

SEAFOOD DELIGHT RECIPES

(Nothing fishy about these delightful recipes)



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ACADIAN PEPPERED SHRIMP

Ingredients:

1 pound butter
2 teaspoons Fresh basil, chopped
2 teaspoons Fresh oregano, chopped
1 Bay leaf, crumbled
1 x Salt
1/2 cups Lemon juice
2 teaspoons Cayenne pepper
5 Garlic cloves, minced
1/2 cups Black pepper, finely ground
4 pounds large raw shrimp in shells

Instructions:

The shrimp should be of a size to number 30-35 per pound. Melt the Butter in a large deep-sided frying pan or iron skillet over low heat. When melted, raise the heat, and add the remaining ingredients except the shrimp. Cook, stirring often, until browned to a rich mahogany color, about 10 minutes. Add the shrimp, stirring and turning to coat well with the seasoned Butter. Cook until the shrimp have turned a rich deep pink, about 10 minutes. Serve the shrimp in their shells, peeling them at the table.

ACALHAU A BRAS

Ingredients:

1.50 pounds bacalhau (dry weight)
1.50 pounds potatoes
1.50 cups olive oil
2.00 garlic cloves, peeled
8.00 eggs
salt and pepper
fresh parsley, chopped
olive oil
tomatoes
lettuce
black olives

Instructions:

Soak the codfish at least overnight, longer if possible. Carefully remove bones and pieces of skin. Peel and cut the potatoes in long, thick matchsticks. Heat the olive oil in a large skillet, add the garlic cloves and fry till golden. Discard the garlic. Stir-fry the flaked cod. Add the potato sticks, previously lightly fried in another skillet. Season with salt and pepper. Let cook for a while over a low fire and meanwhile beat the eggs in a bowl. Scramble over the cod and potatoes and let cook till everything is set together, sprinkle with the chopped parsley, decorate with black olives, and serve surrounded by lettuce leaves and tomato slices.

ADMIRAL'S FRIED CATFISH

Ingredients:

4 pieces filet catfish

salt to taste
pepper to taste
1-cup buttermilk
1-cup milk
2-large eggs
1-pound yellow cornmeal
2-cup canola oil
4 lemon wedges

Instructions:

Rinse pieces of filet catfish quickly in cold water. Pat dry. Season fish with, salt and pepper. Combine buttermilk, milk, and eggs. Beat ingredients well. Add salt and pepper to cornmeal. Heat oil in iron skillet about 350. Dip fish in egg wash and then in cornmeal. Pan fry fish in hot oil until golden brown drain oil from fish on paper towel, or brown paper bag. Garnish with lemon wedges before serving.

AHI TUNA PARFAIT WITH WASABI TOBIKO VINAIGRETTE

Ingredients:

4 ounces ahi tuna finely diced
2 dashes hot pepper sauce
1 tablespoon finely-chopped chives
1 teaspoon olive oil
salt to taste
freshly-ground black pepper to taste
4 ounces wasabi tobiko
2 ounces osetra caviar
1 tablespoon Unsweetened whipped cream per serving Wasabi Tobiko Vinaigrette

Instructions:

In a chilled bowl, mix tuna, hot pepper sauce, chives, olive oil, salt and pepper together. Using a PVC mold or empty can, build a parfait alternating layers with tuna and tobiko, then tuna and caviar. Top with whipped cream and garnish with chive points. Drizzle plate with Wasabi Tobiko Vinaigrette.

AIRTIGHT GRILLED SHRIMP WITH PASTA PESTO SALAD

Ingredients:

1/3 pound linguine
8 extra-large shrimp, shelled, deviened
1 green pepper; chopped
1 red bell pepper; chopped
1/2 lemon, for juice
olive oil
for pesto:
1 1/2 bunches fresh basil
1/2 clove garlic halved
1/2 lemon for juice
3 1/2 tablespoons olive oil
2 1/2 tablespoons pine nuts toasted
4 teaspoons fresh parmesan grated

white pepper to taste

Instructions:

First prepare pesto: Puree basil, garlic, and lemon juice in food processor. With machine running, gradually add olive oil, then pine nuts. Stir in Parmesan and season to taste with white pepper. Cook linguine until al dente. Drain in a colander and rinse with cold water. Chill pasta in large bowl. Add pesto, peppers, and lemon juice and toss. Transfer to serving plates. Rub shrimp lightly with olive oil. Thread on a skewer and grill or broil until pink, about 3 to 5 minutes. Top pasta with 4 shrimp per serving.

ALDO'S CRAB COCKTAIL

Ingredients:

2 cups canned crabmeat picked over
1 tablespoon seasoned mayonnaise
2 juice of limes
salt to taste
coarsely ground black pepper
1 teaspoon fresh tarragon leaves chopped
1 teaspoon parsley

Instructions:

Mix crabmeat with just enough mayonnaise to moisten. Add lime juice, salt and a generous grinding of pepper; mix well. Spoon crabmeat mixture into small glass cups set in crushed ice. Sprinkle chopped tarragon over each cocktail and serve.

ALDO'S CREAMED SHRIMP ARTICHOKE

Ingredients:

4.50 tablespoons butter
4.50 tablespoons flour
0.50 cup milk
0.75 cup whipping cream
0.25 cup dry vermouth
1.00 tablespoon Worcestershire sauce
1.50 pounds cooked shrimp
2.00 artichoke bottoms
0.25 cup parmesan cheese

Instructions:

Preparation: Melt butter and stir in flour. Gradually add milk and cream. When smooth, season with salt and pepper. Add vermouth to cream sauce and also add Worcestershire. Combine with shrimp and artichoke bottoms. Heat through. Pour into chafing dish, sprinkle with parmesan cheese and serve with toast rounds. Serves 50.

AMERICAN GROUPEL WITH PLUM LEMON JUICE DILL

Ingredients:

4 fillets American grouper (8 ounce)
salt and pepper to taste
1 cup toasted corn meal
1 tablespoon olive oil
relish

plum sauce

dill for garnish

Relish:

1/4 cup blanched lemon zest

1/4 cup julienne jalapenos

2 cups julienne carrots

2 cups julienne fennel bulbs

1/2 cup rice wine vinegar

1/4 cup olive oil

Plum and lemon juice with dill:

8 plums, juice of

1 lemon, juice of

1 tablespoon minced, fresh dill

Season fillets of grouper with salt and pepper and coat with corn meal. In a saute pan heat oil, and saute grouper for 3 minutes on each side, or until done.

Relish: combine all ingredients and season to taste with salt and pepper.

Instructions:

Plum and lemon juice with dill: Combine and spoon over grouper.

ANTICUCHOL STYLE GRILLED FISH

Ingredients:

4 fish filets (shark, tuna, cod, mahi mahi)

2 pickled jalapenos plus 2 tablespoons juice

1/4 to 1/2 cup fresh lime juice

1/4 cup soy sauce

1/2 cup vegetable oil

5 peeled garlic cloves

1 teaspoon cracked black pepper

1 fistful fresh cilantro, stems removed

lime wedges

avocado slices

pico de gallo

Instructions:

Combine and blend all ingredients, except fish, in blender until smooth. Marinate fish for 30 to 40 minutes. Grill over medium hot coals until cooked through. Baste with reserved marinade several times during cooking. Serve with lime wedges, avocado slices and pico de gallo.

BAKED ALMOND CATFISH

Ingredients:

0.50 cup whole almonds, toasted

3.00 tablespoons cornmeal

2.00 tablespoons grated parmesan cheese

2.00 tablespoons fresh parsley, chopped

1.00 tablespoon flour

salt and freshly ground black pepper, to taste

2.00 tablespoons fresh lemon juice

2.00 pounds catfish fillets
parsley sprigs and lemon wedges, for garnish

Instructions:

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.

BAKED CLAMS WITH BLACK BEAN SAUCE

Ingredients:

24.00 clams
1.00 tablespoon sesame oil
2.00 teaspoons ginger, fresh, finely grated
2.00 teaspoons garlic, minced
0.50 teaspoon red pepper flakes
0.25 cup fermented black beans rinsed and mashed
2.00 tablespoons wine, white
1.00 tablespoon soy sauce
3.00 tablespoons scallion, chopped white and green part

Instructions:

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.

BAKED CRAB IN SHELLS

Ingredients:

1 pound crabmeat
1 small green pepper, finely chopped
2 tablespoons parsley, chopped
1 cup celery, finely chopped
4 eggs, hard boiled and chopped
1 tablespoon Worcestershire sauce
3 tablespoons butters
1/4 cup all purpose flour
1/4 teaspoon salt
1 cup milk
8 slices bread, toasted and crushed
1 cup mayonnaise

Combine first 7 ingredients in large mixing bowl; mix well, and set aside. Melt butter; add flour, salt, stirring until smooth. Cook 1 minute, stirring constantly. Gradually add 1 cup milk; cook over medium heat, stirring constantly, until mixture is thickened and bubbly. Remove from heat.

Instructions:

Spoon sauce into crabmeat mixture, mixing well. Add toast crumbs, reserving 1/4 cup; mix well. Stir in mayonnaise. Fill 12 crab shells or 6 ounces custard cups with crabmeat mixture; sprinkle reserved toast crumbs on top. Bake at 400 degrees for 20 minutes. Serve immediately.

BAKED CROQUETTES CALIFORNIAN

Ingredients:

2/3 cup sour cream
2 teaspoons Worcestershire
1 teaspoon instant minced onion
1/2 teaspoon marjoram
1 tablespoon lemon juice
1/2 teaspoon salt
1/4 teaspoon pepper
3 cups cooked regular white rice (or 1 cup raw)
2 cups (1 pound can) flaked salmon, drained
1/2 cup corn flake crumbs

Instructions:

Combine sour cream with seasonings. Add rice and salmon. Chill several hours. Use about 1/3 cup of the chilled mixture at a time to form egg shapes or cone-shaped croquettes. Roll in crumbs. Place in shallow buttered baking dish and bake in 450 degree oven 20 minutes (or until lightly browned).

BAKED FISH STUFFED WITH CAVIAR

Ingredients:

Fish, whole or filleted
Red caviar
1 egg, beaten
Flour
Salt and pepper
Sour cream

Instructions:

For 1 small fish or stuffing between two fillets, use 3 tablespoons red caviar, 1 small beaten egg, enough flour to hold the mixture together, a dash of salt and pepper and a tablespoon or more of sour cream. Fill the fish and sew it up or spread mixture on a fillet, top with another, fasten with 3 skewers and bake slowly until the fish is done. A thin spread of sour cream with a sprinkle of parmesan makes a nice topping. A little butter and a tablespoon or so of water is added to the baking dish. Sauteed sliced mushrooms may be used instead of caviar. Use them with onion juice only.

BAKED FISH WITH LEMON BLACK PEPPER

Ingredients:

1 pound fish fillets, your choice
1/2-teaspoons salt
1/8-teaspoons turmeric
1/2-teaspoons cumin powder
1/2-teaspoons fresh ground black pepper
1 clove garlic, minced
1-teaspoon vegetable oil
1 1/2 teaspoons lemon juice, fresh squeezed

Instructions:

Place fish fillets into a medium sized bowl and sprinkle with salt, turmeric, cumin, black pepper and garlic, tossing to coat well. Cover and marinate for 50 - 60 minutes in the refrigerator. Preheat oven to 400 degrees f. Coat the bottom of an 8 x 8 inch baking dish with the vegetable oil. Place the fish in a single layer inside the baking dish, and pour the marinade on top. Bake uncovered for 20-25 minutes. The fish should be firm to the touch. Fish is done when it easily flakes with a fork. Sprinkle with lemon juice 5 minutes before serving.

BAKED LEMON FISH

Ingredients:

Serves 4-6

1-1/2 pounds Fish fillets (sole, flounder)

2 tablespoons fresh parsley, chopped

1 lemon (6 wedges)

1 tablespoon oil

Salt and fresh ground pepper or lemon pepper, to taste

1 tablespoon lemon juice

Instructions:

In bottom of shallow baking or broiling pan, spread oil, lemon juice, and pepper. Swish fish around in pan, coating both sides. Sprinkle with parsley. Broil 3 -4 minutes on each side or until edges are browned. Serve with lemon wedges and sprinkle with salt or additional lemon pepper.

BAKED RED SNAPPER ITALIAN STYLE

Ingredients:

30 pounds red snapper or bass

2 clove garlic, chopped fine

Salt & pepper to taste

Italian cheese

2 small can tomatoes

1-1/2-cups bread crumbs (progresso)

1/4-cup grated cheese (romano, etc.)

Mint leaves

2-tablespoon oil

Onion slices

30 lemon slices

Instructions:

Mix bread crumbs, grated cheese and 3 finely chopped mint leaves (optional), stuff fish, close and fasten with toothpick(s). Grease baking pan with tablespoon of oil and place fish it, slit fish on upturned side and in each slit, place 1 small pc. Cheese, 1 small Slice on onion and 1 mint leaf. Pour tomatoes over fish and arrange 3 thin slices of lemon on top. Bake at 350 f for 1 hour, basting regularly. Cover during last 15 minutes of cooking.

BAKED SEAFOOD AVOCADOS

Ingredients:

1 cup mayonnaise

3/4 cups chopped celery

1/2 cups thinly sliced green onions
1/8 teaspoons salt, optional
1/8 teaspoons pepper
1 can (4-1/2 ounces) crabmeat, drained, flaked and cartilage removed
1 can (4 ounces) medium shrimp, rinsed and drained
4 large ripe avocados, halved and pitted
1 to 2 tablespoons lemon juice
1/4 cups crushed potato chips, optional

Instructions:

In a bowl, combine the mayonnaise, celery, onions, salt if desired and pepper. Add crab and shrimp; mix well. Peel avocados if desired. Sprinkle avocados with lemon juice; fill with seafood mixture. Sprinkle with potato chips if desired. Place in an ungreased 13-inch x 9-inch x 2-inch baking dish. Bake, uncovered, at 350 degrees for 25 to 30 minutes or until bubbly.

BAKED STUFFED LAKE TROUT SALMON OR WALLEYED

Ingredients:

1-teaspoon salt
1-carrot, thinly sliced
White pepper
1-rib celery, thinly sliced
6-pounds fish, dressed
3/4-teaspoon dried marjoram
1-stuffing recipe
1-bay leaf
1-1/2-cups white wine
1-lemon, sliced very thin
4-tablespoons butter, melted
2-shallots, thinly sliced
3/4-cup (4 ribs)
1/2-cup breadcrumbs
Chopped celery
Salt and fresh black pepper
1/2-chopped onions
1/4-teaspoon savory
4-tablespoons butter
1/4-cup chopped celery tops
2-tablespoons chopped parsley
1/2-teaspoon fennel seed
2-tablespoons chopped fresh tarragon
Salt and fresh pepper
6-tablespoons butter, melted
1-1/2-cups roughly torn fresh breadcrumbs

Instructions:

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.

BAKED STUFFED SHRIMP

Ingredients:

2-tablespoon olive oil
30 green onions, minced
2 cloves garlic, minced
2 teaspoon Italian parsley, chopped
2 teaspoon fresh thyme, chopped or 1/4-teaspoon dried thyme
2 tablespoon dried tomato bits, heaping
3/4-cup fine fresh breadcrumbs
2-tablespoon parmesan cheese, grated
x salt and pepper
2-pound large or jumbo shrimp, butter flied
4 lemon wedges, garnish
x tartar sauce, optional

Instructions:

Heat oil in a small skillet and sauté onions, garlic, parsley and thyme until onions become soft. Remove from heat and mix together with the tomato bits, breadcrumbs, parmesan, salt and pepper. Preheat oven to 450~. Lay shrimp in lightly oiled baking dish, cut sides down, with tail shells pointing up. Spread a layer of stuffing over the flattened portion of each shrimp, mounding it slightly in the center. Bake until the shrimp are pink and the stuffing is well-browned, about 10 to 12 minutes. Garnish with lemon wedges and offer tartar sauce, if desired.

BAKED WALLEYE IN SOUR CREAM

Ingredients:

Salt and pepper
1-cup sour cream
1 3-pounds Walleye, scaled and dressed
1/4-teaspoon thyme
1/2-cup grated Parmesan cheese
2-tablespoons finely minced onion
1/2-cup breadcrumbs
2-tablespoons soft butter
2-tablespoons lemon juice
5-strips bacon

Instructions:

Scale but don't skin the walleye and pick a 3 to 3-1/2-pounder. Salt and pepper the fish. Mix the minced onions with soft butter and spread inside and outside the fish. Lay the bacon strips on the bottom of a shallow baking dish and lay in the fish. In a bowl mix the sour cream, thyme, grated cheese, breadcrumbs, and lemon juice and spread the mixture over the fish. Bake at 325 degrees for about 30 minutes. Serve with tossed salad and baked potato.

BARBEQUE SCALLOPS

Ingredients:

1 1/2 lbs. sea scallops

Marinade:

3/4 cup melted butter

2 tablespoons lemon juice

1/2 teaspoon onion salt

1/8 teaspoon garlic salt

Salt and pepper

Paprika

Instructions:

Wash scallops in cold, salted water and pat dry. Marinate for 1 hour. Place scallops in a well-greased hinged wire grill. Cook 4 inches above medium coals for 3-5 minutes on each side. Turn once and baste often. Scallops are done when they are nicely browned.

BAY SCALLOP SAUTE

Ingredients:

1-tablespoon olive oil

1-medium garlic clove, chopped fine

3/4-pound bay scallops

1/4-medium red bell pepper, diced

1/4-medium green bell pepper, diced

1/4-medium yellow bell pepper, diced

1/2-cup rich, salt-free fish stock

1/4-cup dry white wine

2-teaspoons cornstarch

1/4-cup finely shredded fresh basil leaves

2-tablespoons toasted pine nuts

Freshly ground black pepper

Cooked pasta-thin strands

Instructions:

In a large skillet, heat the oil with the garlic over moderate-to-high heat. When the garlic sizzles, add the scallops and saute just until they firm up slightly, about 30 seconds. Then add the peppers and saute about 1 minute more. Stir in the fish stock. In a small cup or bowl, stir the cornstarch into the wine until it dissolves, then stir that mixture into the ingredients in the skillet. Simmer until the sauce begins to thicken slightly, about 1 minute. Then stir in the basil and pine nuts and spoon over cooked pasta. Season to taste with black pepper.

BERMUDA SALMON

Ingredients:

4.00 salmon steaks, (approximately)

1.50 teaspoons salt

0.25 teaspoon pepper

3.00 tablespoons lemon juice

3.00 tablespoons olive oil

1.00 large bermuda onion, sliced

Instructions:

Rinse and dry salmon with a paper towel. Season with salt and pepper and sprinkle with lemon juice and olive oil. Spread onion slices over salmon and let stand 1 hour. Discard onion. Arrange in broiling pan. Broil 3" from source of heat, turning once, until browned on both sides.

BEST SALMON KABOBS

Ingredients:

2-pounds salmon fillets, cubed 1-1/2

1-teaspoon salt

1/2-cup olive oil, or peanut oil

4-tablespoons lemon juice

1/2-teaspoon pepper

Fresh dill

Instructions:

Mix the salmon and seasonings and let it stand for 3-6 hours. When you are ready to broil it, place a mushroom cap on the end of each skewer, then 2 salmon cubes, another mushroom, more salmon, and end with a mushroom cap. Brush well with oil. Place skewers on a rack over the grill, turning several times during the process, basting with the marinade. Serve with plain boiled potatoes and fresh dill.

BEYOND GROUPER AND HORSERADISH SAUCE

Ingredients:

1 small green pepper, sliced

1 pounds grouper

1/4 teaspoon pepper

4 onion slices, thin

1/3 cup catalina dressing

2 tablespoons prepared horseradish

1/4 teaspoon hot sauce

1 tablespoon lemon juice

Instructions:

Place bell pepper in a 9inch pie plate, cover with plastic wrap and vent, microwave at high 2 minutes, remove and set aside. Wipe pie plate. Quarter fish, arrange in pie plate, sprinkle with pepper; top with bell pepper and onion. Microwave, uncovered, at high 7 to 8 minutes until fish flakes easily. Drain and cover. Combine salad dressing and next three in 1cup glass measure; stir. Microwave at high for 1 minute. Serve sauce with fish and garnish with lemon wedges.

BOILED SALMON

Ingredients:

1.00 5 pounds salmon

6.00 tablespoons sea salt

6.00 quarter water

1.00 cheese cloth

Instructions:

Place cleaned salmon in the cheesecloth and tie with a string. Place salmon in pot and cover with the water and add the salt. Bring to a boil and simmer, uncovered for 15 minutes for each inch of thickness. Remove from pot to serving dish. Add sliced lemons as garnish and serve with fiddle heads.

BOUILLABAISSE FISH STEW

Ingredients:

1 ea onion, large diced
2 cups celery, diced
3 ea potatoes, small diced
3 cups boiling water
2 cups skimmed milk
1-1/2 pound cod or flounder
2 cups broccoli, diced
2 cups cauliflower, diced
1-1/2 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon marjoram
1/2 teaspoon basil

Instructions:

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.

BOURBON MARINATED GRILLED SALMON

Ingredients:

3.00 pounds salmon, fresh, skinned/boned
oil
2.00 cups Bourbon
2.00 cups soy sauce
0.33 cups ginger, fresh
0.33 cups pepper, black
1.00 teaspoons chili powder
1.00 tablespoons garlic, minced
1.50 ounces sesame oil

Instructions:

Cover salmon with oil. Mix all other ingredients together to make marinade. Marinate salmon overnight. Grill over mesquite until flaky.

BOURBON STREET SHRIMP

Ingredients:

1/4 cup Butter
6 Mushrooms, sliced
1 count Frozen condensed cream of sh
1 cup Sour cream
1 teaspoon Soy sauce
1/4 teaspoon Black pepper

1 1/2 pound Shrimp*
Toast slices or cooked rice

Instructions:

*Cooked, Shelled, Deveined. Melt butter and saute mushrooms until wilted but still white. Stir in soup, sour cream, soy sauce, and pepper. Cook, stirring, until sauce bubbles and becomes smooth. Fold in shrimp. Heat until bubbly. Serve spooned over toast slices or cooked rice. Can also be spooned into small casseroles; top each casserole with 1/3 cup grated sharp cheddar cheese. Place under broiler and broil until bubbly and golden brown.

BRAISED HALIBUT

Ingredients:

1 tablespoon butter
1 small onion finely chopped
1 carrot finely chopped
1 celery stalk finely chopped
2 tablespoons dry white wine
1 pound halibut steaks, salt to taste, ground black pepper to taste
1 cup fish stock or chicken broth or more to taste

Instructions:

Heat the butter in a skillet just wide enough to hold the fish. When hot add the vegetables and saute for a minute or so just to get them sizzling. Add the wine, cover and cook over very low heat until wilted, about 10 minutes. Set halibut over the vegetables, season with salt and pepper and add stock or broth just to cover. Simmer, covered, over low heat, until fish is just done, about 10 minutes. With a slotted spatula, remove halibut from the liquid and divide into two portions. Set each portion in the bottom of a deep soup plate and garnish with carrot threads or snow peas; season the broth and spoon it over the top; garnish with black sesame seeds if you wish.

BRANDY JUMBO SHRIMP

Ingredients:

20 raw jumbo shrimp, shelled and de-veined
2-cloves garlic, minced
1/2-cup brandy
2-tablespoons olive oil
4-stems bok choy, cut into
3/4-in pieces
Juice of one lemon
Salt and pepper to taste

Instructions:

1. Place all ingredients in bowl and marinate for 30 minutes at room temperature. 2. Alternate shrimp and bok choy on skewers. Place on oven proof platter. 3. Broil 12-14 minutes in oven. Turn skewers over once and season during cooking. Baste with marinade if desired.

BROILED FILET OF SOLE WITH GREEN OLIVE PASTE

Ingredients:

1 - large garlic clove
5 - ounces pimiento - stuffed green olives
1 - jar
1/4 - cup olive oil
1/4 - cup grated parmesan cheese
1 - 1/2 - pounds sole fillets
8 small fillets

Instructions:

Preheat the broiler. Place the garlic clove in a food processor or blender and process until finely chopped. Drain the olives and add them to the processor. Pulse several times to chop them. Then add the olive oil and cheese and process until the olive paste is fairly smooth. Arrange the slices of sole on a broiler pan in a single layer. Spread a thin layer of the olive paste over each fish fillet. Refrigerate any extra olive paste to serve at another time. It keeps well in a covered jar in the refrigerator for up to a week. Broil the fillets 3 to 4 inches from the heat without turning for about 4 minutes, until the fish flakes easily.

BROILED SCALLOPS BACON HORS D'OEUVRES

Ingredients:

1.00 pounds sea scallops
0.33 bacon

Instructions:

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.

BROWN BREAD WITH SMOKED SALMON

Ingredients:

2-cups milk
1-tablespoon lemon juice
4-cups whole-wheat flour stone-ground if possible
2-cups all-purpose flour
1-teaspoon baking soda
1/2-teaspoon salt
for serving
smoked scottish salmon as needed
softened cream cheese as needed

Instructions:

Preheat oven to 400. Combine the milk and lemon juice to create sour milk. Mix the flours baking soda and salt in a bowl. Make a well in the middle and stir in the sour milk vigorously to make thick dough. Turn dough out onto a floured board and form into a round cake about 2 inches high and 7 inches in diameter. Warm an 8-inch cast-iron skillet or cake pan in the oven for 3 minutes. Take it out grease and flour it and place the round dough-cake in the pan. Using a wet paring knife make a cross cut on the top of the dough. Cover the pan and bake in the oven for 40 minutes. Remove from the oven and wrap

bread in a clean tea towel it to cool 5 to 6 hours. Serve with smoked salmon and cream cheese.

BUFFALO SHRIMP

Ingredients:

1-cup vegetable oil
1-pound shrimp peeled de-veined
2-cups flour
salt to taste
freshly ground black pepper to taste
cayenne pepper to taste
1-cup soft butter
1/2-cup hot sauce

Instructions:

In a medium-sized pot, heat vegetable oil to 350. In a shallow dish, toss shrimp in 2-cups of flour seasoned with salt, pepper, and cayenne to taste. Shake off the excess flour and fry until golden, about 3 minutes. While the shrimp are frying, combine soft butter and hot sauce in a large bowl. Toss the shrimp in the butter and hot sauce until they are well coated.

BUTLER'S OYSTERS ROCKEFELLER

Ingredients:

Rock salt
1 cup trimmed watercress
1/2 cup loosely packed fresh parsley
1/4 cup coarsely chopped celery leaves
4 green onions
Vegetable cooking spray
1 teaspoon margarine
2 tablespoons pernod or other anise-flavored liqueur
1/8 to 1/4 teaspoon white pepper
1/8 teaspoon hot sauce
1 1/2 dozen oysters on the half shell, drained

Instructions:

Sprinkle a thin layer of rock salt in a large, shallow pan. Position knife blade in food processor bowl; add spinach and next 4 ingredients. Top with cover, and process until minced; set aside. Coat a small skillet with cooking spray; add margarine, and place over medium heat until hot. Add spinach mixture, and saute until tender. Add Pernod, pepper, and hot sauce; cook 5 minutes, stirring occasionally. Arrange oysters (in shells) over salt. Top each with 1 teaspoon spinach mixture. Bake at 450 for 10 minutes or until edges of oysters being to curl.

BUTLER'S OYSTERS

Ingredients:

3.00 Plum tomatoes, seeded, diced
3.00 Green onions, chopped
0.50 cup chopped fresh cilantro

2.00 tablespoons olive oil
2.00 teaspoons ground cumin
1.00 Jalapeno chili, seeded, chopped
Salt and pepper
12.00 Fresh oysters, shucked- left in half shell
Crusty French bread

Instructions:

Combine first 6 ingredients in medium bowl. Season to taste with salt and pepper. Let stand 30 minutes. Preheat broiler. Arrange oysters on broiler proof pan Spoon salsa over oysters, dividing evenly. Broil until heated through, about 5 minutes. Serve with bread to soak up juices.

BUTTERMILK FRIED SHARK

Ingredients:

2-pounds shark steak or fillet
1-cup buttermilk
2-ounces Tabasco
1-cup biscuit mix
1-teaspoon salt

Instructions:

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, 350 degrees For 3 to 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.

CAJUN CRABMEAT MOLD

Ingredients:

16 ounces cream cheese softened
2 tablespoons 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
rye crackers

Instructions:

Beat all ingredients except crabmeat, green pepper and crackers in 2.5-quart bowl on medium speed until well blended, for 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.

CALAMARI NERI SQUID IN INK SAUCE

Ingredients:

2 pounds squid (calamari)
1 clove garlic, pressed
1 cup water
salt
1 1/2 tablespoons flour
pepper
nutmeg, grated
spaghetti, cooked
3/4 cups olive oil
3/4 cups onion, chopped

Instructions:

Clean and cut up the squid. Use a sieve to press the ink from the sacs into a bowl. Pour the water over the sacs while continuing to press the sacs in the sieve to collect as much ink as possible. Add the flour to the ink. Grate some nutmeg into the mixture. Beat until smooth. Set aside. Heat a heavy skillet. Add the olive oil. Saute the onion and garlic until the onion is translucent. Add the cut up squid. Lower the heat to a simmer immediately. Cover. Simmer for 20 minutes. Add the ink mixture. Cook, stirring constantly, over low heat until the sauce thickens (at least 5 minutes) - don't let it come to a boil (!). Season with salt and pepper to taste. Serve over cooked spaghetti.

CATFISH ORLEANS WITH CREOLE SAUCE

Ingredients:

24 catfish fillets
1/4 cup liquid smoke
1 cup butter or margarine, melted
1 teaspoon garlic powder
1 1/3 cup soy sauce
2 teaspoon salt
12 cups rice, hot, cooked
Creole Sauce:
1/2 cup salad oil
1 cup onions, coarsely chopped
1 cup celery, sliced
1/2 teaspoon garlic, minced
7 cups tomatoes
2 cups tomato puree
Bay leaf
1/4 teaspoon black pepper
1/4 teaspoon thyme
1/4 teaspoon Worcestershire sauce
1 cup green bell peppers, coarse chopped
1/4 cup lemon juice
1/2 teaspoons hot pepper sauce

Thaw frozen fish according to package directions. Prepare Creole Sauce.

Instructions:

Place fillets in shallow baking pans. Combine liquid smoke, butter, garlic powder, soy sauce and salt; brush generously over catfish. Cover with foil; bake in pre heated 400oF. oven about 30 minutes. To serve, place fillet on 1/2 cup rice; top with 1/4 to 1/3 cup Creole Sauce.

CATFISH WITH GREEN PEA SALSA**Ingredients:**

1-can sweet peas 15 1/4 ounce drained
1-can diced tomatoes with basil
garlic and oregano 14 1/2-ounce drained
4 small green onions sliced
1/2-cup chopped fresh cilantro
1/2-teaspoon grated lime rind
1-tablespoon fresh limejuice
1 small cucumber peeled chopped
1-tablespoon olive oil
4 catfish fillets 6 ounce each
1/4-teaspoon salt
1/4-teaspoon coarsely ground black pepper

Instructions:

Stir together first 8 ingredients in a bowl; let stand 1 hour. Sprinkle fish fillets with salt and pepper. Saute fish fillets in a nonstick skillet coated with vegetable cooking spray over medium-high heat about 5 minutes on each side or until fish flakes easily with a fork. Serve with salsa.

CHILI CRAB OR PRAWN**Ingredients:**

1 pound crabs; lobster or prawns
8 cloves garlic; peeled
8 fresh red chilies
2 stalks spring onions
1 coriander plant
1 egg; optional
3 tablespoons vegetable oil
Sauce
1 cup water
5 tablespoons tomato ketchup
1 1/2 teaspoons corn flour
1/4 teaspoon dark soy sauce
1 1/2 tablespoons sugar; up to 3 tablespoons to taste
1/4 teaspoon salt
1 teaspoon rice or malt vinegar; or freshly squeezed lime juice

Instructions:

Wash uncooked crabs, break off claws by gently hitting them with a pestle. Break the shell of the claws by hitting with a pestle. Chop the bodies in half and then each half into 2 pieces. Wash and retain the shells. If using lobster, remove the claws and crack in half,

then cut the tail with the shell on, into thumb length pieces. If using prawns, make a slit down the back of the shell and remove the intestinal vein. Pound the peeled garlic coarsely. Pound the chilies coarsely. Or grind them separately in a food processor. Wash spring onions, discard roots and cut into finger lengths. Cut coriander into 2 centimeter lengths. Mix all sauce ingredients except vinegar. Heat wok, add oil and when hot, add garlic, stir-fry for 1 minute, add chilies, stir-fry for another minute and add the crab or prawns. Stir-fry for 2 to 3 minutes until shells turn slightly red. Stir sauce ingredients, add to the crabs or prawns and stir well for 2 minutes. Cover with lid and simmer over high heat for 5 to 7 minutes until shells turn a bright red. Remove lid and add vinegar. If using lime, squeeze juice over the crabs. If using eggs, add at this point. Break eggs into the gravy and stir gently to form streaks. Stir well and add spring onions. Turn off heat and give it one last stir. Traditionally this dish is served with slices of white bread with which you scoop up the gravy.

CHILLED SHRIMP WITH MUSTARD MAYONNAISE

Ingredients:

1 egg
3 tablespoons lemon juice
3 tablespoons Dijon mustard
1 teaspoon sugar
1 pinch pepper
1/4 teaspoons salt
1 cup olive oil
2 1/4 pounds shrimp (peeled, deveined, cooked and chilled)

Instructions:

In blender blend egg with lemon juice, mustard and seasonings. Slowly pour in oil with machine running. Place in serving bowl and surround with shrimp.

CHINESE SHRIMP KABABS

Ingredients:

16 Chunks of fresh pineapple
2 Pound(s) Raw shrimp, peeled and Deveined
24 Fresh snowpeas, blanched
1/2 Cup(s) Rice wine
2 Tablespoon(s) Sesame sauce
1 Tablespoon(s) Oil
1 Teaspoon(s) Lime juice
Salt and pepper to taste
1) Preheat the oven to 400 F.
2) Place pineapple, shrimp, pea pods, wine and sesame sauce in bowl; marinade 15 minutes.
3) Alternate ingredients on skewers and place on ovenproof platter, mix lime juice and oil and set aside.
4) cook skewers 8 10 minutes. Baste occasionally with oil mixture and turn skewers over once. Season to taste.

Instructions:

5) Serve with steamed rice.

CILI KEPATAN

Ingredients:

1 crab 1 pound
1 teaspoon oil for frying the crab
1 teaspoon oil
1 tablespoon chopped garlic
1 tablespoon chopped ginger
1 teaspoon red chili paste
1/2 cup water
salt to taste
1 teaspoon soya sauce
1 teaspoon sugar
6 green chilies slit lengthwise
6 red chilies slit lengthwise
1 capsicum sliced
1/4 cup spring onion
1 egg beaten

Instructions:

Clean the crab and remove the hard shell. Cut the crab into four pieces. Crack the claws. Heat oil in a wok to smoking point. Add crab and stir-fry briskly till the shell turns bright red and the meat turns white. Remove and set aside. Discard oil. Heat oil in another wok. Add the chopped garlic, ginger and red chili paste. Fry for a minute. Add the crab and stir well. Add salt and water. Simmer till the crab is well done. Add red chilies, green chilies, capsicum and spring onion. Mix well. Add beaten egg, stir briskly and remove before the egg sets.

CITRUS GRANITE WITH CRAYFISH SKEWER

Ingredients:

citrus granite
1 lemon grass
1 piece ginger; 1 inch piece
3 bags orange tea
water
4 black peppercorns
1 teaspoon hot sauce
2 tablespoon skane aquavit
crayfish skewer
6 skewers
1 boiled potato sliced into thin pieces
1/2 cup cooked crayfish tails
12 small pieces sharp cheddar cheese

Instructions:

Bring all ingredients to a boil, except Aquavit. Strain. Add 2 tablespoons Skane Auavit. Place into a glass baking dish. Put into freezer. Take out when solid. Chop up so it looks like crystal. Crayfish Skewer: To make skewers, start with a piece of cheese on the

skewer and add 1 tail of crayfish, 1 piece of potato and then cheese. Repeat until skewer is full.

CLAMS SOUTHSIDE

Ingredients:

1 quart hard-shell clams (not in shell)
1 small onion
1/2 pint heavy cream
1/4 cup butter
Salt and pepper
Worcestershire to taste
Chopped green fresh pepper
Toast

Instructions:

Put clams through coarse meat chopper. Saute finely chopped onion in butter until gold in color. Cook clams and onion in double-boiler 20 minutes. Add salt, pepper and Worcestershire, then cream. Garnish with peppers and serve on toast.

COCONUT SHRIMP WITH STAR FRUIT AND BLACK BEAN SALSA

Ingredients:

2 pounds large shrimp, about 24, peeled, tails on and de-veined
1 egg yolk, slightly beaten
1 can beer
2 cups flour
1 teaspoon salt
2 cups fresh coconut
2 egg whites, beaten medium peaks
Creole seasoning
1 star fruit, sliced 1/2 inch slices
1 cup black beans, cooked
1/2 cup corn kernels, roasted
2/3 cup talian tomatoes, peeled, seeded and chopped
1/2 cup green onions, chopped
1/2 cup red peppers, minced
2 jalapenos, seeded and minced
juice of two lemons
3 tablespoons cilantro, chopped
1 teaspoon garlic, minced
cumin, to taste
salt to taste
freshly ground black pepper to taste
1 cup sour cream
1 passion fruit, seeds removed and reserved, minced

Instructions:

Preheat the fryer. In a mixing bowl, whisk the egg and beer together. Whisk in the flour, salt and coconut. Whisk until smooth. Fold in the egg whites before dipping the shrimp.

Fry the shrimp for 2 to 3 minutes. Remove from the fryer and drain on a paper-lined plate. Season with Creole seasoning. salsa: In a mixing bowl, combine the star fruit slices, black beans, roasted corn, tomatoes, green onions, red peppers, and jalapenos, together. Mix thoroughly. Stir in the juice of one lemon, 2 tablespoons chopped cilantro, and garlic. Season with cumin, salt and pepper. cream: In a mixing bowl, combine the sour cream, juice of one lemon, 1 tablespoon chopped cilantro, passion fruit seeds, and minced passion fruit. Mix to incorporate. Season with salt and pepper. To serve, dab three small pools of the cream around the edge of the plate. Mound the salsa in the center of the plate. Place the shrimp around the salsa. Garnish with parsley and toasted coconut.

COD FISH LATKES

Ingredients:

boiling water
1 cup codfish cooked and shredded
2 cups diced potatos
1 egg, beaten
salt and pepper
1 teaspoon butter or marg.

Instructions:

Cook together in boiling water: 1 cup codfish cooked and shredded 2 cups diced potatos when potatos are soft, drain and mash add 1 egg beaten, salt and pepper 1 teaspoon. Butter or marg. Form into cakes, dip in flour and fry in deep fat (shortening or oil).

COD IN RED WINE

Ingredients:

2 tablespoons olive oil
1 onion thinly sliced
1 garlic clove minced
1/2 cup red wine
1/2 cup fish stock or clam juice
1 tablespoon capers
1/2 teaspoon dried thyme, salt to taste, freshly-ground black pepper to taste
1/2 cup (packed) parsley chopped
1/2 pound cod cut into 1" chunks
1 tablespoon butter (optional)

Instructions:

Heat the olive oil in a skillet. Add onion and garlic and begin to saute. Cover and cook until softened, about 5 minutes (if onions begin to stick add a spoonful of water to the skillet and continue to cook). Add the red wine, clam juice, capers, and thyme and bring liquid to a boil. Simmer over low heat until reduced to 1/2 cup. Right before serving bring the sauce back to a simmer and add the fish. Cover and cook over very low heat until the fish is just cooked through, about 5 minutes. Remove from heat and swirl in butter and parsley (don't worry if fish falls apart). Adjust seasoning and spoon into deep plates over rice, potatoes or garlic croutons.

COD SIMMERED WITH GARLIC PARSLEY BACALAO PIL

Ingredients:

12 pieces desalted cod about 2-inch by 3-inch each
4 garlic cloves peeled
1/3 cup olive oil
2 tablespoons chopped parsley

Instructions:

Put cod in hot water on very slow fire for 2 1/2 hours. When cod has softened, remove bones and return it to hot water. Crush four garlic cloves and chop very fine. Put them to fry very slowly in 1/3 cup olive oil in a flat earthenware casserole. When the garlic takes on color, add parsley. Remove casserole from fire until the oil is just barely sizzling. Return to fire to add drained pieces of cod. Increase heat. Shake the casserole and give it a twist from time to time. Five minutes after putting in cod, turn fish over. When it has been cooking in the oil 10 minutes, add 2 tablespoons of the water in which the cod cooked previously. Continue cooking for another 5 minutes; shake the casserole from time to time to blend. By then, the gelatinous juices of the cod will have combined with the olive oil to make a sauce the consistency of a thin cream sauce. Serve immediately.

COD STEAKS WITH TOMATO SAUCE

Ingredients:

4 cod steaks; about 8 ounces each
2 slice white bread; crusts removed
1 cup grated jarlsberg cheese
2 tablespoon melted butter
salt and freshly ground black pepper
2 cup your favorite tomato sauce

Instructions:

Preheat the oven to 400. Place the cod steaks on a baking sheet. In a food processor crumb the bread. Transfer the crumbs to a mixing bowl, combine them with the Jarlsberg and the melted butter and season with salt and pepper to taste. Spoon some of this mixture over the cod steaks and bake for 15 minutes or until the tops are golden and the fish is cooked through. In a small saucepan over low heat, heat the tomato sauce. To serve, spoon some sauce on each dinner plate and place the cod steak over the sauce.

COD STIR FRY

Ingredients:

1 pound cod - filleted and skinned(1 to 1.5)
1/2 inch root ginger finely grated
1 clove garlic finely grated
1 courgettes cut into matchsticks
4 ounce baby corn
4 ounce spinach
2 ounce mange tout
2 chilies - deseeded and finely chopped
1 tablespoon soy sauce juice and zest of 1 orange
flour; salt and pepper
sesame seed oil

Instructions:

Cut fish in 1.5 inch cubes. Toss lightly in seasoned flour. Heat half the oil in a wok or deep pan. Fry fish briskly, browning all sides. Remove. Heat remaining oil. Add chilies, garlic and ginger. Stir-fry for one minute. Add courgettes, corn, mange tout and spring onion. Continue to stir-fry. Return fish to pan with spinach, soy sauce, orange juice and zest. Cook for two minutes. Substitutions Salmon, monkfish, Pollock, rock salmon, hake.

COD WITH GARLIC

Ingredients:

2 pounds Scrod Or Cod Fillets;*
8 Cloves Garlic; Finely Chopped
2 tablespoons Margarine Or Butter
2 tablespoons Vegetable Oil
1/4 cup Lemon Juice
1 teaspoon Salt
1 Fresh Cilantro; Snipped

Instructions:

*Fillets should be cut to make 8 servings. Place the fish fillets on a rack in a broiler pan. Cook and stir the garlic in the margarine and oil until golden brown, (DO NOT overcook). Remove garlic and set aside. Drizzle the margarine mixture and lemon juice over the fillets then sprinkle with the salt. Set oven control to broil. Broil the fish with the tops of the fillets about 3-inches from the heat until the fillets flake easily with a fork, about 10 to 12 minutes. Sprinkle with the reserved garlic and cilantro. Serve with lemon wedges, if desired.

COD WITH ORANGE SAUCE

Ingredients:

4 6-ounce cod fillets
1/2 cup orange juice
1/2 teaspoon thyme, or 1 tablespoon. Fresh, chopped
1/2 teaspoon orange zest

Instructions:

Preheat oven to 375 f. Arrange cod fillets in a shallow baking dish. Pour orange juice over cod and sprinkle with thyme, orange zest, and salt and pepper to taste. Bake 12-15 minutes until fish is opaque throughout. Spoon orange sauce over fish and serve.

COLD POACHED CHICKEN BREASTS WITH TUNA BASIL SAUCE

Ingredients:

3 large whole chicken breasts with skin and bone; (about 1 1/4 pounds each)
6 1/2 ounce can tuna packed in olive oil, drained well
1/2 cup mayonnaise
1/4 cup plain yogurt
3 anchovy fillets
1 tablespoon drained bottled capers plus additional for garnish
2 tablespoon fresh lemon juice; or to taste
1/3 cup finely chopped fresh basil leaves; or to taste, plus if desired, 6 basil sprigs for garnish

lemon slices for garnish

mixed brine-cured black olives such as nicoise and kalamata as an accompaniment

Instructions:

In a kettle combine the chicken breasts with enough cold water to cover them by 1 inch and remove them. Bring the water to a boil, add salt and pepper to taste, and return the chicken to the kettle. Poach the chicken at a bare simmer for 18 minutes, remove the kettle from the heat, and let the chicken cool in the liquid for 30 minutes. Drain the chicken and let it stand until it is cool enough to be handled. Discard the skin and bones from the chicken, removing each breast half carefully from the bone in one piece, and chill the chicken, wrapped well in plastic wrap, for at least 6 hours or overnight. In a blender or food processor blend together the tuna, the mayonnaise, the yogurt, the anchovies, 1 tablespoon of the capers, the lemon juice, and salt and pepper to taste until the sauce is smooth, transfer the sauce to an airtight container, and chill it for at least 6 hours or overnight. Cut the chicken breasts diagonally into 1/4 inch thick slices and transfer a breast to each of 6 dinner plates. Just before serving, stir the chopped basil and salt and pepper to taste into the sauce. Spoon some of the sauce over each breast, garnish the chicken with the additional capers, the basil sprigs, and the lemon slices, and serve it with the olives.

COLD SALMON MOLD

Ingredients:

2 cans (7 3/4-oz size) salmon

2 envelopes unflavored gelatine

1/4 cup cold water

1 tablespoon salt

3 tablespoons sugar

1 tablespoon dry mustard

1 tablespoon flour

3 eggs

3 tablespoons butter or margarine

1 1/2 cups milk

1/2 cup vinegar

Instructions:

Drain salmon and fork into pieces. Sprinkle gelatine over cold water to soften. Mix salt, sugar, dry mustard, flour in the top of a double boiler. Separate yolks from whites of eggs (the leftover whites are used in the meringues) and stir yolks in with the dry ingredients smoothly. Add melted butter or margarine, milk, vinegar and mix together thoroughly. Cook over gently boiling water until mixture thickens and coats the spoon. Then remove from heat and stir in the gelatine and salmon.

COLD SALMON PLATTER WITH TARRAGON MARINADE

Ingredients:

3 potatoes, cooked & halved

2 tablespoons minced white onion

Tarragon marinade

1 can (7-1/2 ounce) salmon, drained & chunked

1 large sliced tomato

1/2 sliced cucumber
2 hard boiled eggs, halved
Chilled lettuce
1-tablespoon minced parsley
1-tablespoon chopped green onion

Instructions:

Sprinkle warm potato halves with onion: pour marinade over all. Cover & refrigerate several hours. Drain, reserving marinade. Arrange salmon, tomatoes, cucumbers & eggs on lettuce-lined platter, sprinkle parsley on potatoes & green onion on salmon. Serve with reserved marinade.

COLIN'S ESCARGOTS BOURGUIGNONNE

Ingredients:

3/4 pound sweet butter
2 tablespoons shallots
clove garlic
2 tablespoons chopped parsley
1/4 teaspoon salt
1 dash pepper
1 pinch nutmeg
4 dozen snails

Instructions:

For the butter Cream in a bowl the butter and add all the rest of the ingredients, except the snails. Preheat an oven to 400 degrees f. Wash and clean the snails according to package directions, wash and clean the shells according to package directions. Put a little of the snail butter into the bottom of each shell, add the snails, and fill the shells with more of the snail butter. Place the shells in small dishes, with open ends up. Sprinkle with dry bread crumbs. Pour 2 tablespoons dry white wine in bottom of each dish. Bake for 8 minutes.

COMPLETE CRAB SHRIMP AU GRATIN

Ingredients:

4.00 tablespoons all-purpose flour
0.50 teaspoon pepper
0.33 cup process cheese spread
1.00 cup cheddar cheese, shredded
0.50 teaspoon salt
2.00 cups milk
0.13 teaspoon Tabasco sauce (or more)
0.25 pound crabmeat
0.50 pound cooked shrimp
hot cooked rice

Instructions:

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.

CORNMEAL FRIED CATFISH

Ingredients:

vegetable oil for frying
4 catfish fillets about 4-ounce each
3/4-cup cornmeal
1/4-cup all-purpose flour
1/4-teaspoon salt
1/2-cup milk
2 eggs beaten
1/8-teaspoon red pepper sauce
2-tablespoons vegetable oil

Instructions:

Heat oil 2 to 3 inches in Dutch oven to 375. Rinse catfish fillets and pat dry. Refrigerate until ready to use. Mix cornmeal, flour, and salt in large bowl. Stir in milk, eggs, and pepper sauce, and 2-tablespoons vegetable oil until well blended. Coat the fish with cornmeal batter, shaking off any excess. Fry fish in batches, 5 to 8 minutes or until golden brown. Drain on paper towels. Keep warm in 275 ovens.

CRAB AND CHA SOMEN NOODLE SUSHI

Ingredients:

0.50 pound cha somen noodles, blanched refreshed noodles (green)
0.25 cup chopped scallions
2.00 tablespoons thin soy sauce
1.00 tablespoon rice wine vinegar
2.00 tablespoons wasabi oil, recipe to follow
1.00 cucumber, peeled and julienned
4.00 ounce fresh crab, picked over
1.00 tablespoon olive oil
2.00 tablespoons minced pickled vegetables,
-recipe to follow
10.00 sheets nori
0.25 cup sesame seeds, toasted

Instructions:

In a large mixing bowl, combine the noodles, scallions, soy sauce, rice wine vinegar, wasabi oil and cucumber. In a small bowl, mix the crab with the olive oil and pickled vegetables. Using a sushi mat, place one sheet of nori, shiny side down. Lay down a thin layer of noodle mixture on the bottom third of the nori. Arrange crab mixture on top of the noodles and roll tightly. Moisten the top edge of the nori with a little water to "glue" the roll closed. Slice and serve.

CRAB ARTICHOKE TARTS

Ingredients:

2.00 teaspoons all-purpose flour
0.13 teaspoon dried whole thyme

0.13 teaspoon pepper
4.00 ounce thawed frounceen egg substitute, (1 carton)
0.25 cup roasted red bell peppers chopped
14.00 ounce artichoke hearts, (1 can) drained
6.00 ounce crabmeat, (1 can) drained
vegetable cooking spray
32.00 wonton wrappers, (3-1/4 x 3-inch)
3.00 tablespoons grated parmesan cheese
2.00 tablespoons freeze-dried chives
1.00 tablespoon margarine, melted

Instructions:

Combine first 4 ingredients in a bowl, stir well. Add chopped bell peppers, artichokes, and crabmeat, stir well. Coat 32 miniature muffin cups with cooking spray. Gently press 1 wonton wrapper into each muffin cup, allowing ends to extend above edges of cups. Spoon crabmeat mixture evenly into wonton-wrapper cups, sprinkle with cheese and chives. Brush edges of wonton wrappers with melted margarine. Bake at 350 degrees for 20 minutes or until crabmeat mixture is set and edges of wonton wrappers are lightly browned.

CRAB CAKES WITH PAPAYA

Ingredients:

1.00 stalk lemon grass chopped
2.00 cups whipping cream
2.00 tablespoons butter softened
0.50 cup mexican papaya peeled seeded and diced
1.00 cup hawaiian papaya peeled seeded and diced
0.50 cup mango peeled, seeded and diced
0.25 red onion minced
1.00 bunch mint leaves chopped
1.00 lemon-, (juice of)
kosher salt
freshly ground black pepper
0.50 pound dungeness crab meat picked over
1.00 tablespoon ginger root finely grated
1.00 green onion finely chopped
0.33 cup mayonnaise
2.00 tablespoons dijon mustard
2.00 tablespoons grated parmesan cheese
2.00 eggs
1.50 cups panko bread crumbs, (japanese bread crumbs)
oil
hoisin sauce

Instructions:

Lemon grass sauce: Simmer lemon grass and whipping cream in saucepan until reduced by 2/3. Whisk in butter until well incorporated. Put in blender and blend until smooth. Strain through fine sieve. Texture should be velvety. Set aside. Mexican papaya salsa: Combine mexican and hawaiian papayas and mango with onion, mint and lemon juice.

Season with salt and black pepper to taste. Set aside. Crab cakes: Pick and clean crabmeat, discarding shells and cartilage. Place crab in medium mixing bowl with ginger root and onion. Add mayonnaise, mustard, parmesan cheese and eggs. Mix thoroughly. Add 3/4 cup panko bread crumbs and mix well. Allow 1/4 cup crab meat mixture for each cake. Shape into flat patties and dredge in remaining bread crumbs. In a large skillet, heat enough oil for frying the cakes to 375 degrees. Fry crab cakes until golden brown, 4 to 5 minutes on each side. Remove and drain on paper towels. Place crab cakes over lemon grass cream sauce and garnish with mexican papaya salsa and streaks of hoisin sauce.

CRAB MEAT AND MUSHROOMS IN WINE SAUCE

Ingredients:

1.00 pound fresh crabmeat
0.25 pound fresh mushrooms, sliced, or
1 large can of mushrooms (stems and pieces)
2.00 tablespoons butter (to sauté fresh mushrooms)
2.00 tablespoons butter
2.00 tablespoons flour
0.50 cup milk
0.50 cup white wine
0.50 teaspoon dry mustard
0.25 teaspoon dry tarragon
salt to taste
pepper to taste
hot sauce to taste
0.75 cup bread crumbs

Instructions:

Pull crab meat apart and remove stiff membranes. Sauté 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 CANAPES

Ingredients:

1.00 stick butter
1.00 cup finely chopped seasoning (green onions, celery green pepper, parsley)
1.00 teaspoon pressed garlic
2.00 tablespoons flour
1.00 teaspoon worcestershire sauce
1.00 teaspoon lemon juice
2.00 eggs
1.00 pound white crabmeat
0.50 cup cooking sherry
salt and pepper to taste
1.00 cup milk

Instructions:

Slowly melt butter in saucepan. Add seasoning and garlic, sauté but do not brown, simmer until soft. Add flour, blend in. Slowly add milk, worcestershire sauce and lemon juice, blending well. Beat eggs in a small bowl, add some of the hot mixture to the eggs gradually, then blend all together. Fold in crabmeat and season with salt and pepper. Then add sherry. This mixture can be used to fill cocktail patty shells, approximately 5 ounce. Also, it is delicious served on squares of toast, cocktail size. Sprinkle lightly with breadcrumbs. Brown lightly in 450 degree oven and serve hot.

CRAB PUFF SOUFFL&EACUTE;**Ingredients:**

4.00 tablespoons butter
0.50 cup flour
0.50 teaspoon salt
1.00 cup milk
3.00 eggs, separated
0.50 cup mayonnaise
0.50 teaspoon salt
1.00 dash pepper
1.00 teaspoon paprika
1.00 teaspoon chopped fresh parsley
0.50 pound fresh crabmeat or
1.00 can (6.5-ounce) crabmeat

Instructions:

In saucepan melt butter over low heat. Stir in flour and salt to make a smooth paste. Add milk slowly, stirring constantly, until thickened. Remove from heat. Cool. Beat egg yolks into sauce. Fold in mayonnaise. Stir in salt, pepper, paprika, parsley and crabmeat. Beat egg whites until stiff, but not dry. Gently fold in one-fourth of the whites until mixed. Then gently fold in remaining whites. Pour into a 1-1/2 quart soufflé dish. Bake in hot (450 degree) oven for 25 minutes or until brown and puffed.

CRABMEAT RAVIOLI**Ingredients:**

2.00 tablespoons butter
2.00 tablespoons flour
1.25 cups cream, scalded
salt (to taste)
pepper, white (to taste)
1.00 pound crabmeat, lump
1.00 tablespoon butter
0.25 cup onions, green, minced
0.50 cup crumbs, cracker
salt (to taste)
pepper white (to taste)
0.50 cup flour (or more)
1.00 large egg, slightly beaten
1.00 tablespoon water

1.00 teaspoon oil, or
1.00 teaspoon butter, clarified
0.50 cup cream, heavy
2.00 ounce butter, softened
salt (to taste)
pepper white (to taste)
0.25 cup cheese, parmesan grated

Instructions:

Sauce béchamel: Melt the butter and add flour, salt and pepper. Cook for 2 or 3 minutes, whisking all of the time. Add cream gradually, whisking to avoid lumps until the sauce thickens. Let simmer until reduced to 1 cup. Set aside to cool. Crabmeat filling: Add the crabmeat to the sauce bechamel. Melt the butter in a pan and sauté the onions until they are clear but not browned. Add onions and crumbs to the cream sauce, mix, then cool. Form into balls the size of large marbles. Ravioli dough: Put the flour into a bowl and add remaining ingredients. Work with your hands or a wooden spoon until a dough forms and can be made into a ball. Knead for 5 or 6 minutes and set in a bowl to rest. After an hour, put the dough on a floured board and roll paper thin. Assembly: Place the crabmeat balls about 1-1/2 inches apart on a sheet of the pasta dough. Paint the area between the balls with water and top with a second sheet of dough. Form the ravioli by pressing around each ball to form a seal. Dust with flour and cut into squares. Boil for 5 minutes in rapidly boiling salted water. Serve with the following sauce. Sauce: Reduce the cream by one-third and season with salt and pepper. Whisk in the butter and serve over ravioli. Top with the grated parmesan cheese.

CRABMEAT SOUFFLANDEACUTE; NUMBER

Ingredients:

1.00 cup crabmeat
5.00 or
6.00 egg whites
0.50 teaspoon salt
1.50 tablespoons cornstarch
0.75 cup milk
0.25 cup oil

Instructions:

1. Pick over and flake crabmeat. 2. Beat egg whites, with salt, until frothy and stiff, but not dry. 3. Blend cornstarch and milk and fold into egg whites. Then fold in crabmeat. 4. Heat oil to smoking. Add egg mixture and cook quickly, stirring, over medium-high heat until thick and fluffy. Serve at once.

CRABMEAT STUFFED JALAPENOS

Ingredients:

1.00 pound flaked crabmeat
1.00 can (1 pound, 11 ounces) jalapeno peppers
2.00 tablespoons each, finely chopped green pepper, onions, and dill pickle
0.25 cup cracker meal
1.00 beaten egg
0.25 teaspoon salt

0.25 teaspoon black pepper
0.13 teaspoon cayenne pepper
1.00 clove minced garlic
0.25 cup milk
2.00 cups cracker meal
1.00 cup mils
2.00 eggs
0.25 teaspoon each salt and pepper

Instructions:

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 2 cups cracker meal in a flat pan. In a separate pan, mix 1 cup mils, 2 eggs and 1/4 teaspoon each salt and pepper. Dip peppers in egg mixture, then in cracker meal. Repeat procedure. Deep fry at 365 degrees (f) until golden brown. Drain on paper towels.

CRAWFISH (OR SHRIMP)

Ingredients:

1.00 medium onion, not peeled and halved
1.00 clove garlic, not peeled and halved
2.00 celery ribs, with leaves cut in half
1.50 pounds rinsed crawfish shells with heads or shrimp shells or fish carcasses
2.00 quarter cold water or more
0.75 cup vegetable oil
0.75 cup flour
0.50 cup chopped white onions or shallots
0.67 cup chopped celery
0.50 cup chopped bell pepper
2.00 teaspoons finely chopped fresh parsley
3.00 cups seafood stock or chicken broth or water
1.00 teaspoon ground cayenne pepper
1.00 teaspoon white pepper 1/2 teaspoon black pepper
1.00 teaspoon salt
2.00 teaspoons paprika
0.50 cup unsalted butter
2.00 pounds peeled crawfish tails or peeled deveined shrimp
1.00 cup finely chopped green onion
3.00 cups hot cooked rice, up to 4
cayenne pepper sauce (optional)

Instructions:

Stock: Place ingredients in a 3-4 quarter saucepan, and add water to cover. Bring to a boil, lower heat and simmer uncovered for 4 hours. Add more water as necessary to maintain 2 quarts stock. Strain and store stock in freezer if not used immediately. First make your roux. Heat oil in a heavy skillet over high heat until it is very hot, almost smoking. Add flour, and stir quickly with a long handled whisk or wooded spoon so that the roux browns evenly. Lower heat to medium and stir continuously for about 15

minutes, or until the roux turns a dark caramel color. (Immediately remove any bits of blackened flour, they give the roux a bitter flavor.) Remove skillet from heat, and stir in the onion, celery, bell pepper, and parsley. Set aside. Heat stock in a 6-8 quart saucepan and stir in the roux mixture with a whisk until well blended. Add cayenne pepper, white pepper, black pepper, salt, and paprika. Simmer mixture for about 10 minutes. In another skillet, sauté crawfish and green onion in butter for 4-5 minutes, stir into stock mixture. Simmer for about 10 minutes, then taste and adjust seasonings. Serve over rice.

CRAWFISH ETTOUFFE

Ingredients:

1 stick butter
1 onion
1 bell pepper
2 can cream mushroom soup
1 can cream of celery soup
1 can tomato soup
1 pound crawfish tails
1-teaspoon crab boil, (more to taste)

Instructions:

All other ingredients and simmer for 20 minutes. Serve over hot rice. Great with French bread or garlic bread.

CRAWFISH SHALLOT OMELET

Ingredients:

5 pound boiled crawfish
1 stick butter
3/4 cup chopped shallots
1 clove garlic crushed
1/2 cup dried parsley
3/4 cup chopped celery
2 medium. potatoes chopped
8 eggs
salt and cayenne to taste
1/2 teaspoon Worcestershire
stock:
crawfish shells
5 stalks celery
2 medium onion halved
shallot roots and tops
other seasoning (be creative)

Instructions:

Peel crawfish and save shells. Make stock by boiling all ingredients for 1 1/2 hours. Strain well. Make roux with 1 heaping tablespoon flour and 5 tablespoons olive oil. Brown well. Add stock to roux, stir until creamy. chop crawfish meat in 2 pieces. Melt butter, saute potatoes until almost tender, add shallots, garlic, celery and parsley. Saute until done. Beat eggs, season with salt and cayenne and Worcestershire. Pour over

mixture, stir frequently until done. Serve on platter with sauce on side or poured over omelet.

CREATIVE OYSTER LOAF

Ingredients:

3/4 cup oil, for pan-frying
1 cup cornmeal
1 tablespoon Creole seasoning
12 oysters, freshly shucked
1 large round loaf bread, sesame seed topped, 8 inch diameter
1/4 cup prepared tartar sauce
1/2 cup shredded lettuce

Instructions:

In a medium saute pan with deep sides begin heating oil. Season cornmeal with Creole seasoning. Dredge oysters in cornmeal mixture and add to hot oil, without crowding. Cook about 1 1/2 minutes, turning once. Remove with a slotted spoon and drain excess grease on paper towels. Slice bread in half horizontally across the middle. Open up loaf and spread a generous layer of tartar sauce on bottom half. Spread lettuce over and top with perfectly-cooked oysters. Replace bread top and eat immediately.

CREOLE CRAB SLATHER

Ingredients:

2.00 tablespoons ons, olive oil
2.00 tablespoons ons, unsalted butter
3.00 large shallots, finely minced about 1/2 cup
1.00 tablespoon on, minced garlic
0.50 teaspoon ground allspice
0.25 teaspoon ground cardamom
1.00 pinch cayenne
8.00 ounce fresh lump crabmeat, picked over
1.00 tablespoon on, chopped fresh thyme leaves
1.00 tablespoon on, chopped parsley
0.50 cup dry white wine
Salt, to taste

Instructions:

Heat the oil and butter in a large nonstick skillet over low heat. Add the shallots and garlic and cook, stirring, until wilted, 5 to 7 minutes. Stir in the allspice, cardamom, and cayenne pepper. Add the crabmeat, thyme, and parsley and stir together well, breaking up the crab a bit. Add wine and cook, stirring over medium-low heat until the liquid is reduced, about 8 minutes. Remove to a bowl and let cool to room temperature. Season with salt, cover, and chill until ready to serve.

CRISP CURRIED SHRIMP

Ingredients:

2 tablespoons all-purpose flour
1/2 teaspoons curry powder
1/8 teaspoons cayenne pepper

3/4 pounds large shrimp; (about 12) shelled and deveined
2 tablespoons olive oil
1 bunch scallions; cut into 2 inch lengths
accompaniment: lemon wedges

Instructions:

In a bowl stir together flour, curry powder, cayenne, and salt to taste. Add shrimp to flour mixture, tossing to coat. In a large heavy skillet heat oil over moderately high heat until hot but not smoking and saute scallions until well browned and almost tender. Add shrimp to scallions and saute, stirring occasionally, about 4 minutes, or until shrimp are opaque throughout. Serve shrimp with lemon.

CRISPY BROILED SHRIMP WITH TANGY COCKTAIL SAUCE

Ingredients:

1 pound medium shrimp (about 24 shrimp), peeled and deveined
1/4 cups cornstarch
1 tablespoon water
2 large egg whites
1-1/2 cups reduced fat round buttery crackers, finely crushed
1 teaspoon paprika
1/4 teaspoons ground white pepper
cooking spray
lemon wedges

Instructions:

Combine shrimp and cornstarch in a zip-top plastic bag and shake to coat. Combine water and egg whites in a bowl, beat with a whisk until foamy. Combine crumbs, paprika, salt, and pepper. Dip shrimp in egg white mixture, dredge in crumb mixture. Place on baking sheet coated with cooking spray, lightly coat shrimp with cooking spray. Preheat broiler. Broil 5 minutes or until shrimp are done, turning once. Serve with tangy cocktail sauce and lemon wedges.

CRISPY COCONUT SHRIMP

Ingredients:

24 medium shrimp
1/2-teaspoon garlic and herb seasoning
1/4-teaspoon black pepper
3/4-cup flour
1 egg, well beaten
1/4 cup shredded coconut

Instructions:

1. Preheat oven to 425f. Spray large baking sheet with nonstick spray. 2. Sprinkle shrimp evenly with seasoning blend and pepper. Place flour, egg, and coconut in three small separate bowls. Dip shrimp first in egg, the flour, then back in egg, then in coconut. Arrange shrimp on baking sheet. 3. Bake 12-15 minutes or until golden and crisp. Great served along with low-calorie, warmed orange marmalade as a dipping sauce.

CRISPY SHRIMP BURGER

Ingredients:

1 tablespoon unsalted butter
3/4 cup yellow onions, chopped
1/4 cup celery, chopped
1/4 cup green bell pepper, chopped
1 1/2 teaspoons salt
3/4 teaspoon cayenne
2 pounds medium-size shrimp, peeled, de-veined, and chopped
2 teaspoons garlic, chopped
1/4 cup green onions or scallions, green part only, chopped
2 large eggs, plus 1 egg, beaten
2 cups fine dried bread crumbs
1/2 cup unbleached all purpose flour
2 teaspoons Creole Seasoning
2 tablespoons water
1/4 cup vegetable oil
8 hamburger buns, toasted
Tartar Sauce (see below)
lettuce, shredded
vine-ripened tomatoes, sliced
Tartar Sauce:
1 large egg
1 tablespoon garlic, minced
2 tablespoons fresh lemon juice
1 tablespoon fresh parsley leaves, chopped
2 tablespoons green onions or scallions , green part only, chopped
2 teaspoons sweet pickle relish, drained
1 cup vegetable oil
1/4 teaspoon cayenne
1 tablespoon Creole or whole-grain mustard
1 teaspoon salt

Instructions:

Tartar Sauce: Put the egg, garlic, lemon juice, parsley, green onions, and relish in a food processor or blender and process for 15 seconds. With the motor running, pour the oil through the feed tube in a slow steady stream. Add the cayenne, mustard, and salt and pulse once or twice to blend. Cover and let sit for 1 hour in the refrigerator before using. Best if used within 24 hours. In a large skillet, melt the butter over medium heat. Add the onions, celery, bell pepper, salt, and cayenne. Cook, stirring, until soft for about 6 minutes. Add the shrimp and cook, stirring, for 3 minutes. Transfer the mixture to a large mixing bowl and let cool slightly. Add the garlic, green onions, 2 of the eggs, and 1 cup of the bread crumbs. Stir to mix well. Divide into 8 equal portions and form into patties. put the flour in a shallow bowl and season with 1 teaspoon of the Creole seasoning. Put the remaining 1 cup bread crumbs in another shallow bowl and season with the remaining 1 teaspoon Creole seasoning. Put the beaten egg in yet another shallow bowl, add the water, and beat lightly. Heat the vegetable oil in 2 large skillets over medium heat. Dredge each patty first in the flour, then in the egg mixture, then in the bread crumbs, turning to coat completely and shaking off any excess. Cook 4 patties at a time in each

skillet, until lightly browned, 5 to 6 minutes on each side. Drain on paper towels. to serve, spread both sides of each toasted bun with some of the tartar sauce, place a patty on the bottom half of the bun, dress with lettuce and tomatoes, and top with the other bun half.

CURRY BAKED ORANGE ROUGHY

Ingredients:

1/3 cup mayonnaise
1/2 teaspoon garlic powder
3/4 teaspoon prepared mustard
1/3 teaspoon curry powder
3/4 teaspoon lemon juice
4 orange roughy fillets
3/4 teaspoon hot sauce
30 round buttery
crackers/crush
3/4 teaspoon Worcestershire sauce

Instructions:

Combine all ingredients except fillets and crackers. Brush over top of fillets. Dredge both sides of fillets in cracker crumbs. Place spiced side up in greased baking dish. Bake at 400 degrees for 20 minutes or until fish flakes easily. Serve at once.

CUTTLEFISH WITH CABBAGE SEPPIE E VERZE

Ingredients:

1/4 cup extra-virgin olive oil
1 onion finely chopped
1 celery rib finely chopped
1 carrot finely chopped
2 tablespoons finely-chopped Italian parsley
2 very thin slices peeled gingerroot
1 small hot chile pepper chopped
1 1/2 pounds cuttlefish cleaned
1 cup dry white wine
1 large green cabbage head about 3 1/2 pounds finely chopped
2 potatoes cut into chunks
salt to taste
freshly-ground black pepper to taste

Instructions:

In a large pot, heat the olive oil over high heat until almost smoking. Add the onion, celery, carrot, parsley, ginger root, and chile pepper and cook over high heat until the vegetables are softened and browned, about 8 minutes. Add the cuttlefish and cook over medium-high heat until it is colored, about 4 minutes, then slowly add the wine. Once the wine comes to a boil, add the cabbage and potatoes and salt and pepper, to taste, and cook for 20 minutes, or until the cabbage and potatoes are tender.

DAUFUSKIE SHRIMP

Ingredients:

2 pounds unpeeled medium-size fresh shrimp
7 bacon slices chopped
2 medium onions diced
1 large green bell pepper diced
3 jalapeno peppers seeded minced
4 garlic cloves minced
2 cans diced tomatoes 28 ounce each
1/4-cup cocktail sauce
1/2-teaspoon salt
1/8-teaspoon freshly ground black pepper
hot cooked grits

Instructions:

Peel shrimp and de-vein if desired. Set aside. Cook bacon in a large skillet until crisp; remove bacon and drain on paper towels reserving 3-tablespoons drippings in skillet. Saute onion in hot drippings 5 to 7 minutes. Stir in bell pepper jalapenos and garlic; saute 7 to 9 minutes or until tender. Stir in tomatoes and next 3 ingredients. Reduce heat and simmer stirring occasionally 1 hour. Stir in shrimp and cook 5 minutes. Serve over hot cooked grits and sprinkle with bacon.

DEEP HALIBUT WITH JAPANESE FLAVORS

Ingredients:

2 tablespoons white miso paste
1 tablespoon sugar
1 tablespoon rice wine or dry sherry
1 teaspoon reduced sodium soy sauce
1 pounds halibut fillet, skinned and
Into 4 portions
2 sheets nori seaweed, cut julienne strips
2 scallions, trimmed, thinly sliced

Instructions:

Preheat oven to 400 degrees. Prepare 4 parchment or aluminum foil papillotes. In a small bowl, stir together miso paste, sugar, rice wine or sherry and soy sauce until smooth. Place a piece of halibut in the center half of each opened paper heart. Brush the miso mixture over the halibut and top with seaweed and scallions. Seal the packages and place them on a baking sheet. Bake for 10 to 12 minutes, or until the packages are puffed. (You may open one package to check that the fish is opaque.) Transfer to plates; let each diner open his or her own package.

DIAMOND SESAME GLAZED WALNUT SHRIMP

Ingredients:

Marinade:

1 tablespoon Chinese rice wine or dry sherry
2 teaspoons cornstarch
1/2 teaspoons salt
White pepper to taste

Sauce:

1/3 cups mayonnaise

2 teaspoons sugar
2 teaspoons oyster-flavored sauce
2 teaspoons sesame oil
1 teaspoon grated lemon peel
1 teaspoon chili garlic sauce
4 cups chopped iceberg lettuce or napa cabbage
2 tablespoons cooking oil
2 to 3 tablespoons chicken broth
1 cup diamond sesame glazed walnuts

Instructions:

Combine marinade ingredients in a bowl. Add shrimp and stir to coat. Let stand for 20 minutes. Combine sauce ingredients in bowl. Place chopped lettuce or napa cabbage on serving plate. Place a wok over high heat until hot. Add oil, swirling to coat sides. Add shrimp and stir-fry until pink, about 2 to 3 minutes. Add broth and cook for 1 minute. Add sauce and toss to mix well. Arrange shrimp on plate over chopped greens; sprinkle with diamond sesame glazed walnuts.

DILL HERB FILLETS

Ingredients:

2 Pound(s) Fillet Of Red Snapper
1 Per Serving Or Firm Fleshed Fish
3/4 Teaspoon(s) Salt
1/2 Teaspoon(s) Ground Pepper
1/2 Cup(s) Olive Oil
1 1/2 Tablespoon(s) Minced Parsley
1 Tablespoon(s) Minced Shallots, Spice
1 Per Serving Hunter Freeze Dried Or Fresh
1 Pinch(es) Oregano
1/4 Cup(s) Fresh Squeezed Lemon Juice

Instructions:

Arrange fish in a single layer, oiled, shallow baking dish. Sprinkle with oil, parsley, shallots, Dill Weed, and oregano. Bake in a preheated oven at 350 degrees F until flesh barely separates when tested with a fork 15 to 20 minutes. Baste twice with pan juices while baking. Remove fish to a serving dish. Blend lemon juice into pan drippings, then pour over fish.

DOUBLE DIP SHRIMP

Ingredients:

20 unpeeled jumbo shrimp 1-pound
paprika as needed
lemon wedges
3/4-cup ketchup
3-tablespoons prepared horseradish
2-tablespoons lemon juice divided
1-teaspoon Worcestershire sauce
3/4-cup sour cream
1/4-cup Dijon mustard

2-tablespoons chopped fresh parsley
lemon slices for garnish
fresh parsley sprigs

Instructions:

Cook shrimp in boiling water until they turn pink from 3 to 5 minutes. Drain and peel leaving tails intact. De-vein if desired. Sprinkle paprika in a saucer. Rub rims of 4 chilled martini glasses with lemon wedges; dip edges in the paprika. Combine the ketchup horseradish 1-tablespoon lemon juice and Worcestershire. Cover and chill if desired. Combine 1-tablespoon lemon juice sour cream mustard and chopped parsley. Cover and chill if desired. Place a spatula in the center of the martini glass. Spoon two tablespoons of each sauce on each side. Carefully remove spatula. Arrange shrimp around the edge of the glass.

ECUADORIAN SEVICHE

Ingredients:

2 pounds striped bass
1/2 cup lime juice
1 teaspoon salt
1/8 teaspoon Tabasco sauce
1/2 cup orange juice
1 1/2 teaspoons minced onion
1 1/2 teaspoons minced pepper
1 teaspoon snipped chives or cilantro
1 tablespoon catsup
1 Spanish onion, thinly sliced
4 scallions, finely chopped
1/2 fresh red pimento, finely chopped
12 orange sections

Instructions:

Cut bass into small slices; marinate for 12 hours in mixture of lime juice, salt and Tabasco sauce. Add orange juice, minced onion, pepper, chives and catsup to marinade. Arrange fish in deep dish; add marinade. Place Spanish onion slices in center of fish. Sprinkle with scallions and pimento; garnish with orange sections.

EPOCH PROSCIUTTO WRAPPED SHRIMP

Ingredients:

24 large shrimp, peeled, deveined
1 teaspoon instant minced garlic
1/2 teaspoon dill weed
1/2 teaspoon dried tarragon leaves
1/2 pound prosciutto, sliced paper-thin
nonstick cooking spray, as needed

Instructions:

In a medium bowl place shrimp, garlic, dill, and tarragon; toss to coat. Cut prosciutto slices in half lengthwise. Wrap each shrimp in a half-slice of prosciutto. Thread wrapped shrimp on skewers, leaving a little space between each piece. Spray lightly with cooking

spray. Place skewers on center of cooking grate and grill for 5 to 6 minutes, turning once halfway through grilling time.

ESCALLOPED SALMON

Ingredients:

1-can salmon (1 pound)
1-cup bread or cracker crumbs
Salt & pepper to taste
3 tablespoons butter
3 tablespoons flour
2-1/2 cups milk

Instructions:

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 bake in dish. Sprinkle with bread crumbs. Bake at 350 f. For about 20 minutes.

ESCARGOTS

Ingredients:

1 cup butter, softened
2 tablespoons chopped shallots
2 tablespoons chopped garlic
2 tablespoons champagne or white wine
1 tablespoon Worcestershire sauce
1 tablespoon chopped fresh parsley
1 teaspoon brandy
1 teaspoon lemon juice
1/2 teaspoon salt
1 pinch pepper
36 snails and shells

Mix, but do not whip, all ingredients except snails. Heat mixture in large skillet. Add snails and simmer 10 to 15 minutes, allowing liquid to cook into snails. Preheat oven to 350 degrees. Put small amount of butter mixture into bottom of each shell. Insert snail using end of fork. Top with additional butter mixture. Continue until all shells are filled,

Instructions:

Placing them in flat baking dish as they are completed. Pour remaining butter mixture over snails and heat until bubbling, about 10 minutes.

EXALTED GAMBAS A LA PLANCHA SHRIMP WITH GARLIC

Ingredients:

12 shrimp u15 size
4 tablespoons extra-virgin olive oil
8 garlic cloves thinly sliced
1/4 cup finely-chopped Italian parsley
salt to taste
freshly-ground black pepper to taste
lemon wedges

Instructions:

Peel and devein shrimp and discard shells. Heat oil over high heat in a 12 to 14-inch saute pan. Add garlic and cook until, light golden brown. Add shrimp and, tossing quickly, saute until just cooked through, for about 1 to 2 minutes. Add parsley, toss to coat, season aggressively with salt and pepper and serve immediately.

EXTREME GROUPER AND HORSERADISH SAUCE

Ingredients:

1 Small green pepper, sliced
1 pound grouper
1/4 teaspoons Pepper
4 Onion slices, thin
1/3 cups Catalina dressing
2 tablespoons Prepared horseradish
1/4 teaspoons Hot sauce
1 tablespoon Lemon juice

Instructions:

Remove & set aside. Wipe pie plate. Quarter fish, arrange in pie plate, sprinkle with pepper, top with bell pepper and onion. Microwave, uncovered, @ high 7-8 minutes until fish flakes easily. Drain & cover. Combine salad dressing and next three ingredients in 1-cups glass measure, stir.

EXTREME HOT CRAB SPREAD

Ingredients:

8.00 ounce cream cheese, light
2.00 cups cottage cheese, low fat
0.25 cup lemon juice
0.25 cup skim milk
0.50 teaspoon basil
0.50 teaspoon marjoram
0.50 teaspoon oregano
0.50 teaspoon thyme
0.25 teaspoon garlic powder
1.00 pound surimi, or shrimp or crab

Instructions:

In a large bowl mix cream cheese and cottage cheese until smooth. Gradually blend in lemon juice and milk. Stir in remaining ingredients. Pour in quiche dish or pie pan. Cover and bake at 350^f for about 15 minute or until hot.

FILLET OF SOLE AND SHRIMP CASSEROLE

Ingredients:

3 pounds fillet of sole
2 1/2 teaspoons salt
1/4 teaspoon pepper
1/4 teaspoon paprika
2 cups canned mushroom caps, drained
6 tablespoons butter or margarine
5 tablespoons flour

2 cups mushroom juice and milk, mixed
1 tablespoon grated onion
1/8 teaspoon cayenne pepper
1/2 pound grated parmesan cheese
1 1/2 pounds cooked shrimp

Instructions:

Cut sole into serving pieces; saute for 1 minute on each side. Place in baking dish; Sprinkle with salt, pepper and paprika. Reserve 12 mushroom caps for garnish; spread remaining mushrooms over sole. Make cream sauce of butter, flour and mushroom liquid; add onion and pepper. Place sauce in top of double boiler; add cheese and shrimp, reserving 12 shrimp for garnish. Cook until cheese is melted; pour sauce over casserole. Garnish with mushrooms and shrimp. Bake at 350 degrees for 30 minutes.

FINE HALIBUT ORANGE

Ingredients:

2 pounds halibut, fresh or frozen
4 tablespoons Butter
1 Rind of orange
1 Juice of orange
1 teaspoon Lemon juice
1 Salt and pepper to taste
1/8 teaspoons Nutmeg
1/4 cups Minced parsley

Instructions:

If halibut is frozen, thaw it. Wrap fish thawed or fresh in a paper towel for a few minutes to remove excess moisture. Place fish in a single layer in large, thickly buttered, microwave safe baking dish. Combine the remaining ingredients, except the parsley, and pour over the fish. Bake at high for 10 to 12 minutes, or until fish flakes easily. Let stand 5 minutes, then remove to a hot serving dish. Pour any sauce remaining in the dish over the fish. Sprinkle with minced parsley and serve.

FISH BAKED BROILED OR BARBECUED IN FOIL

Ingredients:

6 fillets, or whole small pan-dressed fish(about 2 pound.)
6 sheets heavy aluminum foil
salt
seasoned pepper
dried dill seed, parsley or rosemary, if desired
butter
6 lemon or lime slices
12 tablespoon dry white wine

Instructions:

Preheat oven to 400, preheat broiler, or have charcoal at cooking temperature in BARBEQUE 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 tablespoon. 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.

FISH BROTH BRODO DI PESCE

Ingredients:

2 medium onions
2 medium leeks
2 tablespoon olive oil
1 pound heads and bones from red snapper, rockfish, cod, flounder, porgy, or sea bass
1 tablespoon tomato paste
salt to taste
2 quart boiling water
1 celery stalk
2 sprigs fresh thyme (or 1 teaspoon dried)

Instructions:

Peel and coarsely chop the onions. Rinse leeks, remove green tops, 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 bones and 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 and add 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.

FISH FILLED TOMATOES

Ingredients:

6 large ripe tomatoes
2 cups cooked fish, flaked
1 cup cooked brown rice
3/4 cup Swiss cheese, grated
1 egg
1/2 teaspoon oregano
1 tablespoon butter, melted
1/4 cup whole grain dry bread crumbs oil

Instructions:

1. Cut 1/2-inch slice from top of each tomato. Core, using melon baller, leaving 1/4-to 1/2-inch-thick shell. Turn over and drain on paper towels. 2. Combine fish, rice, egg, cheese and oregano. 3. Fill tomatoes and place on lightly oiled baking dish. 4. Combine butter and bread crumbs. Sprinkle on top of each tomato. Bake in 350 F oven for 15 minutes.

FISH FILLETS IN COCONUT CREAM GINATAANG ISDA

Ingredients:

5 pieces medium sized fish fillet
1 cup shredded cabbage leaves
1 cup coconut cream
1 teaspoon ground pepper
1 teaspoon ginger root

1 teaspoon chopped red chili peppers
salt to taste

Instructions:

Boil together coconut cream, fish fillet, pepper and ginger root. Cook until the fish is tender. Add cabbage leaves and season with salt. Just before serving, add red chili peppers. Serve hot with steamed white rice.

FISH FILLETS IN ZUCCHINI CREAM

Ingredients:

1 1/2 Teaspoon(s) Butter
1/2 Cup(s) Sliced zucchini
1 1/2 Tablespoon(s) Sour cream
1 Pound(s) Fish fillets
1/3 Cup(s) Butter milk
1 Per Serving Seasoning to taste

Instructions:

Melt butter in skillet, and gently fry fish until golden brown..(approx 4 mins). Remove from pan and keep warm. Saute the zucchini 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.

FISH FILLETS WITH CORN CHIPS

Ingredients:

6 medium-sized fish fillets
7 ounce packet natural corn chips
3 tablespoon plain flour
2 eggs beaten
light olive oil or vegetable oil
1 1/2 limes

Instructions:

Skin the fish fillets. Put the corn chips into a plastic bag and crush finely with a rolling pin. Season fish with salt and pepper then dust with flour. Dip them into beaten egg then coat with the crushed corn chips, firming on well. These can be prepared ahead and refrigerated in a single layer until ready to cook. Heat sufficient oil in a large frying pan to shallow fry the fillets. Don't have the oil too hot at first or the crust will brown before the fish is cooked. Cook the fish in a single layer, allowing about 2 or 3 minutes each side. Try not to overcook, the fish should be moist and juicy. Remove fish from oil and drain well on paper towels. Serve hot with lime wedges, accompanied with salad and warm bread rolls.

FISH FILLETS WITH GREEN TOMATO SALSA

Ingredients:

1 pound catfish; cut into 4 pieces
1/2 cup salsa
1/2 cup tomatillo; chopped
1 tablespoon cilantro; chopped
2 teaspoon lime juice

1/4 teaspoon ground coriander

Instructions:

Pat fish dry with paper towels. Arrange in an 8-inch square glass baking dish so that pieces are toward the sides of dish. Combine salsa, tomatillo, cilantro, lime juice and coriander. Spoon mixture over fish. Cover with vented plastic wrap. Rotate dish midway through cooking, microwave on High 3 to 4 minutes, or just until fish flakes when tested with a fork. Serve on a heated tortilla garnished with sprigs of cilantro.

FISH FRIED IN OATMEAL

Ingredients:

herring mackerel or trout
coarse oatmeal
salt and pepper to taste

Instructions:

Clean fish, split them open at belly. Season coarse oatmeal with salt, pepper. Roll fish on both sides in seasoned coarse oatmeal. Heat 1 tablespoon butter per fish in frying-pan until bubbling but not brown. Fry fish on both sides until golden. Drain, serve garnished with parsley and wedges of lemon.

FISH IN MOROCCAN CHARMOULA SAUCE

Ingredients:

3 pound firm fish fillets
4 potatoes roasted and sliced
2 green peppers sliced and sauteed
2 tomatoes sliced
salt and fresh ground black
pepper to taste
1 lemon
charmoula sauce
1/2 cup chopped cilantro
1/2 cup chopped parsley
5 cloves garlic finely chopped
5 tablespoon lemon juice
1 1/2 teaspoon salt
1 teaspoon paprika
1/3 teaspoon ground cumin
cayenne pepper to taste
1/2 cup olive oil, or more

Instructions:

Preheat oven to 425 degrees. 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. 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.

FISH IN PINEAPPLE LIME SAUCE

Ingredients:

1/2 cup pineapple juice; unsweetened
1/3 cup fresh lime juice
1 1/4 pound fish fillets
1/2 teaspoon cornstarch; dissolved in 1 tablespoon water
1 tablespoon cilantro; chopped

Instructions:

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.

FISH IN SKILLET

Ingredients:

Onions
Green peppers
Cloves of garlic
2.00 cups Italian stewed tomatoes

Instructions:

For the in kitchen method. Lightly saute the onion, peppers and a few cloves of garlic in a heavy skillet. Pour in 2 cans of Italian stewed tomatoes and cook until bubbling. Lay fillets cut into bite-sized pieces on top if vegetables. Put a lid on it and simmer for 10 minutes.

FISH IN WINE SAUCE

Ingredients:

1/4 cup butter or margarine
1/4 cup flour, all-purpose
1/4 teaspoon garlic powder
1 dash pepper, black
1 1/2 cup milk
1/4 cup white cooking wine
3 teaspoon parmesan cheese, grated
1 dash paprika
1 pound fish

Instructions:

Melt butter and blend in with flour, garlic salt and pepper. Add milk and cooking wine. Cook and stir until thickened and bubbly. Stir in 1 teaspoon Parmesan cheese. Place fish in shallow baking dish and pour sauce over fish. Sprinkle with remaining cheese and paprika. Bake at 350 degrees for 20-25 minutes or until fish is flaky.

FISH SECTIONS WITH VEGETABLES

Ingredients:

3 or 4 Black mushrooms

1/2 cup bamboo shoots
1 scallion stalk
2 slices fresh ginger root
1 (2-pounds) fish
oil for deep-frying
2 tablespoons oil
1/2 teaspoon salt
1/2 cup stock
1 tablespoon soy sauce
1 tablespoon cornstarch
3 tablespoons water

1. Soak dried mushrooms. 2. Slice bamboo shoots and soaked mushrooms. Cut scallion stalk in 1/2-inch sections. Crush ginger root. 3. Prepare fish as in steps 1 through 4 of "basic deep-fried fish (in pieces)". Keep warm. 4. Heat remaining oil. Add salt, then scallion sections and ginger root, stir-fry a few times. 5. Add mushrooms and bamboo shoots, stir-fry, 2 minutes more. 6. Add stock and soy sauce and bring to a boil. Then cook, covered, 2 to 3 minutes over medium heat. 7. Meanwhile blend cornstarch and cold water to a paste. Then stir in to thicken. Pour sauce over fish and serve.

Instructions:

Note: if the fish needs re-warming, return it to pan in step 7, just as the sauce begins to thicken.

FISH STEAKS DIJON

Ingredients:

1 - can chicken broth 14 1/2 - ounce
1 - tablespoon Dijon - style mustard
1 - teaspoon lemon juice
1/8 - teaspoon freshly ground black pepper
1 - 1/2 - pounds swordfish steaks 1 - inch thick
1 - tablespoon cornstarch

Instructions:

Mix broth, mustard, lemon juice and pepper. Pour 1 - cup broth mixture into large shallow nonmetallic dish. Add fish and turn to coat. Cover and refrigerate 1 hour, turning fish occasionally. In small saucepan mix cornstarch and remaining broth mixture until smooth. Set aside. Remove fish from marinade and place on lightly oiled grill rack over medium - hot coals. Broil or grill uncovered 10 minutes or until fish flakes easily when tested with a fork, turning once and brushing often with marinade. Discard marinade. Over medium heat, heat cornstarch mixture until mixture boils and thickens, stirring constantly. Serve with fish.

FISH VERA CRUZ

Ingredients:

1 - 1/4 - pounds fish fillets or steaks 1/2 - inch thick
1 - tablespoon limejuice
1 - medium onion sliced
1 - medium green pepper cut into 3/4 inch chunks
1 - garlic clove minced

1 - tablespoon vegetable oil
2 - medium tomatoes cut into chunks
1/2 - cup chili sauce
1/4 - cup sliced pimiento - stuffed olives
1 - dash red pepper
capers for garnish optional

Instructions:

Sprinkle fish with limejuice; set aside. Saute onion, green pepper, and garlic in oil until tender - crisp. Add tomatoes and remaining ingredients. Simmer until most of liquid evaporates, about 3 to 5 minutes. Place fish in skillet, spooning sauce over. Simmer 3 to 4 minutes. Turn fish and spoon sauce over. Simmer an additional 3 to 4 minutes or until fish turns opaque and just flakes when tested with fork. To serve, spoon sauce over fish and garnish with capers, if desired.

FISH WITH TOMATO AND CAPER SAUCE

Ingredients:

1.00 Text Only

Instructions:

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 kilogram 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.

FISHER'S OYSTERS

Ingredients:

2 tablespoons butter, melted
1/4 cup lemon juice
1/2 cup dry sherry
1-cup a-1 steak sauce
2 tablespoons flour
3 tablespoons water
24 oysters
Salt & pepper

Instructions:

In medium saucepan, combine butter, lemon juice, sherry, and steak sauce. Cook over low heat. Blend flour and water together. Slowly stir into sauce being careful not to let boil. Add oysters to sauce and heat for 1 minute. Adjust seasonings to taste with salt and pepper. Transfer to chafing dish to keep warm. If oysters are to be eaten immediately they can be placed in a shallow baking or serving dish.

FLORIDA SHRIMP A LA KING

Ingredients:

3/4 pound cooked, de-veined shrimp
1/2 cup sliced mushrooms

1/8 teaspoon cayenne pepper
1 1/2 cup milk
2 tablespoon chopped pimiento patty shells or toast points
3 tablespoon butter or margarine
1/2 teaspoon salt
3 tablespoon chopped green pepper
3 tablespoon all-purpose flour

Instructions:

Thaw shrimp if frozen. In a large skillet, saute mushrooms and green pepper in butter until tender. Blend in flour, salt and cayenne pepper. Gradually add milk. Cook until thickened, stirring constantly. Stir in pimiento and shrimp. Heat. Serve in patty shells or on toast points.

FLOUNDER AND CREAM OF SHRIMP SOUP

Ingredients:

1 package frozen flounder
Salt and pepper to taste
Worcestershire sauce
1 can cream of shrimp soup
Tabasco sauce
1 ounce sherry

Instructions:

Salt and pepper dish. Place in casserole dish and cover with Worcestershire sauce. Pour soup on top. Heat at 350 until bubbly. Add a dash of Tabasco sauce and sherry. Cook about 30 40 minutes.

FLOUNDER IN LEMON DILL SAUCE

Ingredients:

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, medium, thin sliced
1 pound flounder fillets
lemon slices for garnish

Instructions:

In 10-inch skillet over medium-low heat, heat first 5 ingredients, stirring occasionally, until butter or margarine is melted and hot. 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. Arrange flounder with its sauce in warm deep platter. Garnish with lemon slices.

FLOUNDER IN SWEET SOUR SAUCE

Ingredients:

3 pound 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

Instructions:

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.

FREUD'S HALIBUT STEAKS

Ingredients:

4 halibut steaks, 4 ounce
1/2 cups apricot preserves
2 tablespoons white vinegar
1/2 teaspoon dried tarragon leaves

Instructions:

Spray broiler pan rack with non stick cooking spray. Place fish steaks on rack and broil 4 inches from heat for 4 minutes. Turn fish and broil 4 minutes longer. Mix remaining ingredients and spoon onto fish. Broil one minute longer or until fish flakes easily with fork.

FRIED CRAB LEGS

Ingredients:

Shelled leg pieces of Dungeness crab
Butter for frying

Instructions:

Do not overcook. Let the seafood speak for itself. When you see the price on fresh Dungeness crab legs, you will want them to speak for themselves. You may want them to lecture! Salad and hash browns come on the plate at LaMoyné's.

FRIED FISH WITH WHOLE GARLIC

Ingredients:

1 pound fresh fish fillets
1 teaspoon salt
3 tablespoons cornstarch
8 garlic cloves, peeled
2 tablespoons fresh ginger coarsely chopped
4 tablespoons oil, preferably peanut
1 tablespoon rice wine or dry sherry
3 tablespoons water
1 tablespoon light soy sauce

1 tablespoon bean sauce
1 teaspoon sugar
1 tablespoon dark soy sauce

Instructions:

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.

FU RONG CHINESE CABBAGE

Ingredients:

2 tablespoons dried prawns (shrimps)
2 2/3 cups chicken stock
Salt to taste
1 medium Chinese (celery) cabbage, chopped
Sauce
2 egg whites
2/3 cup chicken stock
2 tablespoons minced raw chicken breast
Pepper to taste
2 tablespoons vegetable oil
1 1/2 tablespoons cornflour (cornstarch) blended with 5 tablespoons milk
2 tablespoons finely chopped ham
4-5 portions

Instructions:

Method: The cabbage can be cooked in precisely the same manner as cauliflower in the previous recipe, except that it will need to be simmered for another 5 minutes with an extra tablespoon of dried prawns, soaked, and in serving, none of the cooking liquid needs to be drained away. Otherwise, simply follow exactly the same procedure.

GARLIC AND SHRIMP VEGGIES

Ingredients:

2 pounds shrimp
1 can water chestnuts sliced a
1/2 packet frozen peas thawed
2 cloves of garlic chopped
2 green onions chopped
2 stalks Chinese celery cabbage
1/2 cups chicken stock
2 tablespoons cornstarch
2 tablespoons soy sauce
1/2 teaspoons sugar
Place in cups 1/2 cups chicken stock 2 teaspoons cornstarch, 2 teaspoons soy sauce 1/2
tablespoons sugar. Directions: saute the celery cabbage until soft and add the garlic

Instructions:

And onions. Add the thawed peas, water chestnuts and shrimp. Cook on medium. Heat till shrimp are pink. Add the cups of liquid ingredients and stir until thickened and serve over cooked rice. Have additional soy for added taste.

GILLIGAN'S COCONUT SHRIMP NUMBER

Ingredients:

1-1/4 pound large fresh shrimp, unpeeled
1-1/3 cup all-purpose flour
1 teaspoon salt
1/4 teaspoon pepper
1/8 teaspoon paprika
1-1/4 cup beer
2 cups shredded coconut
vegetable oil
1/4 cup + 2 tablespoon. Orange marmalade
1/4 cup + 2 tablespoon. Orange juice
2 tablespoons Dijon mustard
peel and devein shrimp, leaving tails intact.

Instructions:

Combine flour, salt, pepper and paprika in a medium bowl, stirring well. Make a well in center of flour mixture. Gradually add beer, stirring until batter is smooth. Dip shrimp in batter, dredge in shredded coconut. Fry shrimp in hot oil (350 f.) Until lightly browned. Drain on paper towels. Serve with orange mustard sauce. To make orange mustard sauce, combine marmalade, orange juice and mustard in a small bowl, stirring well.

GINGER CHILLI PRAWNS SHRIMPS

Ingredients:

2 tablespoons oil
Large shelled prawns with the tails left on
2 cloves garlic, pressed
1 teaspoon fresh ginger, chopped
1 teaspoon chili, crushed
1 tablespoon fresh coriander, chopped

Instructions:

These are prepared using a kettle barbecue, with a direct fire, the lid off, and using the wok. Heat the wok and add the oil. Fry the prawns with the garlic, ginger and chili, tossing them well until the prawns turn pink and are cooked through. Add the coriander and serve the prawns as an entree.

GINGER GARLIC SHRIMP CHINA ROYAL

Ingredients:

16 Jumbo Shrimp, With Shell
3 Cloves Garlic Peeled/Crushed
1/4 cups Vegetable Oil
2 Green Onions/Scallions **
1 Piece Ginger *
Salt & Pepper To Taste

* Ginger should be 1 inch long, peeled and minced.

** Green Onions/Scallions should be trimmed and thinly sliced (Green)

Instructions:

Slit the shrimp up the back with a sharp knife and remove the vein. Do not shell the shrimp. Heat the oil in a wok or wide heavy skillet. When the oil is rippling, throw in the shrimp and stir-fry over high heat for 2 minutes. Drain very well. Return 1/2 Tablespoon oil to the wok. Heat. Throw in the shrimp along with the ginger, garlic, and onions. Stir-fry for 20 seconds. Season with salt and freshly ground pepper. Stir-fry for an additional 20 seconds. Serve at once.

GOLDEN FRIED CARDOON

Ingredients:

2 quarts water

2 tablespoons white vinegar

1 pound cardoon ribs (about 4 large ribs); leaves removed

2 large egg yolks; beaten with 1 tablespoons water

1 large egg; beaten

1 cup dry bread crumbs

1/4 cup parmesan cheese; grated

salt; to taste

fresh ground black pepper; to taste vegetable oil; for frying lemon wedges; for accompaniment

Instructions:

Note: Cardoons have a rich artichoke flavor with a hint of lemon. In a bowl, combine the water and vinegar. Using a vegetable peeler, remove the tough outer strings of the cardoon ribs. Cut the ribs into 2 inch lengths, adding them to the vinegar water as you work. Drain the cardoon ribs, transfer them to a large saucepan of lightly salted water and boil until very tender, about 30 minutes. Drain and pat dry; let cool. In a shallow bowl, combine the egg yolks and egg. In another bowl, toss the crumbs with the Parmesan, 1/2 teaspoon of salt and 1/8 teaspoon of fresh ground black pepper. Dip the cardoon in the eggs, then dredge in the crumbs, pressing to help them adhere.

GOLDEN FRIED CATFISH

Ingredients:

6 small catfish, cleaned and dressed

1-teaspoon salt

1/4-teaspoon pepper

2 cups cornmeal, self-rising

Vegetable oil

Instructions:

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.

GOUJONS OF SOLE

Ingredients:

6 ounce fine noodles cooked al dente

13 ounce sole
flour
egg wash
seasoning
oil for frying
herb mayonnaise
selections of mixed herbs chopped
3 egg yolks
8 floz olive oil
salt
1/2 lemon

Instructions:

Fillet the sole. Cut each fillet into strips. Dip into seasoned flour, then egg yolk wash. Wrap the sole in the cooked noodles and place to one side. Chill for 5 minutes then deep fry until cooked and golden.

GRILLED CALAMARI WITH BEANS AND MINT OIL

Ingredients:

8 small whole calamari
1 1/2 cups cooked great northern beans
1 tablespoon chopped fresh rosemary leaves
2 tablespoons extra-virgin olive oil
4 tablespoons finely-chopped red onion
1 tablespoon chopped fresh marjoram leaves
1 lemon zested and juiced
salt to taste
freshly-ground black pepper to taste
1/4 cup mint oil

Instructions:

Remove the tentacles and clean the calamari, leaving the bodies whole. Set the tentacles aside. Pull out the quill shaped bone in the center of the calamari tubes and remove the murky stuff as well. Preheat the grill or broiler. In a mixing bowl, stir together the cooked beans, rosemary, olive oil, onion, marjoram, and lemon juice and zest. Season to taste with salt and pepper. Arrange the mixture in the center of 4 plates. Season the calamari with salt and pepper, brush with a bit of additional oil, and grill for 2 minutes on each side. Arrange 2 calamari over the salad on each plate and drizzle with the Mint Oil.

GRILLED CINNAMON SPICE SHRIMP

Ingredients:

2 teaspoons brown sugar
1/2 teaspoon paprika
1/4 teaspoon salt
1/4 teaspoon cinnamon
1/8 teaspoon nutmeg
1/8 teaspoon cayenne
1 pound deveined peeled shrimp
1 tablespoon olive oil

romaine lettuce leaves -- for serving

Instructions:

Combine sugar and spices in a glass bowl. Toss shrimp with the oil and thread onto skewers. Sprinkle with spice mixture. Grill over medium heat for about 2 minutes on each side. Serve on a bed of Romaine lettuce.

GRILLED FISH WITH ORANGE CHILE SALSA

Ingredients:

3 medium oranges peeled, sectioned (about 1 1/4 cups segments)
1/4 cup finely-diced green, red or yellow bell pepper
3 tablespoon chopped cilantro divided
3 tablespoon lime juice divided
1 tablespoon honey
1 teaspoon minced seeded serrano pepper (or 1 tablespoon minced jalapeno pepper)
1 1/4 pounds firm white fish fillets (such as orange roughy, lingcod, halibut, red snapper)
lime slices as needed
zucchini ribbons cooked

Instructions:

To prepare orange-chile salsa, combine orange segments, bell pepper, 2 tablespoons cilantro, 2 tablespoons lime juice, honey and serrano pepper. Set aside. Season fish fillets with remaining 1 tablespoon cilantro and 1 tablespoon lime juice. Lightly oil grid to prevent sticking. Grill fish on covered grill over medium kingsford briquettes 5 minutes. Turn and top with lime slices, if desired. Grill about 5 minutes until fish flakes easily when tested with fork. Serve with orange-chile salsa. Garnish with zucchini ribbons.

GRILLED FLORIDA SNAPPER

Ingredients:

1 large onion, thinly sliced
1 tablespoon olive oil
1 pound red snapper fillets
1 tablespoon coarse mustard
2 cups chopped orange sections
1 cup chopped papayas
1 /3 cup lime juice
2 tablespoons honey

Instructions:

In a large nonstick frying pan over medium high heat, saute the onion in the oil until soft and light brown, about 8 to 10 minutes. Set aside. While the onions are cooking, rub the snapper on both sides with the mustard. Grill or broil about 5 1/2 inches from the heat until cooked through, about 4 1/2 minutes on each side. Transfer to a heated serving platter. Top with the onions, oranges and papayas. Keep warm. Add the lime juice and honey to the frying pan. Bring to a boil over high heat and cook, stirring frequently, until reduced by half, about 3 minutes. Drizzle over the fish. This recipe yields 4 servings.

GRILLED HALIBUT WITH NECTARINE SALSA

Ingredients:

3 nectarines, pitted and diced

1/4 red onion, chopped
1 jalapeno pepper, seeded, deveined and chopped (wear gloves to prevent irritation)
2 tablespoons minced cilantro
1 tablespoon fresh lemon juice
1 teaspoon honey
Four 6-ounces halibut steaks
1/2 teaspoon freshly ground black pepper
Cilantro sprigs

Instructions:

1. Spray the broiler or grill rack with nonstick cooking spray; set aside. Preheat the broiler, or prepare the grill. 2. In a medium nonreactive bowl, combine the nectarines, onion, jalapeno, minced cilantro, lemon juice and honey; toss to combine. 3. Sprinkle both sides of the halibut steaks with the black pepper. Broil or grill the halibut steaks 5 inches from the heat until the fish is opaque, 5-6 minutes on each side. Serve, topped with the nectarine salsa; garnish with the cilantro.

GRILLED HALIBUT WITH ORANGE GINGER GLAZE

Ingredients:

4 large halibut steaks, about 1" thick
olive oil -- as needed
1/3 cup orange juice
1/4 cup soy sauce
2 tablespoons honey
2 tablespoons dry sherry
1/2 teaspoon ground ginger
2 garlic cloves -- minced
1/4 cup water
2 teaspoons cornstarch

Instructions:

Brush both sides of steaks with olive oil. Place fish steaks on an oiled grill about 4 to 6 inches above coals. Cook, turning once, until fish flakes easily with a fork, about 8 to 10 minutes total. Carefully remove from grill and place on a platter. Meanwhile, to prepare glaze, combine orange juice, soy, honey, sherry, ginger and garlic in a small saucepan; stir well to blend and simmer 5 minutes. Dissolve cornstarch in water and add to pan. Cook over low heat, stirring constantly, until thickened. Pour glaze over halibut steaks. This recipe yields 4 servings.

GRILLED KING SALMON

Ingredients:

1 (6 ounces) salmon fillet, for each serving
Pickled asparagus
Strawberries

Instructions:

Grill salmon to your liking, set on top of a bed of wild greens, garnish with pickled asparagus and strawberries. The final touch is the drizzle of the Marionberry Vinaigrette on top.

GRILLED LEMON LOBSTER

Ingredients:

4 frozen lobster tails - (4 to 6 ounces each) - thawed
1/2 cup butter - melted
2 tablespoons lemon juice
1 tablespoon chopped fresh parsley
2 teaspoons finely-grated lemon zest
1 teaspoon white wine Worcestershire sauce
2 drops hot pepper sauce

Instructions:

Rinse the lobster tails and pat dry. Split lengthwise through back shell and lobster meat to separate in half. Combine remaining ingredients; brush on lobster meat. Place lobster tails shell-side down in center of cooking grate. Grill 8 to 10 minutes or until meat is opaque. Serve lobster with remaining butter sauce.

GRILLED MARINATED SWORDFISH

Ingredients:

6 4 ounces. swordfish steaks; 1/2 inch thick
olive oil
Italian herbs
shallots; finely chopped
clarified butter or oil
1/2 cup dry white wine
2 tablespoons fish broth
1 dash lemon juice
3 tablespoons butter
parsley; finely chopped
salt and pepper; to taste

Instructions:

Marinate the swordfish in olive oil, herbs, and shallots to taste and grill slowly in clarified butter or oil until just cooked through. This may also be done in a saute pan over medium heat. Remove to hot plates and keep warm. To make a sauce, pour the white wine, broth, and lemon juice into the saute pan. Raise the heat, let reduce slightly, add the butter, and a pinch of chopped parsley. Swirl until the sauce has lightened, season, and spoon the sauce evenly over the steaks. Serve at once, garnish with parsley.

GRILLED RED SNAPPER

Ingredients:

1 whole red snapper; split and butterflied, (about 2 pounds worth)
1/2 cup achiote paste
1/2 cup orange juice
3 tablespoons lemon juice
3 tablespoons lime juice

Instructions:

Mix achiote paste with citrus juices. Cover all surface of the fish. Place in refrigerator and let sit for at least two hours. light grill and get a medium flame. oil grill and place fish

skin side down. When fish is about half way done (about 5 minutes) turn and continue cooking another 3 minutes. The fish is done when the juices start boiling. You should be able to lift the central bone out easily when the fish is cooked. Top with heated salsa.

GRILLED SALMON STEAKS

Ingredients:

2.00 teaspoons fresh lime juice
2.00 tablespoons soy sauce
0.75 teaspoon sugar
0.13 teaspoon salt
1.00 tablespoon vegetable oil
2.00 Salmon steaks, about 1" thick
Lime wedges, for garnish

Instructions:

In a bowl, stir together the lime juice, soy sauce, sugar, salt and oil and rub the mixture onto both sides of each salmon steak. Let the salmon stand for 15 minutes. Heat an oiled ridged pan over moderately high heat until it is smoking and in it saute the salmon for 3 to 4 minutes on each side, or until it just flakes and is cooked through. Transfer the salmon to heated plates and serve with the lime wedges.

GRILLED SALMON WITH TOMATO RELISH

Ingredients:

1-1/2 tablespoons red wine vinegar
1-1/2 tablespoons Dijon mustard
1-tablespoon water
salt to taste
pepper to taste
1/4-cup chopped onion
1-1/2 tablespoons capers
1-large ripe tomato diced
1-pound salmon steaks 3/4-inch thick
2-teaspoons olive oil

Instructions:

In a small bowl, combine vinegar, mustard, water, and salt if desired. Add onion, capers, and tomato, mix well, cover, and set aside. Brush salmon lightly with oil, sprinkle with salt and pepper, and broil or barbecue, turning once, about 4 minutes on each side or until fish flakes easily. Serve immediately, topped with the tomato relish.

GRILLED SHRIMP CORN AND BLACK BEAN TOSTAD

Ingredients:

5.00 tablespoons fresh lime juice
0.75 cup olive oil
6.00 tablespoons fresh cilantro, chopped
1.50 tablespoons jalapeno chili (preferably red), minced and seeded
1.00 tablespoon ground cumin
3.00 cups chopped, seeded tomatoes
1.00 can (15-ounce) black beans, rinsed and drained

1.00 cup chopped green onions
0.75 cup chopped fresh cilantro
0.75 cup chopped red onion
6.00 cups shredded iceberg lettuce (about 1 head)
2.00 Ears corn, husked
24.00 large chrimp (about 1-1/2 pounds) peeled, tails intact, deveined
24.00 large tortilla chips
Additional chopped fresh cilantro (optional)

Instructions:

Juice in medium bowl. Gradually whisk in olive oil. Mix in cilantro, jalapeno and cumin. Season to taste with salt and pepper. For salad, combine tomatoes, beans, green onions, 3/4 c. Cilantro and red onion in large bowl. (Dressing and salad can be prepared 6 hours ahead. Cover dressing and let stand at room temperature. Cover salad and refrigerate.) Prepare barbecue (medium-high heat). Mix lettuce into salad. Pour 1/4 c.

GRILLED SHRIMP WITH PASTA AND FRESH TOMATOES

Ingredients:

1.00 pound large shrimp
0.75 cup fruity olive oil
Salt and fresh black pepper
3.00 tablespoons balsamic vinegar
1.00 Shallot minced
1.00 teaspoon Dijon mustard
4.00 large ripe tomatoes, cut into
Chunks
20.00 Leaves fresh basil, roughly
Chopped
1.00 pound penne

Instructions:

Set a large pot of salted water to boil for the pasta, start a charcoal fire or light a gas grill. Brush the shrimp with about 1/4 cup olive oil, sprinkle them with salt and pepper. Mix together the remaining oliveoil, 2 TB of the vinegar, the shallot, and mustard, and season with salt and pepper. Taste to add more vinegar if needed. Set the tomatoes in a large bowl to marinade with the vinaigrette and basil. Grill the shrimp over high heat until they turn pink, about 2-3 minutes per side, meanwhile, cook the pasta according to the package directions. Drain the pasta, toss with the tomatoes, top with the grilled shrimp, and serve. Crawfish works great with this dish also.

GRILLED SHRIMP WITH TOMATILLA SALSA

Ingredients:

1.00 pound tomatillas, papery skin removed and washed
1.00 small poblano pepper
0.25 bunch Cilantro and parsley
1.00 teaspoon salt
1.00 pound (12 pieces) shrimp, head and shells on
Oil for brushing

Instructions:

Preheat oven to 425 degrees. Preheat grill. Place tomatilla and pepper on a cooking tray and roast for 20 minutes, or until tender and lightly brown. Cool completely. Place in food processor or blender with remaining salsa ingredients. Puree until smooth. Heat grill or grill pan until smoking, making sure the grill is very clean. Brush grill with oil and allow to burn off. Brush the shrimp with oil and sprinkle all sides with salt and pepper. Place on grill and cook 4 minutes on each side. Serve immediately with the tomatilla salsa.

GRILLED SWORDFISH WITH CHIPOTLE SAUCE

Ingredients:

1 pound swordfish steak
salt and pepper, to taste
olive oil spray
For chipotle sauce:
2 chipotle peppers, chopped
1 teaspoon chopped garlic
1 tablespoon mustard
1 pinch salt
1 pinch pepper
2 tablespoons balsamic vinegar
1/4 cup olive oil
1 orange, peeled, sectioned

Instructions:

Sauce preparation: Chop chipotles and place in a bowl. Add chopped garlic, mustard, salt, pepper and vinegar. Slowly whisk in olive oil to emulsify. Add orange sections. Fish preparation: Spray or apply a light layer of oil to the swordfish. Salt and pepper to taste. Place on grill for five minutes, then flip and grill for an additional five minutes. Top with chipotle sauce and serve.

GRILLED THAI PRAWNS

Ingredients:

1 pound large uncooked prawns; remove the heads
1 inch knob of fresh root ginger; grated on the coarse side of a grater
2 cloves garlic; crushed to a paste
1/2 teaspoon chili powder
1 tablespoon ground coriander
1 grated zest of a lime
1 tablespoon lime juice
4 fluid ounces thick yogurt

Instructions:

Thread the prawns on to long wooden skewers. Mix all the other with a teaspoon of salt and lay the skewered prawns in it. Leave them there for at least fifteen minutes. Get the grill or griddle pan hot. Remove the prawns from the marinade (some of the grunge will come with them) and cook them on each side for 4 minutes.

GROUPER WITH HORSERADISH CRUST AND OYSTERS IN SAFFRON CREAM

Ingredients:

Crust

- 1 stick butter
- 3 cups bread crumbs
- 3 tablespoons horseradish
- 1 bunch flat leaf parsley; leaves only, chopped
- 2 tablespoons creole seasoning
- 4 grouper fillets; 8 to 10 ounces each

Sauce

- 1 quart whipping cream
- 1 tablespoon butter
- 1 tablespoon chopped onions
- 1/2 teaspoon chopped fresh garlic
- 1 dozen fresh oysters
- 1/4 teaspoon saffron; (about 10 threads)
- 1/2 teaspoon salt
- 1/2 teaspoon white pepper

Instructions:

Melt the butter and blend it with the other crust to form a near paste. Divide this into four portions, and cover the top of each grouper fillet with a layer of the crust. With the back of a knife, make a crisscross pattern in the crust for eye appeal. Place the encrusted fish fillets into a large skillet or baking pan, lightly oiled with olive oil. Bake the fish in a preheated 400 degree oven for 10 to 14 minutes. Meanwhile, make the sauce. reduce the cream by one third in a saucepan. In a skillet, heat the butter over medium heat and in it Saute the onions, shallots, and garlic until translucent.

HALIBUT ITALIANO

Ingredients:

- 1 1/2 pound halibut fillets cut into 4 servings
- 2 cups prepared spaghetti sauce
- 1/2 cup sliced mushrooms
- 1/4 cup sliced olives
- 1/2 cup mozzarella or cheddar cheese
- olive oil

Instructions:

Place fish in oiled baking pan. Top with mushrooms and olives. Pour spaghetti sauce over the top and bake for 10 minutes at 400o. Remove from oven and sprinkle with cheese. Bake 10 more minutes or until fish flakes easily with a fork. Serve with chopped parsley over the top and a lemon wedge on the side.

HALIBUT PICCATA

Ingredients:

- 1 clove garlic; minced
- 1/2 cup dry white wine

3 tablespoons lemon juice
2 tablespoons capers; drained
1 1/2 pound halibut; steaks or fillets
1 tablespoon olive oil
1/2 cup parmesan cheese; grated

Instructions:

In a small frying pan coated with cooking spray, stirfry garlic over medium high heat until limp, about 2 minutes. Add wine, lemon juice and capers. Boil, uncovered, over high heat until reduced to 1/2 cup, 3 to 4 minutes; keep sauce warm. Rub fish with oil, sprinkle with pepper and arrange in a single layer in a 12 by 17 broiler pan. Broil about 3 inches from heat for 3 minutes. Turn fish over, sprinkle with cheese, and broil until opaque but still moist looking in center of thickest part (cut to test), about 3 minutes longer. Transfer to serving platter or individual plates and pour sauce over fish.

HALIBUT WITH PEPPERS MERO A LA BILBAINA

Ingredients:

6 slices halibut thick slices or other white fish about 1 1/2 pounds
1 large onion chopped
3 large garlic cloves minced
3 large red peppers seeded and minced
1/2 large lemon - juice only
1 bay leaf
5 tablespoons olive oil
salt and pepper to taste

Instructions:

Heat olive oil in frying pan. Brown onion and garlic. Fry peppers until mixture reduces to a pulp. Sprinkle fish slices with salt, put in baking dish greased with olive oil. Pour lemon juice and a thin stream of olive oil over fish and bake in preheated 325 degree oven, basting occasionally. When pepper-onion-garlic mixture has reduced to a pulp, add a little of the juice from the baking fish, season with salt and pepper, add bay leaf, and continue cooking the puree another 5 minutes. Pass it through a sieve, cover the fish with the puree, and continue baking until fish is done a total of 20 to 30 minutes.

HALIBUT WITH SUMMER VEGETABLE SAUCE

Ingredients:

1 tablespoon olive oil
2 1/2 cups chopped red onion
1 1/2 pound plum tomatoes, cut into 1" pieces
6 ounce zucchini, cut into 1/2" pieces
2/3 cup fresh corn kernels, (or frozen, thawed)
5 tablespoons thinly sliced basil
24 ounce halibut fillet
1 tablespoon fresh lime juice

Instructions:

Heat oil in large nonstick skillet over medium heat. Add onion, saute 5 minutes. Add tomatoes, saute 3 minutes. Stir in zucchini, corn, 3 tablespoons basil and parsley. Cover and simmer until zucchini is crisp-tender, about 3 minutes. Add halibut fillets to sauce in

skillet. Sprinkle fish and sauce generously with salt and pepper. Cover, simmer until fish is opaque in center, about 5 minutes. Remove from heat. Drizzle lime juice over. Using spatula, transfer fish to plates. Spoon sauce over. Sprinkle with remaining 2 tablespoons basil and serve.

HAMAGURI SAKAMI SAKE SEASONED CLAMS)

Ingredients:

12 ea littleneck clams or cockles

3 teaspoons sake

6 ea 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 for 2-3 minutes, then drain. Rinse and dry.

Instructions:

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 the clams and place in the shell. Garnish each clam with a slice of lemon. Serve at room temperature.

HAMAGURI SHIGURE NI SWEET COOKED CLAMS)

Ingredients:

3 teaspoon sake

24 ea small clams or cockles

1-1/2 ounce sugar

2-1/2 teaspoon soya sauce

Instructions:

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 soy a 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 high heat for 1 minute. To serve: transfer to deep bowl, and cool to room temperature.

HAPPY CRAWFISH FETTUCINE

Ingredients:

0.50 cup onion - chopped

0.50 cup celery - chopped

0.50 cup parsley - chopped

0.50 cup green onions - chopped

1.00 pound peeled crawfish tails

12.00 ounce noodles - cook

1.00 cup heavy cream or half-and-half

0.25 pound margarine

0.50 teaspoon sweet basil

0.25 teaspoon thyme

0.25 teaspoon oregano

0.25 teaspoon cayenne pepper
0.25 teaspoon pepper

Instructions:

Saute the onion and celery in margarine until soft. Add remaining ingredients and simmer about 15 minutes.

HAWAIIAN SESAME SHRIMP

Ingredients:

1.00 tablespoon sesame seeds
2.00 tablespoons sesame oil
2.00 tablespoons vegetable oil
1.00 pound medium shrimp, shelled, deveined
0.50 cup green onions, chopped
0.50 teaspoon salt
0.25 teaspoon pepper
1.00 tablespoon brown sugar
1.00 tablespoon soy sauce

Instructions:

Preheat oven to 300. Toast sesame seeds until golden brown. Heat oils in a heavy pan over high heat. Add shrimp, green onion, salt, pepper and sugar. Stir fry for 1 to 3 minutes. Reduce heat to low, add soy sauce and stir. Remove from heat and sprinkle with sesame seeds.

HEARTY HALIBUT

Ingredients:

vegetable oil spray
2 - pounds halibut fillets or other firm fish steaks
2/3 - cup thinly sliced onion
1 - 1/2 - cups sliced fresh mushrooms
1/3 - cup chopped tomato
1/4 - cup chopped green bell pepper
1/4 - cup chopped fresh parsley
3 - tablespoons chopped pimiento
1/2 - cup dry white wine
2 - tablespoons fresh lemon juice
1/4 - teaspoon dill weed
black pepper freshly ground to taste
8 lemon wedges for garnish

Instructions:

Preheat oven to 350. Lightly spray a covered baking dish with vegetable oil. Rinse fish and pat dry. Arrange onion slices in the bottom of prepared baking dish. Place fish on top. Set aside. In a bowl, combine remaining vegetables. Stir to mix well, and spread over fillets. In a small bowl, combine wine, lemon juice, dill, and black pepper. Pour over fish and vegetables. Cover and bake 25 to 30 minutes, or until fish flakes easily when tested with a fork. Garnish with lemon wedges.

HERB CRUSTED SALMON WITH AN ASPARAGUS BEURRE BLANC

Ingredients:

2 salmon fillets, 6 ounces each
creole seasoning
1/4 cup Dijon mustard
1 cup fresh mild herbs, chopped
salt to taste
freshly ground black pepper to taste
2 tablespoons shallots, minced
1 teaspoon garlic, minced
1/2 cup white wine
1/2 pound cold butter, cut 1 inch cubes
1/2 pound asparagus, blanched
1 cup brabant potatoes, 1/2 inch dice
3 tablespoons olive oil
1/4 cup fresh chervil sprigs
Preheat the fryer.

Salmon: Season each side of the salmon with Creole seasoning. Evenly coat each side of the fillets with the Dijon mustard. With the chopped herbs, crust each side of the salmon completely.

Instructions:

Sauce: Fry the potatoes for 3 to 4 minutes or until golden. Remove and set aside on a paper-lined plate. Season with salt and pepper. In a saute pan, combine the shallots, garlic, and wine together. Bring up to a boil and reduce to a simmer. Reduce the wine by half, about 2 to 3 minutes. With a whisk, mount in the butter cubes one at a time until all are fully incorporated and slightly thick.

HERBED GRILLED TROUT WITH PORTOBELLO MUSHROOMS

Ingredients:

1 whole speckled trout, 2 to 3 pounds, scales on
salt to taste
freshly ground black pepper to taste
olive oil
lemon juice
creole seasoning
2 large Portobello mushrooms, stems removed

Instructions:

Preheat stovetop or barbecue grill. Cut 2 to 3 slits on each side of trout. Season inside and out with salt and pepper. Brush with olive oil and lemon juice and sprinkle with Creole seasoning. Grill fish, 3 to 5 minutes per side, until just cooked through. Brush mushrooms with oil, season with Creole spice and place on grill right after you turn fish. Remove fish and mushrooms to a warm platter. To serve, remove fish from bone and divide between 2 plates, with mushroom on side.

HOGANS BAKED OYSTERS

Ingredients:

1/4-pound butter
2 cups celery
2 onion chopped fine
2 pint oysters
4-eggs, hard-boiled grated
2 cups toasted breadcrumbs
2 cup oyster juice or water
Parsley

Instructions:

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 with rolled toasted breadcrumbs and grated eggs and parsley to season. Add salt, pepper, and dampen with 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 minutes.

HOGANS DILLED SHRIMP

Ingredients:

1 1/2 cups Mayonnaise
1/3 cup Lemon Juice
1/4 cup Sugar
3 pounds Medium Shrimp; cooked
1 Red Onion; thinly sliced
2 tablespoons Dried Dill
1/2 cup Sour Cream

Instructions:

In a large bowl, combine mayonnaise, lemon juice, sugar, sour cream, onion and dill. Stir in shrimp. Cover and refrigerate overnight, stirring once.

HONEY BROILED SEA SCALLOPS

Ingredients:

3.00 tablespoons lime juice
1.00 tablespoon vegetable oil
1.00 tablespoon honey
1.00 pound sea scallops
1.00 tablespoon soy sauce
0.25 teaspoon ginger
2.00 tablespoons toasted sesame seeds

Instructions:

Combine lime juice, oil, honey, soy sauce, and ginger. Add scallops and toss to coat. 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.

HONEY GRILLED FISH

Ingredients:

1/4-cup honey
1/4 onion, chopped
2 tablespoons limejuice
2 tablespoons soy sauce
2 tablespoons hoisin sauce
2 cloves garlic, minced
1 jalapeno pepper, seeded and minced
1 teaspoon fresh ginger, minced
1 pound swordfish

Instructions:

Combine all ingredients except fish, mix well. Marinate fish in honey mixture at least 1 hour in refrigerator. Barbecue or broil fish allowing 10 minutes per inch of thickness until fish flakes when tested with a fork note: any firm-fleshed fish can be substituted for swordfish.

HONEY MUSTARD BROILED ROCKFISH

Ingredients:

1.00 tablespoon light mayonnaise
1.00 tablespoon lime juice
2.00 teaspoons honey
2.00 teaspoons Dijon mustard
1.00 teaspoon dried dill
1.33 pounds rockfish fillets
0.13 teaspoon salt
freshly ground black pepper to taste
0.33 cup breadcrumbs
2.00 teaspoons margarine

Instructions:

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 breadcrumbs 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.

HOT CRAB BAKE

Ingredients:

6.00 tablespoons butter or margarine
0.25 cup all-purpose flour
2.00 cups milk
1.00 can crab meat (7-1/2 ounce), drained, flaked & cartilage removed
2.00 ea hard cooked eggs, chopped

0.50 cup chopped pimiento
0.50 cup fine dry bread crumbs
0.25 cup slivered almonds

Instructions:

In skillet, melt 4 tablespoons. Butter, blend in flour. Add milk all at once, cook and stir until thickened and bubbly. Stir in crab meat, chopped eggs, pimiento. 1-teaspoon. Salt, and 1/8 teaspoon. Pepper. Spoon mixture into 6 individual casserole dishes or baking shells. Melt remaining 2 tablespoons. 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 CRABMEAT SPREAD

Ingredients:

8.00 ounce cream cheese
1.00 can crabmeat
1.00 dash worcestershire sauce
1.00 dash lemon juice

Instructions:

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.

INSPIRED BAKED SHRIMP CREOLE

Ingredients:

2 ea eggs, slightly beaten
2 cups shrimp, shelled/de-veined
2 oil
2 x pepper to taste
1/4-cup water
2 cups cornflake crumbs
2 x salt to taste
2 cup chili sauce
1/4-cup pickle relish
1/2-teaspoon mustard, prepared
2 tablespoon lemon juice
2-cup mayonnaise
2 ea egg, hard-cooked, chopped
1/2-teaspoon onion, grated

Instructions:

1. Beat eggs slightly with water. 2. Dry shrimp on paper towels, dip first into crumbs, then eggs, then into crumbs again. 3. Place shrimp in well-oiled shallow baking pan so they do not touch, sprinkle with salt and pepper. 4. Turn once with a broad spatula so that both sides are oiled. 5. Bake in preheated 450'f oven 6 to 8 minutes. Serve with shrimp sauce or your favorite sauce. Shrimp sauce: 1. Combine all ingredients, chill. 2. Serve with baked or broiled shrimp.

ISLAND SPICED SALMON

Ingredients:

2 tablespoons brown sugar
2 tablespoons chili powder
2 tablespoons ground cumin
1 teaspoon salt
1/2 teaspoon ground cinnamon
1 salmon fillet (2 pounds)

Instructions:

In a small bowl, combine the first five ingredients; mix well. Rub over flesh side of fillet; refrigerate for 30 minutes. Place skin side down in a 13-inch x 9-inch x 2-inch baking dish coated with nonstick cooking spray. Bake at 375 for 20-25 minutes or until fish flakes easily with a fork.

ITALIAN BAKED HALIBUT

Ingredients:

1.00 cup chopped onions
3.00 pounds halibut fillets
1.00 cup chopped celery
0.50 cup chopped parsley
Salt and pepper
2.00 tablespoons cooking oil
6.00 medium potatoes
2.00 can tomato sauce

Instructions:

Sprinkle -cup onions in baking pan. Place fillets over onions. Cover with remaining onions, celery, parsley, salt and pepper. Add enough water to cover fish, pour in oil. Arrange potatoes around fillets, turn potatoes to coat with liquid. Pour tomato sauce over mixture in casserole. Bake at 350 degrees for 1 hour or until fillets and potatoes are tender.

ITALIAN SEASONED WHITE BASS FILLET

Ingredients:

1 pound White bass fillets
1 cup flour
1 tablespoon Italian seasoning
2 teaspoons salt
1 cup egg wash
1 cup milk
1 tablespoon butter
4 slices toasted bread

Instructions:

Make seasoned flour white flour, Italian seasoning, white pepper and a little salt. Dip the fillets in an egg wash (raw egg equal amount of milk). Roll the coated fillets in the seasoned flour and saute in butter. Serve over toast points.

JAMES BARBERS PAN ROASTED SALMON WITH SWEET PEPPERS AND GAR

Ingredients:

2 salmon steaks
1 tablespoon olive oil
2 medium red or yellow sweet peppers (or combination), coarsely diced
3 clove garlic, thinly sliced
1 tablespoon wine vinegar
1/3 cup dry white wine
1/2 teaspoon dried thyme
1 pinch cayenne pepper
salt & pepper
fresh parsley, chopped

Instructions:

Heat the oil in a large fry pan 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 fry pan and cook over medium heat for 6 minutes or until salmon flakes when fork-tested. Sprinkle with parsley and serve.

JUST FOR THE HALIBUT

Ingredients:

1.00 teaspoon olive oil
0.50 pound halibut fillet about 1/2 inch thick
4.00 medium shri in shell, butterflied
4.00 Sprigs fresh chervil, tarragon or parsley
2.00 slices lemon with peel, thinly sliced
1.00 tablespoon white wine
Kosher salt
Pepper

Instructions:

1. Brush a large dinner plate with oil. Place fish in center and arrange 2 shrimp on either side. Sprinkle with herbs. Place lemon slices on top. Add wine, salt, and pepper. Cover tightly with plastic wrap. Cook at 100% for 3 minutes. 2. Remove from oven. Pierce plastic with the tip of a sharp knife. Let stand, covered, for 3 minutes. Uncover and serve hot.

KAI BASHIRA SCALLOPS

Ingredients:

1 lb. small scallops or large ones in bite-size pieces
1 cup shoyu
1/4 cup sugar
1 teaspoon ginger juice

Instructions:

Combine shoyu, sugar and ginger juice in a saucepan. Drain scallops. Place in sauce. Simmer uncovered until sauce is nearly gone. Serve hot with hot rice.

KATIE'S CREAMED SALMON IN RICE RING

Ingredients:

1 Tablespoon(s) Minced onions
1 Tablespoon(s) Butter
2 Tablespoon(s) Flour
1 Can(s) Mushroom soup
3/4 Cup(s) Beer
1/2 Teaspoon(s) Salt dash pepper
1 Pound(s) Can salmon, flaked
2 Hard cooked eggs, diced
1 Cup(s) Rice
2 Cup(s) Water
2 Tablespoon(s) Butter
2 Pimentos, cut in strips

Instructions:

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 tablespoons 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.

KIRK'S FISH PICCATA

Ingredients:

1 Each 9 12 ounces snapper fillets,
Skinless catfish fillets or
Other fish.
1 Per Serving Salt and pepper
1 Tablespoon(s) Flour
1 Tablespoon(s) Butter or margarine
2 Tablespoon(s) Lemon juice
2 Tablespoon(s) Minced parsley
1 Per Serving Garnish 4 thin slices lemon

Preparation

Instructions:

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.

LEMON AND DILL CURED SALMON

Ingredients:

1-pound salmon boned skinned
Fresh ground Black
Peppercorns
1/4-cup kosher salt or table
Salt

6-Sprigs Fresh Dill chopped
1-tablespoon brown sugar
6-Juniper Berries crushed
1-tablespoon granulated sugar
1-Lemon grated peel
Leaves of 2 Tea Bags

Instructions:

Combine the salt, sugars and tealeaves, rub all sides of the salmon evenly with the mixture. Wrap securely in plastic wrap, then aluminum foil. Refrigerate overnight. Unwrap the salmon and rinse under cold water to remove excess tealeaves. Pat dry. Combine black pepper, dill, crushed juniper berries and grated lemon peel. Cover the entire surface with this mixture. Rewrap in plastic wrap and aluminum foil and place on a tray with another weighted tray (about 2 pounds) on top. Refrigerate overnight. Unwrap the salmon and slice as thinly as possible, holding the knife at a diagonal as you cut. Serving Suggestions: Serve on a toasted bagel with cream cheese, or on toast points with mustard and dill mayonnaise. Garnish with lemon wedges.

LEMON BROILED SCALLOPS

Ingredients:

12.00 ounce scallops
2.00 tablespoons reduced calorie margarine
2.00 tablespoons lemon juice
0.50 teaspoon salt
0.50 teaspoon Worcestershire sauce
0.25 teaspoon dried tarragon
0.25 teaspoon dried basil

Instructions:

Preheat broiler. Place scallops in shallow baking dish. Melt margarine combine with remaining ingredients. Baste scallops with half of this mixture. Broil 3 inches from heat for 5 minutes. Turn scallops baste with remaining sauce and broil 5 more minutes or until done.

LIBERATED GULF SNAPPER EN PAPILOTE IN PAPER

Ingredients:

8 ounces fillet of snapper
2 ounces zucchini, julienned
2 ounces yellow squash, julienned
2 ounces carrots, julienned
1 ounces dry white wine
1 sprig fresh thyme or rosemary
salt and pepper, to taste

Instructions:

Preheat oven to 350 degree F. Place sole portions, wine, and lemon juice in a bowl. Season with salt and pepper. Cut parchment into heart shapes. Place portion of sole on one half of the heart. Place vegetables and thyme on sole. Brush olive oil on the edge of the heart and fold in half over sole. Crimp the edges of heart and seal. Prepare the second

portion the same way. Place both portions into the oven for 1520 minutes. When served, place on a plate and cut through the paper with a sharp knife.

LIGHT AND EASY PICANTE FISH

Ingredients:

1 1/2 cups fresh mushrooms
1 medium green or red sweet pepper seeded and cut into
1 inch pieces
1 small onion halved and sliced
2 tablespoons chicken broth or water
4 fish fillets 3/4 inch thick
1/2 teaspoon dried oregano crushed
1 cup Picante sauce or salsa
2 tablespoons grated Parmesan cheese

In a 1 1/2 quart microwave safe casserole combine mushrooms, pepper, onion, and broth.

Micro cook, covered, on 100% power (high) 5 to 6 minutes or till tender, stirring once.

In an 8x8x2 inch microwave safe baking dish place fish fillets in a even layer. Micro cook, covered, on high 4 to 5 minutes or till fish flakes easily with a fork.

Drain juices. With a slotted spoon, place vegetables atop fish; sprinkle with oregano. Spoon salsa over vegetables. Micro cook, uncovered, 1 to 2 minutes or till heated through.

Instructions:

Sprinkle with Parmesan cheese.

LITTLENECKS IN BLACK BEAN SAUCE

Ingredients:

10.00 Fresh littleneck clams in shells
2.00 Thin slices fresh ginger
0.50 Clove garlic
1.00 teaspoons salted black beans, minced
1.00 teaspoons diced red peppers
Cornstarch and water (equal parts)
1.00 tablespoons corn oil
1.00 tablespoons oyster sauce
1.00 teaspoons dark soy sauce
1.00 teaspoons sugar
1.00 dash pepper
Thin sliced green onions

Instructions:

Braise littlenecks in 2 cups water until shells open. Save broth. Saute garlic, ginger, and black beans in corn oil. Add clam broth. Bring to boil and reduce by 1/4. Add oyster sauce, soy sauce, sugar and pepper. Slowly add cornstarch mixture to thicken, stirring constantly. Add red pepper and green onions and littlenecks into sauce. Serve atop rice, noodles, or spaghetti.

MAGIC CRAWFISH

Ingredients:

1 pound peeled crawfish tails
3/4 stick margarine
2 medium onions chopped
20 ml garlic chopped
1/2 bell pepper chopped
1 stalk celery chop fine
1 can cream of shrimp soup
1/2 cup water
1/4 cup dry white wine or dry sherry

Instructions:

X salt x cayenne x hot sauce x green onions, minced for garnishi in a heavy black iron pot, melt the margarine and saute the veggies until well-wilted. Add the tails and cook for about 10 minutes. Add the soup, water and wine, stir and simmer for about 1/2 hour. Add the seasonings to taste and cook another 10 minutes. Serve over steamed rice or your favorite pasta and garnish with chopped green onions.

MARINATED CRAB

Ingredients:

1 live crab, 2 to 2 1/2 pounds
3 tablespoons olive oil
1 tablespoon shredded ginger
1 tablespoon chopped garlic
2 serrano or other small green chilies, chopped
freshly ground black pepper
2 to 4 tablespoons butter
salt to taste

Instructions:

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, chilies 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 450 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.

MARINATED TROUT PSTRAGI MARYNOWANE

Ingredients:

3 pound trout fillets
1 large onion; diced
2 carrots; diced
1 celery root; diced
1parsley root; diced
2 quart water
1 cup dry white wine
2 tablespoon vinegar
1 bay leaf
6 peppercorns
1 dash salt; to taste

Instructions:

Saute diced veggies and cook in water alone until half done for about 10 minutes Add wine, vinegar and salt and spices.. Cut fish into slices, add to pot. Cook at slow, boil for another 10 to 15 minutes or until fish and veggies are done. Allow to cool. Place in glass jars, cover tightly and store in fridge.

MARY FRANNS SHRIMP IN MAYONNAISE

Ingredients:

1 1/2 pound shrimp, cooked and deviened
1 cup julienne green pepper
1/4 cup capers
1/2 teaspoon garlic cloves
3/4 cup mayonnaise endive, sliced black olives and chopped scallions for garnish
6 English muffins, split and roasted
1/2 cup chopped red pepper
1 teaspoon dried tarragon
1/2 teaspoon grated lemon peel bib lettuce leaves

Instructions:

In a bowl, combine shrimp and peppers. In food processor, combine capers, tarragon, garlic, and lemon peel. Puree until thick. Stir in mayonnaise. Pour mayonnaise mixture over shrimp and peppers. Toss until mixed. Chill 1 to 2 hours. To serve, top each muffin half with lettuce, then some shrimp mixture. Garnish with endive, sliced black olives and chopped scallions if desired.

MEDITERRANEAN STYLE HALIBUT

Ingredients:

1 packet Butter Buds Mix liquified
1 large onion sliced
1 large green bell pepper cut in 3/4 inch squa
1 small eggplant peeled, cubed
15 ounces canned tomato sauce, low sodium
1 garlic clove minced
1/2 cup dry white wine

1 tablespoon fresh lemon juice
1/8 teaspoon black pepper
1 1/2 pounds halibut steak boneless

Instructions:

Preheat broiler. Set aside 1/4 cup of the liquid Butter Buds. In large saucepan, combine remaining Butter Buds with onion, green pepper, eggplant, tomato sauce, garlic, wine, 1 teaspoon of the lemon juice and pepper. Bring to a boil over medium heat. Simmer 15 minutes. Combine reserved Butter Buds with remaining 2 teaspoons lemon juice; brush over fish. While vegetable mixture cooks, broil fish 4 to 5 minutes per side. Serve fish with sauce.

MEMORABLE FISH CREOLE

Ingredients:

1 pound frozen fish fillets
1/3 cup chopped onion
1/3 cup chopped green pepper
1 cloves garlic, minced
1 can tomatoes, cut up 16 ounce.
2 tablespoon snipped parsley
1 tablespoon instant chicken bouillon granules
dash hot pepper sauce
1 tablespoon cornstarch
3 cup hot cooked rice

Instructions:

Thaw fish, if frozen. Cut into 1 inch cubes. Combine onion, green pepper, garlic and 2 tablespoons of water. Cook covered, till tender. Add un-drained 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.

MONKFISH WITH GARLIC AND HERB BUTTER

Ingredients:

700.00 grams Filleted monkfish tails
85- grams Butter
2- x Cloves garlic - crushed
Egg (beaten)
Juice of one lemon
1- teaspoon finely chopped herbs
Seasoned flour

Instructions:

Soften butter and add herbs and garlic. Chill. Make a slit in each monkfish fillet and pack with the chilled herb butter. Fold up to enclose butter. Toss each piece in seasoned flour, dip in beaten egg and roll in breadcrumbs. Press the crumbs firmly onto the fish. Place the fish in a buttered dish. Dribble a little melted butter or oil, and lemon juice, on top. Cook for 30-35 minutes at 375 F/190 C.

MUSSELS IN BLACK BEAN SAUCE

Ingredients:

1-1/2 pound fresh mussels
2 tablespoons peanut oil
1 tablespoon finely chopped garlic
2 teaspoons minced peeled fresh ginger
2 tablespoons fermented black beans
1 tablespoon bean sauce
1 teaspoon chili bean sauce
1 tablespoon rice wine
1 tablespoon light soy sauce
2 tablespoons chicken stock
3 tablespoons minced whole scallions

Instructions:

Scrub the mussels under cold water and pull off the beards. Soak in a large bowl in several changes of cold water. Drain thoroughly just before cooking. Heat a wok or skillet until hot, add oil. Add garlic, ginger and black beans, stir-fry 30 seconds. Add bean sauce and chili bean sauce and stir-fry for another 10 seconds. Add mussels and stir-fry for 1 minute. Add rice wine, soy sauce and stock. Cook over high heat until the shells are completely open. Discard unopened mussels. Garnish with the chopped scallions and serve immediately.

NEW MEXICO STYLE BARBECUED SALMON

Ingredients:

2 4ounces Salmon fillets (4 fillets)
1 New Mexico Style Barbecue Sauce

Instructions:

Two hours before cooking, brush the salmon fillets on both sides with the sauce and refrigerate. Prepare a wood or charcoal fire and allow it to burn down to the embers. Grill the salmon for 2 to 3 minutes on each side, or until lightly browned. Brush again with barbecue sauce, and serve immediately. This recipe yields 4 servings.

NORTHWEST GRILLED SALMON

Ingredients:

1 Whole salmon fillet * see
Note
2 Tablespoon(s) Butter melted
3 Tablespoon(s) Honey melted
1 Tablespoon(s) Dill weed
2 Cup(s) Alder wood chips opt

Instructions:

Have the salmon filleted leaving the skin on. This is important. Keep cold. Melt together and melt the butter and honey in the micro or another way. Lay the fillet out skin side down and pour over or quickly brush on the honey and butter. Sprinkle the dill weed over. By having the fillet cold the honey and butter mixture will congeal and the fillet will be easy to handle. Place the fillet skin side UP over a moderate grill. As soon as the meat

just starts to firm up turn to skin side down. (The skin will keep the filet together) Remove from the grill as soon as the meat starts to flake. On large filets I use two spatulas. Serve with a green salad and au gratin potatoes.

NORTHWEST SUGAR CURED SALMON

Ingredients:

2 tablespoons firmly packed brown sugar
1 tablespoon cider vinegar
1 teaspoon salt
1/2 teaspoon freshly ground pepper
1-1/2 pound salmon or bluefish fillet or butterflied trout
corn husks (optional)

Instructions:

Cook the fish over a slow fire, if in doubt, let the coals burn down first. You can use any fatty fish in this recipe. 1. Combine brown sugar, vinegar, salt and pepper in small bowl. Rub evenly over fleshy side of fish. Wrap and refrigerate at least 6 hours or up to 24 hours. 2. Heat grill. Grill, covered, skin side down, over medium-low heat 15 to 18 minutes (8 to 10 minutes for trout), until opaque. Turn fish over and grill, uncovered, 2 minutes more. Serve on corn husks, if desired.

OCTOPUS WITH GARLIC POLIPI VERACI ALLAGLIO

Ingredients:

2 Octopus (about 1 1/2 pounds each)
1/4 Cup(s) Olive oil
5 Cloves garlic, crushed
1 Bay leaf
1/2 Teaspoon(s) Cumin seeds
Salt
1 Small Green pepper, chopped
rosemary leaves and parsley

Instructions:

Cut out the eyes and mouth of the octopus. Remove the ink sac and internal bone. Cut off the tough points in the tentacles. Put each octopus on a board and beat them well to break the fibers and make the meat more tender. Wash them in running water until they are very white; do not dry but put them in an earthen ware dish and season with oil, flavored with garlic, bay leaf and cumin seeds. Cover the dish tightly with a sheet of waxed paper or foil tied around the top with string. Put the dish over a very low heat between 1 and 2 hours, according to the size of the octopus. When they are tender, drain them, season with additional oil, salt, green pepper, rosemary leaves and parsley. Serve in a tureen.

ORANGE ROUGHY PASTA FLORENTINE

Ingredients:

Vegetable cooking spray
1 clove garlic, minced
1 teaspoon cornstarch
3/4 teaspoon dried whole basil
1/8 teaspoon salt

1/8 teaspoon pepper
3/4 cup evaporated skimmed milk
2 cups tightly packed finely chopped fresh spinach
1 pound orange roughy fillets, cut into bite-size pieces
1/3 cup grated parmesan cheese
4 cups hot cooked linguine (cooked without salt or fat)

Instructions:

Coat a 2-quart casserole with cooking spray; add garlic. Microwave at HIGH 30 seconds; add cornstarch and next 3 ingredients. Gradually add milk, stirring with a wire whisk until blended. Microwave at HIGH 3 to 4 1/2 minutes or until slightly thickened, stirring every 1 1/2 minutes. Stir in spinach and fish. Cover with lid; microwave at HIGH 4 minutes or until fish flakes easily when tested with fork. Let stand, covered, 1 minute. Stir in cheese; serve over pasta.

ORANGE ROUGHY VERACRUZ

Ingredients:

2 teaspoons olive oil
1 cup sliced onion
2 cloves garlic, minced
1 cup yellow bell pepper rings
1 can (14.5 ounce) Mexican-style
stewed tomatoes with jalapeno
peppers undrained
4-4 ounce pieces orange roughly
dash of garlic powder
dash of ground red pepper

Instructions:

1. Heat oil in a large nonstick skillet over medium heat. Add onion and garlic, saute 7 minutes or until tender. Add peppers and tomatoes, cook over medium-high heat 3 minutes. Add fish, sprinkle with garlic powder and pepper. Cover and reduce heat, simmer 5 minutes. 2. Turn fish over. Cover and simmer an additional 5 minutes or until fish flakes with a fork. Transfer to individual serving plates, reserving cooking sauce in skillet. Keep fish warm. 3. Place skillet with cooking sauce over medium-high heat, and cook 3 minutes or until thickened. Serve sauce over fish.

OVEN FRIED FISH

Ingredients:

1-1/4 cup seasoned croutons, crushed
1/4 cup grated parmesan cheese
2 tablespoons chopped fresh parsley
paprika
1 egg white
1 teaspoon water
2 pounds boneless cod or orange roughly, fish fillets

Instructions:

Heat oven to 400 f. Line a large flat baking pan with foil and spray with non-stick spray. In a small bowl, combine crushed croutons, cheese and parsley. In another small bowl,

beat egg white and water until frothy. Place fish on foil-lined pan and brush with egg mixture. Sprinkle with crouton crumb mixture, then dust with paprika. Bake for 15-20 minutes or until fish flakes with a fork.

OVEN POACHED HALIBUT

Ingredients:

Halibut fillet or other white fish, 1 pound, cut into 5 equal pieces

Skim milk, 2/3 cup

Hot water, 2/3 cup

Onion, 5 large slices

Margarine, 5 teaspoons. use corn-oil, soybean-oil or safflower-oil margarine.

Celery leaves, 1 tablespoon chopped

Chives or parsley, 1 tablespoon chopped

Salt, 1/2 teaspoon

Pepper, 1/4 teaspoon

Instructions:

Wash and dry halibut pieces; place in deep baking dish, 8 or 9 inches square, sprayed with nonstick coating or lightly greased with vegetable oil. Add milk and water, mixed. This should come about even with the top of the fish but not cover it. Place slice of onion on each piece; put 1 teaspoon of margarine on each onion slice; sprinkle on chopped celery and chives or parsley. Season with salt and pepper. Bake, uncovered, at 375 degrees for about 25 minutes. Spoon some of the liquid over the top of fish; place under broiler; allow to brown about 5 minutes. Discard cooking liquid. About half the margarine will be thrown away, too, so you do not have to count it.

OYSTERS A LA GINO

Ingredients:

2 tablespoons butter

1/3 cup all-purpose flour

1 tablespoon paprika

1/2 teaspoon monosodium glutamate

1/2 teaspoon garlic powder

1/2 teaspoon chesapeake bay-style seafood seasoning (if not available, add cayenne to other seafood seasoning)

1/2 teaspoon white pepper

1 cup milk

2 tablespoons Worcestershire sauce

2 tablespoons dry sherry

6 - 8 ounces cooked lump crabmeat (about 1 cup)

24 oysters on the half shell

6 slices bacon, cut into 4 pieces

Instructions:

Melt butter in a heavy pan over low heat; mix in flour and dry seasonings. Stir in the milk and Worcestershire sauce; whisk until smooth. Cook until thickened, about 5 minutes, stirring constantly. Remove from heat and add sherry. Cool mixture for 20 minutes. gently mix in crabmeat. Arrange oysters on a shallow baking pan; top each with a

tablespoon of crab mixture. Place a piece of bacon atop each. Bake in a 375 oven for 10 to 12 minutes or until bacon is crisp.

OYSTERS ON THE HALF SHELL WITH HOT SAUCE SORBET

Ingredients:

1 can, 8 ounce, tomato sauce
1/4 cup hot sauce
3 tablespoons green bell pepper, chopped
3 tablespoons celery, chopped
2 tablespoons lemon juice
1 teaspoon Worcestershire sauce
6 oysters per person, as needed

Instructions:

Place all the ingredients in a blender and mix on high speed for 1 minute. Place the tomato mixture into an airtight container and chill for at least 2 hours, then pour into an ice cream maker, and freeze according to manufacturer s instructions. Serve on top of raw oysters on the half shell.

OYSTERS SUZETTE

Ingredients:

12 oysters, shucked, in their shells
1 cup bacon, diced
1/2 cup onions, chopped
2 tablespoons shallots, minced
1 tablespoon garlic, minced
1/4 cup green peppers, small diced
1 tablespoon hot sauce
1 cup bread crumbs
creole seasoning
1/2 cup Parmigiano-Reggiano cheese, grated
1 cup prepared Hollandaise Sauce, warm
2 tablespoons chives, chopped
rock salt for the platter

Instructions:

Preheat the oven to 400 degrees. In a hot saute pan, render the bacon until crisp, about 2 to 3 minutes. Add the onions, shallots, garlic, and peppers. Saute for 2 to 3 minutes. Remove the mixture from the heat and allow to cool. In a mixing bowl, combine the bacon mixture, hot sauce, bread crumbs and cheese together. Season with Creole seasoning. Place 2 tablespoons of the bread crumb mixture on top of each oyster. Bake for 6 to 8 minutes or until golden-brown. Remove from the oven. Place the oysters on a platter with the rock salt. Drizzle each oyster with the Hollandaise Sauce. Garnish with chives.

PAILLARD OF SALMON WITH CRAB AND CORN MAQUE CHOUX

Ingredients:

Maque Choux:

1 tablespoon olive oil
1 cup yellow onion, small diced
1/2 cup red peppers, small diced
1/2 cup celery, diced small
2 tablespoons garlic, minced
3 cups fresh sweet corn, cut off the cob
3 tablespoons brown sugar
1 tablespoon creole seasoning
6 ounces chicken stock
2 tablespoons unsalted butter
4 ounces clean crab meat
Tomato Marmalade:
1 tablespoon olive oil
1 cup yellow onion, julienned
1/2 cup brown sugar
1/4 cup red wine vinegar
1/4 cup balsamic vinegar
juice of one orange
1 tablespoon orange zest
1/4 teaspoon ground cloves
1/2 teaspoon red pepper flakes
1/4 teaspoon cinnamon
1 bay leaf
6 large Italian roma tomatoes
1 tablespoon tomato paste
salt to taste
freshly ground black pepper to taste
4 salmon fillets, 6 ounces each, pounded thin between plastic wrap
Garnish:
1/2 cup sizzled leeks
2 tablespoons green onions, chopped
2 tablespoons red peppers, finely chopped
creole seasoning

Instructions:

Preheat the oven to 425 degrees. maque Choux: In a saute pan, heat the olive oil. When the pan is smoking hot, saute the onions, peppers, and celery for 2 minutes. Add the garlic and corn. Saute for 1 minute. Add the brown sugar and season with Creole seasoning. Deglaze with the chicken stock. Bring the sauce up to a boil and reduce to a simmer. Simmer for 30 minutes. Fold in the butter and crab meat. Re-season if needed. Marmalade: In a saute pan, heat the olive oil. When the pan is smoking hot, saute the onions for 2 to 3 minutes or until translucent. Add the brown sugar, red wine vinegar, balsamic vinegar, orange juice, orange zest, and spices. Simmer for 10 minutes. Add the tomatoes and tomato paste and continue to simmer for 10 minutes. Puree in a blender until smooth. Strain the sauce through a fine sieve. Season with salt and pepper. In a 13 by 9 inch glass baking dish, spread the maque choux evenly on the bottom of the pan. Lay the salmon directly on top of the maque choux. Season the salmon with salt and

pepper. Place the salmon in the oven and bake for 3 to 5 minutes or until the salmon is no longer translucent. Using a spatula, place one of the salmon/maque choux on a plate. Drizzle the marmalade over the entire salmon. Garnish with sizzled leeks, green onions, red peppers, and a bit of Creole seasoning.

PAN FRIED SPICED SHRIMP

Ingredients:

1/2-teaspoon salt
1/2-teaspoon freshly ground black pepper
1-teaspoon ground cumin
1-teaspoon paprika
8-ounces medium shrimp or prawns in shell washed
2-tablespoons olive oil
1 red jalapeno chile stem seed and julienne or a small red bell pepper
1-large scallion trim thinly slice on the diagonal
1-garlic clove thinly sliced
juice of 1 lime

Instructions:

Combine the salt pepper cumin and paprika in a bowl. Add the shrimp and toss to coat evenly. Heat the oil in a large skillet over high heat. Saute the shrimp 1 to 2 minutes. Toss in the jalapeno or bell pepper scallion and-garlic and cook 1 minute longer. Remove from the heat stir in the limejuice and serve.

PAN SEARED SALMON WITH BLACK BEAN RELISH

Ingredients:

4 cups cooked black beans, drained and rinsed
2 cups corn kernels cut from the cob, cooked
1 red bell pepper, finely chopped
2 large garlic cloves, minced
2 jalapeo peppers, seeded and finely minced
1/2 bunch scallions, minced
1/4 cup cilantro, chopped
2 limes, juiced
1/2 cup extra virgin olive oil
salt to taste
freshly ground black pepper to taste
6 salmon fillet pieces, 6 ounces each
1 tablespoon Creole seasoning
3 tablespoons canola oil

Instructions:

In a large bowl combine first 9 ingredients and stir to mix well. Season the black bean relish with salt and pepper, and set aside at least 1/2 hour before serving with salmon. Finish the black bean relish with the chopped cilantro. Season salmon steaks with salt and pepper and dust with Creole seasoning. Heat 1 large or 2 small skillets over high heat, add oil and sear salmon 2 to 3 minutes on each side for medium-rare. Serve with the black bean relish.

PANFRIED LAKE TROUT FILLETS IN TEMPURA BATTER

Ingredients:

1 1/2 Pound(s) Lake trout fillet or
4 Steaks
1 Teaspoon(s) Lemon zest; grated
2 Tablespoon(s) Lemon juice
1/4 Cup(s) Water
1 Cup(s) Corn flour
1 Teaspoon(s) Baking powder
1 Egg white
1/2 Cup(s) Vegetable oil

Instructions:

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.

PARMESAN FRIED FISH

Ingredients:

1 pound fresh or frozen fish fillets
4 tablespoons flour
1/4 teaspoon garlic salt
2 eggs, beaten
4 tablespoons milk
4 tablespoons grated parmesan cheese
1/2 cup saltine crackers, finely crushed
2 tablespoons parsley, finely snipped
1 cup cooking oil
lemon slices (optional)

Instructions:

Thaw fish if frozen. Rinse and pat dry with paper towels. In a shallow dish, combine flour and garlic salt, set aside. In another shallow dish, combine beaten eggs and milk, set aside. Combine parmesan cheese, crushed crackers and parsley. Coat fish with flour mixture. Dip fish in egg mix, coating both sides. Roll fish in cracker crumb mix to coat evenly. In a skillet, heat oil, add fish in a single layer. If fillets have skin, fry skin side last. Fry fish over medium heat on each side for 4-5 minutes. Fish is done when it flakes easily. Drain on paper towels. Serve with lemon slices if desired.

PARTY'S COLD POACHED SALMON WITH MUSTARD LIME SAUCE

Ingredients:

6 cup vegetable stock
2 cup white wine
1 teaspoon cracked black pepper

Instructions:

10-12 ounce. salmon fillets; (skin off) 1/2 pound sour cream 1/2 pound yogurt 4 ounce seeded mustard 4 limes; juice and zest 1 ounce honey 1 bunch chives chopped place the stock, wine and pepper in a large saucepan or skillet and bring to the boil. Season the salmon with salt and pepper then place all the pieces in the stock mixture, making sure they are all under the liquid. Turn the heat off and allow all the fish pieces to "cook" slowly for 10 minutes. Return the pan to the heat and start to bring the stock to the boil, as soon as bubbles appear at the edge of the pan remove the fish and place on a platter and cool. To make the sauce, mix the sour cream, yogurt, mustard, lime juice, zest and honey together until well combined. To serve, drizzle some of the sauce over the fish and sprinkle a generous amount of chives over the top. Serve on a bed of saffron rice with asparagus spears on the side.

PARTY'S MARINATED SHRIMP NUMBER

Ingredients:

1.00 pound fresh shrimp, peeled and cleaned
2.00 teaspoons dry celery flakes
2.00 teaspoons dry onion flakes
1.00 tablespoon pickling spice
8.00 cups water
1.00 cup fat free Italian dressing
1.00 medium onion, sliced
0.50 teaspoon celery seed
2.00 teaspoons green pepper flakes
2.00 dash Tabasco sauce

Instructions:

Place peeled and cleaned shrimp in 8 cups boiling water with seasonings listed above for boiling. Cook shrimp in seasoned water for 15 minutes. Let stand and cool in same water. Prepare ingredients for marinade and mix. Remove shrimp from seasoned water and arrange in shallow dish. Pour marinade over shrimp. Chill for several hours or overnight before serving.

PESCADO EN MOJO DE AJO (FISH IN GARLIC SAUCE)

Ingredients:

Skinless fillet of any
Mild white fish
Flour
Clarified butter (A LOT of garlic)
Juice of one lime
Additional lime wedges

Instructions:

Use only Clarified butter (don't think of using margarine) Dust the fillet 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 consistency of our potato chips , 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 Tablespoon. 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.

PIE MUSSELS WITH THAI CURRY SAUCE

Ingredients:

1 tablespoon olive oil
2 garlic cloves minced (depending on size) up to 4
3 teaspoon red curry paste
3 kafir lime leaves
1/4 cup coconut milk
1 cup chicken stock
1 teaspoon sambel olek chili paste
2 teaspoon fish sauce
Salt/lime juice to taste
2 lb mussels
coarsely chopped cilantro for garnish

Instructions:

Curry Sauce: Heat olive oil in saute pan on medium high heat. Saute garlic until opaque. Add red curry paste and lime leaf and saute. Add coconut milk. Reduce heat, simmer and reduce sauce by one third. Add chicken stock, sambal olek and fish sauce. Simmer and reduce by half (15 to 20 minutes). Remove lime leaf. Season with salt and pepper to taste.
Mussels: Combine 1/2 cup of sauce for every half pound of mussels in a saucepan over medium heat to pan steam until opened. Arrange mussels in a bowl. Add lime juice over mussels and chopped cilantro for garnish and serve.

PINEAPPLE CURRY GAENG KUA SAPPAROD

Ingredients:

2 cup coconut milk
1 cup crushed fresh pineapple
2 tablespoons red curry paste
1/4 cup fish sauce (nam pla)
1 1/2 tablespoon sugar
8 ounces shrimp, shelled and de-veined

Instructions:

Combine all the except the shrimp in a large saucepan and heat to boiling. Add the shrimp, reheat to boiling and cook for about 3 minutes or until shrimp are done. Serve with steamed jasmine rice.

PIQUANT SALMON ROLLS

Ingredients:

4 ounce cream cheese
3 pinch cayenne pepper, more or less
1/4 cup walnuts chopped
3 green onions, chopped
1/4 teaspoon ground coriander
1 tablespoon chopped chives
1 (up to) 2 fresh habaneros, finely minced

1 stalk celery chopped
3 teaspoons lemon juice
8 slices (4 inches x 2 inches, thin) smoked salmon
8 slices (thin) cucumber
freshly ground pepper
fresh dill sprigs (optional)
chives (optional)
1 packet crackers

Instructions:

In a bowl, soften cream cheese and stir in chives walnuts habaneros and celery. Add 2 teaspoon lemon juice and spices and mix well. Spread mixture on salmon slices and season with pepper, roll up to form neat rolls. Place a cucumber slice on each cracker and place a salmon roll on each cucumber. Drizzle with remaining lemon juice and garnish with chives and dill if desired.

POACHED FILLET OF WILD SALMON WITH A TARRAGON GLAZE

Ingredients:

9 ounce butter
3 egg yolks
Half lemon; juice of
1 small pack tarragon
4 tablespoon double cream
4 250 g wild salmon fillets
Splash white wine vinegar

Instructions:

In a saucepan melt the butter. In a separate pan combine the egg yolks and lemon juice with a seasoning of salt and pepper. Whisk over a gentle heat till pale and mousse-like and then slowly incorporate the melted butter as you would for a mayonnaise. Then chop the tarragon and stir in. Whip the cream lightly and fold in as well. Check the seasoning and set aside. Pre-heat the grill. Place the salmon in a shallow pan and cover with cold water, add the vinegar and a generous seasoning of salt and bring to a gentle simmer. Cook for 7-10 minutes and remove from the pan. Place each fillet on a heat proof plate and spoon over some of the sauce. Place this under the grill for one minute to brown. Serve.

POACHED FISH WITH CAPER SAUCE

Ingredients:

4 fish steaks, note 1
4 lemon slices
1 cup nonfat vegetarian chicken broth,-low sod, note 2
1/4 cup dry white wine
1 dash pepper
2 tablespoons water
2 teaspoons cornstarch
1 egg yolk, beaten
2 teaspoons capers, drained shredded romaine, optional

Note 1: cut 1" thick (about 2 pounds total)

Instructions:

Note 2 : original recipe used regular chicken broth place fish in a greased 10" skillet. Top with lemon slices. Combine chicken broth, wine and pepper, add to skillet. Simmer, covered, 5 - 10 min till fish flakes easily when tested with a fork. Remove lemon slices and fish, keep warm. Gently boil broth mixture, uncovered, about 5 min or till reduced 3/4 c. Combine water and cornstarch, stir into broth mixture. Cook and stir until thickened and bubbly. Cook and stir 1 min more. Gradually stir half the hot mixture into egg yolk, return all to skillet. Cook and stir 1 - 2 minutes more. Stir in capers. Place fish steaks on bed of romaine and top with lemon slices, if desired. Spoon sauce over fish.

POACHED FISH

Ingredients:

4 six-ounce firm-fleshed fish fillets skin removed such as salmon bass or snapper
1-teaspoon oil or butter
2 to 3-cups court bouillon

Instructions:

Run fingers over fish fillets to feel for tiny bones; if there are any remove with needle nose pliers or tweezers. Lightly oil or butter the bottom of a deep skillet big enough to fit fish fillets in a single layer and place fish thus in skillet. Bring court bouillon to a simmer. Gently pour court bouillon over the fish covering completely. Turn heat on very low so that liquid steams but does not quite simmer for 2 minutes. Turn off heat and let fish sit in liquid an additional 5 minutes per inch of thickness. Start checking fish for doneness; a thin knife inserted in thickest part of fillet should meet with just slight resistance. Fish should still be slightly translucent in center. Remove fish from skillet with slotted spatula blot the bottom lightly with a paper towel and serve.

POACHED SALMON WITH GREEN ONION SAUCE

Ingredients:

1 Pound(s) Fresh salmon fillets
2 Teaspoon(s) Salt
1/2 Teaspoon(s) Pepper
2 1/2 Cup(s) Water
3 Green onion; chopped
1 Tablespoon(s) Fresh ginger; chopped
1 1/2 Tablespoon(s) Peanut oil
2 Teaspoon(s) Toasted sesame oil

Instructions:

Rub the fish with salt and pepper. Bring water to simmering in skillet. Add the salmon and simmer for 2-3 minutes. Cover tightly, and turn off the heat. Let sit for 8 minutes. Combine the green onions, ginger, and salt together in a small bowl. In a small pan, combine the peanut oil and sesame oil and bring to the smoking point. Remove the salmon from the water and arrange on a platter. Scatter the green onion mixture on top and pour the hot oil over it. Serve at once.

POMFRIT MASALA

Ingredients:

1 Pomfrit fish
1 teaspoon Garlic paste
1 teaspoon Ginger paste
1 tablespoon Lemon juice
1 tablespoon Ground cumin
1 tablespoon Garam masala
1 pinch Fresh coriander
1 Green pepper
A selection of green; red and yellow peppers
1 teaspoon Aniseed; (aniseed)

Instructions:

Cut slices in the fish on both sides using a sharp knife. Next sprinkle all the other ingredients, except for the selection of peppers, onto the fish and massage into the fish on both sides and leave to stand for 1 hour. Place the fish into a pan of hot oil and cook for 5-10 minutes or until brown turning occasionally. Serve fish on a dish, sprinkle with selection of peppers and serve.

POOR MANS HALIBUT THERMIDOR

Ingredients:

2 tablespoons Chopped onions
1/2 cup Sliced mushrooms
2 tablespoons Butter
2 tablespoons Flour
1/8 teaspoon Pepper
1/8 teaspoon Paprika
1/2 cup Milk
1/2 cup Chicken bouillon
1/2 teaspoon Worcestershire sauce
1 Egg yolk
1 tablespoon Sherry
3 cups Cooked halibut
Parmesan cheese
Bread crumbs
Paprika

Instructions:

Saute onions and mushrooms in butter. Add flour, pepper and paprika and blend. Remove from heat, add milk, broth and Worcestershire sauce. Boil for 1 minute. Add egg yolk slowly, then sherry. Mix in the halibut and pour into 6 individual dishes and sprinkle with parmesan cheese and bread crumbs, and a dash of paprika. Bake at 450 degrees F. for 5 10 minutes, or till heated through. Garnish with fresh parsley.

POTTED HERRINGS IN GUINNESS

Ingredients:

10 filleted fresh herrings
600 milliliters Guinness (pref. Draft)
5 flock vinegar
onion cut into rings

2 x bay leaves
10 x cloves
4 x white and black peppercorns
salt as required
1 teaspoon brown sugar

Instructions:

Wash herring fillets and roll up, starting from the tail. Place in a baking dish and add the stout-and-vinegar mixture. Add all other ingredients. Cover with baking parchment or foil and bake in a moderate oven (about 350f) for 20 minutes. Remove from oven, allow to cool, and serve.

PRAWNS ARABIAN

Ingredients:

8 tiger prawns; (cleaned, shelled; and deveined) with tails
Salt and pepper to taste
3 eggs; beaten
Seasoned flour as required
Oil
75 g cheese; grated
4 tablespoon finely chopped spring onion
2 tablespoon green garlic
2 tablespoon parsley; chopped fine
1 lettuce
2 tomatoes; chopped

Instructions:

Dry the tiger prawns with tail with a kitchen napkin. Apply salt and pepper. Dip them in beaten egg and roll in seasoned flour and deep fry till done. Remove from oil. Add the grated cheese on top. Toss together with spring onion, garlic and parsley. Serve with lettuce leaves and chopped tomatoes.

PRIZED BARBEQUE SHRIMP

Ingredients:

2 pounds shrimp (1/2 pounds per person)
1 pound butter or margarine
Loads of black pepper
Plenty of garlic salt
1 teaspoon liquid crab boil per pounds of shrimp
1 teaspoon liquid smoke per pounds of shrimp

Instructions:

Wash and drain shrimp one hour before cooking; do not peel. Line pan with shrimp 1-1/2 to 2 inches deep. On top of stove, bring to a boil butter and spices. Pour sauce over shrimp and immediately put in a 400 degree oven and cook 30 minutes. Stir often to keep shrimp covered with butter mixture.

PULTZER'S CURRIED SHRIMP

Ingredients:

1 pound shrimp

3 or
4 scallions
1 (up to) 2 tablespoons curry
1/2 teaspoon salt
5 tablespoons oil
1/2 cup stock

Instructions:

1. Wash shrimp. Remove legs, leaving shells intact, then de-vein. Mince scallions. 2. Heat a dry pan. Add curry and salt and stir a few times. Gradually add oil, blending in until smooth and heated through. 3. Add shrimp, stir-fry gently until well coated and browned. 4. Add stock and heat quickly. Then simmer, covered, until shrimp are done (3 to 4 minutes). 5. Stir, in minced scallions only to heat through, serve at once.

PUMPKIN SEED CRUSTED MAHI MAHI WITH MANGO AND PAPAYA

Ingredients:

2 cup pumpkin seeds; toasted
2 tablespoon pink peppercorns
2 mahi mahi fillets; (6-ounce)
Salt and pepper to taste
1 red pepper; finely diced
3 shallots; finely diced
Olive oil
1 mango; diced
1 papaya; diced
1/2 cup dry vermouth
2 cup chicken stock
1 cup clam juice
1/2 lb crabmeat
2 scallions; sliced on the bias

Instructions:

Grind and combine the pumpkin seeds and the pink peppercorns. Coat the mahi mahi fillets with the pumpkin seed, pink peppercorn mixture and season with salt and pepper. Set aside. In medium saute pan, over medium high heat, saute the peppers and shallots in olive oil. Add the mango and papaya. Deglaze with vermouth. Add the chicken stock and clam juice, then add the crabmeat. Finish with scallions, and season with salt and pepper. Keep warm. In a medium saute pan, over medium to high heat, cook the fish in olive oil, 3 to 4 minutes each side or until golden brown. Serve with mango and papaya sauce.

QUICK AND EASY POACHED SALMON

Ingredients:

1 skin-on salmon fillet
Water (to cover)
Kosher salt
Pepper

Instructions:

Place filet, skin side down, in a small stock pot. Pour enough water over to cover the salmon by about two inches. Place pot on high heat until just beginning to boil. Remove salmon from water and pat dry. Sprinkle with kosher salt and pepper to taste. This goes great with a little garlic mayonnaise or a vinaigrette.

RAINBOW TROUT WITH HERB STUFFING

Ingredients:

6 Dressed trout
1 Cup(s) Sliced onions
1 Teaspoon(s) Salt
1/4 Cup(s) Parsley, chopped
1 Cup(s) Fresh bread cubes
3 Tablespoon(s) Pimento, chopped
2/3 Cup(s) Butter or oleo
3 Teaspoon(s) Lemon juice
1 Small Can mushrooms
1/2 Teaspoon(s) Marjoram

Instructions:

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.

RED SNAPPER SUPREME

Ingredients:

1 6-pounds red snapper, dressed
Salt and pepper to taste
3 large onions, chopped
1 medium green pepper, chopped
3 stalks celery, diced
8 tablespoons bacon drippings or butter
1 small can Italian tomato paste
1 8-ounces can tomato sauce
1 number 2 can whole tomatoes
Red pepper to taste
1 8-ounces can mushrooms, stems and pieces
1/2 cup minced parsley

Instructions:

Rub fish, inside and out, with salt and pepper; place in baking dish. Saute onions, green pepper and celery in drippings until glazed. Add tomato paste; brown to a russet red. Add tomato sauce, tomatoes, salt and peppers. Simmer, stirring occasionally, for 2 hours. Add drained mushrooms and parsley; pour over fish. Bake at 375 degrees for 25 minutes, basting occasionally. Garnish with lemon slices and parsley. Serve with rice.

RED SNAPPER VERACRUZ STYLE

Ingredients:

1 (3-pound) whole red snapper, dressed

3 1/2 tablespoons fresh lime juice vegetable cooking spray
1 teaspoon olive oil
1 medium onion, thinly sliced
3 cloves garlic, minced
2 1/2 cups peeled, chopped tomatoes (about 2 large)
2 small fresh green chile peppers, seeded and halved
1/3 cup pimiento-stuffed olives, drained and sliced
Lime slices (optional)
Fresh cilantro sprigs (optional)

Instructions:

Brush inside and outside of fish with lime juice; place in a shallow roasting pan coated with cooking spray, and set aside. Coat a skillet with cooking spray; add oil, and place over medium heat until hot. Add onion and garlic; saute 3 minutes. Add tomatoes and peppers; cook 5 minutes, stirring frequently. Top with olives. Spoon sauce over fish; cover and bake at 400 degrees for 25 minutes. Discard chiles; place fresh on a bed of lime slices, and garnish with fresh cilantro springs, if desired.

RED SNAPPER WITH LEEKS AND TOMATOES

Ingredients:

4 red snapper fillets (5- to 6-ounce)
2 tablespoons olive oil
3 medium leeks (white and pale green parts only), thinly sliced
2 large garlic cloves; chopped
3/4 pound plum tomatoes; chopped
1 tablespoon chopped fresh tarragon or 1 teaspoon dried
2 teaspoons balsamic vinegar

Instructions:

Preheat oven to 350F. Sprinkle fish on both sides with salt and pepper; place in 13x9x2-inch glass baking dish. Heat oil in heavy large skillet over medium heat. Add leeks and garlic and saute until leeks are tender and beginning to brown, about 6 minutes. Add tomatoes and tarragon to skillet; stir until tomatoes soften, about 2 minutes. Mix in vinegar; season to taste with salt and pepper. Spoon leek mixture over fish fillets. Bake until fish fillets are just opaque in center, about 18 minutes. Makes 4 servings.

ROAST LOBSTER WITH BASIL MINT PESTO

Ingredients:

4 whole Lobsters (1 3/4 pound each)
Basil Mint Pesto I
2 cups Coarse bread crumbs, Panko preferred
1 teaspoon Grated lemon zest
2 tablespoons Extra virgin olive oil

Instructions:

Split the lobsters in half lengthwise and gently crack the claws. Remove and discard the long thin intestinal tract that runs the length of the lobster and also the lumpy head sac that is located near the eyes. Remove and reserve the pale green liver or tomalley from the body cavity. Also remove and reserve the dark green coral (or roe) if present in the female. Prepare the Basil Mint Pesto and process in the tomalley and coral (if any). In a

separate bowl, stir together the bread crumbs, zest and pesto to make a light mixture (not soggy). Add more bread crumbs if necessary. Divide and stuff each of the lobster halves with pesto bread crumb mixture and drizzle with olive oil. Roast in a preheated 450 degree oven for 14 to 18 minutes or until lobsters are just cooked through. Meat should be moist and still very slightly translucent in the center.

ROASTED FISH FILLETS

Ingredients:

1 1/2 pound salmon fillets
3 tablespoons balsamic vinegar
1/2 teaspoon coarsely ground black pepper
3 tablespoons finely chopped mint or cilantro

Instructions:

Heat oven to 450 degrees. Season fish with vinegar and pepper. Roast 5 to 7 minutes or 10 minutes per inch of thickness. Fish is done when it is opaque and flakes when tested with a fork. Remove from oven and immediately sprinkle minced herb over the top.

Yield: 4 servings.

ROASTED SNAPPER IN A CREOLE SAUCE

Ingredients:

2 tablespoons olive oil
1 cup onions, chopped
1/2 cup celery, chopped
1/2 cup green bell peppers, chopped
2 tablespoons garlic, chopped
2 cups Italian plum tomatoes, peeled, seeded and chopped
1/4 cup basil leaves, chopped
1 tablespoon fresh oregano leaves, chopped
2 teaspoons fresh thyme leaves, chopped
creole seasoning
salt to taste
freshly ground black pepper to taste
cayenne pepper to taste
2 teaspoons Worcestershire sauce
3 cups chicken stock
1/2 cup green onions, chopped
8 tablespoons butter, at room temperature
2 American red snappers, 2 to 4 pounds, scaled and gutted

Instructions:

Preheat the oven to 400 degrees. In a saucepan, with a lid, over medium heat, add the oil. When the oil is hot, add the onions, celery, and green peppers. Saute the vegetables for 2 to 3 minutes or until the vegetables start to wilt. Stir in the garlic, tomatoes, and herbs. Continue to saute for 1 minute. Season the vegetables with Creole seasoning, salt, pepper and cayenne. Stir in the Worcestershire sauce and stock. Bring the liquid to a boil and reduce to a simmer. Cook for 12 minutes, covered, stirring occasionally. Stir in the green onions and stir in 7 tablespoons of the butter. Grease a large baking dish with the remaining butter. With a sharp paring knife, score the skin of the snapper, in three one

inch intervals, to prevent the skin from buckling. Season the snappers with olive oil, salt and pepper. Place the snapper in the Creole Sauce and place in the oven. Roast the snapper for 10 to 12 minutes or until the flesh is flaky. Remove from the oven and serve the fish with rice.

ROCK SHRIMP STUFFED FILLET

Ingredients:

3 tablespoons olive oil, divided
1 teaspoon onions, finely minced
1 teaspoon green onions, finely-minced
1 teaspoon celery, finely minced
1 teaspoon red onions, finely-minced
2 teaspoons shallots, minced
1 teaspoon garlic, minced
1/4 pound rock shrimp
2 tablespoons water
2 tablespoons fine, dried bread crumbs
Creole seasoning
4 filet mignons, 6 to 7 ounces each, trimmed

Instructions:

Preheat the oven to 400 degrees. In a saute pan, over medium heat, add 1 tablespoon of the olive oil. When the oil is hot, add the onions, green onions, celery, red peppers, shallots, and garlic. Saute for 1 to 2 minutes. Add the rock shrimp, water and bread crumbs. Season with Creole seasoning and cook for 2 minutes. Remove from heat and allow to cool for at least 15 minutes. Using a small sharp knife cut a slit about 2 inches along into the side of each steak forming a pocket. Season the meat with Creole seasoning inside and out of the pocket. Using a spoon, fill each pocket with about 1/4 cup of the stuffing. In a large saute pan, heat the remaining olive oil over medium heat. When the oil is hot, add the filets and sear for 2 to 3 minutes on each side. Remove the pan from the heat and place in the oven. Roast for 6 to 8 minutes for medium-rare.

ROMEO'S HUACHINANGO

Ingredients:

2 pounds Red Snapper (Chicken - can be used instead of fish)
1/2 teaspoon Salt
1 tablespoon Achiote Paste*
1 teaspoon Oregano
5 Garlic cloves, peeled
6 Peppercorns, ground
4 tablespoons Orange Juice*
3 tablespoons Water
Olive Oil

Instructions:

If you don't have achiote paste, substitute 1 tablespoon annato seed, ground. If you don't have Seville orange juice, substitute 2 tablespoons regular orange juice and 2 tablespoons cider vinegar. Combine all ingredients except fish and olive oil in a blender. Blend completely to a paste. Smear the paste onto the fleshy side of the snapper. Allow to

marinate overnight. Heat up a charcoal grill. When ready, coat each piece of snapper in olive oil. Then cook approximately 7-10 minutes per side, depending on thickness.

****Use Chicken instead of fish. It tastes good. ****Use a stove top grill if you don't want to BBQ.

SALMON TARTARE

Ingredients:

4 ounces smoked salmon, julienned
1 teaspoon capers, chopped
1 tablespoon homemade or prepared mayonnaise
1 teaspoon dill, chopped
1 teaspoon shallots, minced
juice of 1/2 lemon
salt to taste
freshly ground black pepper to taste
8 small pumpernickel croutons, toasted
8 small dill sprigs

Instructions:

Combine salmon, capers, mayonnaise, dill and shallots. Taste, and adjust seasonings with lemon juice, salt and pepper. Divide among croutons and top each with a dill sprig.

SEASON'S BAKED OYSTERS

Ingredients:

2 dozen whole oysters
1 garlic cloves minced
1 tablespoon fresh parsley minced
1/2 cup butter melted
2 teaspoons Worcestershire sauce
2 tablespoons clam juice
2 tablespoons chili sauce
1/2 cup mushrooms finely chopped
2 tablespoons grated parmesan cheese
2 tablespoons bread crumbs
salt
black pepper

Shuck oysters; drain and reserve half of the shells. Combine parsley, garlic, Worcestershire sauce, clam juice and chili sauce with 6 tablespoons melted butter. Dip each oyster into this sauce and place in a shell on a baking pan. Spoon remaining sauce over oysters. Sprinkle a teaspoon of chopped mushrooms on each oyster. Stir cheese and bread crumbs together and sprinkle over oysters. Dribble with remaining butter. Bake at

Instructions:

400 for 15 minutes.

SESAME CRUSTED SALMON WITH GINGER VINAIGRETTE

Ingredients:

1 large English cucumber*, peeled and coarsely chopped
1/2 cup rice vinegar

1/8 teaspoon salt
 2 tablespoons sugar
 1/4 cup water
 1/4 cup light soy sauce
 2 tablespoons rice vinegar
 1 tablespoon honey
 1 teaspoon hot sauce
 1/2 teaspoon ground coriander
 1/2 teaspoon dark sesame oil
 4 salmon, (4-ounce) fillets
 1 tablespoon sesame seeds, toasted
 1 large English cucumber, thinly sliced
Ginger vinaigrette:
 1 piece (1-1/2-inch-long) fresh ginger, peeled
 1 garlic clove
 2 tablespoons rice vinegar
 1 tablespoon light soy sauce
 1 tablespoon honey
 1/8 teaspoon dried red pepper, crushed
 1/4 cup peanut oil
 1/2 teaspoon dark sesame oil

Instructions:

Process chopped cucumber in a food processor just until smooth, stopping once to scrape down sides. Pour mixture through a large cheesecloth-lined wire-mesh strainer into a bowl, discarding pulp. Stir in 1/2 cup vinegar and salt. Bring sugar and water to a boil in a saucepan over medium heat, stirring often. Remove from heat, and stir into cucumber liquid mixture. Set aside. Combine soy sauce and next 5 ingredients, brush over fillets. Place fillets in a lightly greased 13- x 9-inch pan, sprinkle with sesame seeds. Bake at 450 for 10 to 12 minutes or until fish flakes easily with a fork. Arrange fillets and sliced cucumber evenly into 4 pasta bowls. Spoon cucumber liquid mixture evenly into each dish. Drizzle with a small amount of ginger vinaigrette. ginger vinaigrette: Process ginger and garlic in a food processor until smooth, stopping once to scrape down sides. Add vinegar, soy sauce, honey and dried red pepper, process 30 seconds. With processor running, slowly pour oils through food chute, blending just until smooth.

SKIPPER'S COQUILLE ST JACQUES

Ingredients:

2 sea scallops
 1/2 ounce clarified butter
 1/2 teaspoon shallots, minced
 1/2 ounce button mushrooms, sliced
 1/2 ounce white wine
 1 ounce fish veloute
 1/2 teaspoon fine herbs
 1 ounce glacage
 6 ounce duchess potato
 1 fluted mushroom, garnish

1 shrimp, peel, butterfly

1. Sear each scallop on all sides & keep warm. Also saute the shrimp and reserve.
2. Saut mushrooms in butter, add shallots. 3. Add wine. 4. Add velout and simmer until thickened. 5. Add herbs. 6. Pipe out duchess potato in center of plate in 3 rosettes.

Instructions:

7. Place scallops on plate next to potato. 8. Apply glacage on scallops and lightly brown under broiler. 9. Garnish plate with fluted mushroom and shrimp. glacage is equal parts hollandaise, velout, and unsweetened whipped cream folded gently together.

STIR FRIED CRABMEAT WITH CELLOPHANE NOODLES

Ingredients:

1 package, 3 1/2 ounce, cellophane noodles,
2 tablespoons vegetable oil
2 tablespoons shallots, chopped
1 cup snow peas, thinly sliced
1 ounce dried tree ear mushrooms, reconstituted in water
2 teaspoons garlic, chopped
1 cup bean sprouts, packed
fish sauce, nuoc mam, to taste
freshly ground black pepper to taste
1/2 pound fresh crab meat, cartilage removed
1/4 cup green onions, chopped

Instructions:

Place the noodles in a large bowl. Cover with warm water and allow to sit for 20 minutes. Drain and pat dry. In a wok, over medium heat, add the oil. When the oil is hot, add the shallots, peas, mushrooms, garlic and bean sprouts. Season with the fish sauce and black pepper. Stir-fry for 1 minute. Add the crabmeat. Season with the fish sauce and black pepper. Continue to stir-fry for 2 minutes. Add the noodles and green onions. Stir-fry for 1 minute. Remove and serve on a large platter.

TEMPTATION'S OYSTER PIE

Ingredients:

6 medium potatoes
1 medium onion
1 teaspoon salt
pepper
1/2 teaspoon celery salt
1 teaspoon parsley flakes
1 pint oysters and liquor
1 pie crust

Instructions:

Pare potatoes and onions and cut into thin slices. Place in saucepan and fill with water to level of potatoes and cook until tender and drain. Add salt, pepper, celery salt and parsley. Bring to boil 1 pint oysters and liquor, remove from heat and add to the potatoes. Ladle all into baking dish reserving some of the liquor to serve later over the pie. Cover the top of the dish with favorite pie crust and bake in a 450 oven for 15 to 20 minutes.

Butter may be added to this also. A favorite Southern Maryland method is to add about four cooked smoked sausages, cut in pieces to the pie.

TOP SECRET FISH AND CHIPS

Ingredients:

1 1/2 pound red potatoes thinly sliced
1 1/4 pound fennel bulb trimmed and thinly sliced
2 garlic clove minced
2 tablespoon olive oil
3/4 teaspoon salt plus
1/8 teaspoon salt divided use
1/2 teaspoon coarsely ground black pepper divided use
1 1/4 pound scrod or cod cut into equal sized portions
1 medium tomato seeded and diced
feathery fennel tops for garnish

Instructions:

Preliminaries: Preheat oven to 425 degrees. In shallow 2 1/2 quart casserole, toss potatoes, fennel, garlic, olive oil, 3/4 teaspoon salt and 1/4 teaspoon pepper. Bake, uncovered, 45 minutes or until vegetables are fork-tender and lightly browned, stirring once. Sprinkle fish with remaining 1/4 teaspoon pepper and remaining 1/8 teaspoon salt.. Arrange fish on top of potato mixture bake 10-15 minutes longer or until fish flakes easily when tested with a fork. Sprinkle with diced tomato garnish with fennel tops.

TROUT FRICASSE

Ingredients:

4 rainbow trout fillets, 7 to 8 ounces each
southwest seasoning
1/2 stick butter
1/4 cup flour
6 cups onion, julienne
1/4 cup celery, chopped
1/4 cup bell peppers, chopped
salt to taste
cayenne pepper to taste
freshly ground black pepper to taste
3 cups water
juice of one lemon
2 tablespoons parsley, chopped
4 servings white rice, cooked, hot

Instructions:

Season the fillets with southwest seasoning. In a large saute pan, melt the butter. Stir in the flour, stirring constantly for 5 to 6 minutes for a medium-brown roux. Add the onions, celery, and peppers. Season with salt, pepper, and cayenne. Cook for 6 to 7 minutes, stirring constantly, or until the vegetables are wilted. Add the water and stir until the mixture thickens, 6 to 7 minutes. Add the lemon juice and lay the trout in the pan and baste with the sauce. Cover and cook for 6 to 7 minutes or until the fish flakes easily with a fork. Add the parsley and remove from the heat. Serve over white rice.

TULIP CRAB AND ASPARAGUS APPETIZERS

Ingredients:

3 ounce cream cheese; softened
2 teaspoon lemon juice
1 tablespoon minced chives
1 teaspoon minced fresh dill or mint(optional)
1 dash pepper or cayenne
1 cup crab meat, flaked
25 fresh asparagus spears
25 tulip petals

Instructions:

In a medium bowl, beat cheese with lemon juice, herbs, and pepper; stir in crab. Break tough ends off asparagus. Blanch in 1 inch of boiling water in a large skillet with a lid, or steam standing upright in a couple of inches of water in a tall, narrow pot, until crisp-tender, 2 to 5 minutes, depending on thickness of stems. Plunge into an ice-water bath for 1 minute; then pat dry. Trim asparagus to about 5 inches; from the trimmings, cut as many 1/4-inch rounds as you have tulip petals. Save extra ends for salads. Fill each tulip petal with about 1/2 a rounded teaspoon of crab mixture and garnish with an asparagus round. Arrange asparagus in a fan on a serving platter and place tulip petals alternately.

TWAIN'S GULF SHRIMP AND VEGETABLES

Ingredients:

9 cups water
3 pounds unpeeled large fresh shrimp
1 cup sliced ripe olives
1 cup chopped green pepper
1/2 cup chopped celery
1/3 cup chopped sweet pickle
1 tablespoon minced fresh parsley
2 shallots, minced
2 cups commercial Italian salad dressing
1/4 cup olive oil
1 tablespoon lemon juice
leaf lettuce

Instructions:

Bring water to a boil; add shrimp, and cook 3 to 5 minutes or until shrimp turn pink. Drain well; rinse with cold water. Chill. Peel and devein shrimp. Place shrimp in a large shallow bowl. Combine olives and next 8 ingredients; pour over shrimp, tossing gently to combine. Cover and chill 8 hours. Line a serving platter with lettuce; spoon shrimp mixture over lettuce, using a slotted spoon. Garnish with tomato wedges, if desired.

UDANG KARI (INDONESIAN PRAWN CURRY)

Ingredients:

1-tablespoon oil
1 medium onion, finely chopped
2 cloves garlic, chopped

1-teaspoon turmeric
1/2-teaspoon lemon grass
1-teaspoon sambal oelek
Sliver of shrimp paste
1-teaspoon salt
1-cup coconut milk
450-grams shelled frozen prawns

Instructions:

Heat oil and lightly saute onion and garlic. Add garlic, turmeric, cumin and lemon grass. Stir and add sambal oelek, shrimp paste and salt. Stir again. Add coconut milk and bring to a boil. Lower heat and add prawns. Simmer uncovered for 15-20 minutes. Serve with rice.

VANILLA FLAVOURED TIGER PRAWNS

Ingredients:

12 large tiger prawn tails, raw
1 large vanilla pod, fresh
12 green cardamom, crushed
300 milliliterouble cream a glug of saki or dry sherry, clear
15 gram unsalted butter, softened a glug of corn oil seasoning
4 satay sticks, soaked in water before use

Instructions:

Cut vanilla pod in half lengthways and scrape out the seeds. Add to the softened butter. Crush cardamom pods. Take out seeds and crush again. Add to butter. Thread raw shelled tiger prawns on to satay sticks and spread with spiced butter. 3 prawns per stick. Heat a cast pan. Swirl in a little oil to prevent the butter from burning. Sear prawns on both sides until the color changes. Add saki and flame. Add cream, vanilla pod and seasoning. Scrape up the buttery fish juices into it. When the prawns are finished set on the coconut and basil rice. Continue to reduce the cream until it has caramelized and the flavor is good. Drizzle a little sauce over and around the prawns. Serve either with a little salsa or a wedge of lime to sharpen it.

VEGEATBLE TUNA PILAF

Ingredients:

2 tablespoons butter or margarine
1/2 cup scallions chopped
1 package rice,brown uncooked(12oz)
3 1/2 cups vegetable broth clear
1 teaspoon salt
1/2 teaspoon Tabasco sauce
1/2 cup sunflower seeds hulled
1/2 cup carrots,diced pared
1 zucchini halved/sliced 1/2"
1 1/2 cups broccoli cubed
3 cans tuna drained(7ounce)

Instructions:

1. Melt butter in a flameproof 3 quart casserole. 2. Add scallions and rice; cook, stirring frequently, until rice is golden brown. 3. Stir in vegetable broth; bring to a boil. Remove from heat. 4. Cover and bake in preheated 375oF. oven 45 minutes. 5. Remove casserole from oven; stir in salt, Tabasco sauce, sunflower seeds, carrots, zucchini and broccoli. 6. Return to oven; bake 20 to 25 minutes longer. 7. Just before serving, mix in tuna.

VENETIAN SOLE

Ingredients:

4 small sole fillets
4 tablespoon mint chopped
4 tablespoon parsley chopped
1 clove garlic minced
4 tablespoon sweet butter
coarse salt
pepper ground
1 lemon quartered

Instructions:

Wipe the fillets dry using paper towels. Score each fillet against the grain twice using a knife. Combine the mint, parsley and butter. Mix thoroughly. Season with salt and pepper to taste. Cover a broiler pan with aluminum foil. Place the fillets on the pan. Spread half of the herbed butter equally over the fillets. Turn the fillets over. Spread the remaining herbed butter equally over the second side of the fillets. Set aside. Preheat the broiler. Broil the fillets 2 or 3 minutes on the first side. Turn the fillets using a spatula. Broil on the second side until the fillets begin to flake when tested with a fork (roughly 3 or 4 minutes) don't let them overcook. Place the fillets on individual plates. Drizzle the pan juices over. Garnish with lemon wedges.

VICKEY'S BEER BATTER FRIED SHRIMP

Ingredients:

1/2-cup flour, all-purpose
1/2-cup beer
1-teaspoon salt
1-1/2-pounds shrimp, large
Salad oil

Instructions:

1. In small bowl, mix flour, beer, and salt. 2. Shell and de-vein shrimp, rinse with running cold water and pat dry with paper towels. 3. In 2-quarters saucepan over medium heat, heat 2 inches salad oil to 375'f on deep-fat thermometer (or heat oil in deep-fat fryer set at 375'f) 4. Dip shrimp, one at a time, into batter and drop into hot oil. Fry shrimp until lightly browned, turning shrimp once, about 1 minute. Drain shrimp on paper towels.

VICTORIA'S FRIED OYSTERS

Ingredients:

1 cup flour
2 tablespoons Creole seasoning
1 cup masa harina
2 large eggs

1 cup milk
24 large freshly-shucked oysters, liquor drained
olive oil, for pan-frying
salt to taste

Instructions:

In a small flat bowl combine flour with 1 tablespoon Creole seasoning; in another bowl combine masa harina with remaining Creole seasoning; in a third bowl beat eggs with milk. Dredge oysters first in seasoned flour, then in egg mixture, then in seasoned masa harina. In a large high-sided skillet heat about 1/2 inch oil over high heat. When hot add half of oysters and fry for about 1 1/2 minutes on each side until golden-brown. Remove with a slotted spoon to paper towels to drain. Repeat with remaining oysters. Before serving, sprinkle with salt and dust with a little Creole seasoning.

VUNDER GARLIC SHRIMP

Ingredients:

0.50 cup olive oil
10.00 Garlic cloves, sliced
3.00 pounds shrimp, large or medium
1.00 tablespoon lemon juice

Instructions:

Heat the oil in a large, heavy skillet. Add the garlic. Remove from heat and let cool to room temperature. Peel and devein the shrimp, place in a large bowl. Pour the garlic mixture and lemon juice over, toss to coat. Cover and refrigerate for at least 1 hour and up to 1 day.

WALLEYE WONTONS

Ingredients:

1/3 cup peanut oil
1 pound walleye fillets, chopped
1 cup diced carrots
1 cup diced celery
1 1/3 cups diced onions
1 cup diced red bell peppers
1 cup chopped shiitake mushrooms
1 cup brandy
1 cup bread crumbs
2 egg whites
1 teaspoon tarragon
12 wonton wrappers

Instructions:

Heat the peanut oil in a large saute pan, add the walleye, carrots and celery, and saute for 2 minutes. Add the onions and red bell pepper and saute for 2 minutes. Add the shiitake mushrooms and saute for 1 minute. Add the brandy and deglaze the pan, stirring the ingredients; reduce until the brandy is dry. Transfer the ingredients to a mixing bowl and allow to cool. Add bread crumbs, egg whites and tarragon. Run the mixture through a meat grinder. Wrap half ounce portions of the mixture in wonton wrappers. When ready, fry in 350 degree deep fat fryer until golden brown.

WHOLE TROUT IN SWEET AND SOUR SAUCE

Ingredients:

1 trout, whole, with head firm-fleshed

2 large eggs, beaten

3/4 cup cornstarch

1/2 cup flour oil, peanut, for deep frying salt (to taste) pepper, white (to taste) sweet and sour sauce

Instructions:

Split the fish down the back and remove the backbone and entrails. Spread and sprinkle the fish with salt, and pepper. Spread the beaten egg on the fish and sprinkle with cornstarch, then coat with flour. Pat to coat securely. Heat the oil to very hot and fry fish until golden brown. Remove and let cool. When ready to serve, put into hot oil to heat and crisp the fish.

YUCATAN STYLE CEVICHE

Ingredients:

1 1/2 pound firm white fish fillets such as halibut, cod or sea bass

3/4 pound large shrimp, 16-24 count

1 large sweet onion such as Vidalia, maui, or walla walla

3 to 4 habaneras, toasted lightly on an un-greased skillet for about 5 minutes

1 cup fresh lime juice

1/2 cup fresh orange juice

Instructions:

Cut the fish in 1/4 inch slices; remove any bones as you go. Place the fish in a glass or glazed ceramic dish large enough to hold it in one layer. Shell and deveined the shrimp, rinsing them only if necessary to rid them of grit. Slice the shrimp in half lengthwise or butterfly them. Layer the shrimp over the fish. Slice the onion in half lengthwise, then crosswise in thin slices. Layer the onion over the fish and shrimp. Wearing rubber gloves, stem, seed and sliver the Habaneras and scatter them over the onions. Season the dish with salt and pour on the lime and orange juices. Cover and marinate in the refrigerator for 8 hours or overnight, or until the fish and shrimp are opaque. Serve at cool room temperature.

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