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The Essential Seafood Cookbook

VJJE Publishing Co.

Table of Contents

<u>Introduction</u>	1
<u>Personalized Cooking Aprons</u>	2
<u>Alabama Shrimp Bake</u>	3
<u>Almost Shrimp Paesano</u>	4
<u>Amaretto Shrimp</u>	5
<u>Avocado Crepes with Crab</u>	6
<u>Backyard Shrimp Fest</u>	7
<u>Baked Oysters with Bleu Cheese</u>	8
<u>Baked Scallops with Garlic Sauce</u>	9
<u>Baked Stuffed Shrimp</u>	10
<u>Baked Stuffed Shrimp</u>	11
<u>Baked Stuffed Shrimp</u>	12
<u>Baltimore Crab Cakes</u>	13
<u>Barbecued Oysters</u>	14
<u>Barbecue Shrimp</u>	15
<u>Barbecued Shrimp</u>	16
<u>Barbecued Shrimp</u>	17
<u>Basic Shrimp</u>	18
<u>Batter–Fried Shrimp</u>	19
<u>Bay Scallops with Scallions</u>	21
<u>Beer Batter for Seafood</u>	22
<u>Beer Batter for Seafood</u>	23
<u>Beer Batter Shrimp</u>	24
<u>Beer–Boiled Shrimp</u>	25

Table of Contents

<u>Beer–Broiled Shrimp</u>	26
<u>Blue Crab Cakes</u>	27
<u>Boiled Gulf Shrimp</u>	28
<u>Boiled Lobster</u>	29
<u>Boiled State of Maine Lobster</u>	30
<u>Broiled Lobster</u>	31
<u>Broiled Sea Scallops</u>	32
<u>Broiled Shrimp in Beer</u>	33
<u>Broiled Shrimp with Garlic Butter</u>	34
<u>Bubba's Shrimp Boil</u>	35
<u>Buffalo–Style Shrimp</u>	36
<u>California Scampi</u>	37
<u>Cashew Shrimp</u>	38
<u>Cashew Shrimp Supreme</u>	39
<u>Chesapeake Crab Strata</u>	40
<u>Cilantro Shrimp</u>	41
<u>Clam Loaf</u>	42
<u>Clams Casino</u>	43
<u>Clams Casino</u>	44
<u>Clams Italiano</u>	45
<u>Coated Crab Cakes Espresso</u>	46
<u>Coconut Fried Shrimp</u>	47
<u>Coconut Shrimp with Jalapeño Jelly</u>	48
<u>Coconut Tempura Shrimp</u>	49

Table of Contents

<u>Cornucicles with Shrimp and Oregano</u>	50
<u>Crab and Cream Cheese Bake</u>	51
<u>Crab Cakes</u>	52
<u>Crab Cakes</u>	53
<u>Crab Cakes and Roasted Red Pepper Sauce</u>	54
<u>Crab Loaf</u>	55
<u>Crab Meat Shells</u>	56
<u>Crab Newburg</u>	57
<u>Crab Patties</u>	58
<u>Crab Stablespoon Jacques</u>	59
<u>Crab Stuffed Avocado</u>	60
<u>Crab Vermouth</u>	61
<u>Crabby Potatoes</u>	62
<u>Crackling Salmon</u>	63
<u>Crawfish Boil</u>	64
<u>Cream Puffs with Crab Filling</u>	65
<u>Creamy Ginger Shrimp</u>	66
<u>Crescent Tuna Bake</u>	67
<u>Crispy Corn-Coated Sand Dabs</u>	68
<u>Crunchy Almond Shrimp</u>	69
<u>Curry of Shrimp</u>	70
<u>Delta Shrimp</u>	71
<u>Deviled Crab</u>	72
<u>Dijon Shrimp</u>	73

Table of Contents

<u>Dirty Bag Shrimp</u>	74
<u>Dirty Shrimp</u>	75
<u>Easy Creamed Shrimp</u>	76
<u>Eggplant Canoes</u>	77
<u>Escalloped Oysters</u>	78
<u>Fajita Shrimp Kabobs</u>	79
<u>Farmers' Seafood Boil</u>	80
<u>Fernandina Shrimp Gravy</u>	81
<u>Flaming Shrimp</u>	82
<u>Foil Barbecued Shrimp</u>	83
<u>French Fried Jimmy Crabs</u>	84
<u>French Fried Shrimp</u>	85
<u>Fried Breaded Shrimp</u>	86
<u>Fried Oysters</u>	87
<u>Garlic Shrimp</u>	88
<u>Garlic and Rosemary Shrimp</u>	89
<u>Garlic–Broiled Shrimp</u>	90
<u>Garlic Rum Shrimp</u>	91
<u>Garlicky Scallops</u>	92
<u>Grilled Shrimp in Apricot Hoisin Sesame Glaze</u>	93
<u>Grilled Texas Shrimp</u>	94
<u>Hangtown Fry</u>	95
<u>Honey–Thyme Grilled Shrimp</u>	96
<u>Hot and Spicy Shrimp</u>	97

Table of Contents

<u>Hot Peppered Shrimp</u>	98
<u>Italian Broiled Shrimp</u>	99
<u>Italian Shrimp Sauté Galliano</u>	100
<u>Jerk Shrimp</u>	101
<u>Jerk Shrimp with Sweet Jamaican Rice</u>	102
<u>Jumbo Shrimp Parmigiana</u>	103
<u>Just Like Killer Shrimp</u>	104
<u>Killer Shrimp</u>	105
<u>Lemon Chili Shrimp Sticks</u>	106
<u>Lemon Shrimp</u>	107
<u>Lemon–Garlic Broiled Shrimp</u>	108
<u>Lemony Garlicky Shrimp</u>	109
<u>Light Orange Scampi</u>	110
<u>Lime Pepper Shrimp</u>	111
<u>Lobster Newburg</u>	112
<u>Lobster Thermidor</u>	113
<u>Lobster–Pineapple Curry</u>	114
<u>Louisiana Barbecued Shrimp</u>	115
<u>Louisiana Shrimp Boil</u>	116
<u>Louisiana Shrimp Esplanade</u>	117
<u>Low Country Boil</u>	118
<u>Lump Crab Meat and Shrimp</u>	119
<u>Malibu Stir Fry Shrimp</u>	120
<u>Marinated Cracked Dungeness Crab</u>	121

Table of Contents

<u>Maryland Crab Cakes</u>	122
<u>Maryland Fried Softshell Crabs</u>	123
<u>Messy Shrimp Boil</u>	124
<u>Mini Crabcakes</u>	125
<u>Mississippi Fried Oysters</u>	126
<u>New England Clambake</u>	127
<u>Old Bay Crab Cakes</u>	128
<u>Oriental Baked Fish</u>	129
<u>Outa Sight Shrimp</u>	130
<u>Oven Fried Oysters</u>	131
<u>Overnight Herb and Beer Shrimp</u>	132
<u>Oyster Loaf (La Mediatrice)</u>	133
<u>Oyster Pan Roast</u>	134
<u>Oysters Galore</u>	135
<u>Oysters Johnny Reb</u>	136
<u>Oysters Johnny Reb</u>	137
<u>Oysters Rockefeller</u>	138
<u>Oysters Rockefeller</u>	139
<u>Panfried Oysters</u>	140
<u>Pan-Fried Soft-Shell Crabs</u>	141
<u>Paprika Scallops</u>	142
<u>Patio Shrimp</u>	143
<u>Pecan-Crusted Crab Cakes with Sweet Pepper Sauce</u>	144
<u>Pepper-Poached Oysters</u>	145

Table of Contents

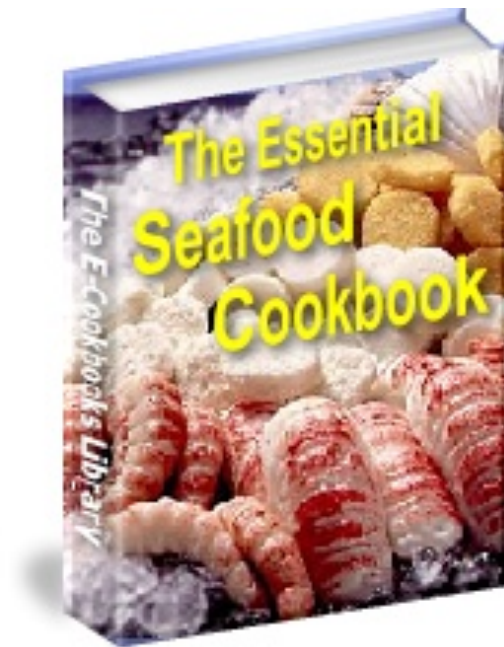
<u>Puttin' on the Ritz Scallops</u>	146
<u>Red-Eye Shrimp and Grits</u>	147
<u>Red Snapper Veracruz</u>	148
<u>Ritzy Shrimp</u>	149
<u>Salmon Tamales</u>	150
<u>Salsa Shrimp</u>	151
<u>Sausalito Scampi</u>	152
<u>Scalloped Oysters</u>	153
<u>Scallops and Wild Rice</u>	154
<u>Scallops Coquille St. Jacques</u>	155
<u>Scallops in Garlic Butter</u>	156
<u>Scallops Kebab</u>	157
<u>Scallops Stir Fry</u>	158
<u>Scampi</u>	159
<u>Scampi</u>	160
<u>Seafood Kabobs</u>	161
<u>Seafood Rub</u>	162
<u>Shrimp Amandine</u>	163
<u>Shrimp Broiled with Rosemary</u>	164
<u>Shrimp Chowd with Garlic</u>	165
<u>Shrimp Curry</u>	166
<u>Shrimp Curry</u>	167
<u>Shrimp Curry</u>	168
<u>Shrimp Elegant</u>	169

Table of Contents

<u>Shrimp Florentine</u>	170
<u>Shrimp Hurry Curry</u>	171
<u>Shrimp in Creamed Sauce</u>	172
<u>Shrimp Garlic Sauce</u>	173
<u>Shrimp in Mustard Cream Sauce</u>	174
<u>Shrimp in Tomato–Garlic Sauce</u>	175
<u>Shrimp Jambalaya Hash</u>	176
<u>Shrimp Marinara</u>	177
<u>Shrimp Mull</u>	178
<u>Shrimp Newburg</u>	179
<u>Shrimp Newburg with Green Rice Ring</u>	180
<u>Shrimp Opaloosas</u>	181
<u>Shrimp Patties</u>	182
<u>Shrimp Scampi</u>	183
<u>Shrimp Scampi</u>	184
<u>Shrimp Stir Fry</u>	185
<u>Shrimp Stroganoff</u>	186
<u>Shrimp Stroganoff</u>	187
<u>Shrimp Tempura Batter</u>	188
<u>Shrimp–Stuffed Bell Peppers</u>	189
<u>Shrimp–Stuffed Eggplant</u>	190
<u>Shrimpy Grits</u>	191
<u>Southern Fried Shrimp</u>	192
<u>Southern Shrimp Sauce</u>	193

Table of Contents

<u>Spicy Orange Shrimp</u>	194
<u>Steamed Clams</u>	195
<u>Steamers in Beer</u>	196
<u>Stuffed Lobster Thermidor</u>	197
<u>Sugar and Spice Baked Shrimp</u>	198
<u>Sweet and Sour Shrimp</u>	199
<u>Sweet Salmon with Ginger and Scallions</u>	200
<u>Texas Style Skillet Scampi</u>	201
<u>Tropical Shrimp Paella</u>	202
<u>Tuna Patties</u>	203
<u>Tuna Patties with Sauce</u>	204
<u>Tuna Stuffed Potatoes</u>	205
<u>Weight Watchers Shrimp Fandango</u>	206
<u>Wine-Steamed Clams</u>	207



The Essential Seafood Cookbook

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Personalized Cooking Aprons



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Alabama Shrimp Bake

1 cup butter or margarine, melted
3/4 cup lemon juice
3/4 cup Worcestershire sauce
1 tablespoon salt
1 tablespoon coarsely ground pepper
1 teaspoon dried rosemary
1/8 teaspoon ground red pepper
1 tablespoon hot sauce
3 garlic cloves, minced
2 1/2 pounds unpeeled large or jumbo shrimp
2 lemons, thinly sliced
1 medium onion, thinly sliced
Fresh rosemary sprigs

Combine first 9 ingredients in a small bowl; set aside.

Rinse shrimp with cold water; drain well. Layer shrimp, lemon slices, and onion slices in an ungreased 13 x 9 x 2-inch baking dish. Pour butter mixture over shrimp. Bake uncovered, at 400 degrees F for 20 to 25 minutes or until shrimp turn pink, basting occasionally with pan juices. Garnish with fresh rosemary sprigs.

Serves 6.

Almost Shrimp Paesano

Shrimp

1 egg

1 cup milk

Salt and pepper to taste

1 pound extra-large shrimp, peeled
and deveined, tails left on

1/2 cup all-purpose flour

Vegetable oil

In a shallow bowl, combine eggs, milk, salt and pepper. Dip shrimp in mixture, then dip in flour lightly.

Heat oil in a sauté pan until hot, then add shrimp 4 to 6 at a time, making sure shrimp have plenty of room to cook. (It's important that shrimp are not near each other or touch.) Brown them on one side, then turn and brown them on the other. Cook until done, or put on a baking sheet in a preheated 350 degrees F oven to finish cooking. Meanwhile, prepare sauce.

Sauce

1 1/2 cups (3 sticks) cold butter,
cut into 1-inch pieces

Juice of 1 medium lemon

1 clove garlic, minced

2 tablespoons minced fresh parsley

In a heavy saucepan, combine butter, lemon juice and garlic. Put over medium-low heat and whisk mixture constantly until the butter is just melted and thickened. Stir in parsley, then remove from heat.

Pool sauce on plate, then top with cooked shrimp. (Leftover sauce is also good with grilled or broiled seafood.)

Serves 3 to 4.

Amaretto Shrimp

Yields 4 to 5 servings

1/2 cup butter

1/3 cup amaretto

1/3 cup sliced almonds

2 teaspoons granulated sugar

1/2 teaspoon ground cinnamon

1/8 teaspoon cayenne pepper

1 pound large shrimp, peeled and deveined, tails left on

In a large skillet, melt the butter over medium heat. Add amaretto, almonds, sugar, cinnamon and cayenne pepper and stir until the sugar dissolves. Add shrimp and cook for 3 to 5 minutes, just until pink.

Serve immediately over hot rice.

Avocado Crepes with Crab

1 large avocado
6 eggs
3/4 cup flour
Salt and pepper
3/4 cup milk
3/4 cup water
Butter
3 cups cream sauce
2/3 cup diced Gruyere cheese
1 tablespoon Worcestershire sauce
1 1/2 pounds crab meat (2 cans)
1/2 cup grated cheese

Mash avocado; add eggs, flour and salt. Beat until smooth and gradually stir in milk and water.

Heat a 6-inch pan, melt in it 1/3 teaspoon butter. Pour in 4 tablespoons avocado batter. Tilt pan to cover bottom and brown pancake. Turn and cook other side. Continue to use all batter.

Heat sauce. Add Gruyere cheese and cook until sauce thickens. Remove from heat. Add Worcestershire sauce. Stir in crabmeat.

Put a little filling on each pancake and roll up. Arrange pancakes in a single layer in a large buttered shallow baking dish. Sprinkle with grated cheese. Dot with butter. Bake at 425°F until cheese melts.

Serves 6 to 8.

Backyard Shrimp Fest

1/2 cup Old Bay seasoning
2 tablespoons salt
4 quarts water
1 (12 ounce) can beer, optional
8 medium red potatoes, cut in quarters
2 large sweet onions, cut in wedges
2 pounds lean smoked sausage, cut in 2-inch lengths
8 ears fresh corn, cut in half
4 pounds large shrimp in shells

In an 8-quart pot, bring seasoning, salt, water and beer to a boil. Add potatoes and onions; cook over high heat for 8 minutes.

Add smoked sausage to potatoes and onions; continue to cook on high for 5 minutes. Add corn to pot; continue to boil for 7 minutes. Add shrimp in shells; cook for 4 minutes.

Drain cooking liquid. Pour contents of pot into several large bowls, shallow pails or mound on a paper-covered picnic table. Sprinkle with additional seasoning if desired.

Makes 8 large servings

Recipe serving tip: Eliminate cleanup by using paper plates and covering the picnic or patio table with news paper. Drain the water from the pot and mound con tents atop the paper. Have everybody grab a seat around the table and have fun peeling and eating the shrimp. Provide empty pails or bowls for the shrimp shells.

Baked Oysters with Bleu Cheese

1/2 pound peeled young potatoes
4 tablespoons milk
4 tablespoons olive oil
2 tablespoons chopped flat-leaf parsley
2 dozen plump, fresh oysters
Salt and pepper, to taste
2 egg yolks
4 tablespoon dry white wine
2/3 cup cream
3 ounces crumbled bleu cheese

Cook the potatoes in salted, boiling water until tender. Drain well, and mash (using a fork) together with the milk, olive oil, and parsley.

Open the oysters, separate the bodies from the shell, keep the juice and set aside. Throw away the top shell, and wash the bottom shell thoroughly.

Beat the egg yolks together with the wine, and put in a double boiler to cook until the mixture doubles in volume, continuing to beat during cooking.

In another pan, mix together the cream and the Bleu cheese. Bring to a boil for 2 to 3 minutes, then remove from heat. Add the oyster juice, and fold this mixture gently into the egg yolks.

To serve, fill the oyster shells with the mashed potatoes. Put the oysters on top, and cover with the sauce. Put them under the grill for 5 minute so that the mixture becomes golden brown.

Serve hot.

Baked Scallops with Garlic Sauce

1 1/2 pounds bay scallops, cut in halves
3 cloves garlic, mashed
1/4 cup (1/2 stick) margarine, melted
10 firm white mushrooms, sliced
Light dash of onion salt
Dash of freshly grated pepper
1/3 cup seasoned bread crumbs
1 teaspoon finely minced fresh parsley

Wipe scallops with damp paper towel. Mash garlic cloves and add to margarine; stir well to blend. Keep warm. Pour a little of the melted garlic sauce into the bottom of a baking dish; add the mushrooms and season. Place the scallops on top of the mushrooms. Reserve 1 tablespoon garlic sauce and drizzle the rest on scallops. Sprinkle with bread crumbs, parsley and reserved garlic sauce. Bake in preheated 375 degrees F oven until the top is nicely browned and bubbly hot.

Baked Stuffed Shrimp

24 jumbo shrimp
1 medium onion, minced
1 green pepper, chopped
6 tablespoons butter, divided
1 cup fresh crab meat or 1 (7 1/2 ounce) can
1 teaspoon dry mustard
Paprika
1 teaspoon Worcestershire sauce
1/2 teaspoon salt
2 tablespoons mayonnaise
2 tablespoons flour
1 cup milk
1 tablespoon sherry wine, or more
Grated Parmesan cheese

Clean and remove heads and shells from shrimp, leaving tails. Split shrimp and open flat. Sauté onion and pepper in 4 tablespoons of the butter until soft but not brown. Add the crab meat, dry mustard, Worcestershire sauce, salt and mayonnaise. Set aside.

Make white sauce using remaining 2 tablespoons butter, flour and milk. Add to crab meat mixture along with the sherry. Mix well; stuff the butterflied shrimp with the crab meat and dot with extra butter. Sprinkle lightly with Parmesan cheese and paprika. Arrange in shallow baking pan and bake at 350 degrees F for 25 to 30 minutes.

Serves 4 to 6.

Baked Stuffed Shrimp

16 (12–20 count) large shrimp
1 1/2 sleeves Ritz crackers, crushed
1/2 pound butter, melted
1 tablespoon horseradish
1 tablespoon Worcestershire sauce
Dash of Tabasco sauce
Dash of garlic salt
Lemon

Shell and devein shrimp. Set shrimp out on greased cookie sheet. Mix together crushed crackers, butter, horseradish, Worcestershire sauce, Tabasco and garlic salt. Cover shrimp with stuffing. Bake at 400 degrees F for 15 minutes.

Serve with lemon wedges.

Baked Stuffed Shrimp

25 to 30 large shrimp
3/4 stick (6 tablespoons) butter or margarine
6 ribs celery, chopped
1 large onion, chopped
3 bay leaves
1 bunch green onions, chopped
1 bunch fresh parsley, chopped
1 pound crabmeat (lump or claw)
Salt, black and red peppers, to taste
About 3/4 of a medium-size French bread loaf
1 cup seasoned bread crumbs

Peel raw shrimp, leaving tail section on shrimp. Devein and butterfly shrimp. Refrigerate until dressing is prepared.

In medium skillet, sauté celery, onions and bay leaves in butter or margarine until tender. Add green onions and parsley. Sauté until tender. Remove bay leaves.

Poke holes in French bread. Wet bread under cold water then squeeze out most of the water. Break bread into small pieces with hands and place in mixing bowl. Add celery, onions and parsley mixture to bread. Add crabmeat, salt and pepper.

Take some of the dressing and by hand wrap around shrimp, leaving tail exposed. Roll or sprinkle seasoned bread crumbs over stuffing. Place on lightly greased cookie sheet.

Bake at 350 degrees F for about 30 minutes.

Makes 25 to 30 stuffed shrimp.

Baltimore Crab Cakes

1 pound. fresh, lump crabmeat, drained
1/2 cup Italian-seasoned breadcrumbs
1/2 teaspoon baking powder
1/3 cup milk
1 large egg, beaten
1/4 cup mayonnaise or salad dressing
2 tablespoons finely chopped scallions
1/4 teaspoon garlic salt
1/8 teaspoon white pepper
2 teaspoons dried onion flakes
3/4 teaspoon dried parsley flakes
1/4 cup all-purpose flour
1/4 cup butter or margarine, melted

Combine first 11 ingredients; shape into 6 patties. Coat with flour; chill at least 1 hour.

Cook patties in butter in a skillet over medium-high heat 4 minutes on each side or until golden.

Barbecued Oysters

3 cups oysters

3/4 cup flour

Seasoned salt and pepper, to taste

1 1/2 cups barbecue sauce

Drain oysters well. Mix flour, salt and pepper in brown grocery bag. Shake oysters in flour mixture. Sauté oysters in hot oil just enough to form a crust, but not enough to completely cook. Place oysters in an oblong baking dish and cover oysters with barbecue sauce. Bake at 350 degrees F for 20 to 25 minutes.

Barbecue Shrimp

2 cloves garlic, smashed
2 bay leaves
6 pounds fresh Gulf shrimp with heads on,
20 to 25 count to the pound
1/4 cup lemon juice
1 1/2 pounds salted butter
1/2 pound margarine
2 teaspoons paprika
1 newly-purchased 4-ounce can black pepper

Preheat oven to 300 degrees F.

Use the garlic cloves to wipe the inside of a baking pan (or two) big enough to hold all the shrimp. Squeeze it in there to get as much garlic oil as you can in there. Discard the garlic itself, but leave the little bits that came loose. Place two bay leaves at the bottom of the pan.

Wash and pat dry the shrimp, then lay them on their sides, crowded together and slightly overlapping, in the baking pan. Douse the shrimp with the lemon juice.

Cut the butter and margarine into cubes and distribute it atop the shrimp. Sprinkle it with the paprika. Liberally sprinkle enough black pepper over the shrimp to cover them with a palpable black layer. Don't miss any spots! (And you don't have to use the whole can, either.)

Bake the shrimp in a preheated 300 degree F oven for 15 minutes. Check them for doneness; when the meat pulls away from the shells, you're there. You do not want soft, wrinkled shells. Return the shrimp to the oven if necessary, but not much longer.

Serve the shrimp in soup plates with lots of the sauce and toasted French bread. Also plenty of napkins and perhaps bibs.

Barbecued Shrimp

5 pounds shrimp with heads

Salt and pepper, to taste

3 bay leaves

1/4 cup oregano

1/3 (2 ounce) bottle garlic juice

1 teaspoon Tabasco® sauce

2 pounds butter

6 large or 8 small lemons

Place shrimp evenly in large casserole or metal pan. Completely coat with salt and pepper until you think they are ruined. Crumble bay leaves and sprinkle evenly over shrimp. Sprinkle oregano, garlic juice and Tabasco over shrimp.

In separate pan, melt butter. Squeeze lemon juice, pulp and seeds into butter. Mix thoroughly and pour over shrimp. Preheat oven to 350 degrees F and bake, covered, for 30 to 40 minutes.

Yields 6 to 8 servings.

Barbecued Shrimp

2 pounds fresh, unpeeled shrimp
4 stalks celery with leaves, diced
1/2 teaspoon garlic powder
3 lemons, cut into wedges
2 tablespoon cracked black pepper
3/4 cup butter or margarine, cut into cubes
Lemon wedges (for garnish)
2 tablespoons Worcestershire sauce
2 tablespoons salt
3/4 teaspoon hot sauce

Wash shrimp thoroughly and place in a large shallow pan. Add celery and garlic. Squeeze juice from lemons over top. Dot shrimp with butter and sprinkle with remaining ingredients except lemon wedges. Place shrimp under broiler until butter melts and shrimp starts to turn pink (about 5 minutes), stirring several times. When all shrimp are slightly pink, reduce temperature to 350 degrees F and bake 20 more minutes or until done, stirring often. Do not overcook or shrimp will become mushy. Test for doneness.

Garnish with lemon wedges.

Flavor improves if shrimp are cooked ahead of time and then reheated, but do not overcook.

Basic Shrimp

2 quarts heavily-salted water
2 bay leaves
5 whole cloves
1 large celery rib, coarsely chopped
1 clove garlic, halved
Tabasco® sauce
Pinch of thyme
Pinch of basil

Put shrimp in COLD water containing all of the above ingredients. Bring to a boil, then turn off the heat. Shrimp are ready when bright pink.

Batter–Fried Shrimp

2 eggs
1/2 cup milk
1 cup all–purpose flour, stirred before measuring
1 teaspoon baking powder
1 teaspoon salt
2 teaspoons vegetable oil
2 pounds fresh or frozen whole shrimp
Oil (for deep–fat frying)
Choice of sauces (following)

Beat together eggs and milk until frothy. Sift together flour, baking powder and salt. Add to egg mixture; add oil and beat until mixture is smooth and well blended. Set aside.

Remove shells from shrimp, leaving tails on. If shrimp are frozen, remove shells under running cold water. Cut partway through lengthwise along outside curve. Lift out vein; wash shrimp and flatten so they stay open. Drain well on paper towels.

Place enough oil or shortening to more than cover shrimp in a deep–fat fryer or kettle and heat to 375 degrees F. Dip shrimp into batter, one at a time, and fry, a few at a time, about 4 minutes, or until golden brown and puffy. Drain on paper towels.

Serve immediately with choice of sauces.

Orange Sauce

1 cup Smucker's Sweet Orange Marmalade
1 clove garlic
1 piece whole ginger root or
1/2 teaspoon ground ginger

In a saucepan, combine all ingredients and cook over low heat, stirring constantly, until mixture bubbles. Remove garlic and ginger root.

Makes about 1 cup.

Grape–Horseradish Sauce

1 cup Smucker's Grape Jelly
1 tablespoon prepared horseradish
1/4 cup catsup

Combine all ingredients.

Plum Hot Sauce

1 cup Smucker's Plum Preserves
1 to 2 cloves garlic, very finely minced
2 teaspoon soy sauce
1/4 teaspoon pepper

In a saucepan, combine all ingredients and cook over low heat, stirring occasionally, at least 5 minutes,

or until garlic is cooked. Remove from heat and cool slightly.

Makes about 1 cup.

Bay Scallops with Scallions

4 tablespoons butter
1 1/2 pounds bay scallops
Black pepper, to taste
1 small bunch scallions, sliced
1/3 cup dry white wine
3 tablespoons fresh parsley, minced
Lemon wedges

In a large, heavy skillet heat butter and sauté scallops seasoned with pepper very quickly until slightly browned, about 4 minutes. Remove scallops with a slotted spoon and put on a warmed serving dish. Sauté the scallions in the same skillet over medium–high heat for 5 minutes. Do not brown. Add wine to de–glaze the pan over high heat and cook until wine is reduced by half. Pour sauce over scallops; sprinkle with parsley and serve with lemon wedges to squeeze over scallops.

Serve with additional hot butter if desired.

Beer Batter for Seafood

1 1/2 cups flour, divided

1/2 cup cornmeal

1 (12 ounce) can beer

1 tablespoon salt

1 tablespoon paprika

In one bowl combine 1/2 cup flour and cornmeal.

In second bowl combine remaining flour, beer, salt and paprika. Dip oysters, shrimp or any fish into dry mixture first and then into beer mixture. Fry in hot oil.

Beer Batter for Seafood

1 can flat beer
1 1/2 cups flour
1 teaspoon salt
1/8 teaspoon pepper

Let opened can of beer sit at room temperature until it becomes flat. Dip prepared seafood into mixture of beer, flour, salt and pepper. Fry in hot oil.

Beer Batter Shrimp

1 pound large raw shrimp
1 cup flour
1/2 teaspoon lemon pepper seasoning
1 egg
3/4 cup beer
Oil (for frying)

Let opened beer stand for a few minutes or it will foam up when added to mixture. Shell and clean shrimp and split partially down back. Open and flatten slightly. Lightly mix flour, seasoning, egg and beer to a medium batter. Don't over-mix. Dip shrimp in batter and then deep fry at 375 degrees F until lightly browned.

Drain and serve with favorite seafood sauce.

Beer–Boiled Shrimp

3 pounds raw unshelled shrimp

2 (12 ounce) cans beer

1 tablespoon dry mustard

1 tablespoon celery seed

1/2 teaspoon cayenne pepper

1 tablespoon salt

1/2 cup vinegar

Combine all ingredients except shrimp and bring to a boil. Add the shrimp. Simmer for about 5 minutes or until the shrimp are bright pink. Remove the shrimp from the liquid; shell and remove veins. Put shrimp back into the stock and refrigerate.

When ready to serve, drain and arrange on platter.

Beer–Broiled Shrimp

3/4 cup Coors® Beer
3 tablespoons vegetable oil
2 tablespoons snipped parsley
4 teaspoons Worcestershire sauce
1 clove garlic, minced
1/2 teaspoon salt
1/8 teaspoon pepper
2 pounds large shrimp, unshelled

Combine Coors®, oil, parsley, Worcestershire sauce, garlic, salt and pepper. Add shrimp; stir. Cover; let stand at room temperature for 1 hour.

Drain, reserving marinade. Place shrimp on well–greased broiler rack; broil 4 to 5 inches from heat for 4 minutes. Turn; brush with marinade. Broil 2 to 4 minutes more or until bright pink.

Makes 6 servings.

Blue Crab Cakes

1 egg, lightly beaten
2 tablespoons mayonnaise
2 teaspoons prepared Creole mustard
2 teaspoons prepared horseradish
2 teaspoons Worcestershire sauce
1 1/2 teaspoons crab boil seasoning
1 teaspoon coarsely-ground black pepper
1/4 teaspoon salt
Several dashes hot pepper sauce
1 pound crabmeat, picked over to remove any shells
3/4 cup saltine cracker crumbs
1/2 cup minced red bell pepper
3 tablespoons olive oil
1 tablespoon unsalted butter
Lemon wedges (for garnish)

In a large bowl, stir together egg, mayonnaise, mustard, horseradish, Worcestershire sauce, crab boil seasoning, pepper, salt and hot pepper sauce. Gently mix in the crabmeat, cracker crumbs and bell pepper. Form eight patties, each 3/4 inch thick. Warm the oil and butter together over medium-high heat. Fry the crab cakes 5 to 7 minutes on each side, or until they are golden. Drain them.

Serve immediately. These are so good that all you will need is a squeeze of lime or lemon juice over them.

Boiled Gulf Shrimp

1 gallon water
1 (3 ounce) box Zatarain's crab boil
2 lemons, sliced
6 peppercorns
2 bay leaves
5 pounds raw shrimp in the shell

Bring to boil the water seasoned with crab boil, lemons, peppercorns and bay leaves. Drop in shrimp. When water returns to a boil, cook jumbo or large shrimp for 12 to 13 minutes and medium shrimp for 7 to 8 minutes. Remove from heat and add 1 quart ice water. Let sit for 10 minutes. Drain. Serve Rémooulade Sauce as a dip.

Rémooulade Sauce

1/2 tablespoon Creole mustard, or more
2 tablespoons grated onion
1 pint mayonnaise
1/4 cup horseradish, or more
1/2 cup chopped chives
1/4 teaspoon salt
1 tablespoon lemon juice
1/4 teaspoon pepper

Mix all ingredients. Serve over cold boiled shrimp for a shrimp rémooulade main course or use as a dip for boiled shrimp. Sauce is best after 24 hours.

Makes 2 1/4 cups sauce.

Boiled Lobster

Fill a steaming pot with 4 inches of water. Add 2 cloves minced garlic, one handful salt and 1/4 cup red or white wine, and bring to a vigorous boil.

Toss the lobsters head first into the boiling water. Two 1 1/4 to 1 1/2 pound lobsters take 12 to 14 minutes. Remove from boiling water and serve.

Boiled State of Maine Lobster

This is a favorite recipe from Maine Department of Marine Resources.

Place live Maine lobsters in a kettle of briskly boiling salted water. Boil rapidly for 20 minutes for 1 1/4 pound lobsters, longer for larger size ones. Remove from the water and wipe dry. Then place each lobster on its back, split lengthwise with a heavy knife and crack the large claws.

Serve whole lobster with a side dish of melted butter.

Broiled Lobster

Cut the raw meat from the shell of the tail, but do not remove. Discard the "apron" which protects the belly.

Melt 1/4 pound butter, then add 1 tablespoon lemon juice and 2 medium pods pressed garlic. Simmer for 5 minutes.

Pour butter sauce over lobster tails and bake at 300 degrees F until meat is tender. Garnish with very thin slices of lemon and fresh sprigs of parsley.

Broiled Sea Scallops

1/2 cup dry vermouth
1 tablespoon vegetable oil
1 small clove garlic, crushed
2 tablespoons chopped parsley
1 pound scallops
Buttered bread crumbs

Mix first 4 ingredients in a bowl. Add scallops. Marinate for 1 hour in refrigerator. Spoon scallops and marinade into ramekins (individual dishes used for both baking and serving). Place under broiler and broil for 3 minutes. Turn and sprinkle with bread crumbs. Broil for 3 minutes more.

Yields 4 servings.

Broiled Shrimp in Beer

2 cups beer
1 tablespoon chopped chives
1 tablespoon fresh chopped parsley
2 teaspoons dry mustard
1/8 teaspoon garlic powder
1 teaspoon salt
1/2 teaspoon freshly-ground black pepper
2 pounds raw medium shrimp

Shell shrimp, except for tails. Blend beer with all ingredients except shrimp. In large bowl with cover, marinate shrimp in this mixture. Refrigerate overnight. Stir occasionally so that all shrimp are evenly seasoned. Drain shrimp. Boil 3 inches from heat source for about 2 minutes on each side.

Serve immediately.

Broiled Shrimp with Garlic Butter

6 tablespoons softened sweet butter
1 teaspoon garlic
1 tablespoon shallots
1 tablespoon parsley
Juice of 1/2 lemon
1/4 teaspoon sea salt
24 large shrimp, in the shell
1/2 cup water

Preheat the broiler. Place the butter in a small bowl and stir in the lemon juice, salt and chopped garlic, shallots and parsley.

Cut shrimp in half lengthwise, leaving them attached at the tail. Spread the shrimp open and arrange them in a shallow, oval casserole dish.

Top the shrimp with generous dabs of the butter mixture and pour the water into the dish. Broil the shrimp until they are cooked through, about 4 minutes.

Arrange the shrimp in a line across serving plates, so that the tail of each shrimp fits inside the shrimp in front of it. Whisk the liquid in the casserole dish and pour it over the shrimp. Serve Immediately.

Bubba's Shrimp Boil

1 1/2 pounds large shrimp in shells
4 large garlic cloves
1 small onion, chopped
1 lemon, halved
1/4 cup pickled jalapeño slices
2 tablespoons kosher salt
2 bay leaves, crumbled
2 teaspoons coriander seeds
2 teaspoons mustard seeds
2 teaspoons black peppercorns
1 teaspoon celery seed
1 teaspoon red pepper sauce
Lemon wedges, for garnish

Make a slit through shell down center of each curved side of shrimp to the tail. Remove vein. Refrigerate shrimp in bowl.

Meanwhile, bring 2 quarts water and remaining ingredients (except lemon wedges) to boil in large pot over medium–high heat. Boil 20 minutes.

Add shrimp; return to boil and remove from heat. Cover and let stand 5 minutes. Drain shrimp in large colander; discard liquid.

Serve with lemon wedges.

Makes 4 servings.

Buffalo–Style Shrimp

1/3 cup Frank's RedHot Sauce
1/3 cup butter or margarine, melted
1 pound large shrimp, peeled and deveined
2 ribs celery, cut into chunks
Blue cheese salad dressing
French bread

Combine RedHot sauce and butter. Thread shrimp and celery on metal skewers. Place in shallow dish. Pour 1/3 cup RedHot mixture over shrimp kabobs. Cover and refrigerate for 30 minutes.

Grill or broil shrimp until they turn pink. Heat remaining RedHot mixture; pour over shrimp and celery.

Serve with blue cheese salad dressing and crusty French bread.

Serves 4.

California Scampi

1 pound butter, clarified
1 tablespoon minced garlic
1 teaspoon salt
1 teaspoon pepper
1 1/2 pounds large shrimp, shelled and de-veined

Heat 3 tablespoons of the clarified butter in a large skillet. Add garlic and sauté. Add salt and pepper and the shrimp, which can be butterflied, if desired. Sauté until shrimp change color and are tender. Add remaining butter and heat through. Place shrimp on plates and spoon hot butter over.

Makes 4 to 6 servings.

Cashew Shrimp

1 pound medium shrimp
1 tablespoon plus 1 teaspoon cornstarch
1/4 teaspoon granulated sugar
1/4 teaspoon baking soda
1/4 teaspoon salt
1/8 teaspoon pepper
3/4 cup cashews
Sweet red pepper rings
1/2 cup vegetable oil
1/2 cup chopped onions
1/4 cup chopped red peppers
1 clove garlic
1 cup chopped unpeeled zucchini
3 1/2 cups cooked rice

Cut shrimp in half lengthwise. Combine cornstarch, sugar, baking soda, salt and pepper. Mix well. Add shrimp and toss gently to coat. Let stand 15 minutes.

Heat oil in a large skillet over medium heat. Add shrimp. Cook, stirring constantly, 3 to 5 minutes. Remove shrimp, setting aside.

Drain off drippings. Leave 2 tablespoons in skillet. Sauté onions, chopped red peppers and garlic until tender. Add zucchini and sauté 2 minutes. Stir in shrimp, rice and cashews. Cook over low heat, stirring constantly, until thoroughly heated.

Spoon into serving dish. Garnish with red pepper rings.

Cashew Shrimp Supreme

1 pound medium shrimp, peeled and deveined
1 tablespoon plus 1 teaspoon cornstarch
1/4 teaspoon granulated sugar
1/4 teaspoon baking soda
1/4 teaspoon salt
1/8 teaspoon pepper
1/2 cup vegetable oil
1/2 cup chopped onion
1/4 cup chopped sweet red pepper
1 small clove garlic, minced
1 cup diced zucchini
3 1/2 cups cooked rice
3/4 cup cashews
Sweet red bell pepper rings

Cut shrimp in half lengthwise and reserve. In a medium bowl, combine cornstarch, sugar, baking soda, salt and pepper. Add shrimp and toss gently to coat.

Let stand 15 minutes.

Heat oil in a large skillet. Add shrimp and stir-fry for 3 to 5 minutes. Remove shrimp and set aside. Drain off all but 2 tablespoons oil.

Stir-fry onion, pepper and garlic in oil remaining in skillet. Add zucchini and stir-fry 2 minutes. Stir in shrimp, rice and cashews. Cook over low heat, stirring, until heated through. Spoon into serving dish. Garnish with red pepper rings.

Yield: serves 4.

Chesapeake Crab Strata

4 tablespoons butter or margarine
4 cups unseasoned croutons
2 cups (8 ounces) shredded Cheddar cheese
2 cups milk
8 eggs, beaten
1/2 teaspoon dry mustard
1/2 teaspoon Old Bay® seasoning
Salt and black pepper, to taste
1 pound crabmeat, picked over to remove any shell
Red and green bell pepper rings (for garnish)

Preheat oven to 325 degrees F. Place butter in an 11 x 7–inch baking dish. Heat in the oven until melted, tilting to coat the dish. Remove the dish from the oven; spread the croutons over the melted butter. Top with the cheese and set aside.

Combine milk, eggs, mustard, Old Bay® seasoning, salt and black pepper; mix well. Pour the egg mixture over the cheese in the dish and sprinkle the crabmeat on top. Bake for about 50 minutes or until the mixture is set. Remove from the oven and let stand for about 10 minutes.

Garnish with the pepper rings and serve.

Cilantro Shrimp

1 medium onion, chopped
2 cloves garlic, finely chopped
2 tablespoons butter or margarine
2 tablespoons vegetable oil
16 large raw shrimp, peeled and de-veined
2 tablespoons snipped fresh cilantro
Lemon slices

Cook and stir onion and garlic in butter and oil in a 10-inch skillet until tender. Add shrimp, and cook for 1 minute. Turn shrimp. Cook until pink, about 2 minutes longer, making sure not to overcook.

Serve shrimp over rice. Pour pan juices over shrimp; garnish with lemon slices.

Clam Loaf

1 can clams, minced

1 or 2 eggs

1 pound. ground pork sausage

1 cup soda cracker crumbs

Salt and pepper

Drain clams, then mince. Form all ingredients into a loaf and bake in a loaf pan for 40 minutes at 350 degrees F.

Serve hot or cold.

Clams Casino

Yield: 6 servings

24 Cherrystone clams
2 tablespoons olive oil
1 tablespoon butter
1/2 cup finely minced onion
1/4 cup finely minced green bell pepper
2 cloves garlic, chopped
1 cup bread crumbs
4 slices crisply-fried bacon, crumbled
1/2 teaspoon oregano
2 tablespoons grated Parmesan cheese
1/4 cup very finely chopped parsley
Paprika to taste
Olive oil to taste

Preheat oven to 450°F.

Wash and scrub clams well, discarding any that are open. Place on baking sheet and bake until shells open, discarding any that do not open. Remove meat and chop. Discard half the shells.

Sauté onion, bell pepper and garlic in oil and butter until soft. Remove from heat and cool. Add bread crumbs, bacon, oregano, Parmesan and reserved clams to onion mixture; mix well. Fill shells with clam mixture. Sprinkle with parsley and paprika; drizzle with olive oil. Bake for 7 minutes or until lightly browned. Remove from oven.

Serve hot.

Clams Casino

3 cans minced clams
1/2 cup chopped green pepper
1/4 cup chopped onion
1/2 cup chopped pimento
1/2 teaspoon garlic powder
1/2 teaspoon Tabasco sauce
1/2 cup melted butter
1 cup seasoned bread crumbs
4 or 5 slices bacon, cooked and crumbled

Drain clams reserving juice. Mix all ingredients, adding clam juice a little at a time till it holds together. (If you make it too wet, just add a little more bread crumbs) Put in casserole dish and bake at 350 degrees F for 1 hour or till firm. Serve with crackers.

Clams Italiano

2 dozen littleneck clams
1/4 cup dry white wine
1 cup bottled marinara sauce
2 tablespoons chopped cilantro
2 tablespoons chopped scallions

Scrub clams well under cold running water. Place in microwave-safe dish with wine. Microwave on high 3 to 5 minutes until shells open. Discard any unopened clams.

Meanwhile, combine marinara, parsley and scallions. Spoon over clams. Microwave on medium-high for 2 minutes.

Yields 2 servings.

Coated Crab Cakes Expresso

1 pound jumbo lump crab meat
Salt and pepper, to taste
Bacon fat (for frying)
1 envelope barbecue mix for chicken
2 teaspoons seafood seasoning
1/4 cup self-rising flour

Mix crab meat, salt and pepper together and pat mixture into cakes.

Mix flour, barbecue mix and seafood seasoning together. Coat crab cakes with flour mixture and fry in bacon fat until brown.

Serves 8.

Coconut Fried Shrimp

1 pound small raw shrimp, shelled and de-veined
1/3 cup lemon juice
1/2 teaspoon salt
1/3 teaspoon ground ginger
3 teaspoon curry powder
1 3/4 cups flour
2 teaspoons baking powder
1 1/4 cups skimmed milk
1/2 cup Coco Casa® Cream of Coconut
1 (3 1/2 ounce) can flaked coconut
Oil (for frying)

Marinate shrimp in lemon juice, salt, ginger and curry powder for 1 to 2 hours. Drain well.

Prepare batter of 1 1/2 cups flour, baking powder, milk and Cream of Coconut. Coat shrimp with remaining flour; dip in prepared batter and then dip lightly into flaked coconut. Fry in deep hot oil about 2 to 3 minutes. Fry only about 6 shrimp at a time.

Coconut Shrimp with Jalapeño Jelly

3 cups shredded coconut
12 (16–20 or 26–30) shrimp, peeled and deveined
1 cup flour
2 eggs, beaten
Vegetable oil

Lightly toast the coconut on a cookie sheet in a 350 degrees F oven for 8 to 10 minutes.

Butterfly each shrimp by splitting lengthwise down the center, cutting three–fourths of the way through. Dredge the shrimp in flour and then dip in egg. Press the shredded coconut into the shrimp and then fry in 350 degrees F vegetable oil until golden brown.

Serve with Jalapeño Jelly.

Jalapeño Jelly
1 cup red wine vinegar
1 cup water
1 cup granulated sugar
2 green jalapeño peppers, seeded and minced
1 small red bell pepper, minced
1 package liquid pectin

Place all ingredients, except pectin, in a saucepan and bring to a boil. Add the pectin and bring to a boil again. Remove from heat and cool.

The Jalapeño Jelly can be stored in an airtight container in the refrigerator for 7 to 14 days.

Coconut Tempura Shrimp

2/3 cup flour
1/2 cup cornstarch
1 large egg, beaten
1 cup grated fresh coconut
1 cup ice-cold soda water
Salt
1 pound large shrimp, peeled, deveined, and tail on
Creole seasoning
1 jar mango chutney
1 plantain
1 tablespoon cilantro, finely chopped

Preheat the fryer.

In a medium-size mixing bowl, combine the flour, cornstarch, egg, coconut, and soda water. Mix well to make a smooth batter. Season with salt. Season the shrimp with Creole seasoning. Holding the tail of the shrimp, dip in the batter, coating completely and shaking off the excess. Fry the shrimp in batches until golden brown, about 4 to 6 minutes. Remove and drain on paper towels. Season with Creole seasoning.

Peel the plantains. Slice the plantains thinly, lengthwise. Fry them until golden brown. Remove and drain on paper towels. Season with Creole seasoning.

Mound some mango chutney in the center of each plate. Lay the shrimp around the chutney. Garnish with fried plantains and cilantro.

Cornicles with Shrimp and Oregano

6 ears corn

1 teaspoon salt

1/4 teaspoon white pepper

1 tablespoon chopped fresh Mexican oregano or

1 teaspoon dried Mexican oregano

12 medium shrimp

24 Popsicle sticks

Peel, devein and dice shrimp. Trim the corn and remove the husks and silk. Save and wash the larger husks. Cut the corn kernels from the cob, scraping out as much milk as you can. Grind the kernels using a meat grinder with a sharp blade. Add the salt, white pepper, oregano and shrimp. Mix well.

Preheat oven to 325 degrees F.

Drop a tablespoon of the corn mixture onto the center of a clean husk. Fold the left side of the husk into the center, then the right, and then fold the bottom end upward. Push a Popsicle stick 2 to 3 inches into the open end and pinch the husk around the stick with your fingers. Tear a thin strand from a dry husk and tie it around the cornicle. Place the rolls, sticks in the air and very close together, in a glass baking dish or loaf pan. Bake 30 minutes, until the corn mixture is firm and solid.

To eat a cornicle, peel off the corn husk and eat it hot from the stick, as you would a Popsicle.

Crab and Cream Cheese Bake

8 ounces cream cheese, softened
1/4 cup chopped green onions
1 (8-count) can crescent rolls
1 cup lump crabmeat
1 egg yolk, beaten
1/2 teaspoon dillweed

Combine the cream cheese and green onions in a bowl and mix well.

Unroll the crescent roll dough on a greased baking sheet; do not separate the triangles. Press the dough into an 8 x 11-inch rectangle. Spoon the crabmeat lengthwise down the center of the rectangle. Spread the cream cheese mixture over the crabmeat. Fold the long edges of the rectangle over the cream cheese mixture, slightly overlapping. Pinch the edges to seal. Arrange seam side down on the baking sheet. Brush the top lightly with the egg yolk and cut slits. Bake at 350 degrees F for 20 to 22 minutes or until golden brown and flaky. Cut into 12 slices.

Serve warm.

Serves 12.

Crab Cakes

2 eggs, slightly beaten
2 tablespoons mayonnaise
2 teaspoons chopped fresh parsley
1 1/4 teaspoons Old Bay® seasoning
1 teaspoon Worcestershire sauce
1 teaspoon dry mustard
1/4 teaspoon pepper
1/2 cup soft breadcrumbs
1 pound fresh lump crabmeat, drained
Cooking oil spray

Combine first 7 ingredients. Stir in breadcrumbs and crabmeat and shape into 8 (2 1/2-inch) patties. Place on a baking sheet lined with waxed paper; chill 30 minutes.

Coat a large nonstick skillet with cooking spray; place over medium–high heat until hot. Add crab cakes and cook 3 minutes on each side or until browned.

Crab Cakes

1 pound lump crab meat (check over carefully for shells)
3 or 4 tablespoons diced onion
3 tablespoons diced red bell pepper
3 tablespoons mayonnaise
1 tablespoon fresh parsley, chopped
1 egg
3 or 4 tablespoons plain bread crumbs
1 or 2 dashes cayenne pepper or fresh ground black pepper
Optional: chopped fresh garlic
1/2 cup plain bread crumbs

Mix all ingredients by hand. Do not over blend and try not to break apart the crab meat too much. Mixture will be very wet and barely holding together. Mixture will make 4 large cakes or 6 smaller ones. Place a 1/2 cup plain bread crumbs in a plate. Grab a handful of crab mixture and gently pat together. Gently lay the cake onto the bread crumbs and flip onto the other side to coat. Put cakes into the refrigerator for about an hour to firm up.

Coat a frying pan with oil. Sauté the crab cakes for 4 to 5 minutes on one side. Flip and cook another 2 to 3 minutes till browned.

Crab Cakes and Roasted Red Pepper Sauce

Makes 10 cakes, 2–inches each

Crab Cakes

1 1/2 cups cracker meal (found near bread crumbs in supermarket)
1/2 cup milk
3 (6 ounce) cans lump white crab, drained very well
A few pinches coarse salt
1 rounded teaspoon Old Bay seasoning
1 tablespoon baking powder
Handful chopped fresh Italian parsley
1 stalk celery from heart of stalk, chopped very fine
Zest of 1 lemon
1 tablespoon Worcestershire sauce
6 drops hot sauce, such as Tabasco®
2 tablespoons mayonnaise, or ranch dressing
1 large egg, beaten
vegetable oil, for frying
1 lemon, cut into wedges

Sauce

1 (14 ounce) jar roasted red peppers, drained, or 3 homemade roasted peppers
6 to 10 drops Tabasco® sauce, depending on your palate (6 for mild, 10 for hot)
Juice of 1/2 lemon
1/2 teaspoon celery salt, or to taste

To make sauce, combine all ingredients in a food processor and pulse until a smooth, a loose paste will form. Set aside.

For crab cakes, place cracker meal in a bowl and moisten with milk. Add crabmeat, salt, Old Bay seasoning, baking powder, parsley, celery, lemon zest, Worcestershire, Tabasco, mayonnaise or dressing, and beaten egg.

Combine crab cake mixture and form into 8 patties. Fry in hot oil (1/2–inch deep) over medium–high heat until golden, 3 to 5 minutes on each side. Serve with lemon wedges and Red Pepper Sauce.

Crab Loaf

1 pound crab meat
2 eggs
1/2 cup chopped celery
1/4 cup green bell pepper, chopped fine
1/4 cup red bell pepper, chopped fine
1/4 teaspoon salt
1/2 teaspoon baking powder
1/2 teaspoon Old Bay seasoning
2 slices buttered bread, cut into cubes

Mix together all ingredients, except bread cubes. Place in greased loaf pan.

Top with bread cubes and bake at 350 degrees F for 40 minutes.

Remove from pan and serve.

Crab Meat Shells

1 pound lump crab meat
2 slices bread, trimmed and crumbled
1 cup mayonnaise
1 tablespoon dry mustard
1 tablespoon Worcestershire sauce
1 tablespoon lemon juice
Dash of Tabasco® sauce, or more
Cracker crumbs
Butter
Lemon wedges
Chopped fresh parsley

Combine first 7 ingredients and fill greased seafood shells. Top with cracker crumbs and dot with butter. Heat in a 350 degrees F oven for 30 minutes.

Serve each with a lemon wedge and sprinkle with parsley.

Serves 4.

Crab Newburg

1 cup (2 sticks) butter
3 tablespoons flour
1/8 teaspoon red pepper
Dash of Tabasco® sauce
2 tablespoons onion juice
2 cups heavy cream
1/2 teaspoon seasoned salt
1/2 teaspoon Accent®
3 tablespoons sherry wine

In a double boiler, with water in bottom boiling vigorously, melt the butter. Blend in flour, stirring until mixture is smooth. Add remaining ingredients except sherry wine and cook until mixture is smooth, stirring constantly but slowly. The mixture should be thick.

Add 1 1/2 pounds crabmeat (if canned, wash in strainer to remove preservative, and pick out any cartilage). Heat thoroughly.

When sauce is thoroughly heated, add sherry wine, mix well, and let set while water in bottom pan simmers. Keep covered. Let steep for 15 minutes before serving over buttered toast or in patty shells.

Crab Patties

1 pound lump crabmeat
2 tablespoons mayonnaise
1 teaspoon Dijon
1/2 teaspoon Old Bay seasoning

Mix together and make into patties. Sear in pan.

Crab Stablespoon Jacques

1/2 cup butter or margarine, divided
2 tablespoons flour
1/2 teaspoon salt
1 cup light cream
1/2 pound mushrooms, sliced
1 medium onion, minced
2 tablespoons parsley
8 ounces to 1 pound frozen or fresh lump crabmeat
3 tablespoons sherry

In a small saucepan, blend 1/4 cup melted butter with flour and salt. Stir in cream gradually. Cook, stirring constantly, over medium heat until thick and smooth. In another pan, sauté mushrooms, onion and parsley in the remaining 1/4 cup butter. Add crabmeat and sherry and toss to mix. Add cream sauce and mix well. Spoon into shells or ramekins. Broil until bubbly.

Yields 6 servings.

Crab Stuffed Avocado

1 pound cooked, chilled, rinsed and picked over fresh crabmeat
1 cup mayonnaise
1 teaspoon lemon pepper seasoning
1 cup chopped celery
1/4 cup sweet pickle relish
1/2 cup chopped scallions
2/3 cup sliced almonds
2 or 3 avocados

Place the crabmeat in a paper towel-lined bowl. Allow to stand for 15 minutes. Remove paper towel.

Mix mayonnaise, lemon pepper, celery, pickle relish and almonds together. Gently toss with crabmeat.

Slice avocado in 2 around the seed. Split and remove seed and discard. Fill seed hole and tops of avocado with crab mixture.

Serve immediately.

Serves 4 to 6.

Crab Vermouth

1/2 cup butter
1 cup dry vermouth
1 can chicken broth
2 tablespoons chopped parsley
2 tablespoons minced garlic
1 tablespoon soy sauce
1 tablespoon lemon juice
1 teaspoon granulated sugar
2 crabs, cooked, cleaned and cracked
1/4 cup dry vermouth

Melt butter in pan. Stir in the 1 cup dry vermouth and the chicken broth. Add parsley, garlic, soy sauce, lemon juice and sugar. Bring to a boil. Cover; reduce heat and simmer 10 minutes. Add crabs. Cover and simmer until heated through. Pour additional 1/4 cup dry vermouth over crab. If thicker sauce is desired, blend 2 tablespoons cornstarch into butter.

Serve with crusty French bread, followed by cheese and fruit.

Crabby Potatoes

4 large potatoes, baked or microwaved until tender, then cooled
1 pound lump crabmeat
1/2 cup chopped green bell pepper
1/2 cup chopped onion
2 tablespoons mayonnaise
2 teaspoons dry mustard
1 tablespoon prepared brown mustard
1 teaspoon paprika
2 tablespoons seafood seasoning
1/2 cup butter, melted

Preheat oven to 350 degrees F. Cut potatoes in half lengthwise; scoop out pulp, leaving shell intact. Set pulp aside.

In a large bowl, mix crabmeat, green pepper, onion, mayonnaise, mustards, paprika, and 1 tablespoon seafood seasoning.

Place potato skins on a cookie sheet. Spoon crab mixture into each potato half. Top with potato pulp. Sprinkle remaining seafood seasoning over potato halves. Bake 5 to 10 minutes, until heated through but not dried. Remove from oven; pour melted butter over.

Crackling Salmon

1 small can black truffles, very thinly sliced
8 salmon filets, skinned
2 teaspoons fine salt
1 teaspoon fresh ground pepper
1 teaspoon fresh ground coriander
8 (8-inch) rice paper rounds
8 fresh chives trimmed to 4 inches
3 tablespoons olive oil
Truffle oil, to taste
Generous splash Hennessy cognac

Butterfly each salmon piece horizontally with a sharp knife. Arrange 1 layer of truffle slices on bottom halves and replace tops to cover truffles. Sprinkle with salt, pepper, cognac and coriander.

Spread a towel on a workspace and fill a large bowl with water. Soak 1 rice paper round until pliable. Arrange 1 chive and reserve truffle slices in center of round and top with each salmon filet rounded side down. Fold rice paper over short sides of salmon, then over long sides to enclose the salmon. Transfer, seam sides down to a tray and keep covered with plastic wrap.

Heat 1 1/2 tablespoons of olive oil in a large skillet over moderately high heat. Sauté salmon packages seam sides up until golden brown. Turn salmon over and reduce heat to moderate. Cook until both sides are firm to the touch. Transfer to plate and enjoy.

Crawfish Boil

10 pounds live crawfish
2 oranges, cut into thick rounds
2 lemons, cut into thick rounds
1 garlic head, cloves separated and peeled
1/4 cup salt
2 tablespoons ground black pepper
1 tablespoon chili powder, preferably homemade
2 teaspoons cayenne
2 bay leaves
8 to 12 small new potatoes
4 ears corn, cut in half
1 pound small boiling onions
Salt, freshly-ground black pepper and cayenne to
sprinkle over the crawfish and vegetables

Rinse crawfish well. Put them into a large pot of water and let them sit for about 30 minutes (you can skip this soaking process if the crawfish are farm-raised and purged of mud). While the crawfish bathe, pour 4 to 5 gallons of water into a large stockpot. Add to it the oranges, lemons, garlic, salt, black pepper, chili powder, cayenne and bay leaves. Bring the water to a boil, and cook the spices 10 to 15 minutes. Add the potatoes, corn and onions. After the liquid returns to a boil, cook the vegetables for 5 minutes.

Drain crawfish from their soaking bath, and add them to the stockpot. After the liquid again returns to a boil, cook the crawfish for 10 to 12 minutes. Remove the pot from the heat, cover it, and let the crawfish and vegetables steep in the liquid for 10 minutes. Drain the liquid from the pot.

Serve everything heaped on big platters, with plenty of newspapers on the side to soak up drippings from the peeling and eating, all done with the fingers. Sprinkle salt, pepper, and cayenne over the crawfish and vegetables as you eat, and, after you break off the tails, be sure to suck the fat from the crawfish heads.

Serves 4.

Cream Puffs with Crab Filling

Cream Puffs

1 cup water
1/2 cup butter
1 cup flour
1/4 teaspoon salt
4 eggs

Crab Filling

11 ounces cream cheese (8 ounces and 3 ounces)
1 cup mayonnaise or sour cream
1 teaspoon lemon juice
1/4 teaspoon horseradish
2 tablespoons finely chopped onion
7 ounces fresh crab or shrimp

Mix crab filling a day ahead and refrigerate.

Heat water, butter and salt to rolling boil. Reduce heat and quickly stir in flour with wooden spoon until mixture leaves the sides of the pan in a ball. Remove from heat and add eggs, 1 at a time, beating after each addition until mixture is smooth and not glossy. Drop 1 tablespoon (size is optional) on baking sheet. Bake at 400 degrees F for approximately 25 minutes until golden brown.

Let puffs completely cool before slicing.

Creamy Ginger Shrimp

2 pounds medium shrimp, peeled
3/4 cup whipping cream
1 lemon
1/2 teaspoon ground ginger
1 teaspoon onion powder
1 tablespoon soy sauce
1/3 cup butter
1/2 teaspoon garlic powder
2 teaspoon cornstarch

Melt butter in skillet or wok. Stir-fry shrimp until almost done. Squeeze juice of 1 lemon over shrimp. Sprinkle ginger, onion and garlic powder over shrimp. Continue to cook until shrimp are done. Remove shrimp. Add soy sauce to the drippings.

Mix 1/2 of whipping cream and cornstarch in a separate bowl. Set aside.

Pour remaining cream into pan with drippings and cook until bubbly. Add cream and cornstarch mixture. Stir constantly until thick. Add shrimp.

Serve over hot, cooked rice.

Crescent Tuna Bake

8 crescent dinner rolls
1/2 cup chopped onions
1 cup grated cheese
1 can tuna
1 can cream of mushroom soup
1 cup milk

Mix tuna, onion, grated cheese and 1/2 can mushroom soup. Unroll crescent rolls. Split apart. Place tuna mix on wide part of roll, about 2 or 3 spoonfuls. Roll up as you would with crescent roll. Place in baking pan. Mix milk with remaining soup. Pour over rolls. Bake at 345°F for 45 to 60 minutes until brown and bubbly.

Crispy Corn–Coated Sand Dabs

1/2 cup yellow cornmeal
1/2 teaspoon salt
1/4 teaspoon black pepper
4 sand dabs
1 cup buttermilk
Vegetable oil (for deep frying)

Mix cornmeal with salt and pepper. Dip fish in buttermilk, then coat with cornmeal mixture. Pour oil to a depth of 1 1/2 inches in a skillet. Heat until hot, then add fish. Cook until golden, turning once. Garnish with sprigs of watercress or parsley and lemon slices, if desired.

Crunchy Almond Shrimp

1 pound (31–40 count) shrimp
2 eggs
1/4 cup cream
1/2 cup flour
2 minced cloves garlic (or garlic powder)
1/2 teaspoon ground ginger
Few dashes hot pepper sauce
1 cup crushed blanched almonds
Cooking oil

Mix together in a bowl eggs, cream, flour, garlic, ginger and hot pepper sauce.

Peel, devein and butterfly shrimp. Dip shrimp in batter to coat and place on a piece of wax paper. Spread crushed almonds on plate and roll shrimp in almonds.

Fry shrimp in deep fryer until golden in color. May be eaten hot or cold dipped in your favorite sauce.

Curry of Shrimp

1/3 cup butter or margarine
3 tablespoons flour
1 to 3 tablespoons curry powder
1/2 teaspoon salt
1/4 teaspoon paprika
Dash of ground nutmeg
2 cups light cream
3 cups cleaned, cooked shrimp
1 tablespoon freshly-squeezed lemon juice
1 teaspoon sherry
1 teaspoon onion juice
Dash of Worcestershire sauce
Salt, to taste

Melt butter; blend in flour, curry powder, salt, paprika and nutmeg. Gradually stir in cream; cook until mixture thickens, stirring constantly. Add remaining ingredients; heat thoroughly. Serve with curry condiments and Orange Rice.

Orange Rice

1 cup uncooked long grain rice
2 cups water
1 teaspoon salt
1 tablespoon grated orange peel
1/2 cup orange juice

Cook rice in boiling salted water until done. Add orange peel and juice. Stir and serve.

Delta Shrimp

2 quarts water
1/2 large lemon, sliced
2 1/2 pounds unpeeled large fresh shrimp
1 cup vegetable oil
2 tablespoons hot sauce
1 1/2 teaspoons olive oil
1 1/2 teaspoons minced garlic
1 teaspoon minced fresh parsley
3/4 teaspoon salt
3/4 teaspoon Old Bay® seasoning
3/4 teaspoon dried whole basil
3/4 teaspoon dried whole oregano
3/4 teaspoon dried whole thyme
Leaf lettuce

Bring water and lemon to a boil; add shrimp and cook 3 to 5 minutes. Drain well; rinse with cold water. Peel and devein shrimp, leaving tails intact. Place shrimp in a large bowl.

Combine oil and next 9 ingredients; stir with a wire whisk. Pour over shrimp. Toss to coat shrimp.

To store: Refrigerate in a tightly covered container up to 8 hours.

To serve: Drain shrimp and arrange in a large lettuce-lined bowl. Serve with cocktail sauce.

Deviled Crab

2 eggs, well beaten
1 (5 1/2 ounce) can evaporated milk
2 tablespoons butter
4 to 5 scallions with tops, chopped
1 tablespoon Worcestershire sauce
Salt, to taste
1 teaspoon dry mustard
1 pound crabmeat
Cracker crumbs

Mix eggs, milk, butter onion and seasonings. Mix well, but gently, to leave lumps of crabmeat. Add just enough cracker crumbs to hold mixture together. Place in crab foils, individual ramekins or a casserole. Sprinkle lightly with cracker crumbs. Bake at 400 degrees F for 20 minutes or until lightly browned.

Dijon Shrimp

12 to 18 large shrimp
1 lemon, juiced
1 tablespoon Dijon mustard
1 tablespoon Worcestershire sauce
4 tablespoons butter, melted
2 tablespoons vegetable oil
4 to 6 cloves garlic, minced

Peel and devein shrimp and place in shallow, rimmed pan. The old-fashioned biscuit pan works well. Mix remaining ingredients and pour over the shrimp. Let marinate for 2 hours, then broil for about 5 minutes or until done.

Serve with salad and French bread.

Dirty Bag Shrimp

1 pound (26–30) shrimp, shell on
1 tablespoon celery salt
1 tablespoon paprika
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon salt
1 teaspoon black pepper
1 teaspoon cayenne pepper
1 teaspoon thyme

Steam or boil and drain the shrimp well. Place in paper bags with the spices and shake it like it's Shake 'n' Bake! Tear open the bags and get your hands dirty! Have plenty of lemon wedges handy.

Dirty Shrimp

1 teaspoon cayenne pepper
1/2 teaspoon black pepper
1/2 teaspoon salt
1/2 teaspoon crushed red pepper flakes
1 teaspoon dried thyme
1 teaspoon dried basil
1 teaspoon dried oregano
2 teaspoons minced garlic
1/4 pound butter or margarine
2 pounds medium shrimp, shelled and deveined
1/2 cup beer (optional)

Combine seasonings in a small bowl.

Melt the butter in a large skillet over high heat, then add seasonings. Cook for 1 minute. Add shrimp and cook 2 to 4 minutes, stirring constantly, until shrimp turn pink. If serving as an appetizer, omit the beer and serve immediately in a chafing dish with wooden picks.

If serving as an entree, add beer and simmer 1 minute. Serve over rice with French bread on the side to dip into the sauce.

Makes 12 appetizer servings or 6 dinner servings.

Easy Creamed Shrimp

3 cans cream of shrimp soup
1 1/2 teaspoons curry powder
3 cups sour cream
1 1/2 pounds shrimp, cooked and peeled

Combine all ingredients and heat in top of double boiler.

Serve over rice or in patty shells.

Eggplant Canoes

4 medium eggplants
1 cup onions, chopped
1 cup green onions, chopped
4 cloves garlic, chopped
1 cup bell pepper, chopped
1/2 cup celery, chopped
2 bay leaves
1 teaspoon thyme
4 teaspoons salt
1 teaspoon black pepper
4 tablespoons bacon grease
1 1/2 pounds raw shrimp, peeled
1/2 cup (1 stick) butter
1 tablespoon Worcestershire sauce
1 teaspoon Louisiana hot sauce
1 cup seasoned Italian bread crumbs
2 eggs, beaten
1/2 cup parsley, chopped
1 pound lump crabmeat
3 tablespoons lemon juice
8 tablespoons Romano cheese, grated
1 cup sharp Cheddar cheese, grated

Cut eggplants in half lengthwise and boil in salted water for about 10 minutes or until tender.

Scoop out insides and chop finely. Place eggplant shells in a shallow baking dish. Sauté onions, green onions, garlic, bell pepper, celery, bay leaves, thyme, salt and pepper in bacon grease for about 15 to 20 minutes.

Add chopped eggplant and cook covered for about 30 minutes.

In a separate skillet, sauté shrimp in butter until they turn pink, about 2 minutes, then add to eggplant mixture. Add Worcestershire sauce, hot sauce, bread crumbs and eggs to eggplant mixture. Stir in parsley and lemon juice. Add cheese. Gently fold in crabmeat. Fill eggplant shells with mixture. Bake uncovered at 350 degrees F until hot and browned, about 30 minutes.

Yields 8 servings.

Escalloped Oysters

1 cup margarine
1 cup flour
1 1/2 teaspoon paprika
1/2 teaspoon salt
1/4 teaspoon black pepper
Dash of cayenne pepper
2 medium onions, chopped
1 green bell pepper, chopped
1/2 clove garlic, minced
1 tablespoon lemon juice
1 tablespoon Worcestershire sauce
1 quart oysters, liquid reserved
1/4 cup cracker crumbs

Heat margarine in pan until melted. Mix in flour, stirring with a whisk until smooth. Return to heat and slowly brown to light color. Add paprika, salt, pepper and cayenne. Remove from heat and add onions, green pepper and garlic. Cook slowly for 5 minutes, stirring constantly. remove heat again; add lemon juice, Worcestershire, oysters and their liquid. Stir well. Pour into a 13 x 9-inch baking dish. Sprinkle with crumbs and bake at 400 degrees F for 30 minutes.

Fajita Shrimp Kabobs

2 teaspoons lime juice
2 teaspoons vegetable oil
1 teaspoon minced fresh cilantro
3/4 teaspoon ground cumin
1/8 teaspoon salt
1/8 teaspoon Tabasco sauce
1 1/4 pounds large shrimp, peeled and deveined
1 large yellow or red pepper, cored, seeded
and cut into 1-inch squares
8 small (6- to 7-inch) flour tortillas, warmed
Cilantro sprigs, for garnish
1 large tomato, seeded and diced

Combine the lime juice, oil, minced cilantro, cumin, salt and Tabasco, in a large bowl. Add the peeled shrimp and mix well; set aside.

Adjust the oven rack so it is 4 to 5 inches from the broiler element and preheat the broiler. Alternate the shrimp and pepper squares on eight 6 to 8 inch skewers. Place the skewers on a lightly oiled broiler pan and brush the remaining marinade over. Broil until the shrimp are pink and cooked through, turning once, about 2 1/2 minutes per side.

Serve with warm tortillas, cilantro sprigs and diced tomato if desired.

Farmers' Seafood Boil

2 pounds shell-on, headless shrimp
2 (3 ounce) packages crab and shrimp boil
1/4 cup salt
3 russet potatoes, unpared and quartered or 12 whole new potatoes
4 onions, quartered
1 link pork sausage, cut into 1 1/2-inch pieces
3 ears corn, cut into thirds

In a large boiling pot, bring a gallon of water, crab boil and salt to a boil. Add potatoes and boil for 10 minutes.

Add onions and sausage and boil for 5 minutes.

Add shrimp and corn. Boil for 5 minutes more.

Drain and serve with crusty bread and a cold beverage.

Makes 6 servings.

Fernandina Shrimp Gravy

1 tablespoon granulated sugar
1 tablespoon plus 1 cup water
2 ounces salt pork, diced
1/2 cup minced onion
1/2 cup diced green bell pepper
1/2 cup diced red bell pepper
1/2 cup diced celery
1 1/2 pounds shrimp, shelled, cleaned and,
if large, cut into pieces
1 teaspoon salt
1/4 teaspoon freshly-ground black pepper
1/8 teaspoon crushed dried red pepper
2 cups hot cooked rice

In a heavy, medium-size skillet, stir the sugar over moderate heat until it begins to melt. Continue to cook until the syrup turns golden. Add the tablespoon of water, protecting your hands with a pot holder as the hot sugar may spatter. Stir until the sugar is dissolved. Set this caramel aside.

In a large skillet or sauté pan, cook the salt pork until browned, stirring now and then. Remove the pork bits with a slotted spoon, and set aside. Pour off all but 1 tablespoon of pork drippings. Add the onion, green and red peppers and celery. Sauté until the vegetables are tender. Add the shrimp and cook until they turn bright pink and are opaque, 2 to 3 minutes. Remove the shrimp and vegetables with a slotted spoon and keep them warm on a plate. Add the remaining 1 cup water and 1 teaspoon of the caramel to the pan drippings. Bring to a boil, stir, and simmer 1 to 2 minutes. Season with salt, black pepper and crushed red pepper. Return the shrimp and vegetables and the salt pork bits to the gravy and heat a minute or two.

Serve hot over rice.

Flaming Shrimp

1 pound cleaned, de-veined shrimp, with tail shells left on
1/4 pound butter
1 tablespoon parsley
1 fresh lemon, sliced very thin
Fresh coarsely-ground pepper
1/4 cup rum
3 cloves garlic, minced

Melt butter in a saucepan, chafing dish or electric skillet, depending on whether to be cooked at the table or on the stove. Add garlic to butter and sauté slightly to extract some of the garlic flavor. Add parsley. Add rum and bring mixture up to a slow simmer. Drop well drained shrimp, preferably at room temperature, into the mixture and cook fairly rapidly. The best way to judge when the shrimp is cooked is when the tail shell becomes bright red and the shrimp curl into a "C" and are quite firm. This usually takes about 4 to 5 minutes.

At this point, quickly stir in the lemon slices, and season to taste with coarsely ground pepper. Sprinkle with 1/4 cup 180 proof rum and ignite for presentation.

Foil Barbecued Shrimp

2 pounds shrimp, shelled and de-veined

1/2 cup snipped parsley

3/4 teaspoon curry powder

6 tablespoons butter

1 clove garlic, minced

1/2 teaspoon salt

Dash of pepper

In a saucepan melt butter; stir in parsley, curry powder, garlic, salt and pepper. Add shrimp; stir to coat. Divide shrimp mixture equally among 6 (18 x 12-inch) pieces of heavy duty foil. Fold foil around shrimp, sealing the edges well.

Grill shrimp over hot coals about 8 minutes. Turn and grill until done, 7 to 8 minutes more. Serve in foil packages, if desired.

Serves 6.

French Fried Jimmy Crabs

- 1 dozen medium–size male crabs
(washed and scrubbed in water with legs,
back shells and innards removed)
- 1 pound backfin crab meat
- 1 scant cup flour
- 1 scant cup milk
- 1 teaspoon salt
- 1 teaspoon celery seed
- 2 teaspoon parsley
- 1 egg
- 1 teaspoon Old Bay seasoning
- 1 tablespoon vegetable oil
- Enough vegetable oil for deep frying

Combine all ingredients except crab, crab meat, and vegetable oil to make a batter. Stir one tablespoon of vegetable oil into the batter. Fill crab crevices where innards were removed with crab meat and press the crab meat firmly into the crevice to secure. Holding each stuffed crab with tongs, dip into batter. Then place into the deep fryer filled with very hot vegetable oil. Completely cover the crab and fry individually for seven minutes or until golden.

French Fried Shrimp

1 cup sifted flour
1/2 teaspoon granulated sugar
1/2 teaspoon salt
1 egg
1 cup cold water
2 tablespoons vegetable oil
2 pounds fresh shrimp

Peel shell from shrimp, leaving last section and tail intact. Cut slit through center back without severing either end; remove black line. Dry shrimp thoroughly.

Combine flour, sugar, salt, egg, water and vegetable oil; beat well. Dip prepared shrimp into batter. Fry in deep hot fat (375 degrees F) until golden brown. Drain shrimp on white paper toweling. Serve immediately with cocktail sauce or tartar sauce.

Fried Breaded Shrimp

1/4 cup flour

Salt and pepper

1 egg

2 tablespoons vodka

3/4 cup fine bread crumbs

40 large raw shrimp, shelled, but with tails intact

Oil (for frying)

Mix flour with a little salt and pepper and place in a bowl. In a second bowl beat well the egg and vodka. In a third bowl place the bread crumbs mixed with salt and pepper. Toss the shrimp, one at a time, in the flour; dip into egg mixture; toss in the bread crumbs to coat. Drop into hot oil (360 degrees F) and deep fry quickly until golden brown. Do not overcook. Shrimp may be breaded several hours ahead and refrigerated until time to fry. Serve with a tartar and a cocktail sauce.

Serves 3 to 4.

Fried Oysters

1 1/2 pints fresh oysters
1 cup yellow cornmeal
2 teaspoons salt
1 tablespoon flour
3/4 teaspoon black pepper
1/8 teaspoon cayenne
Vegetable oil (for frying)

Drain oysters thoroughly in colander. Combine corn meal, salt, flour, black pepper and cayenne in a small bowl. Roll oysters in meal a few at a time, coating evenly. Fry a few at a time in deep oil heated to 375 degrees F. Fry about 2 minutes or just until light brown. Drain on paper towels. Keep warm in 200 degrees F oven until all oysters are fried.

Serve with cocktail sauce.

Yields 4 servings.

Garlic Shrimp

2 pounds shrimp, peeled

2 cloves garlic, minced

Salt, to taste

Dash of Worcestershire sauce

1 to 2 tablespoons chives (optional)

1/2 cup butter

3 lemons, juiced

Pepper, to taste

1/2 cup parsley, minced

Sauté garlic in butter. Remove from heat; add lemon juice, salt, pepper, Worcestershire, parsley and chives. Stir. Add shrimp. Marinate for 20 minutes. Put shrimp on skewers. Put foil on barbecue and lay shrimp on foil. Grill for 6 to 10 minutes or until done.

Garlic and Rosemary Shrimp

1 pound medium/large fresh shrimp
2 tablespoons butter
1/4 cup extra virgin olive oil
1 large garlic bulb
1/2 cup dry white wine or chicken broth
2 tablespoons white wine vinegar
1 tablespoon lemon juice
3 bay leaves
1 teaspoon finely chopped fresh rosemary
1 teaspoon dried oregano
1/2 teaspoon dried crushed red pepper

Peel shrimp leaving on the tails, devein, wash and dry with paper towels. Set aside.

Melt butter with olive oil in a skillet over medium/high heat.

Separate and peel garlic bulb and add cloves to butter/oil mixture. Sauté 2 minutes.

Stir in wine or broth if using, vinegar, lemon juice, bay leaves, salt, rosemary, crushed red pepper and oregano. Cook stirring constantly for 1 minute or until thoroughly heated . Add shrimp and cook 5 to 6 minutes or just until shrimps turn pink. (Remove bay leaves before serving.)

Garlic–Broiled Shrimp

3 pounds medium uncooked shrimp, peeled and de–veined, leaving tails
2/3 cup unsalted butter or margarine
2/3 cup extra–virgin olive oil
4 scallions, chopped, including tops
6 large garlic cloves, minced
1 1/2 tablespoons fresh lemon juice
1 tablespoon white wine Worcestershire sauce
1/2 teaspoon Tabasco® sauce
Salt, to taste
1/4 cup dry white wine
1 tablespoon minced flat–leaf parsley
Grated Parmesan cheese
Parsley sprigs (for garnish)

Divide shrimp equally among 6 small au gratin dishes; place on baking sheets and set aside.

In a heavy saucepan, heat butter or margarine and olive oil. Add all remaining ingredients except cheese and parsley sprigs. Cook 5 minutes over medium heat.

Position oven rack 4 inches below heat source and preheat broiler. Pour the garlic–butter sauce over shrimp; top with a generous scattering of Parmesan cheese. Broil under preheated broiler until shrimp are coral pink and sauce is bubbly and lightly browned, about 4 minutes. Garnish with parsley sprigs, if desired.

Garlic Rum Shrimp

3 pounds large shrimp, peeled and deveined

Salt, to taste

Tabasco sauce, to taste

1/2 cup light rum

Juice of 1 lime

1 tablespoon Worcestershire sauce

1/2 teaspoon cumin

1/4 cup (1/2 stick) butter

1/2 cup Spanish olive oil

5 cloves chopped garlic

1/4 cup bread crumbs

2 tablespoons fresh parsley, chopped

In bowl, season shrimp with salt and Tabasco.

In smaller bowl, combine rum, lime juice, Worcestershire sauce and cumin. Blend with shrimp, refrigerate and marinate at least 1 hour.

In a small saucepan, combine butter and oil. When butter begins to get foamy, add garlic. Sauté for 2 minutes. Set aside.

Transfer shrimp with marinade to dish (putting shrimp in single layer), top with garlic sauce and bread crumbs. Broil (up to 10 minutes). Garnish with fresh parsley if desired.

Garlicky Scallops

3 tablespoons flour
Salt and pepper, to taste
1 pound scallops
4 cloves garlic, minced
2 tablespoons dried parsley flakes
2 tablespoons lemon juice

In a shallow bowl, combine flour, salt and pepper. Add scallops and toss to coat.

Melt margarine in skillet. Add garlic and cook two minutes, stirring frequently. Add scallops; cook, stirring, until cooked through, about 5 minutes. Sprinkle with parsley and lemon juice.

Yields 4 servings.

Grilled Shrimp in Apricot Hoisin Sesame Glaze

Glaze

**1 tablespoon olive oil
2 tablespoons fresh minced garlic
1/4 cup sesame seeds
1 tablespoon fresh minced ginger root
1 cup apricot preserves
8 ounces hoisin sauce**

Shrimp

**2 pounds large cleaned fresh shrimp
2 tablespoons fresh minced garlic
1/8 cup soy sauce
2 tablespoons extra virgin olive oil**

Heat oil in heavy saucepan over medium high heat and sauté garlic, sesame seeds and ginger for 2 minutes. Stir in apricot preserves and hoisin. Reduce heat to medium Bring to simmer and reduce heat to keep warm.

Toss shrimp with garlic, soy sauce and oil. Marinate up to 4 hours. Skewer shrimp and grill over hot coals until just done, about 2 minutes per side. Remove shrimp from skewers to heatproof bowl and pour glaze over. Toss to coat.

Serve warm or cold.

Serves 8 or up to 24 as an appetizer.

Grilled Texas Shrimp

1/4 cup vegetable oil
1/4 cup tequila
1/4 cup red wine vinegar
2 tablespoons Mexican lime juice
1 tablespoon ground red chiles
1/2 teaspoon salt
2 cloves garlic, finely chopped
1 red bell pepper, finely chopped
24 large raw shrimp, peeled and de-veined (tails left on)

Mix all ingredients except shrimp in shallow glass or plastic dish. Stir in shrimp. Cover and refrigerate for 1 hour.

Remove shrimp from marinade, reserving marinade. Thread 4 shrimp on each of six (8-inch) metal skewers. Grill over medium coals, turning once, until pink, 2 to 3 minutes on each side.

Heat marinade to boiling in a nonreactive saucepan. Reduce heat to low. Simmer uncovered until bell pepper is tender, about 5 minutes. Serve with shrimp.

Makes 6 servings.

NOTE: If you would prefer to broil the shrimp instead of grilling them, place the skewered shrimp on a broiler pan rack. Broil with tops about 4 inches from heat, turning once, until pink, 2 to 3 minutes on each side.

Hangtown Fry

1 dozen oysters

Flour

9 eggs

Fine cracker crumbs

3 tablespoons butter

Drain oysters on paper towels. Dip into flour seasoned with salt and pepper, then in 1 well-beaten egg, then into cracker crumbs. Fry in heated butter for a few minutes or until nicely browned on both sides. Beat remaining 8 eggs with salt and pepper. Pour over oysters and cook until firm on the bottom. Turn with a large spatula and cook the second side a minute or two longer.

Serves 4.

Honey–Thyme Grilled Shrimp

Roasted Garlic Marinade

2 pounds fresh or frozen uncooked large shrimp in shells
1 medium red bell pepper, cut into 1–inch squares and blanched
1 medium yellow bell pepper, cut into 1–inch squares and blanched
1 medium red onion, cut into quarters and separated into chunks

Prepare Roasted Garlic Marinade (recipe follows).

Peel shrimp. (If shrimp are frozen, do not thaw; peel in cold water.) Make a shallow cut lengthwise down back of each shrimp; wash out vein.

Pour 1/2 cup of the marinade into small resealable plastic bag; seal bag and refrigerate until serving. Pour remaining marinade into large resealable plastic bag. Add shrimp, bell peppers and onion, turning to coat with marinade. Seal bag and refrigerate at least 2 hours but no longer than 24 hours.

Brush grill rack with vegetable oil. Heat coals or gas grill for direct heat. Remove shrimp and vegetables from marinade; drain well. Discard marinade. Thread shrimp and vegetables alternately on each of six 15–inch metal skewers, leaving space between each.

Grill kabobs uncovered 4 to 6 inches from HOT heat 7 to 10 minutes, turning once, until shrimp are pink and firm. Place kabobs on serving tray. Cut a tiny corner from small plastic bag of reserved marinade, using scissors. Drizzle marinade over shrimp and vegetables.

Yield: 6 servings.

Per Serving: 299 Calories; 14g Fat (41.9% calories from fat); 27g Protein; 17g Carbohydrate; 1g Dietary Fiber; 233mg Cholesterol; 405mg Sodium

Exchanges: 0 Grain (Starch); 3 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 2 1/2 Fat; 1/2 Other Carbohydrates

Roasted Garlic Marinade

1 medium bulb garlic
1/3 cup olive or vegetable oil
2/3 cup orange juice
1/4 cup spicy honey mustard
3 tablespoons honey
3/4 teaspoon dried thyme leaves, crushed

Preheat oven to 375 degrees F.

Cut one–third off top of unpeeled garlic bulb, exposing cloves. Place garlic in small baking dish; drizzle with oil. Cover tightly and bake 45 minutes; cool. Squeeze garlic pulp from papery skin. Place garlic and remaining ingredients in blender. Cover and blend on high speed until smooth. Makes about 1 1/2 cups.

Hot and Spicy Shrimp

1 pound butter
1/4 cup peanut oil
3 cloves garlic, chopped
2 tablespoons rosemary
1 teaspoon chopped basil
1 teaspoon chopped thyme
1 teaspoon chopped oregano
1 small hot pepper, chopped, or
2 tablespoons ground cayenne pepper
2 teaspoons fresh ground black pepper
2 bay leaves, crumbled
1 tablespoon paprika
2 teaspoons lemon juice
2 pounds raw shrimp in their shells
Salt

Shrimp should be of a size to number 30–35 per pound.

Melt the butter and oil in a flameproof baking dish. Add the garlic, herbs, peppers, bay leaves, paprika, and lemon juice, and bring to a boil. Turn the heat down and simmer 10 minutes, stirring frequently. Remove the dish from the heat and let the flavors marry at least 30 minutes.

This hot butter sauce can be made a day in advance and refrigerated. Preheat the oven to 450 degrees F. Reheat the sauce, add the shrimp, and cook over medium heat until the shrimp just turn pink, then bake in the oven about 30 minutes more. Taste for seasoning, adding salt if necessary. Sop up butter sauce with crusty bread after the shrimp have been eaten.

Hot Peppered Shrimp

1 pound large shrimp in shells
1/4 cup (1/2 stick) butter
4 to 6 teaspoons freshly ground pepper
1/2 lemon

Rinse shrimp and place in a flat pan in their shells. (Do not peel them – leave them in the shell.) Pour melted butter over shrimp. Shake pepper evenly over shrimp. Bake at 375 degrees F for 10 to 15 minutes. After 5 to 7 minutes, turn shrimp over. When removing shrimp from oven, squeeze lemon over shrimp.

Spread newspapers on the table to catch the drips, and serve.

Italian Broiled Shrimp

2 pounds jumbo shrimp
1/4 cup olive oil
2 tablespoons garlic, minced
1/4 cup flour
1/4 cup butter, melted
4 tablespoons parsley, minced
1 cup Drawn Butter Sauce

Shell shrimp, leaving tails on. Dry, then dust with flour. Stir oil and butter into flat baking dish; add shrimp. Broil at medium heat for 8 minutes. Add garlic and parsley to Drawn Butter Sauce. Pour over shrimp. Stir until shrimp are coated. Broil 2 more minutes.

Drawn Butter Sauce
4 tablespoons butter
1 cup hot water
Freshly-ground black pepper
2 tablespoons flour
1 teaspoon lemon juice

Melt 2 tablespoons of the butter; add flour, lemon juice and pepper. Stir until smooth, then add 1 cup hot water. Bring to boil, stirring constantly. Reduce heat and cook 5 minutes. Add remaining 2 tablespoons butter and stir until melted.

Italian Shrimp Sauté Galliano

2 tablespoons olive oil

2 tablespoons butter

1 pound large shrimp, shelled and deveined

1 tablespoon finely chopped scallions

1 tablespoon dried marjoram or oregano

Salt and pepper to taste

3 tablespoons Liqueur Galliano, warmed

Heat oil and butter; sauté shrimp until pink, about 5 minutes.

Add scallions, parsley and seasonings. Cook and stir 1 minute. Stir in Liqueur Galliano.

Serves 4.

Jerk Shrimp

1 pound large shrimp, peeled and deveined

1 tablespoon olive oil

1 tablespoon butter

2 teaspoons jerk seasoning

1 teaspoon garlic, minced

Salt and pepper to taste

Heat oil and butter in sauté pan. Toss in garlic, shrimp and spices. Test shrimp frequently for doneness – do not overcook!

Garnish with parsley before serving.

Jerk Shrimp with Sweet Jamaican Rice

1 pound medium shrimp (51–60 count), raw, shell on
Jerk seasoning
2 cups hot cooked rice
1 (11 ounce) can mandarin oranges, drained and chopped
1 (8 ounce) can crushed pineapple, drained
1/2 cup chopped red bell pepper
1/4 cup slivered almonds, toasted
1/2 cup sliced scallions
2 tablespoons flaked coconut, toasted
1/4 teaspoon ground ginger

Prepare jerk marinade according to package instructions on back of jerk seasoning.

Peel and devein shrimp leaving the tail on. Place in marinade while preparing rice.

In large skillet, combine all remaining ingredients. Cook over medium–high heat, stirring constantly for 5 minutes or until thoroughly heated. Remove shrimp from marinade. Place in broiler pan in single layer. Broil 5 to 6 inches from heat for 2 minutes.

Stir well and broil an additional 2 minutes or until shrimp are just pink.

Serve with rice.

Jumbo Shrimp Parmigiana

2 pounds raw jumbo shrimp (11–15 per pound),
peeled and deveined
2 cups flour
3 eggs, beaten
2 cups seasoned bread crumbs
1/2 cup vegetable or canola oil
2 cups basic tomato sauce
1/2 pound shredded mozzarella
1/2 cup grated Romano cheese
1 tablespoon dried oregano
1/4 cup chopped fresh parsley

Clean shrimp: pat dry. Dredge shrimp in flour, dip in beaten eggs, and then in seasoned bread crumbs. Shake off excess crumbs. When all the shrimp are breaded, heat oil in a large skillet. Fry shrimp, 4 or 5 at a time until golden brown, (it is not necessary to cook through, since they will bake further). Remove to a baking pan in a single layer. Top with tomato sauce, mozzarella, Romano cheese and dried oregano. Bake, uncovered, in a preheated 400 degrees F oven for 10 minutes or until cheese is melted. Top with chopped fresh parsley.

Serves 8 (allows 3 or 4 shrimp per person).

Just Like Killer Shrimp

2 tablespoons dried rosemary
2 teaspoons dried thyme
1/2 teaspoon fennel seed
1 teaspoon black pepper
5 cloves garlic, peeled and chopped
1 teaspoon celery seed
1 teaspoon crushed red pepper flakes
2 quarts low-sodium chicken broth
8 ounces clam juice
3 ounces tomato paste
1/2 cup (1 stick) butter
1 cup white wine
1 1/2 pounds raw peeled shrimp, with tails
French bread, for dipping

Partially break up the rosemary, thyme, and fennel seed with fingers or mortar/pestle.

Place all ingredients, except wine and shrimp, in a large pot. Simmer for about 30 minutes and add wine. Continue to simmer for a total cooking time of no more than 2 hours.

Just before serving, add raw shrimp. Simmer until shrimp is done, stirring, about 2 minutes.

Serve. Each bowl should contain a serving of shrimp and a lot of broth, which should almost completely cover the shrimp. The dish is eaten with your fingers. Soak up the broth with the bread.

Serving size: 4.

Killer Shrimp

2 tablespoons dried rosemary
2 teaspoons dried thyme
1/2 teaspoon fennel seed
1 teaspoon black pepper
5 cloves garlic, peeled and chopped
1 teaspoon celery seed
1 teaspoon crushed red pepper flakes
2 quarts low-sodium chicken broth
8 ounces clam juice
3 ounces tomato paste
1/2 cup (1 stick) butter
1 cup white wine
1 1/2 pounds raw peeled shrimp, with tails
French bread (for dipping)

Partially break up the rosemary, thyme, and fennel seed with fingers or mortar and pestle.

Place all ingredients, except wine and shrimp, in a large pot. Simmer for about 30 minutes, then add wine. Continue to simmer for a total cooking time of no more than 2 hours.

Just before serving, add raw shrimp. Simmer until shrimp is done, stirring, about 2 minutes.

Each bowl should contain a serving of shrimp and a lot of broth, which should almost completely cover the shrimp. The dish is eaten with your fingers. Soak up the broth with the bread.

Yields 4 servings.

Lemon Chili Shrimp Sticks

2 garlic cloves, peeled and crushed
1 (1/2-inch) piece fresh ginger, peeled and grated
2 tablespoons finely chopped cilantro
1/2 tablespoon Chinese hot chili sauce
1 tablespoon light soy sauce
1 tablespoon honey
3 tablespoons lemon juice
20 raw medium shrimp, peeled and deveined
20 wooden skewers

In a large, non-metallic bowl, combine the garlic, ginger, cilantro, chili sauce, soy sauce, honey and lemon juice. Add the shrimp and toss in the marinade to coat each one well. Cover and refrigerate for 1 hour.

Thread 1 or 2 shrimps on each skewer.

Preheat the broiler. Place the shrimp on the broiler pan and broil until they turn pink and are opaque, about 3 minutes on each side.

Serve hot, warm or at room temperature.

Makes 20 shrimp.

Lemon Shrimp

2 pounds large shrimp
1/2 cup olive oil
1/2 cup chopped fresh parsley
1/4 cup fresh lemon juice
2 teaspoons dry mustard
4 cloves garlic, finely chopped
1 medium onion, finely chopped
Salt and freshly-ground pepper to taste

Using a small pair of scissors or kitchen shears, snip open the backs of the shrimp shells, leaving them on the shrimp. Combine all the ingredients in a large bowl and toss to combine. Marinate for 10 to 30 minutes, refrigerated.

Grill the shrimp on a hot grill for 3 to 4 minutes per side. Serve immediately.

Serves 4 to 6.

Lemon–Garlic Broiled Shrimp

2 pounds medium shrimp, peeled and deveined
2 cloves garlic, halved
1/4 cup butter or margarine, melted
1/2 teaspoon salt
Coarse ground pepper
3 drops hot sauce
1 tablespoon Worcestershire sauce
5 tablespoons chopped fresh parsley

Place shrimp in single layer in a 15 x 10 x 1–inch jellyroll pan; set aside.

Sauté garlic in butter until garlic is browned; remove and discard garlic. Add remaining ingredients, except parsley, stirring well. Pour mixture over shrimp. Broil shrimp 4 inches from heat for 8 to 10 minutes, basting once. Sprinkle with parsley.

Yields 6 servings.

Lemony Garlicky Shrimp

**1 pound uncooked jumbo shrimp, peeled, deveined,
and tails removed (see note)**
2 tablespoons butter or extra virgin olive oil (see note)
1 to 2 teaspoons minced peeled garlic
1/2 to 1 teaspoon Worcestershire sauce or to taste
**Several drops hot pepper sauce or
several grains cayenne pepper to taste**
Old Bay Seafood Seasoning, to taste
Salt, to taste
Freshly ground black pepper, to taste
2 tablespoons freshly squeezed lemon juice, or to taste
Minced parsley or chervil and/or grated lemon peel for garnish

Prepare shrimp for sautéing.

In a large heavy skillet, melt butter or heat olive oil over moderate heat. Add shrimp and garlic to skillet. Sprinkle Worcestershire sauce, hot pepper sauce, and seafood seasoning evenly over shrimp. Stir-fry/sauté shrimp, stirring constantly with a wooden spoon, over moderate heat just until shrimp are opaque in color and cut easily with a fork. Do not overcook as shrimp will become tough. Sprinkle lemon juice over shrimp just before serving.

Garnish each serving with a sprinkle of minced parsley or chervil.

Light Orange Scampi

3 cloves garlic
2 teaspoons vegetable oil
1/8 teaspoon salt
1/8 teaspoon ground black pepper
2 pounds. medium fresh shrimp, peeled and deveined
2/3 cup orange juice
2 tablespoons lemon juice
1 tablespoon plus 1 teaspoon chopped fresh chives
2 tablespoons cornstarch

Sauté garlic in oil in a large skillet until tender; stir in salt and pepper. Add shrimp; cook over medium heat 3 to 5 minutes, stirring occasionally. Drain off liquid and discard.

Combine juice, chives and cornstarch in a small saucepan, stirring well. Bring mixture to a boil; cook 1 minute, stirring constantly. Add orange sauce to shrimp, stirring well.

Yields 4 servings.

Lime Pepper Shrimp

1 pound large shrimp, peeled and deveined
1 tablespoon olive oil
1 tablespoon minced fresh rosemary
1 tablespoon minced fresh thyme
2 teaspoons minced garlic
1 teaspoon coarsely-ground black pepper
Pinch of ground red pepper
Juice of one lime

In a medium bowl, combine the shrimp, oil, herbs and peppers. Mix well to coat the shrimp. Let stand at room temperature for 20 minutes.

Heat a large no-stick frying pan over medium-high heat for 3 minutes. Add the shrimp in a single layer. Cook for 3 minutes per side, or until the shrimp are pink and just cooked through. Do not overcook. Remove from heat and stir in lime juice.

Lobster Newburg

2 cups fresh or canned lobster meat or
2 medium–small fresh lobster tails
1/2 cup butter
3 tablespoons cornstarch
1 teaspoon paprika
1/2 teaspoon salt
1/2 teaspoon MSG
1 1/2 cups milk
1 cup heavy cream
2 eggs, beaten
1/2 cup sherry

If you use lobster tails, cook as follows: Bring water to boil in a large kettle. Add 2 tablespoons tarragon vinegar and 1 teaspoon salt. When water is boiling vigorously, add lobster tails and continue cooking for 20 minutes. Lobster shells will be pink. Allow lobster to cool in liquid in which they were cooked. When cool, shell and cut lobster meat into pieces.

Sauté lobster meat in butter which has been melted in a large skillet. Use medium heat and do not brown. Cook gently so lobster meat is not broken into fine pieces. Blend cornstarch and seasonings. Blend into butter and lobster. Add milk and cream, stirring constantly, until mixture thickens. Just before serving, add eggs, then slowly add sherry. Be sure lobster mixture is not at the boiling point when eggs and sherry are added or mixture will curdle.

Serves 6.

Lobster Thermidor

Newburg Sauce

3 tablespoons butter

1 cup clam juice

1/4 to 1/2 cup milk

1/2 teaspoon paprika

Pinch of salt

3 tablespoons sherry

2 tablespoons all-purpose flour

4 tablespoons light cream

Melt butter over a medium low flame. When completely melted, add paprika and stir for 2 minutes. Add the flour to the butter and stir for 2 to 3 minutes to cook the roux. Stir constantly to avoid burning. Add the clam juice and stir until thickening begins. Add 1/4 cup milk, light cream and sherry. Simmer for 5 minutes and, if needed, add remaining 1/4 cup milk. Serve immediately or refrigerate for future use.

Lobster

5 ounces lobster meat, cut into 1-inch chunks

1 tablespoon finely chopped pimentos

1/2 cup thick sliced mushrooms

1 tablespoon chopped chives

Butter for sautéing

1 tablespoon sherry

Newburg Sauce

1/2 to 1 cup grated Cheddar cheese

Preheat oven to 350 degrees F.

Over medium heat, melt enough butter to lightly cover the bottom of a heavy, large sauté pan. Place the lobster, chives, pimentos and mushrooms in the pan and stir for 3 to 4 minutes.

Increase the heat to high and add the sherry to deglaze the pan. Be careful as the sherry may flame up as the alcohol burns off.

Stir in 4 ounces of Newburg Sauce and stir for 1 minute. Pour into a single serving casserole and sprinkle with the cheese.

Bake for about 5 minutes or until the cheese has melted and is bubbly.

Serve immediately.

Lobster–Pineapple Curry

1 (8 ounce) package Booth® Rock Lobster Tails
2 tablespoons butter or margarine
2 tablespoons chopped green bell pepper
2 tablespoons flour
3/4 cup chicken broth
1/4 teaspoon curry powder
1 (8 ounce) can pineapple chunks, drained
1/4 cup diced water chestnuts
1/4 cup cashew nuts

Boil lobster tails according to package directions. Cut away underside membrane and remove meat from shells. Reserve shells for serving. Cut meat into 1/2–inch thick slices. Melt butter in saucepan. Sauté green pepper in butter until tender, about 5 minutes. Stir in flour. Gradually stir in broth and curry powder. Cook over low heat, stirring constantly until mixture thickens. Stir in pineapple chunks, water chestnuts, cashew nuts and lobster pieces. Heat thoroughly. Spoon mixture into shells.

Serve with seasoned rice.

Louisiana Barbecued Shrimp

2 pounds medium-size shrimp

2 tablespoons olive oil

Black pepper

Salt

Lemon juice

Pepper sauce

Worcestershire sauce

Butter

Place whole shrimp, with shells on, in single layer in ovenproof dish. Drizzle olive oil on top of shrimp. Pepper shrimp until they are black — when you think you have enough pepper, add more. Add lots of salt, lemon juice, pepper sauce and Worcestershire sauce. Remember, you are seasoning through the shells. Cut up butter on top of shrimp and broil until cooked, about 15 to 20 minutes.

Yields about 4 servings.

Louisiana Shrimp Boil

4 quarts water
2 tablespoons paprika
1 tablespoon crushed red pepper flakes
2 tablespoons Louisiana Hot Sauce
1 tablespoon mustard powder
1 teaspoon garlic powder
1/4 cup lemon juice
4 bay leaves
1 pound medium shrimp, peeled*
Lemon wedges (for garnish)
Peppery Pepper Sauce

In an 8-quart pot, combine the water, paprika, pepper flakes, Louisiana Hot Sauce, mustard, garlic powder, lemon juice and bay leaves. Bring to a boil; cover and simmer for 15 minutes. Add the shrimp to the pot. Stir, return to a boil, cover and cook for 5 minutes. Drain and garnish with lemon wedges.

Serve with Peppery Pepper Sauce.

* Or you can leave shells on shrimp.

Peppery Pepper Sauce
1 tablespoon olive oil
1/3 cup chopped onions
1 tablespoon minced chili peppers
1 clove garlic, minced
3/4 cup chopped pimentos
1 teaspoon paprika
1/2 teaspoon Louisiana Hot Sauce
1 teaspoon Worcestershire sauce
1 teaspoon coarse mustard
1 teaspoon red wine vinegar
1 tablespoon chopped lemon sections

In a small skillet, heat the oil. Add the onions, chili pepper and garlic and sauté over medium heat for 4 to 5 minutes. In a blender, combine the vegetables, roasted red peppers or pimentos, paprika, Louisiana Hot Sauce, Worcestershire sauce, mustard, vinegar and lemons. Purée until smooth. Cover and refrigerate for at least 30 minutes.

Makes 1 cup.

Louisiana Shrimp Esplanade

24 large fresh shrimp
12 ounces butter
1 tablespoon puréed garlic
2 tablespoons Worcestershire sauce
1 teaspoon dried thyme
1 teaspoon dried rosemary
1/2 teaspoon dried oregano
1/2 teaspoon crushed red pepper
1 teaspoon cayenne pepper
1 teaspoon black pepper
8 ounces beer
4 cups cooked white rice
1/2 cup finely chopped scallions

Wash shrimp and leave in the shell. Melt butter in a large frying pan and stir in the garlic, Worcestershire sauce and seasonings. Add shrimp and shake the pan to immerse the shrimp in butter, then sauté over medium–high heat for 4 to 5 minutes until they turn pink. Next, pour in the beer and stir for a further minute, then remove from the heat. Shell and devein the shrimp and arrange on a bed of rice. Pour the pan juices on top and garnish with chopped scallion.

Serve immediately.

Low Country Boil

5 pounds (31–40 count) tiger shrimp
4 lemons, cut in half
2 artichokes, cut lengthwise
4 yellow onions, quartered
12 red–skinned potatoes
4 ears fresh corn, cut into thirds
1 whole garlic clove, cut in half, lengthwise
1 (4 ounce) bottle liquid crab boil
2 (2.62 ounces) bottles Old Bay Seasoning

Add crab boil and Old Bay to 8 quarts of water and bring to a boil. Add lemons, onions, potatoes, corn, artichokes, and garlic to boiling water. Let boil for 20 minutes.

Add shrimp and boil for additional 2 to 3 minutes. Turn off stove and let stand for 15 to 20 minutes.

Feeds 4 to 6 people.

Lump Crab Meat and Shrimp

1/2 cup butter
1 tablespoon flour
1 cup whipping cream
1/4 cup sherry wine
2 tablespoons Worcestershire sauce
Salt and red pepper, to taste
Chopped celery, to taste
Chopped parsley, to taste
1 cup mayonnaise
1 pound lump crabmeat
1/2 pound shrimp, shelled and cooked
Potato chips, crushed
Grated Cheddar cheese

Make a rich cream sauce by melting butter and adding flour. Stir until smooth. Add whipping cream gradually. Add next 5 ingredients and cook slowly until thickened.

When mixture has cooled, add mayonnaise. Add crab meat and shrimp to sauce. Spoon into individual buttered shells or a buttered casserole dish. Sprinkle potato chips and cheese on top. Bake about 25 minutes at 325 degrees F. Freezes well.

Serves 6 to 8.

Malibu Stir Fry Shrimp

1 tablespoon peanut oil
1 tablespoon butter
1 tablespoon minced garlic
1 pound medium shrimp, shelled and deveined
1 cup sliced mushrooms
1 bunch scallions, sliced
1 red sweet pepper, seeded, cut in thin 2" strips
1 cup fresh or frozen peas
1 cup Malibu rum
1 cup heavy cream
1/4 cup chopped fresh basil or 1 tablespoon dried
2 teaspoons ground chili paste or 2 tablespoons prepared chili sauce
Juice of 1/2 lime
Fresh ground black pepper
1/2 cup shredded coconut
1 pound fettuccini, cooked

Heat oil and butter over high heat in large pan. Add garlic for 1 minute. Add shrimp, cook 2 minutes until pink. Add vegetables and fry 2 minutes. Add rum and simmer 2 minutes. Add cream and simmer 5 minutes. Add remaining seasonings. Toss with coconut and cooked pasta.

Marinated Cracked Dungeness Crab

**2 large Dungeness crabs, cooked,
disjointed and cracked**
1 cup olive oil
3/4 cup wine vinegar
2 cloves garlic, minced
1/2 cup chopped parsley
1 lemon, sliced and squeezed
1 teaspoon oregano
1 teaspoon black pepper
Salt

Place crabs in a shallow bowl and add oil, vinegar, garlic, parsley, lemon, oregano and pepper. Season to taste with salt. Cover and refrigerate for 1 hour.

Makes 2 to 4 servings.

Maryland Crab Cakes

6 slices white bread
3/4 cup olive oil
3 eggs, separated
1/4 teaspoon dry mustard
1/2 teaspoon salt
2 teaspoon Worcestershire sauce
1 1/2 pounds crabmeat
Paprika
3 tablespoons butter

Trim crusts from bread and lay slices on a shallow platter. Pour oil over them and let stand until bread is thoroughly saturated. Use forks to break into small pieces. Combine egg yolks with mustard, salt and Worcestershire sauce. Beat lightly. Stir in bread and crab meat. Gently fold in stiffly beaten egg whites, and shape mixture into patties. Sprinkle with paprika and sauté in heated butter until golden on both sides.

Serves 6.

Maryland Fried Softshell Crabs

6 soft shell crabs

1 1/2 cups milk

1/2 teaspoon pepper

2 teaspoons salt

1/2 cup flour

Shortening (for frying)

Tartar sauce

Wash cleaned soft shell crabs. Dry well. Soak in milk seasoned with salt and pepper for 15 minutes; roll in flour. Heat shortening and fry crabs until crisp and brown. Drain on absorbent paper.

Serve with tartar sauce or on sandwich bread.

Serves 3.

Messy Shrimp Boil

2 to 3 pounds shrimp in shell
1/3 cup baking soda

Fill a Dutch oven with water and bring to a rolling boil. Add baking soda to the water. Add shrimp. When the water returns to a boil and the shrimp rise to the surface with a bright reddish color to their edges, remove from water. Rinse shrimp under cold water; drain. Pile shrimp into a large bowl.

Serve with side dishes of garlic butter, steamed rice, a salad, and a crusty loaf of French bread.

Mini Crabcakes

1 pound crabmeat, flaked
1/2 cup canned corn, drained
1/4 cup dry bread crumbs
1/4 cup mayonnaise
1/4 cup yellow cornmeal
1 small red bell pepper, minced
1 scallion, minced
2 tablespoons prepared horseradish
2 tablespoons butter or margarine
2 tablespoons olive oil
1 teaspoon salt
1/4 teaspoon ground black pepper

In a large bowl, combine crabmeat, corn, bread crumbs, mayonnaise, red pepper, scallion, horseradish, salt and pepper. Mix well. Shape one heaping tablespoon of mixture into a 1-inch round patty. Place cornmeal in a shallow plate. Coat patties in cornmeal.

In a skillet over medium heat, heat one tablespoon each of butter and oil. Cook half of the crab cakes two to three minutes on each side until golden brown. Repeat with remaining butter, oil and crab cakes. Serve hot.

Makes 30 crab cakes.

Mississippi Fried Oysters

Raw oysters

2 eggs, beaten

2 cups cornmeal

1 teaspoon granulated sugar

2 teaspoons salt

1 teaspoon pepper

2 tablespoons flour

Drain oysters and soak in eggs. Mix cornmeal, sugar, salt, pepper and flour. Dip oysters in cornmeal mixture and fry in deep shortening until golden brown. Drain on paper towels.

New England Clambake

4 small baking potatoes, sweet potatoes or yams
2 dozen clams in the shell (preferably cherrystones)
Cold water
4 ears fresh corn
2 (2 1/2 pound) broiler–fryer chickens, quartered
1/2 pound butter or margarine
2 (1 pound) live Maine lobsters*
4 small onions, peeled
Rockweed or cornhusks
Lemon wedges

*** NOTE:** To prepare lobster before adding to kettle, lay each lobster on wooden board. To sever spinal cord, insert point of knife through back shell where body and tail of lobster come together. Turn lobster over. With sharp knife, split body of lobster down middle, cutting through thin undershell just to back shell and leaving back shell intact. Discard dark intestinal vein running down center of lobster; also discard small sac below head. Crack large claws.

Scrub potatoes. Scrub clam shells under cold running water, using a stiff brush to remove dirt and sand. Place clams in a large bowl; add cold water to cover and let stand 30 minutes. Meanwhile, use scissors to trim off tops of ears of corn. Remove a few outer husks from each ear and reserve. Turn back remaining husks; remove and discard silk. Replace husks as they were. Soak ears and reserved husks in lightly salted water until you are ready to cook the corn.

In a large skillet, sauté chicken, a few pieces at a time, in 2 tablespoons butter. Brown chicken on all sides until golden, adding more butter as needed. This should take about 10 minutes per side. Meanwhile, if you are using lobsters, prepare them as directed in the note below.

Place wire rack in bottom of a very large kettle with tight–fitting lid. Pour in 2 cups cold water. Arrange potatoes and onions on rack; cover with a layer of rockweed or cornhusks. Add corn, more rockweed, and then the chicken and/or lobster. Top with clams; cover with rockweed or any remaining husks. Cover kettle and place over medium heat. Steam for 1 hour and 15 minutes or until potatoes, onions and corn are tender. Remove clams to a large bowl.

Transfer chicken, lobster and vegetables to large platter. Pour broth into 4 (8–ounce) cups or bowls and serve to dip clams in for flavor.

Melt butter for dipping clams and lobster.

Serve with lemon wedges and melted butter.

Makes 4 servings.

Old Bay Crab Cakes

2 slices bread, crusts removed

Milk

1 pound backfin crab meat

1 egg, beaten

1/4 teaspoon salt

1 teaspoon Old Bay seasoning

1 tablespoon baking powder

1 tablespoon chopped parsley

1 tablespoon Worcestershire sauce

1 tablespoon mayonnaise

Oil (for frying)

Break bread in small pieces and moisten with milk; combine with remaining ingredients. Shape into patties. Fry quickly in 3 to 4 tablespoons hot oil until brown.

Serves 4.

Oriental Baked Fish

**1 cleaned 1 pound fish (tuna,
swordfish or sea bass steak)**
3 tablespoons soy sauce
1 teaspoon sesame oil
1/2 teaspoon granulated sugar
Salt and pepper, to taste
Sliced fresh ginger root, to taste
Sliced garlic, to taste

Slash fish steak randomly with knife. Preheat oven to 350 degrees F.

Combine all other ingredients and rub on fish steak thoroughly. Place fish steak in foil and seal. Bake for 25 minutes.

Unwrap and serve with steamed rice and steamed or stir-fried vegetables.

Makes 2 servings.

Outa Sight Shrimp

4 pounds unpeeled, large fresh shrimp or 6 pound shrimp with heads on
1/2 cup butter
1/2 cup olive oil
1/4 cup chili sauce
1/4 cup Worcestershire sauce
2 lemons, sliced
4 garlic cloves, chopped
2 tablespoons Creole seasoning
2 tablespoons lemon juice
1 tablespoon chopped parsley
1 teaspoon paprika
1 teaspoon oregano
1 teaspoon ground red pepper
1/2 teaspoon hot sauce
French bread

Spread shrimp in a shallow, aluminum foil-lined broiler pan.

Combine butter and next 12 ingredients in a saucepan over low heat, stirring until butter melts, and pour over shrimp. Cover and chill 2 hours, turning shrimp every 30 minutes.

Bake, uncovered, at 400 degrees F for 20 minutes; turn once.

Serve with bread, green salad and corn on the cob for a complete meal.

Cook's Notes:

Use heads-on shrimp if you can get them.

Always cook the shrimp in the sauce.

Offer plenty of napkins, paper towels, or, if you have them, bibs.

Oven Fried Oysters

1/2 cup butter, melted
Dash of Worcestershire sauce
Dash of Tabasco® sauce
Salt and pepper, to taste
1 pint oysters, drained
1 cup bread crumbs

Mix butter and seasonings. Dip oysters in mixture; then roll in crumbs. Place close together in a 10 x 7-inch pan. Pour any remaining butter sauce over oysters. Refrigerate for 3 to 4 hours or overnight. Refrigeration is important.

Bake in preheated 350 to 400 degree F oven for 15 to 20 minutes or until crumbs are golden brown and oysters begin to juice.

Serves 4.

Overnight Herb and Beer Shrimp

2 pounds peeled raw shrimp
1 1/2 cups dark beer
2 cloves garlic, minced
2 tablespoons chives, snipped
2 tablespoons parsley, snipped
1 1/2 teaspoons salt
1/2 teaspoon pepper
Shredded lettuce
2 green onions, finely chopped

Combine all ingredients except lettuce and green onions in a bowl. Cover, Refrigerate overnight; stir occasionally.

Drain shrimp, reserving marinade. Broil shrimp 4 inches from heat until cooked and tender (about 2 minutes on each side, less for small shrimp). Do not overcook or shrimp will become tough. Brush occasionally with marinade.

Serve shrimp on shredded lettuce; sprinkle with chopped green onion.

Yield: 6 servings

Oyster Loaf (La Mediatrice)

This was popular throughout America in the 19th century. In the Vieux Carre of New Orleans it was known as "the mediator." It was the one thing a man felt might effectively stand between his enraged wife and himself when he came home after spending an evening carousing in the saloons of the French Quarter. He would buy the oyster loaf for pennies, just before going home, in the French market.

Cut the tops off small French rolls and scoop out most of the center. Brush the cut side of the tops and the hollowed-out center with melted butter. Place both tops and rolls in a 425 degrees F oven until toasted to a very light brown.

Meanwhile, sauté the oysters in hot butter until they plump up and the edges curl. Add salt, pepper, 2 or 3 drops Tabasco® sauce and a little hot cream, if desired. Fill the hot rolls and cover with crusty tops. Use about 3 oysters to one roll.

Serve hot.

Oyster Pan Roast

1/2 cup butter

1 pint oysters

Salt

Freshly-ground pepper

2 tablespoons catsup

1 tablespoon Worcestershire sauce

Big squeeze of lemon juice

Melt butter in a skillet, then add the drained oysters, salt, pepper and all remaining ingredients. Cook over moderate heat, stirring constantly, until oysters plump up (1 to 2 minutes).

Serve on toast.

Makes 4 servings.

Oysters Galore

2 dozen fresh oysters
1 (3 1/2 ounce) can French-fried onions
1/4 cup light cream
2 tablespoons Parmesan cheese
2 tablespoons butter

Drain oysters. Spread 3/4 cup onions in a greased baking dish. Cover with oysters. Combine remaining onions and cheese. Pour cream over the top. Sprinkle onions and cheese over the top. Dot with butter. Bake at 450 degrees F for 8 to 10 minutes or until lightly browned.

Oysters Johnny Reb

2 quarts oysters, drained
1/2 cup finely chopped parsley
1/2 cup chopped scallions
2 tablespoons lemon juice
1/2 cup butter or margarine, melted
2 cups fine cracker crumbs
1 tablespoon Worcestershire sauce
Salt and pepper, to taste
Tabasco® sauce
Paprika
6 tablespoons milk
6 tablespoons light cream

Place a layer of oysters in bottom of greased, shallow, 2–quart baking dish. Sprinkle 1/2 each of the parsley, onions, lemon juice, butter, crumbs, Worcestershire, salt, pepper and Tabasco over oysters, Make another layer of same. Sprinkle with paprika. Just before baking, make evenly spaced holes in oyster mixture. Pour milk mixed with cream into holes, being careful not to moisten crumb topping all over. Bake at 375 degrees F for 30 minutes or until firm.

Yields 10 to 15 servings.

Oysters Johnny Reb

4 cups shucked and drained oysters
6 tablespoons finely chopped parsley
6 tablespoons finely chopped scallions [include the green]
Salt and fresh ground black pepper to taste
Tabasco sauce to taste
2 teaspoons Worcestershire sauce
1 tablespoon lemon juice
4 tablespoons butter
1 cup cracker crumbs
1 teaspoon paprika
1/3 cup heavy cream

Preheat oven to 375 degrees F.

Place half oysters in a generously buttered one quart baking dish IN order listed above.

Sprinkle with half of the following: parsley, scallions, Worcestershire, lemon juice, butter and crumbs. Salt, Pepper and Tabasco to taste.

Then layer remaining oysters and again sprinkle with the remaining ingredients listed above. Again add salt, pepper and Tabasco to taste.

Sprinkle with paprika and using knife make six or so holes in top of casserole and pour in cream. Bake 30 minutes or until firm.

12 to 15 servings.

Oysters Rockefeller

6 tablespoons butter
6 tablespoons raw spinach, chopped fine
3 tablespoons parsley, chopped fine
3 tablespoons celery, chopped fine
3 tablespoons onion, chopped fine
5 cups fine dry bread crumbs
Few drops Tabasco® sauce
1/2 teaspoon salt
1/2 teaspoon Pernod or anisette
36 oysters on the half shell
Rock salt

Melt butter in a saucepan and stir in all ingredients except oysters and rock salt. Cook over low heat, stirring constantly, for 15 minutes.

Work through a sieve or food mill and set aside.

Make a layer of rock salt in pie tins and place oysters on top. Put a teaspoonful of the vegetable mixture on each oyster. Broil under a preheated 400 degrees F broiler 3 to 5 minutes or until topping begins to brown. Serve immediately in the pie tins.

Serves 6.

Oysters Rockefeller

1 (10 ounce) package frozen chopped spinach
1/2 cup butter, softened
1/4 cup cracker crumbs
1/2 cup bread crumbs, divided
6 scallions, finely chopped
2 ribs celery, finely chopped
1/3 bunch parsley
1/3 head lettuce, shredded
Dash Tabasco® sauce
1 tablespoon Worcestershire sauce
1/2 teaspoon salt
1 teaspoon anchovy paste
1/4 cup grated Parmesan cheese
Ice cream salt
2 dozen oyster shells or ramekins
2 to 3 dozen oysters

Purée spinach in a blender or processor. Mix softened butter and 1/4 cup cracker crumbs in a separate bowl. Add spinach and all other ingredients except ice cream salt and oysters. Fill a pie pan with ice cream salt. Heat in a 450 degrees F oven for 20 minutes.

Place shells in pan and fill each with 2 or 3 oysters. Cover with 2 tablespoons sauce. Bake at 450 degrees F for 30 minutes. If not brown, broil slightly.

Yields 4 servings.

Panfried Oysters

3 dozen small fresh oysters, shucked
1/3 cup flour, or more
1 cup ground soda crackers (30)
2 eggs
6 tablespoons butter, divided into thirds
3 tablespoons vegetable oil

Drain oysters, then blot oysters to dry on paper toweling. Place flour and cracker crumbs on separate sheets of wax paper.

Beat eggs slightly in small bowl. Dredge oysters in flour; dip into egg, then in crumbs, pressing crumbs to adhere. Place on wax paper-lined baking sheet.

Heat 2 tablespoons butter and 1 tablespoon oil in large, heavy skillet over medium-high heat just until butter is melted. Add a third of the oysters and sauté for 2 minutes until golden brown. Turn over and sauté for another 2 minutes. Remove to a paper towel-lined tray. Empty skillet and wipe clean. Repeat frying in 2 batches with the remaining oysters.

Pan-Fried Soft-Shell Crabs

1/2 cup all-purpose flour
1 teaspoon dried oregano
Salt and freshly-ground black pepper, to taste
1/2 cup milk
2 eggs
6 garlic cloves, minced
3 cups saltine cracker crumbs
3 tablespoons unsalted butter
3 tablespoons olive oil
8 soft-shell crabs

In a shallow dish, stir the flour together with the oregano, salt and pepper. In a second dish, mix together milk and eggs. Add cracker crumbs to garlic, and process until crumbs are ground fine. Transfer crumbs to another dish. In a large, heavy skillet, warm the butter and oil together over medium-high heat. Dip each crab lightly first in the flour, next in the egg mixture, and then in the cracker crumbs. Add the crabs to the skillet, in two batches, if necessary, and pan-fry them 6 to 8 minutes, turning them once. Drain crabs, and serve immediately.

Paprika Scallops

3/4 cup seasoned bread crumbs
1 tablespoon sweet paprika
1/4 cup flour
1 3/4 pounds scallops
4 tablespoons olive oil
1/2 cup scallions, chopped fine
2 tablespoons fresh parsley, chopped
Lemon slices for serving

Combine bread crumbs, paprika, and flour in a mixing bowl. Add the scallops and toss thoroughly to coat. Heat olive oil in a large frying pan over medium high heat.

Add the scallops and let them brown nicely, stirring gently, about 5 minutes. Add the scallions and parsley. Cook for 3 minutes and serve, garnished with lemon slices.

Makes 4 servings.

Patio Shrimp

3/4 cup butter

1 bay leaf

1/4 cup lemon juice

1 clove garlic, crushed

1 teaspoon cayenne pepper

1/2 cup water

1 pound medium shrimp in shells

Crusty bread

Combine butter, bay leaf, lemon juice, garlic, red pepper and water in saucepan and simmer 10 minutes. Arrange shrimp in a single layer in baking dish and cover with sauce. Bake at 350 degrees F until shrimp turn pink and curl, about 20 minutes. Remove bay leaf.

Serve hot with crusty bread to soak up juices.

Pecan–Crusted Crab Cakes with Sweet Pepper Sauce

Pecan Crusted Crab Cakes

1/3 cup pecan halves
1 slice firm textured white bread, torn
2 tablespoons mayonnaise
2 teaspoons lemon juice
1 teaspoon Dijon mustard
1 egg yolk
4 ounces (1/4 pound) lump crab meat
1 tablespoon minced chives
1 1/2 tablespoons butter

Sweet Pepper Sauce

1 large red bell pepper (1/2 pound, coarsely chopped)
1 tablespoon olive oil
1 tablespoon plus 1 teaspoon balsamic vinegar
Salt and cayenne, to taste

Place pecans and torn bread in a blender or small food processor. Pulse until pecans are finely chopped and bread is crumbly.

In a medium bowl combine mayonnaise, lemon juice, mustard and egg yolk; blend well. Add crab and chives; stir gently to mix, breaking up large lumps. Stir in 6 tablespoons of pecan–bread crumbs.

Place remaining crumbs on a plate. Form crab mixture into 4 cakes, about 2 inches in diameter. Dredge crab cakes in crumbs, pressing gently to help mixture adhere.

In a medium skillet (preferably one that is nonstick), melt butter over a medium–low heat. Add crab cakes, cover pan and sauté, turning over once, about 5 minutes total, until they are hot in center and nicely browned on both sides.

To serve, spoon pepper sauce onto 2 salad plates. Place 2 crab cakes on each plate. Garnish with whole chives and lemon wedges

Sweet Pepper Sauce

Place bell pepper, olive oil, 1 tablespoon vinegar and 1/4 cup water in a small saucepan. Cover and cook over medium heat 20 minutes. Let cool slightly, then puree pepper and any remaining liquid in a blender food processor until as smooth as possible. Season with remaining vinegar, salt and cayenne to taste.

Cooking Time: 25 minutes

Serves 2

Pepper–Poached Oysters

24 large oysters with liquor, shells reserved
1 (8 ounce) bottle clam juice
1 1/2 tablespoons black peppercorns
2 garlic cloves, roasted
1/2 teaspoon salt
Scant 1/4 teaspoon ground allspice
1 bay leaf
3 tablespoons extra–virgin olive oil
Juice of 1 lime
Lime wedges (for garnish)

Drain oysters; pour liquor into a small saucepan. Add enough of the clam juice to the liquor just to cover the oysters. Bring the liquid to a boil, add oysters, and reduce heat to a simmer. Poach the oysters about 3 to 4 minutes, or until their edges curl and they begin to plump. With a slotted spoon, remove the oysters immediately, and set them aside. Reserve the poaching liquid.

With a mortar and pestle or a mini–food processor, combine peppercorns, garlic, salt and allspice until they form a paste. Add two tablespoons of the oyster poaching liquid to the paste, and blend the paste. Drop the bay leaf into the poaching liquid, and return it to a boil. Reduce the liquid to about 1/2 cup. Stir in the spice paste, and then add the oysters. Remove the saucepan from the heat, and stir in the olive oil and lime juice. Refrigerate the oysters in the poaching liquid, covered, for at least 30 minutes and up to 1 hour.

Place oysters on the half shells with about a teaspoon of the liquid for each. Garnish the oysters with lime wedges.

Puttin' on the Ritz Scallops

1 pound bay scallops
1/4 pound Ritz crackers
3/4 teaspoon garlic powder
3/4 teaspoon oregano
3/4 teaspoon thyme
1 can cream of mushroom or cream of celery soup
2/3 cup milk
Paprika

Preheat oven to 375 degrees F.

In a 9-inch round dish, mix soup and milk and set aside.

Break up 1/3 of the crackers and mix a 1/3 of the spices; coat half the scallops, then place in dish with soup mixture. Repeat with the remaining scallops.

Break up the remaining crackers into very fine pieces and mix well with the remaining spices. Sprinkle mixture evenly over the top of the scallops. Sprinkle paprika over the top. Bake for 30 to 35 minutes. May be put under the broiler for a couple of minutes to put a light crust on top.

Serve with rice on the side or under scallops.

Red-Eye Shrimp and Grits

1 tablespoon olive oil
4 ounces country ham or other smoked ham, chopped
8 ounces sliced fresh mushrooms
1/2 teaspoon seasoning salt
1/2 teaspoon dried minced thyme
1/2 cup chopped green onions
2 teaspoons minced garlic
1 cup strong coffee
1/4 cup sherry
1 tablespoon cornstarch
1 teaspoon hot pepper sauce, or to taste
1 pound peeled and deveined medium shrimp
Cooked grits or cheese grits

Sauté ham in olive oil in a large saucepan over medium high heat until golden. Add mushrooms, seasoning salt and thyme and sauté until mushrooms are golden, about 3 to 5 minutes. Add green onions and garlic and sauté 3 minutes more.

Combine coffee, sherry, cornstarch and hot sauce in a small bowl. Add to the sauté pan and bring to a simmer. Add the shrimp and simmer until cooked, about 2 minutes.

Spoon grits onto dinner plates, then divide the red-eye shrimp over the grits.

Makes 4 servings.

Red Snapper Veracruz

2 pounds red snapper fillets

Salt

Pepper

4 tablespoons vegetable oil

1 medium onion, thinly sliced into half slices

1 1/2 pounds red ripe tomatoes, peeled and finely chopped

1 cup water

8 or 9 peppercorns

2 bay leaves

2 garlic cloves, finely mashed

Heat a little oil in a large skillet and sauté the fillets after salting and peppering them lightly. Turn only once and do not overcook. Lay fillets in a large oblong ovenproof dish and set aside.

In a large saucepan heat the 4 tablespoons oil until hot, but not smoking, and sauté the sliced onion 1 minute, until limp but not brown, stirring constantly. Add tomatoes and water, season with salt, and add the peppercorns, bay leaves and garlic. Cook, covered, over medium heat for 5 minutes.

Pour sauce over fish fillets. At this point you can scatter a few stuffed green olives or drained and rinsed capers over the fish. Seal dish in foil.

Heat a few minutes in the oven at 325 degrees F before serving.

Ritzy Shrimp

Large shrimp
1 tube Ritz crackers
Butter
Fresh garlic, minced

Split the shrimp through the shell on the rounded part as you would a lobster. Do not remove the shell. After all shrimp are split, pull to separate the meat from the shell (only pull the meat to the tail), then lay them back in the shell.

Lay the opened shrimp on a baking pan and brush with a mixture of fresh garlic and butter.

Crush the Ritz crackers finely. Sprinkle the crackers on the buttered shrimp, then pour more garlic butter over them. You may freeze them at this point or place in the refrigerator.

Place the pan in a 400 degree F oven, and bake until the crumbs start to brown.

Salmon Tamales

Filling

1 medium red onion, finely diced (about 1 1/2 cup)
1 1/2 cups diced raw salmon
2 tablespoons chopped canned chiles
2 tablespoons finely chopped cilantro
1/4 teaspoon salt
1/2 teaspoon freshly ground pepper

Tamales

1 1/2 cups Masa Harina flour (about 1/2 pound)
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper
1/2 teaspoon paprika
1/4 teaspoon ground cumin
1/4 teaspoon cayenne pepper
3/4 cup warm water
2 tablespoons corn oil
1 tablespoon light sour cream

To make filling, sweat onion in a covered non-stick skillet over medium heat just until soft, about 5 minutes. Add a little water if necessary to prevent scorching. Combine onion with all remaining ingredients and mix well. Set aside.

To make tamales, combine all dry ingredients and mix well. Combine water and oil and add to dry ingredients. Blend until smooth. Blend in sour cream and knead as you would bread dough.

Divide dough into 6 (1/3-cup) balls, about 3 ounces each. Press each ball flat between two pieces of wax paper and smooth out into a circle 7 inches in diameter with your fingers.

Remove the piece of wax paper on the top and place 1/3 cup of filling mixture in the center of each circle of dough. Using the bottom sheet of paper, lift and fold one edge of the dough over the top of the filling. Repeat with the other edge of the dough to make a tubular envelope and press firmly to seal the dough tightly around the filling.

Roll each tamale in corn husk or plastic wrap and twist each end firmly, tying if necessary to prevent leakage. Steam the tamales over rapidly boiling water for 15 minutes.

Bake at 375 degrees F for 11 to 13 minutes, until rolls are golden brown.

Salsa Shrimp

- 1 1/4 pounds shelled, deveined uncooked shrimp**
- 2 medium zucchini or yellow squash, sliced**
- 1 1/2 cups favorite salsa**
- 4 ounces feta cheese, crumbled**
- 1 cup chopped cilantro**
- 3 cup cooked couscous**

Spray a large frying pan with cooking spray and place over medium high heat until hot. Add shrimp and sauté until just starting to firm and turn pink, about 1 minute. Add zucchini and cook for an additional minute. Add the salsa and continue to cook until the mixture is heated through but the zucchini is still firm, about 1 minute. Top with the feta and cilantro.

Serve over couscous.

Serves 4.

Sausalito Scampi

3 whole chicken breasts, cut into 1-inch pieces

1 pound shrimp, shelled

1/3 cup butter

1/3 cup olive oil

2 cloves garlic, minced

1 teaspoon salt

Juice of 1 lemon

Parsley

Ground pepper

Devein the shrimp. Melt butter and oil in a large skillet. Sauté garlic for two minutes; add chicken. Cook until brown, stirring constantly. Push to one side. Add shrimp and cook, stirring constantly, until pink. Season with salt, pepper, lemon juice and parsley and cook one more minute.

Scalloped Oysters

Preheat oven to 350 degrees F and have ready 1 quart of oysters in their liquor.

Mix together:

2 cups coarsely crushed soda crackers

1 cup dry bread crumbs

3/4 cup melted butter

Place a thin layer of the crumb mixture in the bottom of a buttered casserole. Cover with half the oysters. Pour over oysters a layer of HALF of the following mixture:

1 cup cream

Nutmeg or mace

Salt and pepper

Follow with three-quarters of the remaining crumbs and the remaining oysters. Pour other half of seasoned cream over oysters. Cover with remaining bread crumbs. Bake for 20 to 25 minutes.

Scallops and Wild Rice

1 (6 ounce) package long-grain and wild rice mix
1/4 cup butter or margarine, melted
1/4 cup fresh lemon juice
1/2 teaspoon celery salt
1 pound fresh sea scallops, drained

Cook rice according to package directions; set aside. Combine butter, lemon juice and celery salt in a large skillet; bring mixture to a boil. Add scallops and cook over high heat, stirring constantly, 6 to 8 minutes, until scallops are done.

Serve over cooked wild rice.

Yields 3 to 4 servings.

Scallops Coquille St. Jacques

1 pound sea scallops
1 cup white wine
3/4 cup water
1 tablespoon lemon juice
1 bay leaf
1 tablespoon parsley , chopped
1/4 pound mushrooms, chopped
6 tablespoons butter
4 tablespoons flour
2 egg yolks
4 tablespoons heavy cream
Bread crumbs

In a 3–quart casserole dish, combine wine, water, lemon juice, bay leaf and parsley. Cover and microwave 100% for 3 minutes.

Add scallops and mushrooms, cover and cook for 6 minutes on medium–high; stir once. Remove bay leaf and drain, reserving 1 3/4 cups broth.

In small bowl, melt 4 tablespoons butter, stir in flour and add reserved broth. Whisk thoroughly. Microwave 3 to 4 minutes until thick and smooth.

Blend egg yolks and cream and add to sauce. Stir and cook an additional 2–3 minutes. Don't overcook.

Place scallops and mushrooms into a 7 x 12–inch dish. Spoon cream sauce over and sprinkle with bread crumbs. Dot with butter.

Microwave on high 2 minutes to heat through. Garnish with parsley and paprika. If desired, can be browned 10 minutes in 400 degree F oven.

Scallops in Garlic Butter

1 to 1 1/2 pounds scallops
3 tablespoons sliced almonds
1/4 cup butter
5 large cloves garlic, minced
2 tablespoons chopped parsley
1 teaspoon grated lemon peel

Rinse scallops and pat dry; then cut any large scallops in half. Set aside.

Place a wok over medium heat; when wok is hot, add almonds and stir until golden (about 2 minutes). Pour out of wok and set aside.

Add butter. When butter is melted, add garlic, parsley and lemon peel and stir for about 1 minute. Add scallops (a portion at a time, if necessary) and stir fry just until opaque throughout; cut to test (3 to 4 minutes). Transfer scallop mixture to a platter. Top with almonds and serve immediately.

Serves 4.

Scallops Kebab

1/2 pound scallops per person

Soy sauce

Oil and Vinegar Dressing

Green bell pepper

Onion

Tomatoes

Marinate scallops in mixture of 1/2 soy sauce and 1/2 oil and vinegar dressing for about 4 hours.

Alternate scallops with chunks of green bell pepper, onion and fresh tomatoes on skewers. Grill outside about 20 minutes, or until scallops are done.

Scallops Stir Fry

Scallops (if large, cut in half)
Scallions, sliced
Few slices fresh ginger
1 tablespoon olive oil
1 tablespoon butter
Red or green bell pepper, cubed
Snow peas
1/2 teaspoon salt
Red pepper flakes
Fresh coriander

Put olive oil and butter in wok and get them hot. Add cubed bell pepper. Cook briefly. Add snow peas, sliced ginger, salt and red pepper flakes. Cook for 3 minutes. Make a well in the center and add scallops. Stir fry for about 2 minutes. Add scallions; then add just a little more olive oil and butter. Then add fresh coriander.

Serve over rice.

Scampi

4 pounds headless jumbo shrimp
1 lemon, divided
2 cups butter
1 teaspoon salt
6 cloves garlic
1 tablespoon finely-chopped parsley
1 tablespoon cayenne pepper

Thoroughly wash shrimp. Peel and place side by side in glass baking dish, making sure shrimp are not on top of each other. Squeeze juice of 1/2 lemon over shrimp. Slice remaining 1/2 lemon into 6 finely sliced pieces and place in baking dish. Melt butter. Finely chop garlic and place in butter. Add salt and chopped parsley to butter and garlic mixture. Sprinkle pepper over shrimp, then pour butter and garlic mixture over this. Cover tightly and bake at 350 degrees F for 30 minutes.

Yields 6 to 8 servings.

Scampi

2 pounds shrimp, fresh or frozen
1 small clove garlic, minced
1 cup butter or margarine
1/4 teaspoon rosemary
1/4 teaspoon basil
3 tablespoons lemon juice
3 tablespoons dry white wine
1/2 teaspoon salt
1/4 teaspoon freshly-ground pepper

If shrimp are frozen, thaw in shell just to separate. Rinse in cold water and place in boiling water. Bring to a boil and cook for 1 minute. Drain shrimp and cool enough to handle. Remove shells and devein shrimp. If shrimp are already shelled, use only 1 pound and separate.

Put minced garlic into melted butter in a medium-size skillet. Let stand over heat for a few minutes to frizzle garlic. Add herbs, lemon juice, wine, salt and pepper. Arrange shrimp in skillet and heat until shrimp are cooked, approximately 8 to 10 minutes.

Yields 4 servings.

Seafood Kabobs

3/4 cup olive oil
1 tablespoon white wine vinegar
1 tablespoon fresh lime juice
Peel of 1 lime, grated
1 to 2 tablespoons finely chopped fresh mint
1 to 2 tablespoons finely chopped parsley
1 garlic clove, finely chopped
2 tablespoons freshly-grated ginger
1 1/4 pounds sea scallops
8 skewers
2 to 3 green or yellow bell peppers, cut into 1-inch pieces
32 cherry tomatoes
32 small mushrooms, stems removed
2 red onions, peeled and cut into 1-inch pieces

In a large bowl whisk together 1/2 cup olive oil, vinegar, lime juice, lime peel, mint, parsley, garlic and ginger. Add the shrimp and scallops and stir to coat. Cover and refrigerate for 2 to 3 hours. If using bamboo skewers, soak them in hot water to cover for 30 minutes. Prepare a charcoal grill.

Drain shrimp and scallops, reserving the marinade. Place the seafood on the skewers, alternating with the peppers, tomatoes, mushrooms and onion pieces. Brush with the remaining 1/4 cup oil. Place on a hot grill and grill 3 to 5 minutes, until done, turning frequently and brushing with the reserved marinade.

Serve hot or at room temperature.

Seafood Rub

1 1/2 teaspoons ground bay leaves
1 1/2 teaspoons dry mustard
1 1/2 teaspoons black pepper
1 teaspoon salt
3/4 teaspoon ground nutmeg
1/2 teaspoon ground celery seeds
1/2 teaspoon ground cloves
1/2 teaspoon ground ginger
1/2 teaspoon paprika
1/2 teaspoon ground red pepper

Combine all ingredients; store in an airtight container. Rub on seafood or chicken before grilling.

Shrimp Amandine

1 pound raw shrimp, shelled

1/4 cup olive oil

1/4 cup lemon juice

3 tablespoons butter

1 clove garlic, cut in half

1/2 cup chopped blanched almonds

2 dashes hot sauce

2 tablespoons white wine

Hot cooked rice

Marinate shrimp in olive oil and lemon juice about 2 hours.

Remove shrimp, reserving sauce. Sauté shrimp in butter and garlic until pink. Remove garlic; place shrimp on warm platter; add almonds and reserved marinade to butter in skillet. Add hot sauce and wine. Let simmer 2 to 3 minutes. Pour over platter of hot shrimp. Serve over mounds of rice.

Serves 4.

Shrimp Broiled with Rosemary

1 1/2 pounds extra-large shrimp (16–20 per pound) or 2 pounds medium shrimp (31–40)
1/4 cup freshly squeezed lemon juice
4 tablespoons extra-virgin olive oil
2 tablespoons chopped fresh rosemary leaves
Salt and freshly ground black pepper

Preheat broiler.

Devein shrimp without peeling by cutting the shell along the back with a pair of scissors and making a shallow slit in the flesh with a paring knife. Place the shrimp in a shallow baking dish in which they will fit in a single layer. Add the lemon juice, olive oil and rosemary; season with salt and black pepper. Toss shrimp well and spread them evenly in the dish.

Broil for 5 minutes (4 for medium shrimp); turn and broil until they are pink throughout, 2 to 4 minutes more.

Before serving, toss the shrimp in the juices that will have formed, adding another light sprinkling of salt. The best way to eat them is to put the baking dish in the middle of the table and have everybody take one shrimp at a time, peel it and dip it into the juices in the pan.

Makes 4 generous servings.

Shrimp Chowd with Garlic

1 1/2 pounds large shrimp, peeled and de-veined
3 tablespoons peanut oil
1 teaspoon salt
5 cloves garlic, sliced thin
3 scallions, chopped
2 teaspoons sesame oil
1 tablespoon dry sherry

Heat a large cast iron frying pan over highest heat. Add oil, salt and garlic; toss for just a few seconds. Add shrimp and toss constantly until they all change to a bright orange color. Throw in the scallions and the sesame oil and toss for a few seconds. Add the sherry and cover the pan. Turn off the heat and serve immediately.

Shrimp Curry

1 1/2 cup cooked shrimp
1/2 teaspoon curry powder
1 cup mayonnaise
2/3 cup evaporated milk
2 tablespoons chopped green bell pepper
2 tablespoons chopped pimento
1 teaspoon chopped onion

Blend curry powder into mayonnaise. Gradually blend in evaporated milk. Then add shrimp, green pepper, pimento and chopped onion. Heat, stirring occasionally.

Serve hot over cooked rice.

Shrimp Curry

3 scallions, chopped
1 clove garlic, minced
4 tablespoons butter
3 tablespoons all-purpose flour
2 tablespoons curry powder
1/2 teaspoon powdered ginger
1 cup chicken stock
1 cup light cream
2 tablespoons fresh lemon juice
1 pound cooked small shrimp

Sauté onions and garlic in butter until soft. Sprinkle with flour, curry powder and ginger. Stir and cook for 3 minutes. Gradually add chicken stock, then cream. Cook and stir until well blended and thickened. Add lemon juice and shrimp. Adjust seasonings.

Serve over rice with condiments.

Condiments
Sliced bananas
Chopped chives
Chutney
Chopped peanuts
Coconut
Chopped egg

Shrimp Curry

2 pounds shrimp
2 cups heavy cream
1 cup light cream
1/2 teaspoon salt
2 cups minced onions
3/4 cup minced green peppers
1 garlic clove, minced
1/2 cup (1 stick) butter
1/4 cup curry powder
1/4 cup all-purpose flour
3 cups chicken stock

Put shrimp in bowl; add heavy cream, light cream and salt. Toss mixture and chill, covered.

In large saucepan sauté onion, green pepper and garlic until soft. Add curry powder and flour. Cook until thick. Remove from heat and add chicken stock. Return to heat, stir until thick, 15 minutes. Pour the shrimp and cream into colander, set over a bowl and let drain 5 minutes. Reserve shrimp, and add cream to saucepan, stirring until thick. Simmer sauce 30 minutes. Add shrimp last 5 minutes. Cook until shrimp are pink.

Serves 8.

Serve with rice, chutney, fresh pineapple, chopped scallions, coconut and peanuts as side dishes.

Shrimp Elegant

3 tablespoons butter or margarine
1/3 cup finely chopped onion
1 garlic clove, minced
1 small can sliced mushrooms, drained
1/2 cup chopped green bell pepper
1 pound Booth® Peeled and De-veined Shrimp, frozen
1 (10 1/2 ounce) can condensed Cheddar cheese soup
1/3 cup half-and-half
1/4 cup dry sherry

Melt butter in large saucepan; sauté onion, garlic, mushrooms and green bell pepper until tender but not brown, about 5 minutes. Add shrimp and sauté another 5 to 7 minutes. Drain off liquid. Stir in soup; gradually blend in half and half and wine. Cook, stirring occasionally until heated through.

Serve over rice.

Shrimp Florentine

4 (10 ounce) packages frozen chopped spinach
3 pounds medium-size shrimp, cooked, shelled and de-veined
1/4 cup butter
1 cup flour
3 cups skim or regular milk
1 cup dry white wine
1/2 cup chopped scallions
Salt and pepper, to taste
Paprika
2 cups grated Cheddar cheese

Preheat oven to 350 degrees F. Thaw and drain spinach well. Spread spinach in 13 x 9-inch ovenproof dish and top with shrimp.

In saucepan, melt butter and stir in flour, gradually adding milk, wine and scallions. Cook, stirring constantly, over low heat, until sauce bubbles and thickens. Add salt and pepper to taste, and enough paprika for rosy color. Pour sauce over shrimp, and sprinkle with cheese. Bake uncovered for 35 minutes, or until bubbly.

Serve with steamed rice.

Shrimp Hurry Curry

1 1/2 pounds small raw shrimp, peeled and cleaned
2 tablespoons butter or margarine
1 (10 3/4 ounce) can cream of shrimp soup
1 (10 3/4 ounce) can cream of mushroom soup
3/4 cup sour cream
1 1/2 teaspoons curry powder
2 tablespoons chopped fresh parsley
Rice, pastry shells or toast points

Over low heat, cook shrimp in butter just until done, 2–3 minutes, stirring frequently. Add soups and stir until thoroughly blended. Stir in sour cream, curry powder and parsley. Continue stirring until mixture is piping hot, then serve immediately on rice, in pastry shells or with toast points.

Yields 4 to 6 servings.

Shrimp in Creamed Sauce

1 pound medium–size shrimp
4 tablespoons vegetable oil
1/4 cup chopped onion
1/2 cup chopped, peeled ripe tomatoes
1/2 cup whipping cream
1 cup mayonnaise
1 teaspoon pickling sauce from a can of chipotle chiles
Salt and pepper
1 teaspoon ground cumin

Clean shrimp, leaving the tip of the tail on. Heat 2 tablespoons of the oil in a large skillet or Dutch oven and stir fry shrimp for 3 minutes. Add the remaining oil, onion and tomatoes and stir fry 2 more minutes. Add cream.

Mix mayonnaise with chipotle sauce and add to cooked shrimp. Sprinkle with cumin. Taste for seasoning.

Serve over steamed white rice.

Shrimp Garlic Sauce

Follow the instructions to the letter to avoid burning the garlic and spoiling the taste. The flavorful garlic oil that remains should be stored in the refrigerator and used for sautéing shrimp or any other meat or fowl.

12 cloves garlic, roughly chopped
1 cup vegetable oil
1/4 cup (1/2 stick) unsalted butter
1 1/2 pounds fresh shrimp, peeled, de-veined
and butterflied (leave tails intact)

In a large skillet, sauté the garlic in medium-hot oil (about 300 degrees F) until light brown. Watch carefully so as not to burn. After about 6 to 8 minutes, quickly whisk in the butter and remove immediately from the fire. When all the butter has been added, the bits will become crisp. Remove them with a slotted spoon and reserve the oil and butter for sautéing the shrimp.

In a large skillet, heat about 2 to 3 tablespoons of the reserved oil and then sauté the shrimp for about 5 minutes. Turn over very briefly and then remove. Add more oil as necessary to sauté all the shrimp. Salt to taste. Garnish with garlic bits and parsley. Serve with Mexican Rice.

Try brushing garlic oil over French bread, then sprinkling it with parsley and toasting it.

Serve this with the shrimp and accompany the dish with a lettuce and tomato salad.

Shrimp in Mustard Cream Sauce

1 pound large shrimp
2 tablespoons vegetable oil
1 shallot, minced
3 tablespoons dry white wine
1/2 cup heavy cream or whipping cream
1 tablespoon Dijon mustard with seed
Salt, to taste

Shell and devein shrimp. In a 10-inch skillet over medium heat cook shallot in hot oil for 5 minutes, stirring often. Increase heat to medium-high. Add shrimp. Cook 5 minutes or until shrimp turns pink, stirring often. Remove shrimp to bowl. Add wine to drippings in skillet. Cook over medium heat for 2 minutes. Add cream and mustard. Cook for 2 minutes. Return shrimp to skillet. Stir until heated through. Salt to taste.

Serve over hot, cooked rice.

Serves 4.

Shrimp in Tomato–Garlic Sauce

1/2 cup olive oil
2 pounds small shrimp, peeled and de-veined
5 cloves garlic, finely chopped
1/2 cup onion, minced
2 jalapeño chiles, stemmed, seeded and minced
2/3 cup tomato purée
1/4 cup Mexican lime juice
1/2 teaspoon thyme
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1 cup cabbage, finely shredded (optional)
1/4 cup cilantro
2 Mexican limes, cut into wedges

Heat a skillet over medium–high heat. Add 6 tablespoons of the olive oil. When the olive oil is very hot, sauté the shrimp until they become opaque, about 30 seconds. Add remaining 2 tablespoons olive oil, garlic, onion and jalapeño chiles and continue cooking for about 30 seconds. Add tomato purée, lime juice, thyme, salt and pepper and continue cooking until the sauce thickens, 30 seconds to 1 minute. Add cabbage, if desired, and cilantro and continue cooking for 1 minute. Serve with rice and lime wedges.

This can also be used as the filling for Shrimp Tacos.

Shrimp Jambalaya Hash

1 cup red potato, peeled and diced 1/2 inch
1 cup sweet potato, peeled and diced 1/2 inch
3 tablespoons olive oil
8 large shrimp, peeled, de-veined, cut into 1/2-inch pieces
6 ounces andouille sausage, chorizo or other fully cooked
smoked spiced sausage, diced 1/2 inch
1 medium yellow onion, diced 1/2 inch
1 small red bell pepper, seeded, diced 1/2 inch
1 small yellow bell pepper, seeded, diced 1/2 inch
2 cloves garlic, minced
6 scallions, chopped (1 cup)
1/2 teaspoon coarse (kosher) salt
1/2 teaspoon black pepper

In 1 1/2-quart saucepan, place potatoes and enough cold water to cover by 1 inch; boil 2 to 3 minutes, until partially cooked. Drain; transfer to paper towels and blot dry.

In large skillet, heat oil over high heat. Add shrimp; sauté 30 seconds, just until they start to turn pink but are still raw in middle. Remove with slotted spoon; transfer to small bowl.

Add sausage and onion to skillet; sauté 6 minutes, until sausage and onion start to brown. Add potatoes, peppers and garlic; sauté 6 minutes, until vegetables begin to brown. Add shrimp and scallions; sauté 1 minute, until shrimp are cooked through. Season with salt and pepper.

Makes 4 servings.

Shrimp Marinara

1 pound shrimp, fresh or frozen
2 tablespoons vegetable oil
1/4 cup chopped celery
1/4 teaspoon garlic salt
1 teaspoon oregano
1/4 teaspoon salt
1/8 teaspoon cayenne pepper
1/4 teaspoon sugar
1/2 teaspoon basil
2 tablespoons chopped parsley
3 1/2 cups canned tomatoes
Fluffy rice

Shell and clean shrimp. Set aside. Heat oil in large skillet. Add celery and cook until tender. Add next 8 ingredients. Cook over low heat until liquid is reduced and mixture is slightly thickened, about 30 minutes. Add uncooked shrimp to skillet. Cover and cook for 3 to 5 minutes, depending on size of shrimp.

Serve with fluffy hot rice.

Yields 4 servings.

Shrimp Mull

2 slices bacon, fried
1 medium onion, diced
1 medium green bell pepper, diced
1 cup celery, diced
2 (4 1/2 ounce) cans small shrimp
1 teaspoon chili powder
1 tablespoon Worcestershire sauce
1 1/4 cups catsup

After frying bacon, remove and drain. Slightly brown onion in bacon drippings. Add pepper and celery and cook until soft. Add undrained shrimp, chili powder, Worcestershire sauce, crumbled bacon and catsup. Cook until thickened.

Serve hot over cooked rice.

Shrimp Newburg

1 pound shrimp, cooked, deveined
1 (4 ounce can mushrooms
3 hard-boiled eggs, peeled and chopped
1/2 cup Parmesan cheese
4 tablespoons butter
1/2 onion, chopped
1 clove garlic, chopped
6 tablespoons flour
3 cups milk
4 tablespoons dry sherry
Worcestershire sauce
Salt and pepper
Tabasco sauce

Preheat oven to 375 degrees F.

Melt butter and then sauté the onion and garlic until tender. Add the flour. Mix well. Gradually add the milk, stirring constantly. Cook until the sauce thickens. Add the sherry and the seasonings to taste.

In a separate bowl, combine shrimp, mushrooms, eggs, and parsley. Add sauce along with 1/4 cup cheese to shrimp mixture. Mix well.

Pour the mixture into a 2-quart casserole dish and top with remaining cheese. Dot with the butter.

Bake 10 minutes, until slightly browned on top.

Shrimp Newburg with Green Rice Ring

3 tablespoons butter
2 tablespoons flour
2 cups milk
1 teaspoon paprika
1/2 teaspoon dry mustard
1/4 teaspoon salt
1/4 teaspoon pepper
Pinch of red pepper
5 tablespoons Madeira wine, divided
1 cup whipping cream
2 egg yolks, lightly beaten
2 pounds peeled, cooked shrimp

Melt butter in top of double boiler. Stir in flour and cook several minutes. Gradually add milk and stir until smooth and thick. Add seasonings and 4 tablespoons of the wine. Beat together cream and egg yolks. Gradually add cream to wine sauce. Cook over boiling water for 15 minutes. Add shrimp and remaining 1 tablespoon wine. Pour Shrimp Newburg into center and around green rice ring and garnish with parsley.

Serves 10.

Green Rice Ring

2 cups cooked rice
2 tablespoons chopped scallion
1 cup chopped parsley
1/2 cup butter, melted
3 eggs, separated

Combine rice, scallion, parsley, butter and slightly beaten egg yolks. Fold in stiffly beaten egg whites. Pour mixture into buttered 1 1/2-quart ring mold and bake at 350 degrees F for 25 minutes. Unmold onto a hot platter.

Shrimp Opaloosas

1 pound shrimp (washed and seasoned with salt and pepper)
1 medium onion, chopped
1 small green bell pepper, chopped
1/2 cup (1 stick) margarine, melted
1 can beef broth
1 1/2 cups rice, washed
1 pound Cajun or hot smoked sausage, cut into coin-shaped pieces

Place all ingredients into a rice cooker. Turn rice cooker on. Keep covered except to stir once in the middle of cooking cycle.

Shrimp Patties

3 cups water
1 pound unpeeled medium-size fresh shrimp
3 tablespoons butter or margarine
1/3 cup all-purpose flour
1/2 cup milk
2 scallions, chopped
1 tablespoon chopped fresh parsley
1 teaspoon lemon juice
1/2 teaspoon Beau Monde® seasoning
1/4 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon paprika
1/4 teaspoon hot sauce
1 large egg, lightly beaten
1 cup Italian-seasoned breadcrumbs, divided
1/4 cup vegetable oil

Bring water to a boil; add shrimp, and cook 3 to 5 minutes or until shrimp turn pink. Drain well; rinse with cold water. Peel and devein shrimp; chop and set aside.

Melt butter in a heavy saucepan over low heat; add flour, stirring until smooth. Cook 1 minute, stirring constantly. Gradually add milk to saucepan; cook over medium heat, stirring constantly, until mixture is thickened and bubbly. Stir in scallions and next 7 ingredients.

Combine shrimp, egg and 1/2 cup breadcrumbs; stir in sauce mixture. Shape into 4 patties; dredge patties in remaining breadcrumbs. Pour oil to depth of 1/2 inch into a large, heavy skillet. Fry patties in hot oil over medium-high heat until golden brown, turning once. Drain on paper towels.

Shrimp Scampi

Fresh, uncooked shrimp

Fresh garlic or garlic powder

Butter or margarine

Remove shells and tails from shrimp. Cut through the back of shrimp to butterfly and remove veins. Sauté shrimp in butter and minced garlic or garlic powder until cooked. Add parsley for a bit of color.

Shrimp Scampi

Serves 4 to 6, depending upon appetite!

2 pounds shrimp
4 large cloves garlic
4 tablespoons fresh parsley, or dried
8 tablespoons butter
2 tablespoons vegetable oil
4 tablespoons dry vermouth
Salt and pepper to taste
2 teaspoons flour
Dash of lemon juice (1/2 of a lemon)
1 pound linguine

Cook linguine according to package directions.

Rinse the shrimp in cold water, peel and de-vein, if you wish. Dry on paper towels.

Sauté the garlic and parsley in butter and oil for 1 to 2 minutes. **DO NOT** let the garlic turn brown. Add the vermouth, then the shrimp. Raise the heat to medium-high and cook for 3 to 5 minutes, stirring frequently. Do not overcook. Season with salt and pepper. Add flour to slightly thicken the garlic butter. Add the lemon juice during the last minute of cooking. Remove from the heat. Serve immediately.

Shrimp Stir Fry

1 1/2 cups broccoli florets
1 small sweet red pepper, julienned
1 small green bell pepper, julienned
1 to 2 tablespoons vegetable oil
1 pound uncooked shrimp, peeled and deveined
1 tablespoon cornstarch
2 teaspoons brown sugar
1 teaspoon ground ginger
1 cup orange juice
1/4 cup soy sauce
Hot cooked rice

In a skillet, stir-fry broccoli and peppers in oil until tender. Add shrimp; stir-fry for 3 to 5 minutes or until shrimp turn pink.

Combine the cornstarch, brown sugar, ginger, orange juice and soy sauce until smooth; add to skillet. Bring to a boil; cook and stir for 2 minutes or until thickened.

Serve over rice.

Yields 3 to 4 servings.

Shrimp Stroganoff

1/4 cup minced onion
5 tablespoons butter, divided
1 1/2 pounds shelled, raw shrimp
1/2 pound fresh mushrooms, quartered
1 tablespoon flour
1 1/2 cups sour cream (at room temperature)
1 1/4 teaspoons salt
Pepper, to taste
Cooked yellow rice
Artichoke hearts, quartered

In a large skillet sauté onion in 1/4 cup of the melted butter until softened. Add shrimp and sauté for 3 to 5 minutes or until pink and just cooked. Transfer mixture to a heated dish and keep warm.

In the same skillet sauté mushrooms in remaining butter over moderately high heat until browned. Sprinkle mushrooms with flour and cook mixture, stirring, for 2 minutes. Reduce heat to moderately low and stir in the shrimp mixture, sour cream, salt and pepper. Cook mixture, stirring, for 2 to 3 minutes or until shrimp are thoroughly heated. Do not let mixture boil. Serve immediately over saffron rice tossed with quartered artichoke hearts.

Serves 4.

Shrimp Stroganoff

3 pounds uncooked medium shrimp, shelled and deveined
1/2 cup butter, divided
1/2 pound fresh mushrooms, sliced
1/2 cup chopped onion
1 clove garlic, mashed
2 tablespoons flour
1 cup chicken or beef broth
1 tablespoon tomato paste
3/4 teaspoon Worcestershire sauce
1 tablespoon chopped fresh dill
1 1/2 teaspoon salt
1 cup sour cream
Cooked rice or noodles

Saute the shrimp in 6 tablespoons of butter for 5 minutes. Remove shrimp and set aside.

To pan, add remaining butter, mushrooms, onion and garlic; cook for 5 minutes. Add the flour and mix well. Stir in the broth, tomato paste, Worcestershire sauce, dill and salt. Simmer for 2 minutes. Stir in the sour cream, mix well, then add the shrimp. Heat but do not boil.

Serve with rice or noodles.

Serves 6.

Shrimp Tempura Batter

2 cups flour
2 tablespoons baking powder
1 teaspoon salt
1 1/2 cups ice cold water
1/4 cup cornstarch
1 teaspoon baking soda
2 eggs, slightly beaten
Shrimp, peeled, cleaned, patted dry

Combine flour, cornstarch, baking powder and baking soda in a bowl. Add salt, egg and water; stir until flour is moistened. Batter should be slightly lumpy. Dip shrimp in batter. Deep fry.

Shrimp–Stuffed Bell Peppers

6 large bell peppers
2 onions, minced
3 cloves garlic, minced
4 tablespoons vegetable oil
1/2 pound shrimp, shelled and cleaned
1 teaspoon minced celery
1/2 teaspoon black pepper
1 bay leaf
1 teaspoon Worcestershire sauce
1 teaspoon salt
1 large pinch of thyme
8 to 10 slices toast
1 egg
Bread crumbs
Butter

Split peppers; clean and trim. Boil 3 minutes. Remove from water and cool. Chop and set aside trimmings. Put onions and garlic in cooking oil and cook until brown. Add trimmings.

Cut Shrimp finely and add to onions and garlic. Add celery and seasonings. Cook for 10 minutes.

Moisten the toast. Mix in well with onion and shrimp mixture; stir in egg. Cook an additional 5 minutes.

Stuff pepper halves and lay flat on a pan; sprinkle with bread crumbs and dot with melted butter. Bake for 20 minutes at 400 degrees F.

Shrimp–Stuffed Eggplant

6 medium eggplants
1/2 cup (1 stick) margarine
2 medium onions, medium dice
1 tablespoon chicken bouillon granules
1/4 teaspoon red pepper
1 teaspoon garlic powder
1 tablespoon granulated sugar
3/4 teaspoon salt
3 large bay leaves
2 pounds. shrimp (26/30 count), peeled, deveined
and each shrimp cut into three pieces
2 pieces toast or toasted hamburger bun
1/4 cup Italian bread crumbs

Peel eggplant and cut into large chunks. Boil in about 3 inches of water in a large pot. Drain in a colander.

In a large saucepan, melt margarine and add onion. Sauté onion until almost clear. Add chicken granules, red pepper, garlic powder, sugar, salt, bay leaves and cut shrimp. Cook for 10 minutes over medium heat.

Add cooked eggplant to the onion mixture. Add bread and mix lightly.

Place in a large casserole dish and top with bread crumbs. Bake at 350 degrees F for about 30 minutes or until top is browned very lightly.

Serves 12.

Shrimpy Grits

2 to 3 cups cooked (not instant) grits
(don't overcook them)
10 to 20 medium size shrimp, shelled,
cleaned well, and de-veined
2 to 3 cup shredded sharp Cheddar cheese
Another layer of grits
1 cup shredded sharp Cheddar cheese
Red Eye Gravy

Pour enough Red Eye Gravy over all this to fill it just to the top. Cover and bake for about 30 minutes or until it is hot and bubbly and the cheese is melted.

Red Eye Gravy

Fry some breakfast ham (traditional) or breakfast sausage in a cast iron skillet. Remove the meat when cooked, turn down the heat and add about 2 to 3 cups of the leftover coffee from that morning. Stir well as it heats and make sure you stir in all those good bits of meat from the bottom and sides of the pan. Pour gravy over the Shrimpy Grits.

Southern Fried Shrimp

2 cups flour
3 teaspoons baking powder
1 teaspoon salt
2 tablespoons shortening
1 1/2 cups milk
1 to 3 pounds shrimp
Oil (for frying)

Shell and de-vein shrimp. Combine all ingredients except shrimp. Mix well. This makes a thick batter. Add 3 or 4 shrimp at a time, making sure each shrimp is coated well. Drop shrimp into hot cooking oil and cook until golden brown on both sides.

Southern Shrimp Sauce

2 tablespoons butter
1 pound peeled, deveined shrimp
1 (8 ounce) container sour cream (low fat is fine, do not use fat-free)
1 (10 1/4 ounce) can cream of shrimp soup (do not dilute)
1 tablespoon paprika
1/2 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon garlic powder
1 or 2 splashes Tabasco sauce
Cooked rice

In a 2-quart saucepan melt butter and then sauté shrimp until done {mdash} make sure not to overcook.

Add remainder of ingredients except rice. Cook over medium heat for about 15 minutes. Mixture will become a peach-colored sauce with a gravy texture.

Serve over rice.

Spicy Orange Shrimp

4 large oranges
1 1/2 tablespoons vegetable oil
1/2 teaspoon minced garlic
16 large uncooked shrimp, peeled and deveined
1 teaspoon hot pepper sauce
1 teaspoon light brown sugar
1 teaspoon Worcestershire sauce
1 tablespoon cornstarch in 1 tablespoon water

Cut the oranges in half and squeeze the juice into a bowl. (For a special touch, you may want to clean out the orange halves and use them to serve your final dish.) Heat the oil in a large skillet over medium heat. Stir the garlic around in the oil for about a minute, not letting it brown. Turn the heat up a bit and add the shrimp. Stir them as they cook until they are opaque and pink. It shouldn't take much more than a minute. Add the hot sauce, brown sugar and Worcestershire ... then the orange juice. Bring to a boil and cook for two minutes. Add the cornstarch mixture and cook until sauce thickens.

Serve with rice or couscous.

Steamed Clams

Scrub shells of steamer clams to remove all sand. Place flat in a kettle, add 1/2 cup boiling water. Cover and steam over low heat until shells are partly open, about 5 to 10 minutes. Discard any clams that have not opened.

Serve with melted butter.

Steamers in Beer

2 pounds steamers (soft-shelled clams; less than 2 inches in diameter)

1 shallot

1/4 cup (1/2 stick) unsalted butter

1 cup beer (not dark)

1 tablespoon finely chopped fresh flat-leafed parsley leaves

1/4 teaspoon salt

Scrub clams well. Finely chop shallot.

In a large saucepan cook shallot in 1 tablespoon butter over moderate heat, stirring, until softened, 2 to 3 minutes. Add beer and clams and steam clams, covered, until opened, 4 to 5 minutes, transferring them as they open with a slotted spoon to a bowl. Discard any unopened clams and reserve cooking liquid. Keep clams warm.

Pour reserved cooking liquid through a paper towel-lined sieve into a small saucepan. Heat cooking liquid over moderate heat until hot and whisk in remaining 3, tablespoons butter. Remove pan from heat and stir in parsley and salt.

Serve clams with dipping sauce.

Serves 2.

Stuffed Lobster Thermidor

6 (1 pound) frozen lobster tails
10 tablespoons butter, melted
1 cup sliced fresh mushrooms
4 tablespoons flour
1 teaspoon dry mustard
2 dashes ground nutmeg
2 dashes cayenne pepper
1 teaspoon salt
1 cup milk
1 cup half-and-half
2 egg yolks, slightly beaten
1 teaspoon lemon juice
2 tablespoons sherry wine
1/2 cup fine bread crumbs
2 tablespoons grated Parmesan cheese

Preheat oven to 450 degrees F.

Place lobster tails in large pot of boiling water and cover. Cook until tender, about 20 minutes; drain.

Cut each tail in half lengthwise and dice lobster meat. Set aside empty lobster tails.

Pour 1/4 cup butter in saucepan; add mushrooms and sauté until slightly browned. Blend in flour and mix in seasonings. Add milk and half-and-half gradually to mixture, stirring constantly until thick. Add small amount of hot mixture to egg yolks, stirring constantly; then return egg yolk mixture to cream sauce, again stirring constantly and cooking until thickened. Stir in lemon juice, sherry and lobster meat; spoon into lobster shells. Combine bread crumbs, Parmesan cheese and remaining butter; sprinkle over stuffed lobster tails. Place on cookie sheet and bake at 400 degrees F for 15 minutes.

Serves 6.

Sugar and Spice Baked Shrimp

1 cup granulated sugar
1/4 cup Hennessy Cognac
3 teaspoons salt
1/4 cup Grand Marnier
1/2 teaspoon fresh ground pepper
1 large clove garlic, peeled and minced
1 tablespoon lime juice
1 large spoon minced fresh ginger
1/2 teaspoon pepper powder from cayenne
1/2 teaspoon dry thyme
1/4 teaspoon turmeric
2 tablespoons all-purpose flour
A touch of vegetable oil
4 large shrimp, peeled, with tail

Preheat oven to 500 degrees F.

In a mixing bowl, combine sugar, salt, pepper, garlic, ginger, cayenne, Hennessy, thyme, turmeric and flour.

Grease large baking sheet with vegetable oil. Pour the shrimp in the sugar mixture and place on the baking sheet. Bake 10 minutes or until the sugar is caramelized. Remove the shrimp from the oven, turn over with a spatula and squeeze the lime juice and Grand Marnier over them.

Place on a platter and serve.

Sweet and Sour Shrimp

2 pounds fresh shrimp, cleaned
1/4 cup granulated sugar
2 1/2 tablespoons cornstarch
1 green bell pepper, cut into thin strips
1 tablespoons soy sauce
1 (#2) can pineapple chunks
1/4 cup vinegar
3 tablespoons butter
2 tablespoons slivered fresh ginger
Salt, to taste

Melt butter in saucepan. Add shrimp and cook 5 minutes. Add remaining ingredients, except cornstarch, and cook 2 minutes.

Mix cornstarch in a little liquid to make a paste; pour into shrimp and cook slowly until thick.

Serve over rice.

Sweet Salmon with Ginger and Scallions

2 (1-inch thick) salmon filets
2 scallions, cut into 2-inch long strips
1/4 cup ginger, cut into 1/4-inch thick chunks
1 1/2 tablespoons olive oil
1/4 cup white wine, rice wine or sweet sake
1/2 cup water
1 tablespoon soy sauce
1 teaspoon granulated sugar
Salt and pepper
Sesame oil (optional)

Heat oil in pan on high heat. Salt and pepper both sides of the salmon filets.

Place filets in pan skin-side down and do not disturb. Cook on high for 40 sec. Turn heat down to medium-high and continue to cook for 3 minutes.

Turn filets over and cook for another 2 minutes. Remove filets from pan and set aside on a plate.

Turn heat back up to high and add ginger and scallions. Cook until slightly tender (about 1 minute). Add wine and deglaze pan. Add soy sauce, water, and sugar. Bring to a boil, then reduce heat to simmer.

Place salmon filets carefully back into pan and simmer until salmon is cooked through (about 2 minutes). Drizzle with a few drops of sesame oil if desired.

Serves 2 to 3.

Texas Style Skillet Scampi

2 pounds headless shrimp with shells (about 40 medium shrimp)
1/4 cup finely chopped parsley
1 cup melted butter
4 cloves garlic, chopped
1 cup melted butter
4 cloves garlic
1 cup extra virgin olive oil
8 peppercorns
1 teaspoon salt
6 dried chile japones (Japanese peppers)

Rinse the shrimp in cold water and pat them dry with a towel. Combine the parsley, melted butter, and garlic. Set aside.

Heat the olive oil in a skillet on high. When the oil spits back with water drops (in other words when it pops), it's ready.

Sauté the peppercorns, salt, and japones in the skillet for 1 minute.

Add the shrimp, and sauté for 2 1/2 to 3 minutes. Add the buttery mixture, and continue to cook for 1 more minute.

Serves 6 to 8.

Serve on a warm serving platter with some good crusty bread. Have a stack of napkins nearby, and start shelling and dipping the shrimp in the butter sauce.

Tropical Shrimp Paella

1 1/2 cups yellow onion, diced 1/4-inch
1/2 pound linguica or smoked sausage
4 tablespoons olive oil
1 cup red pepper, diced 1/4-inch
1 teaspoon fresh thyme leaves
1/2 fresh pineapple, diced 1/2-inch
1/2 teaspoon turmeric
1 mango, diced 1/2-inch
1 teaspoon kosher salt
1 papaya, diced 1/2-inch
1 cup Arborio or paella rice
1 starfruit, sliced 1/4-inch
2 1/2 cups chicken or vegetable stock
2 tablespoons rum (optional)
1 tablespoon minced garlic
2 1/2 pounds 16/20 count prawns

Slice the linguica or smoked sausage or chorizo into 1/4-inch rounds, then quarter the sausage.

Marinate the prawns in olive oil which has been infused with saffron. Season with kosher salt and crushed red pepper. In addition, other seafood may be added such as clams and mussels.

Cook the onion in half the olive oil until translucent over medium-high heat. Add the thyme, turmeric, salt and rice. Stir well. Add the stock, stir once and set on low heat for about 20 minutes, or until just al dente.

In large sauce pan, warm the garlic in the remaining olive oil and add the diced red pepper. Add the fruit, sausage and prawns and sauté for one minute. Add the rum and cook for another minute to burn off the alcohol. Add the cooked rice. Toss all together carefully until thoroughly incorporated. Moisten with a little more stock if necessary.

Mound the paella in a bowl or on a plate. Garnish the paella with two spears of pineapple, some sliced chives and sliced starfruit if desired.

Yields 8 servings.

Tuna Patties

2 (6 ounce) cans tuna, drained
2 eggs, beaten
1/4 cup onion, finely chopped
3/4 sleeve Ritz crackers, crushed to crumbs

Mix all ingredients together well.

Preheat a skillet with some oil over medium high heat. Form mixture into 6 to 8 patties and fry until golden and crispy on the outside and heated through.

Servings: 4

Tuna Patties with Sauce

1 (4 ounce) can tuna
1/4 can cream of mushroom soup
1/2 cup quick oats
1/4 cup onion, minced
1 egg
3 teaspoons lemon juice
Cracker crumbs
2 tablespoons butter
3/4 can cream of mushroom soup
1/3 cup milk
2 tablespoons mayonnaise

Mix tuna, 1/4 can cream of mushroom soup, oats, onion, egg and lemon juice. Form 8 patties. Roll in cracker crumbs and fry in butter.

Mix 3/4 can soup, milk and mayonnaise; heat and pour over the patties.

Tuna Stuffed Potatoes

4 baking potatoes, baked
1/2 cup grated Cheddar cheese
1/4 cup chopped pimento
2 cans tuna, drained
1 cup mayonnaise
1/4 cup chopped green bell pepper
1/4 cup chopped scallion

Cut baked potatoes in half. Scoop the flesh from the potatoes and put into a mixing bowl. Toss lightly with remaining ingredients. Spoon mixture back into shells. Bake for 20 minutes at 400 degrees F.

Weight Watchers Shrimp Fandango

1 tablespoon peanut oil
1/4 cup yellow bell pepper, large dice
1/4 cup red bell pepper, large dice
1 clove garlic, minced
10 ounces large shrimp, shelled and deveined
1/4 cup dry vermouth
1/2 cup Chinese snow peas, steamed until tender crisp
1/2 cup julienne cut carrots, steamed until tender crisp
1/2 cup scallions, sliced
Dash of salt
Dash of hot sauce

In a 10–inch skillet heat oil over medium heat; add and garlic and sauté until peppers are tender, about 2 minutes. Increase heat to high; add shrimp and cook, stirring constantly, until shrimp begin to turn pink, about 2 minutes. Add vermouth; continue to stir and cook until liquid is reduced, about 2 minutes. Add remaining ingredients; cook, stirring constantly, until heated through.

May be served over hot rice or rice noodles if desired.

Serves 2.

Wine–Steamed Clams

1 medium onion, chopped
2 small garlic cloves, sliced thin
1 tablespoon olive oil
1/2 cup dry white wine or dry vermouth
2 dozen small hard–shelled clams, scrubbed well
1 cup fresh coriander sprigs, washed and spun dry
1/2 cup fresh flat–leafed parsley leaves, washed and spun dry
1 tablespoon unsalted butter
1 tablespoon fresh lemon juice, or to taste
Fresh coriander and/or parsley sprigs (for garnish)

In a large heavy saucepan cook onion and half of garlic in oil over moderately low heat, stirring, until softened. Add wine or vermouth and simmer, uncovered, stirring occasionally, 5 minutes. Add clams and steam, covered, over moderately high heat 5 to 7 minutes, transferring them as they open with tongs to a serving bowl and reserving cooking liquid. (Discard clams that are unopened after 7 minutes.) Keep clams warm.

In a blender blend together coriander, parsley, butter, remaining garlic, lemon juice, and reserve cooking liquid until smooth. Pour sauce over clams and toss to combine.

Garnish clams with herbs and serve with crusty Italian or French bread.