or plastic wrap. Microwave on Medium-high (70%) 2-1/2 minutes. Turn fish over and sprinkle with remaining 1 Tbsp. green onions. Cover and microwave on Medium-high 2-1/2 minutes longer, or until fish flakes when tested with fork. Serve immediately.

Lemon Baked Fish

1 lb flounder or haddock fillets - fresh; or frozen 1
tablespoon butter or margarine
4 teaspoon lemon juice
1 teaspoon lemon rind, grated
1/8 teaspoon salt
1 dash pepper
1/8 teaspoon rosemary

Thaw frozen fish. Preheat oven to 350 F (moderate).

Divide frozen fish into 6 servings. Place in single layer in a baking pan. Mix fat, lemon juice, lemon rind, salt, pepper, and rosemary. Pour over fish. Bake for 25 minutes or until fish flakes easily when tested with a fork.

Calories per 2-ounce serving: About 130

Lemon Catfish

4 catfish fillets; thawed
1/4 cup fresh lemon juice
1/4 cup oil
1 teaspoon dry minced onion
1/2 teaspoon garlic salt
1/4 teaspoon hot pepper sauce; or to tast 4
lemon wedges

Rinse fillets and blot dry. Combine remaining ingredients except lemon wedges, in flat casserole dish. Add fillets. Marinate in refrigerator overnight, turning several times. Grill fillets over medium-hot coals 5-8 minutes on each side or until fish flakes easily when tested with a fork. Baste with marinade while cooking. Squeeze lemon wedges and serve.

Oven Method:

Broil 6 inches from heat for 5-6 minutes; turn carefully and baste marinade. Broil an additional 5-6 minutes or until fish flakes easily when tested with a fork.

Yield: 4 servings

Lemon Lime Salmon

1/2 teaspoon (2ml) lemon zest
1/2 teaspoon (2ml) lime zest
1 tablespoon (15ml) butter
1 lb (500g) salmon fillet

In a small bowl, stir the lemon and lime zests into the butter. Microwave at high for 30 to 45 seconds, or until butter is melted. Brush onto salmon fillet. (If time allows, refrigerate for 1 hour before cooking.) Microwave salmon at high for 4 to 5 minutes. Allow 3 minutes aftercooking time. 3 protein choices. 22g protein, 12g fat, 197 calories. .

Mako Shark Steak Au Poivre

12.00 slice mako shark, (@ 4 oz each) - skin re; moved 1
salt
1 pepper, coarsely crushed
0.50 cup butter, clarified **
3.00 tablespoon shallots, finely chopped
0.33 cup cognac, plus more as needed
2.00 cup whipping cream
2.00 tablespoon veal glaze ** or
0.33 cup veal stock **

** See recipes for Clarified Butter, Veal Glaze and Veal Stock.

Pat shark slices dry. Salt lightly. Arrange crushed pepper on
plate or sheet of waxed paper; dredge each slice of fish in pepper,
shaking off excess to leave light coating.

Heat clarified butter (*) in heavy, large skillet

until hot.
Working in batches if necessary, saute fish slices until crusty and
lightly golden, 2 to 3 minutes per side. Transfer to warm serving
plates, and keep warm.

Pour off all but about 1 tablespoon butter from skillet. Add
shallot and toss briefly; carefully add 1/3 cup Cognac. Add cream,
veal glaze (*) and any juices from fish. Boil until reduced to
consistency that will lightly coat the back of a spoon. Adjust
seasoning with salt and pepper and a few drops of Cognac. Strain over
fish and serve.

Magazine
: Written by Richard Sax, Photographs by Nancy McFarland
: The Knapp Press, Los Angeles, 1985

Chef: Stanley Kramer, Oyster Bar and Restaurant,
: Grand Central Station, NYC

Marinated Salmon Danish Style

3 egg yolks
1/3 bunch asparagus, cooked and rough chopped 3 oz lemon juice
1 cup olive oil salt and pepper to taste; salmon:
24 oz beer
5 lb salmon, filleted
2 oz saltpeter
1 cup sugar
1/2 cup salt
1/2 cup black pepper
2 tablespoon basil, chopped

Asparagus Mayonnaise: In a food processor, blend the yolks, asparagus and lemon juice. Still blending, add the olive oil and mix well. Season with salt and pepper. Makes about 2 cups.

Salmon: place fish skin side down in a flat container. Sprinkle on saltpeter, sugar, salt, black pepper and basil. Pour beer over to cover. Cover the dish and marinate the salmon for 2 weeks in the refrigerator. Drain. To serve, slice salmon very thin, place on a bed of lettuce and spoon on asparagus mayonnaise. Garnish with tomato and lemon slices if desired. Makes 8 servings. From the files of Al Rice, North Pole Alaska. Feb 1994

Marinated Shark Steaks

1 ingredients:
1 1/2 lb shark steaks
2 tablespoon soy sauce
2 tablespoon rice or wine vinegar (balsamic is *; delightful* 2 tablespoon lemon juice
2 tablespoon oil
2 tablespoon chopped parsley
1 centiliter garlic; minced
1/2 teaspoon freshly ground black pepper 1 minced green onions and
1 parsley

(TIP): Fish should be cooked only until it flakes easily. Check it often to prevent overcooking, which will not only make it rubbery, it will render it tasteless. A good way to check is to check it for opacity. When it has turned from translucent to white and opaque it's done. It will finish cooking on its own with residual heat if removed from the heat source.

Fish is a high protein but low-calorie main dish. By using a light marinade you eliminate rich butter sauces and still maintain the delicate flavor.

Cut the shark steaks into service-sized pieces. Place them in a glass dish. Combine the soy sauce, vinegar, lemon juice, oil, parsley, garlic and black pepper. Pour the marinade over the fish and marinate for half an hour, turning at least once.

Remove the fish (reserving the marinade) and broil 4 to 5 inches from the heat - about four minutes a side. Brush with the marinade before turning.

Serve with minced green onions and parsley. Accompaniments: Rice and vegetable pilaf, leaf lettuce tossed with parsley-lemon dressing, and French or Italian sourdough bread.

Plain white vinegar with a _small_ pinch of sugar will do fine. Sub lime juice for lemon juice if desired. Other good herbs to add to the parsley are thyme, dill or cilantro. A pinch of cayenne with the black pepper doesn't hurt either. -JW

New Jersey Clam Chowder

1/4 lb bacon
2 medium onion
24 chowder clams; liquor reserved
2 1/2 cup potatoes; sliced cooked
1/2 teaspoon pepper
1 teaspoon celery powder
2 tablespoon parsley
2 teaspoon crab spice (old bay)
2 can cream of asparagus soup
2 pint light cream
4 tomato; cut & seeded
1 asparagus; garnish

Fry bacon in soup pot until crisp, remove. Saute onion till clear, add clams, liquor, and heat to cook clams. Add potatoes & spices and cook briefly. Add soup, tomatoes and cream. Simmer 10-15 min. Do not boil. Addclam broth to taste. Garnish with asparagus spears.

Oriental Fish Fillets

1 lb fillets,cut into 2 x 1/2 strips
3 tablespoon soy sauce
2 tablespoon ketchup
2 tablespoon red wine vinegar
1 tablespoon brown sugar
1 tablespoon oil
1 teaspoon grated gingerroot
1/4 teaspoon grated lemon rind

Thread fillets on wooden skewers,place in a single layer in a shallow

baking pan.Combine soy sauce,ketchup,red wine vinegar, brown sugar,oil,gingerroot and lemon rind.Pour mixture over fish. Marinate for 30 minutes,turning occasionally.Place skewers on broiler pan.Broil 3" from the heat for three minutes on each side.Serve over rice.Remaining marinade can be combined with 1/4 cup water,heated to boiling and used as a sauce.Serves 4.

Oriental Shark Steak

1 1/2 lb shark steak, cut 3/4-inch to 1-inc; h, thick
1/4 cup soy sauce
1 tablespoon sesame oil
1 tablespoon olive oil
2 tablespoon lemon juice
1/4 teaspoon ground ginger
1 clove garlic, minced
1 teaspoon prepared mustard
1/2 teaspoon sugar

Combine all ingredients except shark steaks in shallow baking dish. Marinate steaks about 1 hour, turning occasionally. Pour off excess marinade and reserve.
Broil shark steaks about 4 or 5 minutes on each side, brushing with reserved marinade when turning. Makes 4 generous servings.

Oyster Stew

1 pint oysters and liquor
1 tablespoon butter
2 cup milk, scalded
1 salt & pepper

Heat the oysters in their liquor about 5 minutes until the edges curl.
Skimoff the top. Combine oysters and liquor with the scalded milk, add the butter and the seasoning to taste. Serve immediately.

Oysters And Artichoke Casserole

2 pkg frozen artichoke hearts
1/2 lb mushrooms, sauteed in butter
1 quart large oysters
1/4 lb butter
1 each bunch green onions, minced
1/2 cup fresh parsley, minced
1/2 cup browned flour
1 dry white wine
2 tablespoon lemon juice
1 each thinly sliced unpeeled lemon
1 each pinch thyme, salt, pepper
1 paprika, cayenne pepper

Cook artichoke hearts as directed on package. Place in a flat, buttered casserole. Cover with sauteed mushrooms. Cook oysters in their liquid until edges begin to curl. Drain thoroughly in colander, reserving liquid. Melt butter and sautee onion until tender; add parsley and cook a minute. Add flour, stirring until smooth. Add enough white wine to oyster liquid to make 1 1/2 cups. Add seasonings and stir constantly until thick. Add oysters and spoon mixture over artichokes and mushrooms. Arrange lemon slices over top; add a dash or two of paprika and bake at 350 degrees about 10 minutes or until bubbling.
Mrs. Maynard C. Nicholl

Oysters In Patty Shells

----CJHARTLIN@MSN.COM----
12 frozen patty shell, baked
4 dozen oysters
2 tablespoon butter
1 small onion, grated
4 tablespoon all-purpose flour
4 oz canned chopped mushrooms, drained,; reserving juice
1/2 cup reserved mushroom juice
1 salt and pepper, to taste
1/8 teaspoon cayenne pepper
2 tablespoon chopped parsley
1/4 teaspoon lemon juice

Bake patty shells according to package directions, and set aside. In a saucepan, bring oysters to a boil in their liquor, reduce heat, and simmer ten minutes. In a separate pan, saute grated onion in butter; blend in flour, stirring until smooth. Gradually stir in mushroom juice, salt, pepper, cayenne pepper, parsley, and chopped mushrooms. Add oysters and lemon juice, cooking five minutes. Pour into patty shells and bake in a preheated 425øF oven for ten to fifteen minutes. Yield: 10 to 12 Prep Time: 35 to 40 minutes Baking Time: 10 to 15 minutes

Oysters Lafitte

----GARLIC ONION CREAM SAUCE----
2 tablespoon butter, clarified
1 each garlic, clove
1 tablespoon onion, green, minced
1 each shallot, minced
1 teaspoon dill weed
1/2 cup wine, white
1/2 cup cream
1/2 lb crabmeat
2 tablespoon butter, clarified
1 tablespoon flour
24 each oysters, on the half shell
1 salt, rock
----WINE AND TARRAGON SAUCE----
2 large egg yolks
1 dash salt
1 teaspoon juice, lemon
1 teaspoon tarragon
2 tablespoon wine, white
1/2 lb butter
1 salt (to taste)
1 pepper, white (to taste)

Garlic Onion Cream Sauce : ==========

Heat the butter in a skillet and add garlic, green onion, shallot and dill. Cook for 2 minutes and add white wine and cream. Reduce until thickened.

In another pan, saute the crabmeat in an ounce of clarified butter until hot, then add the crabmeat to the cream mixture.

Add combined flour and melted butter.

Wine and Tarragon Sauce: ==========

Carefully cook the egg yolks with a dash of salt and lemon juice, stirring all the while.

Reduce the wine and tarragon to a paste and add.

Drizzle in butter until the sauce is thick and emulsified. Taste and correct seasoning with salt and white pepper.

Oysters: ========

Put the oysters on a bed of rock salt and place them under a broiler for 30 seconds.

After thirty seconds, take them out of the broiler and spread on the cream sauce. Top with the second sauce and then broil until brown.

Oysters Moskowitz

2 can 1 lb. salmon
6 shallots, chopped
1 1/2 tablespoon worcestershire sauce
1 clove garlic, chopped
2 cup seasoned bread crumbs
1/4 lb pareve margarine
1 salt & pepper to taste

Drain juices from salmon and set aside. Place salmon in deep bowl. Mix shallots, garlic, Worcestershire sauce, salt, pepper, and margarine and cook in skillet until well blended, 5 to 10 min. Put salmon back in skillet and simmer until done, abt. 10 min. Add bread crumbs and enough salmon liquid until moist but not loose. Place in ramekins while hot and serve.

Oysters Philadelphia

16 medium oysters
4 tablespoon sherry
1 rock salt
1/4 cup finely chopped celery
1 tablespoon butter
1 bechamel sauce
1 paprika
1 melted butter
1 grated parmesan cheese

Poach oysters in their own liquor for 2 minutes. Sprinkle sherry over oysters. Clean the bottom of the deeper oyster shells and set them on a baking tray covered with rock salt. Saute chopped celery in butter and place 1 teaspoonful in each shell. Place a poached oyster on each bed of celery and cover with Bechamel Sauce which has been mixed with a few drops of melted butter over each oyster. Bake in a hot 400oF oven until golden brown. Serve with dark bread and butter.

Oysters Randall

10 oz spinach, frozen; chopped
1/2 cup white wine
2 oz bacon; chopped
1/4 cup onion; chopped fine
1 garlic clove; minced
12 medium oysters; *see note
1/2 cup heavy cream
1/2 teaspoon thyme
1 oz hazelnut liqueur
4 oz swiss cheese; grated
2 oz asiago cheese; grated
1 white pepper; to taste
1 egg; beaten slightly
1 tablespoon water
1/2 pkg puff pastry

Recipe by: Randy Pollak In a medium saucepan, add frozen spinach and wine. Cook covered over low heat until done. Cool and drain by squeezing spinach with hands or cheesecloth, reserving liquid. In a medium saute pan, cook bacon until almost done, then add onions and garlic, continue cooking untilonions are golden. Remove bacon mixture from pan and add cooking liquid from spinach. Open oysters (be sure to keep the 1/2 shell you will not be using near to 1/2 shell containing oyster) draining liquid

into pan also. Add thyme and boil over medium heat until reduced to about 1/4 cup. Add cream and hazelnut liqueur; continue cooking until mixture is thickened andreduced a bit. Season to taste with white pepper. In a medium mixing bowl, combine spinach with bacon mixture and cream sauce. Stir until thoroughly combined. Top each oyster with 1-2 tablespoons of spinach mixture. Sprinklewith swiss cheese and half as much asiago cheese. Roll puff pastry accordingly. Using the 1/2 shell as a template, set on top of pastry and cut out, then lift the piece of pastry and put on top of corresponding oyster. Continue doing this until all oysters are topped with pastry, discard unneeded 1/2 shells. Beat egg with 1 tablespoon of water and with apastry brush, brush tops of each oyster. Place oysters on a baking sheet and bake in a 400-degree oven for 30-40 minutes or until pastry is a dark golden brown. Serve immediately.

Oysters Rockefeller Galatoire

1 bunch spinach
2 bunch scallion
3 celery stalk
1 lettuce, green
1 bunch parsley
3/4 lb butter; melted
1 bread crumbs, handful, fine
3 tablespoon worcestershire sauce
1 anchovy sauce, spoon
1 cheese

Chop all together very finely and mix melted butter and crumbs to thicken. Put this Oyster Butter Sauce over oysters on half-shell, cover with cheese and bread crumbs, bake in a hot oven until brown. Serve hot.

Oysters Rockerfeller

1/2 unsalted butter; at room temp
1/4 cup dried bread crumbs
1/4 cup scallions; sliced
1/4 cup celery; chopped
1 tablespoon fresh tarragon leaves; chopp

1/4 teaspoon salt
1 fresh ground black pepper; taste
1 pinch cayenne pepper
12 fresh oysters; on the half shell

Recipe by: Pat Gold <plgold@IX.NETCOM.COM> 1. Preheat the broiler. Arrange the broiler rack 3 to 4 inches from the h

2. In the container of a food processor, puree the butter, bread crumbs, scallions, celery, tarragon, salt, black pepper, and cayenne until smooth.

3. With a small sharp knife, cut below each oyster to release it from its shell.

4. Arrange each oyster in its shell on a baking sheet. Spread some of the butter on each oyster.

5. Broil just until golden and crisp, 2 to 3 minutes. Serve immediately.

Yield: 2 servings

Pacific Salmon Loaf

1 can (16-oz) salmon, drained and
1 flaked
1/2 cup dry bread crumbs
1/2 cup mayonnaise
1/2 cup chopped onion
1/4 cup chopped celery
1/4 cup chopped green pepper
1 egg, beaten
1 teaspoon salt
1 cucumber sauce

Combine ingredients except Cucumber sauce (below); mix lightly. Shape into loaf in shallow baking dish. Bake at 350 degrees for 40 minutes. Serve with Cucumber Sauce.

Pan Fried Trout

2 lb trout; whole or fillets
1/2 cup cornmeal
3 tablespoon butter
1 salt & pepper; to taste

Rinse the trout under cold running water. Pat dry. Sprinkle with salt and pepper. Melt the butter in a large heavy skillet on medium-high heat. Coat the trout in corn meal and shake off the excess. When the butter is melted, place the coated trout, flesh side down, in the skillet. Fry 4-5 minutes, then turn and fry 4-5 minutes or until the flesh is golden brown and flaky. (Trout may be seasoned with garlic or onion powder before frying, if desired.)

Pan-Fried Brook Trout

4 brook trout, with head and tail lef; t on 2
tablespoon flour
1 salt
7 tablespoon butter
3 tablespoon oil
2 tablespoon lemon juice
2 tablespoon chives; minced

Recipe by: The Fannie Farmer Cookbook Rinse the trout under cold running water and pat dry. Dust lightly with flour, and sprinkle with salt. In a large skillet, melt 3 tablespoons of the butter and the oil. When it is hot, put in the trout and fry over medium-high heat. When browned, turn and brown the other side; each side will take about 3 minutes. Melt the remaining 4 tablespoons of butter with lemon juice and chives in a small saucepan. When the trout is done, transfer to a warm platter and pour on the sauce.

Pan-Fried Catfish

1/4 cup chinese fermented blk. beans
1/4 cup sherry

1 cup fish stock or low-sodium chicken st; ock or water 1
tablespoon finely minced garlic
1 teaspoon finely minced fresh ginger =or=- po; wdered ginger
1/2 cup whipping cream
4 tablespoon unsalted butter
4 catfish fillets, 6-8 oz each
1 vegetable oil to fill pan to 1 dep; th
1/2 cup cornstarch
8 cilantro sprigs

RINSE THE BEANS under cold running water, then place them in a saucepan with the sherry. Place over medium heat and cook for 2 minutes. Add the fish stock, garlic and ginger and cook for another 5 minutes, reducing by 1/3. Scrape the liquid and beans into a blender and puree. Pass the puree through a strainer to remove the skins of the beans and replace in saucepan. Add the cream and cook until the sauce has a consistency to coat the back of a spoon. Off flame, whisk in the butter. Keep the sauce warm while you cook the fish. Dry the catfish fillets on towels and dredge lightly in the cornstarch, shaking off the excess. Heat the oil in a skillet and when hot, place the catfish fillets in the hot oil. Cook 3 to 4 minutes on each side, or until crispy and dark golden in color. Remove to paper towels and pat dry. To serve, mask the bottom of a serving platter with a little sauce. Arrange the fillets on the platter, and decorate with cilantro. Offer the sauce on the side.

Pan-Fried Fish Parmesana

----BARB DAY----
1 tablespoon lemon juice
1 tablespoon worcestershire sauce
2 lb rock cod filets; or red snapper
1/2 cup flour
3 eggs; lightly beaten
1 cup parmesan cheese; grated
3 tablespoon butter
2 tablespoon vegetable oil salt & fresh ground; pepper

Preheat oven to 400 degrees F. Combine lemon juice and Worcestershire sauce, and sprinkle on the fish pieces. Salt and pepper the fish, then dredge lightly in flour. Dip the fish in eggs, then coat generously with the grated cheese.
In a heavy skillet, saute the fish in a mixture of butter and oil over medium heat for 3 to 4 minutes to brown. Turn and brown the other side. Place the skillet in the oven for 4 to 5 minutes to heat through. Serve immediately.

Pan-Fried Scallops

1 1/2 lb sea scallops, rinsed
1/2 cup bread crumbs
1/4 teaspoon salt
1/8 teaspoon pepper
1/8 teaspoon paprika
1/2 cup butter
2 cup rice, cooked
1/4 cup white wine

Mix bread crumbs, salt, pepper and paprika. Roll scallops thoroughly in bread crumb mixture. In a large skillet, heat butter till frothy. Add scallops and saute' till lightly browned. Gently remove scallops from skillet and arrange on bed of rice. Add wine to butter in skillet; Boil gently while stirring for 1 minute. Pour over scallops.

Pan-Fried Trout Meuniere

6 10-oz trout, cleaned but
1 with heads left on
1/2 cup milk
1/2 cup all-purpose flour
1 salt and freshly ground
1 black pepper
1/4 cup corn or vegetable oil
8 tablespoon unsalted butter
6 lemon slices
1 juice of 1 lemon
4 tablespoon finely chopped parsley
1 leaves

Place the trout in a large pan and pour in the milk. Turn the trout in the milk. Spread the flour over a flat dish and season it well with salt and pepper. Remove the trout from the milk and dredge them well in the flour, shaking off any excess flour.

Heat the oil in a heavy nonstick frying pan or black steel pan over

medium-high heat and add the trout. Cook until golden brown, about 6 minutes on each side. Baste often to keep the trout moist.

Remove the trout to a warm platter. Pour off the fat from the frying pan and wipe it clean with paper towels. Return the pan to the heat and melt the butter, shaking the pan and stirring until it turns hazlenut brown. Do not let it burn. Place a lemon slice atop each trout. Sprinkle them with the lemon juice then pour the butter over them. Garnish with the chopped parsley and serve immediately.

The Seafood Cookbook, Classic to Contemporary, by Pierre Franey & Bryan Miller, Random House, NY, 1986.

Panned Fried Fish With Pecan Topping

----COATING----
1 cup pecan, pieces
1/2 cup butter, cut in 1 pieces
2 teaspoon juice, lemon
1/8 teaspoon pepper, red
1 teaspoon garlic, minced
1 teaspoon sauce, worcestershire
1/4 teaspoon salt
----FISH----
6 each fish, filets
2 cup flour
1 teaspoon salt
1 teaspoon paprika, sweet
1/2 teaspoon pepper, black
1/8 teaspoon pepper, red
1 oil, vegetable
1 lemon wedges (garnish)

Coating: ========

Into a food processor place the pecans, butter, lemon juice, pepper, garlic, Worcestershire and salt. Process until uniform.

Fish: =====

Heat the vegetable oil in a skillet to 350 F. Heat enough oil to cover the fish filets half way.

Dredge the fish in flour. Shake off any excess. Drop the fish filets in the hot fat and fry for seven minutes on a side (depending on the thickness of a fish.) The fish are done when they are opaque

and flake easily with a fork.

Assembly: =========

Place the fried filets on a broiler pan and cover with the pecan topping. Place the broiler pan in the oven about 6 inches away from the flame and broil for up to a minute. The fat content is so high here that you shouldn't leave the fish alone. They will cook quickly and there is always the potential for burning.

Serve hot on a plate garnished with lemon wedges and parsley.

Papaya & Crabmeat Supreme ~

6 1/2 oz can, crab meat, flaked
1/2 cup thinly sliced celery
1 lime
1/2 cup toasted slivered almonds
2 papayas, halved and peeled

Mix crabmeat and celery. Chill. Slice lime in half and add juice from one of the halves to the crabmeat & celery. Add slivered almonds. Pile in papayas and garnish with wedges of lime, cut from the remaining
1/2 lime.

Parker House Fish Chowder~ Boston~ 1873

1 see text

"This recipe is unusual in two ways: it is remarkably 'dry,' and uses raw, rather than fried, onions. When made with the liquid content called for, its consistency would be about that of corned-beef hash and it could be heaped up on a plate. In the following conversion to a recipe for two persons, the liquid content is increased: 1 pound cod, haddock, or similar fish; 1 medium-sized potato; 1 medium-sized onion, 1/4 pound salt pork; 1 1/2 cups water; and 3/4 cup milk. Be sure that the flame is very low under the covered pot. Have a fresh,

firm cod or haddock, a fish about 5 pounds is the best size. Take a saucepan large enough to hold a little more than you wish to make. Cut salt pork in small squares about the size of dice, and fry quite brown. Lay in the same pan alternate layers of thin, sliced potatoes first, then slices of fish, then broken water crackers, small fried pork, shreds of raw onion, black pepper and salt to suit the taste. Continue the layers until you have used up your material. Pour over it the pork fat from the scraps and half a pint of water, to keep from burning at the bottom. Close the saucepan tight and set on the fire. Cook slowly, without stirring, for 45 minutes, when it is ready for the table. As some fish cook drier than others, if you do not find the chowder thin enough to serve well in a tureen, add some fresh milk just before taking up, and let it come to a boil."

Parmesan Fish Saute

1/4 cup buttermilk
1 oz parmesan cheese; grated
2 teaspoon flour
1/4 teaspoon salt
1/8 teaspoon onion powder
1/8 teaspoon garlic powder
1/8 teaspoon pepper
1/2 cup yellow cornmeal
9 oz fish*
1 tablespoon oil; vegetable

In small bowl combine buttermilk and cheese; set aside. In separate small bowl combine flour and seasonings; set aside. Onto sheet of waxed paper or a paper plate, spoon cornmeal; set aside. Sprinkle flour mixture over fish* (haddock, flounder or sole fillets) then dip fish into buttermilk mixture, coating both sides and using all of micture. Dip fillets into cornmeal, turning to coat both sides and pressing cornmeal to make sure it adheres.
In 12 in. skillet heat oil; add fish and cook until golden brown on bottom, about 3 minutes. Carefully turn fillets over and cook uintil other side is browned and fish flakes easily when tested with a fork. 1 serving=384 calories.

Parmesan-Crusted Soft-Shell Crab Sandwiches

----YIELD: 8 SERVINGS----

2 cup flour
1 cup parmesan; grated
1/2 teaspoon salt
1/4 teaspoon pepper
2 egg; lightly beaten
1/4 teaspoon tabasco
1 cup mayonnaise
1 lemon; juiced
1 zest of 1 lemon; finely grated
1/2 teaspoon garlic; minced
1/2 teaspoon thyme
1 tablespoon olive oil; extra-virgin
1 cup oil; for frying
8 soft-shell crabs; cleaned
8 rolls, hard; halved
2 medium tomatoes; thinly sliced
2 bn arugula; large stems removed

In a medium bowl, combine 1 cup of the flour with the Parmesan, salt and pepper. Make a well in the center and add the eggs and 1/4 cup of water. Beat the eggs and water together and gradually incorporate the flour mixture to form a smooth batter. Add 1/8 teaspoon of the Tabasco and set aside to rest for 30 minutes. In another bowl, combine the mayonnaise, lemon juice, lemon zest, garlic, thyme, olive oil and the remaining 1/8 teaspoon Tabasco. Whisk to blend and set aside for at least 30 minutes. (The recipe can be prepared to this point up to 1 day ahead. Refrigerate the batter and mayonnaise. If the batter becomes very thick, thin it out with a little water.) Preheat the oven to 250F. In a large skillet, heat the peanut oil over moderately high heat to 350F. Dredge the crabs in the remaining 1 cup flour and shake off the excess. Dip 4 of the crabs in the batter, let some of the batter drip off, and then fry them in the skillet, turning once, until golden brown, 2 to 3 minutes per side. Drain on paper towels, place on a heatproof platter and keep warm in the oven. Repeat with the 4 remaining crabs. Scoop out some of the bread from the center of the rolls to hollow them slightly. Spread 2 heaping teaspoons of the mayonnaise on each half. Assemble the sandwiches by placing 2 or 3 slices of tomato and 4 or 5 arugula leaves on the bottom half of each roll. Set the fried crabs on top and close the sandwiches. Serve immediately. Serves 8. Recipe from Food & Wine, June, 1991.

Submitted By WARING@IMA.INFOMAIL.COM (SAM WARING) On 4 JUN 1995 073117 ~0600

Partan Bree (Crab Soup)

3 cup milk
1 cup rice; uncooked
3 anchovy fillets
1/2 lb crabmeat, fresh; cooked can substitute fro
3 cup chicken stock salt freshly ground b; lack pepper 1
cup heavy cream

" A delicious, thick, creamy, crab soup from Scotland. Partan is the Gaelic word for crab and bree from brigh, which means broth.
Bring the milk almost to the boiling point in a heavy-bottomed saucepan. Add the rice and anchovy fillets. Simmer until the rice is well done. Remove from heat and add the crabmeat.
Puree the soup in a blender or food processor. Return the pureed soup to a large saucepan and gradually stir into hr stock. Season with salt and pepper to taste. Add the cream just before serving.
N.B. This soup can be served either hot or cold. For some reasons, it always seems to taste better hot. SERVES: 4-6

Pasta With Catfish And Artichokes

2 catfish fillets
3 tablespoon margarine; low-fat
1 cup artichoke hearts; sliced
1 red pepper; cut in julienne
1 carrot; cut in julienne stri
1 zucchini; cut in julienne st
2/3 cup low fat milk
1/4 lb angel hair pasta; or vermice
1/2 cup grated parmesan cheese
1/4 teaspoon ground nutmeg

Cut catfish in half crosswise and slice into thin strips. Saute catfish in melted margarine; add the vegetables and cook until tender. Stir in low fatmilk; keep warm. Cook pasta according to package directions, drain.
Toss well with cheese and catfish mixture. Sprinkle with nutmeg and serve immediately.

Serves 8.

Serve with fresh salad and French bread.

Patout's Hot Crab Dip

1/2 cup butter (1/4 lb)
2 each medium yellow onions, choppe
1 each small bell pepper, chopped
2 each garlic cloves, minced
1 pint heavy cream,
1 cup green onions, chopped
1/2 cup parsley, chopped
1 teaspoon dried basil
1 teaspoon dried thyme
2 teaspoon salt
2 teaspoon ground black pepper
1 teaspoon ground white pepper
1 5-6 shots tabasco sauce
1 lb fresh white crab meat

Melt the butter in a medium saucepan over medium heat. Add the onions, bell pepper, and garlic and saute for 10-15 minutes, until wilted. Stir in the cream and bring to a simmer. Stir in the cream and bring to a simmer. Stir in the green onions, parsley, herbs, and seasonings and continue to simmer until the cream has reduced by about a quarter and the sauce is thick. Stir in the crab meat, return to a simmer, and let cook 2-3 minutes more. Pour into a chafing dish and serve as an hors d'oeuvre or as part of a buffet with crackers or Melba toast. Alex Patout writes, "I especially like it with garlic Melba toast." Makes about 1 quart.

Pecan Catfish & Sweet Potato Chips

1 1/2 lb catfish fillets
2 tablespoon brown mustard
2 teaspoon honey
2/3 cup pecans
1/3 cup seasoned bread crumbs
3/4 lb thinly sliced sweet potato
1 peanut oil

1 orange wedges

Here is a fish recipe that uses both the sauteeing technique and the pecans, to a completely different effect.

Cut catfish into 1/2x2" fingers. Brush with brown mustard and honey. Dredge in a mixture of pecans ground with seasoned bread crumbs and set aside. Saute potato in peanut oil until crisp and brown and drain on paper towels. Add oil to pan amd saute fish until it flakes to the touch. 4-5 minutes per side. Serve fish with the chips and orange wedges.

Penne In Tomato Sauce With Crabmeat

1/4 cup olive oil
1 medium onion, minced
3 tablespoon minced italian parsley
1 can (28 ounce) plum tomatoes,
1 chopped coarsely with
1 juices reserved
1/4 cup dry white wine
1/2 lb lump crabmeat, picked over
1 and flaked
1 salt and ground black
1 pepper
12 oz penne (or rotini, med.
1 shells)

Heat olive oil in a medium skillet. Add the onions and parsley; saute until onions soften, about 3 minutes. Add reserved juices from the canned tomatoes; simmer until thickened slightly, about 10 minutes. Add tomatoes and wine; simmer to blend flavors, about 5 minutes. Add the crabmeat; simmer until heated through, about 3 minutes. Season with 1/2 teaspoon salt and 1/4 teaspoon ground pepper or to taste.

Meanwhile, bring 6 quarts water to boil in a soup kettle. Add 1 tablespoon salt and penne; cook until just tender, about 9 minutes. Drain and return penne to soup kettle. Add sauce; toss to combine. Serve immediately.

Penne With Smothered Scallops~ Tomato~ Basil

8 tomatoes - large, ripe or
2 can roma tomatoes
1 lb scallops
1 tablespoon garlic - chopped fine
1 teaspoon salr
1 lb dried penne
2 tablespoon italian parsley
1/3 cup olive oil
1/4 teaspoon crushed chilli pepper
1 teaspoon lemon zest - grated
1/2 cup fresh basil leaves
4 tablespoon parmesan cheese - grated

Drop tomatoes, briefly into boiling water to loosen skins and peel. Remove most seeds and chop coarsely. Slice scallops into thin rounds about 1/4-inch thick and place in bowl with lemon rind. Saute garlic in oil until pale golden and add the tomatoes, salt and hot pepper flakes. Simmer for 5 minutes. Boil a large pot of water, add salt and pasta. Cook for 7 to 9 minutes, until barely done. Drain and immediately add to sauce. Add basil, chopped parsley and scallops. Cover pot tightly and remove from heat. Let stand 4 minutes to cook scallops. Remove lid, stir in Parmesan and serve.

Peppered Hawaiian Fish With Asian Slaw

1 1/2 lb hawaiian fish*
2 tablespoon peanut or salad oil
1 coarsely ground pepper
8 won ton skins**
2 medium firm-ripe tomatoes
----ASIAN SLAW AND VINAIGRETTE----
1 cup edible-pod pea slivers
1 cup carrots,shredded
2 cup finely cut shreds cabbage
1/2 cup fine slivers fresh ginger
1 1/2 tablespoon oriental sesame oil
1/4 cup reduced-sodium soy sauce 1
1/2 tablespoon rice vinegar
1 1/2 tablespoon mirin (sweet sake) 1
1/2 tablespoon sugar
1 1/2 tablespoon lime juice
1 small garlic clove,minced

* - cut into 12 equal portions (see cooking basics)#
** - cut into 1/4" strips#

===
============== ===#
1. Rub fish with 1 tablespoon peanut oil instead of salad oil; sprinkle with pepper. Pour remaining oil into a 6-8" frying pan over medium-high heat. Add won ton strips; stir until golden and crisp, 4-5 minutes. Drain on towels.#
2. Mix slaw with half the vinaigrette. Arrange equal portions of slaw and tomatoes on 4 plates.#
3. Saute fish (see cooking basics); set on plates. Spoon remaining vinaigrette over fish and tomatoes. Top slaw with won ton strips.#
#
*** ASIAN SLAW AND VINAIGRETTE ***#
1. In a bowl, mix peas, carrots and cabbage.#
2. In a 6-8" frying pan on medium-high heat, mix ginger and sesame oil; stir until golden, 2-3 minutes. Remove from heat and stir in soy sauce, rice vinegar, mirin, sugar, lime juice, and garlic.

Pescado Frio Con Guacamole (Cold Fish With Av

6 to 8 slices fresh fish fillets
1 salt and pepper to taste
1 tablespoon tarragon leaves, crumbled
1/4 cup lime juice
1 butter (enough for baking dish)
2 fresh tomatoes, peeled and chopped
3 very ripe avocados, mashed
2 tablespoon onions, minced
4 teaspoon chili powder (more or less) 2
1/2 tablespoon parsley, minced
1 clove of garlic, crushed
1 tablespoon olive oil
13 black olives, pitted
1 can sweet red peppers, cut into strips

Had an outstanding weekend at sales this time, including some neat cookbooks++a Danish one, a Mexican one, an Appalachian one, along with a small Mongolian Firepot and about two grand worth of software that I got for thirty bucks. Things like Ventura publisher and a complete LAN setup including the hardware. The guy having the sale said "Thank God someone came along who knows what this stuff is!" I was just thankful I got there first!. No ridged skillet yet and I still haven't found a good wok for Alison, but the sales are really picking up again now that spring is here.

Stumbled across this recipe in one of the books and thought it might be of at least passing to ya... ;-} Maybe make it with some nice fresh salmon?

Season fish with salt, pepper, and tarragon leaves and soak in lime juice for a few minutes. Set the oven at 375F and bake fish in buttered baking dish until it flakes easily when pierced with a fork, about 25 minutes.

While fish is baking, combine tomatoes, parsley, avocado, garlic, minced onion, oil chili powder, salt and pepper to taste. (We suggest tasting the guacamole as the chili powder is added, so that you can get just the degree of heat you desire.)

Spread the above mixture over the cool fish. Garnish with black olive rings and strips of sweet red pepper.

Makes 6 to 8 servings.

From "The Art of Mexican Cooking" by Jan Aaron and Sachs Salom. Doubleday and Company, N.Y., 1965.

Posted by Stephen Ceideberg; March 9 1993.

Pesce Spada In Salmoriglio (Swordfish In Oliv

1 1/2 lb swordfish steaks
1 extra virgin olive oil
1 lemon
2 centiliter garlic, large, fine chop
1 parsley, fresh, fine chop
1 pinch oregano
1 salt
1 fresh ground black pepper
2 celery sticks, fine chop

Begin by preparing the salmoriglio sauce. In a bowl, whisk 3TB oil, the lemon juice, garlic, celery, oregano, parsley, salt, pepper and 1TB boiling water. Beat thoroughly and set aside at room temperature. Prepare the fish steaks. Pour plenty of oil into a bowl and season lightly with salt and pepper. Immerse each steak in the mixture for 1 minute, then grill for a few minutes on each side. Be sure not to overcook the fish (timing depends upon the size of the steaks). Place the cooked swordfish on a serving platter, add the salmoriglio sauce and serve immediately.

Pesto Salmon With Pan-Roasted Potatoes

2/3 lb (2 medium) potatoes - cut into 1-in; ch chunks 2
salmon steaks - (6 to 8 ounces each;)
2 tablespoon prepared pesto - (thawed if frozen)
1 tablespoon olive oil
2 garlic cloves; minced
1 salt and pepper; to taste

Heat oven to 400 degrees. Place potatoes in shallow 1-quart microwave-safe dish. Cover with plastic wrap, venting one corner. Microwave on HIGH 6 minutes until just tender. Meanwhile, spread top of each salmon steak with pesto, dividing equally. Place on rimmed baking sheet. Bake until salmon is opaque throughout, 15 to 20 minutes. While salmon bakes, in medium nonstick skillet over high heat combine oil and garlic. Add potatoes. Pan roast, tossing, 5 to 8 minutes, until golden brown. Season with salt and pepper. Serve salmon with potatoes.

NOTE: Microwave cooking times are based on a 700-watt microwave. Adjust cooking times to your own oven.

Menu: Italian Bread, Artichoke Hearts Vinaigrette, Poached Pears

Nutritional Information Per Serving (based on 6-ounce salmon steaks): 360 calories; 14 g fat; 35 mg cholesterol; 1150 mg sodium; 29 g carbohydrate; 2 g fiber; 29 g protein.

Piquant Salmon Rolls

4 oz cream cheese
1/4 cup walnuts, chopped
1 tablespoon chopped fresh chives
1 stalk celery, chopped
3 teaspoon lemon juice
3 pinch cayenne pepper

1/4 teaspoon ground coriander
8 thin slices smoked salmon
8 thin slices whole-wheat bread
1 butter
8 thin slices cucumber
1 fresh ground pepper
1 fresh dill sprigs (opt)
1 chives (opt)

In a bowl, soften cream cheese and stir in walnuts, chives and celery.

Add 2 teaspoons of lemon juice and spices and mix well. Spread cream cheesemixture on each slice of salmon and season with pepper. Roll up to form neat rolls.

Toast slices of bread and cut 8 (2.5") rounds, using a biscuit cutter. Spread thinly with butter. Place a cucumber slice on each bread round and place a salmon roll on top of each cucumber. Drizzle with remaining lemon juice and garnish with dill sprigs and chives, if desired.

NOTE: Salmon rolls can be prepared several hours in advance and refrigerated. Toast bases, however, and better freshly made. Once assembled, serve within 30 minutes.

Poached Trout In Cream(English)

2 trout
1 juice of 1 lemon
1 dash chopped fresh
1 dash chopped fresh parsley
2 1/2 fl oz single cream
1 fresh breadcrumbs
1 butter
1 chives

Set oven to 375/F or Mark 5. Cut the fish from head to vent , gut wash thoroughly and dry. Lay side by side in a buttered shallow dish. Place a knob of butter and a few of the herbs in the centre of the dish. Sprinkle the rest of the herbs over the flsh and add the lemon juice, together with 1 tablespoon of water. Cover the dish and cook for 15 minutes. Heat the cream in a saucepan and pour over the fish. Sprinkle with breadcrumbs and shavings of butter and brown under the grill:

Polynesian Tuna

1 1/2 cup pineapple juice
3/4 cup water
1 1/2 tablespoon cornstarch
1 cup pineapple chunks; drained
2 can tuna; drained and flaked
1 fluffy cooked rice
1 flaked coconut
1 toasted slivered almonds

In a heavy saucepan, combine pineapple juice, water, and cornstarch (when you've mixed with a little of the water first). Cook over low heat until thickened. Add pineapple chunks and tuna and reheat and simmer for 5 to 10 minutes. Serve over fluffy rice and top each serving with a sprinkling of coconut and slivered almonds.

From: The Tuna Cookbook

Portuguese Clam Stew With Garlic Croutons

2 cup new potatoes, quartered
1 ; cooked
1 tablespoon olive oil
1 lb chorizo sausage; about 4 links, each cut i
2/3 cup onion; chopped
1/4 cup cilantro; chopped
2 tablespoon garlic; minced
2 tablespoon shallots; minced
2 cup potatoes; medium dice
2 teaspoon salt
1/2 teaspoon crushed red peppers
1 teaspoon black pepper
4 cup shrimp stock
48 littleneck clams; scrubbed
1 cup italian plum tomatoes; peel seed and chop
1/2 cup green onions; chopped
2 teaspoon essence
3/4 cup roasted garlic aioli
12 slice crusty bread (about 2-3 in diamente; r) 2
tablespoon parsley; chopped

Preheat oven to 375 degrees F. In a saute pan, heat the olive oil. When the pan is smoking hot, add the chorizo. Brown the sausage for 2-3 minutes. Add the onions, cilantro, garlic, shallots, potatoes, salt, crushed red pepper, black pepper, and shrimp sauce. Bring to a boil. Add clams, tomatoes, green onions and Essence. Cover the saute pan and cook over high heat until all the clams are open, about 5 minutes. Remove from heat. For the croutons: Spread the 1 tablespoon of aioli over each slice of bread. BAke for 2-3 minutes or until golden brown. Place stew in a shallow bowl and serve with croutons. Garnish with chopped parsley.

Potato & Salmon Bisque

1 can (7 1/2 ounces) salmon, drained and; boned 1
can(l3 3/4 ounces) chicken broth
3 green onions, chopped
2 tablespoon chopped red pepper
1 teaspoon grated lemon peel or 1 tablespoon l; emon juice da
1/2 cup idaho instant mashed potato granule; s

In microwave-safe 2-quart casserole combine salmon, broth, milk, green onions, red pepper, lemon peel and pepper. Cover loosely with plastic wrap; cook on High 5 to 6 minutes or until very hot. Stir in potatoes. Re-cover; let stand 5 minutes. Cook on High 2 minutes if necessary to reheat

From the files of Al Rice, North Pole Alaska. Feb 1994

Quickie Salmon-Potato Casserole

1 can red salmon(16oz)
1 can potato soup,condensed(10.5oz
1/2 cup milk,evaporated
1/4 teaspoon celery salt
1/8 teaspoon black pepper
1 1/2 shredded wheat biscuits

1 tablespoon butter

1. Drain salmon; remove dark skin and bones.

2. Break salmon into 1-inch pieces.

3. Heat potato soup with milk, celery, salt and pepper; add salmon.

4. Pour mixture into a well-greased casserole.

5. Cover with shredded wheat; dot with butter.

6. Place under broiler a few minutes to brown.

Rainbow Trout Teriyaki

4 trout filets (4-oz each)
1 tablespoon sesame seeds, toasted
----MARINADE----
3 tablespoon soy sauce
3 teaspoon lemon juice
2 1/2 teaspoon brown sugar
2 teaspoon oil
1 1/2 teaspoon ginger, fresh; finely chopped 1
teaspoon lemon peel; grated
1 garlic clove; finely chopped

Combine marinade ingredients and pour over trout. Cover and refrigerate about 30 minutes. Remove trout from marinade. Broil 4 inches from heat source for about 3 to 5 minutes or until fish flakes with a fork. Remove from oven and sprinkle with sesame seeds. Serve immediately.

About 226 calories per 4-oz serving.

* Or use 1/3 cup bottled teriyaki sauce for marinade.

Rainbow Trout With Herb Stuffing

6 dressed trout
1 cup sliced onions
1 teaspoon salt
1/4 cup parsley, chopped
1 cup fresh bread cubes
3 tablespoon pimento, chopped
2/3 cup butter or oleo
3 teaspoon lemon juice
1 small can mushrooms
1/2 teaspoon marjoram

Sprinkled salt over inside and outside of trout. Saute bread in 1/4 cup butter until brown. Stir often. Ad onions and mushrooms, Cook until mushrooms are tender. Stir in parsley, lemon juice, marjoram and dash of salt. Mix and stuff fish with mixture. Place in greased baking dish and bake ate 350 degrees for 25 to
30 minutes.

Rainbow Trout With Roasted Garlic Mayonnaise

4 rainbow trout fillets - (about 4 oz; . each)
----MARINADE----
1/4 cup fresh lime juice
1 tablespoon vegetable oil
1/4 teaspoon cumin
----MAYONNAISE----
1 bulb garlic
2 tablespoon regular or light mayonnaise
1/2 teaspoon fresh lemon juice
1/8 teaspoon cumin

Marinate trout. Meanwhile,break garlic bulb into cloves, leaving skins intact. Place on cookie sheet in 350 F. degree oven for about 15 minutes, until tender. Remove skins and mash garlic with fork: blend with mayonnaise ingredients. Refrigerate. Cook trout. Serve immediately with mayonnaise.

Makes 2 to 4 servings

Rasputin's Codfish Soup

2 small whole codfish or
1 1/2 lb codfish fillets
1 cup milk
1 cup heavy whipping cream
1 salt
1 pepper

This is a toned-down version of the soup that Rasputin always said gave him his health, vigor ... and virility. It was, according to his daughter, his favorite dish. "Restaurants in Petrograd and Moscow would prepare the concoction whenever they expected Rasputin to dine." Paprika and minced ginger usually went into his recipe.

Clean codfish. Remove head and cut fish into fillets. Remove fish bones. Cut fillets into 2" pieces and place in saucepan. Add milk and whipping cream. Place over medium heat and bring to scalding temperature. Do not boil.

Reduce heat and continue simmering until fish is done. Season to taste with salt and pepper. Ladle into soup bowls and serve hot.

Makes about 1 quart, or 4 servings.

Raw Fish Salad

1/2 lb fillet of red snapper (fresh!) or
1 tuna, sea bass, shark or swordfish
2 oz thin rice stick noodle
2 cup oil for deep-frying
1/2 head iceberg lettuce (inner leaves; only)
1/4 cup pickled red ginger
1/2 cup chinese parsley (cilantro) or water; cress 1
tablespoon white sesame seeds
1 fresh lemon
----MARINADE----
2 tablespoon peanut oil
3 tablespoon cool water
2 teaspoon thin soy sauce
2 teaspoon sugar
3 slice fresh ginger, half-dollar size
1/2 teaspoon ground cinnamon
1/4 teaspoon white pepper

For a starter course on a warm fall evening, this dish has few peers.

Marinating: Slice fish with the grain in pencil-thick, 2" strips. Mix marinade ingredients; blend with fish in bowl. Cover and marinate in refrigerator for 3 to 8 hours.

Preparations: Heat oil in wok to medium high. Toss 2 strands of rice stick noodle in oil to make sure it is hot enough; noodles should puff up instantly without browning. Deep-fry rice stick noodle briefly until it expands; drain on paper towels; bag and reserve. Shred lettuce; bag and reserve in refrigerator. Thinly shred or mince pickled red ginger; reserve. Chop parsley in 2" lengths. Toast sesame seeds in dry wok at low-medium heat until they are light tan; reserve in tea cup or condiment saucer.

Assembling: Slice lemon in wedges. Separately pile ingredients on large platter, removing slices of ginger from fish (discard slices). Sprinkle salad with sesame seeds and toss on platter, squeezing lemon over salad as you toss.

Red Pepper Swordfish

6 swordfish steaks (each about 1/2 l; b, and about 1 inch t
1 large sweet red pepper 2
lemons
3 tablespoon oregano, fresh 1
cup olive oil
1 teaspoon salt
1/2 teaspoon black pepper, fresh ground
1 white wine, dry

Remove seeds and ribs from pepper and cut into 1/4 inch cubes. Put in a bowl and mix well with the juice of the two lemons, the olive oil, salt, pepper and the oregano.

Heat broiler and pour wine to a depth of about 1/8 inch in a broiler pan. Lay swordfish steaks in wine and broil for 3 minutes. Pour the seasoned lemon, oil and oregano mixture over the fish and cook for 3 to 4 minutes more (until fish is cooked through and lightly browned.) Immediately transfer fish to a warmed serving dish.

You may need to reduce the sauce slightly by boiling vigorously and stirring for 2 minutes more. Pour sauce over fish and serve.

NOTES:

* Swordfish steaks cooked with sweet red peppers -- This recipe was handedout to people buying swordfish at my local fishmonger; I tried it and it was delicious. It is also very quick and simple to make.

* I served fresh asparagus with this, but any light vegetable would be fine. Boiled new potatoes would be nice, too.

: Difficulty: easy.
: Time: 20 minutes.
: Precision: no need to measure.

: Marcus G Hand
: AT&T Information Systems, Holmdel, NJ.
: {ihnp4!}mtuni!mgh

Risted Laks Med Kremsaus (Fried Trout In Sour

4 trout; fresh or frozen, about 1/
1 salt
1/2 cup flour
4 tablespoon butter
2 tablespoon vegetable oil
1 cup sour cream
1/2 teaspoon lemon juice
1 tablespoon parsley; fresh chopped

If you are using frozen trout, defrost them completely before cooking. Wash fish under cold running water, pat dry inside and out and sprinkle a little salt into the cavities. Spread the 1/2 cup flour over wax paper, roll the fish around in the flour and shake off any excess. In a heavy 10-12" skillet, heat 2 tb butter and 2 tb oil. When foam subsides, lower heat to moderate and fry the trout, 2 at a time, for about 5 minutes on each side, turning them carefully with a large spatula. When all the trout have been browned, keep them warm on a heatproof platter in a 200øF. oven while you quickly make the sauce. Pour off all the fat from the skillet and replace it with 2 tablespoons fresh butter. Stir over low heat, scraping up the brown pan drippings with a wooden spoon. Add the sour cream and continue stirring for about 3 minutes without letting the cream boil. Stir in the lemon juice and pour the sauce over the hot fish. Garnish with chopped parsley and serve at once.

Roasted Marinated Crab

1 live crab, 2 to 2 1/2 pounds
3 tablespoon olive oil
1 tablespoon shredded ginger
1 tablespoon chopped garlic
2 serrano or other small green chile; s, , chopped 1
freshly ground black pepper
2 to 4 tablespoons butter
1 salt to taste

To kill the crab, either plunge it into a large pot of boiling water for a minute, or place it on its back on a cutting board and split the body down the middle with one quick cut with a heavy knife or Chinese cleaver. If you want to use the upper shell in the presentation, the first technique works better.

Holding the crab body by the legs, pull off the shell. Discard the feathery gills on both sides of the body and the spongy mass in the middle of the back; rinse until nothing but shell and meat show. Pull out the bits of greenish fat from the corners of the shell; reserve if desired for the sauce. Rinse both the body and shell and drain thoroughly.

Split the body of the crab (if it is not already split) into 2 halves with legs and claws still attached. Carefully crack each leg and claw segment with a mallet.

Place in a large bowl with the oil, ginger, garlic, chiles and a generous grinding of pepper. Marinate for 1 to 4 hours in the refrigerator.

Remove crab from marinade 15 minutes before cooking. Grill the halves and the shell over a hot fire until outer shells are bright red and meat in the largest sections is opaque (pry one open to check), 3 to 4 minutes per side. Or , place crab halves and shell in a roasting pan lightly oiled with a bit of the marinade and roast in a 450F oven until done as described above, about 12 to 15 minutes. Meanwhile, strain vegetables out of marinade and combine with the butter in a saucepan. Simmer for 5 minutes and season to taste. Serve in small bowls as a dipping sauce for the crab.

Serves 2.

Posted by Stephen Ceideberg; December 13 1991.

Roasted Trout With Bacon

1/3 cup worcestershire sauce
2 tablespoon minced onion
1 tablespoon lemon juice
1 teaspoon salt
1 teaspoon minced garlic
9 strips of bacon
3 dressed trout - 1 1/2# each

Combine all ingredients except fish and bacon; mix well.

Brush worcestershire sauce mixture inside and out of fish. Place fish in a buttered baking dish. Score skin with a sharp knife in two or three places and top with bacon strips. Bake in preheated oven set at 350 and bake for 10 minutes or until fish flakes when stabbed with a fork. Baste often with pan juices during baking. Makes 6 large servings.

Rockpool Coffin Bay Scallops With Braised Cap

1 stephen ceideburg
2 capsicums
4 tomatoes
2 cloves garlic
12 basil leaves
12 tarragon fronds
24 sprigs parsley
1 olive oil
24 coffin bay scallops
1 lemon juice olive oil
1 pepper

Blanch, peel and dice 2 capsicums and 4 tomatoes. Finely dice 2 cloves of garlic. Wash and dry 12 basil leaves, 12 tarragon fronds and 24 sprigs continental parsley. In a little olive oil, pan-fry the capsicums and garlic for a minute or two.

Add the tomatoes, season, and cook for a another minute. Serve onto plates. Put a little more olive oil in the pan and saute 24 Coffin

Bay scallops. Throw in the herbs to crisp and become translucent. Scatter onto the plates. Deglaze the pan with lemon juice, virgin olive oil and pepper. Pour over servings.

Posted by Stephen Ceideburg

From an article by Meryl Constance in The Sydney Morning Herald, 6/15/93. Courtesy Mark Herron.

Salmon Baked With Brazilian Rub

4 salmon fillets, 5 to 6 oz each
1/2 large orange, zest and juice only
1/2 large lemon; juice only
1 salt and pepper to taste
2 tablespoon brown sugar
1 tablespoon chili powder
1 large garlic clove; minced
2 tablespoon butter; melted

In a shallow dish large enough to hold the salmon, combine the juices salt and pepper. Add the salmon, turning to coat with the marinade. Let marinate at room temperature for 20 minutes, turning the fillets once.
Preheat the oven to 425 degrees. Line a shallow baking pan with aluminum foil and grease with a little of the melted butter. In a small dish, combine the orange zest, brown sugar, chili powder and minced garlic. Rub the marinated salmon with the brown sugar mixture. Place in the pan and drizzle with the remaining melted butter.

Bake for 8 to 12 minutes.

Per serving: 327 calories, 10 gm carbohydrates, 107 mg cholesterol, 363 mg sodium, 33 gm protein, 17 gm fat, 5 gm saturated fat

Salmon Cheese Ball

4 cup smoked salmon
8 oz package cream cheese

1 cup sour cream
1 teaspoon salt
1 teaspoon pepper
1 pinch tarragon
1/4 cup chopped onion
1 tablespoon lemon juice

Salmon Cheese Ball xxxxxx xxxxxx xxxx

Finely flake smoked salmon. Blend together with remaining ingredients. Shape into ball.

Roll in chopped nuts or parsley if desired. Serve with crackers.

This salmon ball freezes beautifully.

Salmon In Dill Sauce

2 lb salmon steaks
1 each salt and pepper
1 tablespoon butter
1 cup sour cream
1/2 teaspoon dill

Melt 1 tbsp. butter in skillet at 250 degrees. Cook salmon 10 minutes per inch of thickness. Turn twice, salt and pepper to taste. When salmon is done remove to hot platter. Put sourcream and dill in skillet and turn heat off. Sour cream should be warm after a few minutes. Pour over salmon and serve with new potatoes, green beans and fruit salad.

Salmon Patties

1 lb salmon, canned (either pink or red)
1 pinch salt
1 small onion, diced
1/4 cup bread crumbs, plain or spiced
2 eggs

1 teaspoon lemon juice

Mix all of the ingredients together in a bowl. Form into patties about 1/2to 3/4 inch thick and 2 1/2 - 3 inches diameter. This should make about 8 patties. Fry in oil or butter until brown and crispy, or bake in a well-greased pan at 400 degrees until brown (about 15 minutes).

NOTES:

* Snack or Main Course -- This is a very nice finger food, great for lunchon a hike. Or they can be served hot as a main course.

* I usually make a double batch.

* These are great either hot or cold. If you take them out of the freezerin the morning and put them in your backpack, they'll be just right by lunchtime.

: Difficulty: easy, especially if you like squishing stuff with your hands.
: Time: 5 minutes preparation, 15 minutes cooking.
: Precision: no need to measure.

: Glenn Trewitt, Center for Integrated Systems, Stanford University : {ucbvax,decvax}!decwrl!glacier!trewitt, trewitt@su-amadeus.stanford.edu
: mt Xinu, 2910 Seventh St., Berkeley, CA 94710 USA
: {ucbvax,decvax}!mtxinu!ed +1 415 644 0146

Salmon Rolls

6 smoked salmon; thinly sliced
1 prepared bread dough
1 egg; beaten
1 green onion; finely chopped
1 fresh ground pepper

After thawing, roll out the prepared dough into a 9-inch circle. Cover the top with strips of the salmon and add seasonings. Cut the circle into wedge-shaped pieces and roll each one tightly, beginning at the outside edge. Brush the roll with the beaten egg and bake at 425 for about 15 minutes. Serve hot as appetizers or with lunch.

Serves 6-8.

(Adapted from a recipe in "James Beard's Fish Cookery", Beard, Warner Books)

Salmon Salad

15 1/2 oz can of salmon *
2 each celery stalks, **
1/2 each onion, small
1 tablespoon lemon juice
1/4 teaspoon dill weed
1/2 cup miracle whip
1 each egg, boiled, chopped

* I prefer Red Salmon, Pink is alright
pick out the dark skin, crush bones and mask the salmon. ** celery- cut into 1-inch pieces *** I prefer Miracle Whip - but any mayonnaise will workGrate celery and onions. Mix Salmon, onions and celery in medium bowl. Add lemon juice, dill weed,egg mayo, salt and pepper to taste. Mix well all ingredients. Chill mixture thoroughly. This is really good on croissants. Yield approx. 2 1/2 cups

Salmon Steaks With Cucumber Dill Sauce

2 each salmon steaks
1 each bay leaf
1/4 cup dry white wine
2 tablespoon fresh dill
----1 ea Stalk celery, cut up----
1/4 cup plain lo-fat yogurt
1 each small seeded grated cucumber
1/8 teaspoon dry mustard
1 each salt & pepper
1/4 cup lite mayonaise
1 each small onion, peeled & grated
1/4 cup freshly chopped dill

Place steaks in microwave safe dish w/ thick end to outside. Add remainingingredients on top of steaks. Cover and nuke on high for 4-6

minutes. Serve with cucumber-dill sauce.# For cucumber-dill sauce: combine all ingredients in a food processor. Process until blended. Pour into serving bowl; refridgerate 1-2 hours before serving.

Salmon Tortilla Appetizers

15 oz salmon, canned -- flaked
8 oz cream cheese -- softened
4 tablespoon salsa -- mild or medium
2 tablespoon fresh parsley
1 teaspoon cilantro
1/4 teaspoon ground cumin -- optional
8 flour tortillas -- 8 inch

Drain salmon and remove any bones. In a small bowl combine salmon, cream cheese, salsa, parsley and cilantro. Add cumin if desired. Spread about 2 tablespoons mixture over each tortilla. Roll each tortilla up tightly and wrap individually with plastic wrap. Refrigerate 2-3 hours; slice each tortilla into bite-size pieces.

Yield: About 48 appetizers.

Recipe By : Jo Anne Merrill

From: Date: 05/28

Salmon-Spinach Loaf

1 lb salmon (1 large can)
3/4 lb spinach, fresh
2 eggs
2 tablespoon onion, grated
10 3/4 oz mushroom soup, condensed (1 can) 1 cup cornflakes (uncrushed)
1/4 cup flour, all-purpose

Preheat oven to 350 degrees F. Rinse spinach thoroughly. Cook spinach with a small amount of water for 5-10 minutes, or until tender. Discard cooking water.

Clean salmon as desired and drain excess liquid. Place salmon, spinach, eggs, undiluted soup, cornflakes, flour and onion in large mixing bowl. Beat with electric mixer at medium speed for about three minutes or until ingredients are chopped and mixture is blended. Stop to scrape bowl and beaters as needed.

Grease a 9x5x2 1/2-inch loaf pan and pack the mixture in. Bake for 40 to 50 minutes or until set and lightly browned. Cool slightly before serving. Do not try to unmold; serve directly from baking pan. The finished loaf will have the consistency of spoonbread.

NOTES:

* A baked salmon and spinach loaf -- This recipe is a pleasant compromise between a salmon loaf and a spinach souffle. It can be made with stale spinach and canned salmon. It does not have a strong flavor or texture of spinach, as do some cooked spinach dishes.

* You can substitute concentrated dried cream-of-mushroom soup for canned condensed soup, or use a thick flavored white sauce.

* There is no point in using good-quality salmon in this recipe; chum or pink salmon are fine.

: Difficulty: easy.
: Time: 10 minutes preparation, 1 hour baking and cooling.
: Precision: approximate measurement OK.

: Dan Levy
: AT&T Computer Systems Division, Skokie, Illinois, USA
: {akgua,ihnp4,ltuxa,mvuxa,allegra,ulysses}!ttrdc!levy

Sauted Salmon Steaks

4 each salmon steaks
1 tablespoon butter
1 teaspoon soy sauce
1/4 teaspoon garlic powder
4 each lemon slices

In a large non-stick skillet, melt margarine and add soy sauce and garlic powder. Add salmon and cook 4-5 minutes. Turn and continue to cook 4-5 minutes or

until fish flakes easily. Garnish with lemon slices.

Sauteed Soft-Shelled Crab

3 each soft shelled crabs
5 tablespoon butter
1 tablespoon oil
2 tablespoon pecans

Prepare the crabs by removing the eyes, dead-men (spongy grey gills), and sand sack. Heat 3 tablespoons of the butter and the oil in a heavy skillet until hot and sizzling. Add the crabs. Saute a few minutes on each side. Remove to a warm plate. Meanwhile, brown the pecans in 1-2 tablespoons butter. Pour over the crabs and serve. From Nathalie Dupree's New Southern Cooking

Scalloped Oysters

----CJHARTLIN@MSN.COM----
1 pint oysters, drained
1/2 teaspoon pepper
1/2 teaspoon salt
1 tablespoon worcestershire sauce
1 tablespoon grated onion
1/2 cup cracker crumbs or bread crumbs
4 tablespoon butter
1/2 cup heavy cream

Preheat oven to 350øF. Place half of the oysters in a well-greased two quart casserole. Top with half of each of the remaining ingredients except cream. Repeat layers. Pour cream over all and bake 30 minutes. Yield: 6 Prep Time: 20 minutes Baking Time: 30 minutes

Scallops & Mussels, Vinaigrette

36 bay scallops
1 cup lemon juice, or more if need
36 mussells, cleaned and de-bea
36 asparagus
1 boston lettuce
1 teaspoon parsley-chopped
1 dijon mustard vinaigrette:
1 egg yolk
4 tablespoon dijon mustard
1 egg-hard boiled, chopped
1/2 teaspoon pepper
1/2 teaspoon salt
1 sugar-pinch of
1 tablespoon onion-minced
1 garllic clove-minced
2 teaspoon shallots-minced
2 teaspoon oregano
1 teaspoon basil
2 teaspoon parsley-chopped
1 cup olive oil
3 tablespoon white wine
3 tablespoon white vinegar

Fat grams per serving: Approx. Cook Time: 01:30 Remove small white muscle from scallops & mar-inate in lemon juice for one hour. Steam mussels, discarding any that do not open. Set aside. Cook asparagus in boiling, salted water for 6-8 min. or until al dente. Drain & cool. Drain off lemon juice from scallops. Mix scallops & mussels together w/ Dijon Mustard Vinaigrette. Prepare a bed of lettuce & lay as- paragus on top. Arrange mussels & scallops across the asparagus. Sprinkle with parsley and serve.
VINAIGRETTE: Combine egg yolk & mus- tard. Add all ingredients except oil,wine & vinegar. Add oil slowly in stream then add white wine & white vinegar. When asparagus isn't in season,fresh,halved Bartlett pears or halved avocado may be substi- tuted. This dish may also be served as a main course in greater quantities.

Scallops En Papillote

4 new red potatoes *
1 lb bay scallops, fresh
1 cup asparagus strips **
1/2 red & yellow bell pepper ***
2 scallions, thinly sliced
2 teaspoon minced fresh ginger
1 teaspoon grated lemon zest
1/4 cup fresh lemon juice
1 teaspoon vegetable oil
2 teaspoon low sodium soy sauce
1/4 teaspoon fresh ground pepper

* Sliced 1/4 inch thick. ** Cut into Julienned strips. *** Large red and yellow bell peppers, 1/2 of each, seeded and diced.

Scallops With Garlic, Ginger And Chives

1 lb small, fresh bay scallops*
1/2 lemon; juice of
1/4 cup unsalted butter
1 teaspoon oil
1 large garlic clove - peeled & finely chop; ped 1 teaspoon finely chopped fresh ginger
1/4 cup fresh bread crumbs
1 tablespoon fresh, snipped chives
1/4 cup freshly grated parmesan

*If you use the larger sea scallops, halve or quarter them.

Rinse scallops under running cold water. Drain and toss with lemon juice.

In medium heavy skillet, heat butter and oil until sizzling. Add scallops,garlic and ginger; cook briefly for 1 to 2 minutes, turning scallops over once with tongs. Have ready and buttered 4 individual coquille dishes or amedium gratin dish. Place scallops, along with butter-ginger juices into dish; spread evenly. Sprinkle with bread crumbs, chives and, lastly, the Parmesan.

Place dish 5" below broiler element and broil just to melt cheese and lightly toast crumbs, 3 to 5 minutes. Serve at once.
From _Nancy Enright's Canadian Herb Cookbook_ by Nancy Enright. Toronto: James Lorimer & Company, 1985. Pg. 54. ISBN 0-88862-788-2. Electronic format by Cathy Harned.

Seafood Appetizer

6 oz sole fillet
12 large sea scallops
8 whole jumbo shrimp
1/2 cup white wine
2 tablespoon seasoned bread crumbs
2 tablespoon fresh parsley -- chopped
2 tablespoon butter

Cut sole into four slices and place a slice in each of four buttered scallop shells. Arrange shrimp and scallops around sole, pour wine over fish. Sprinkle top with bread crumbs and chopped parsley, and dot with butter. Bake 400 degrees for 15 minutes or until fish is flaky.

Recipe By : Elizabeth Powell

From: Dscollin@aol.Com Date: Sun, 19 Feb 1995 22:05:37 -0500

Seafood Pita

1/2 lb scallops or shrimp
1/4 cup olive oil
1 medium onion
1 garlic cloves (more or less to tast; e)
3/4 cup mushrooms
1 1/2 cup vegetable (such as eggplant or zucc; hini) 1
salt, pepper and spices (to taste)
1 1/2 cup couscous, cooked
1 pita bread

Cut up the vegetables into small (about 1/2 inch) cubes. Slice the mushrooms.

If using shrimp, peel and de-vein the shrimp and cut into small cubes.

In a small amount of olive oil, saute the onion and the optional garlic until the onion is soft but not quite transparent.

Heat the remaining olive oil in a skillet and add the vegetable and

mushrooms. Saute until the vegetables are almost soft. Taste and add salt, pepper and whatever spices strike your fancy (oregano, basil and red pepperare good). Add the scallops or shrimp and cook until just done, about a minute or two. Scallops will turn opaque and shrimp will turn pink.
Do NOT overcook.

There should be an excess of oil and fluid. If not, add more oil and briefly heat. Transfer the mixture to a bowl. Add the couscous and mix thoroughly. Chill several hours or overnight.

Stuff into the pita bread (maybe with some tomato) and serve.

NOTES:

* Pita-Seafood Salad Sandwiches -- This recipe is more of a formula than arecipe. It is excellent for a cool dinner in the summer (any time after February in Texas!) Yield: Serves 2-4.

* You could substitute almost any vegetable and crab or a firm fish. To use this for a picnic, don't stuff the pita bread until you are about to serve it. Err on the side of too much oil, since the couscous absorbs the oil (and a recent study says that olive oil may be good for you).
: Difficulty: easy to moderate.
: Time: 30 minutes preparation, overnight chilling. : Precision: no need to measure.

: Anita Cochran
: Astronomy Dept., The Univ. of Texas,
Austin, TX : {noao, ut-sally, ut-ngp}!utastro!anita
: arpa: anita@astro.UTEXAS.EDU

: Copyright (C) 1986 USENET Community Trust

Sen Ellender Oyster Jambalaya

1 ellender's basic sauce
4 oz tomato sauce
3 pint oysters
3 cup rice, raw
1 handful mixd onion top

Add tomato sauce to Basic Sauce and cook thoroughly. Add oysters and cook for about 10 minutes after boiling starts. Add rice, chopped onion tops and parsley. Add water to make 2 cups liquid in pot for

each cup rice. Stir and mix thoroughly until mixture comes to boil. Cover tightly and reduce heat to simmer. Cook for 25 minutes without removing the lid. Test rice to be sure it is done at the end of the cooking period.

Shanghai Fish Soup

4 dry shiitake mushrooms
1/2 to 3/4 lb. catfish fillets
1 tablespoon salad oil
1 tablespoon julienned peeled fresh ginger
2 tablespoon red-in-snow (optional)
4 cup low-salt chicken broth
8 oz firm tofu, drained and cut into 1/2; inch cubes 2 tablespoon soy sauce
1 tablespoon dry sherry
1 teaspoon sugar
1 large green onion, cut diagonally into 1; inch pieces
1/2 teaspoon sesame oil

Soak mushrooms in warm water until caps are tender, 15 to 30 minutes. Drain and squeeze gently to remove some of the water. Cut off and discard stems; thinly slice caps. Set aside.

Rinse fish and pat dry. Cut fillets into 1-by 1 1/2 inch pieces; set aside.

Place a wok or 3 to 4 quart saucepan over high heat. When hot, add oil and swirl to coat cooking surface. Add ginger and stir until fragrant, about 30 seconds. Add mushrooms, fish and red-in-snow; stir until fish turns opaque on outside, about 1 minute. Stir in broth, tofu, soy sauce, sherry and sugar; bring soup to a boil, stirring occasionally. Pour into a tureen and sprinkle with green onions and sesame oil. Makes 4 to 6 servings.

Per serving: 201 Calories, 20 g Protein, 7 g Carbohydrates, 2 g Saturated Fat, 3 g Monounsaturated Fat, 4 g Polyunsaturated Fat, .2 Omega-3 Fat, 33 mg Cholesterol, 970 mg Sodium.

Note: Fish, Cod, Rockfish, Snapper, Orange Roughy, can be substituted for catfish.

Shark Amandine

1/2 cup slivered almonds
2 tablespoon butter
2 tablespoon chopped parsley
6 tablespoon melted butter
1 tablespoon grated lemon rind
2 tablespoon freshly squeezed lemon juice 4
shark fillets
4 tablespoon sherry
1 freshly ground pepper
1/2 lb bacon; fried and crumbled
4 green onions; chopped
1 lemon wedges

Lightly brown the almonds in the butter and set aside.
parsley, butter, lemon rind, and juice. Rub both sides of the
fillets with the sherry and place on a broiler pan. Sprinkle with
pepper. Spoon some of the butter mixture over each fillet. Broil for
5 to 10 minutes, depending on the thickness of the fillets. Turn
over, spoon on more butter sauce and continue broiling until done. Do
not overcook or the fish will be dry. Remove to a serving platter.
Sprinke with the almonds, bacon, and green onions. Garnish with lemon
wedges. COMMENTS: Swordfish or mahi-mahi may be substituted if shark is
unavailable.

Shark Hors D'oeuvres

1/4 cup lemon or lime juice
2 each cloves garlic,crushed
1 cup flour,all-purpose,seasoned
1 pepper to taste
1 cup bread crumbs
1 creole mustard/tartar sauce
1/4 cup dry white wine
2 lb shark meat,2 chunks
1 salt to taste
2 each eggs,beaten
1 vegetable oil

1. Mix lemon juice, wine and garlic; add shark and marinate in

refrigerator for 1 hour or longer.#
2. Dip each fish chunk in seasoned flour, sprinkle with salt and pepper, then coat with beaten eggs and bread crumbs.#
3. Heat oil; deep-fry fish until golden brown.#
4. Drain on paper towels, then serve with Creole mustard or tartar sauce.#

Shark Marsellaise

2 lb shark fillets
3 tablespoon oil
1 onion; minced
1 tablespoon chopped parsley 1
garlic clove; minced
1/2 cup dry white wine
3 tomato, firm; diced
1 salt & pepper

Pour oil in oven proof dish, place over medium flame. Add onion, parsley, garlic, tomatoes, salt and pepper. Place fillets over top of vegetables. Cover and bring to boil. Lower flame. Simmer for 15 minutes. Add wine and bring to boil. Transfer dish to 350 degree preheated oven. Bake 10 minutes or until fish flakes easily with fork. Remove fish. Strain sauce through sieve and heat to boiling. Pour sauce over fillets.

Shark Teriyaki Sorta

1 lb shark steak
1 tablespoon teriyaki sauce
1 teaspoon honey
1 tablespoon lemon juice
3 tablespoon margarine; melted
1 garlic clove; minced
1 tablespoon sesame seeds

Place fish in one of those hinged wore grills sprayed with Pam, etc. Combine remaining ingredients and baste fish. Cook 4 to 6 inches from moderately hot coals for 4 to 5 minutes. Baste with sauce and turn.

Cook for another 4 to 5 minutes or until fish flakes easily,

Shark's Fin With Bamboo Fungus

635.00 gm dried shark's fin *
12.00 bamboo fungi (all similar size, abo; ut 4 gms each)
12.00 small crab claws
1.00 cup stock
12.00 coriander sprigs (for garnish)
12.00 asparagus (all similar size, about; 1.5 g each)
150.00 gm bean sprouts
1 cooking oil
1 salt
0.25 teaspoon ginger juice

----------SHRIMP

Shellfish Crepes

----FILLING----
2 tablespoon butter
3 tablespoon shallots or scallions minced
1 green part included
1 1/2 cup diced or shredded, cooked or 1
canned shellfish meat shrimp
1 or crabmeat are good
1/4 cup dry white vermouth
1 salt and pepper
----SAUCE----
1/3 cup dry white vermouth
2 tablespoon cornstarch mixed w/2tb milk
1 1/2 cup heavy cream or half n half
1/4 teaspoon salt
1/2 cup swiss cheese, grated
1 dash of nutmeg - optional
----ASSEMBLY----
12 crepes 6 to 7in in diameter
1/4 cup swiss cheese grated
2 tablespoon butter

1 creamed shellfish filling
1 wine and cheese sauce

To make the Filling: Heat butter to bubbling, stir in the shallots or scallions, then the shellfish. Toss and stir for one minute. Season with salt and pepper; add vermouth and boil rapidly until liquid has almost evaporated. Set aside.

To make the Sauce: Heat vermouth and boil rapidly until reduced to a tablespoon. Remove from heat and stir in cornstarch mixture, cream and seasonings. Put back on heat and simmer for about 2 minutes stirring constatntly. Blend in the cheese and stir to blend about a minute more.

To Assemble: Blend about half the sauce with the shellfish filling. Place a big spoonful on the lower third of each crepe and roll up (you can tuck and roll like you would for blintzes) Arrange crepe close together in a lightly buttered baking dish. Spoon the rest of the sauce over the crepes and sprinkle with cheese. Dot with butter; may be refrigerated until ready to bake. Fifteen to twenty minutes before serving bake in upper third of a preheated 425F oven until bubbling hot and cheese has browned lightly.

NOTES: I have also added mushrooms to the filling but watch the water content, you may have to pour off some of the liquid before adding cheese sauce.

I also add a dash or two of nutmeg to the cream sauce and use slightly more cheese than called for. You could also use Gruyere cheese.

For individual servings bake them two to a serving in individual gratin dishes. This dish does not reheat well, unless of course it is just for you then there's no problem:)

Shellfish Shell Marinara

3 tablespoon extra-virgin olive oil
2 large garlic sloces, peeled and bruised
2 can plum tomatoes, drained and coarsely; chopped (28 oz)
1/4 cup dry red wine
1/4 cup coarsely chopped parsley
1/4 cup fresh basil leaves, torn in half
1 teaspoon dried oregano

1 salt to taste
1 freshly ground black pepper to tast; e
1 pinch sugar
12 oz medium-sized shell pasta
20 littleneck clams
1/2 lb large shrimp, peeled and deveined

For company or a special family meal, there is nothing quite like littleneck clams and shrimp quickly cooked up in a robust marinara sauce. (No cheese is necessary with this sauce; flavoring the oil with garlic is the secret to its great taste.) The clams will take longer to open than the shrimp will take to cook, so add the shrimp at the last moment. Be sure to discard any clams that don't open - this could mean they are not safe to eat.

1. Place oil in a large, heavy pot over medium-low heat. Add the garlic and cook for about 3-4 minutes, or until it colors slightly but does not burn. Remove garlic from heat and carefully stir in the tomatoes.

2. Return the pot to medium heat. Add the wine, parsley, basil, oregano, salt, pepper and sugar. Cook sauce slowly, stirring occasionally, for 30 minutes.

3. Slightly before serving, cook pasta in boiling, salted water for 10-12 minutes or until AL DENTE (just tender).

4. While pasta is cooking, add the clams to the sauce; cover and cook for 8 minutes or until the clams just begin to open, shaking the pot once or twice. Add shrimp and cook 5 minutes longer.

5. Divide the cooked pasta among six shallow bowls. Spoon the hot sauce over the top, distributing the clams and shrimp evenly, and serve immediately.

Shellfish Skewers With Equatorial Glazing And

2 tablespoon peanut oil
2 jalapeño chilies, minced
2 teaspoon minced peeled fresh ginger
1 garlic clove, minced
3/4 cup dry white wine
1/3 cup soy sauce
1/3 cup (packed) dark brown sugar

2 teaspoon cornstarch
1 tablespoon fresh lime juice
1/4 cup shopped fresh cilantro
24 large uncooked shrimp, peeled, deveined
24 large sea scallops
6 metal skewers

Heat oil in small saucepan over very low heat until warm. Stir in chilies, ginger and garlic. Cover and cook 6 minutes, stirring occasionally (do not brown). Mix wine, soy sauce, sugar and cornstarch dissolves. Add to chili mixture; increase heat to medium-high and whisk until mixture comes to boil and thickens slightly. Remove sauce from heat. Transfer to bowl and cool to room temperature. Stir in lime juice. (Can be made 4 hours ahead. Let stand at room temperature.)

Prepare barbecue (medium-high heat). Pour 1/2 cup sauce into small bowl. Add cilantro to remaining sauce; reserve. Alternate 4 shrimp and 4 scallops on each skewer. Brush both sides with 1/2 cup sauce. Grill just until cooked through, about 3 minutes per side. Transfer to plates. Serve with reserved sauce.

Bon Appétit July 1995

Shrimp & Scallops In Wine Sauce

3 lb medium shrimp; cleaned
3 lb bay scallops
4 tablespoon butter
1/2 cup cornstarch
4 to 6 cups milk - depending upon des; ired consistency 1
1/2 cup white wine
6 cup white rice; cooked

Cook shrimp and scallops until done; set aside; slowly melt butter in a saucepan adding cornstarch, then milk, stirring constantly; add wine, shrimp and scallops serve over rice. Yield 12 servings.

Shrimp Crab Rolls

3/4 cup chopped raw shrimp
3/4 cup crabmeat, cooked
1 egg
2 slice dry bread
1 dash cayenne pepper or to taste
1/4 cup celery, chopped
1/4 cup onion, chopped
1/4 cup bell pepper, chopped
1 teaspoon worcestershire sauce
1 salt & pepper to taste

Mix all ingredients together. Pick up small handful and squeeze into 2 1/2" roll. Mix about 1 cup corn meal with 1/2 cup pancake mix. Coat shrimp patty in corn meal and fry in deep fat.

Shrimp In Clam Sauce

2 tablespoon olive oil
1 lb large or jumbo shrimp --
1 peele & deveined
1 can white calam sauce
1/4 teaspoon oregano
1 tablespoon lemon juice
3 tablespoon italian style bread crumbs
1 hot cooked rice or linguine

In a large skillet, heat olive oil until hot. Add shrimp. Saute just until shrimp turns opaque. Do not overcook. Add clam sauce, oregano and lemon juice. Sprinkle with bread crumbs. Cook, basting shrimp with sauce until slightly thickened, 1 minute. Serve over hot rice or linquine

Shrimp Or Crabmeat Canapes

1/2 cup cooked shrimp or crabmeat

1 pkg cream cheese,softened(3 oz)
1/2 teaspoon worcestershire sauce
1 1/2 tablespoon chili sauce
1 hot pepper sauce to taste

1. Mince or grind shrimp or crabmeat; combine with remaining ingredients (thin, if necessary, with a little cream).

2. Spread on crackers or rounds of tossed bread.

Shrimp Or Scallops Provencal

1 lb large shrimp or scallops
1/2 lactantia provencal garlic b
1 red pepper, sweet, deribbed
2 green onions, green only jul
1 teaspoon lemon juice

Peel and devein shrimp. Rinse and pat dry with paper towl. Melt garlic in large fry pan. Add shrimp and red pepper strips: and stir-fry over medium heat about 5 minutes or until shrimp is cooked. Stir in green onion and lemon juice. Serve with steamed rice. Scallops can be substitued for shrimp.

Shrimp-And-Crab Gumbo

2 lb shrimp
8 oz turkey sausage -- casing
1 removed
2 medium onions -- minced
2 medium green bell peppers -- diced
1 lb okra -- cut into quarters
2 whole jalapeno peppers --
1 minced
1/4 teaspoon gumbo file
1 1/2 teaspoon salt
1/2 teaspoon freshly ground pepper
2 teaspoon fresh thyme -- finely
1 chopped

3/4 cup dark roux
6 cup shrimp stock
3/4 cup canned peeled tomatoes --
1 chopped
6 whole blue crabs
1 lb jumbo lump crabmeat
3 tablespoon parsley -- flat leaf

Shell and devein shrimp, leaving tail sections intact; reserve shells for stock. Break sausage into 1/2-inch pieces; in a skillet, cook over medium heat until all the heat has been rendered, about 8 minutes. Mix in onions, green peppers, okra, jalapeno and file. Cook until onions have softened, about 10 minutes. Add salt, pepper and thyme. Reduce heat to low, cook 5 minutes more. Set aside. In a stockpot, melt the Dark Roux over medium heat; heat shrimp stock in a medium saucepan over high heat. Gradually pour hot stock over roux, whisking to combine well. Cook over medium-high heat until mixture thickens, 6 to 8 minutes. Reduce heat to low and add reserved sausage-and-vegetable mixture and tomatoes. Stir gumbo well and let cool for 1 hour. If using whole crabs, cut them in half lengthwise and add to gumbo. Cook 2 to 3 minutes. Add shrimp and cook 3 to 4 minutes or until opaque. Add crabmeat and parsley and cook 2 to4 minutes. Season to taste. Serve hot over Dirty Rice.

Silverfish Fritters

2 eggs
2 tablespoon milk
2 tablespoon flour
1 salt and pepper to taste
2 tablespoon parsley, finely chopped
500 gm silverfish

Beat 2 eggs well, then add 2 tablespoons milk, 2 tablespoons flour, salt and pepper to taste and 2 tablespoons finely chopped parsley. Mix thoroughly. Add 500 g silver fish and stir to coat well.

Heat oil for shallow frying in a frying pan and ladle spoon- fuls of the silverfish mixture into the hot oil. When golden brown underneath, turn and cook the other side of the fritters. Drain on crumpled kitchen paper and serve with lemon.

Smoked Salmon Rolls With Fresh Salmon Caviar

1 lb cold smoked salmon
3 1/2 sheets of leaf gelatin
1/3 cup fish stock
2 tablespoon unsalted butter
1/4 teaspoon worcestershire sauce
1 1/4 cup whipping cream
1 salt to taste
1 freshly ground black pepper
1 salmon roe
1 fresh dill

Chill all equipment including bowl and blade of the food processor. Slice half the salmon into 3" x 6" rectangles. Place each on a piece of plastic wrap; refrigerate. Chop remaining salmon coarsely; set aside.

Soften leaf gelatin in a bowl of cold water until pliable, about 5 minutes. Warm fish stock in a small saucepan. Drain and squeeze excess moisture from leaf gelatin; add to the fish stock, stirring to dissolve completely. Refrigerate until cool, but not set.

Puree salmon chunks and butter in food processor until smooth. Add fish stock, Tabasco and Worcestershire sauces. Process until blended. Transfer to a large stainless steel bowl. In a separate chilled bowl, whip cream until it forms soft peaks. Fold into salmon mixture in halves. Season to taste with salt and pepper.

Spoon about 1" layer of salmon mousse into the centre of each salmon rectangle. Roll the slice of salmon around the mousse with the help of the plastic wrap, until each edge meets. Twist ends of wrap tightly; chill rolls at least 1 1/2 hours before serving.

To serve, unwrap rolls and place on a chilled plate. Garnish with a small spoonful of salmon roe and a sprig of dill.

Speedy Crabmeat Imperial

2 tablespoon butter
1/4 cup chopped onion
1/4 cup chopped green pepper 1
each 2oz. jar pimento
3 tablespoon all-pur flour
2 teaspoon dry mustard
1/4 teaspoon salt
1/4 teaspoon white pepper
1 each dash of tabasco
1 cup milk
3 tablespoon chablis
1 lb fresh lump crabmeat

Combine first three ingredients in a 1 1/2 qt. casserole. Microwave on high, uncovered, 2 minutes. Stir in pimiento and next 5 ingredients, stirring until smooth. Gradually add milk and Chablis, stirring well. Microwave at High, uncovered, 3-4 minutes or until bubbly, stirring after 2 minutes. Stir in crabmeat. Spoon mixture evenly into 6 baking shells. Arrange shells on a 12-inch glass pizza plate. Cover with waxed paper, and microwave on high 3-4 minutes or until thoroughly heated. Garnish, if desired with pimiento strips.

Steamed Fish With Ginger And Onions

1 1/2 lb whole red snapper, cleaned 2
tablespoon slivered fresh ginger
6 each green onions, sliced
1/4 cup sherry, mirin or water
----SAUCE----
2 tablespoon soy sauce
1 teaspoon sesame oil
1 tablespoon vegetable oil

Rinse fish and pierce in several placed with a skewer or sharp knife. Place in a shallow microwaveable dish (if using 2 fish, arrange about 1 inch apart with thicker sides towards outer edges of dish). Put half the ginger and green onions inside fish. Pour sherry over and cover with vented plastic wrap. Combine sauce ingredients in small microwaveable dish or

measure. Set aside. Microwave fish at high for 6 to 8 minutes per lb or until fish flakes easily with a fork and is tender. Rotate dish if necessary during cooking.

Steamed Salmon With Black Bean Sauce

2 each salmon, fillets, skin - removed (ab; out 4 oz - eac 1
each pepper, red bell
1 each pepper, green bell
2 tablespoon bamboo shoots, shredded
2 teaspoon black beans, fermented
12 each ginger, slivered, - match-stick-thi; n 4
teaspoon scallion, white only, - shredded 2
tablespoon soy sauce
1 tablespoon chicken stock **
1 pinch pepper, white, ground
1 dash oil, vegetable
1 dash oil, sesame

** See recipe for Chicken Stock.

If fillets are thicker than 1/2 to 5/8 inch, carefully cut in half horizontally (as you would an English muffin). Trim each into a neat 4-inch square.

Cut off tops and bottoms of peppers to leave a band about 2 inches wide; remove seeds and ribs. Cut two 4-inch long rectangular pieces from each. Cut into 1/8-inch julienne, leaving pieces grouped in a neat rectangle. Place salmon on an oiled steamer tray or plate. Use a cleaver or knife blade to transfer pepper rectangles to fish, completely covering each fillet.

Scatter bamboo shoots over the fish, then sprinkle with black beans, ginger and scallions. In small bowl, stir together soy sauce, chicken stock, white pepper, vegetable oil and sesame oil. Pour mixture over.

Steam in covered steamer (making sure that water boils steadily but does not boil away) until just cooked through and opaque, 5 to 8 minutes (timing varies according to thickness of fish). Carefully transfer to serving plate, spoon sauce around and serve immediately.

Swiss Salmon Omelet

1/2 cup smoked salmon; flaked
3 eggs
2 tablespoon milk
1/8 teaspoon pepper
1 tablespoon butter or margarine
1/4 cup swiss cheese; shredded

In small bowl, blend eggs, milk and pepper. In 10-inch skillet, melt margarine over medium heat. Pour eggs into skillet. Cook until eggs are set, about 5 minutes. Sprinkle fish and cheese over one half of the omelet. With spatula, carefully fold other half over filling. Cook until cheese melts, 1-2 minutes.

Serves 2.

(From a recipe in Cleaning & Cooking Fish by Sylvia Bashline)

Teno Salmon

3/4 lb salmon, per person
1 water, butter, salt

Cross cut 1-inch slices from the salmon. I prefer slices about the size ofmy palm but also smaller ones will do. Use toothpicks to bind them into round cutlets.

Pour about 1/4 inch water into a frying pan and bring it to a boil. Add cutlets and simmer until the water has evaporated. Turn cutlets once during cooking.

Add butter, fry lightly on both sides. Add salt to taste and remove toothpicks.

Serve with boiled or mashed potatoes and sliced lemon. (Lemon is not traditional, but...)

NOTES:

* Traditional salmon dish from Lappland -- This is the traditional way to prepare salmon on the river Teno (the northern border river between

Norway and Finland).

: Difficulty: very easy.
: Time: 5 minutes to prepare, 20 minutes to cook.
: Precision: don't let water cover the cutlets.

: Simo Salanne
: Dava Information Systems, Helsinki, Finland :
seismo!mcvax!penet!davasun!sos

Tomato-Seafood Stew

1/2 lb shrimp, shelled
1 cup onion, chopped
2 garlic cloves, minced
1 tablespoon oil, cooking
16 oz tomatoes, cut up, can
8 oz tomatoe sauce, sodium reduce
1 potato, peeled, chopped
1 celery, stalk, chopped
1 green pepper, medium, choppe
1 carrot, medium, shredded
1 teaspoon thyme, dried, crushed
1/4 teaspoon pepper
4 hot sauce, bottled, (dashes)
20 oz whole baby clams,drained,can
2 tablespoon parsley, snipped

* fresh or frozen shrimp

Trout Baked In Wine (Irish)

1 rainbow trout (about 2.5 lb)
2 cup white wine
1 pinch each of herbs*

*Whichever ones you like -- parsley, thyme, herbes de provence....&

Garlic. #

Scale and gut the trout if not cleaned already. You can filet it, or not: it hardly matters. Cut the trout in half the long way and lay in a baking dish. Barely cover with white wine. Add herbs, if you like them, or garlic. Bake at 350 F for half an hour.

Trout Marguery

3 lb tenderloin of trout
3 tablespoon olive oil
1 salt to taste
1 pepper to taste
1 watercress of parsley
----MARGUERY SAUCE----
2 eggs yolks
1 cup butter,melted
1/2 juice of lemon
1 teaspoon flour
1 tablespoon water
1 paprika
20 shrimp,cooked,chopped
1/2 lb crabmeat,cooked
1/2 cup mushrooms,sliced
1/4 cup oyster liquor

1. Place fish in buttered baking dish; rub with olive oil and season with salt and pepper.

2. Bake in preheated 375'F. oven 30 minutes.

3. While trout bakes, prepare sauce.

4. Place baked fish on heated platted; pour sauce over fish and garnish with watercress.

*** MARGUERY SAUCE ***

1. Over hot (not boiling) water in double boiler, beat egg yolks with whisk until fluffy.

2. Very slowly pour melted butter into yolks, whisking until thick.

3. Add lemon juice, flour, water, paprika, shrimp, crabmeat, mushrooms and oyster liquor; heat. Season to taste.

Trout With Horseradish Sauce

2 4-6 oz. trout fillets
1 dry vermouth; or white wine
1 tablespoon dill; minced
1/2 cup sour cream
2 small cucumbers; sliced
1 white horseradish; drained

Bring enough vermouth or wine to rolling boil. Add trout to the raised rack and continue at a rolling boil allowing trout to steam for 9 to 10 minutes. Remove from rack and cool.

Combine sour cream, horseradish and dill weed for dressing. Trout may be served cool or cold with sour cream dressing. Garnish with cucumbers slices, if desired.

Serves 2.

Trout With Roasted Pecans A La Commander's Palace

2 eggs,lightly beaten
1 cup milk
2 teaspoon creole seafood seasoning
1 cup flour,all-purpose
6 trout fillets(6oz ea)
1/2 cup butter,clarified
1/4 cup vegetable oil
1/4 cup margarine
1 lemon wedges
----PECAN BUTTER----
1 cup pecans,shelled
1/4 cup butter,unsalted
1/2 juice of lemon
1 teaspoon worcestershire sauce
----CREOLE MEUNIERE SAUCE----
2 tablespoon vegetable oil
2 tablespoon flour,all-purpose

1 1/2 cup fish stock
1 salt to taste
1 black pepper to taste
1/2 cup butter,unsalted
2 tablespoon worcestershire sauce
1 juice of lemon
1/4 cup parsley,chopped

1. Prepare Pacan Butter and Creole Meuniere Sauce; set aside.

2. Combine eggs and milk, beating until well blended.

3. Combine seafood seasoning and flour on waxed paper or in pie plate; dredge fillets in seasoned flour, coating well on both sides.

4. Dip fillets in egg-milk mixture, then again in seasoned flour.

5. Melt clarified butter in large skillet over medium-high heat.

6. Place fillets carefully in skillet; saute quickly, turning only once, until crisp and golden brown on both sides, about 3 minutes per side.

7. Arrange fillets on warm serving platter or plates.

8. Top each fillet with heaping teaspoon Pecan Butter, coating entire fillet; sprinkle with heaping tablespoon reserved chopped roasted pecans.

*** PECAN BUTTER ***

1. Spread pecans on cookie sheet and roast in preheated 350'F. oven 10 minutes.

2. Coarsely chop half the roasted pecans and reserve for garnish.

3. Put remaining pecans in blender or food processor container.

4. Add butter, lemon juice and Worcestershire sauce; blend until very smooth.

*** CREOLE MEUNIERE SAUCE ***

1. Heat oil in heavy skillet; remove from heat and add flour.

2. Return to heat and cook, stirring, until roux is medium brown in color.

3. Slowly whisk in stock; bring to a boil, stirring constantly, and simmer 45 minutes.

4. Add salt and pepper.

5. Reansfer sauce (there should be about 1 cup) to 2-quart saucepan; bring to a quick boil.

6. Whisk in softened butter and Worcestershire sauce; continue to whisk until butter is absorbed.

7. Add lemon juice and parsley; whisk again briefly and remove from heat.

8. This sauce should be used within 45 minutes from time ir is completed.

NOTE: Recipe is time-consuming but results are well worth the effort.

Tuna And Avocado Salad

2 each large hard-boiled eggs
2 teaspoon louisiana hot sauce
1 cup avocado, mashed
1/2 cup onion, chopped
1 each 6 1/2 oz can tuna (in water)
2 tablespoon mayonnaise (maybe 3 tbs)
2 tablespoon dill relish
1 fresh lemon juice
1 salt to taste

Peel eggs and mash real well with a regular dinner fork (more or less mince them). Peel avocado and squeeze 1/2 lemon on it to keep from discoloring. Then mash real well with fork. Mix these two ingredients real well. Drain water from tuna and mix with onions, eggs, avocado, dill pickles or relish, salt, Louisiana hot sauce, and mayonnaise. Serve over lettuce.

Tuna Shrimp Delight

10 3/4 oz can cream of mushroom soup
8 oz frozen shrimp
8 oz can pitted black olives, drained an; d sliced in hal

9 1/4 oz can chunk tuna, drained
1/4 cup cooking sherry
2 slice white bread, conventionally toasted
10 1/2 oz frozen asparagus spears, defrosted

1. Place first 4 ingredients in a shallow, 1 1/2-quart, heat- resistant, non-metallic casserole. Pour sherry over ingredients and mix gently.
2. Arrange asparagus spears over mixture and heat in Microwave Oven 8 minutes
or until mixture bubbles.
3. Cut conventionally toasted bread into 9 squares per slice. Arrange toastsquares on top of casserole filling during last 30 seconds of cooking time.

Tuna-Casserole Supreme

1/2 cup onion; chopped
1/2 cup green pepper; finely chopped
1 cup celery; chopped
8 tablespoon butter
1 can cheddar cheese soup
1/2 cup milk
8 oz mushrooms; sliced and drained
1 teaspoon salt
1 cup green olives; stuffed
6 1/2 oz tuna; drained and flaked
1 cup corn flakes; crushed
1/2 cup almonds; slivered

Preheat oven to 400 degrees F. In a large saucepan, saute onion, pepper and celery in 4 T butter. Stir in soup and milk, and cook over low heat 10 to 12 minutes. Add mushrooms, salt, pimiento stuffed olives, and tuna. Pour into a 2-quart casserole. Melt 4 T butter; stir in corn flakes and almonds. Spread on top of casserole. Bake, uncovered, 25 minutes

Ukrainian Meat & Fish Stew

1/2 lb ground beef
1/2 lb ground lamb
1/2 lb herring, fresh, cubed,
1 skinned & boned
1/2 cup plain yogurt
4 tablespoon butter
4 each eggs, seperated
1 each garlic clove minced
1 each onion lg. chopped
4 each potatos peeled & boiled
1/2 teaspoon salt
1/2 teaspoon black pepper
2 tablespoon goat cheese <feta> crumbled 3
tablespoon bread crumbs
4 tablespoon carrots shredded

Put 1 qt of milk into a bowl and soak the herring in it 8-12 hours. Pat dry being sure to remove any and all bones. Fry the onions & garlic in 2 T of butter until golden. Pan fry the ground meats and place into a food processor. Add the onion, garlic herring, & potatos. Chop until a smooth mixture is achieved. Stir in the yogurt and the egg yolks. Add the spices. Preheat the oven to 400 degrees F. & butter a large baking dish. Add the shredded carrots at this point. Beat the egg whites until the are fairly stiff but not dry and then add to the mixture. Turn the mixture into the buttered baking dish. Sprinkle with the bread crumbs and goat <Feta> cheese, dot with remaining butter, & then bake for 45 minutes. Serve hot. Origin: Larissa Shelkevskaya, Kiev, Ukraine, circa 1995

Vongole Ripiene (Baked Stuffed Littleneck Clams)

16 clams; littleneck
1 or mussels
1/2 cup bread crumbs
1/2 teaspoon dried oregano
1 tablespoon italian parsley; minced
2 tablespoon parmesan cheese; freshly gra 1
or pecorino
3 tablespoon olive oil; good quality
4 tablespoon dry white wine; or vermouth 1
salt and pepper; freshly gro
1 or hot pepper flakes; to tas

Recipe by: Christmas Memories with Recipes (Edward Giobbi) Inspect the clams and discard any clam that is not completely closed or doe not close when dropped into cold water. Open the clams, loosen each one fr its

shell, and reserve its liquid. Discard the top shells. Place clams on thehalf shell on a baking sheet. Combine the breadcrumbs, oregano, parsley cheese, olive oil, 2 tablespoons of the wine, and salt and pepper to taste,and sprinkle a generous amount of the stuffing over the top of each clam. Sremaining 2 tablespoons of wine into the bottom of the baking sheet. Preheathe broiler for about 5 minutes. Then broil the clams under high heat untithe breadcrumbs begin to brown. Pour the liquid in the baking sheet over tclams and serve immediately.

"Grilled" Glazed Tuna Steaks

1/3 cup dry sherry
1 tablespoon minced gingerroot
1 tablespoon low sodium soy sauce
1 teaspoon honey
1 centiliter garlic minced
1 lb tuna steaks cut into 4
1 pieces

Combine Sherry, Gingerroot, Soy Sauce, Honey & Garlic in A 1 Cup Glass Measure. Microwave Uncovered At High 1 Min. OR Until Mixture Boils. Cool Slightly. Place Tuna in An 11 X 7 X 1 1/2 in. Baking Dish. Pour Marinade Overtuna. Cover & Chill 2 Hours. Remove Tuna From Marinade, Reserving Marinade. Preheat A 10 Inch. Browning Skillet At High For 8 Min. Arrange Tuna On Hot Browning Skillet With Thickest Portions To Theoutside. Microwave Uncovered At High For 2 Min. Turn Steaks Over & Baste With Marinade. Microwave At High For 1 1/2 To 2 Min. Let Stand Covered 2 Min. Serve Immediately With Warm Marinade. (May Also Grill Outdoors.)

Cape Cod Clam & Corn Fritters

2 eggs, well beaten
1/4 cup clam liquid
1/4 cup milk
1 tablespoon oil
1 1/2 cup flour
1 teaspoon baking powder salt to taste
1 cup well-drained kernel corn
1/2 cup well-drained minced clams

Beat eggs; add milk, clam liquid, oil and beat until well blended. Stir in flour, baking powder and salt to taste. Beat until well blended. Add corn and clams. Drop by well-rounded tablespoons into hot oil. Cook until browned on both sides. Drain on paper towels.

Al's Seafood Bisque

2 cup dry white wine
1 bay leaf
1 onion, roughly chopped
1 centiliter garlic
2 ribs celery
1 lobster (1- 1 1/2 lb)
12 medium shrimp in the shell
24 mussels, well scrubbed
12 sea scallops
4 cup heavy whipping cream
1 cup milk
1 teaspoon dried thyme
1 tablespoon minced fresh parsley
1/4 teaspoon dried rosemary
1 cup fresh spinach, chopped
1/2 cup grated carrot
1 salt & pepper to taste
1/2 teaspoon fresh lemon juice

1. Combine the white wine, bay leaf, onion, garlic, and celery in a large stockpot over medium heat. Bring to a boil. Add the lobster, cover the pot and steam for 10 minutes. Remove the lobster.

2. Add the shrimp, cover the pot, and steam for 5 minutes. Remove the shrimp with tongs.

3. Add the mussels, cover the pot and steam until they open, about 5 minutes. Remove the mussels with tongs, extract the meat, and discard the shells. Discard any that do not open.

4. Add 2 cups water to the liquid in the pot, bring to a boil, and then addthe scallops. Cover the pot and steam for 3 minutes. Remove the scallops with tongs.

5. Extract the lobster meat, reserving the shells. Peel and devein the shrimp, reserving the shells. Chop the meats into bite-sized portions; cover and set aside.

6. Return the seafood shells to the pot of broth and add 2 cups water. Bring to a boil, and then reduce the heat and simmer for 30 minutes. Strainthe broth and return to the pan.

7. Bring the broth to a simmer over low heat. Add the cream, milk, thyme, parsley and rosemary and simmer until the mixture thickens slightly, 5 minutes. Add the lobster, shrimp, mussels, and scallops and simmer for 2 minutes. Stir in the spinach and carrots and simmer another 2 minutes just to wilt the spinach. Season with salt and pepper, and stir in the lemon juice. Serve hot.

Serves 6.

Baby Shark Fry

1 each baby shark, 2 to 2-1/2 lbs
1/4 cup tomato, chopped fine
1/4 cup onion, minced
1 teaspoon corn oil
3 tablespoon corn oil
2 tablespoon flour
1 each egg, beaten

Fillet the shark, remove the rather leathery skin, and divide the fish into 4 pieces, or buy shark steaks, ready to cook. Fry the tomato and onion in 1 tsp oil for 3 minutes to prepare a simple sauce. In another skillet, heat 3 Tbs oil over moderate heat. Dip the shark pieces into the flour and then coat them with beaten egg. Brown in the oil for 3 minutes on each side. Drain breifly on a paper towel. Serve warm, pouring the sauce over the pieces.

Baked Clams Casino

2 cup fine soft breadcrumbs
2 teaspoon paprika
2 tablespoon olive oil
1 clove garlic, very finely

1 chopped
3 dozen littleneck clams, on
1 the half shell
9 slice raw bacon
1 lemon, cut into wedges

Heat oven to 350 degrees. Toss together bread crumbs, paprika, olive oil and garlic. Place clams in a flat baking dish. Mount some of the bread crumb mixture on each clam. Cut bacon slices into quarters and place a piece on each clam. Bake 25 minutes, or until bacon is crisp. If desired, the clams may be served on a bed of heated rock salt. Serve with lemon wedges.

Baked Stuffed Fish

1 white fish; enough for 4-6 servings
2 cup soft bread cubes; about 1/2 cubes
1 small onion; chopped fine
1 green pepper; blanched and chopped
8 oz imitation crabmeat
1/4 cup lemon juice
1/2 cup hellmans mayo
1 salt & pepper to taste

Mix all these ingredients together and roll up in fish fillets, securing them with toothpicks. Divide it among four or five good-sized pieces. Bake at 400 for 30 minutes. During last 10 minutes pour newburg sauce over fish.
It's good with flounder, but any white fish will do. I've used large cod and catfish fillets and butterflied them. Just enough so you can roll it up over the stuffing.

Baked Stuffed Fish 2

2 tablespoon butter or margarine
1 medium onion, finely chopped
3/4 cup finely chopped green pepper
3 oz can sliced mushrooms,
1 broiled-in-butter, undrained

1 cup herb seasoned dressing
6 oz pk frozen king crabmeat, defrosted
3/4 cup chicken broth or clam juice
4 (8-ounce) whole trout

1. Lightly grease a shallow, heat-resistant, non-metallic baking dish and set aside. 2. In a medium-sized heat-resistant, non-metallic bowl heat butter in Microwave Oven 30 seconds or until melted. Add chopped onion and green pepper. Heat, uncovered, in Microwave Oven 3 minutes or until onion and pepper are tender. 3. Add mushrooms, seasoned dressing and crabmeat. Toss to gently combine. 4. Add chicken broth or clam juice and stir to combine. Stuff each fish with some of the mixture. 5. Secure openings with string,toothpicks or small metal skewers. 6. place stuffed fish in prepared baking dish. Heat, covered with clear plastic wrap, 10 minutes or until fish flakes easily with a fork. Let fish stand, covered, at room temperature 2 minutes to finish cooking.

Baked Tuna & Noodles

8 oz pkg dry medium-width noodles
1/4 cup butter (4 tbsp)
1/4 cup flour
2 cup milk
2 pkg (3-oz ea) cream cheese
7 oz can of tuna in oil (save oil
1 can peas, drained (optional)
1 can mushroom pieces, drained 1
(optional)
1 salt and pepper to taste
1 plain dry bread crumbs

Cook noodles in salted water; drain. Melt butter in saucepan and blend in flour. Add milk slowly, cooking and stirring constantly. When sauce is thick and smooth, blend in cream cheese and oil from the tuna. Then add cooked noodles, and lastly and tuna (and peas and mushrooms). Season to taste; top with dried bread crumbs. Bake at 375 for 30 minutes.

Barbecued Fish Margarita

1 1/2 lb fish fillets (your choice)
1/3 cup tequila, white or gold
1/2 cup tripple sec
3/4 cup lime juice
1 teaspoon salt
2 1/2 each garlic cloves, crushed
1 tablespoon vegetable oil
3 each tomatoes, medium, diced
1 each onion, finely chopped
1 tablespoon jalapenos, minced
2 tablespoon cilantro, fresh, chopped
1 pinch sugar
1 each pepper

Place fish in a non-aluminum dish large enough to hold it in a single layer. Combine tequila, triple sec, lime juice, salt, garlic, and 2t oil and pour over the fish, rubbing all over. Cover and marinate for 1/2 hour at room temperature or up to 3 hours in the refrigerator, turning occasionally. Just before serving, combine tomatoes, onions, chilies, cilantro, sugar and salt to taste. Heat the grill to VERY hot. Remove fish from marinade, pat dry (reserving marinade) and brush lightly with 1 t oil and grind pepper over the surface. Cook on a greased grill for about 4 minutes per side, or until flesh is opaque. Meanwhile, boil marinade in a saucepan for 2 minutes, remove and discard garlic cloves, and spoon a little over the fish. Spoon the tomato salsa along side and serve.

Blue Trout Luchow

1/4 cup white vinegar
2 tablespoon wine vinegar
1 juice of 1/2 lemon
1 pint water
1/2 teaspoon salt
1/2 bay leaf
1 clove
2 peppercorns
1/4 onion, chopped
1/4 carrot, chopped
1/4 celery heart, chopped
1 lb fish bones and heads
2 fresh brook trout

Combine all the ingredients except the trout and bring to a boil.

Lower the heat and simmer 20 minutes. Strain the mixture through a cheesecloth.
While the liquid is boiling, clean the fish. Do not wash, and handle as little as possible.
Bring the strained liquid to a boil, reduce the heat, add the trout and simmer, uncovered, until the trout turns blue and the fish flakes easily when tested with a fork, seven or eight minutes. Remove from the liquid and serve with boiled potatoes.

Braised Fish -England, 15th Century

2 trout
1/2 cup white wine
1 tablespoon verjuice
1/4 teaspoon ginger
1/4 teaspoon galingale (opt'l)

Grill the fish until brown, then simmer in a chafing dish with the verjuice and the other ingredients until the fish flakes easily and is cooked. Put the fish on a warm serving dish, reduce the cooking liquid by half on a sharp flame and pour over the fish.

Brook Trout Meuniere

6 brook trout
1 milk
1/3 cup flour
1/2 teaspoon salt
1 pepper
1 peanut oil
2/3 cup butter
1 lemon slices
1 chopped parsley

Clean the trout, remove the fins, but leave the head and tails on.
Dip in milk and drain well.
Mix flour, salt, and pepper. Roll fish in mixture.
Heat enough peanut oil in a skillet to cover the bottom to a depth of about 1/4 inch. When hot, add trout and brown well on both sides.

When cooked, remove to a hot serving platter.
Pour off the fat from the skillet and wipe well with paper towels.
Add the butter and cook until it is hazelnut brown. Pour the butter over the trout. Garnish with lemon and parsley.

Catfish Florentine With New Orleans Style

1 step 1
1 lb catfish fillets
1 cup buttermilk
1 tablespoon tabasco sauce
1 step 2
1/2 cup cornmeal, white -- or
1 yellow
1/2 cup flour
1 teaspoon cajun seasoning --
1 commercially blended
1/4 cup vegetable oil
1 step 3
1 medium onion -- finely diced
1/4 cup olive oil
1 cup chopped spinach
2 tablespoon fresh lemon juice
1 dash worcestershire sauce
1 dash freshly ground black pepper
1 teaspoon minced garlic
1/4 cup white wine

[1] Marinate catfish in buttermilk and tabasco sauce for 1 hour (in refrigerator).

[2] Dredge fish in mixture of cornmeal, flour and cajun spice blend. Let rest about 5 minutes. Fry fish in oil for 2 to 3 minutes per side. Set aside and keep warm.

[3] For the sauce, saute onion in olive oil until soft; add fresh chopped spinach, lemon juice, worcestershire sauce, black pepper, grlic, and wine. Cover and simmer 2 to 3 minutes. Serve over fish fillets. Makes 4 servings at 500 cals each (guessing at % refuse of buttermilk and breading).

Chilean Sea Bass With Garlic

4 tablespoon unsalt butter -- at room
1 temperature
4 teaspoon fresh basil -- finely
1 chopped
2 cloves garlic -- pressed
2 tablespoon fresh lemon juice
4 red-skinned potatoes
8 baby carrots
1 1/2 lb fresh boneless chilean sea
1 bass fillets -- (not frozen)
8 slender asparagus spears

Preheat the oven to 425=B0. In a small bowl, beat the butter, basil, garlic and lemon juice until well combined. Set aside. Parboil the potatoes and baby carrots for 5 minutes. Drain. Divide the fillets into
4 equal portions.

Place the fillets in abuttered 9x13" pan, or an attractive gratin dish with the same volumn. Arrange the vegetabes over the fish in an appealing pattern. Top each fish portion with one-fourth of the butter-garlic mixture. Ciover tightly with aluminum foil. Bake for 20-30 minutes or until the fish flakes easily with a fork. Serve immediately.

Citrus Scallops

1 1/2 lb sea scallops
2 tablespoon lemon juice
1 tablespoon chopped fresh parsley
1 teaspoon grated orange rind
1/2 teaspoon salt
1/8 teaspoon pepper
2 garlic cloves, minced
1 tablespoon olive oil
1 tablespoon chopped fresh parsley

1. Combine first 7 ingredients in a large bowl, stirring well to coat. Chill 5 minutes.

2. Heat oil in a large nonstick skillet over medium-highheat. Add scallop mixture; saute 4 minutes or until scallops are done. Top with

1 tablespoon parsley.

You can serve these scallops over soba noodles.

Citrus Shrimp & Scallops

1/2 lb fresh or frozen scallops
1 teaspoon finely shredded orange peel
1/2 cup orange juice
2 tablespoon soy sauce
1 teaspoon grated gingerroot
1 clove garlic, minced
1/4 teaspoon ground red pepper
12 fresh or frozen pea pods
1 orange, cut in 8 wedges

12 fresh or frozen large Shrimp, peeled and deveined (about 1/2 lb total) Halve any large scallops. Place scallops and shrimp in a plastic bag set in a deep bowl. For marinade, combine orange peel, orange juice, soy sauce, gingeroot, garlic, and red pepper. Pour over seafood. Seal bag. Marinate in the refrigerator 30 minutes. Drain, reserving marinade.
If using fresh pea pods, cook in boiling water about 2 minutes; drain. Or, thaw and drain frozen pea pods.
Wrap 1 pea pod around each shrimp. Thread pea pods and shrimp onto four 10-12" skewers alternately with scallops and orange wedges. Grill kabobs on an uncovered grill directly over medium-hot coals for 5 minutes. Turn and brush with marinade. Grill 5-7 minutes more or till shrimp turn pink and scallops are opaque. Brush occasionally with marinade. Broiler Directions: Place kabobs on the unheated rack of a broiler pan. Broil 4" from the heat for 4 minutes. Turn and broil 4-6 minutes more or till shrimp turn pink and scallops are opaque. Brush occasionally with marinade.

Clam Casserole 2

20 crackers crushed
1 can clams & juice
1 cup milk

1/4 cup melted margarine
1 onion chopped
2 eggs

mix all ingredients to-gether and let sit for 5-10 minutes. Pour into greased casserole and bake for 35 -
45 minutes. Oven 350 F.

Clams Posilipo

1 tablespoon olive oil
3 large garlic cloves, minced
1/2 cup canned crushed tomatoes with added; puree
1/2 cup fish stock or bottled clam juice
1 teaspoon dried oregano, crumbled
36 littleneck clams, scrubbed
1 minced fresh parsley

Heat oil in heavy large skillet over medium heat. Add garlic and saute 1 minute. Add crushed tomatoes, fish stock, and oregano; bring to boil. Add clams, cover and cook until clams open, about 7 minutes. Discard any clams that do not open. Divide clams and sauce among bowls. Sprinkle with parsley and serve immediately. Note: original recipe called for 1/4 cup olive oil. Cutting back doesn't affect taste, just nutritional value.

Crabcakes

1 lb crabmeat
1 egg, beaten
1 tablespoon parsley, finely chopped
1 teaspoon prepared mustard
1/4 teaspoon white pepper
1/2 cup breadcrumbs
5 tablespoon mayonnaise
2 teaspoon worcestershire sauce
1 teaspoon salt

Remove cartilage form crabmeat. Mix breadcrumbs, egg, mayonnaise,

parsley, Worcestershire sauce, mustard, salt and white pepper together well. Pour mixture over crabmeat and fold in lightly but thoroughly. Form into six cakes and deep fry at 350 F until golden brown.

Crabcakes 2

1/2 cup scallions tops,chopped
2 tablespoon parsley, chopped
2 tablespoon non-fat yogurt
1 tablespoon lemonjuice
1 tablespoon fat-free majonnaise
1 teaspoon worshestershire sauce
1/2 teaspoon paprika
1/4 teaspoon red pepper
1/4 teaspoon dry mustard
1 lb lump crab meat
1 1/4 cup breadcrumbs, fresh

1. In a large bowl, combine the scallions, parsley, yogurt lemon juice, majonnaise, worshestershire, paprika, pepper and mustard. 2. Remove any shell or cartilage from the crab. 3. Add the crab and 1/4 cup of the breadcrumbs to the bowl. 4. Lightly toss with two forks or hands to coat the crab, being careful not to break the pieces. 5. Form 8 patties; coat them with the reminding bread crumbs, pressing the crumbs in place. 6. Place on a plate lined with waxed paper. 7. Refridgerate for 30 minutes or more. 8. Coat a baking sheet with non-stick spray. Place the patties on the sheet and bake at 350 F until cakes are golden, about 10-15 min.

Crabmeat Yvonne

1 1/2 lb fresh crab meat
4 each cooked arichokehearts,sliced
1/2 cup fresh mushrooms,sliced
4 tablespoon butter

Saute' all ingredients for five min.

Crawfish Etouffee 2

6 tablespoon butter
2 cup onions -- chopped
2 medium cloves garlic -- chopped
1 fine
2 tablespoon bell pepper -- chopped
2 tablespoon parsley -- minced or
1 teaspoon parsley flakes (dried)
1/4 cup celery -- chopped
2 tablespoon green onion tops -- chopped
2 1/2 cup crawfish meat or
1 lb crawfish meat
1/4 cup crawfish fat (optional)
1 1/4 teaspoon salt
1/4 teaspoon black pepper
1/4 teaspoon red pepper

Melt butter in iron skillet or heavy pot. Saute onions, garlic, green pepper and celery until onions are clear. Add 1/8 c. water and simmer covered until vegs. are tender, abt. 15 min. Add crawfish fat and cook covered for 15 min. on very lo heat. Stir occasionally. Add tails and other seasonings. Cook 15 min. Add green onion tops and parsley and cook 5 minutes for seasoning to blend. Serve with hot steamed rice.

Serves 4-5

Crawfish Risotto

1 1/2 cup crayfish meat (or lobster as a sub; s, titute) 1
cup long rice (long grain)
4 oz bacon
1 1/2 cup white sauce
18 oysters, beaded
1/2 teaspoon salt
2 tablespoon dry sherry
1/2 doz tomatoes, halved
3 lemons, sliced
1 parsley

1. Cut the bacon up and fry. Keep hot in oven

2. Use a little of the bacon fat to fry the rice. Stir the rice as it is frying and fry until brown.

3. Add four cups of boiling water and the salt and cook the rice until it is tender. Drain away the water and keep the rice hot in the oven.

4. Make a white sauce and add the sherry. Then mix in the crayfish and oysters and add salt and pepper to taste.

5. Serve on a large plate with the crayfish in the middle and the tomato and lemon slices interspersed with parsley around the edge. Serves 4

Creamed Tuna

1/4 cup butter or margarine
1/4 cup flour
1/2 teaspoon salt
1/4 teaspoon pepper
2 cup milk
1 can tuna fish (drained)

1. To make white sauce; melt butter, blend in flour, salt and pepper. Mix until smooth. Gradually stir in milk and heat while stirring constantly. Heat until mixture boils and thickens.

2. To sauce add drained tuna fish. Stir until well mixed and thoroughly heated. Serve over mashed potatoes, rice, toast, etc, with vegetables if desired.

Makes approximately 2 1/2 cups.

David Hagedorn's Sea Scallops

20 large fresh sea scallops
1/4 cup flour
3 teaspoon unsalted butter
1/4 cup white wine
1 shrimp butter (recipe follows)
20 snow pea pods cut diagonally in ha; l, f, lengthwise 1
red pepper, julienned
1 yellow pepper, julienned
1 green pepper, julienned
1 jicama, peeled and cut into julienn; e
1/4 cup parsley, chopped
1 bunch scallions
----SHRIMP BUTTER----
6 medium shrimp, cooked, peeled and deveined
1/4 teaspoon old bay seasoning
1/4 teaspoon paprika
1 clove garlic
1 stick butter

Combine all Shrimp Butter ingredients and process until smooth. Refrigerate until ready to use.

Flour the scallops lightly and saute in the butter until brown on both sides. Deglaze the pan with the wine and the shrimp butter. Toss the vegetables in the pan and cover to steam vegetables slightly. (they should be barely al dente.) Divide the scallops among dinner plates, piled loosely. place the vegetables free-form over the scallops. Cut the scallions on the bias into 3" strips and garnish the scallops with a sprinkling of parsley and scallions.

Deviled Oysters II

36 oysters, large
1 tablespoon parsley, minced
1/2 pint cream
1 tablespoon butter
2 egg yolks
1 teaspoon thyme, minced
1 teaspoon mace
1 bay leaf
1 salt & pepper to taste

Drain oysters and chop finely. Rub butter and flour into smooth paste. Add cream. Bring to a boil, then remove from fire and add well-beaten eggs and seasonings. Stir in the oysters. Fill cleaned

oyster shells with mixture, top with crumbs and butter and brown in a baking pan in a quick oven for approximately five minutes, until brown.

Emerald Seafood Salad

1/2 lb scallops; washed well
1/2 cup dry white wine
1/4 cup water
1 sprig parsley
1/2 bay leaf
1/4 teaspoon dried thyme leaves
2 peppercorns
1/2 lb shrimp; cooked
1 large red apple; skinned, cored, and dice
1/2 small sweet red onion; thinly slid
2 large kiwi fruits; peel, sliced
1/2 cup walnut halves
1 bunch spinach; wash, trim
----VINAIGRETTE DRESSING----
3 tablespoon olive oil
1 tablespoon lemon juice
1/8 teaspoon salt
1/8 teaspoon pepper

Place scallops in saucepan with wine and water. Put parsley, bay leaf, thyme and peppercorns in cheesecloth and tie together. Add to scallops in saucepan. Poach scallops gently over low heat for 5 minutes. Remove scallops. Allow to cool. Combine scallops with shrimp, apple, onion, kiwi fruit and walnuts. Combine dressing ingredients in a screw top jar. Shake to mix. Pour salad dressing over salad. Toss well. Serve over a bed of spinach. Serve with fresh French bread.

Fish Chowder II

1 cup diced potatoes
1 cup boiling water
3/4 lb fish fillets, cubed

1/2 teaspoon salt
1/8 teaspoon pepper
2 tablespoon parsley, chopped
3 slice bacon
1 medium onion, chopped
1 cup milk

Place potatoes in Dutch oven with boiling water, cover and cook 10-15 minutes. Fry bacon until transparent, add onion and cook until onion is soft and bacon is lightly browned. Add bacon, onion, bacon drippings and fish fillets to potatoes. Simmer 10 minutes or until potatoes and fish are done. Stir in milk, salt and pepper. Simmer 5 minutes. Sprinkle with parsley.

Yield: 2-3 servings

Fish Nuggetts

----DRENCH----
1 med. egg
1 cup milk
1 teaspoon salt
1/2 teaspoon ground cayenne pepper
----DREDGE----
1/2 cup corn flour (not corn meal)
1/2 cup flour
1/2 teaspoon ground cayenne pepper
2 teaspoon salt or to taste
1/4 teaspoon garlic powder
1/2 teaspoon onion powder
2 lb fish fillets, cubed 1 inch
1 quart oil for frying

Preheat oil to 350 F. In med. size bowl, beat egg, milk, salt, and pepper together. In another med. size bowl, combine all dry ingreds. Dip nuggetsinto drench mix.,drain and coat well in dredge. Carefully place few nuggetsat a time into hot oil. Fish will float when golden brown and done. Abt 2 min.

Best to use elec fryer with basket.

Drain onto paper towells, serve right now with tartar or coctail sauce.

Fish Saute In Coconut Milk

1 lb whole sea bass,
1 red snapper, mackerel or sim
1 cup rich coconut milk (see below
1/2 teaspoon salt, or to taste
1/2 teaspoon freshly ground black pepper
1/4 cup sweet green pepper, sliced t
1/4 cup tomato, sliced
1/4 cup celery, chopped

Score the whole fish 3 times diagonally on each side. Bring the coconut milk to a boil in a skillet over moderate heat. Add the fish and baste for 3 minutes. Then add the salt, black pepper, sweet green pepper, tomato and celery. Continue to baste for 5 minutes. Simmer the fish in an uncovered skillet over low heat, turning the fish over once, for 10 minutes. Serve warm.

Fish Straight From The River - Oz

1 each fish
1 salt and pepper to taste
1 each lemon

Light fire to get coals. Catch fish and pack mud all around it. Don't clean or scale fish, place it whole. Sit mud packed fish on coals and cover completly. Go back fishing for about 3 hours. Take fish out of fire and gently take away mud away from fish. In doing this the scales and skin will stay on the mud. Add salt,pepper, and lemon as desired. REMEMBER: Do not pack mud too thick. Cover completly with coals.

Fisherman's Catch

105 gm canned alaska salmon (pink or red)
50 gm cucumber; peeled and diced
50 gm cream cheese
8 slice bread cut into 8 fish shapes
1 cucumber slices for garnish

Drain the can of salmon and flake the fish. Set aside.

Mix together the cucumber and the cheese. Spread a layer of this onto four of the bread fish shapes. Top with a layer of salmon flakes. Add second fish shape and decorate with cucumber slices arranged as scales.

Fried Sun-Dried Fish

4 sun-dried mackerel steaks cut from; sun-dried fish 3 tablespoon oil
2 thinly sliced shallots
1 tablespoon chopped green thai chili peppers 2 tablespoon fresh lime juice

The South is known for its abundance of seafood and supplies much of the seafood of Thailand. This is one of the many easy but delicious recipes for simply prepared fish. Sun-dried mackerel is available already prepared, but its flavor may be too strong for Western palates. Other fish may be substituted if desired.

Gefilte Fish With Beet Preserves

----POACHING LIQUID----
8 cup fish broth
1 large onion, thinly sliced
1 large carrot, sliced
1 bay leaf
----GEFILTE FISH----
1 lb pike fillet, diced & chilled
1 lb whitefish fillet,diced/chill
1 large onion, grated
6 egg whites, chilled

2 teaspoon salt
1/2 teaspoon finely ground white pepper
1/4 cup ice water
1/2 cup matzo meal
----BEET PRESERVES----
1 cup grated peeled raw beets
1/4 cup cider vinegar
1/4 cup small onion, grated
1/4 teaspoon ground pepper
----FRESH HORSERADISH----
6 inch-piece horseradish root,
1 peeled, cut into 3/4pieces
1/2 cup water
1 teaspoon salt
1 tablespoon cider vinegar

Serves 8 as a first course.

To make the poaching liquid: ~~~~~~~~~~~~~~~~~~~~~~~~~~~~ Combine all
the poaching liquid ingredients in a large pot. Bring to a gentle simmer over medium-low heat. Simmer for 10-15 minutes.

To make the gefilte fish: ~~~~~~~~~~~~~~~~~~~~ Combine all the gefilte fish ingredients in a food processor; process for 15 seconds. Use a small serving spoon to scrape out a spoonful of the mixture against the side of the bowl.

Using another small serving spoon, shape the gefilte fish into a dumpling by gently pushing the mixture off the other spoon and dropping it gently into the summering poaching liquid. Continue until all of the fish mixture has been made into dumplings.

Cook the gefilte fish until all the dumplings float to the liquid's surface, about 10-12 minutes. Remove the pan from heat and let the dumplings cool in their poaching liquid for 30 minutes at room temperature.

Refrigerate until the broth has jelled, about 4 hours or overnight.

Using a slotted spoon, carefully remove the dumplings from the jelled broth and place on chilled plates. Serve with beet preserves, fresh horseradish, julienned green onion and carrot.

BEET PRESERVES:

Combine all of the ingredients in a small pan and simmer gently over medium heat for about 15-20 minutes, or until all the liquid has been absorbed. Chill well before serving.

Makes 1/2 cup

FRESH HORSERADISH: Prepare at least one day in advance so its flavor

has time to develop.

Grate the horseradish with the water in a blender until very finely shredded. Scrape down the blender's sides with a rubber spatula. Strain off any excess liquid and transfer the horseradish to a bowl. Add the salt and vinegar; stir to combine. Place in a clean jar, cover, and refrigerate overnight. Serve cold.

Makes about 1/2 cup.

Note: To make horseradish in a food processor, fit the processor with the fine grating disc. Peel and cut the horseradish so that it will fit through the feed tube. Grate the horseradish in the processor and transfer it to a bowl. Add the salt and vinegar. The water may be omitted using this technique.

Store in a covered container in the refrigerator for up to three days.

Gower Oyster Soup

2 lb scrag end of mutton	salt and black pepper
2 oz pearl barley	pinch of mace
l medium-sized onion	1 1/2 oz flour
l medium-sized carrot	4 dozen bearded oysters
1 medium-sized turnip	2 oz butter

Wash the meat and cut off excess fat. Place in a saucepan and add 3 pints of water. Bring the boil and skim off any fat on the surface of the liquor and Wash the barley, peel and dice the onion' carrot and turnip. Add the barley and vegetables to the pan Add salt and pepper to taste. Cover and simmer for 2 1/2-3 hours. Melt the butter in a pan and rub it into the flour using a wooden spoon. Poor the mutton broth on to this, stirring all the time. Simmer for 10 minutes. Serve with the oysters, opened and on the bottom shell.

Grilled Beet & Smoked Trout Salad With Chives

2 large red beets
3 cup rice vinegar
4 cup water
2 tablespoon mustard seeds
1 tablespoon anise seed
1/4 cup sugar
1 tablespoon cumin seed
4 oz grape seed oil
1 bunch fresh chives
1 salt to taste
1 oz lemon juice
12 oz whole smoked rainbow trout
----FOR GARNISH----
4 small bunches of baby leaf lettuce
1 zest of 1 lemon

Peel the beets and slice into 1/4 inch thick rounds. In a nonreactive pot combine the venegar, seeds, and sugar. Bring to a boil and reduce by half. Add the water and bring back to a boil. Add beets and cook until done but still firm. Remove from heat and let beets cool in liquid. (The beets can be done a week ahead.)

To make the lemon vinegar: Combine 2 ounces of the strained cooking liquid from the beets with the lemon juice. If necessary, remove the bones from the trout. Bones can be easily removed by taking out the backbone, and the pin bones for the most part will come with it. Peel skin off the fillets. Flake the fish gently into small pieces about the size of lump crab meat. Store the fish in the refrigerator or until ready to serve.

To make the chive oil: Combine the chives with the grape seed oil in a blender. Puree until smooth; season with salt.

To assemble the salad: Remove the beets from the liquid and cook on a grill or in a skillet until warmed. Place three slices of beet onto each plate. Drizzle about 1 T chive oil around beets; do the same with the lemon vinegar. Divide the trout into equal portions and place a small pile of trout on top of the beets. Finish salads by placing one small bunch of baby lettuce in the center of each plate and sprinkling with lemon zest.

Grilled Rosemary Swordfish

2 teaspoon finely chopped fresh or dried rosem; ary 2
teaspoon grated lemon rind

3 garlic cloves, pressed
4 swordfish (1-inch-thick) steaks
2 tablespoon olive oil
2 tablespoon lemon juice
1/2 teaspoon pepper
----GARNISHES----
1 lemon wedges, fresh rosemary sprig; s

Combine first 3 ingredients. Place swordfish in an 11- x 7-inch baking dish; press rosemary mixture evenly on top of each steak. Combine olive oil, lemon juice, and pepper; pour over swordfish. Cover and chill 1 hour.

Coat food rack with vegetable cooking spray; place on grill over medium-high heat (350F to 400F). Remove swordfish steaks from marinade, discarding marinade, and place on food rack. Grill swordfish steaks, covered with grill lid, about 6 minutes on each side or until done. Garnish, if desired.

(Tuna is a good substitute for swordfish because of its firm texture. It will not flake with a fork, but check for doneness after 4 minutes)

Grilled Soft Shell Crabs With Braised Scallions

1/2 lb broccoli rabe, blanched, --
: refreshed and left whole
3 TB extra virgin olive oil --
: plus 1/4 cup
24 scallions or spring onions,
: root end trimmed
1/2 c sweet vermouth
1/4 c sundried tomatoes, soaked 10
: minutes -- in 1/2 cup=
: boili
2 TB balsamic vinegar
1 TB capers
12 prime or small soft shell
: crabs

Preheat grill.

Remove florets from broccoli rabe and cut stems and leaves into 1-inch pieces. In a 10-inch to 12-inch saute pan, heat 3 tablespoons extra virgin olive oil until just smoking. Toss scallions and cook 2 minutes, stirring often until just wilted. Add broccoli rabe and sweet vermouth and continue cooking 2 to 3 minutes, until scallions

are quite soft. Season with salt and pepper. Set aside and allow to cool to room temperature. In a blender, add sundried tomatoes, soaking water, balsamic vinegar, capers and 1/4 cup extra virgin olive oil and blend until smooth, about 1 minute. Remove from blender and set aside.

Clean soft shell crabs by cutting off face and removing. Season with black pepper and throw onto grill. Cook until crisp and bright red (about 5 minutes each side). Meanwhile, divide rabe/scallion mixture among 4 plates. Place 3 crabs on each plate, drip 2 tablespoons tomato pesto around crabs and serve immediately.

Yield: 4 servings

Hawaiian Crab Cakes

2 tablespoon oil
1 1/2 cup finely chopped onion
2 each garlic cloves; minced
3/4 cup chopped tomatoes
1 1/2 teaspoon salt
1/2 teaspoon pepper
1 lb crab meat
1/4 cup flaked coconut
1 each egg yolk; beaten
1/4 lb butter

Heat oil in skillet.Saute onions and garlic 5 mins.Add the tomatoes,salt and pepper and cook over low heat 5 mins. Cool 10 mins. Flake the crab meat,stir in the onion mixture,coconut,and egg yolk. Shape into 12 patties for a meal or into smaller cakes or balls for hor d ' oeurves.Saute in butter until lightly browned on both sides.

Healthy Choice Crab Dip

1/2 cup nonfat yogurt -- or sour
1 cream
2 tablespoon fat free mayo

8 oz fat free cream cheese --
1 softened
1 teaspoon prepared horseradish
1/2 teaspoon dry mustard
1/2 teaspoon worcestershire sauce
1/2 teaspoon hot pepper sauce
1 cup fat free chedder cheese
1/2 lb imitation crab -- flaked
1 paprika

Combine yogurt, mayo, cream cheese, and seasonings. Mix well. Then, stir in cheddar cheese and crab. Cover and chill for 2 hours.
Sprinkle with Paprika. Serve with crackers, bread sticks or veggies.
I like to serve it warm!! So heat in oven or microwave until cheese is melted

Hot Crab With Vegetables

6 each medium tomatoes; skin/peel
1 cup evaporated skim milk
2 tablespoon margerine
2 tablespoon lemon juice
1/8 teaspoon nutmeg
1/4 teaspoon salt
1/2 teaspoon pepper
16 oz imitation crab
1/4 lb mushrooms
1/2 cup frozen peas
1/2 cup spiral vegetable pasta
1/4 cup parmesan cheese

Cook tomatoes for 5 min. Add milk and margarine, and cook for 10 minutes. Add next four ingredients. Stir in crabl and remove from heat. Meanwhile, steam mushrooms and peas. Cook pasta for 8 minutes in boiling water; drain. Mix crab sauce with pasta and vegetables in large serving bowl. Sprinkle with cheese and serve.

Hot Grilled Trout

1/4 cup fresh lemon juice
2 tablespoon melted butter or margarine
2 tablespoon vegetable oil
2 tablespoon chopped fresh parsley 2
tablespoon sesame seeds
1 tablespoon tabasco pepper sauce 1
teaspoon grated fresh ginger
1/2 teaspoon salt
4 whole brook trout, cleaned about 1; pound each

Charcoal-grilled fish takes on a new level of flavor when marinated in this wonderful sauce, intensified by a full tablespoon of Tabasco sauce. ~----------

Hot Salmon Puffs

----SALMON PUFFS----
15 1/2 oz salmon, pink, canned
1 cup water
1/2 cup butter
12 drop hot sauce
1/4 teaspoon salt
1 cup flour
4 eggs
2 tablespoon chives, minced
----HORSERADISH SAUCE----
1 cup sour cream
1 tablespoon horseradish
2 tablespoon lemon juice
1/2 teaspoon sugar
1/4 teaspoon salt
1/4 teaspoon fresh grated lemon peel
1 dash white pepper

Drain salmon, remove the skin and bones, if desired. In a pan, combine water, butter, hot sauce and the salt. Bring to a full boil over high heat. Add flour all at once. Stir and cook over medium heat for about 3 minutes, until mixture leaves sides of the pan and thickens. Remove form heat and beat in 4 eggs, 1 at a time, until mixture is smooth and shiny. Add chives and salmon. Stir until blended. Cool 15 minutes. Heat 3 inches oil in skillet to 370 . Drop level teaspoons of salmon mixture nto hot oil. Fry, turning occasionally, until golden about 3 minutes. Drain.
Keep warm in 200 oven until serving time.

Puffs may be done ahead anf frozen. Tahw and reheat in microwave or

in
300 oven until hot.

Serve with sauce.

SAUCE:

Combine all ingredients. Chill at least one hour hour before serving.

Oyster Corn Chowder

1 cup orzo pasta; cooked per pkg.
3 cup clear chicken broth
1/4 cup parsley; minced, fresh
1/2 cup leeks; chopped
1/4 cup prosciutto; minced
1 salt and white pepper, to taste
1 1/2 cup corn; fresh or frozen
2 tablespoon butter; unsalted
2 1/2 cup light cream (optional)
1 pint maryland oysters with their liquor

Cook the orzo according to the directions on the package and set aside.
Place the chicken broth, parsley, leeks, prosciutto, salt and pepper in a large sauce pan. Simmer until the leeks are tender, or about 2 minutes. Add the corn, butter, cream and oysters with their liquor. Simmer for 3 to 5 minutes longer and add the cooked orzo. Stir and serve immediately.
Toast corn in a dry skillet to toast and brown, remove from pan.
Use barley, or rice rather that Orzo.
Use Onions as a substitute for the leeks. Use Vidalias if possible.
Replace oysters with shrimp, scallops, shark, octopus rings, or any firm fish...

Oyster Loaf

1 french bread, 12 long
1/3 cup melted butter

1 pint shucked oysters, drained
1 tabasco sauce
1 hot heavy cream (optional)

Preheat oven to 425 oF. Cut off the top of the bread lengthwise, scoop out most of the bread of the bottom half, leaving a shell about 3/4" thick. Brush the inside of the bottom and the cut side of the top with melted butter. Put the loaf and "lid," cut sides up, on an ungreased baking sheet, bake until toasted golden brown, about 20 minutes (the lid will be done first; check that it does not overcook). Meanwhile, saut, the oysters in hot butter until plump. Add salt, pepper, a dash of Tabasco, and, if desired, a little hot cream. Fill the loaf with the hot fried oysters and put the lid on top. Heat for 10 minutes or until ready to serve. Cut in thick slices if the loaf is long. NOTE: Individual rolls can also be used: allow about 3 oysters for each one. The amount of oysters required for this recipe varies according to the size of the oysters and the size of the loaf of bread. In any case, the bread "basket" should be filled to the top with oysters.

Quick Clam Chowder

2 each potato; pared and diced
1 cup leek; washed and sliced or
1/2 cup celery; sliced
1/2 cup carrot; sliced
2 teaspoon margarine; diet
2 cup tomato; low sodium - canned
1/4 teaspoon thyme
1 each littleneck clams; rinsed

In 4 qt microwave casserole, combine potato, leeks or onions, celery,carrot, and margarine;cover with plastic wrap and zap on high for 6 min, until potato is softened. Add tomatoes with liquid and thyme,recover with plastic wrap and zap again on high for 5 min until potato is soft and mixture is thoroughly heated. Arrange clams hinge side out and cover again...Zap 3 min turn... Zap 3 min.Let stand 5 min and serve.

Seafood Spread

1 8 oz pkg louis kemp flaked i
2 8 oz pkgs cream cheese; soft
2 tablespoon onion; finely chopped
1 tablespoon prepared horseradish
1/2 tablespoon worcestershire sauce
5 drop hot pepper sauce
1/2 cup walnuts; chopped
1 paprika

Beat the cream cheese 1-2 minutes with an electric mixer until creamy. Blend in remaining ingredients except the nuts and paprika. Spread mixture into a pie plate. Top with walnuts and garnish with sprinkled paprika. Bake uncovered a t 375 F for 20 minutes or until golden brown.

Makes about 3 cups of spread.

Trout

4 trout; butterflied
12 figs; (never used them)
1 cup sherry; dry(not cooking)
3 tablespoon vinegar; (sherry or mild)
1 tablespoon maple syrup; or honey
1 tablespoon dijon
1 salt & pepper; to taste

Put 1st three ingredients in a non-reactive pan. Simmer for about 10 minutes. I skipped this step as I didn't use figs. I just simmered and then wisked in the honey and mustard. Reduce by half. Brush on butterflied trout and broil. We've done it on the grill too. Don't cook it to long. I f you use the figs, take them out after you steep them for about a half hour. Put them back in AFTER the reduction, enjoy,

Additional Products

Master Resale Rights
Resell Rights Weekly
Rebrandable Products
Home Business Starter Kit
PLR Gold Monthly
Internet Sales Machine
Platinum Resell Rights