

# Seafood Recipes

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# Crab Recipes

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# Crabmeat au Gratin

From: zeranguenk@agcs.com (Karl Zerangue)

Date: 18 Aug 1993 08:54:33 -0700

+ Adapted from a recipe taken from an Opelousas, Louisiana's  
+ local newspaper food supplement from about 10-15 years back

1 stalk celery (chopped)  
1 onion (chopped)  
1/4 lb. margarine  
1/2 cup flour  
1 can evaporated milk (13oz)  
2 egg yolks (broken and stirred)  
1 tsp. salt  
1/2 tsp. cayenne pepper  
1 lb. crabmeat  
1/2 cup grated cheese

Saute onion and celery in margarine until tender. Add flour, slowly add evaporated milk. Cook until thickened. Add salt, pepper, and egg yolks. Stir well. Add crabmeat, stir. Pour into casserole dish, top with cheese and bake at 325 degrees for 25 minutes.

Serves 4-6 moderately hungry adults.

Note: One pound of shrimp may also be added if desired. Saute peeled shrimp with onions and celery until shrimp is nearly done. (Baking later will complete cooking of the shrimp.) All other directions remain unchanged.

[mara](#)

# Crabcakes

From: sdg@wag.caltech.edu (Siddharth Dasgupta)

Date: 5 Aug 1993 00:37:37 GMT

Dean Fearing's crabcakes.  
The recipe was published in New York Times

## PAN-FRIED CRAB CAKES WITH BELL PEPPER BUTTER SAUCE

### Crabcakes

1 extra large egg, beaten  
1 T mayonnaise  
1/4 t curry powder  
3-4 drops hot pepper sauce  
1 t Worcestershire sauce  
1 T lemon juice  
1/8 t ground cloves  
1/8 t cayenne pepper  
1/2 t paprika  
1/4 t dry mustard  
salt & pepper  
1 lb. fresh lump crabmeat  
3-5 T bread crumbs  
4-6 T corn or peanut oil

1. Combine egg, mayo, seasoning.
2. Add crabmeat and enough breadcrumbs to absorb excess moisture (it is important not to add too much). Stir carefully to blend. Mixture should be firm to hold together.
3. Form 6 patties and place on wax-paper, uncovered, for 15 or 20 minutes to dry slightly.
4. Heat oil in large skillet and saute over medium heat until golden brown. Turn and brown on second side. Serve with sauce.

### Sauce:

1/4 red bell pepper  
1/4 yellow bell pepper  
1/2 jalapeno pepper  
1 cup cold unsalted butter, diced  
1/2 cup chopped fresh mushrooms

## Crabcakes

2 shallots, chopped  
1 sprig fresh thyme  
1/4 cup dry white wine  
1/4 cup white wine vinegar  
1/2 cup chicken stock  
1/4 cup lemon juice  
1/4 cup heavy cream  
Fresh lemon juice  
salt & pepper

1. Place seeded, deveined pepper sections under the broiler until charred black. Discard skin. Dice pepper small and set aside.
2. Heat 1 T butter over medium heat. Saute mushrooms, shallots and thyme for about 2 mins.
3. Add wine, vinegar and stock, cook over high heat until liquids reduce by 1/2. ~10 mins.
4. Add cream, reduce again by 1/2. ~5 mins.
5. Over low heat, whisk in rest of butter, piece by piece, to make emulsion.
6. Strain & seasono sauce to taste with lemon juice, salt & pepper. Fold in diced pepper. Serve warm.

Bon Appetit!

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[mara](#)

# Crab Enchiladas with Cherry Tomato Salsa

From: arielle@taronga.com (Stephanie da Silva)

Date: Mon, 16 Aug 1993 07:58:22 GMT

## Crab Enchiladas with Cherry Tomato Salsa

6 flour tortillas (7 inches in diameter)  
3 tablespoons corn oil  
10 ounces fresh lump crabmeat, picked over  
1 cup grated Jalapeno Jack cheese (about 5 ounces)  
1 cup shredded fresh spinach leaves  
Cherry Tomato Salsa

Preheat the oven to 300F. Wrap the tortillas tightly in foil and bake for 10 to 15 minutes, until heated through.

In a medium skillet, heat the oil. Add the crabmeat and saute over moderately high heat until heated through, 2 to 3 minutes.

Spoon the crabmeat onto the center of the warm tortilla and sprinkle with the cheese and the spinach. Roll the tortillas into cylinders and place on a warmed serving plate, seam-side down. Surround with Cherry Tomato Salsa.

## Cherry Tomato Salsa

2 pints cherry tomatoes  
1 large shallot, minced  
1 large garlic clove, minced  
2 tablespoons minced fresh coriander  
1 tablespoon white wine vinegar  
2 serrano chiles, seeded and minced  
2 teaspoons fresh lime juice  
1/4 teaspoon salt

In a food processor, coarsely chop the tomatoes, turning the machine on and off. Do not puree.

In a medium bowl, combine the chopped tomatoes and their juices with the shallot, garlic, coriander, vinegar, chiles, lime juice and salt. Stir well. Cover with plastic wrap and set aside for at least 2 hours to blend the flavours.

[mara](#)

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# Salmon Recipes

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# Poached Salmon/Sauteed Tuna

From: i000702@disc.dla.mil ( sam frajerman,sppb,x3026,)

Date: Wed, 1 Sep 93 10:37:49 -0400

I poach small salmon filets, approximately 6 ounces, by putting about a half inch of water in a small, 5-6 inch frypan, covering it, heating the water to simmer, then putting in the filet covered for four minutes. That's it and of course, you can add whatever seasoning you like to the salmon or to the water. I apologize for being so basic, but for years I was afraid to try poaching even though I adore poached salmon, so I'm telling you exactly how to do it and how easy it is. The four minutes leaves the center uncooked and very juicy. If there's skin, it usually sticks to the pan, and if you run hot water over it as soon as you remove the salmon, it'll wash/scrape right off. I've taken to letting the filet cool off a bit and cutting it into inch and a half wide pieces and adding to a salad including lettuce (any kind) good tomato, nice ripe avocado, red onion, croutons, and any tasty dressing.

[amyl](#)

# COLLECTION: Salmon

From: joseph@inland.com (Roger Joseph)

Date: 17 Aug 93 09:43:07 CST

These recipes were collected from r.f.r. and r.f.c. over the past couple of months.

A Collection of Salmon Recipes from Netters

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Here's a very easy salmon dish from Gerd Voigt of the Winchelsea House Restaurant in Lantzville, BC.

Citrus Salmon

Preparation time: 10 minutes

Cooking Time: 7-10 minutes

1 lb ( 500g ) salmon fillets

Salt and pepper

1 tbsp cornstarch

1 tbsp water

2 tbsp undiluted frozen orange juice concentrate

1 tbsp lemon juice

1/4 cup brown sugar

Garnish ( optional )

1 sliced orange

parsley

Sprinkle both sides of the salmon fillet with salt and pepper. Mix the cornstarch and water in a small bowl to form a paste. Add the orange juice concentrate, lemon juice and brown sugar. Stir mixture well until all the ingredients are dissolved. Set aside.

Pour half of the sauce into the bottom of a microwaveable dish. Place the salmon fillet in the dish on top of sauce. Pour the remaining sauce over the salmon. Cover the dish with plastic wrap. Vent to allow steam to escape. Microwave on high for 7-10 minutes ( depending on microwave ).

Remove from microwave and remove plastic wrap. Place the fillet on a plate. Stir remaining sauce and pour over the fillet and garnish if desired.

(Lost Attribution)

-----End Recipe-----

From: shan@niwot.scd.ucar.edu (Val Shanahan)

## Grilled Salmon

I do this with whole salmon, any type, and I leave the skin on as it lifts right off after cooking. Place the salmon on a piece of foil large enough to completely wrap it. Fill the inside of the salmon with a mixture of chopped onion, celery, carrots, garlic and green peppers. Add 2 or 3 slices of lemon and several pats of butter. Salt and pepper to taste if desired, I usually don't tho. Seal the foil and cook on a grill or in an oven. The cooking time depends on the size/amount of fish, it seems that when you can really smell the salmon thru the foil, it is usually done. I know this is not the best method for determining doneness, but it usually works for me. I do open the foil and test the fish for flakeyness. The stuffing usually absorbs a lot of fat/oil from the fish and is not, in my opinion, all that good, but it adds great flavor to the fish.

-----End Recipe-----

From: kv@aifh.ed.ac.uk ( )

Here's a wonderful salmon recipe which I have shamelessly stolen from Delia Smith's summer collection (a fantastic book). I made this recently and it got rave reviews.

## Thai salmon parcels (serves 2)

2 4-5oz salmon fillets	4 sheets filo pastry
1 oz butter	zest & juice 1 lime
1 tsp grated ginger	1 clove garlic (pressed)
1 spring onion (finely chopped)	
1 Tbsp fresh coriander (finely chopped)	
salt & pepper	

Mix together lime zest and juice, garlic, spring onion, ginger and coriander.

Melt butter. Lay out 1 sheet of filo, and brush with butter. Lay second sheet on top, brush with more butter. Lay a salmon fillet about 2-3 inches from short side of pastry, season to taste and put half of lime mixture on top. Fold short end of pastry over salmon, then fold in the 2 long sides. Fold the salmon over twice more, and cut off the remaining pastry. Do the same with the other fillet.

Put the parcels on a well-greased baking sheet, and just before baking brush with the remaining butter. Cook at gas mark 5 for 20-25 mins, until brown and crispy.

-----End Recipe-----

[mara](#)

# COLLECTION: Salmon

From: David Schulenburg schulenb@foc1.ICS.UCI.EDU

Date: 15 Oct 93 16:53:43 GMT

gathered from various sources, mostly newspaper.

## Scandia's Gravad Lox

1 (2-pound) piece salmon  
3 tbs salt  
3 tbs sugar  
1 tbs crushed peppercorns  
1/2 bunch dill  
Mustard-Dill Sauce

Thaw salmon if frozen. Cut salmon in halves lengthwise. Remove bones. Combine salt, sugar, and peppercorns. Rub half spice mixture of 1 salmon half and place fish, skin side down, in baking dish. Spread dill over.

Rub other half of salmon with remaining spice mixture and place, skin side up, on first salmon half. Cover with foil. Place plate on top of fish and weight on top of plate.

Refrigerate 48 hours.  
Turn fish over every 12 hours, separating fillets slightly to baste with pan liquid.

When ready to serve, scrape away dill and seasonings. Place fillets, skin side down, on cutting board. Cut salmon diagonally in thin slices away from skin. Serve cold with Mustard--Dill sauce.  
Makes 24 appetizer servings.

## Mustard-Dill Sauce

1/4cup Dijon mustard  
3 tbs sugar  
2 tbs vinegar  
1 tsp dry mustard

1/3 cup oil  
3 tbs chopped oil

Combine mustard, sugar, vinegar, and dry mustard.  
Slowly beat in oil until thick. Stir in dill. Chill.  
Makes 3/4 cup.

### Butter Barbecued Salmon

6--8 lb whole salmon, cleaned  
salt & pepper, to taste  
2 cups chopped mushrooms  
1 cup chopped green onions  
2 tbs minced parsley  
1/2 cup grated Parmesan cheese  
Grated peel and juice of 1 lemon  
1/2 cup (1 stick) butter or margarine, melted  
4-5 lemon slices  
sauces: butter, chili-cheese, or tartar

Remove head from salmon, if desired. Place salmon on double thickness of wide foil, making sure foil is three to four inches longer than fish at each end. Sprinkle fish inside and out with salt and pepper to taste. Combine mushrooms, onion, parsley, cheese, lemon peel, and juice.

Spoon mixture into fish cavity. Pour butter over fish and top with lemon slices. Cover with another thickness of foil and carefully seal all sides completely. Place on grill four to six inches from glowing coals. Turn after 30 minutes and cook 20 to 30 minutes longer. If cooking on smoke-type grill, open foil during last ten minutes and close grill cover so smoke flavor penetrates fish. Serve with choice of sauces. Makes 10 to 12 servings.

### Butter Sauce

1/2 cup butter or margarine  
1 cup sour cream  
1/4 tsp seasoned or onion salt  
1 tsp chopped chives

Melt butter in small saucepan over low heat.  
Stir in sour cream, seasoned salt, and chives.

Warm, but do not boil.

### Chili-Cheese Sauce

1/2 cup butter or margarine  
1/2 cup chili sauce  
1/3 cup crumbled blue cheese

Combine butter and chili sauce in small saucepan.  
Heat slowly until butter melts.  
Add cheese and keep warm until ready to serve.

### Tartar Sauce

1/2 cup butter or margarine  
1 cup sour cream  
2 tbs sweet pickle relish  
1 envelope tartar sauce mix

Melt butter in small saucepan over low heat.  
Add sour cream, tartar sauce mix, and pickle relish.  
Warm, but do not boil.

### Curried Salmon-Rice Loaf

1 can (17 1/2 ounce) salmon  
1/3 cup chopped green onions  
2 tsp curry powder  
1 tbs lemon juice  
1 tbs cider vinegar  
1 tbs chopped or powdered garlic  
3 cups cooked rice  
Lettuce

Flake salmon. Remove skin and bones. Add salmon, green onions, curry powder, lemon juice, cider vinegar, and garlic to rice. Mix well. Pack into plastic-lined loaf pan and chill several hours in refrigerator. When ready to serve, unmold onto lettuce--lined platter.  
Makes 4 servings.

[mara](#)

# Salmon-Broccoli Loaf with Dill and Capers

From: young@ben.dev.upenn.edu (Sally Young)

Date: 4 Oct 93 16:17:21 GMT

from Jean Anderson's \_Processor Cooking\_

Note: very moist and velvety, let it stand at room temp 30 minutes before slicing. Recipe needs no salt...

1 c loosely packed parsley sprigs, washed & patted dry on paper towels  
6 slices firm-textured white bread  
2 c 1/2 inch cubes of broccoli stems (the amt you'll get from one large bunch of broccoli. Amount can be variable.)  
1 medium yellow onion, cut into slim wedges  
1 3/4 pounds cooked or canned boned salmon (remove all dark skin)  
1/3 c drained capers (use the small capers)  
2/3 c light cream  
4 eggs  
2 TBS snipped fresh dill or 3/4 tsp dill weed  
Finely grated rind of 1/2 lemon  
1/8 tsp freshly ground black pepper

In food processor fitted with metal chopping blade, mince parsley fine, using 5-6 on-offs of the motor; empty into a large mixing bowl. Now crumb the bread 2 slices at a time, with two or three 5-or 6 churning of the motor; add to bowl. Dump all the broccoli stems into processor; mince very fine with about three 5-second bursts; add to bowl.

Processor-mince the onion -- 3 or 4 bursts will do it -- add to the bowl.

Flake the salmon in three batches -- 2 on-offs will be enough. Add to the mixing bowl along with all remaining ingredients. Mix v thoroughly, pack mixture firmly into a well-buttered 9x5x3 inch loaf pan and bake in a slow oven (300 degrees F.) for about 1 hour and 40 minutes, or until loaf begins to pull from sides of pan and is firm to the touch. Remove loaf from oven and let it stand upright in its pan on a wire rack for 30 minutes. Carefully loosen the loaf all around w a thin-bladed spatula, then invert gently onto a large serving platter.

[amyl](#)

# Salmon in Vodka Cream Sauce with Green Peppercorns

From: [arielle@taronga.com](mailto:arielle@taronga.com) (Stephanie da Silva)

Date: Sun, 24 Oct 1993 19:10:02 GMT

8 tablespoons butter  
1 onion, thinly sliced  
1 pound spinach  
6 6 ounce salmon fillets  
salt and freshly ground pepper  
3 tablespoons olive oil  
1 1/2 cups whipping cream  
1/2 cup vodka  
2 tablespoons green peppercorns in water, drained and crushed  
3 tablespoons fresh lime juice  
1/4 cup snipped fresh chives

Preheat oven to 350F. Combine 4 tablespoons butter and onion in large Dutch oven. Cover and bake until onion is golden brown, stirring occasionally, about 45 minutes.

Stir spinach into onion and bake until just wilted, about 3 minutes. Remove from oven; keep warm.

Season salmon with salt and pepper. Heat oil in heavy large skillet over high heat. Add salmon in batches and cook about 3 minutes per side for medium. Transfer to platter. Tent with foil to keep warm. Pour off excess oil from skillet. Add cream and vodka and boil until slightly thickened, about 4 minutes. Add green peppercorns and remaining 4 tablespoons butter and stir until butter is just melted. Mix in lime juice, season with salt and pepper.

Divide spinach and onion mixture among plates. Top each with salmon fillet. Spoon sauce over. Sprinkle with snipped fresh chives.

[mara](#)

# Salmon With Basil Cream Sauce

From: Wayne Sun wcs5u@galen.med.virginia.edu

Date: Thu, 9 Sep 1993 13:58:43 GMT

Here's a recipe from "Gourmet Gazelle Cookbook" that was printed in the "Washington Post" a couple months back. I haven't tried it yet, but it sounds delicious! :-)

## Ingredients:

2 lbs.	salmon fillets
1 1/2 T	unsalted butter
3	shallots, peeled and minced
1 clove	garlic, peeled and minced
1 1/2 cup	chopped fresh basil
1/4 cup	chopped fresh parsley
3/4 cup	dry white wine
1/3 cup	light cream
1 T	freshly squeezed lemon juice
1/4 t	freshly ground white pepper
1/4 t	salt, or to taste

Cut the salmon into 6 equal serving pieces, wash and pat dry on paper towels. Melt the butter in a large skillet over medium-high heat. Sear the salmon on each side for about 2 to 3 minutes, keeping the center slightly rare since the fish will continue to cook after it is taken from the pan. Remove the fish from the pan with a slotted spatula and keep warm. Reduce the heat to low and add the shallots and garlic to the pan. Saute, stirring frequently, for 5 minutes.

Add the basil, parsley, wine, cream, lemon juice, pepper and salt to the pan and cook over medium heat, stirring frequently, until the mixture is reduced by half. Taste for seasoning, adding pepper and salt as needed.

To serve, reheat the fish slightly in the sauce and then serve the sauce around the salmon fillets.

NOTE: The fish can be prepared up to three hours in advance. Reheat the fish in the sauce over low heat, uncovered, for 10 minutes.

Serves 6.

[amyl](#)

# Salmon w/ Cumin-Coriander Crema & Chipotle Salsa

From: garhow@hpubmaa.esr.HP.COM (Garry Howard)

Date: 13 Oct 1993 12:57:30 GMT

Servings: 6

-----Salmon-----

6 8 oz salmon fillets  
-skin intact  
1 c fresh oregano leaves  
-stemmed & finely minced  
1 c fresh basil leaves  
-stemmed & finely minced  
1 c fresh parsley leaves  
-stemmed & finely minced  
1/2 c olive oil

-----Cumin-Coriander crema-----

1 1/2 T Cumin seed  
1 T Coriander seed  
1 c Plain yogurt  
2 T Heavy cream  
1/2 bunch fresh cilantro  
-stemmed and chopped  
2 cloves garlic  
juice of 1 lemon

-----Chipotle Salsa-----

1 egg  
1 t ground red chile  
-preferably Chimayo  
1 chipotle chile in adobo  
juice of 1/2 lemon  
1 clove garlic  
1 1/4 c olive oil

From: Cafe Pasqual's Cookbook by Katharine Kagel - ISBN 0-8118-0293-0  
Cafe Pasqual's is a popular restaurant in Santa Fe, NM

Chef Jason Aufrichtig created this light treatment for rich salmon. When purchasing the salmon, ask for fillets not steaks. The chipotle chile in adobo that is called for in the salsa is a canned product, sold at Latino groceries. The chiles keep for weeks in the refrigerator if they are first transferred to a nonreactive container. They are packed in a red chile sauce, to which vinegar has been added, and are very piquant. There is no substitution for the zippy taste they add to sauces and fillings.

Rinse and dry each salmon fillet. It is not necessary to remove the skin from the fillets. Check for pinbones by running your fingertips over the flesh side of the fillet. Use pliers or tweezers to remove any bones.

In a small bowl stir together the oregano, basil, and parsley. Pat the herbs onto the flesh side of each fillet, covering well. Refrigerate until ready to cook.

To prepare the crema, combine the cumin and coriander seeds in a small, dry saute pan over medium heat. Roast the seeds, shaking the pan frequently, until the aromas are released, about 2 minutes. Remove from the heat and let cool. Place the spices in a spice mill or coffee grinder and grind to pulverize the seeds. Alternatively, pulverize in a mortar using a pestle.

In a small bowl, combine the ground seeds with all the remaining crema ingredients. Let sit for 30 minutes so the flavors can develop and blend. Pour through a fine-mesh strainer into a bowl to remove the cilantro leaves. You will have about 1 cup. (The crema will keep for up to 1 week in the refrigerator.)

To prepare the salsa, place all the ingredients, except the olive oil, in a food processor fitted with the metal blade or in a blender. Blend thoroughly. With the motor running, slowly pour in the olive oil in a thin, steady stream, continuing to process until a mayonnaiselike sauce is achieved. Transfer to a bowl, cover, and refrigerate until serving. You will have about 1 1/4 cups. (The salsa will keep for up to 2 days in the refrigerator.)

About 15 minutes before serving, place a saute' pan large enough to hold the salmon, with room to spare, over medium heat. Add the olive oil. When the oil is just smoking, put the fillets in the pan, herb sides down. Cook 4 to 5 minutes, then turn and cook on the second side until done, 4 to 5 minutes longer. Cooking times vary according to taste and the thickness of the fillet. At Cafe Pasqual's fish is considered done when the middle is still moist and a bit darker than the surrounding light pink flesh.

To serve, spoon the crema onto individual plates, dividing it equally among them. Place 1 salmon fillet on each plate, herbed sides up, to cover half the crema. Drizzle the salsa decoratively onto the fillet and then onto the visible half of the crema.

[amyl](#)

# Spicy Salmon and Eggplant

From: [dwalker@faline.bellcore.com](mailto:dwalker@faline.bellcore.com) (Derek X. Walker)

Date: Mon, 15 Nov 1993 10:40:34 -0500

3 fresh salmon steaks  
1 eggplant  
3 limes  
2 lemons  
1/8 cup olive oil  
1 tsp. Greek or Italian seasoning  
1/8 tsp. hot red pepper flakes  
Fresh ground black pepper

Remove stem and end of eggplant and slice on a diagonal, cutting slices approximately 1/4-inch thick. Place salmon steaks and eggplant slices in a large, flat tupperware container. Cut lemons and limes in half and remove juice. Pour juice into a separate bowl. Stir in olive oil, seasoning, pepper flakes and ground pepper. Pour over steaks and eggplant. Cover and marinate in refrigerator for 1 to 1-1/2 hours. Turn steaks over and rearrange eggplant for even marinading, once during process. Place steaks on a hot grill and cook on both sides until done. Add eggplant slices to grill when fish is half cooked. Grill eggplant slices on both sides. Remove. Serve fish and vegetables with rice. Serve hot.

Recipe by:  
Judy Dinardo-Namak  
Kendall Park, NJ

[amyl](#)

# COLLECTION: Anchovies

From: arielle@taronga.com (Stephanie da Silva)

Date: Sun, 25 Jul 1993 01:57:12 GMT

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- [Spiedini Alla Romano](#)
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### Mushrooms Tapenade

4 tablespoons capers  
6 anchovy fillets, drained  
1 cup olive oil  
1/4 cup lemon juice  
Freshly ground black pepper  
1 pound small mushrooms

Rinse two tablespoons of capers and dry on a paper towel. Pound them and the anchovies in a mortar or press them through a sieve with a spoon. When the mixture is reduced to a paste, transfer it to a mixing bowl. Add the oil little by little, stirring as you do it. Add the lemon juice and pepper to taste. Let the sauce stand in a covered container at least 4 hours before serving. Remove the stems from the mushrooms and clean them with a damp paper towel. Place five on each plate and spoon three tablespoons of the tapenade over them. Garnish the plates with the remaining capers.

### Spiedini Alla Romano

3 3-ounce or 2 4 ounce hero loaves of Italian bread  
1 8 ounce ball of mozzarella  
1/4 cup butter, melted  
Anchovy sauce

Preheat oven to 375F. Trim crusts and ends from bread; cut small loaves in half crosswise, larger ones into thirds. You should have six pieces that look like stubby sticks of butter -- about one and a half inches high and wide and about two and a half inches long. Starting at one end of each piece, cut four slits one half inch apart;

cut just to about one-quarter inch of the bottom so that the slices will stay together and form a kind of fan. Cut the ball of mozzarella into thirds, then cut each third in half. Cut each piece of cheese into 4 slices one-quarter inch thick and about an inch square. Fit cheese slices into the slits in each stick of bread as neatly as possible. Gently thread bread and cheese on skewers. Holding the skewers upright, brush the bread with butter. Arrange the skewers on a foil-covered baking sheet. Bake for five minutes, or until the cheese melts. To serve, slide the toast and cheese off the skewers onto small plates and pour anchovy sauce over them.

### Anchovy sauce

8 flat anchovy fillets  
1 clove garlic  
1/2 cup butter

Mash the anchovy fillets with a fork to make a paste. Put the garlic through a press and mix it into the anchovies. Melt the butter in a small skillet over low heat. Add the anchovy and garlic mixture and stir until smooth, well blended and hot.

### **Bagna Cauda**

1/2 cup olive oil  
1/4 pound butter  
3 to 5 cloves of garlic, chopped fine  
6 anchovy fillets, mashed  
Pepper

Heat the oil and butter together in a double boiler. In another pan, cook the garlic in a bit of the oil until it is soft. Add the anchovy fillets, and cook until they dissolve into a paste, about 5 minutes. Add to the pot of hot oil and butter.

Keep hot and use as a dip for celery, artichoke hearts, endive, cucumbers, green onions and French bread.

[mara](#)

## **Blackened Redfish**

From: u0573ac@unx.ucc.okstate.edu (login 3 of account 10573)

Date: Fri, 16 Jul 1993 04:40:08 GMT

Here is a recipe for Blackened Redfish. I use the same seasoning with boneless chicken breasts as well.

3/4 lb butter, melted in a skillet  
1 tbs paprika  
2-1/2 tsp salt  
1 tsp onion powder  
1 tsp garlic powder  
1 tsp ground red pepper  
3/4 tsp white pepper  
3/4 tsp black pepper  
1/2 tsp thyme  
1/2 tsp oregano  
6 fish fillets

Heat a cast iron skillet over a high heat until it is VERY hot. Combine the dry spices together in a bowl. Dip each fillet in melted butter and then sprinkle the seasoning mixture over both sides. Put the fillets in the skillet and pour in the remaining butter. Cook the fish until the underside begins to char or blacken, then turn and cook the other side. This will cook quickly and creates alot of smoke.

[mara](#)

# Blackened Redfish

From: shermane@ct.picker.com (SHERMAN, MICHAEL E.)

Date: Fri, 20 Aug 1993 18:02:54 GMT

Seasoning : (yields 1/2 cup seasoning)

-----

2 tbsp. paprika  
1 1/2 tsp. white pepper  
1 tbsp. salt  
1 1/2 tsp. black pepper  
2 tsp. onion powder  
1 tsp. thyme  
2 tsp. garlic powder  
1 tsp. oregano  
2 tsp. cayenne

Mix the seasonings. (I usually mix several 'batches' at once. It seems to keep well.)

Instructions:

-----

Melt some butter.

Heat a dry iron skillet very hot.

Dip the fish filets in the melted butter and sprinkle with the seasoning. The more you use, the hotter the results will be.

Drop fish on hot skillet. This will produce a great deal of peppery smoke, so make sure you do it in a well ventilated area (or outside). Cook until fish is done. The Seasonings and butter will form a black crust on the fish.

I usually apply the seasoning to one side of the fish, drop the fish on the skillet, then apply seasoning to the other side of the fish.

Enjoy.

[mara](#)

# Doug's Fire Fish

From: [doug\\_d@sdd.hp.com](mailto:doug_d@sdd.hp.com) (Doug DePrenger)

Date: 4 Nov 1993 18:08:56 GMT

Here is something I concocted last weekend. It went over great!

2 fish fillets (orange roughy, snapper, ...)

1 can Rotel tomatoes

Put both fillets into skillet. Cover with Rotel tomatoes, juice and all. Let sit for 5 minutes so juice permeates fish. Cover skillet.

Cook fish on medium-low for 10 minutes.

Serve without juices.

[amyl](#)

# Fish Baked in Pastry

From: gisselbr@husc8.harvard.edu (Stephen Gisselbrecht)

Date: 2 Sep 93 11:04:43 EDT

My favorite fish preparation is to brush it down thoroughly with olive oil, sprinkle with dried herbs and/or finely chopped garlic, and wrap it up in pie crust dough. I use steaks for this, with all skin and bones carefully removed. You bake them until the crust is golden, and the baking temperature you use will determine the doneness of the fish. In your case, I would try temperatures between 450 and 475 degrees F. (The hotter the oven, the \*less\* done the fish will be when the crust is ready.) The pastry shell keeps the meat nice and moist, and it's impressive as hell.

For the dough, I've always just used the "Basic Pie Crust" from the Joy of Cooking--I use it for lots of things, sweet and savory--with maybe a little rosemary, thyme, basil, or dill stirred in with the flour and salt. Just in case you don't have the JOC:

Basic Pie Crust Dough:

(all honor and credit to the Joy of Cooking)

2 C flour

2/3 C shortening (can be all butter, half butter/half lard, Crisco, etc.)

~1/2 tsp. salt

~3 T water

Stir together flour and salt with a fork. Use more salt if the filling will be savory and/or if your shortening is unsalted. You can add a little sugar if the filling will be sweet (a couple of tablespoons).

Cut half the shortening into the flour, then rub in between your fingers until the mixture has about the texture of cornmeal. Then cut in the remaining shortening, leaving it in roughly pea-sized lumps. (These form the "flakes" when rolled out.) Add just enough cold water to make the dough come together, chill until somewhat stiff, then roll out on a liberally floured board.

This makes enough for a 2-crust 9 inch pie, or two single crust pies, or six entree turnovers, or twelve dessert turnovers.

[amyl](#)

# Fish : COLLECTION

From: r.gagnaux@chnet.ch (Rene Gagnaux)

Date: Wed, 22 Sep 1993 12:00:00 +0200

Title: Salmon with Pistou and a tomato sauce

Categories: Fish

Servings: 4

2 x	Salmon steaks, 3 cm thick - (3/4 in)	2 x	New-season onions, white - part only
36 x	Basil leaves	4 x	Very ripe tomatoes
6 x	Cloves of garlic, inner - green parts removed	15 g	Unsalted butter (1/2 oz)
6 tb	Olive oil	1 x	Sprig of fresh thyme Salt, pepper and cayenne

(Saumon au pistou)

Preparation

=====

Pistou: put the basil, peeled garlic, olive oil and some salt and pepper into a liquidizer or food processor. Work the machine until you have a fairly thick puree.

Sauce: slice the onions, cut the tomatoes into quarters and put them with the onions into a saucepan on the stove. Add 100 ml (scant 1/4 pint) water, cook until the tomatoes have softened to a pulp, sieve and set it aside.

Skin the salmon and bone it. Cut each piece in two horizontally. Arrange the fish in an oven dish smeared with olive oil. (the oven dish needs to be made of a thin metal that conducts heat quickly.) Season with salt, pepper and cayenne, and put a dab of butter on to each piece of fish.

Finishing

=====

Pre-heat the oven to 200 oC/400 oF. Leave the salmon in the oven for 2 minutes, then take it out again. It will continue to cook while you finish the sauces.

Reheat the tomato sauce. Season it with salt, pepper, cayenne and fresh thyme. Bring it briefly to the boil.

The pistou can be eaten hot or cold; to heat it, whisk it while it warms up over a low heat.

Serving

=====

Serve each piece of salmon with a little tomato sauce underneath it. Coat with the pistou.

(From: Fredy Girardet, Cuisine spontanee, M Papermac, ISBN 0 333 40957 4)

Title: Grilled fillets of dace or trout with tarragon

Categories: Fish

Servings: 4

4 x Fillets of dace or trout, - each weighing 80-90 g	50 g Unsalted butter (1 3/4 oz)
2 x Sprigs of tarragon	250 ml Dry white wine (scant 1/2 - pint)
4 tb Whipping cream	1/2 x Lemon
2 x Egg yolks	Salt and pepper
150 ml Double cream (1/4 pint)	

(Gratin de fera a l'estragon)

Dace: as an alternative to dace you could use freshwater trout, or pike, but the trout must have white rather than pink flesh.

Preparation

=====

Pre-heat the oven to 280 oC/530 oF.

Chop enough tarragon leaves to fill 2 teaspoons.

Whisk the whipping cream until it thickens.

Beat the egg yolks with all but 3 tb of the double cream.

Butter an oven dish with 20 g (3/4 oz) of the butter. Arrange the fillets on it and season them. Add the white wine.

Finishing and serving

=====

Slide the dish containing the fish into the pre-heated oven. Leave it for 1 1/2 - 2 Minutes, or longer, depending on the thickness of the fish (the oven dish needs to be made of a thin metal that conducts heat quickly). Take it out and remove the skins from the fish. Put the fish into a shallow dish and keep them hot.

Pour the liquid that remains in the cooking dish into a saucepan. Add the

tarragon and reduce the liquid by about two-thirds. Whisk in 30 g (1 oz) cold, diced butter and the remaining double cream. Let the sauce reduce for a moment, then pour it, still whisking, on to the egg-yolk-and-cream mixture.

Put the sauce back into a saucepan over a very gentle heat and let it thicken, whisking all the time, until it shows signs of boiling. Take it off the stove, and season with salt, pepper and a little lemon juice. Carefully incorporate the whipped cream.

Pre-heat the grill. Ladle the sauce over the fish, put them under the grill and leave them until the sauce turns golden - this will not take long, only about 1 minute, so watch carefully. Serve at once.

(From: Fredy Girardet, Cuisine spontanee, M Papermac, ISBN 0 333 40957 4)

[amyl](#)

# Mako Shark with Anchovy and Caper Sauce

From: arielle@taronga.com (Stephanie da Silva)

Date: Mon, 16 Aug 1993 09:33:28 GMT

1/4 cup finely chopped onions  
2 teaspoons coarsely chopped garlic  
3 bay leaves  
1/4 cup imported sweet paprika  
1/4 cup fresh lemon juice  
1 1/3 cups olive oil  
1/4 teaspoon cayenne pepper  
1/2 teaspoon salt  
3/4 teaspoon freshly ground black pepper  
6 mako shark or swordfish steaks (about 8 ounces each)  
10 anchovy fillets, rinsed and finely chopped  
1/4 cup dry white wine  
2 tablespoons tarragon vinegar  
2 whole cloves  
1 can (35 ounces) Italian peeled tomatoes, drained and coarsely chopped  
1 teaspoon sugar  
1/4 teaspoon cinnamon  
1 stick (4 ounces) butter  
1/4 cup drained capers  
1 small bunch Italian flat-leaf parsley, stemmed and finely chopped

In a large bowl, combine the onions, garlic, bay leaves, paprika, lemon juice, 1 cup of the olive oil, the cayenne, salt and 1/4 teaspoon of the pepper. Add the shark steaks and set aside to marinate, turning every 20 minutes, for 1 hour.

Preheat the broiler. In a large nonreactive saucepan, saute the anchovies in the remaining 1/3 cup olive oil over moderate heat until dissolved, about 2 minutes. Add the wine, vinegar and cloves. Reduce heat to low; cook for 5 minutes. Strain; return the sauce to the pan.

Add the tomatoes, sugar and cinnamon and simmer the sauce over moderate heat until slightly thickened, 8 to 10 minutes.

Reduce the heat to low and add the butter, 1 tablespoon at a time, stirring until completely melted. Add the capers, parsley and remaining 1/2 teaspoon pepper; cover to keep the sauce warm.

Remove the shark steaks from the marinade and pat dry. Broil the steaks about 4 inches from the heat until just opaque throughout, about 5 minutes on each side. Pour the warm sauce over the fish and serve.

[mara](#)

# Pan Fried Lake Fish

From: arielle@taronga.com (Stephanie da Silva)

Date: Wed, 4 Aug 93 22:27:29 CDT

4 8-to-10 ounce fresh or frozen pan-dressed trout, lake perch, or  
other white fish  
3/4 cup finely crushed saltine crackers (21 crackers)  
1/4 cup grated Parmesan cheese  
1 tablespoon snipped parsley  
1/3 cup all-purpose flour  
1/8 teaspoon pepper  
3 tablespoons lemon juice  
1 beaten egg  
3 to 4 tablespoons shortening or cooking oil  
Lemon slices, halved (optional)

Thaw fish, if frozen. In a shallow bowl, combine the crushed crackers, grated Parmesan cheese, and snipped parsley. In another shallow bowl, combine the flour and pepper. Place lemon juice and egg in separate bowls. Dip fish in lemon juice, then in flour mixture, then in egg, and finally in the cracker mixture.

In a 12-inch skillet heat shortening or cooking oil. Add fish in a single layer. Fry over medium heat for 5 to 7 minutes or till brown. Turn fish; fry for 5 to 7 minutes more or till fish flakes easily when tested with a fork. Drain on paper towels. Serve fish with lemon. Garnish with parsley, rosemary, and dill if desired. Serves 4.

[mara](#)

# COLLECTION: Red Snapper

From: arielle@taronga.com (Stephanie da Silva)

Date: Wed, 4 Aug 93 22:28:12 CDT

## Poached Red Snapper

4 to 5 pound whole red snapper  
1/4 cup chopped shallots  
1 stalk celery with leaves, cut up  
1 carrot, cut up  
1 bunch of parsley  
1 tablespoon salt  
4 cups water  
2 1/2 cups rose wine  
2 lemons, cut in wedges

Combine shallots, celery, carrot, four sprigs of parsley, salt and water in a saucepan. Bring to a boil, reduce heat, and simmer uncovered for 20 minutes. Strain through a double thickness of cheesecloth and discard vegetables. Pour this court bouillon into a fish poacher or large roasting pan. Add the rose. Wash the fish inside and out with cold running water. Pat it dry with a paper towel. Place the fish on a rack and put it into the pan. If the fish is not at least half-covered by the bouillon, add up to one cup extra water. Bring stock just to a boil, cover and poach over lowest heat for 45 minutes or just until the fish flakes easily with a fork. Carefully lift the rack with the fish on it from the pan. Drain well. Place the fish on a platter and garnish it with lemon wedges and the rest of the parsley. Serve with hollandaise sauce or with a pineapple salsa.

## Steamed Red Snapper

1 whole fish (3 lbs), cleaned, with the head left on  
1 1/2 tsp (7 ml) salt  
2 inch (5 cm) piece of fresh ginger root  
4 scallions  
1 tablespoon (15 ml) soy sauce  
1 teaspoon (5 ml) sesame seed oil  
3 tablespoons (45 ml) rice wine or dry sherry

Cut deep gashes into the sides of the fish, about 3/4 inch (2 cm) apart;

it does not matter if the gashes hit the bone. Rub the salt all over the fish, inside the cavity as well as on the skin outside, then put the fish on a plate or in a shallow bowl.

Slice the ginger thinly. Clean the scallions, then cut into 1 inch (2 1/2 cm) lengths. Put half the scallions and ginger into the cavity of the fish. Carefully sprinkle the soy sauce and sesame oil over the fish, then spread the rest of the ginger and scallions on top.

Pour one or two inches (2 1/2 or 5 cm) of water into a wok. Put the plate in a steamer tray and set the tray over the water. Sprinkle the wine or sherry over the fish. Bring the water to a boil, then cover the steamer and steam the fish for 20 to 25 minutes. Remove from the steamer carefully and serve the fish immediately.

[mara](#)

# Red Snapper with Tomatillo-Serrano Chile Vinaigrette

From: arielle@taronga.com (Stephanie da Silva)

Date: Mon, 16 Aug 1993 09:15:48 GMT

Peanut oil

6 red snapper fillets (about 6 ounces each), skinned

Salt and freshly ground pepper

Tomatillo-Serrano Chile Vinaigrette

Heat 2 tablespoons of oil in a large skillet. Add the fillets in batches and cook over moderate heat for 2 minutes. Turn and cook on the other side until the fish is opaque throughout, about 3 minutes. Remove the fish to a large warm platter.

Spoon the Tomatillo-Serrano Chile Vinaigrette onto 6 warm dinner plates and arrange the snapper fillets in the center. Serve warm.

Tomatillo-Serrano Chile Vinaigrette

4 fresh tomatillos, husked, rinsed and cut into small dice

1/3 cup diced jicama

1 1/2 tablespoons diced red bell pepper

1 1/2 tablespoons diced yellow bell pepper

1/2 mango, peeled and cut into small dice

1 serrano chile, seeded and finely diced

1/3 cup peanut oil

2 tablespoons olive oil

2 tablespoon white wine vinegar

1 1/2 tablespoons balsamic vinegar

1 tablespoon fresh lime juice

1 tablespoon fresh lemon juice

1 small garlic clove, minced

1 to 2 tablespoons minced fresh coriander

Salt

In a bowl, combine the tomatillos, jicama, red and yellow bell peppers, mango and serrano chile; toss to mix.

In a small bowl, combine the peanut oil, olive oil, white wine vinegar, balsamic vinegar, lime juice, lemon juice, garlic and coriander. Whisk

to blend well.

Pour the dressing over the diced vegetables and stir lightly to mix.  
Season with salt to taste.

[mara](#)

# Roasted Fish Fillets with Dill and Spinach

From: [bi900@cleveland.freenet.edu](mailto:bi900@cleveland.freenet.edu) (Dean B. Reardon)

Date: 13 Oct 1993 17:34:06 GMT

(Bon Appetit, Oct. 1993)

(4 Servings)

Nonstick vegetable oil spray

4 6-oz skinless fish fillets (such as orange roughy, snapper or flounder)

1 tbs fresh lemon juice

4 tsp Dijon mustard

8 tbs finely chopped fresh dill or 2 tbs dried dillweed

1 tsp olive oil (preferably extra-virgin)

2 10-oz packages fresh spinach leaves, stems trimmed, rinsed, drained

1 garlic clove, minced

1 lemon, quartered lengthwise

Preheat oven to 450F. Spray glass baking dish with nonstick vegetable oil spray. Arrange fish fillets in dish and sprinkle with 1 tbs fresh lemon juice. Spread 1 tsp Dijon mustard over each fillet. Sprinkle fish with 7 tbs chopped dill. Bake until fish fillets are just cooked through, about 10 minutes

Meanwhile, heat olive oil in large nonstick skillet over medium heat. Add spinach and minced garlic and stir just until spinach is wilted, about 3 minutes. Using tongs, transfer spinach to serving platter, leaving pan juices behind; top with fish fillets. Garnish with remaining 1 tbs chopped dill and lemon wedges.

PER SERVING: calories, 270; fat, 4 g; sodium, 342 mg; cholesterol, 34 mg

[amyl](#)

# Poached Salmon/Sauteed Tuna

From: i000702@disc.dla.mil ( sam frajerman,sppb,x3026,)

Date: Wed, 1 Sep 93 10:37:49 -0400

Last week, my son came over for dinner and requested tuna, so I bought two nice 7 ounce filets. He marinated them for a few moments in olive oil which came with my best-in-the-world dried tomatoes, which I buy here in Philly, then used the same oil for the pan, added four chopped garlic cloves, some fresh chopped ginger, and the dried tomatoes, then moved all the stuff to the sides of the pan (9 inch pan) cooked the tuna about four minutes each side, served them with the ginger, garlic, tomatoes and oil over them, and they were magnificent. I think there were also about a half teaspoon of dry hot red peppers in the oil. Now these were cooked all the way through, not like the salmon above, but still moist and juicy. I'm not certain now about the hot peppers, and as I remember the taste, I don't think he added them. Please let me know if you try this/these?  
Just one more thing: get the freshest fish possible.

[amyl](#)

# Spicy Stuffed Flounder

From: [dwalker@faline.bellcore.com](mailto:dwalker@faline.bellcore.com) (Derek X. Walker)

Date: Mon, 15 Nov 1993 10:38:36 -0500

1 lb. box frozen (or fresh) flounder  
1/4 cup minced onion  
4 Tbsp. margarine  
10-oz. imitation crab meat, cut into small pieces  
1/2 cup Stove Top brand One Step Stuffing Mix in a Can,  
preseasoned  
2 Tbsp. parsley  
Dash of salt & pepper

For sauce:

3 Tbsp. margarine  
3 Tbsp. flour  
Dash salt  
1-1/4 cups milk  
1/4 cup dry white wine  
1 cup shredded cheddar cheese  
Paprika

Thaw fish. To thaw quickly, partially defrost in microwave, then separate pieces under cold running water. Check each piece and remove any small bones. In saucepan, cook onions in margarine until tender but not brown. Add crab meat, Stove Top brand stuffing, parsley and salt and pepper. Stir to mix and remove from heat. Spoon stuffing mixture over fillets and wrap ends under, creating a "roll". Place seam side down in a rectangular baking dish.

Tip: For fillet pieces that are too small to stuff, simply place close together in the baking dish and spread with crab stuffing, then top with additional pieces of fish.

In a medium saucepan, melt margarine and stir in flour and salt. Add milk and wine and cook over medium to medium-high heat, stirring often, until thick. Pour sauce over fillets and bake uncovered at 400 degrees F, oven for 20-30 minutes or until fish flakes easily with a fork. Sprinkle with shredded cheese and paprika if desired. Bake a few minutes longer until cheese is melted.

Recipe by:  
Jeanne Gormley  
Flanders, NJ

[amyl](#)

# Steamed Bass

From: arielle@taronga.com (Stephanie da Silva)

Date: Wed, 4 Aug 93 22:28:37 CDT

## AROMATIC STRIPED BASS ALLA YULIA

1 1/2 lb whole Striped Bass, cleaned  
1/2 leek, cut in long strips  
1/2 cup sliced anise bulb  
2 carrots, sliced  
4 white potatoes, cut in 3/4 inch pieces  
2 large shitake mushrooms (plus their soaking water if dried)  
a few sprigs of parsley  
1/2 cup white wine  
2 tablespoons mirin (Japanese)  
1 tablespoon soy sauce  
1/4 teaspoon roasted sesame oil  
1/3 cup water  
salt

Soak a clay pot in water for 15 minutes

Rub the fish with salt, and lay some of the leek strips inside it, as well as a few sprigs of parsley

Put the carrots on the bottom of the clay pot, then the fish, surrounded by the anise, leeks, and mushrooms, and put the potatoes on top.

Mix together the white wine, mirin, soy sauce, sesame oil & water, and pour over the potatoes.

Cover the clay pot, and place it in a cold oven.

Bake at 450 degrees. After 30 minutes, check if the fish is ready.

[mara](#)

# Sushi

From: Sarah Henderson sehender@reed.edu

Date: Fri, 30 Jul 1993 18:26:47 -0700 (PDT)

Sushi Rice(Shari Rice)

Note: an electric fan is helpful in making this

3 cups short-grain white rice  
3 1/2 cups water  
1 small(3") bundle of konbu(dried rolled kelp)

seasoning:

1/3 cup rice wine vinegar  
1 1/2 Tbsp. sugar  
1 tsp. salt

Rinse rice well for about 5 min. Let drain in colander for about 1/2 hr. In sauce pan add rice, water, and kelp. On high heat, bring to boil--remove kelp and discard. Let boil a few minutes, then cover and reduce heat to low. Cook 15 minutes. Remove from heat and let sit covered for 10 min.

While the rice is cooking, heat vinegar, sugar, and salt until everything dissolves. Let cool.

Place rice in a large pan(use glass so the vinegar doesn't react with any metal.) Set the fan up to blow on the rice. With a wooden spoon or rice paddle stir in seasoning a little at a time. Careful not to mush the rice. Periodically dip the paddle in cool water to keep the rice from sticking.

Keep at room temperature covered with a moist towel. Don't refrigerate. Have a little bowl of 2/3 water and 1/3 vinegar to dip your fingers in to prevent sticking while constructing sushi.

Serving sushi

Serve with tea, sake, or beer.

Shredded daikon and sliced, pickled ginger(gari) are meant to refresh the palate between sushi courses.

## Sushi

Wasabi(green horseradish) is mixed with soy sauce for sashimi(fish without rice.)

Sushi is meant to be dipped in soy sauce only. It's supposed to be dipped with the fish side down, not the rice. Place in mouth with the fish side down.

Sushi is served in pairs.

## Makizushi Fillings

### Cucumber

peel and cut into sticks 1/4-1/2 inch thick

### Tuna

cut in sticks about 1/2 inch thick

### Shiitake Mushroom

2 oz. shiitake  
2 cups dashi stock  
3 Tbsp. soy sauce  
1 Tbsp. mirin  
2 Tbsp. sugar

Soak dried shiitake in warm water 1 hr., then drain. Blend all ingredients in pan. Simmer shiitake over low heat, uncovered for 1 hr. Let cool then slice into sticks.

### Kampyo(gourd shavings)

1 oz. kampyo  
pinch of salt  
2 cups dashi stock  
3 Tbsp. soy sauce  
1 Tbsp. mirin  
2 Tbsp. sugar

Soak kampyo in hot water until soft, about 10 min. Drain and rub with a pinch of salt. Rinse well and drain. Place in saucepan with other ingredients. Simmer over medium heat uncovered for 1/2 hour, then turn up heat until sauce is almost evaporated. Let cool and cut to length.

### Tamago(egg omelet)

2 Tbsp. water  
1 Tbsp. cornstarch  
1 Tbsp. sugar

## Sushi

1/2 tsp. salt  
5 eggs, well beaten

Mix water with cornstarch, then add remaining ingredients. Heat large, non-stick skillet, add 1/2 of the egg mixture and cook over medium heat until the egg just sets and begins to dry. Remove and cut into long strips about 1/2 inch thick. Repeat with the rest of the egg mixture.

### Fishcake(kamaboko)

purchase colored steamed fishcake, cut into pieces 1/2 inch thick

### Vegetables

carrots, steamed, cut in 1/4 inch thick sticks  
avacado, in 1/4 inch sticks  
pickled daikon, 1/4 inch sticks  
other pickled vegetables

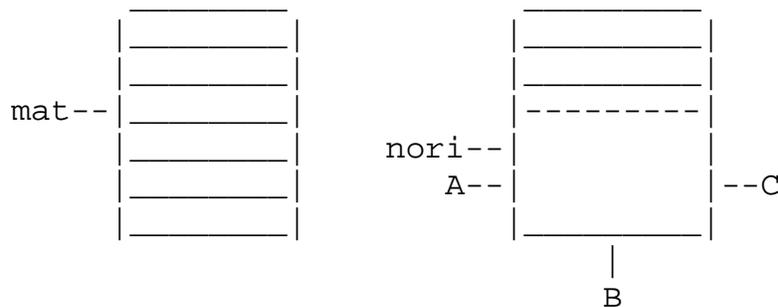
### Fried tofu(tofu cutlet)

purchased and cut into strips 1/2 inch thick

### Makizushi(rolled sushi)

All of these are wrapped in nori(sheets seaweed) which you toast by passing the shiny side over flame or heat until crisp. You need a bamboo mat for rolling the makizushi.

Put smooth, shiny side of toasted nori down on mat. Spread about 3/4 cups of Shari Rice on the nori to the ends A, B, C, but leave the top part of the nori free of rice so you can seal the roll. Place chosen filling in a line between A and C, then roll tightly. Moisten margin with water and roll the rest of the way to seal. It takes some practice, but you'll get the hang of it.



Cut into pieces about 1 - 1 1/2 inch thick. You can cut two ways.



## Sushi

|\_\_\_\_\_|\_\_\_\_\_|                    |\_\_\_\_\_|\_\_\_\_\_|

These are standard varieties as described in Sushi, by Mia Detrick.

### Futomaki

sweet bright pink fish powder  
egg filling(recipe will be posted)  
strips of gourd  
steamed vegetables

### Tekkamaki

fresh raw tuna

### Kappamaki

julienned cucumber

### Oshinkomaki

yellow pickled daikon

### Unakyu

grilled fresh water eel  
cucumber

### Anakyu

grilled marine eel  
cucumber

### Umekyu(described as a good way to end sushi dinner)

cucumber  
neri ume(tart plum paste)

We make rolls with combinations of fried tofu, egg, cucumber, avacado, daikon, steamed carrot.

### Nigirizushi(hand pressed mounds of rice with fish)

Have bowl of 2/3 water and 1/3 vinegar ready. Dip fingers to prevent sticking. Put about 2 Tbsp. rice in one hand, press firmly into oval shape with the first two fingers of your other hand.

Be sure to buy good, fresh fish. Use pieces cut into 1x2x1/4 inch pieces. If you're concerned about parasites, freeze slices for 24 hrs., defrost and use.

Hold rice pad in one hand and the fish piece in the other. Brush a streak of wasabi down the center of the fish with your finger. Cradle the fish

## Sushi

in your hand and press the rice pad onto it. Roll the sushi along your hand till the fish side is up. Press the top and sides to firm it. Place on tray.

If using roe, toast a sheet of nori, cut into 1x6 inch strips. Wrap each one around rice pad to form a little 'fence', seal the strip with some mashed rice. Spoon in roe, garnish with some lemon juice or wasabi.

## Seafood

tuna	halibut
albacore	sea bass
yellowtail	fresh water eel(grilled)
bonito	marine eel(grilled)
Japanese shad	octopus(cooked, thinly sliced)
mackerel	squid(fresh or raw)
salmon	abalone
red snapper	geoduck
crab(cooked)	prawn(cooked, described below)
salmon roe	sea urchin roe
tamago(egg omelet)	flounder
smoked oyster, clams	

**Prawn:** Devein, but leave shell on. Skewer with toothpicks to keep from curling. Drop in boiling salt water that has a dash of rice vinegar. Boil 3 minutes till opaque and pink. Then plunge in cold water. Remove toothpicks and shells. Split along underside and butterfly.

[mara](#)

# Trout Recipe

From: cmcphers@ub.d.umn.edu (Granma)

Date: 20 Aug 1993 09:31:43 -0500

Best way we have ever fixed fish (trout, musky, walleye, etc) is on a grill covered with foil, basting the fillets with a concoction made of melted butter and Watkins (c) Garlic Oil. Salt and Pepper to one's taste, of course.

If you need amounts, it would be:

(To each) 1 C melted butter

(add) 5-6 drops Watkins (c) Garlic Oil

Keep the butter in a little sauce pan on the grill.

We've prepared fish in almost every conceivable manner, but this one was a hit with my kids and my parents!

[mara](#)

# Scallop Recipes

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- [Scallops With White Butter Sauce](#)

[mara](#)

## Scallops With White Butter Sauce

From: ynnuf@yetti.amigans.gen.nz (Doreen Randal)

Subject: Scallops with White Butter Sauce

750g (1=lb) scallops	salt and freshly ground pepper
1= cups white wine	a little lemon juice
90g(3ozs) snow peas or	1 Tbs chopped green onion
thinly sliced green beans	125g(4ozs) butter cut in pieces
a few chives to garnish	

Remove any beards from the scallops then wash. Carefully remove the roes and lay on paper towels to dry. Season with salt and pepper. Poach the scallops and roes in wine and lemon juice for approx. 2 mins. Remove and keep warm. String snow peas drop into boiling salted water for 1 min., drain, do the same with beans if using. Add the green onion to the poaching liquid and reduce to about 1/2 cup. Over a gentle heat, add butter a little at a time, whisking it in to make a sauce (the consistency of pouring cream).

Serve with crusty bread to mop up the lovely sauce.

[mara](#)

# Shrimp Recipes

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- [Shrimp Creole](#)
- [Shrimp and Grits](#)
- [Shrimp Scampi](#)

[amyl](#)

# Butterfly Shrimp

From: [dwalker@faline.bellcore.com](mailto:dwalker@faline.bellcore.com) (Derek X. Walker)

Date: Mon, 15 Nov 1993 10:33:34 -0500

1 lb. extra large shrimp  
4 slices bacon  
1 large onion  
1 garlic clove  
2 eggs  
4 Tbsp. flour  
2 cups vegetable oil  
For sauce:  
1/4 cup catsup  
2 Tbsp. Worcestershire sauce  
3 Tbsp. sugar  
Dash pepper  
1/2 cup water  
2 Tbsp. cornstarch  
2 Tbsp. water  
1 Tbsp. oil  
1/2 tsp. salt

Shell, devein and butterfly shrimp. Cut bacon into 1-1/2 inch pieces. Slice onion and saute in oil. Crush garlic. Place slice of bacon over each shrimp. Lay on platter. Beat eggs. Add flour to eggs and beat with wire whisk until batter thickens. Holding shrimp and bacon together dip in batter and place into hot oil for 2-3 minutes. Remove and drain on paper towels. Set aside.

In small bowl mix catsup, Worcestershire sauce, sugar, pepper and water. In a cup blend cornstarch and water. Heat oil and add crushed garlic and salt until golden brown. Add to this the catsup mixture and bring ingredients to a boil. Stir in cornstarch until mixture thickens. Serve shrimp over onions and spoon sauce over shrimp.

Recipe by:  
Grace Occhiogrosso  
Hackettstown, NJ

[amyl](#)

# Cajun Shrimp

From: Sarah Henderson sehender@reed.edu

Date: Mon, 9 Aug 1993 13:44:09 -0700 (PDT)

This is my adaptation of what I think was a Paul Proudohme(spelling?) recipe.

Cajun Shrimp(2 servings)

1 lb. shrimp(3-4 inch w/out heads)  
1/4 tsp. cayenne  
1 tsp. black pepper  
1/2 tsp. salt  
1/2 tsp. red chile pepper flakes  
1/2 tsp. thyme  
1/2 tsp. rosemary  
1/8 tsp. oregano  
3 Tbsp. butter  
1 1/2 tsp. garlic, minced  
1 tsp. worcestershire sauce  
1/2 cup beer(room temperature)

Shell, de-vein, and rinse shrimp. Grind seasonings in mortar and pestle. In large skillet over high heat, melt butter, add garlic, seasonings, and worcestershire sauce. When bubbly, add shrimp. Cook 2 minutes, stirring and shaking the skillet. Add beer and cook 3 minutes. Remove shrimp and reduce sauce, adjusting seasoning. Serve shrimp over rice with sauce spooned over the top.

[mara](#)

## Chilled Aromatic Shrimp with Cilantro-Ginger-Lime Cream

From: Pat Kight (kightp@cmail.orst.edu)

Date: Fri, 09 Jul 93 14:07:33 PST

1 cup loosely packed fresh cilantro  
1 tablespoon fresh ginger, chopped  
2 cloves garlic  
2 scallions (green onions), sliced  
1 jalapeno pepper, halved and seeded  
1 teaspoon sugar  
one-half teaspoon salt  
3 tablespoons mild vegetable oil  
3 tablespoons fresh lime juice  
1 to 2 pounds medium or large shrimps, peeled but with  
tails left on.  
1 cup heavy cream

In a food processor, combine cilantro, ginger, garlic, scallions, jalapeño, and process until finely chopped (or chop fine by hand). Add sugar, salt, oil and lime juice and mix well. Toss shrimp in mixture until well-coated; cover bowl and let stand an hour at cool room temperature or longer in the refrigerator.

Spoon shrimps out of marinade and saute lightly (without additional oil) until shrimps are barely cooked. Arrange on serving plate and chill.

Add reserved marinade to the liquid from the cooked shrimp and boil, stirring, until the liquid evaporates, leaving a thick green puree. Add cream and boil again, stirring constantly, until thick enough to pour. Do not reduce too much; this sauce thickens considerably as it cools. Pour sauce into a serving bowl and refrigerate with the shrimp until both are well-chilled and ready to serve.

[mara](#)

# New Orleans BBQ shrimp

From: [cazeved1@cc.swarthmore.edu](mailto:cazeved1@cc.swarthmore.edu) (Celina da Rocha Azevedo)

Date: Thu, 4 Nov 1993 13:53:07 -0500

variation of a recipe from The New Orleans Cookbook by  
Rima & Richard Collin

1 c (2 sticks) margarine  
1/2 c vegetable oil  
1/2 c chicken broth (canned is fine)  
4 t finely minced garlic  
5 whole bay leaves, torn into pieces  
4 t dried rosemary, crushed  
1 t dried sweet basil  
1 t greek oregano  
1 t dried thyme  
1/2 t salt  
1/2 t (or more) cayenne pepper  
4 t paprika  
1 1/2 t freshly ground black pepper  
1 T fresh lemon juice  
2 lb whole fresh shrimp in the shell (with heads if possible)

In a heavy saute pan or saucepan melt the margarine, then add the oil and mix well. Add all the other ingredients except the shrimp and broth, and cook over medium heat, stirring constantly, until the sauce begins to boil. Reduce the heat to low and simmer for 7 to 8 minutes, stirring frequently, then remove the pan from the heat and let it stand, uncovered, at room temperature for at least 30 minutes. Add the shrimp to the sauce, mix thoroughly, and put the pan back on the burner. Cook over medium heat for 6 to 8 minutes, or just until the shrimp turn pink. Add the broth, shaking the pan back and forth to mix. Preferably, place the pan into a preheated 450 deg F oven and bake for 10 minutes. OR simmer loosely covered on the stovetop for about 5 or 10 minutes. Serve equal portions of shrimp with about 1/2 c of the sauce ladled over each one. You will need bibs and lots of bread to sop up the sauce. Also, fingers are a necessary eating utensil. A good side dish is quartered red new potatoes, baked in olive oil, lemon juice, salt, pepper, and several bay leaves. A green salad and bread finishes the meal. Makes 5 generous (nearly 1/2 lb) servings.

[amyl](#)

# Spicy Shrimp Scampi

From: vickiemc@ISI.EDU (Vickie McCorkendale)

Date: 6 Aug 1993 18:01:35 GMT

This can be VERY spicy!

## Spicy Broiled Shrimp Served over Pasta

- 1 lb medium size Shrimp (I used peeled, some may preferred unpeeled)
- 3 T butter
- 3 T olive oil (best quality you have)
- 3 cloves garlic, minced (more if preferred :)
- 1/2t ground white pepper
- 1/2t red pepper flakes
- 1/4t cayanne pepper
- 1/4t dried oregano (or 1/2 t fresh minced)
- 1/2 lemon - juice of
- 1/2C parmesean cheese
- 5 T italian bread crumbs (or bread crumbs with a little salt, pepper, oregano and basil added).
- 1/4C parsley - minced
- salt - to taste
- 1 lb cooked fettucini or linguini

Melt butter with the olive oil in a saute pan that can be used under the broiler and that is large enough to hold the shrimp in a thin layer.

When mixture is hot, add the garlic. Toss about and don't let it burn. While it cooks, add the white pepper, red pepper flakes, oregano and cayanne pepper, stir well. When garlic looks cooked but not brown (3 minutes), add the shrimp. Toss the shrimp about in the pan, coating with the spiced oil. Add the lemon juice and keep tossing over the heat. Quickly add the parsley, bread crumbs and parmesean. Toss to coat completely. The shrimp should now be bright pink and cooked through.

Place the pan under the broiler until cheese looks melted and the smell infuses your kitchen (1-2 minutes). Taste and adjust seasoning

if necessary (will probably need a bit of salt).

Serve over the cooked pasta, with additional parmesan sprinkled over the top.

Enjoy!

[mara](#)

# COLLECTION: Shrimp (1)

From: joseph@inland.com (Roger Joseph)

Date: 6 Aug 93 09:06:33 CST

## Contents

- [Greek Shrimp with Pasta](#)
- [Curried Corn and Shrimp Soup](#)
- [Fiesta Shrimp](#)
- [Pasta with Shrimp in Tomato Cream](#)

=====  
From: jtw@CS.Arizona.EDU (Jane T. Waddell)

### Greek Shrimp with Pasta

1/4 c olive oil	1/2 t oregano
1 T garlic, minced or crushed	1 lb peeled and deveined shrimp
1 1/3 c medium chopped tomatoes	1/2 t red pepper flakes
1/3 c dry white wine	1/2 lbs rigatoni (raw)
salt and pepper	1/3 lbs feta cheese, crumbled
1/3 c fresh basil (1 1/2 c dry)	

Preheat oven to 400 F. Set a large pot of water on the stove to boil. In a large bottomed pot, saute the garlic in half the olive oil. Cook briefly, then add the tomatoes. Cook briefly, then add the wine, salt, pepper, basil and oregano. Simmer on low heat for about 10 minutes. Meanwhile, saute the shrimp briefly in remaining olive oil. Sprinkle with pepper flakes as they cook. Remove the shrimp from heat when they lose their opacity. Put the shrimp in a baking pan. Sprinkle with crumbled feta. Spoon tomato sauce over feta. Bake about 10 minutes. Meanwhile cook rigatoni. To serve, spoon mixture over rigatoni. Serves 2.  
-----End Recipe-----

From: mjahnke@nic.cerf.net (Meg Jahnke)

(from Sunset, Sept 1992)

### Curried Corn and Shrimp Soup

-----  
2 cups regular-strength chicken broth  
2 medium-size tart apples (peeled, cored and chopped)  
1 large onion (chopped)  
1/2 tsp curry powder

1 large red bell pepper (stemmed and seeded)  
4 cups cold buttermilk  
1/4 cup lime juice  
1 1/2 cups cooked corn kernels  
1/2 cup minced fresh cilantro  
1/3 lb. tiny cooked shrimp  
Cilantro Sprigs (optional)

In a 4- to 5- quart pan over high heat combine broth, apples, onion, and curry. Cover and bring to a boil, then simmer until apples mash easily (about 30 min). Let cool, then cover and chill until cold, at least 3 hours or up to a day. Smoothly puree mixture in a blender or food processor.

Cut a few thin slivers from bell pepper and set aside; dice remaining pepper and put into a tureen with apple puree, buttermilk, lime juice, 1 1/4 cups of corn and minced cilantro. Ladle soup into bowls and top with shrimp, remaining corn, bell pepper strips, and cilantro sprigs.

-----End Recipe-----

From: sharen@zuni.litc.lockheed.com (Sharen A. Rund)

#### Fiesta Shrimp

Clean & devein 1 lb shrimp ( enough for 2, 4, etc people)

In a wok (on medium to medium high), add:

1 TBS butter

When melted, add

shrimp

garlic to taste (I like a lot of garlic so I would put in several  
cloves chopped finely or put through a garlic press - if you're lazy  
you can buy jars of minced garlic)

Stir quickly till all shrimp has turned pink

Add 1 cup fresh corn (or thawed frozen)

Stir quickly to heat through

Add 1 cup salsa (I prefer hot - choose your own strength)

Stir quickly to heat thoroughly

Serve with Black beans, fresh tossed salad with crumbled blue cheese &  
warm flour or wheat tortillas

-----End Recipe-----

From: mikeb@bunny.ucdmc.ucdavis.edu

(From Sunset Quick Cuisine)

#### Pasta with Shrimp in Tomato Cream

1/3 cup dried tomatoes packed in oil, drained, reserve oil, and slivered.  
1 clove garlic, minced or pressed

1 lb large (31-35/lb) shrimp, shelled, deveined  
1/4 cup thinly sliced green onions, including tops  
1 1/2 Tbs chopped fresh basil, or 1 tsp dried basil  
1/4 tsp white pepper  
1 cup chicken broth  
3/4 cup dry vermouth  
1 cup whipping cream  
10 oz linguine  
garnish: grated parmesan cheese and/or fresh basil sprigs

Add 2 Tbs oil from tomatoes, heat in wide frying pan over medium-high heat. Add garlic and shrimp when oil is hot. Cook, while stirring, until shrimp are opaque when cut (about 6 min). Remove from pan. Add onions, chopped basil, tomatoes, pepper, broth vermouth and cream to pan. Boil over high heat, stirring occasionally until reduced to about 1 1/2 cups (about 10 min). Return shrimp to pan and stir until just heated through.

Meanwhile cook linguine in 3 qts boiling water until just al dente (about 8 min for dried linguine). Drain, arrange on 4 plates and spoon sauce over. Garnish with basil, cheese to taste.

-----End Recipe-----

[mara](#)

# COLLECTION: Shrimp Recipes (2)

From: mes@zoo.toronto.edu (Mark Siddall)

Date: Thu, 5 Aug 1993 06:30:39 GMT

## Caribbean Coconut Shrimp

1 lb shrimp - peeled and deveined

### Batter

3/4 cup flour  
1 egg  
1/2 Tbsp baking powder  
1/2 cup beer

### Coating

1/4 cup flour  
1 1/2 cups dried grated coconut  
1 Tbsp salt  
1/2 Tbsp ground black pepper  
1/2 Tbsp cayenne (or ground chilis)  
1/2 Tbsp paprika  
1 Tbsp garlic powder (not Garlic salt!)  
1/2 tsp dried thyme  
1/2 tsp oregano

Dip shrimp individually into the batter and then roll in the coating.  
Deep-fry.

Allow to drain on paper towel.

Serve with various dips: eg. honey + soy sauce + tobasco; honey + mustard  
or marmalade + ginger.

### Papaya garlic Shrimp:

in a saucepan melt 3 Tbsp butter, saute 2 cloves of garlic (chopped, not crushed) and half a cooking onion (actually, spanish onion is better), once the garlic has browned and the onion has cleared, add half a papaya chopped into 1/2 inch chunks and a tsp of dried thyme leaves, stir until papaya just starts to go mushy. Dump all of this into a bowl and then saute your shrimp in the same saucepan (with a little more butter) for a couple of minutes. Finally, throw the papaya/garlic/onion mixture back in for another 5 min on low heat. Serve over rice or with thai noodles or whathaveyou.

Good Luck

Mark Siddall mes@zoo.toronto.edu

[mara](#)

# Shrimp Creole

From: none@nntp-server.caltech.edu (D. Warden)

Date: Tue, 02 Nov 1993 14:44:02 -0800

2 lbs baby shrimp  
3 T butter  
1 C onions, chopped coarsly  
1 C green pepper, chopped  
1 C chopped zucchini  
1 C chopped celery  
2 cloves garlic, pressed  
4 large tomatoes, chopped  
8 oz tomato sauce  
1/2 tsp pepper  
2 tsp shredded fresh lemon peel  
1/16 tsp cloves  
1 bay leaf  
1 tsp thyme  
1 tsp honey  
3T parsley

In a large saucepan, sautee onion, green pepper, zucchini, and celery till tender in butter. Add garlic & tomatoes, bring to a boil. Reduce heat & add tomato sauce, pepper, lemon peel, cloves, bay, thyme, and honey. Simmer 15-20 minutes, stir frequently. Stir in shrimp & heat thoroughly. Serve over hot rice. Add hot pepper sauce if desired.

[amyl](#)

# Shrimp and Grits

From: athreston@copper.microlithics.com

Date: Thu, 09 Sep 1993 15:09:54 MDT

This recipe comes from "Hoppin' John's Lowcountry Cooking" by John Martin Taylor and is a great source for those who enjoy Carolina cuisine.

## Classic Charleston Breakfast Shrimp

"This is what most Charlestonians think of as shrimp and grits. The secret to a nonpasty gravy is to cook the flour, which takes about 5 minutes. Even the largest shrimp need only cook for 3 minutes."

1 cup (1/2 pound) peeled shrimp  
2 T (1/8 c) fresh lemon juice  
salt and cayenne pepper to taste  
3 T bacon grease  
1 small onion, finely chopped (about 1/4 c)  
about 1/4 c finely chopped green bell pepper  
2 T (1/8 c) unbleached all-purpose flour  
3/4 to 1 c hot water or stock (shrimp, chicken, or vegetable)

## Grits

In a bowl, sprinkle the shrimp with lemon juice, salt, and cayenne and set aside. Heat the bacon grease in a skillet and saute the onion and pepper over medium heat until the onion begins to become transparent, about 10 min. Sprinkle the flour over the vegetables and stir constantly for about 2 min, until the flour begins to brown. Add the shrimp and about 3/4 c of water or stock, stirring constantly and turning the shrimp so that they cook evenly. Cook for another 2 to 3 minutes, until the shrimp are cooked through and the gravy is uniformly smooth, thinning with a little extra water or stock if necessary. Serve immediately over the grits.

[amyl](#)

# Shrimp Scampi

From: hunt@austin.metrowerks.com (Eric Hunt)

Date: Sat, 18 Mar 1995 11:03:19 +0000

Yield: 6 servings

2 lb Shrimp, cooked, tails on  
1/2 lb Butter, melted  
1 Lemon, sliced  
1 ts Dijon mustard  
Chopped parsley  
1 ts Worcestershire sauce  
4 Cloves garlic, pressed  
1/2 ts Chili powder  
2 tb White wine  
Paprika  
Salt  
Pepper

Combine all above ingredients except shrimp, set aside.

Place on jelly roll pan:  
shrimp

Pour sauce over shrimp and let stand at least 24 hours in refrigerator. When ready to serve, bake at 350 for 20 minutes, basting often. Place under broiler for a minute or two until tails turn brown.

[amyl](#)

# Biscuit Topped Seafood Gumbo Pie

From: arielle@taronga.com (Stephanie da Silva)

Date: Tue, 17 Aug 1993 05:28:05 GMT

## Gumbo:

3 tablespoons plus 1 teaspoon vegetable oil  
3 tablespoons all-purpose flour  
3 tablespoons butter  
3/4 pound smoked sausage, sliced  
3/4 pound cooked bonelss ham steak, cut into 2 by 1/4 inch strips  
1 large onion, chopped  
2 garlic cloves, minced  
1/2 green bell pepper, chopped  
1/2 red bell pepper, chopped  
1 small celery rib, minced  
3 tablespoons rice  
2 cups chicken stock  
2 teaspoons fresh lemon juice  
1/2 teaspoon cayenne pepper  
3/4 pound shrimp, shelled  
1/2 pound okra, sliced  
salt and freshly ground black pepper

## Biscuit topping:

2 cups all-purpose flour  
1 tablspoon baking powder  
2 teaspoons sugar  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
6 1/2 tablespoons cold butter  
3/4 cup buttermilk

Make the gumbo: In a heavy medium skillet, combine 3 tablespoons of the oil with the flour and cook over moderatly low heat, stirring occasionally, until the roux is dark mahogany in color, about 1 hour. Do not let burn. Immediately remove from heat.

In a medium flameproof casserole, melt 2 tablespoons of the butter with the remaining 1 teaspoon oil. Add the sliced sausage and cook over moderate heat until well browned, about 5 minutes. Transfer to a plate with a slotted spoon. Add the ham strips to the casserole and cook until lightly browned, about 7 minutes; add to the plate with the sausage slices.

Add the remaining 1 tablespoon butter and the onion to the casserole. Cook over moderate heat, stirring constantly, until softened and translucent, about 2 minutes. Reduce the heat to moderately low and add the garlic,

green and red bell peppers, celery and rice. Cook, stirring, for 5 minutes longer.

Reheat the brown roux if necessary. Scrape it into the casserole with the vegetables and rice. Stir in the chicken stock and lemon juice. Bring to a boil over high heat. Add the sausages and ham, reduce the heat to moderately low and cook, covered, for 25 minutes.

Stir in the cayenne, shrimp and okra and season with salt and black pepper to taste. Cook, stirring once or twice, for 2 minutes. Remove from the heat.

Make the topping: Preheat the oven to 450F. In a medium bowl, combine the flour, baking soda and salt. Cut in the 5 1/2 tablespoons of the butter until the mixture resembles coarse crumbs. Stir in the buttermilk until a soft dough forms.

On a lightly floured surface, roll out the dough 1/2 inch thick. Using a 2 1/2 inch round cutter, stamp out 12 biscuits.

Melt the remaining 1 tablespoon butter. Pour the hot gumbo into a shallow 9 inch round baking dish. Arrange the biscuits on top and brush with the melted butter. Bake until the biscuits are puffed and golden brown, about 20 minutes.

[mara](#)

# Corn Bread Fried Oysters

From: arielle@taronga.com (Stephanie da Silva)

Date: Mon, 16 Aug 1993 09:22:48 GMT

Use these as a garnish for the Red Snapper with Tomatillo-Serrano Chile Vinaigrette.

1 1/2 cups yellow cornmeal  
1/2 cup all-purpose flour  
2 eggs, lightly beaten  
2 cups milk  
1/4 cup melted bacon fat or butter  
1 tablespoon baking powder  
1/2 teaspoon salt  
3 cups peanut oil, for deep-frying  
36 freshly shucked oysters  
Lemon wedges, as accompaniment

In a medium bowl, combine the cornmeal, flour, eggs, milk, bacon fat, baking powder and salt. Stir until the batter is smooth.

In a large saucepan or deep-fryer, heat the oil to 375F. Dredge each oyster in the cornmeal batter and fry in batches until golden brown, about 1 minute. Remove the oysters with a slotted spoon and drain on paper towels. Serve with lemon wedges.

[mara](#)

# Dad's Mussels

From: hz225wu@unidui.uni-duisburg.de (Micaela Pantke)

Date: Tue, 7 Sep 93 11:44:29 +0200

## Ingredients:

-----  
2.5 kg mussels  
3-4 large onions, cut in rings  
50 g butter  
1 pkg mussel spice (ready-mix)  
1 cup water  
2 cups white wine  
salt and pepper (to taste)  
bunch of parsley  
lemon slices

## Instructions:

-----  
Water and clean mussels. Take them out of the water.

Take a large pot (5 l or about 1 gallon) and melt 50 g butter. Add water, wine, mussel spices, salt and pepper. Boil shortly and add the drained mussels.

Boil about 10-20 minutes. Shake the pot several times during the cooking time. The mussels are ready when all of the mussels have opened. Add parsley when the cooking is finished.

Serve with slices of lemon and slices of toasted white bread.

[amyl](#)

# Lobster with Vanilla

Subject: Lobster with Vanilla

Date: Tue, 5 Oct 1993 03:13:32 GMT

This is a recipe that my (Oz) mother-in-law gave me while we were in Florida. Not sure where she got it, but it's a photocopy of something.

Live 1 1/2 pound lobster per person  
1 onion  
1 clove of garlic  
Tomatoes, skinned and finely chopped  
A little wine or fish stock  
Butter  
Sherry  
Vanilla extract  
Cayenne pepper

Cut the lobster in half. Crack the claws and cut the tail through the joints. Melt a knob of butter in a heavy saute pan, fry the onion and garlic gently. Add the lobster pieces and cook until they go red, before removing them to someplace warm. Now turn up the heat and add the rest of the ingredients, except the vanilla, buter and cayenne. Reduce the tomatoes until they're a bubbling mush, then turn down the heat and add the butter in bits and stir to stop the sauce from separating. Finally, add half a teaspoon of vanilla and a shake of cayenne. Pour the sauce over the lobster and serve with rice.

[amy](#)

# COLLECTION: Octopus recipes

From: pry@norasia.com (Peter Ryall)

Date: Thu, 4 Nov 93 09:46:14 +0100

A Taste Of The Greek Islands by Pamela Westland.

## OCTOPUS IN RED WINE (Htapothi krasato)

---

this one's REALLY good ...

### INGREDIENTS

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1kg (2.25lb) young octopus  
8tbsp olive oil  
350g (12oz) small onions or shallots  
150ml (0.25pint) red wine  
6tbsp red wine vinegar  
225g (8oz) canned tomatoes, roughly chopped  
2tbsp tomato puree  
4 bay leaves  
2 tsp dried oregano  
black pepper  
2tbsp chopped parsley

### DIRECTIONS

---

First clean the octopus. Pull off the tentacles, remove and discard the intestines and the ink sac, the eyes and the beak. Skin the octopus and wash and scrub it thoroughly to remove any traces of sand. Cut it into 4-5cm (1.5-2inch) pieces and put it into a saucepan over medium heat to release the liquid. Stir the octopus until this liquid has evaporated.

Pour on the oil and stir the octopus to seal it on all sides. Add the whole onions and cook them, stirring once or twice, until they colour slightly.

Add the wine, the vinegar, tomatoes, tomato puree, bay leaves, oregano and several grindings of pepper. Stir well, cover the pan and simmer very gently for 1-1.25 hrs, checking from time to time that the sauce has not dried out. If it does - and this would only happen if the heat were too high - add a little more wine or water. The octopus is cooked when it can be easily pierced with a skewer.

The sauce should be thick, like a runny paste. If any of the liquid separates, remove the lid from the pan, slightly increase the heat and stir until some of the liquid evaporates and the sauce thickens. Discard the bay leaves and stir in the parsley. Taste the sauce and adjust the seasoning if necessary. Serve, if you like, with rice and a salad. A Greek essential is country bread to mop up the sauce.

SERVES 4-6.

\*\*\*\*\*

PICKLED OCTOPUS (Htapothi toursi)  
-----

an excellent meze ...

INGREDIENTS  
-----

1kg (2.25lb) young octopus  
about 150ml (0.25pint) olive oil  
about 150ml (0.25pint) red wine vinegar  
4 cloves garlic  
salt and black pepper  
4-6 stalks thyme or 1tsp dried thyme  
lemon wedges, to serve

DIRECTIONS  
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Prepare and wash the octopus (as in Octopus in Red Wine). Place the head and tentacles in a pan with 6-8tbsp water, cover and simmer for 1-1.25 hours until it is tender. Test it with a skewer. Drain off any remaining liquid and set aside to cool. Cut the flesh into 12mm (0.5inch) strips and pack them loosely into a screw-topped jar. Mix enough oil and vinegar to fill the jar - the exact amount will depend on the relative volumes of the seafood and the container - stir in the garlic and season with salt and pepper. If you are using dried thyme, mix it with the liquid at this stage. Pour it over the octopus, making sure that every last piece is completely immersed. If you are using thyme stalks, push them into the jar. Cover the jar and set it aside for at least 4-5 days before using. To serve, drain the octopus and serve it on small individual plates or saucers with the lemon wedges. Cubes of at least one-day old bread, speared on cocktail sticks, are the usual accompaniment.

SERVES 8

[amyl](#)

# Octopus Cooked In Wine

From: **Dennis Eaton**

Date: Thu, 21 Oct 1993 16:48:16 -0400

1 3/4 lb. octopus (thawed)  
4 tbs. olive oil  
2 large onions sliced  
salt and pepper  
1 bay leaf  
1/4 cup dry white wine

Directions:

Remove head section from octopus. Clean. Wash arms.  
Slice the octopus into bite-sized chunks.

Cook in olive oil over medium flame about 10 minutes, turning regularly.

Add onions, seasoning and wine. Cover and simmer gently  
until the octopus is tender, about 15 minutes.

Serves 4

[amyl](#)

# Seafood Pot Pie

From: arielle@taronga.com (Stephanie da Silva)

Date: Mon, 16 Aug 1993 22:48:29 GMT

1/2 cup dry white wine  
1 pound sea scallops, cut in half if very large  
1 large baking potato, peeled and cut into 1/2 inch dice  
3 tablespoons butter, softened  
1/2 cup peeled and minced tart apple  
1 large carrot, minced  
1 celery rib, minced  
1 large onions, minced  
1 garlic clove, minced  
1 1/2 cups chicken broth  
1/4 cup heavy cream  
2 tablespoons all-purpose flour  
3/4 teaspoon salt  
1/2 teaspoon freshly ground white pepper  
Pinch of cayenne papper  
1 pound medium shrimp, shelled and deveined  
1 cup corn kernels  
1 small jar (3 1/2 ounces) pimiento strips  
2 tablepoons minced parsley  
Flaky Pastry

In a medium nonreactive saucepan, bring the wine to a boil over high heat. Add the scallops and cook until just opaque throughout, about 1 minute. Drain the scallops, reserving the liquid. In another medium saucepan of boiling salted water, cook the potato until just tender, 6 to 8 minutes; drain and set aside.

Preheat the oven to 425F. In a large saucepan, melt 2 tablespoons of the butter over moderately high heat. Add the apple, carrot, celery and onion and cook until the mixture softens and starts to brown, about 6 minutes. Add the garlic and cook for 1 minute longer. Pour in the chicken stock and increase the heat to high. Boil until most of the liquid has evaporated, about 5 minutes.

Transfer the apple-vegetable mixture to a food processor. Puree until smooth. Return to the saucepan and stir in the reserved scallop liquid and the heavy cream.

In a small bowl, blend the flour into the remaining 1 tablespoon of butter to form a paste. Bring the scallop cream to a simmer over moderate heat. Gradually whisk in the butter paste. Bring to a boil, whisking until

thickened and smooth. Reduce the heat to low, season with the salt, white pepper and cayenne and simmer, whisking occasionally, until there is no raw flour taste, 2 to 3 minutes.

In a shallow 2 quart buttered baking dish, arrange the scallops in a single layer; top with the shrimp and then the corn, potato and pimiento. Sprinkle the parsley over the top. Pour on the sauce and gently shake the dish to distribute evenly.

Roll out one portion of the dough (see Note) about 1/4 inch thick, a little larger than the dimensions of the baking dish. Place the dough over the top of the pan and press against the outside rim to seal the edges. Cut at least several steam vents into the top. Bake until the crust is golden brown, about 40 minutes. Serve hot.

Note: The pastry recipe makes enough dough for two pot pies; use only one ball of dough in the above step.

### Flaky Pastry

1 egg  
About 1/4 cup ice water  
2 1/2 cups all-purpose flour  
1/2 teaspoon salt  
1/2 cup vegetable shortening  
4 tablespoons cold butter, cut into small pieces

In a measuring cup, lightly beat the egg. Add enough ice water to measure 1/2 cup.

In a food processor, combine the flour, salt, shortening and butter. Turn the machine on and off quickly about 10 times, until the mixture is the texture of coarse meal.

With the machine on, gradually pour in the egg and water. Process just until the dough begins to mass together; do not overmix.

On a sheet of waxed paper, knead the dough briefly into a smooth ball. Divide in half and pat each into a 6 inch disk. Wrap separately and refrigerate for at least 1 hour.

[mara](#)

# Seafood Stirfry

From: mxw@dmu.ac.uk (Maxine Wesley)

Date: Mon, 27 Sep 1993 13:21:59 GMT

Amazingly simple - and only takes 5 mins to cook from start.

In a wok or shallow frying pan heat oil until fairly hot but not smoking;

add 1 chopped onion

handfull pound mange tout

handfull baby sweetcorn

small amount thinly sliced white cabbage (to add more crunch)

Stir fry for 2 mins then add

1/2lb mixed seafood: mussels, cockles, squid recommended

2 tblespoons soy sauce

2 mins more...

add 1/2 bottle Oyster sauce and crab sticks chopped

The reson for adding the crab sticks at the end is that they go soggy very quickly otherwise.

Serve immediatly the sauce has heated through.....DELICIOUS

Serve with rice or noodles (we had ours with pitta bread and were happy)

[amyl](#)

# COLLECTION: Squid Recipes

From: joseph@inland.com (Roger Joseph)

Date: 23 Aug 93 07:44:35 CST

Recent recipes from the net.

A Collection of Squid Recipes from Netters

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Squid Stuffed with Spinach and Ricotta Cheese

(from The Fish-Lover's Cookbook by Sheryl and Mel London)

Serves 6

12 squid, about 6 inches each, cleaned.

1/2 lb ricotta cheese

2 lbs fresh spinach, steamed lightly, and  
liquid squeezed out

1/4 cup grated Parmesan cheese

1/2 tsp black pepper

1/4 tsp grated nutmeg

2 Tbl finely minced fresh parsley

1 egg, slightly beaten

2 Tbl olive oil

2 cloves garlic, finely minced

1.5 lbs plum tomatoes, pureed in blender

1 Tbl tomato paste

1/2 tsp fresh rosemary or 1/4 tsp dried

1.5 Tbl butter

3 Tbl pine nuts or sunflower seeds

Cut off tentacles so that you have just the body cavity. Make sure to keep it whole so you can stuff it without leaks. Reserve the tentacles.

Mix together the ricotta, spinach, Parmesan, pepper, nutmeg, parsley and egg. Set aside.

Heat the oil at medium in a large heavy skillet or saucepan. Add the garlic. Stir and cook for a few seconds. Add the tomatoes. Bring to a boil and add tomato paste. Lower heat and add rosemary. Simmer sauce for 25 minutes, stirring occasionally.

While the sauce is simmering, stuff the body of each squid only about 1/3 full of the spinach/cheese mixture. If you overstuff

them, they will explode. You might also want to poke a hole or two in the body of the squid. Fasten the opening of each squid with a toothpick.

After the sauce has cooked, place the stuffed squid in the simmering sauce. Add the tentacles to the sauce. Simmer for 3 to 4 minutes. Then turn carefully and simmer for an additional 3 minutes.

While the squid is cooking, melt the butter in a clean pan and toss the pine nuts in the butter until golden. Watch carefully; pine nuts have a tendency to burn.

Lift out stuffed squid to a warm, flat serving dish with sides. Spoon sauce around and garnish with pine nuts.

-----End Recipe-----

### Squid Salad a la Binh

(from Today's Gourmet II by Jacques Pepin)

Serves 4

1 lb squid, cleaned  
4 cloves of garlic, crushed and chopped fine (1 Tbl)  
2-3 small Thai hot peppers, seeded and chopped (1/2 tsp)  
1 cup very thinly sliced onions  
3 Tbl lime juice  
1/4 cup shredded fresh mint  
1/4 cup shredded cilantro leaves  
2 Tbl nuoc mam (fish sauce)  
1/2 tsp sugar  
1/4 tsp salt  
4 large lettuce leaves

Bring 6 cups of water to a boil in a large pot. Cut the body of each squid crosswise into 1 inch slices and the tentacles into 1/2 inch pieces. Add the squid to the boiling water and cook for about 3 minutes, stirring occasionally, just until the water comes back to a boil. Do not overcook as squid has a tendency to get tough and chewy when overcooked. Drain immediately.

Combine the remaining ingredients except the lettuce in a serving bowl large enough to hold the squid. Add the hot, drained squid and toss until well mixed. Set aside for at least 10 minutes (but best if marinated for 24 hours) stirring occasionally so that the dish can develop flavor. Can be kept in the refrigerator for 4-5 days.

Serve on lettuce leaves.

A very low fat salad (2.2 gms so the recipe says) since there is no oil.

Sharon Badian (sebl@dr.att.com)

-----End Recipe-----

From: dimitri@cs.heriot-watt.ac.uk (Dimitrios Theotokis)

This a Greek seafood recipe. The squid maybe frozen but fresh makes all the difference. It has a cooking time of about an hour and 10 minutes. It is one of the rarer squid recipes which is not widely used in Greece any longer. Can be made \*hot\* if chili pepper, paprika and cayenne are added to the stuffing but I prefer it without.

#### STUFFED SQUID WITH RICE AND NUT STUFFING

#### Ingredients:

12 small or medium squid  
1 cup chopped onion (preferably spanish)  
3 tbs fresh parsley (greek) if greek parsley is not available then add a pinch of fresh coriander.  
3/4 cup olive oil (good quality)  
1/2 cup cooking rice (basmati) not uncle ben's  
1 tsp tomato puree  
1/4 cup raisins (golden)  
2 tbs pine nuts.  
1 1/2 tsp salt  
1/8 tsp pepper  
1 cup red or white wine preferably white but red will do if nothing else  
4 tbs water

#### Preparation:

1. Remove heads and tentacles of squid and keep.
2. Remove back fin-like part of squid and keep.
3. Finely chop onion parsley/parsley-coriander

#### Procedure:

##### For the stuffing:

In a large pan heat olive oil until hot. Add onion, squid heads, tentacles and fin-like parts and cook until there is a change in the color of the tentacles, heads and fin-like parts of the squid. Usually they turn redish but depends on the kind of squid you use.

Add rice, pine nuts, tomato puree, raisins, 1 tsp salt, pepper and cook for five (5) minutes. Remove from stove and leave to cool down.

Stuffing the squid.

Fill each of the 12 squid with some of the stuffing. Using toothpicks close the opening.

Place squid in an already buttered/oiled baking pan/dish one next to another.

Add wine, olive oil 1/2 tsp salt and water and cook in a pre-heated to 350 degrees C oven for one (1) hour.

Serving suggestions:

Can be served as a main dish with side salad. Tzatziki is very pleasant with it.

Can also be served as a snack to ouzo or any other aperitif.

-----End Recipe-----

[mara](#)

# Stuffed Squid

From: aperrin1@cc.swarthmore.edu (Andy Perrin)

Date: Wed, 22 Sep 1993 20:53:24 GMT

## Ingredients:

1.5 pounds of clean squid (at least 2/3 of them should be large enough to stuff)  
3/4c ricotta cheese  
3/4c marsala  
1 shallot  
4 clove garlic  
1/2c dried currants  
1/2 package pine nuts  
1 can tomato puree (you can make your own if you're a purist)  
3/4c olive oil  
1/2c white wine  
bread crumbs  
oregano  
Wood toothpicks (I know, it's low class, but it works)

Preheat oven to 350F.

To make the stuffing, chop the shallot and garlic and soak them, together with the currants, in the marsala overnight. In the morning, add the ricotta cheese, 1/4c of the olive oil, and about 1/4c of bread crumbs. Grind about 1/2 pound of the squid (including the tentacles and smaller bodies) in a food processor and add the above mixture. Blend them together in the food processor. Fold in the pine nuts by hand and refrigerate the mixture.

Lay the squid bodies on a board and, one by one, put a dollop of the stuffing on each. Then wrap the bodies around the stuffing and close with wood toothpicks. (I've not been able to find still-whole squid; I guess one could stuff them that way if you can find them.) Put the stuffed squid in a baking pan.

Cover the squid in the pan with a mixture of the tomato puree, wine, and the rest of the olive oil, and sprinkle bread crumbs on top of the whole pan. Bake at 350F for at least 1.25 hours. Enjoy!

[amyl](#)