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Clams

Minced Clam Soufflé

- 1/2 cup mayonnaise
- 1/4 cup flour
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground pepper
- 1/4 cup milk
- 1 1/2 teaspoons lemon juice
- 2 cans minced clams, drained
- 1 teaspoon grated onion
- 4 egg whites, stiffly beaten

Stir mayonnaise, flour, salt and pepper together until smooth. Gradually stir in milk. Stir in lemon juice, clams, and grated onion. Fold clam mixture into stiffly beaten egg whites. Pour into a 1 1/2 quart baking dish.

Bake at 325 degrees for 40 to 45 minutes.

Serves 4 to 6.

MEP

Crab

Chicken Dungeness

- 4 boneless chicken breast halves
- 1/2 pound shelled Dungeness crab
- 1 egg well beaten
- flour
- salt
- freshly ground black and white pepper
- 1 recipe of Easy Country Hollandaise Sauce

Preheat oven to 350 degrees.

salt and pepper both sides of the chicken breasts. Coat with the egg and then the flour. Bake for about 30 minutes at 350 degrees. Place 1/4 of the crab on the top of each breast. Bake for an additional 10 minutes.

You should make the sauce while the chicken and crab is cooking.

Remove chicken from the oven and place on a platter. Top with the sauce.

Serves 4.

Easy Country Hollandaise Sauce

- 3 large egg yolks
- 1 tablespoons lemon juice
- 1 teaspoon Dijon mustard
- 1/2 teaspoons freshly ground white pepper
- 1/4 teaspoon dill leaves
- 1/2 pound butter

Combine all of the ingredients except the butter in a food processor or blender on high speed. Continue, scraping if necessary until the egg mixture is smooth. Melt the butter until bubbly. Add the butter to the egg mixture while processing. Add in a very slow stream. Stop processing as soon as all the butter is added.

JPO

Crab Cakes with Fresh Red Pepper Sauce

- 1/4 cup bread crumbs
- 1/4 cup mayonnaise
- 1 egg lightly beaten
- 2 green onions, finely chopped
- 1/4 teaspoon white wine Worcestershire sauce
- 1/4 teaspoon dry mustard
- 1 pound crab meat
- 1/2 cup butter

Red Pepper Sauce

- 2 red bell peppers, roasted, peeled, and seeded
- 2 tomatoes, peeled and seeded
- 1/4 cup olive oil
- 2 tablespoons fresh lemon juice
- salt to taste
- fresh ground white pepper to taste

Sauce Preparation. Combine peppers and tomatoes in a food processor and mix until

smooth. With machine running alternately add olive oil and lemon juice in a fine stream as possible until mixture emulsifies. Season to taste with salt and pepper.

Crab Cakes. Combine cracker meal, mayonnaise, egg, onion, and seasonings. Pour over crab and toss gently. Heat butter in a large skillet. Form crab into 4 to 6 patties and roll in either bread crumbs or cracker meal. Fry until golden brown.

Place crab cakes on plate and surround with the red pepper sauce,

Serves 4.

The Bay House serves crab cakes with a fresh red bell pepper sauce. I have the sauce down but I am not sure that the crab cakes are quite right yet. The crab cakes in the next recipe are more like the Bay House's cakes, but not quite.

MEP - Bon Appetit Seafood

Crab Cakes with Lemon Sauce

- 1/3 cup mayonnaise
- 2 eggs
- 1/2 cup thinly sliced green onions
- 1/4 cup minced red bell pepper
- 1/4 cup thinly sliced celery
- 1 tablespoon Dijon mustard
- 1 clove of garlic minced
- 1/8 teaspoon cayenne pepper
- 1 pound crab
- 2 tablespoons butter

Lemon Sauce

- 3/4 cup dry white wine
- 3/4 cup chicken broth
- 1/4 cup fresh lemon juice
- 2 teaspoons corn starch
- 1 teaspoon sugar
- 2 teaspoons butter

Sauce Preparation: In a 2-3 quart sauce pan, bring wine and broth to a boil over high heat. Reduce mixture to 3/4 cup (about six minutes). Mix together lemon juice, cornstarch, and sugar. Slowly stir juice mixture into broth mixture.

Continue to stir until sauce boils. Stir in butter. Serve warm.

Crab Cake Preparation: In a large bowl, combine mayonnaise, eggs, green onions, red bell pepper, celery, mustard, garlic, and cayenne. Gently fold crab into mayonnaise mixture.

Melt butter in two skillets over medium-high heat. Spoon mixture into butter and gently spread to form cakes about 2 1/2" in diameter. Cook until lightly browned, about 4 minutes. Carefully turn over cakes and cook another four minutes.

Serving: Place three crab cakes on each plate and spoon a little lemon sauce around cakes. Garnish with lemon and parsley. Serve immediately as they cool quickly.

Serves 4.

MEP - Sunset, February, 1996

Crab Casserole

- 10 slices white bread
- 1 pound fresh crab or two eight ounces cans
- 1 cup celery diced
- 1 small onion, finely chopped
- 1 four ounce can mushrooms drained or 12 small mushrooms lightly sautéed in butter
- 2 cups milk
- 1 cup mayonnaise
- 4 eggs beaten
- 1 can cream of mushroom soup
- 2 tablespoons freshly grated Parmesan or other cheese
- parsley
- stuffed olives, sliced

Butter bread of both sides. Put 5 of the slices in bottom of a 2 and 1/2 quart casserole. Mix crab, celery, onion, and mushrooms and sprinkle over the bread. Top with the remaining 5 slices of butter bread. Mix milk, mayonnaise and eggs. Pour mixture over the bread. Cover and refrigerate over night.

Preheat oven to 325 degrees. Before baking spread mushroom soup over mixture and sprinkle with the grated cheese. Bake uncovered at 325 degrees for 1 hour. Garnish with parsley and slices of stuffed olives.

Serves 10.

This dish was submitted to a cooking contest by one of my mother's neighbors and it won first prize. The really interesting thing was that she had gotten the recipe from another one of my mother's neighbors. Needless to say they weren't on speaking terms after that!

You can substitute turkey or tuna for the crab in this recipe.

MEP

Crabmeat Soufflé

- 3 tablespoons butter
- 1 tablespoon grated onion
- 1/4 cup all-purpose flour
- 3/4 cup milk
- salt and freshly ground white pepper
- 2 tablespoons fresh lemon juice
- 1 1/2 cups crabmeat
- 4 egg yolks
- 6 egg whites

Preheat oven to 375 degrees. Melt the butter, add the onion, and sauté' for two or three minutes without browning. Blend in the flour. Gradually stir in the milk, bring to a boil, stirring, and simmer until sauce is thickened. Season with salt and pepper to taste. Add the lemon juice, crabmeat, and egg yolks. Beat the egg white until stiff and fold into the crab mixture. Pour into a greased two-quart soufflé dish and bake for 35 to 45 minutes, until puffed and brown. Serve at once.

I like to prepare either a mushroom sauce or a mild cheese sauce to serve over the top of the soufflé.

Serves 3-4 people.

MEP – adapted from Menu Cook Book

Creamed Crab with Proscuitto on Toast

- 1 pound fresh crab meat
- 2 tablespoons butter
- 2 tablespoons finely chopped shallots
- 5 tablespoons dry white wine
- 1 cup heavy cream (whipping)
- 1 egg yolk, slightly beaten
- 1 teaspoon white wine Worcestershire sauce
- 4 slices of toast
- 8 thin slices Proscuitto or other ham

Remove all traces of shell and cartilage from the crab.

Heat half the butter in a heavy skillet and add the shallots. Cook, stirring until wilted. Add 4 tablespoons of the wine and cook down. Reduce the liquid to about half.

Add the cream and cook down for about 5 minutes over high heat.

Meanwhile, heat the remaining butter and add the crab meat. Add 1 tablespoon of wine and heat thoroughly. Remove from heat.

Add a few spoons of the hot cream to the egg yolk and stir to blend. Return this mixture to the cream, add the white wine Worcestershire sauce and stir rapidly. Remove from the heat.

Spoon and scrape the sauce over the crab meat.

Prepare the toast and keep warm. Heat the ham under the broiler.

Place the ham slices on the toast and top with the crab meat in the cream sauce.

Serves 4.

MEP - 60 Minute Gourmet

Seafood Trio Casserole

- 1 cup crab (6 1/2 ounces)
- 1 cup shrimp (6 1/2 ounces)
- 1 can tuna fish, drained (6 1/2 ounces)
- 1 cup uncooked instant rice
- 1 1/2 cups milk

- 1 1/4 cups mayonnaise
- 1 can mushroom soup
- 1/2 cup finely chopped onion
- 1/3 cup finely chopped parsley
- 1 green pepper, chopped
- 1 cup chopped celery
- 2/3 cup slivered toasted almonds
- 3 tablespoons sherry
- 2 hard boiled eggs sliced
- 1 cup dry bread crumbs
- 3 tablespoons melted butter

Combine seafood, rice, milk, mayonnaise, soup, onions, parsley, pepper, celery, almonds and sherry. Mix well together. Carefully stir in the egg slices. Note mixture will seem to be very thin and liquid. Pour seafood mixture into a lightly butter 9 x 13 baking dish. Combine the bread crumbs and butter until crumbly. Sprinkle over the top of the casserole. Decorate with whole crab legs if desired.

Bake at 350 degrees for 1 hour. If top gets too brown, place a piece of foil lightly over the top. Let stand for 15 minutes before serving.

Serves 10.

A good simple seafood casserole, that can be made with canned seafood in a pinch, although it is much better made with fresh crab and shrimp.

MEP

Crawfish

Cajun Popcorn Seafood

- 1 pound crawfish tails (can use scallops, crab meat or shrimp)
- 1 cup cake or rice flour
- 1/2 - 1 teaspoon Cajun seasoning
- 1 teaspoon paprika
- 1/4 cup milk

Combine flour and seasonings. Mix seafood and milk in a bowl. Drain seafood. Add flour mixture and toss to coat. Fry in medium hot oil until lightly browned.

Serve with Remoulade sauce or your favorite one.

JPO

Crawfish Étouffée

- 2 pounds shrimp
- 1 cup butter
- 3 cups chopped green onions
- 1 tablespoons paprika
- 6 tablespoons of flour
- 2 cups chicken broth, preferably homemade that is hot salt and pepper or Creole (Cajun) seasoning
- 1 cup chopped green onions
- 1/2 cup fresh chopped parsley

Melt butter, flour, and paprika in a medium saucepan. Cook ten minutes stirring constantly. Add 1 1/2 cups of green onions and cook 5 minutes. Add 1/1/2 cups green onions and cook 5 minutes. Add chicken broth, shrimp, and seasoning. Cook 10 minutes. Add remaining green onions and parsley and cook 10 minutes.

Serve over steamed rice or your favorite pasta. A very rich dish.

Serves 4.

Lobster, shrimp, and prawns can be substituted for the crawfish, but I guarantee it won't be the same!

JPO

Lobster

Lobster Sauté

- 8 baby lobster tails, 3 or 4 ounces
- 1/4 cup butter, melted
- 1/4 cup dry white wine, preferably Chardonnay
- salt and pepper
- 2 teaspoons butter

Remove cartilage from back of lobster. Pull lobster loose from shell and return to the shell.

Heat a medium frying pan until medium hot. Spray lightly with a nonstick substance. Place lobsters in the shell in the frying pan, lobster side up. Drizzle about half the butter over the lobster and cook about 2 minutes. Turn the lobsters over in the shell, being careful not to spill out the juices that have accumulated. Drizzle the remaining butter over the lobsters. Cook another 2 or 3 minutes. Again turn the lobsters over and drizzle about half the white wine over them. Cover with a tight fitting lid and cook until the lobsters are no longer opaque. This will take about 5 minutes or more depending on the size and thickness of the lobsters. Do not overcook or they will be tough.

Remove the lobsters, shell and all, to warm plates being careful to retain the liquid in the shell. Pour the remaining wine into the skillet, so that it barely covers the bottom of the pan. You may need a little more wine. Stir with a spoon to get up all the browned bits that are on the bottom. Reduce heat to moderate and cook until about half the liquid remains. Swirl the 2 teaspoons of butter into the sauce. Pour a little over each of the lobsters.

Serves 2.

This is the best way I have ever found to fix lobster. They cook in their own juices and stay very moist. Because you baste them with butter and wine and drizzle the wine glaze over them, there is no need to serve a sauce or butter to dip them in.

MEP

Lobster and Steak Kabobs

- 2-3 lobster tails
- 1 1/2 pounds steak, 1 inch thick
- 12 cherry tomatoes
- 12 small boiling onions, blanched for 3 minutes
- 1 green pepper, cut into 1 inch pieces
- 12 large mushrooms

Cube lobster into 1 inch cubes. Marinate in Fish Marinade for three hours. Cut steak into 1 inch cubes and marinate in Basic Barbecue Sauce for about three hours.

Place the ingredients on skewers and barbecue until the lobster is done. Start with steak, mushroom, tomato, lobster, pepper, onion and continue.

Serves 4 to 6.

Quick and easy and all the dinner is cooked. Serve with rice and a green salad for a complete meal.

MEP

Lobster Newburg

- 1 pound lobster tails, boiled and cut into bite-sized pieces
- 3 tablespoons melted butter
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/8 teaspoon paprika
- 3/4 cup milk
- 3/4 cup cream
- 1/3 cup dry white wine or sherry
- 2 egg yolks, slightly beaten
- 1/4 teaspoon salt
- toast points

Place cut up lobster in a saucepan containing the melted butter, salt, pepper and paprika. Cook just until heated through.

In another saucepan heat to the scalding point the milk and cream and remove from the heat. Stir in the wine. Beat the egg yolks into the hot cream mixture. Return to the heat and cook, stirring constantly, just until slightly thickened. Do not boil. Season with salt.

Pour the sauce over the lobster, heat through. Serve over toast points.

Serves 4.

This is a good way to stretch your lobster. See Seafood Newburg for a richer version of this dish.

MEP

Lobster Parmesan

1 pound cooked lobster, cut into bite-sized pieces
3 tablespoons butter
3 tablespoons flour
1 1/2 cups milk or light cream (half and half)
3 tablespoons of freshly grated Parmesan cheese
2 tablespoons dry white wine
grated Parmesan cheese
parsley sprigs
lemon wedges

In a saucepan melt the butter over low heat. Stir in the flour and continue stirring until the flour is well blended and bubbly. Add the milk and the Parmesan cheese. Stir to blend and continue stirring until the cheese is melted and the sauce thickens. Add lobster and gently stir to distribute. Heat until lobster is hot through. Do not boil.

Spoon lobster into clean dry lobster shells. Sprinkle with Parmesan cheese and place under the broiler for 2 minutes.

Garnish with parsley and lemon wedges.

Serves 4.

A simple dish that is similar to lobster thermador.

MEP

Lobster Thermador

1 medium sized onion, quartered
2 whole cloves
3 quarts water
1/2 cup sliced celery
1 bay leaf
6 lobster tails, 8-10 ounce size
3/4 cup butter
1/3 cup dry white wine
1/3 cup sherry
1/3 cup flour

1 1/2 cups milk
1/2 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon freshly grated nutmeg
Parmesan cheese, grated
3 mushrooms, sliced
1 tablespoon melted butter

Stick cloves into the onion. Put water, onion with cloves, celery and bay leaf in a large pan and bring to a boil. Add the lobster tails and bring to a boil again, skim off the foam, simmer 6 to 8 minutes or until lobster is tender. Drain and cool lobsters.

With kitchen scissors cut along the underside of the shell and pull it off and discard. Remove the lobster meat from the shell and cut into bite-sized pieces. Wipe shells with paper towels to remove any moisture.

Melt 1/2 cup of the butter in a large frying pan add the shells to the butter. Heat for a minute, turning to coat all sides. The lobster flavor permeates the butter and the shells acquire a nice sheen. Remove shells, fan out tail fins and arrange in a shallow baking dish. Add lobster meat to the butter and sauté lightly, stirring. Add wine and sherry and cook down slightly. Set aside.

In another pan, melt the remaining 1/4 cup butter and blend in the flour, stirring to make a roux. Blend in the milk, salt, pepper and nutmeg. Cook, stirring continuously until sauce is smooth and thickened. Pour the sauce over the lobster and mix lightly.

Spoon the lobster mixture into the shells. Sprinkle with Parmesan cheese. Dip the sliced mushrooms in the melted butter and arrange 2 or 3 slices on top of each lobster. Bake at 350 degrees for 10 minutes or until hot. Serves 6.

An excellent recipe. Looks complicated, but it really is not and does not take that much time. -- MEP

Seafood Newburg

2 lobster tails, cooked, about 1 pound

- 3/4 pound Oregon shrimp
- 3/4 pound fresh Dungeness crab
- 7 tablespoons butter
- 1/3 cup flour
- 1 1/2 teaspoons salt
- 1/8 teaspoon cayenne pepper
- 1/4 teaspoon freshly ground nutmeg
- 1 cup milk
- 1 cup heavy cream
- 3 egg yolks
- 1/2 cup dry white wine
- 6 cups hot cooked rice
- parsley, finely chopped
- lemon wedges

Remove cooked lobster meat from shells and cut into large bite-sized pieces. Save shells for garnishing platter. Pick over crab and shrimp to remove any traces of shell. Set seafood aside.

Melt butter in a large sauce pan. Add lobster shells and cook for about 1 minute, turning to coat all sides. Set aside.

Stir flour, salt, cayenne pepper, and nutmeg into melted butter. Cook, stirring constantly, until bubbly. Stir in the milk and cream. Continue cooking and stirring until sauce thickens and bubbles for 1 minute. Remove from the heat.

Beat egg yolks slightly in a small bowl. Stir in the wine. Slowly stir in a generous 1/2 cup of the hot sauce, then stir back into the remaining sauce in the pan. Return to heat and cook slowly, stirring constantly for 1 minute. Fold in the seafood and heat gently for about 5 minutes or until the seafood is heated through.

Place your lemon wedges in the lobster shells. Put the rice in the center of a large platter. Pour the seafood mixture over the rice. Place the lobster shells with the lemon wedges on the platter. Sprinkle parsley over the top. Serve immediately.

Serves 12.

This can be made ahead of time and reheated for a party. It is best if you do not put the seafood in until you are ready to reheat. It seems to break apart too much from the additional stirring.

Any combination of seafood could be used in this dish or any one kind could be used. The original recipe called for scallops in place of the crab, but we like it better with crab.

The last time I made this for a dinner party, I used all lobster and serve it with a cold poached salmon, Oregon shrimp on ice, fresh crab on ice and oysters in the half shell for a seafood buffet. It was Christmas time and everyone was delighted to have the change from roast beef, turkey, and ham.

MEP

Oysters

Le Ruths' Oysters Belle Rive

- oysters
- butter
- Garlic Butter
- Sauce Vienna
- Artichoke Sauce

Heat oven to 400 degrees.

Butter 3 casserole dishes. Cover bottom of casserole with a single layer of raw oysters packed tightly. Cover each dish with a one inch layer of one of the sauces.

Bake at 400 degrees for 20 minutes or until sauces are hot and bubbly.

Serve with rice or pasta.

This is an oyster lovers delight and the makes a spectacular center piece for a seafood buffet.

Can be made as an appetizer by placing 2 to 4 oysters in the bottom of small ramekins for individual servings. Reduce baking time to 10 minutes.

You could make only one sauce, but at Le Ruths' the serve all three as an appetizer.

Garlic Butter

- 2 cups butter

- 2 cups margarine
- 2 teaspoons salt
- 2 teaspoons white pepper
- 1/3 cup olive oil
- 1/2 white wine
- 1/4 cup chopped parsley
- 1/2 cup minced onion
- 10-12 cloves garlic minced

White butter and margarine until light and fluffy. Add salt, pepper, olive oil, and white wine to butter mixture and beat well. Add parsley, onion, and garlic, and beat until almost white in color. Refrigerate.

Sauce Vienna

- 1 quart heavy cream
- 1 bunch green onions chopped
- 4 ounces mushrooms sliced
- 1/2 cup butter
- 1/2 teaspoon salt
- 1/4 teaspoon white pepper
- 1/4 teaspoon cayenne pepper
- 1/4- 1/2 cup white wine
- 1 egg yolk beaten

Reduce cream over medium low heat to 2 1/2 to 3 cups. Cool.

Sauté green onions and mushrooms in butter over medium low heat until mushrooms are just tender. Add salt, white pepper, and cayenne pepper and sauté over medium high heat about 10 minutes stirring constantly.

Remove onion mixture. Deglaze pan with wine. Add cream and bring to a boil. Add onion mixture.

Add small amount of sauce to egg yolk. Add egg yolk to sauce and bring back to a boil. Simmer until thicken slightly. Cool.

Artichoke Sauce

- 2 cups water
- 4 cloves chopped garlic
- 1/2 cup olive oil
- 4 bay leaves
- 2 teaspoons thyme
- 2 teaspoons salt

- 1/2 teaspoon each of red, white, and black pepper
- 20 sliced artichoke hearts (frozen and thawed)
- 1 cup bread crumbs
- 1 cup grated Romano cheese

Place water, garlic, olive oil, bay leaves, thyme, salt, and peppers in a large saucepan and bring to a boil. Add artichoke hearts and bring back to a boil. Add bread crumbs and Romano cheese and cook until heated through. Cool.

JPO

Oysters Bienville

- 1 tablespoon butter
- 8 small mushrooms, thinly sliced
- 1 tablespoon melted butter
- 1 scant tablespoon flour
- 1 small clove of garlic, minced
- 1 teaspoon onion juice
- 1 teaspoon Worcestershire sauce
- 1/8 teaspoon celery seed
- 1/4 cup water or chicken broth
- 1/4 pound Oregon shrimp, chopped
- 1 tablespoon dry white wine
- salt and pepper to taste
- 1 dozen oysters on the half shell
- rock salt
- grated Parmesan cheese
- paprika

Sauté the mushrooms in the butter in a small frying pan. Add the remaining butter. Sprinkle the flour over the mushrooms and stir until the flour bubbles. Add the garlic, onion juice, Worcestershire sauce, celery seed and chicken broth. Stir over moderate heat until the sauce thickens and becomes bubbly. Add shrimp, wine and salt to taste.

Meanwhile place oysters in shells, and set in a shallow pan of rock salt. Broil just until edges curl. Pour any liquid that is the oyster shells into the sauce and stir to blend.

Sprinkle the oysters liberally with Parmesan cheese. Cover with the sauce. Sprinkle with

paprika. Broil 5-8 minutes until bubbly. Do not overcook or the oysters will be tough.

Serves 3 to 4.

If you have oyster lovers coming to your party, this is an excellent recipe. I have tried making it ahead except for the final broiling, but have found that liquid tends to accumulate in the bottom of the shells and detracts from the taste and appearance. However, if you have all the ingredients out and measured and then simply cook at the last minute the recipe can be prepared in twenty minutes or less.

MEP

Oysters in Cream

- 6 thin slices bacon, diced (about 4 ounces)
- 1 tablespoon butter, if needed
- 2 leeks (white part only) thinly sliced (about 2/3 cup)
- 3 dozen fresh oysters (small to medium sized)
toast points

Sauce

- 1/4 cup unsalted butter
- 1/4 cup flour
- 1 cup half and half cream
- 1 cup whipping cream
- 1/2 cup fresh oyster liquor or clam juice
- freshly grated nutmeg
- salt and freshly ground white pepper

Garnishes

- watercress springs
- minced chives
- paprika

Cook bacon in a large skillet over medium low heat until fat begins to render, about 3 minutes. If bacon is lean add the butter or omit butter, if not lean. Increase heat to medium, add leeks and cook until softened and just beginning to color, about 4 minutes. Add oysters, increase heat to medium high and cook, tossing gently, until oysters are just heated through and edges begin

to curl, about 2 or 3 minutes. Cover partially and set aside.

Melt the 1/4 cup of butter in a medium saucepan over medium heat until foamy. Add flour and whisk 3 to 4 minutes. Add half and half, whipping cream and oyster liquor and whisk constantly until smooth, about 1 minute. Increase heat and bring to a gentle boil. Reduce heat and simmer 10 to 15 minutes, whisking constantly. Add oyster mixture to sauce using a slotted spoon. Cook until just heated through, about 5 minutes. Taste and season with nutmeg, salt, and pepper. Spoon evenly over toast, garnish, and serve immediately.

Serves 6.

This is an excellent oyster dish, but very rich, so keep the rest of the dinner light.

MEP

Oysters La Fief

- 2 tablespoons butter
- 1 cup fresh mushrooms, chopped
- 1/2 cup Oregon shrimp
- 1 green onion, chopped
- 1/8 cup snipped fresh parsley
- 1 small clove garlic, minced
- 1/4 teaspoon salt
- 1/4 cup dry white wine
- 1/2 cup cream
- 1/8 cup flour
- 1 dozen small fresh oysters
- 12 oyster shells
- rock salt
- 1/4 cup bread crumbs
- 2 tablespoons melted butter

Melt butter in a medium frying pan. Add mushrooms, shrimp, onion, parsley, and garlic. Sauté gently. Drain oysters and place liquid in a measuring cup. Add wine to make about 3/8 of a cup. Add to mushroom mixture and bring to a boil, then simmer for a minute or so. Using a whisk combine flour with the cream until the flour is completely dissolved. Stir into wine

mixture and cook until thicken and bubbly, stirring constantly.

Arrange shells on a bed of rock salt. Place oysters in shells. Spoon two tablespoons of sauce over each oyster. Sprinkle with the bread crumbs and drizzle melted butter over the crumbs.

Bake at 450 degrees for 10-12 minutes. Be sure oysters are heated through but do not overcook as they will be tough.

Serves 3 to 4.

This recipe is another oyster lovers delight. Have everything ready, but the cooking and prepare at the last minute. This should not be prepared ahead of time and then baked as the oysters seem to absorb the sauce and the crumb topping becomes soggy.

MEP

Oysters Rockefeller

- 20 small oysters in the shell
- 1 bunch parsley
- 1 cup spinach, cooked and well drained
- 1 teaspoon lemon juice
- 1 tablespoon Worcestershire sauce
- 1/2 teaspoon salt
- 2 cloves garlic, minced
- Cocktail Sauce
- 2 tablespoons melted butter
- 1/4 cup cracker crumbs
- 5 slices of bacon, each cut into 8 pieces
- rock salt

Cocktail Sauce

- 1 cup ketchup
- 2 tablespoons lemon juice
- 1 tablespoon Worcestershire sauce
- 1 teaspoon Diable sauce

Open the oysters, leaving them on the half shell. Chop together the parsley and the spinach. Add the lemon juice, Worcestershire sauce, salt, and minced garlic.

Make cocktail sauce by blending all the ingredients. Mix enough of the cocktail sauce into the spinach mixture to form a paste.

Cover each oyster with about 1 tablespoon of the mixture. Melt the butter and pour it over the cracker crumbs. Sprinkle each oyster with crumbs. Place 2 pieces of bacon over each oyster.

Cover the bottom of a baking pan with rock salt. Place the prepared oyster shells on the salt. Broil until the bacon is well browned.

The cocktail sauce will keep indefinitely in the refrigerator. The original recipe called for 1 tablespoon of horseradish in lieu of the Diable, but I prefer it this way.

Serves 4.

This is a classic dish and this is the best recipe I have tried for oysters Rockefeller.

MEP

Salmon

Baked Stuffed Salmon

- 5 pound whole fresh salmon
- fresh Bread Dressing
- 1/2 pound Oregon shrimp
- 1 pint oysters, drained and cut into small pieces
- 1/2 cup finely chopped celery

Add the shrimp, oysters, and celery to the Fresh Bread Dressing and omit the sage.

Fill the cavity of the salmon with the dressing and put the remainder in the bottom of a large oblong baking dish, one that will hold the whole salmon. Place the stuffed salmon on the top. Cover with foil and seal tightly. Bake until the salmon is pink through and the dressing is done.

Bake at 325 degrees for 1 1/2 to 2 hours.

Serves 8 to 10.

This is an excellent way to bake salmon. The dressing bastes the fish and it stays really moist.

I have also used this recipe with steelhead and it is just as superb.

MEP

Barbecued Salmon Steaks

- 4 one inch thick Chinook salmon steaks
- wire barbecue basket that will let steaks to be fastened down securely
- 1/2 cup butter, melted
- 1/4 cup fresh lemon juice
- 1/4 cup dry white wine
- sea salt
- freshly ground pepper
- 2 lemons
- parsley sprigs

Fasten the salmon steaks close together in the barbecue basket, so that they can be turned without slipping. Mix the melted butter, lemon juice, and white wine together. Add ground sea salt and freshly ground pepper to taste.

Take a slice off each end of the lemons so they will sit level. Cut around the middle of each lemon in a saw tooth pattern. Break in half and remove any seeds that are visible.

Barbecue the salmon steaks over a hot fire, turning and basting every three or four minutes. Salmon is delicate so do not overcook or it will be dry. Generally takes 20-25 minutes maximum. The secret to moist steaks is to turn and baste frequently. Use partly mesquite charcoal imparts a good flavor to the steaks.

Turn steaks out on a cookie sheet. Remove the skin and as many of the bones as possible including the center bone. Place the cut lemon halves on the parsley and serve in the center of the two halves of the salmon steak.

Serves 4 to 6.

A Chardonnay (not too oaky) or an Oregon or French Pinot Noir goes very well with the barbecued salmon.

Chinook steaks work best because they have the highest oil content. Silver salmon is not quite as

good. If you use Silver salmon it will be not be as moist.

MEP

Poached Salmon

- 1 whole salmon
- 1 onion, thinly sliced
- 1 lemon, thinly sliced
- 1 cup white wine
- chicken broth

Place salmon on the rack in fish poacher. Place lemon and onion slices in cavity and on top. Pour in white wine. Add enough chicken broth to bring the liquid to the level of the rack.

Bake at 350 degrees until done. Will usually take 45 minutes to an hour and a half depending on the size and thickness of the fish. Do not overcook.

Serve hot with lemon wedges. Can also be served either hot or cold with a variety of sauces such as Cocktail Sauce, Fish Sauce, Sour Cream Dill Sauce, or Cucumber Dill Sauce.

I generally allow about 1/2 pound of fish per person that results in very generous servings. I have also found that the flash frozen salmon will make a good substitute when the fresh is not available. However, regular frozen fish seems to lose some of its texture and flavor.

MEP

Salmon Loaf

- 2 cups cooked, flaked salmon
- 2 eggs
- 1 1/2 cups milk
- 3 cups coarse cracker crumbs
- 2 tablespoons lemon juice
- 2 teaspoons chopped onion
- 1/4 teaspoon salt
- freshly ground pepper to taste

Blend eggs into flaked salmon. Stir in the remaining ingredients. Spoon lightly into a greased 9 x 5 x 3 inch loaf pan.

Bake at 350 degrees for 45 minutes. Garnish with lemon wedges.

Serves 6 to 8.

A good way to use leftover salmon or can be made with canned salmon.

MEP

Salmon Primavera

- 1 medium leek
- 2 medium carrots
- 2 large shallots
- 2 stalks celery
- 2 salmon fillets, skinned
- 3/4 cup fish or chicken stock
- 3/4 cup heavy (whipping) cream
- 3/4 cup fresh peas
- angel hair pasta
- butter
- Parmesan cheese

Julienne leeks, carrots, shallots, and celery to about 1/4 inch by 1/4 inch by 2 inches. Place julienned vegetables in bottom of a large skillet. Place fillets on top. Pour stock over fillets. Bring to a boil, cover and steam for 5 minutes. Remove fish to a warm platter.

Add peas and cream to skillet. Reduce, stirring constantly over medium heat for 4 minutes. Pour vegetables in sauce over the salmon.

Serve with angel hair pasta that has been tossed with butter and Parmesan cheese.

JPO

Salmon Soufflé

- 3 tablespoons butter
- 3 tablespoons flour
- 1 cup milk
- 1 cup flaked, cooked salmon
- salt and pepper to taste
- 3 eggs, separated
- 1/4 teaspoon cream of tartar

Melt the butter in a medium-sized sauce pan. Stir in the flour until blended and bubbly. Add the milk and continue stirring until the sauce is smooth and thickened. Stir in the salmon. Add salt and pepper to taste.

Beat egg yolks until lemon colored. Remove salmon sauce from heat and stir in the egg yolks.

Add the cream of tartar to the egg whites. Beat the egg whites until stiff. Fold the salmon mixture into the beaten egg whites. Pour into an ungreased 1 1/2 quart baking dish.

Set baking dish in a pan. Add hot water until there is an inch in the pan. Bake until puffed and golden brown. Serve immediately.

Bake at 325 degrees for 50 to 60 minutes.

Serves 4.

This is a good way to use leftover salmon or this can be made with canned salmon. Crab or shrimp can be used in place of the salmon.

MEP

Salmon Steaks Baked in Lemon Cream

- 3-4 salmon steaks
- 1 cup heavy (whipping) cream
- 5 teaspoons lemon juice
- 1 tablespoon minced onion
- 1/8 teaspoon salt

Garnishes

- lemon wedges
- parsley
- cherry tomatoes

Arrange salmon steaks in a buttered baking dish in a single layer with some space around each. Mix the cream, lemon juice, onion, and salt together and pour over the steaks.

Bake for 25 minutes at 400 degrees or until fish flakes easily. Remove skin and bones and serve with some of the sauce spooned over each steak.

Garnish each serving with lemon and parsley for added color. I have also used a cherry tomato or two to add color to the plate.

Serves 4.

MEP

Smoked Salmon and Corn Fettuccine

- 1 tablespoon butter
- 2 green onions, sliced
- 1/4 teaspoon dried crushed red pepper
- 2 cups sweet corn (two ears)
- 1 cup cream
- 1/4 pound smoked salmon, crumbled
- 3/4 pound fresh fettuccine
- salt and white pepper

Start a large pot of water boiling for the fettuccine.

Melt the butter in a large skillet over medium heat. Add the green onions and red pepper. Cook for 30 seconds.

Add the corn and cook for another two minutes.

Add the cream and salmon and bring to a boil. Meanwhile, start cooking the pasta. Boil the sauce until slightly reduced. Season to taste with salt and white pepper.

Drain the pasta as soon as it is cooked. Add it to the skillet and toss to coat. Serve immediately.

Serves 2.

RGP - Beer Cuisine by Jay Harlow

Smoked Salmon Pasta

- 1 1/2 cups whole wheat rotini, or other pasta
- 1/4 cup basil pesto
- 2 tablespoons olive oil
- 3 green onions, diced
- 2 cloves garlic, minced
- 4 ounces hot-smoked salmon, crumbled
- 1/2 cup corn
- 4 oil-packed sun-dried tomatoes, diced
- 1/4 teaspoon red pepper flakes

- 1 bunch fresh spinach, washed, separated (stems removed), and dried, sliced into 1" ribbons

- 1/2 lemon, juice of

Cook the pasta according to the directions. When it is done, drain it, then toss it in a bowl with the pesto.

When the pasta is almost done, heat the olive oil in a skillet on medium-high. Add the green onion and garlic, and sauté until aromatic, about 30 seconds. Add the salmon, corn, and tomatoes. Sauté, stirring constantly, until heated thoroughly, about 3 minutes. Add the red pepper flakes to taste. Set aside.

In the same skillet used to prepare the salmon, add a bit more olive oil if necessary, then add the spinach and sauté until just wilted. Add the lemon juice.

To serve: place the spinach on the plates or in shallow bowls, add the pasta on top of the spinach, then top with the salmon mixture.

If you want, some basil leaves and/or toasted pine nuts can be added as an extra touch.

Serves 2-3

RGP

Scallops

Linguine with Scallops

- 1 pound fresh bay scallops
- juice of half a lemon (about 2 tablespoons)
- 1 tablespoon fresh parsley, chopped
- 1 large clove garlic, chopped
- 1/2 teaspoon freshly grated nutmeg
- 1/2 teaspoon ground ginger
- salt
- freshly ground white pepper
- 1 pound linguine
- 5 tablespoons butter
- 1/4 cup whipping cream
- 1/4 cup freshly grated Parmesan cheese

finely chopped fresh parsley for garnish, optional

Bring salted water to a boil for the pasta.

Wash scallops thoroughly under cold water and drain well. Place scallops in bowl and add lemon juice. Add parsley, garlic, nutmeg, ginger, salt and white pepper to scallops. Toss well. Let scallops sit in marinade at room temperature until ready to cook.

Cook linguine for 7 or 8 minutes or until cooked al dente.

Meanwhile, melt butter in skillet over medium heat. Drain scallops and sauté them 3 or 4 minutes, making sure to coat well with butter. Add cream and reduce, 1 minute. Taste and add salt and pepper if needed. Add linguine to scallop sauce, blend thoroughly and cook stirring for 2 minutes.

Place linguine with scallops on a platter and distribute the scallops as evenly as possible. Parmesan cheese can be placed on top or served on the side. Romano or a mixture of Parmesan and Romano works just as well.

The dish has a bland appearance, so I added fresh finely chopped parsley to the top. I also found I liked it better if I left the scallops in the marinade for at least an hour. Broccoli Salad goes well with this dish.

MEP - Great Meals in Minutes - Pasta Menus

Seared Scallops with Tarragon Cream

- 1 1/2 pounds large sea scallops
- 1 tablespoon olive oil
- 1 1/2 teaspoons butter
- 1 tablespoon flour
- 1 cup low fat milk
- 2 tablespoons chopped fresh tarragon

Pat scallops dry. Sprinkle with salt and pepper. Heat oil in heavy large skillet and cook over medium high heat until brown on the bottom. Turn scallops over and cook until opaque in the center. Transfer scallops to plate and tent to keep warm.

Reduce heat to medium. Melt butter in same skillet. Add flour, stir 1 minute. Gradually whisk in milk. Simmer until thicken and smooth, stirring often. Stir in tarragon and any juices from the scallops on the plate. Season with salt and pepper. Spoon onto plates. Arrange scallops, brown side up, atop the sauce.

Serves 4.

Quick and easy and low calorie too, yet a great taste. I like to put the sauce over rice and then the scallops.

Remember a teaspoon of dried herbs is equivalent to a tablespoon of fresh herbs.

MEP - Bon Appetit

Shrimp

Beer Batter Fried Shrimp

- 1 cup flour
- 1/2 tablespoon salt
- 3/4 teaspoon garlic powder
- 1/2 teaspoon baking powder
- 3/4 cup beer
- oil for frying
- 24 medium shrimp

Combine the flour, salt, garlic powder, and baking powder in a medium bowl. Add beer and whisk until smooth. Cover and chill for 30 minutes. Whisk again, then let stand in the refrigerator until ready to use.

Heat oil to 375 degrees. De-vein and clean shrimp and pat dry. Holding shrimp by the tail, dip each one into the batter until the meat is completely covered. Fry in batches until golden brown. Be sure oil has returned to 375 degrees before putting in a new batch. Drain on paper towels.

Serves 3 or 4.

Any type of seafood can be prepared with this batter. Besides the shrimp, bottom fish is very good this way. The batter can also be used for mushrooms or for veggies.

I particularly like beer batter because it is light and the beer adds an interesting taste to the shrimp.

MEP

Greek-Style Shrimp

- 6 plum tomatoes, poached
- 3 tablespoons olive oil
- 3 tablespoons butter
- 3 shallots, chopped
- 3 cloves of garlic, chopped
- 1/2 cup dry white wine
- 1/2 cup chicken broth
- 1 teaspoon oregano
- 1 teaspoon of arrowroot water
- 1 pound uncooked medium shrimp, peeled and cleaned
- salt and fresh ground pepper to taste

Poach the tomatoes until just soft, drain and quarter.

Sauté the shallots and garlic until tender. Add the wine, broth, and oregano to the shallots and garlic and stir until mixture is hot. Dissolve the arrowroot in water to form a smooth paste. Stir the arrowroot paste into the broth and continue stirring until smooth and thickened. Add the cleaned shrimp and cook until just tender. Add the hot tomatoes and stir until just heated through.

Serve over rice or pasta.

This is my adaptation of a Bon Appetit recipe when I made this dish without the recipe.

MEP

Hunan Shrimp Fried Rice

- 8 ounces shrimp, in shells
- 2 eggs
- 3 tablespoons oil
- 1 bunch broccoli
- 2 green onions
- 3 cups cooked rice, room temperature

- 1/2 teaspoon salt
- 1 tablespoon soy sauce
- 1 tablespoon sweet chili sauce

To prepare ahead: Shell, de-vein, rinse, drain, and dice shrimp. Sprinkle with salt and pepper and set aside. Peel broccoli stem and dice. Measure one cup of diced stem. Chop green onions. Beat eggs together.

To cook: Heat 1 tablespoon of oil in a wok over high heat. Add the shrimp and stir-fry for one minute. Add broccoli. Continue to stir for a few seconds. Transfer contents to plate.

Wipe the wok clean. Heat 2 tablespoons oil over high heat. Add green onion and eggs. Stir-fry for about 20 seconds, until the eggs are mostly but not completely set.

Add rice and stir briskly for 2 minutes.

Return shrimp and broccoli to wok. Add remaining ingredients. Mix well and serve.

Serves 4.

RGP - Dorothy Huang Cooking Class

Shrimp and Pea Pod Stir-Fry

- 1 pound medium-size shrimp (43-50 per pound)
- 1/4 pound edible-pod peas
- 2 tablespoons soy sauce
- 1 tablespoon minced fresh ginger
- 1/4 cup dry sherry or water
- 1/4 cup rice vinegar
- 1 1/2 teaspoons corn starch
- 2 tablespoons salad oil
- 1 cup sliced mushrooms
- 1 clove garlic, minced
- 3 cups hot cooked rice
- 1/4 cup thinly sliced green onion

Peel and devein shrimp. Remove ends and strings from peas. In a small bowl, mix together, soy sauce, ginger, sherry, vinegar, and corn starch.

Place a wok on high heat and add 1 tablespoon oil. When oil is hot, add mushrooms and garlic.

Stir-fry until mushrooms are lightly browned, about 4 minutes. Pour mushrooms and garlic into a bowl. Add 1 more tablespoon oil to wok. When hot, add shrimp and stir-fry until pink and opaque in center when cut, about 3 minutes. Return mushroom mixture to pan with peas and soy mixture. Stir until sauce boils. Serve over a bed of rice. Garnish with green onions.

Serves 4.

MEP

Shrimp Étouffé

- 2 pounds shrimp
- 1 cup butter
- 3 cups chopped green onions
- 1 tablespoons paprika
- 6 tablespoons of flour
- 2 cups chicken broth, preferably homemade that is hot salt and pepper or Creole (Cajun) seasoning
- 1 cup chopped green onions
- 1/2 cup fresh chopped parsley

Melt butter, flour, and paprika in a medium saucepan. Cook ten minutes stirring constantly. Add 1 1/2 cups of green onions and cook 5 minutes. Add 1/2 cups green onions and cook 5 minutes. Add chicken broth, shrimp, and seasoning. Cook 10 minutes. Add remaining green onions and parsley and cook 10 minutes.

Serve over steamed rice or your favorite pasta. A very rich dish.

Serves 4.

This is Jeanette's recipe and was originally done with crawfish. This recipe can also be done with lobster, prawns or scallops.

Rice is the perfect accompaniment for this dish. The dish is rich, but not overpowering and a sauvignon blanc or a light chardonnay goes well with the étouffée.

JPO

Shrimp Lo Mein

- 8 ounces shrimp
- 1/4 teaspoon white pepper
- 5 ounces Lo Mein noodles

Noodle Dressing

- 1/4 teaspoon salt
- 1 tablespoon soy sauce
- 1 teaspoon sesame oil
- 1 tablespoon oil
- 1 1/2 teaspoons chopped garlic
- 1 teaspoon minced fresh ginger root
- 1 cup sliced barbecued pork
- 1 cup canned baby corn
- 1/2 cup straw mushrooms
- 1 cup mung bean sprouts
- 1 cup sliced bok choy
- 1 cup chicken broth
- 1 tablespoon cornstarch, dissolved in 1 tablespoon water
- 1 tablespoon soy sauce
- 1 tablespoon oyster sauce
- 2 green onions, cut into 1 inch pieces diagonally

Shell and de-vein shrimp. Mix with white pepper. Let stand for 30 minutes.

In a 4-quart saucepan, bring 2 quarts water to a boil over high heat. Add noodles and disperse with chopsticks or a fork. Cook uncovered for 3 to 5 minutes. Drain and rinse with cold running water. Drain again. Transfer to a mixing bowl. Add the noodle dressing ingredients and mix well. Remove to a serving platter.

Heat 1 tablespoon oil in a wok over high heat. Add garlic, ginger, and shrimp. Stir-fry for 1 minute.

Add the pork, all of the vegetables, and the chicken broth (i.e., the next six ingredients). Bring to a boil.

Add the remaining four ingredients. Stir to thicken. Pour over noodles and serve.

Serves 2.

RGP - Dorothy Huang Cooking Class

Shrimp Scramble

- 2 tablespoons butter
- 1 tablespoon green onion, chopped including tops
- 1/2 cup Oregon shrimp
- 1/4 cup sliced mushrooms
- 4 eggs, well beaten
- salt and pepper to taste

Sauté onion, mushrooms, and shrimp in butter until onions are transparent. Add salt and pepper to beaten eggs. Pour eggs over shrimp mixture and cook until eggs are done, stirring gently. Serve immediately.

Serves 2.

A quick and easy main dish. Also makes a good brunch.

MEP

Shrimp Supreme

- 1 pound fresh mushrooms, sliced
- 2 tablespoons butter
- 9 hard boiled eggs, deviled, 18 halves
- 2 pound fresh Oregon shrimp
- 4 tablespoons butter
- 4 tablespoons flour
- 2 cups milk or light cream
- 2 cups mild cheddar cheese, grated

Sauté the sliced mushrooms in the 2 tablespoons of butter. Layer the mushrooms in the bottom of an 11 x 7 inch baking dish. Place the 18 deviled egg halves on top of the mushrooms. Spread the shrimp over the top of the deviled eggs.

Make a mild cheese sauce by melting the 4 four tablespoons of butter in a saucepan. Stir in the flour and continue stirring until smooth and bubbly. Add the milk or light cream and stir continuously until the sauce is smooth and has thickened. Stir in 1 cup of the grated cheese. Continue stirring until the cheese is melted. Pour the sauce over the shrimp.

Sprinkle the remaining cup of grated cheese over the sauce and bake in a moderate oven.

Bake at 350 degrees for 30 minutes.

Serves 8 to 10.

I like to make the sauce with 1 cup of milk and 1 cup of light cream. This dish is very rich and it is almost too much if you use all cream.

This makes a great luncheon dish. Serve with a green vegetable and a roll along with a light simple desert for a complete luncheon.

MEP

Shrimp with Browned Garlic

- 2 tablespoons olive oil
- 2 large cloves garlic, peeled and minced
- 1/2 pound medium raw shrimp, peeled and deveined
- freshly ground pepper, to taste
- 1 tablespoon lemon juice
- 1 teaspoon chopped fresh parsley

Heat the oil in a skillet over low heat. Add the garlic and cook until light brown, about 3 minutes. Add the shrimp in one layer, and top with a generous amount of pepper. Cook until the shrimp is opaque, about 4-5 minutes, turning halfway through. Transfer the shrimp to a bowl with a slotted spoon. Add the lemon juice to the pan and stir up any stuck bits. Pour the mixture over the shrimp. Sprinkle with parsley.

Serves 2.

RGP

Stir-Fried Shrimp with Eggs

- 1 pound medium shrimp in shells
- 3/4 teaspoon salt
- dash white pepper

Egg Mixture

- 1/4 teaspoon salt
- 4 eggs
- 2 green onions, chopped
- 2 tablespoons water
- 5 tablespoons oil
- 2 slices peeled ginger root

To Prepare Ahead

Shell, devein, rinse, and drain shrimp. Sprinkle with salt and pepper and mix well. Refrigerate for 30 minutes or longer. In a mixing bowl combine egg mixture and hand beat for 1 minute.

To Cook

Heat 2 tablespoons oil in wok over high heat. Pour in egg mixture, stirring for about 1 minute. It should be very soft and a little creamy. Remove from wok.

Heat 3 tablespoons oil over high heat. Add ginger root. After 20 seconds, add shrimp. Stir-fry for about 3 minutes or until shrimp turn pink. Discard the ginger root.

Return eggs to the wok, mix well, and serve.

Serves 2 or 3.

MEP - Dorothy Huang's Chinese Cooking

White Fish

Cheese Baked Halibut

- 1 large halibut fillet, to serve 6 to 8
- 2 tablespoons butter
- 2 tablespoons lemon juice
- 1/4 cup butter
- 1/4 cup flour
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1 teaspoon dry mustard
- 2 cups milk
- 1 cup shredded Cheddar cheese
- 3 tablespoons freshly grated Parmesan cheese
- 1/2 cup shredded Cheddar cheese
- 2 hard boiled eggs, sieved

Fry fish in butter until fish flakes when tested with a fork. Place fish in a 9 x 13 inch baking dish and sprinkle with the lemon juice.

Meanwhile in a 2 quart saucepan melt the butter. Stir in the flour, salt, and dry mustard.

Stir constantly until mixture is bubbly. Remove from heat and stir in the milk gradually. Return to medium heat and stir constantly until mixture thickens. Remove from heat and stir in the 1 cup of Cheddar cheese. Continue stirring until cheese melts. Pour cheese sauce over fish.

Top cheese sauce with the remaining 1/2 cup of Cheddar cheese and the Parmesan cheese. Bake until sauce is browned and cheese on top is melted. Sprinkle with sieved eggs just before serving.

Bake at 350 degrees for 20 minutes.

Any bottom fish can be used in this recipe.

MEP

Deep-Fried Bottom Fish

- 2 pounds firm bottom fish such as Ling cod or halibut
- flour
- salt and pepper to taste
- 2 eggs
- 1 tablespoon water or dry white wine
- fine bread crumbs

Cut fish into approximately 2 inch cubes being sure there are no bones.

Place flour which has been seasoned with salt and pepper on a plate. Beat eggs with 1 tablespoon water or wine and place in a shallow bowl. Place bread crumbs on a plate.

Dip fish first in flour, then in the beaten egg, and then in the bread crumbs. Place on a platter and cover with waxed paper and refrigerate for at least an hour. Refrigerating helps to keep the breading on the fish.

Heat cooking oil to 375 degrees. Have oil deep enough to cover the thickest pieces. Place a single layer of the fish cubes in the hot oil and cook until golden brown. Continue until all the fish has been cooked.

Remember to be sure your oil is back to 375 degrees before adding the next batch. If oil is

not hot enough fish takes too long to cook and is tough and the coating is soggy.

Serves 4.

This is the fish part of fish and chips. We usually make our chips from unpeeled potatoes and do them first in the hot oil and then the fish, so the chips do not absorb the fish taste. This works well with fresh fish or flash frozen, but does not seem to be good with frozen fish.

MEP

Sole Meuniere

- 1 lemon
- 1 pound boned, skinned, sole fillets
- salt
- 1/4 cup all-purpose flour
- 4-5 tablespoons butter
- 2 tablespoons drained capers
- 3 tablespoons lemon juice
- 1/4 cup minced parsley
- fresh ground white pepper

Rinse lemon, remove peel and white membrane. Thinly slice crosswise, discarding seeds and ends.

Rinse sole and pat dry. If fillets are longer than 6 or 7 inches, cut in half crosswise. Sprinkle each fillet lightly with salt. Coat on all sides with flour, shake off excess, and lay pieces side by side on a sheet of plastic wrap.

In a 12-14 inch frying pan over medium-high heat, melt two tablespoons butter, when hot lay as many pieces of sole as will fit without crowding. Cook until browned on the bottom, about 2 minutes, turn and brown the remaining side. Transfer pieces to platter and keep warm. Melt another 1-2 tablespoons of butter and brown the remaining fillets.

Wipe skillet clean and return to medium-high heat. Add 2 tablespoons butter and the capers. Stir until butter is melted. Add lemon juice, remove from heat and stir in about 3 tablespoons of parsley. Scrape butter mixture over fillets.

Garnish with remaining parsley and lemon slices.

Sole in Mushroom Sauce

- 2 tablespoons butter
- 1 cup mushrooms, sliced
- 1 cup sour cream
- 1/4 teaspoon thyme
- 1/4 teaspoon oregano
- 1/4 teaspoon sweet basil
- 1/4 teaspoon marjoram
- 3 tablespoons dry white wine
- 1 tablespoon lemon juice
- 2 tablespoons butter
- 1 pound of sole fillets
- salt and pepper to taste

Garnishes

- parsley sprigs
- lemon wedges

Sauté mushrooms in 2 tablespoons butter. Remove with a slotted spoon and place in a small bowl. Add sour cream, thyme, oregano, basil, marjoram, wine, and lemon juice and blend together.

Melt the remaining 2 tablespoons of butter in a frying pan large enough to hold the fillets in a single layer over low heat. Place fish fillets in melted butter and pour sour cream mixture over the fish. Cover and simmer gently for about 7 minutes or until fish flakes easily. Remove fillets to a warm platter. Taste sauce and add salt and pepper as needed.

Pour sauce over fillets and garnish with parsley and lemon wedges.

Serves 3 to 4.

MEP

Sole Stuffed with Crab

Sole Farcie au Crab

- 8 skinless, boneless fillet of sole
- salt and pepper to taste
- 1 cup Dungeness crab meat

- 1 egg yolk
- 2 tablespoons finely chopped parsley
- 1 tablespoon fine, fresh bread crumbs
- 4 tablespoons melted butter
- 2 tablespoons finely chopped shallots
- 1/2 cup dry white wine

Preheat the broiler.

Sprinkle the fillets with salt and pepper. Place four fillets, skinned side up, on a flat surface.

Blend the crab, egg yolk, parsley, and bread crumbs in a bowl. Center equal portions of this filling on the top of the fillets on the flat surface. Smooth the filling over leaving a little margin on each.

Arrange the remaining four fillets, skinned side down, over the fillings. Press lightly around the sides.

Rub the bottom of a baking dish with half the butter. Arrange the stuffed fish in the baking dish. Sprinkle the shallots around the fish.

Melt the remaining butter and brush the fillets with it. Pour the wine around the fillets.

Place the baking dish on the stove and bring the wine to a boil. Let simmer about 15 seconds. Place under the broiler about 7 or 8 inches from the broiler. As it cooks, watch closely to prevent burning. Turn the baking dish so that the fish broils evenly. Total broiling time is about 6 to 8 minutes.

Serves 4.

MEP - 60 Minute Gourmet

Sole with Shallots in Cream

- 1/4 cup finely chopped shallots
- 2 teaspoons finely chopped parsley
- 1/4 pound mushrooms sliced
- 1 pound sole fillets
- 1/2 cup dry white wine
- salt and pepper
- 1 cup whipping cream

Garnishes

parsley sprigs

cherry tomatoes

Arrange shallots, parsley, and mushrooms over the bottom of a large frying pan. Lay sole fillets on top of this mixture overlapping as little as possible. Pour wine over the fish. Cover the pan and bring quickly to a boil.

Reduce heat and simmer gently for 3 to 5 minutes or until fish turns opaque and flakes easily. With a wide spatula carefully transfer fillets to a hot serving dish and keep warm. Salt and pepper the fillets to taste.

Add cream to the frying pan and boil rapidly until sauce is reduced to about the consistency of a medium white sauce and takes on a pale golden color. Watch carefully as sauce scorches if reduced too much. Season with salt and pepper to taste. Pour sauce evenly over fillets and garnish with parsley sprigs and tomatoes.

Serves 4.

Do not leave off the garnishes or the dish will really have a bland appearance.

MEP

Tuna Burgers

- 1 can tuna fish
- 1 cup chopped celery
- 1/4 cup mayonnaise
- 1 teaspoon finely chopped onion
- 1 tablespoon finely minced parsley
- 6 slices of cheese
- 3-6 hamburger buns

Mix tuna, celery, mayonnaise, onion, and parsley together thoroughly.

Split hamburger buns and lay out on a cookie sheet. If you want open-faced used three buns, if a regular burger use all six.

Put tuna mixture on six halves. Place in a 450 degree oven for 5 minutes. Place cheese slices on other half of buns or on top of tuna mixture if doing open-faced and return to oven. Leave just until cheese is melted.

Serves 6.

This is a good substitute for hamburgers. Makes a good lunch or dinner for small children. The bigger the child the bigger the bun. I served these for a birthday party when Jeanette was five and put them on mini burgers and also made mini hot dogs in buns. The children really appreciated having a size that suited them.

MEP

White Fish in Mushroom Sauce

- 4 serving size fillets of any firm white fish
- 2 tablespoons butter
- 1 cup sliced mushrooms
- 2 tablespoons butter
- 2 tablespoons flour
- 1 cup milk
- 2-3 stalks celery, chopped
- 1/4 cup Cheddar cheese, grated
- salt and pepper to taste

Sauté the mushrooms in 2 tablespoons butter in a medium frying pan. Add the remaining two tablespoons of butter. When the butter is melted sprinkle the flour over the mushrooms and stir to blend. Add the milk and continue stirring until sauce is smooth and has thickened.

Place 1/2 the sauce in bottom of a 11 x 7 inch baking dish. Sprinkle fillets with salt and pepper to taste. Place fillets on top of sauce. Spread the remaining sauce over the top of the fillets. Sprinkle with the chopped celery and then the cheese. Bake until the fish flakes readily with a fork and the sauce bubbles.

Bake 30-45 minutes at 350 degrees.

Serves 4.

If you are in a hurry you can substitute a can of mushroom soup diluted with 1/2 cup milk for the mushroom sauce.

MEP