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Cooking

CRAWFISH & OTHER CRUSTACEANS

Edited by
Chef Jack Wilson

A demitasse collection of
Seafood Recipes

presented by

FRANKLIN PRESS
F E D E R A L C O P E S

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DEDICATION

This book is dedicated to the fabulous employees of Franklin and Federal who have brought us to a level of excellence second to none.

A special thank you to Chef Jack Wilson
for his assistance in creating an outstanding cookbook.

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WHAT IS LOUISIANA COOKING?

South Louisiana is bounded by the Gulf of Mexico to the south, Texas to the west, the Mississippi on the east, and in the north by Alexandria. The Atchafalaya River in the west, the mighty Mississippi in the center, the lakes, bayous and swamps have given us an abundance of seafood, wildlife, vegetables and fruit. Louisiana cooking reflects the influence of the geographical location and its cultural diversity, with a population composed of Cajuns, Creoles from New Orleans, Spanish, Germans, Irish, South and Central Americans, and English planters. The bayou and gulf waters are filled with an abundance of shrimp, crab, crawfish, oysters and a variety of fish. We hunt for deer and frog legs; and in the winter, ducks and geese flying south. Our land produces eggplants, okra, peppers, yams, the best of navel oranges and Creole tomatoes. Sugar cane and rice are staple crops along with cattle and hogs.

LAGNIAPPE

We offer as *lagniappe* some recipes that are not seafood but a part of Louisiana cooking. What is *lagniappe*? It is something extra. When I went to the grocery for my mother, the groceryman gave me a stick of peppermint candy. That was my *lagniappe*.

Lagniappe could include a little more than a pound of meat, 13 doughnuts, or free hambones.

Editor's note: This cookbook includes a collection of many of my favorite recipes from chefs, friends, restaurants, and some that I have cooked for years. I have identified sources when I can, but some of these recipes are such old friends that I can't remember where I got them. Please accept my apology and special thanks to you for giving me your treasures.

Jack Wilson
Editor

Red Beans and Rice

1 lb. dry red beans

1 lb. ham or smoked sausage (diet/low-fat, use turkey, ham or sausage)

2 qts. hot water

1 cup onions, chopped fine

1 cup celery, chopped fine

1/2 cup bell peppers, chopped fine

1/2 tsp. salt

1/2 tsp. black pepper

1 tsp. red pepper

1 bay leaf

You may use salt and pepper to your taste.

In a large pot soak beans overnight, drain thoroughly. In a pot add meat, onions, celery, bell peppers, and all of the ingredients but beans. Bring to a boil. Add beans, cover with water and cook over medium heat about two hours. Stir and mash beans frequently. You may need to add water a little at a time because you can't take it out.

Lagniappe

Why is red beans and rice served on Monday in a lot of Louisiana restaurants? Because Monday was wash day. The cook or housewife could put the pot of beans on the stove and it did not have to be watched. She would then do the laundry. Since ham was served all week long, on Monday there was a good hambone so it would be added. With some good French bread, it was a good meal.

Duck l'Orange

4 ducks

Salt, pepper, and flour

2 onions, coarsely chopped

2 cloves garlic, chopped fine

1 bell pepper, chopped

1 cup sherry

1 cup orange juice

5 slices bacon

2 cups water

1/4 cup Grand Marnier liqueur

Mushrooms

The day before you cook the ducks, make slits in duck's breast with sharp knife, insert garlic in slits. Rub duck with salt and pepper; stuff the cavities with onions and bell peppers. Place the ducks in a pyrex dish large enough to hold four ducks. Place ducks breast down; add remaining onions and bell peppers. Pour the sherry over the ducks. Cover and refrigerate overnight. The next day, drain and save the marinade. Dust the ducks with flour and set aside. Cook bacon in large iron pot until crisp. Drain bacon. Put aside. Brown ducks well and remove; add onions and pepper. Cook until wilted. Pour in marinade, orange juice, Grand Marnier and water. Add bacon. Bake covered in preheated oven at 350 degrees for 2 hours until tender. Baste occasionally. Add more water if gravy becomes too dry. Thirty minutes before taking out of oven, add mushrooms.

Venison Roast

1(4-5 lb.) venison roast

2 large onions, sliced

5 cloves garlic, chopped

2 bell peppers, chopped

2 stalks celery, chopped

4 carrots, chopped

1 tbsp. black pepper

1 cup water

1 cup red wine

2 tbsp. Worcestershire sauce

Combine all ingredients and marinate roast for 24 hours, turning frequently. Bake covered at 350 degrees 3-4 hours.

Asphodel Bread

In Memory of Nootsie Couhig

5 cups biscuit mix

1/4 cup sugar

1/2 tsp. salt

2 cups warm milk

1-1/2 envelopes yeast

4 eggs

1/4 tsp. cream of tartar

In a large bowl, combine biscuit mix, sugar and salt. Soften yeast in milk which has been warmed to 125 degrees. Beat eggs with cream of tartar. Combine yeast, milk and eggs and pour into dry mixture. Stir in and set aside in warm place, covered, until double in bulk. Fill in two greased and floured pans about halfway. Set aside until double. Bake at 350 degrees for approximately 30 minutes. Makes two loaves.

This bread is served at Asphodel Restaurant in Jackson, La. Thanks, Nootsie, for all of your cooking tips.

THE BASIS OF MOST LOUISIANA DISHES IS THE ROUX

Roux

Many of the recipes you will find on the following pages call for a roux. Just in case you're wondering, this is a basic roux recipe.

Equal parts cooking oil and flour.

Over a very slow heat, constantly stir the mixture until it reaches the shade of brown you desire. The mixture should be of a peanut butter consistency. Roux keeps well and for long periods of time in a closed jar in the refrigerator.

Microwave directions:

Use Corningware or similar glass container. Cook on high for three 1-minute intervals, stirring each time. Change time to 30-second intervals or less until desired browning is reached.

Bread Pudding

8 slices of bread (or one loaf of stale French bread)

4 cups milk

4 eggs

2 cups sugar

1/2 stick margarine

1 tbsp. vanilla

1-1/2 cups fruit cocktail

Whiskey Sauce (Recipe follows.)

Soak bread in milk. Mix well with hands until well blended. Beat together sugar and eggs. Add to milk and vanilla. Mix all this together with bread and fruit. Melt margarine and spread over bottom of baking pan. Pour pudding into pan. Bake at 300 degrees in preheated oven 30 to 45 minutes. Serve with Whiskey Sauce, below.

Whiskey Sauce

1/2 cup sugar

1 stick butter

8 tsp. bourbon (preferred Maker's Mark or Rebel Yell, even Jack Daniels)

Combine sauce ingredients in saucepan and cook until well dissolved. Add bourbon. Serve warm over bread pudding.

Asphodel Lemon Pie

(Only Louise could make it just right.)

One 9-inch baked pie shell

1 can condensed milk

2 large eggs, separated

1/2 cup lemon juice (fresh)

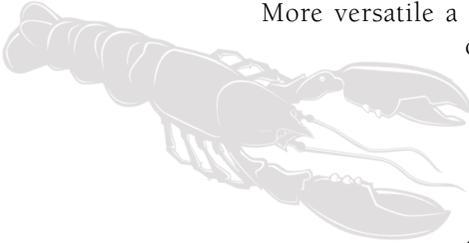
1 teaspoon grated lemon rind

Beat egg yolks until well broken but not frothy. Stir in condensed milk until thoroughly mixed. Add lemon juice and rind and mix well. Beat egg whites with a pinch of cream of tartar until fairly stiff and fold into filling for a lighter pie. Spoon into pie shell. Then top with whipped cream.

CRAWFISH

The plump, armored crawfish, inland cousin of the lobster, thrives and multiplies in the swampy bayous of Louisiana and provides the main ingredient for dozens of treasured recipes handed down for generations, and seasoned with the herbs and spices found in abundance in our state.

Cajun housewives, Creole chefs and Negro cooks have filled the kitchens of coastal Louisiana with the fragrant, pungent aroma of cooking crawfish each spring for some two centuries.



More versatile a treat than shrimp and more easily obtained, the crawfish is found in bayous, lakes, ditches and swamps, and today is carefully cultivated in many a backyard pond.

The species of crawfish native to Louisiana was known in early times to the Indians living on the lowlands skirting Louisiana's Gulf coast and was an important source of protein to such tribes as the Houmas, who inhabited what is now Terrebonne Parish.

Not long after the founding of New Orleans, French gourmets, ever on the alert for new taste treats, discovered this same crawfish to be a delectable delicacy for the table.

Crawfish bisque became a favorite dish in the homes of early Acadians. Like gumbo, it was fashioned lovingly with ingredients available almost at the doorstep: bay leaf, onions, garlic and thyme. The succulent tail meat of the crawfish was minced with the spicy condiments, stuffed back into the scrubbed heads and simmered into an unmatched delicacy.

Down the bayou, when the first signs of spring make their appearance, probably the most speculated subject among the good Cajun folks is whether there is the right amount of water in the swamp to produce a good crop of crawfish. The Cajuns think of them as *écrevisses*—and other Louisianians may refer to them as crawfish, crayfish, or “mudbugs”—but no matter what the name, they're delicious springtime eating.

A growing demand for crawfish has brought about the development of an ever more important industry in Louisiana. Sugar farmers, rice farmers and cattlemen throughout the Southern portion of the state are flooding idle fields to create ponds for the cultivation of crawfish.

The Atchafalaya Floodway, constructed by the U.S. Corps of Engineers after the disastrous flood of 1927 to contain floodwaters of the great Atchafalaya River, has also played an important role in the development of the crawfish industry.

There was, practically speaking, no crawfish industry prior to construction of the floodway. Crawfishing was a family endeavor, and the catch sold commercially only by those who had gathered more than could be consumed at home, and then the surplus was peddled at the doors of neighbors.

The floodway embraces many a low-lying parish in the land of the crawfish. Conditions within the floodway are particularly conducive to their growth and multiplication.

In south Louisiana two kinds of crawfish are important in commercial marketing: the red crawfish which thrives in the shallow water of ponds, ditches and marshes, and in deep floodway waters, where they grow larger; and the white crawfish, found mostly in swift-flowing streams, which is less plentiful than its red cousin.

Crawfish farmers and processors of Louisiana are reveling in the financial consequences and opportunities afforded by the increasing national and international demand for the savory little cousin of the lobster.

Boiled Crawfish

Louisiana is crawfish country . . . and Franklin Press has been a part of Louisiana and its traditions for over 70 years. In continuing the tradition of being neighborly, we started boiling crawfish for religious, civic and business groups several years ago. The increasing demand for our expertise in preparing the delicious mudbugs became a monumental task for Bill Racca, our resident Cajun chef at Franklin Press. In 1973, Bill designed, built and patented a portable crawfish boiling rig to cook 1,000 pounds in one boil. Our crawfish rig has travelled the highways and byways of Louisiana boiling over 100,000 pounds of crawfish per season for ten years.

Bill Racca was declared “Crawfish King of Louisiana” by the House of Representatives and the Senate in 1976.

Below, Bill shares his recipes with you:

45 Pounds

*45 lbs. live crawfish (1 sack), purged**

2 boxes salt

1 qt. crab boil

12 quartered onions

1/4 lb. red pepper

1/2 lb. black pepper

1 quart lemon juice

Combine seasonings in 10 gallons of water (or just enough to cover crawfish). Bring to a boil and add crawfish. Return to a boil. Cut fire and add 1 qt. lemon juice. Let the crawfish soak for 35 minutes, stirring occasionally.

**To purge, or cleanse, soak live crawfish in salt water for several hours.*

1,000 Pounds

1,000 pounds live crawfish

200 lbs. salt

2 gal. crab boil

60 lbs. onions

8 lbs. red pepper

10 lbs. black pepper

8 quarts lemon juice

Combine seasonings in 9 inches of water. Bring to a boil and add crawfish. Return to a boil. Cut fire and add 8 quarts lemon juice. Let the crawfish soak for 35 minutes, stirring occasionally.

Crawfish Étouffée No. 1

5 lbs. raw crawfish tails & fat

3 cups chopped onions

1 cup celery, chopped

3/4 lb. butter or oleo

2 cups bell peppers, chopped

2 tbsp. garlic, chopped

2 tbsp. tomato paste

1 cup water

Sauté ingredients with 3/4 lb. of butter or oleo till tender—including the tomato paste. Add crawfish fat and 1 cup of water. Let simmer for about 20 minutes. Add crawfish tails and season to taste. It takes a lot of salt. Use red pepper, some Tabasco, and a dash of Lea & Perrins. Bring to a good simmer (boiling), then lower heat and slowly simmer for about 20 minutes—stir the mixture but don't work the crawfish tails. A large flat sauce pan would be the best. If mixture comes out a little dry, you may add a little more water or oleo—but wait until after the crawfish tails have cooked as they give off their own juices while cooking. Green onions and parsley may be added just before serving.

Crawfish Étouffée No. 2

2 lbs. crawfish tails
2 cups fat
2 onions - medium size
1 tbsp. roux
1/2 bell pepper
1 tbsp. chopped celery
1/4 lb. butter

Sauté herbs in 1/4 lb. butter; when herbs wilt add 1 tbsp. roux. To this add the fat. Cook 2 minutes. Add 2 lbs. crawfish and cook 5-7 minutes. Gravy should just about cover tails.

Crawfish Bisque

20 lbs. live crawfish, 60 cleaned heads
4 1/2 cups water
1/2 cup parsley, cut fine
1/2 cup onion tops, cut fine
1/2 crawfish tails
1/2 crawfish fat
3/4 block butter or oleo
1/2 cup cooking oil
1 cup flour
2 large onions
1 large bell pepper
3 tsp. salt
2 tsp. red pepper

Pick crawfish and wash. Be sure that all crawfish are alive when picking them for cooking. Drop live crawfish in boiling water for 10 minutes or until crawfish are red. Separate heads from tails. Pour fat from heads into a dish. Clean tails and place in a separate dish. Save heads to fill with dressing. (Recipe follows.) Divide tails and fat equally for bisque and stuffing.

Grind onions and pepper. Make a golden brown roux with oil and flour. Add onions and bell pepper and cook until soft, stirring frequently. Add crawfish tails and fat and cook over low fire for about 20 minutes. Gradually add 4 1/2 cups boiling water and salt and pepper and cook for about 20 more minutes. Add onion tops, parsley and just before serving add baked, stuffed crawfish heads. Rice and crackers are served with the bisque. Serves 10.

Stuffing for Crawfish Heads

1/4 cup cooking oil
1/2 cup flour
2 medium onions
1 large bell pepper
2 tsp. salt
1 1/2 tsp. red pepper
60 crawfish heads
1 1/2 cups bread crumbs
1/4 cup onion tops, cut fine
1/4 cup parsley, cut fine
About 3/4 cup water
1/2 crawfish tails
1/2 crawfish fat

Remove eyes and wash heads of crawfish well. Have the bread crumbs and heads ready to stuff. Grind onions, peppers and tails in a separate dish. Make a golden brown roux with cooking oil and flour. Add onions and pepper and cook until soft. Add ground crawfish tails and fat and let simmer for 15 minutes. Fill each head with stuffing, roll in flour and bake 15 minutes in a moderate oven.

Crawfish Casserole

2 cups cooked rice
2 lbs. crawfish tails
1 onion
1/4 cup green pepper
2 cloves garlic
1/2 can of tomatoes
1 cup water
2 tbsp. oil

Wither onion, pepper and garlic in oil. Add tomatoes and crawfish tails. Cook about 1/2 hour. Add rice. Mix well.

Crawfish Stew No. 1

1/2 cup lard
2/3 cup flour
1 large onion
2 pods garlic
1 stalk celery
6 lbs. live crawfish
1 pt. water

First wash, scald and clean crawfish. Cut onions, garlic and celery. Heat lard, add flour, stir till brown. Add vegetables, then crawfish, stir till the stew looks a little greasy. Add water and let simmer about 20 minutes. Season with salt, red pepper and black pepper to taste.

Crawfish Stew No. 2

20 lbs. fresh crawfish
2 cups chopped onions
1 cup chopped celery
1/2 can whole tomatoes
2 cloves garlic, minced
1 level tbsp. tomato paste
1/2 cup flour
1 cup cooking oil
1/2 cup green onion tops, and parsley, chopped
1 gallon cold water
Salt, black pepper and cayenne (red) pepper

Parboil crawfish. Peel crawfish and save fat in jar. Put crawfish tails in bowl. Set aside.

Put 1 gallon of water, garlic, and the crawfish fat to boil in uncovered pot over medium heat, stirring constantly until it boils. Season generously with salt, black pepper, and red pepper. Add roux mixture. Cook in uncovered pot slowly for 1 hour. Add crawfish tails and continue boiling slowly in uncovered pot for another 15 minutes. Add green onion tops and parsley. Serve in soup plate with cooked rice.

Crawfish Canape

Mix boiled crawfish tails with minced pickled onions. Serve on crackers.

Bayou Stew

Sauté one cup of minced shallots in butter a few minutes and add two dozen cooked crawfish, minced fine. Add one can tomato juice, one teaspoon of Worcestershire sauce, a dash of Tabasco, two bay leaves, a sprig of thyme, salt, and white pepper.

LeBlanc Crawfish Casserole

- 1 (8 oz.) pkg. cream cheese, cubed*
- 1 stick margarine*
- 2 tbsp. margarine*
- 2 lbs. peeled crawfish tails*
- 1 large onion, chopped*
- 1 large bell pepper, chopped*
- 1 (8 oz.) pkg. fresh mushrooms, sliced*
- 1 (10 3/4 oz.) can cream of mushroom soup*
- 1-2 cups cooked rice*
- 1 tbsp. garlic powder, or to taste*
- 1/2 tsp. red pepper*
- 3 dashes white pepper*
- 1 1/2-2 cups grated Velveeta cheese*
- 1 cup canned fried onion rings*

In a double boiler, melt stick of margarine and add cubed cream cheese. Stir over low heat until cheese is melted. In separate skillet, melt 2 tablespoons margarine and sauté crawfish tails, onions, bell pepper and mushrooms until seasonings are limp. Add the mushroom soup and cooked rice. Stir in garlic powder and peppers. Add the cream cheese and margarine mixture to crawfish mixture. Stir and check for seasoning. Put in greased casserole. Top with grated Velveeta cheese and fried onion rings. Bake in 350 degree oven for about 30 minutes or until bubbly. Serves 8 to 10. Freezes well and can be made a day before you need to serve it. Shrimp can also be substituted for the crawfish.

Crawfish Tree

Boil crawfish fifteen minutes. Use a large epergne and place crisp celery stalks in each vase. Place small lettuce leaves or watercress around celery and put whole crawfish all over epergne tree. Guests may peel their own crawfish.

Holliday Crawfish Casserole

1 lb. crawfish tails
1/2 stick margarine
1 cup minced onion
1 cup minced celery
1/2 cup minced bell pepper
2 + cups cooked rice
2 slices bread soaked in 1/2 cup milk (squeeze a little milk out)
1 can cream of mushroom soup
1/2 can cheddar cheese soup (or grated Velveeta)
2 cloves minced garlic
2-3 tsp. parsley
1-2 tsp. Tony Chachere's seasoning
Salt and pepper to taste

Sauté seasonings, except parsley, until tender. Stir in soups, rice, bread, parsley and crawfish. Bread crumbs can be sprinkled on top. Bake at 350° for 20-30 minutes.

Jellied Crawfish

Dissolve one package of gelatin in cold water. Add two cups of hot fish, fowl stock, or fowl bouillon. Add one cup of minced celery hearts, 1/2 cup of minced pimiento, 1/4 cup of minced sweet pickles, and two or three cups of boiled crawfish tails. Season with white pepper and salt. Pour into a large, round mold and chill. Place cold potato salad in center of mold when served. Serves 4.

Crawfish in Rum

4 lbs. crawfish, boiled
1-1/2 cups rum
3 to 4 tbsp. lime juice
4 tsp. sugar

Clean crawfish tails. Marinate in mixture of rum, lime juice, and sugar for 30 minutes to 1 hour. Serve chilled or hot.

Crawfish Wiggles

1 tbsp. butter

1 tbsp. flour

3/4 cup milk

1 cup boiled crawfish

1 cup cooked peas

12 stuffed olives, chopped

Salt

Paprika

Make a white sauce of first 3 ingredients. Cook 5 minutes. Season, and stir in everything else. Serve on browned crackers or toast.

The rule is equal parts of crawfish and peas in this favorite, but some go further and add an equal quantity of cream, in this case 1 cup.

Lagoon Scampi

Peel the tails of 3 dozen crawfish, mince, and sauté in olive oil a few minutes. Add several sticks of cinnamon, 3 whole nutmegs, and a few cloves. Let this steep for half an hour. In other skillet warm some light rum. Remove spices from tails and pour rum over them. Serve over toasted French bread.

Melissa's Stew

Make a roux. Add one pod of minced garlic, two bay leaves, a sprig of thyme, and hot water. Place four pounds of cooked crawfish tails and scrapings in pot. Simmer ten minutes. Serve with hot biscuits.

Pixilated Mudbugs

If you feel extravagant and venturesome, purge and wash one pound of crawfish and boil ten minutes in draught beer. Serve with more draught beer.

Crawfish Pie

2 lbs. crawfish tails (ground)

1/2 cup parsley

1/2 cup onions (chopped)

Cooking oil

Salt and pepper

Pie dough

Cover bottom of open pan with oil. Put crawfish, parsley and onions in pan. Cook for about 20 minutes. Stir; salt and pepper to taste. Roll out pie dough and place in pie pan. Fill pie dough with cooked crawfish. Put in oven and brown at 350°.

Crawfish Bouchées

3 cups white wine

1 tsp. salt

6 whole peppers

2 tbsp. chopped onions

3 tbsp. chopped carrots

3 tbsp. chopped pimiento

1 bunch parsley, chopped

24 live crawfish

1-1/2 cups white sauce

12 patty shells

Put wine in saucepan with seasonings and vegetables. Bring to boiling point and drop in crawfish. Cook 8-10 minutes. Drain; take meat from shells and claws, cut into small pieces, put in a small pan and thicken with white sauce, stirring constantly. Fill patty shells, reheat, and serve garnished with parsley.

Crawfish Jambalaya

3 lbs. crawfish tails

2 blocks butter

2 tbsp. flour

6 onions, shredded

Chopped parsley

Chopped onion tops

3 cups cooked rice

Seasoning to taste – salt, black pepper and red pepper

Melt butter and add flour. Brown a little bit. Add onions and simmer until onions are soft; add fat from crawfish. Let simmer for a few more minutes then add tails, parsley and onion tops and seasonings. Cooks in only 15 minutes. When ready to serve, add cooked rice.

Crawfish Patties

1 bell pepper, ground

1 stalk celery, ground

2 lbs. crawfish, ground

1/2 cup bread crumbs

Salt

Red and black pepper

1 tbsp. crawfish fat

Biscuit dough

Mix bell pepper, celery and crawfish. Cook in open pan on slow fire for about 15 minutes. Season with salt and pepper to taste. Add bread crumbs and stir. Line muffin tin with biscuit dough to make patty shells. Fill with cooked crawfish and bake in oven about 6 minutes at 450°. Makes 30 patties.

Crawfish Spaghetti

1 stick margarine or butter
1 bunch green onions, chopped
16 oz. crawfish tails or shrimp
1 pint Half-and-Half
1 package #4 spaghetti or pasta of choice
Tony Chachere's to taste
Seasonings of choice

Cook spaghetti according to directions, drain, set aside. Melt butter in large pot. Sauté green onions in butter or margarine until tender. Add seafood, sauté 3 to 5 minutes. Add seasonings. Add Half-and-Half, cook additional 5 minutes. Stir in spaghetti. Enjoy! Best served with French bread oozing with garlic and butter and a green salad.

– Loretta A. Hampton

Bordeaux Brandied Crawfish

2 onions, minced
1 carrot, minced
4 tbsp. melted butter
2/3 cup Bordeaux white wine
1 herb bouquet
1/2 garlic clove
4 tbsp. court bouillon
12 large crawfish
4 tbsp. brandy
Salt and cayenne
1/2 tsp. minced parsley

Heat onions and carrot with 3 tbsp. butter, stir well and do not allow to color. Add wine, herb bouquet, garlic and 2 tbsp. court bouillon. Cover and let simmer. Wash crawfish well and dry. Wet with brandy and flame them, or plunge them into simmering mixture and add brandy with remainder of bouillon, salt and cayenne. Cover and simmer, stirring a couple times. Remove herb bouquet and garlic, add remaining butter, sprinkle parsley over, and serve.

Crawfish Creole

1 large onion (chopped)
1/2 cup celery (chopped)
2 tbsp. cooking oil
2 tomatoes (minced)

Sauté. Add 2 minced tomatoes. Continue cooking for 5 minutes.

2 cups water
1 lb. crawfish tails
1 bell pepper, chopped
1 small bay leaf
Seasoning to taste
3 cups cooked rice
1/2 cup green onion, chopped
1/4 cup parsley, minced

Add water, crawfish, bell pepper, bay leaf and seasoning to taste. Bring to boil. Reduce heat and simmer for one hour. Add rice, green onion, and parsley. Cover. Remove from heat. Allow to stand 20 to 30 minutes before serving. Garnish.

Crawbread

2 eggs
1 tsp. baking soda
1 chopped onion
1 cup yellow corn meal
1/2 cup jalapeño peppers
1 tsp. salt
1 1/2 cup oil
8 oz. shredded cheddar
1 large can creamed corn
2 lbs. peeled crawfish tails

Preheat oven to 350°. Purée all ingredients except crawfish tails in a blender or food processor until finely blended. Pour mixture into a greased 9 x 12" baking dish and stir in drained crawfish tails. Bake 35-40 minutes. Serves 6-8.

– Lafayette Daily Advertiser - 3/31/91

Crawfish-Asparagus Quiche

1/2 lb. fresh asparagus

1 lb. crawfish tails

1/2 lb. imported Swiss cheese

1/3 cup chopped green onions

4 eggs

1 1/2 cups light cream

1/4 tsp. dry mustard

Salt and pepper

Parmesan cheese

1 (10- or 11-inch) pie shell, chilled

Trim asparagus, cut in 1/2-inch pieces and microwave until just tender. Sauté crawfish tails and drain. Place grated Swiss cheese on bottom of chilled pie shell. Top with crawfish, asparagus and green onions. Beat eggs, cream, dry mustard, salt and pepper until combined. Pour cream mixture into pie shell and sprinkle Parmesan cheese on top. Bake at 350 degrees for 40 minutes or until set and golden.

– Martha Ourso

SHRIMP

Like fish and other varieties of seafood, shrimp are an important source of good nutrition. They provide protein, valuable minerals, and essential B complex vitamins. Best of all, for once in your life, you can indulge in something that is not sinful or fattening, even though it's good for you. There are many different types of shrimp available on the market. In my opinion, the best shrimp are whatever are available. These include white shrimp, which come

from the southeastern coastal areas; pearl shrimp, which are pink, deep-water shrimp caught off the Key West area, and the browns, which are from the Gulf of Mexico area.



Shrimp are available raw or cooked, fresh or frozen or in the shell. Raw shrimp in the shell are called green shrimp. Peeled and deveined shrimp have both the shell and vein removed. Peeled, deveined and cooked shrimp have been

cooked. Other terms used to specify preparation methods are butterfly, also called split or fan tail, in which shrimp have been cut along the vein and butterflyed and then sometimes breaded.

Shrimp are sold by the size or count per lb. The larger the shrimp the more they cost. Shrimp 10-15/lb. are called Colossals. They are usually used in hors d'oeuvres. Cocktail shrimp, 16-20/lb., are called extra jumbo; 21-25/lb. are jumbo shrimp; 26-35/lb. are extra large. The jumbo and extra large are used for breading and frying. Medium shrimp, 36-50/lb., are used in salads and Shrimp Creole. Gumbo shrimp are 51-70 count.

Raw shrimp should be washed carefully. To boil shrimp, place 3 quarts of water, salt and liquid crab boil in a large pot, stir and bring to a hard boil. Add shrimp and return to a soft boil. Remove from heat, cover tightly, and allow to stay in water 5 to 10 minutes, depending on the size of the shrimp. To the water you should add 1 tbsp. of liquid crab boil, 5 tsp. of salt, several bay leaves and a couple of sliced onions. Remember 2 lbs. of raw shrimp in the shell will usually yield about one pound of cooked, shelled and deveined meat.

Layered Shrimp Dip

2 (8 oz.) cream cheese (softened)

1 tsp. chopped garlic

Dash of Lea & Perrins sauce

Mix, and spread on bottom of Pyrex dish. Then layer the following on top:

1 bottle Drusilla cocktail sauce

1 lb. boiled shrimp or 1 can shrimp

12 oz. grated mozzarella cheese

1 chopped bell pepper

8 chopped green onions

Chopped tomatoes

Sprinkle Parmesan cheese on top.

Barbecued Shrimp

2 lbs. jumbo shrimp

1 stick margarine

1 bunch green onion, minced

3/4 small bottle Lea & Perrins

1/4 tsp. garlic salt

3-4 dashes oregano

2 tsp. salt

1/4 tsp. red pepper

2 lemons

Cover with black pepper

Place shrimp in 9 x 12" casserole dish. Melt margarine and mix with all ingredients except black pepper. Pour over shrimp and cover with black pepper (Restaurant grind is best). Quarter lemons and squeeze over top. Stir. Bake at 350° approximately 20-30 min., stirring every 5 minutes. Take out of oven when skin separates from shrimp. Best when cooked several hours before serving.

Shrimp Party Dip

- 1-1/2 lbs. fresh or frozen shrimp, cooked, peeled and deveined*
- 1 container (16 oz.) whipped cream cheese*
- 1 cup mayonnaise*
- 1 tbsp. Worcestershire sauce*
- 2 tsp. liquid hot pepper sauce*
- 2 tbsp. chopped green onion tops*

Thaw shrimp if frozen. Coarsely chop shrimp. In small bowl, combine all ingredients. Refrigerate several hours or overnight. Serve with crackers. Makes 3 cups dip.

Shrimp Kabobs

- 2 tbsp. cooking oil*
- 3 tbsp. fresh lime juice*
- 1 tbsp. fresh parsley, chopped*
- 1/2 tsp. grated lime peel*
- 1 clove garlic, minced*
- 14 tsp. salt*
- 1/4 tsp. lemon pepper*
- 2 dashes Tabasco*
- 8 medium shrimp, shelled and deveined*
- 8 medium mushrooms*
- 2 onions, cut into chunks*
- 1 green pepper, cut into squares*

Mix oil, lime juice, parsley, garlic, lime peel, salt, pepper and Tabasco in a shallow bowl. Add shrimp and toss to coat. Marinate at room temperature 25 to 30 minutes. Add mushrooms, onions, pepper pieces, and toss to combine. Marinate 5 minutes. Meanwhile, preheat grill or broiler. Thread shrimp, onion, mushrooms, and pepper pieces alternately on each of 8 skewers. Reserve marinade. Grill or broil kabobs 4 to 6 inches from heat, brushing several times with marinade and turning occasionally, until shrimp are cooked through and vegetables are crisp-tender, about 10 minutes. Serve on a bed of yellow rice. Makes four servings, 2 skewers per serving.

Shrimp Scampi

3 lbs. jumbo shrimp, shelled and deveined

1/4 cup dry white wine

1 tbsp. lemon juice

1 tbsp. fresh parsley, chopped

1 tbsp. fresh basil, chopped

1 tsp. dry vermouth

1/4 tsp. salt

1/4 tsp. black pepper

1/3 cup olive oil

2 tbsp. butter

1 clove garlic, chopped fine

1/2 tsp. Tabasco

Butter Sauce (Recipe follows.)

Just before serving, in a large bowl combine shrimp, wine, lemon juice, vermouth, parsley, basil, salt and pepper. In a large skillet, heat oil and butter. Add garlic and Tabasco. Sauté garlic until golden. Add shrimp mixture to skillet and cook until shrimp are pink and firm. Spoon shrimp into an au gratin dish, top with butter sauce and serve. Serves 8.

Butter Sauce

1 stick butter

1 clove garlic, chopped

1 cup seafood stock (or chicken stock may be substituted)

1/4 cup flour

1/3 cup white wine

1 tbsp. lemon juice

1 tbsp. parsley, chopped

1 tbsp. basil, chopped

Salt and pepper to taste

1/2 cup Half-and-Half

In a saucepan, heat butter and garlic until butter melts. In a small bowl, combine seafood stock (or chicken stock) and flour until smooth. Stir flour mixture into butter mixture until well blended. Add wine, lemon juice, parsley, basil, salt and pepper. Heat to boiling, stirring constantly, over low heat. Gradually add Half-and-Half, stirring until mixture thickens. Reduce heat to low and simmer for 30 to 40 minutes, stirring occasionally.

Shrimp Surprise Appetizers

4 lbs. medium raw shrimp
1 tbsp. crab boil
2 tsp. salt
1 lemon, sliced
1 bunch celery tops
2 cups onion, sliced
2 bay leaves
Marinade (Recipe follows.)

Boil shrimp with crab boil, celery tops, salt and lemon slices. Cook in their shells for 6 to 7 minutes or until they turn pink. Peel and devein. Alternate layers of shrimp with onions and bay leaves in shallow refrigerator dish.

Marinade

3/4 cup olive oil
3/4 cup salad oil
3/4 cup vinegar
3 tbsp. capers and juice
2 tsp. celery seed
1/2 tsp. salt
1/2 cup Worcestershire sauce
6 drops Tabasco

Combine ingredients for marinade in order listed. Pour over shrimp, cover and marinate in the refrigerator for at least 24 hours.

Shrimp Pasta

2 lbs. medium shrimp, cooked
1 onion, chopped
1 cup green onions, chopped
2 cloves garlic, minced
1 cup green pepper, chopped
1 stick margarine
1/3 cup oil
1 small can (4 oz.) mushrooms
1 (14-oz.) can artichokes, quartered
3 tbsp. lemon juice
1 tsp. liquid crab boil
3/4 tsp. salt
1/2 tsp. white pepper
1 tsp. prepared horseradish
1 tsp. Worcestershire sauce
4 tsp. Dijon mustard
2 cups Half-and-Half
1 lb. angel hair pasta
4 tbsp. olive oil, divided

Cook pasta according to package directions, adding 1 tablespoon of olive oil to water. Drain. Add 3 tablespoons of olive oil, toss and set aside. Keep warm. Melt margarine and oil. Add vegetables and cook for 3 minutes. Add mushrooms, artichokes, and next 7 ingredients. Cook for 3 minutes, then add Half-and-Half. Bring to a boil, stirring constantly. Reduce heat to low and simmer about 15 minutes or until thickened, stirring occasionally. Add shrimp and stir until blended. Serve over pasta. Serves 4.

Spicy Baked Shrimp

1/2 cup olive oil
2 tbsp. Cajun seasoning (Tony's)
2 tbsp. lemon juice
2 tbsp. fresh parsley, chopped
1 tbsp. honey
1 tbsp. soy sauce
Pinch of red pepper
1 lb. large shrimp, peeled and deveined
Lemon wedges

Combine first 7 ingredients in a 9 x 13" baking pan. Add shrimp and toss to coat. Refrigerate one hour. Preheat oven to 450°. Bake about ten minutes, until shrimp are cooked through, stirring occasionally. Garnish with lemon wedges. Serves 4.

Shrimp Stir Fry

*4 slices bacon**
2 tsp. cornstarch
1/2 tsp. seafood or chicken base
1/3 cup water
1-1/2 lbs. medium unpeeled fresh shrimp
2 tsp. Tony's seasoning
1 green pepper, cut in 1-inch pieces
1 (14-oz.) can stewed tomatoes
1/2 cup celery, diced

**You may use stir fry oil and omit bacon.*

Cook bacon in a large wok or skillet until crisp. Remove bacon, reserving 3 tbsp. drippings. Crumble bacon and set aside. Peel and devein shrimp, pat dry and sprinkle with Tony's seasoning. Pour 2 tbsp. bacon drippings into wok. Heat over medium setting for 1 minute. Add shrimp and stir fry for two minutes or until shrimp turn pink. Remove shrimp and set aside. Pour remaining 1 tablespoon of bacon drippings into wok. Add green pepper and celery and stir fry for 2 minutes. Add tomatoes and stir fry 2 minutes. Return shrimp to wok. Add mixture of cornstarch, base and water. Bring to boil and cook one minute, stirring constantly. Sprinkle with bacon. Serve over rice. Serves 4.

Shrimp Creole

5 lbs. small shrimp (50-60 count)
3 tbsp. flour
4 tbsp. oil
2 cups onions, chopped
6 cloves garlic
1/2 cup green pepper, chopped
1 cup celery, chopped
1 can tomato sauce (802)
1 can tomatoes (1602)
1 tsp. sugar
1 tsp. salt
2 bay leaves
Dash of thyme
2-3 dashes Worcestershire sauce
4 dashes Tabasco

Make a roux with oil and flour. Add all chopped vegetables and sauté 20 minutes. Add all other ingredients except shrimp. Add enough water to cover them and cook for one hour on low heat. Stir occasionally. Season to taste. Drop in shrimp, bring to a boil and cook 12 minutes. Serve over rice. Serves 12.

Baja California Shrimp Salad

1-1/2 lbs. tomatoes, chopped
1 lb. avocados, chopped
6 oz. green chilis
2 oz. green onions, chopped
2 oz. parsley, finely chopped
2 oz. teriyaki sauce
1 oz. white wine vinegar
24 corn tortillas
2 lbs. shrimp, cooked, peeled and deveined
Shredded lettuce

To prepare salsa, combine tomatoes, avocados, chilis, onions, parsley, teriyaki sauce and vinegar. Toast tortillas in moderate oven until crisp. For each serving place 2 tortillas overlapping. Top with lettuce and 4 oz. shrimp. Serves 12.

– Baton Rouge Catering Service

Minty Avocado Shrimp Salad

2 ripe avocados, peeled and sliced
2 tbsp. lime juice
1 lb. large shrimp, cooked, peeled and deveined
1 red pepper, diced
1 cup plum tomatoes, diced
1 cup green onion, chopped
1/2 cup Lime Vinaigrette (Recipe follows.)
3 tbsp. chopped fresh mint leaves

Place the avocados in a large bowl and toss with lime juice. Add the shrimp, bell pepper, tomatoes and green onion. Fold together and toss gently with the vinaigrette. Just before serving toss with mint leaves. Serves 6.

Lime Vinaigrette

1/3 cup lime juice
1 tbsp. Dijon mustard
1/2 cup olive oil
1/2 cup vegetable oil
1 tbsp. green onion
Finely grated zest of lime
3 tbsp. fresh chives
Salt and pepper to taste

In a small bowl, whisk together the lime juice, mustard, salt and pepper. Slowly drizzle in the oil, stirring constantly until thickened. Stir in green onion and lime zest, add chives. Makes 1-1/3 cups.

Shrimp Remoulade

2 lbs. shrimp, boiled, peeled and deveined
1 cup salad oil
4 tbsp. Hellman's Dijonnaise
2 tsp. horseradish
2 cloves garlic, minced
4 green onions, chopped
4 stalks celery, chopped
4 tbsp. fresh parsley, chopped
4 tsp. paprika
2 oz. Worcestershire sauce

Combine all ingredients and refrigerate. Arrange shrimp on a bed of lettuce and pour sauce on top. Serves 8.

Shrimp Singapore

2 tbsp. vegetable oil
2 onions, diced
1 tbsp. fresh ginger, peeled and minced
1 clove garlic, minced
1 tbsp. curry powder
2 fresh red chilis, halved, seeds and ribs removed
3 tomatoes, finely chopped
2 cups chicken broth
2 cups coconut milk
Salt to taste
2 lbs. medium shrimp, peeled and deveined
2 tbsp. fresh parsley, chopped
Apple-Pineapple Raita (Recipe follows.)

Heat the oil in a saucepan over medium low heat. Add onions, ginger and garlic. Cook, stirring until wilted, about 10 minutes. Add the curry powder and continue to cook over low heat for 2 minutes longer. Stir in chili and tomatoes and cook, stirring, another 2 minutes. Add broth and bring to a boil. Reduce the heat to medium low and gently simmer, uncovered, for 10 minutes. Whisk in coconut milk and cook until sauce thickens slightly, about 10 minutes. Add salt to taste. Before serving, heat the sauce over medium low heat until reaches a simmer. Discard the chili, add shrimp and cook 5 minutes. Stir in parsley. Serve over yellow rice with Apple-Pineapple Raita and mango chutney. Serves 6.

Apple-Pineapple Raita

1 tbsp. lime juice

1 apple, cored

1 tsp. garlic, minced

1 piece fresh ginger (1 inch), peeled and grated

1 cup crushed pineapple

1-1/2 cups no fat plain yogurt

1/2 tsp. salt

1/4 cup fresh basil leaves, chopped

Place the lime juice in a mixing bowl. Coarsely grate the apple into the bowl and toss with lime juice. Add the garlic, ginger and pineapple and toss to combine. Transfer mixture to a fine strainer, drain off excess liquid and return to bowl. Add the yogurt and salt, mix together, then fold in basil. Cover and refrigerate at least 1 hour. Stir well before serving. Makes 2 cups.

Thanks to Th for this recipe.

Molded Shrimp Spread

1 (8-oz.) package light Philadelphia cream cheese

1 cup cooked shrimp, chopped

1/4 cup pitted ripe olives, chopped

1 (2-oz.) jar sliced pimiento, drained and chopped

2 tsp. lemon juice

2 tsp. onion powder

1/2 tsp. Worcestershire sauce

1/2 tsp. Tabasco sauce

Combine ingredients, mixing until well blended. Press mixture into 2 cup bowl. Chill several hours. Unmold and serve with crackers.

Calypso Shrimp Salad

1 cantaloupe, peeled and sliced into 4 rings
4 lettuce-lined plates
1 lb. salad shrimp, cooked
2 bananas, sliced
1 orange, peeled and sliced
1 lb. red grapes, cut into clusters
Banana Chutney Dressing (Recipe follows.)

Arrange each cantaloupe ring on a lettuce-lined plate. Fill centers with shrimp. Arrange banana slices, orange slices and grapes around cantaloupe. Serve with Banana Chutney Dressing. Serves 4.

Banana Chutney Dressing

1 ripe banana
1/2 cup mayonnaise
2 tbsp. chutney
1 tbsp. lemon juice

Purée banana in blender. Add mayonnaise, chutney and lemon juice. Process until well blended. Cover and refrigerate until ready to serve.

Shrimp Eggplant Casserole

*2 eggplants, peeled and diced**
1 cup margarine
1 cup onions, chopped
1 bell pepper, chopped
1/2 cup celery, chopped
1 can Rotel tomatoes
2 lbs. shrimp, peeled and deveined
3 dashes Tabasco
1/2 cup bread crumbs

Sauté the eggplant, onions, bell pepper and celery in margarine. Cook on low heat for 1 hour. Add tomatoes and shrimp and cook for 15 minutes. Add salt, pepper and Tabasco to taste. Add bread crumbs. Pour into casserole dish and bake at 350° for about 20 minutes until brown.

** You may scoop the eggplant out of the shell and bake as stuffed eggplant, or stuff bell peppers with the mixture. Rice may be substituted for bread crumbs.*

Shrimp Marengo

3-1/2 lbs. shrimp, peeled and deveined

*6 slices bacon**

1 clove garlic, chopped

1 cup onion, chopped

1 large can mushrooms

1 can whole tomatoes

1 large can tomato sauce

1 tsp. oregano

2 dashes Tabasco sauce

1 tbsp. sugar

4 tbsp. flour

**You may use margarine or oil in place of bacon.*

Cut bacon into small pieces and fry until crisp. Set aside. Add garlic to bacon drippings and lightly sauté. Add shrimp, onions, and mushrooms and sauté a few more minutes. In a separate bowl, add all the seasonings to the whole tomatoes and tomato sauce. Stir into shrimp mixture and cook gently for 10 minutes, stirring often. Add bacon. Taste and add seasonings if necessary. Mix flour with enough cold water to make a thin paste. Stirring briskly, add this to shrimp mixture and cook till blended, about 2 minutes. Serves 8.

– Suzanne Resignola

Shrimp Thermidor

1 lb. medium shrimp, cooked, peeled and deveined

1/2 cup sliced fresh mushrooms

1/4 cup butter

1/4 cup flour

1 tsp. salt

3 dashes of Tabasco

1/2 tsp. dry mustard

2 cups milk

4 tsp. Parmesan cheese, grated

Sauté mushrooms in butter for 4 minutes. Blend in flour and seasonings. Add milk slowly, using wire whisk to blend until thickened. Spray 4 individual casseroles with vegetable oil cooking spray and place 1/4 of mixture in each. Pour sauce over all. Sprinkle with Parmesan cheese. Garnish with paprika. Bake in 375° oven for 10 to 12 minutes or until brown. Serves 4.

Shrimp Mornay

1 stick butter

1 cup flour

1/2 cup onion, diced

1/2 cup green onion, chopped

1/8 cup fresh parsley, chopped

2 cups cream

1 cup dry white wine

2-1/2 tsp. salt

1/2 tsp. white pepper

1/4 tsp. cayenne

2-1/2 oz. Swiss cheese

8 artichoke bottoms, quartered

2 tbsp. lemon juice

3 lbs. shrimp, boiled, peeled and deveined

1/2 lb. fresh sliced mushrooms

3 tbsp. Romano cheese

In 2-quart saucepan, melt butter and stir in flour. Cook 5 minutes over medium heat, stirring often. Add onion, green onion and cook 2 to 3 minutes without browning. Stir in parsley, gradually add cream and allow to come to simmer. Then add wine, salt, white pepper and cayenne pepper. Blend well and bring to simmer, stirring occasionally. Add Swiss cheese and stir. Cover and remove from heat. When sauce has cooled to lukewarm add lemon juice. In 3-quart casserole, alternate layers of shrimp, artichokes and fresh mushrooms, using sauce between the layers and on top. Sprinkle top with Romano cheese. Bake in 350° oven for 30 to 45 minutes until brown.

CRABS

On my visits to New Orleans or the Gulf Coast, down the bayou, one of the things I enjoy the most is going crabbing on Lake Pontchartrain or Manchac Shell Beach or the Mississippi Gulf Coast. We take our fishing string, salt meat, net, our Barq's, ham and cheese poboys, potato chips and moon pies. We get to the spot and drop our string with the salt meat in the water. When we feel a tug we slowly pull up the string and have the net ready for the crabs. Drop them in the ice chest and when the ice chest is full, we return home and gather to boil crabs.



Boiled Crabs

Pot with insert

6 doz. crabs

Water to cover crabs

1 cup salt

1/2 cup vinegar

Wash crabs with cold water. Add to pot with enough water to cover crabs completely. Add other ingredients. Bring to fast boil and boil for 20 minutes. Allow to set in water for 5 minutes. Pull out of pot. Spread out on newspaper-covered table outdoors or on patio; use nutcracker to crack shells. (In old days we would use empty Dixie beer bottle, have crackers, beer, Barq's.) Serves 6.

Marinated Crab Claws

(Cooked crab claws with crabmeat intact but shell removed.)

3 lbs. crab claws

1 cup chopped onion

2 stalks celery

3 cloves garlic, pressed

1/4 tsp. Worcestershire (3 drops)

2 cups Italian salad dressing

2 tbsp. lemon juice

Clean crab claws. Mix all ingredients together. Pour over claws. Cover and refrigerate for 6 hours or more. Serves 15.

Crab Ravigotte

1 cup mayonnaise
2 tbsp. parsley, minced
2 tbsp. capers, finely chopped
1 tbsp. dry mustard
1/2 tbsp. horseradish
2 tbsp. pimiento, chopped
1 hard cooked egg, finely chopped
1/2 tsp. lemon juice
2 cups lump crabmeat
Salt and white pepper to taste
Slices of pimiento and half slices of tomato for garnish

Thoroughly mix first 8 ingredients, add crabmeat and toss lightly. Season and chill. Heap into shell or ramekins for individual servings. Garnish. Makes 4 full-size servings or 8 appetizers.

– Brennan's, New Orleans

Crabmeat Au Gratin

1/4 lb. butter
1 c. onion, chopped
1 stalk celery, chopped
1/4 c. flour
1 can (3-1/2 oz.) evaporated milk
2 egg yolks, beaten
1 tsp. salt
1/4 tsp. red pepper
1/4 tsp. black pepper
1 tbsp. white wine
1 lb. lump crabmeat
4 hard-boiled eggs, chopped
1/2 cup grated cheddar cheese

Sauté onion and celery in butter. Blend in flour, add milk gradually, stirring constantly. Stir in egg yolks and seasonings. Cook over low heat for 3 minutes stirring occasionally. Add wine and blend in crabmeat and chopped eggs. Pour into individual au gratin dishes or 2-quart casserole. Sprinkle with cheese, then bake at 375° for 10 minutes. Serves 8.

Stuffed Crabs

3 sticks butter

1 cup green onion, chopped

1 cup green pepper, chopped

1/2 cup white onions, chopped

2 cloves garlic, minced

1/4 tsp. thyme

1 bay leaf

1 cup celery, chopped

3/4 cup bread crumbs

2 cups mayonnaise

4 tsp. salt

1/4 tsp. cayenne pepper

*3 lbs. crabmeat (1 lb. claw and 2 lbs. white meat) all well picked**

Paprika

Parsley

**If crabmeat is priced too high you may use fish in place of the 2 lbs. white crab meat. Must be broiled first before using it.*

In a large frying pan, melt 2 sticks butter and sauté green onion, pepper and white onions for 5 minutes. Add garlic, thyme and bay leaf, and continue sautéing slowly for about 30 minutes or until soft. Add other stick of butter and celery and sauté for 5 minutes. Mix bread crumbs and mayonnaise together. Add bread to seasonings and mix well. Cook over medium heat for 5 minutes. Add crabmeat, mixing thoroughly. Remove bay leaf and arrange crab mixture in individual shells. Top with paprika and parsley. Heat in 400° oven only till heated through. Serves 8 with some left over to freeze.

Simple Crab Casserole

1/2 stick margarine
1/2 bunch green onions, minced
1 can cream of mushroom soup
1 can crabmeat, drained
Potato chips
Salt, red pepper to taste
2 boiled eggs, optional

Melt margarine. Mix with remaining ingredients. Sprinkle more chips on top. Bake at 350° till it bubbles (20-25 minutes).

Editor's Note: Back in the '70s I had the privilege of working at Asphodel Plantation as its restaurant manager under Nootsie Couhig. In my opinion there were four menu items that were the best. Asphodel Bread (see Lagniappe section), Coq Au Vin, Crab and Corn Soup (see below) and Lemon Pie (see Lagniappe).

Crab and Corn Soup

1 package of hard crabs or frozen king crab
1/2 lb. crabmeat
2 cups water
2 cans cream style white corn
1 stick butter
1/4 cup flour
1 1/2 cups chopped green onion with tops
2 cups milk
1 tbsp. crab boil
Salt and pepper to taste (I use fresh ground black pepper.)

Take the gumbo crabs, rinse and break into small pieces complete with shell. Boil in two or three cups of seasoned water. Melt butter in heavy saucepan. Add flour, cook and stir until bubbling. Add green onions and cook until softened. Add milk. Stir until sauce thickens. Add hard crabs and water in which they were boiled. Then add corn, salt and pepper, cooking and stirring until well blended. To serve add crabmeat, heat to boiling and serve.

Pasta Crabmeat

1/2 cup olive oil
1 tbsp. minced garlic
1 dried red pepper or to taste
1 cup lump crabmeat (1/2 lb.)
Salt and pepper to taste
1/2 cup dry white wine
1/2 cup chopped green onions

Bring well-salted water to boil in a large pot. Add pasta and cook according to package directions. In a saucepan warm olive oil, garlic and red pepper over low heat until garlic turns golden brown. Add crabmeat, salt, pepper and wine and simmer until reduced slightly. Add green onion and cook another minute and turn off heat. Drain pasta, reheat sauce and toss with pasta. Serves 4.

Crab Turnovers

6 oz. crabmeat
3/4 cup Ricotta cheese, preferably reduced fat
1/4 cup Parmesan cheese
1/4 cup green onion, chopped
2 tbsp. freshly squeezed lemon juice
1/2 tsp. lemon rind, grated
Salt and freshly ground black pepper
1 package frozen puff pastry, thawed
1 egg white

In a medium bowl, combine the crabmeat, Ricotta, Parmesan, green onion, lemon juice, lemon rind and pepper (keep in mind that cheese and crab are salty so salt may not be needed). Stir to mix well. Preheat oven to 400°. Roll out half of the thawed puff pastry dough into a 12-inch square. Using a knife, cut the dough into four 6-inch squares. Spoon 2-1/2 tablespoons of crab filling in the center of one dough square, then with a small pastry brush lightly brush 2 edges of the square with water. Fold one corner of dough over the filling to the opposite corner, forming a triangle. Using the tines of a fork, press down around the edges of dough to seal. Set the turnover on a baking sheet. In a small bowl, combine the egg white with a large pinch of salt and whisk with a fork. Lightly brush top of each turnover with egg white. Bake in the preheated oven until puffed and nicely brown, about 12 to 13 minutes. Let cool slightly before serving. Serves 4.

Crab Cake with Green Onion Aioli

1/3 cup sour cream

1 egg, slightly beaten

1 clove garlic, minced

1 tbsp. white pepper

1 tbsp. curry powder

1 tbsp. red chili powder

1/2 tsp. salt

1 lb. crabmeat

1 cup bread crumbs extra for coating

3/4 cup green onion, chopped

6 tbsp. olive oil

8 oz. mixed salad greens

Green Onion Aioli (Recipe follows.)

Stir together the sour cream, egg, garlic, white pepper, curry powder, chili powder and salt. Add the crabmeat, bread crumbs and green onions. Stir gently to combine. Form into 12 patties, about 2 1/2" across, 3/4" inch thick and coat with bread crumbs, shaking off excess. Heat half the olive oil in a large skillet over medium high heat. Add half of the crab cakes and sauté until golden brown, about 1 1/2 minutes each side. Repeat with the remaining olive oil and crab cakes. Arrange the salad greens on individual plates and top with crab cakes. Pass the Green Onion Aioli alongside. Serves 4.

Green Onion Aioli

1 tsp. minced garlic

1 cup mayonnaise

1/4 tsp. Tabasco

1 tbsp. rice vinegar

1/2 cup green onion, chopped

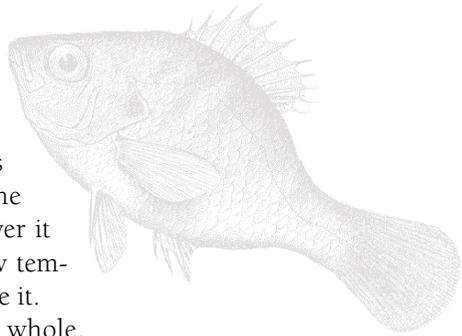
Salt and pepper to taste

Combine the garlic, mayonnaise, tabasco, vinegar, green onions, add salt and pepper to taste. Put in food processor 2-3 minutes. Makes 1 cup.

FISH

How to Buy

Always select the kind of fish you like best; keeping in mind whether you want it for frying, broiling, baking, or boiling. It's important to remember to wash the fish as soon as you arrive home. Cover it with ice and be sure to keep it at low temperature until you are ready to prepare it.



Fish is sold in fillets, steaks or whole.

Look for freshness by observing the eyes — clear, full and bulging; the gills — pink and free from odor; scales — adhere tightly to the skin; flesh — firm and elastic; odor — free from any objectionable smell.

Frozen Fish

With modern methods of flash freezing fish, there need be no fear of buying frozen fish. Most fish are frozen at sea within hours of being caught. Following a few basic rules will ensure the best quality product. Fresh fish should be frozen solid when it is bought. There should be no discoloration or brownish tinge to the flesh.

Odor

Frozen fish should have little or no odor. A strong fishy odor indicates poor quality. It's quite safe to keep frozen fish in storage as long as it remains frozen solid. Once it is thawed, it should be used immediately. Never refreeze fish. When buying fresh or frozen fish usually 1/3 to 1/2 lb. of fish per person is considered adequate for a serving. To provide this serving, the following approximate amounts can be used as a guide per person for different forms of fish.

Fillets or steaks — 1/3 lb. per person

Dressed fish — 1/2 lb. per person

Whole or round — 1 lb. per person

Methods of Cooking

No matter what method you choose, do not overcook. Overcooking draws out most of the natural juices, causing the flesh to shrink and become

dried out. Cooking is complete when fish separates from the bone and may be flaked easily with a fork.

Some methods of cooking are pan frying or sautéing, deep fat frying, broiling, baking and boiling.

The Proper Cooking Time

This basically means do not overcook. To a great degree this becomes a matter of experience. Most experts in the culinary arts can never give you an exact cooking time because of the infinite variety of size, shape, thickness and weight of the fillet, steak, or whole fish, and other factors.

The Quality of the Product

I used to say, "If you can smell it, don't buy it." That is not exactly true. Seafood by its very nature has its own particular odor, but beware of old or unpleasant smells. Please do not compromise on the quality of ingredients in the fish recipes. The ingredients listed are those which should give you a finished dish you'll be proud to serve. You may choose to change some of the herbs or seasonings to suit your own creative urges. This is great and I endorse it, but retain the quality concept. Chefs insist on putting the best into their creations on the premise that you only get out of the dish what you put into it, which includes love, imagination, and experience, in addition to the fine ingredients. I believe in using wine in many seafood recipes; however, for those who don't use spirits, I will show you alternatives. Remember to use wine only at the end of the seafood preparation so that the flavor and bouquet are not cooked away. A choice of butter or margarine will be shown. You may use either one or both, but do not use butter alone as a frying base. It cannot survive high temperatures and it will burn and smoke, thus turning your product dark brown. An equal amount of butter and oil can be used in sautéing.

Presentation

Don't overlook the importance of eye appeal. Over and over again, I've heard the best chefs say, "First stimulation of the palate is through the eyes." Arrangement, balance of texture, color, color in garnishing are all important. Use the same artistic flair you would use in arranging a centerpiece for your table or in decorating a room in your home. Put your individual stamp on whatever you serve, not only when you entertain, but for your family as well. To serve hot dishes hot, warm your dinner plates. Insist that your guests or family be seated and ready to enjoy the food when it comes piping hot and at the peak of perfection from the kitchen. I can assure you the proof of your efforts will be in the eating. I love to cook for my family and friends and my

greatest reward is the reaction of those I cook for.

In Louisiana, for many years Friday was thought of as fish day. Now, however, fish is served any day of the week. Seafood is tasty, nutritious, healthy, non-fattening and appetizing. So fish is not just for Fridays any more.

Grilling — the Best Way

Since we have become more health conscious, grilled fish has increased in popularity. Types of fish suitable for grilling include catfish, fresh yellow fin tuna, salmon, and mahi-mahi.

Check the thickest part of the fish. Grill 10 minutes per inch over medium hot coals. If fish is wrapped in foil, cook 15 minutes per inch. Fish has very little connective tissue, so cooking time is very short. Fish is done when it is opaque and flakes easily with a fork.

Try cooking fish using a wire basket or place directly on the grill. Pieces should be 3/4 inch thick. Always oil grill with cooking oil before cooking fish to keep the delicate skin from sticking. All fish need frequent basting while grilling to prevent them from over drying. One good, simple basting sauce consists of lemon juice, soy sauce and ginger.

Another thing to try when grilling fish directly over coals is to sprinkle herbs such as thyme, dill or whole garlic cloves right on the coals and lightly baste with lemon juice and olive oil. Naturally tender fish and shellfish taste delectable when scented by charcoal and smoked herbs.

Mojakkaa (Finnish Fish Stew)

4 cups water

1 lb. trout or whitefish

1 onion, chopped

2 carrots, thinly sliced

1/2 cup broccoli florets

1/2 cup cauliflower florets

4 tsp. chicken base

1/2 tsp. each basil, oregano, thyme and dillweed

1 cup Half-and-Half cream

In a large saucepan, combine the water, fish, onion, carrots, broccoli, cauliflower, chicken base and herbs. Bring to a boil, reduce heat and simmer uncovered for 5 minutes or until vegetables are just tender and fish flakes. Stir in cream and season with salt and pepper. Heat through. Serves 6.

Catfish Creole Style

6 catfish fillets, 5 to 6 ounces each

Salt

Cayenne pepper

4 tbsp. butter

2 cups onions, chopped

1 cup bell pepper, chopped

1/2 cup celery, chopped

1 (16-oz.) can whole tomatoes

1 tbsp. Worcestershire sauce

Couple of dashes of hot sauce

2 bay leaves

1/2 cup parsley, minced

6 lemon slices

Rub the fillets well with salt and pepper. In a large black iron skillet, sauté the onions, bell pepper and celery in butter until the vegetables are wilted. Add the tomatoes, Worcestershire sauce, hot sauce and bay leaves. Cook over a medium fire for 15 to 20 minutes, stirring occasionally. Add the catfish fillets, cover and lower fire. Let simmer for about 10 minutes or until fish flakes. To serve, remove the fish with a spatula to serving plates, garnish with lemon slices and minced parsley. Serve the sauce with rice on the side. Serves 6.

Fried Fish

8 fillets (catfish, bream, trout)
1/2 tsp. hot sauce
1 cup mustard (yellow, brown, Dijon)*
2 cups yellow cornmeal
1 cup all-purpose flour
2 tsp. salt
1 tsp. white pepper
1 tsp. garlic powder
1 tsp. lemon-pepper
1 tsp. paprika
Vegetable oil

**If you use Creole mustard, leave out hot sauce.*

Mix mustard and pepper sauce together. Brush mixture over fish. Cover and refrigerate for one hour. Combine cornmeal and next six ingredients in a flat bowl and coat fish with cornmeal mix. Pour oil into large frying pan to three inches in depth and fry fillets, a few at a time, about four minutes on each side or until golden brown. Drain well on paper towels. Serves 8.

Poached Fish Athens

1/2 cup onion, chopped
2 sprigs fresh parsley
1/2 bay leaf
1/8 tsp. salt
4 whole peppercorns
1/2 cup dry white wine
1/2 cup water
4 flounder fillets
Greek Sauce (Recipe follows.)

Combine the first seven ingredients in a 12" x 8" x 2" baking dish and cover with heavy duty plastic wrap. Fold back a small corner of wrap to allow steam to escape. Microwave at high for 5 minutes or until boiling. Uncover and arrange fish fillets in liquid with thickest portion to outside of dish. Cover and microwave at high for 4 minutes, or until fish turns opaque. Let stand, covered, 5 minutes. Remove fish from liquid to serving dish with slotted spoon. Reserve liquid for use in making Greek Sauce. Serves 4.

Greek Sauce

1/4 cup mayonnaise
1/4 cup low fat yogurt
1/4 cup parsley, minced
1/8 tsp. freshly ground pepper
1/8 tsp. garlic powder
2 tbsp. of reserved poaching liquid

Combine all ingredients in a bowl. Stir well. Serve 3 tbsp. of sauce over each fillet.

Sweet and Sour Flounder Thai

2 lbs. flounder fillets
3 cups pineapple, diced
2 cups cucumber, peeled and diced
4 large, ripe plum tomatoes, diced
1/4 cup pineapple juice
1 cup onions, diced
4 cloves garlic, minced
2 tbsp. fresh ginger, grated
Salt to taste
1 tsp. cornstarch
2 tbsp. olive oil
2 tbsp. lime juice

Carefully remove any tiny bones from the flounder with tweezers. Set fish on a broiler pan and preheat broiler. Combine pineapple, cucumber, tomatoes and pineapple juice in a saucepan. Simmer, stirring occasionally, over medium low heat for 5 minutes. Reduce heat, add onion, garlic and ginger, season with salt and continue simmering for another 5 minutes. Pour 1/4 cup of liquid from saucepan into small bowl, add cornstarch and mix until smooth. Stir cornstarch mixture back into simmering fruit mixture. Cook, stirring, until slightly thickened, about 2 minutes. Set aside. Brush the fish fillets with olive oil and drizzle with lime juice. Sprinkle with salt. Broil until fish flakes easily, 4 to 5 minutes. Pour sauce over fish. Serve immediately. Serves 8.

Stuffed Trout

1 cup flour

1 tbsp. Tony's seasoning

Salt and pepper to taste

4 tbsp. oil

4 whole trout, heads removed

1/2 cup green onion, chopped

1 cup butter, melted

1 lb. lump crabmeat

1/2 cup fresh mushrooms, chopped

2 tbsp. lemon juice

1/2 cup bread crumbs

1 tbsp. parsley, minced

Combine flour, Tony's, salt and pepper. Dust fish with flour mixture. Heat oil in a skillet. Add trout and cook until crisp and golden brown. In a saucepan, combine mushrooms, green onion, crabmeat, lemon juice, butter and bread crumbs, stirring constantly until heated through. Arrange trout on individual plates. Add crabmeat mixture on top of fish. Sprinkle with parsley. Serves 4.

Editor's Note: The following recipes originally called for redfish or red snapper. Due to the problems in obtaining these varieties of fish, I recommend substituting drum, dolphin or tuna in these recipes.

Fish Bon Ton

6 8-ounce fillets

Salt, pepper and paprika to taste

3 sticks of butter

Juice of 2 lemons

1/2 cup water

1 tsp. flour

2 cups lump crabmeat

1/2 cup white wine

1/2 cup parsley, chopped

Sprinkle both sides of fillets with salt, pepper and paprika. Melt 2 sticks of butter in a large skillet and brown slightly. Place seasoned fish in the skillet, belly side down, and cook for 2 minutes over medium heat. Add lemon juice and turn fish over. Add water, then flour, and mix lightly. Sprinkle fish again with paprika. Cover and cook 8 to 10 minutes more or until fish is done. Remove fish from skillet and place onto warm plates. Add a little more water to skillet and stir vigorously to achieve a sauce. Place crabmeat in another pan and marinate it over low heat with 1 stick of butter and white wine, until hot. Serve fish fillets topped with crabmeat and chopped parsley. Spoon some of butter sauce over each serving. Serves 6.

– Bon Ton Café, New Orleans

Sunshine Fish

4 fillets

1/2 cup orange juice

1/4 cup lemon juice

1/4 cup salad oil

1/4 cup soy sauce

Salt and pepper to taste

1 tbsp. grated orange rind

1 tbsp. parsley, minced

Place fillets in a baking dish. Mix orange and lemon juice, oil, and soy sauce. Brush fillets with the mixture. Salt and pepper to taste. Broil 5 minutes, turn and brush again with sauce. Return to broiler for 6 minutes or until fish flakes. Pour remaining sauce over fish and sprinkle with orange rind and parsley. Serves 4.

– Seafood Hut, Florida coast

Baked Fish à la Rouge

4 fish steaks

1 tbsp. butter, melted

Salt and pepper to taste

1/2 cup onion, chopped

1/2 cup red wine

1/2 cup lemon juice

1/2 tsp. flour

2 tbsp. water

Place fish in a baking dish with butter, salt and pepper. Bake in preheated 350° oven for 10 minutes. In a saucepan, combine chopped onion, wine and lemon juice. Bring to a boil and simmer 5 minutes. Mix flour and water to make a smooth paste and add to mixture. Simmer 5 minutes. Pour over fish and return to oven for 10 minutes or until done. Serves 4.

Ho Ke Ho Fish

4 fish steaks

1/2 cup barbecue sauce

2 tbsp. oil

2 tbsp. pineapple juice

1 tbsp. lemon juice

1/2 tsp. soy sauce

Salt and pepper to taste

Place steaks in baking dish. (If you have individual serving platters you may use them.) Spray either with vegetable oil cooking spray. Combine remaining ingredients and brush steaks with sauce. Broil 12-14 minutes or until fish flakes. Baste one time during broiling. Pour sauce over fish and serve. Serves 4.

– Seafood Hut, Florida

Warm Tuna Ginger Salad

3/4 lb. tuna

1 tsp. lemon juice

1 tsp. soy sauce

3 cups Chinese cabbage, chopped

2 cups bok choy, chopped

1 (11-oz.) can mandarin orange segments, drained

1 cup bean sprouts

1 onion, sliced

2 tsp. grated gingerroot

1 clove garlic, minced

1 tbsp. salad oil

2 tbsp. lemon juice

2 tbsp. dry sherry

2 tbsp. water

1 tsp. sesame oil

1 tsp. sesame seeds, toasted

Combine lemon juice and soy sauce. Brush on both sides of fish. Place the fish on a greased, unheated broiler pan. Broil 4 inches from heat for 12 to 14 minutes, turning once. Cut fish into bite size pieces. Meanwhile, in a large salad bowl combine cabbage, bok choy, orange segments and bean sprouts. Set aside. In a skillet, cook onion, gingerroot and garlic in hot oil until onion is tender but not brown. Remove from heat and stir lemon juice, dry sherry, water and sesame oil into onion mixture. Heat through. Add fish pieces and onion mixture to cabbage mixture. Sprinkle with sesame seeds and serve warm. Serves 4.

Tossed Fish Salad

1 lb. fresh fish (shark, swordfish or catfish)

1/4 cup white wine

1/4 tsp. salt

Water to cover

3 oranges

Orange juice

1/4 cup salad oil

1/2 tsp. thyme

Salt, pepper and lemon pepper to taste

3 cups torn leaf lettuce

3 cups torn spinach

1 red onion, sliced and separated into rings

Cut fish into pieces. In a large skillet, combine wine, water, and 1/4 tsp. of salt. Bring to a boil. Add fish and return to a boil. Reduce heat, cover and simmer for 2-6 minutes or until fish just begins to flake easily with a fork. Using a slotted spoon, remove fish pieces from skillet. Cover and refrigerate fish for 2 hours or until thoroughly chilled. Finely shred enough peel from oranges to equal 1/2 tsp. Set orange peel aside. Working over a bowl to catch juices, peel and section the oranges. Set oranges aside and transfer the juice to a measuring cup. Add additional juice to equal 1/4 cup. For dressing, combine in a screw-top jar the orange peel, juice, salad oil, thyme, 1/4 tsp. salt, pepper and lemon pepper. Shake well. In a large salad bowl, combine the lettuce, spinach and onion rings. Toss lightly to mix. Add fish and orange sections. Shake dressing well and pour over salad. Toss lightly to coat. Serves 4.

Fish in a Bag

1 6 lb. or larger fish, dressed

Salt and pepper to taste

2 onions, sliced thin

1 green pepper, sliced thin

1 red pepper, sliced thin

4 slices bacon

1 lemon, sliced

2 tomatoes, sliced

Dash of thyme

2 dashes of Tabasco

Juice of one lemon

Salt and pepper fish and place in a cooking bag. Place onion, peppers, bacon, lemon slices and tomatoes on top and sprinkle with thyme, lemon juice and Tabasco. Place in 400° oven for 30 minutes. Serves 6.

Rice Stuffed Flounder

1 onion, chopped

1 cup mushrooms, sliced

1 tbsp. margarine

1 cup chicken broth

1/2 cup Half-and-Half

1 tsp. dillweed

1-1/2 cups instant or cooked rice

3/4 cup carrot, grated

3/4 cup zucchini, grated

4 flounder fillets, 4 oz. each

Salt, pepper and paprika to taste

Heat oven to 350°. Brown onion and mushrooms in margarine. Mix broth, Half-and-Half and dillweed and add to pan. Bring to a boil and add rice. Return to a boil, then reduce heat and cover. Simmer for 5 minutes. Remove from heat, add carrot and zucchini and let stand for 5 minutes. Stuff fish with mixture and sprinkle with salt, pepper and paprika. Bake for 15 to 20 minutes. Serves 4.

Catfish Nickie

2 catfish fillets

3 tbsp. lime juice

1 tsp. olive oil

2 cloves garlic, chopped

2 cups onion, thinly sliced

1 (8-oz.) can plum tomatoes, chopped with juice

2 bay leaves

1 tbsp. fresh marjoram

1 2-in. stick of cinnamon

2 tbsp. jalapeño peppers, sliced

Salt and pepper to taste

1/2 cup green olives, pitted

1/4 cup capers, drained

Rinse the fish and pat dry. Place in a glass baking dish and sprinkle with 2 tablespoons lime juice. Cover with plastic wrap and refrigerate for 1 hour. In a large skillet over medium heat, sauté garlic in oil until it begins to brown. Remove garlic and set aside. Add onions to pan and sauté until softened, about 5 minutes. Return garlic to skillet. Add tomatoes with juice, bay leaves, marjoram, cinnamon, jalapeño peppers, salt and pepper to taste. Simmer for 10 minutes. Add olives, capers and remaining lime juice and simmer for 5 minutes. Remove from heat. Preheat oven to 350°. Pour mixture over fish, cover dish tightly with aluminum foil and bake 10 to 15 minutes, until fish is opaque and flakes easily. Serves 4.

French Fish in a Bag

2 sheets aluminum foil, 12" x 24"

2 6-oz. fish fillets

1 zucchini, thinly sliced

1 cup mushrooms, sliced

1/2 red onion, thinly sliced

2 tbsp. olive oil

Juice of one lemon

1/4 cup dry white wine

Dash of salt and pepper

1 tbsp. fresh basil, chopped

6 black olives, pitted and halved

Preheat oven to 450°. Fold each sheet of foil in half to form 2 double-thick squares. Brush a little oil in the center portion of each square. Rinse fish and prepare all the ingredients. Layer half of zucchini, mushrooms, fish and onion, in that order, on each square. Sprinkle with olive oil, lemon juice, wine, basil, salt and pepper. Top with black olive halves. Fold the foil into airtight packets. Bake for 20 minutes, open packets (carefully avoiding the steam that will be released) and check that the fish is cooked. To serve, lift the fish and vegetables with a spatula onto individual serving dishes. Pour liquid left in the foil over fish. Serves 2.

Trout Pecan

2 cups all-purpose flour (you may substitute cornmeal or fish fry)

1 tsp. salt

1 tsp. paprika

1/2 tsp. pepper

6 trout fillets

Vegetable oil

Lemon wedges and toasted pecans for garnish

Pecan Sauce (Recipe follows.)

Add seasonings to flour and coat fillets with mixture. Brown in vegetable oil until fillets are golden brown and flake easily with a fork. Place fillets in serving dish and keep warm while preparing Pecan Sauce.

Pecan Sauce

1 cup pecan pieces
1/2 cup butter
2 tsp. lemon juice
1 clove garlic, minced
1/8 tsp. red pepper
1 tsp. Worcestershire sauce
*2 tbsp. pecan flavor liqueur (praline liqueur)**
1 tsp. brown sugar

**If you cannot find praline liqueur, substitute crème de cacao.*

Melt butter and sauté garlic until softened. Add pecans, lemon juice, red pepper, Worcestershire sauce, liqueur and brown sugar, simmer until heated. Pour over fillets, garnish with lemon wedges and toasted pecans and serve at once. Serves 6.

Trout Meunière

*1 lb. trout fillets (or you may use a whole trout,
with head removed, or 4 whole fish, 6 oz. each)*
1/2 cup flour
1/2 tsp. salt
Dash of pepper
1/8 cup milk
1/2 cup vegetable oil
2 tbsp. butter
1/4 cup butter
1 tbsp. lemon juice
Parsley

Mix flour, salt and pepper. Dip fish in milk and coat with flour mixture. Heat oil and 2 tbsp. butter in a large skillet over medium heat until hot. Cook half of the fish at a time, turning once, until fish are golden brown and flake easily with a fork. Remove fish and keep warm while frying the remainder. Drain drippings from skillet. Heat 1/4 cup butter in skillet over low heat until golden brown, remove from heat and stir in lemon juice. Pour over fish and sprinkle with parsley. Serves 4.

Fish Florentine

4 fillets of fish, 4 to 5 oz.
3 tbsp. butter
3 tbsp. flour
2 cups milk
1 tbsp. lemon juice
Salt and pepper to taste
1-1/2 lbs. spinach
1 tsp. lemon juice
2 tbsp. butter
1 tbsp. parsley, minced

Melt the butter in a saucepan, stir in flour and cook until smooth, about 2 minutes. Slowly add milk, continuing to stir. Simmer for 2 minutes. Mix lemon juice into fish and add to cream sauce. Add salt and pepper to taste. Cook 1-1/2 lbs. spinach in boiling salted water. Drain. Add 1 tsp. of lemon juice and 2 tbsp. of butter. Add to fish. Sprinkle with parsley. Serves 4.

Vanilla Salmon

4 salmon steaks
1/2 cup currants (apricots may be substituted)
4 tbsp. brandy
1 tsp. olive oil
2 lbs. red onions, sliced 1/4" thick
1/2 tsp. ground cinnamon
1/2 tsp. fresh nutmeg, grated
Salt and pepper to taste
1 vanilla bean
1/2 cup chicken broth
1/2 cup Italian parsley, chopped

Soak currants in brandy for 30 minutes. Preheat oven to 500°. In a large skillet, heat the oil over medium heat, add onions and cook until soft, 15-20 minutes. Add cinnamon, nutmeg, and salt and pepper to taste. Stir in currants and any remaining brandy. Taste and correct seasoning as necessary. Transfer mixture to a 9"x12" baking dish. Bury the vanilla bean in the mixture. Place fish on top of the mixture, skin side down. Pour chicken broth over fish and bake for 7 minutes or until done. Do not overcook. To serve, discard vanilla bean, divide mixture among 4 prewarmed plates, top with fish and garnish with chopped parsley. Serves 4.

Swordfish Peach

4 swordfish steaks

1 tsp. lemon juice

Salt and pepper to taste

1 tsp. olive oil

2 cups onions, thinly sliced

2 cloves garlic, slivered

1 tsp. honey

1-1/2 lb. fresh peaches, peeled and cut lengthwise into 1-inch-thick slices

1/2 cup dillweed, chopped

1 lemon, cut into wedges

Fresh dill sprigs

Rinse the fish and pat dry. Lightly coat a baking dish with vegetable oil and arrange fish in pan. Sprinkle with lemon juice, salt and pepper to taste and turn fish to coat. Cover and refrigerate for one hour. Preheat oven to 350°. In a large skillet, heat oil over medium heat. Add onion and garlic and sauté until tender, about 5 minutes. Reduce heat, add honey and stir well. Cook until onion begins to caramelize, about 3 to 5 minutes. Gently stir in peaches and simmer for 5 minutes. Stir in dillweed and remove from heat. Spoon the peach mixture around but not over the fish. Bake 20 minutes, uncovered. Fish is done when it turns opaque and feels firm to the touch. Do not overcook. To serve, transfer fish to a warm platter, spoon peach mixture over fish, garnish with lemon wedges and sprigs of fresh dillweed. Serves 4.

Bacon and Feta Fish

2 lbs. fish fillets

2 tsp. lemon juice

6-8 slices bacon

1 onion, thinly sliced

1/2 cup Italian bread crumbs

1/2 cup feta cheese, crumbled

Preheat oven to 350°. Spray cookie sheet with vegetable oil cooking spray. Lay fillets on cookie sheet and sprinkle with lemon juice. Fry bacon until crisp. Remove from pan with slotted spoon and drain. Fry onion slices in bacon drippings until soft. Blot bacon and onion with paper towels to absorb excess drippings. Crumble bacon, mix with feta cheese and sprinkle over fillets. Top with onions, then bread crumbs. Bake for 25-30 minutes until fish is flaky. Serves 4-6.

OYSTERS

Oyster-Spinach Potage

2 cups milk
2 cups cream of chicken soup
2 (9-10 oz.) pkgs. frozen creamed spinach
2 (8-oz.) cans oysters, undrained
1/2-1 cup dry white wine
1/4 tsp. red pepper
1/2 tsp. salt
Lemon slices



In a saucepan, stir milk into soup. Add spinach. Simmer uncovered for 10 minutes. Stir in oysters, wine and seasonings, heat thoroughly. To serve, garnish with lemon.

Oyster Stew

1 stick margarine
4 green onions, finely chopped
1 qt. shucked oysters
2 tbsp. lemon juice
1 tbsp. Worcestershire sauce
1 cup milk
1/4 cup flour
2 cups Half-and-Half
3 tbsp. sherry
1/2 tsp. salt
1/4 tsp. white pepper
2 tbsp. fresh parsley, chopped

In a 4-quart saucepan, melt margarine, add onion and sauté until onions are tender. Add oysters, lemon juice and Worcestershire sauce. Heat and simmer gently 5 minutes. In a small bowl, gradually beat milk into flour until smooth. Gently stir into oyster mixture until combined. Add Half-and-Half, sherry, salt and pepper. Heat to boiling over medium heat, stirring occasionally. Cook 2 minutes, or until mixture thickens slightly. Sprinkle with parsley. Serves 6.

Oysters Rockefeller

24 shelled oysters
1 (10-oz.) pkg. chopped spinach, drained
4 tbsp. chopped onion
1 tbsp. parsley
2 bay leaves
6 tbsp. butter
1/2 tsp. salt
1/2 tsp. celery salt
6 drops Tabasco
1/2 cup Pernod
3/4 cup bread crumbs
3 tbsp. Parmesan cheese
4 lemon slices

Place one oyster on each shell or individual serving dish. Put drained spinach, onions, parsley and bay leaves into a blender and mix well. Cook mixture in butter for 5 minutes, adding salt, celery salt, Tabasco and Pernod. Add bread crumbs and mix well. Spoon mixture over oysters and sprinkle Parmesan cheese over the top. Bake at 425° for 10 minutes. Garnish with lemon. Serve 6 per serving, or 2 Rockefeller, 2 Benedict and 2 Casino.

Oysters Benedict

24 oysters, drained
4 tbsp. butter
Salt and white pepper to taste
24 toast rounds
24 slices Canadian bacon
Hollandaise Sauce (Recipe follows.)
Fresh parsley

Sauté the oysters in butter over low flame until edges of oysters begin to curl. Carefully salt and pepper to taste. Place 2 rounds of toast on each of 12 individual serving dishes or shells. Top with Canadian bacon. Place oyster on top of bacon and spoon on Hollandaise sauce. Bake at 425° for 5-10 minutes. Garnish with fresh parsley. Serve 6 per serving, or 2 Benedict, 2 Casino and 2 Rockefeller.

Hollandaise Sauce (Blender)

3/4 cup butter
2 egg yolks
2 tbsp. lemon juice
1/4 tsp. salt
3-4 drops Tabasco sauce

Heat butter in saucepan until melted. Put egg yolks, lemon juice, salt, and Tabasco sauce in blender. Cover and blend on low for 5 seconds, then switch to high for 30 seconds. Yields 1 cup.

Oysters Casino

1/4 lb. Italian sausage, crumbled
1/2 cup green pepper, chopped
1/2 cup onion, chopped
1/4 cup pimiento, chopped
1 clove garlic, minced
2 tbsp. olive oil
1/4 cup dry sherry
1/2 cup Half-and-Half
1/4 cup flour
1/2 cup butter, melted
1/2 lb. Cheddar cheese, grated
24 oysters, shucked and drained
8 slices of bacon, cooked

Sauté meat, pepper, onion, garlic and pimiento in olive oil until brown. Add sherry and Half-and-Half. Cook for 15 minutes, stirring constantly. Add flour which has been mixed with melted butter. When sauce has thickened, add grated cheese. Season to taste. Remove from heat and allow to cool to room temperature, then chill until firm. Place oysters in individual shells or dishes and bake for 5 minutes in 350° oven until oysters curl. Top oysters with sauce and one-third slices of bacon. Return to oven and cook for 20 minutes. Serve 6 per serving, or 2 Casino, 2 Benedict and 2 Rockefeller.

Oyster Stuffed Mushrooms

14 large (2-1/2" diameter) mushrooms, approx. 1-1/2 lb.

Salt and pepper to taste

14 oysters

1 tbsp. red bell pepper, minced

1 small lemon, halved

Filling

3 slices bacon, minced

3 tbsp. flour

1 bunch fresh spinach, rinsed, trimmed and chopped (about 4 cups)

1/4 cup Half-and-Half

1/4 tsp. Tabasco

Salt

1/2 cup shredded Parmesan cheese

To make the filling, in a large saucepan over medium high heat, sauté bacon until crisp. Stir in flour, followed by the spinach and Half-and-Half. Cook, stirring well, until very thick. Stir in the Tabasco and salt, remove from heat and fold in Parmesan cheese. Let cool thoroughly.

Topping

4 oz. cream cheese

2-3 tsp. garlic, minced

1 green onion, chopped

2 tsp. dry sherry

To make the topping, place cream cheese in a glass bowl and microwave for 30 seconds, stir in the garlic, green onion and sherry until creamy.

To assemble: Preheat the oven to 325°. Pull the stems off the mushrooms, leaving a cavity in the cap. Season mushroom caps with salt and pepper. Divide the spinach filling evenly among the mushrooms. Lightly press one oyster into each spinach-filled mushroom. Top each oyster with about 1 tsp. of cream cheese topping, spreading out a bit to partially cover the oyster. Place the mushrooms on a baking pan, lightly oiled or sprayed with vegetable oil cooking spray. Sprinkle each mushroom with a little minced red pepper. Bake in the preheated oven until the mushrooms are tender, the spinach filling is hot and the oysters are just cooked, 8 to 12 minutes. Right after taking mushrooms from the oven, squeeze the lemon juice over. Serves 14.

Hang Town Fry (Oyster Omelet)

7 eggs

1/2 cup bread crumbs

Salt and pepper

6-8 small oysters, shucked and drained

2-3 tbsp. butter

3 tbsp. cream

3 tbsp. fresh parsley, chopped

Crack one of the eggs into a shallow bowl and stir with a fork to mix. Put bread crumbs in another shallow bowl and season with salt and pepper. Dip the oysters in beaten egg, allow excess to drip off, and thoroughly coat in bread crumbs. Heat the butter in a large skillet. Add oysters and fry over medium heat until crisp and light brown, 1-2 minutes on each side. Meanwhile crack the remaining eggs into medium bowl and add cream. Stir with fork to thoroughly mix. When oysters are crisp and brown, pour egg mixture over and cook, gently, stirring occasionally with a wooden spoon until eggs are set and cooked to your liking. Sprinkle with parsley. Fold the omelet in half and cut into serving pieces. Serves 2-3.

Oyster Casserole

24 oysters

1 (8-oz.) pkg. cream cheese

2 tbsp. margarine

1/2 cup white wine

5-6 drops Tabasco

1 cup green onion, chopped

Fresh parsley, chopped

In a saucepan, cook oysters in margarine over medium heat about 2 minutes until edges curl. Drain and set aside. Combine margarine and cream cheese in saucepan. Place over low heat, stirring until melted. Add wine and stir. Add green onion and seasonings. Bring to boil over high heat, stirring constantly. Gently fold in oysters. Place in chafing dish and serve with Melba rounds.

Wild Rice & Oysters

6 cups chicken broth
12 oz. wild rice mix
1/2 cup margarine, melted and divided
2 qts. oysters
1 lb. fresh mushrooms, sliced
1/2 cup celery, chopped
1/2 cup onion, chopped
1/2 cup flour
1 cup chicken broth
1 cup whipping cream
1 tbsp. curry powder
1 tsp. onion powder
1 tsp. thyme
1/2 tsp. salt
1/4 tsp. pepper
1/4 tsp. hot sauce
1/2 cup fresh parsley, chopped

Bring 6 cups chicken broth to a boil in a large saucepan. Add rice, cover tightly and simmer 50 to 60 minutes. (Drain rice after cooking if all broth is not absorbed.) Toss with 2 tbsp. of melted butter and set aside. Cook oysters and next 3 ingredients in 2 tbsp. butter in a large skillet over medium heat, stirring occasionally, until edges of oysters begin to curl. Drain well and set aside. Pour remaining 4 tbsp. butter into a large, heavy saucepan. Add flour, stirring until smooth. Cook over low heat 1 minute, stirring constantly. Gradually add 1 cup chicken broth and whipping cream. Cook over medium heat, stirring constantly, until mixture is thickened and bubbly. Stir in curry powder and next 5 ingredients. Add wild rice and oyster mixture, stirring well. Spoon into a lightly greased 3 qt. casserole. Bake at 350° for 30 minutes or until bubbly. Sprinkle with parsley. Serves 10 to 12.

GUMBOS, SOUPS, STEWS, CASSEROLES & BRUNCH

The above are a way of life in south Louisiana. We will call a friend and say, "I made some gumbo, . . . soup . . . stew . . . , come on over." Then you get a call that your sister is in town with her family so then you call other family members and say, "Sister's in town, why don't you come over and have gumbo . . . soup . . . stew?" Then another friend calls and you invite her and just add some more water and cook some extra rice. That's why we always have a big pot to make gumbo, soup or stew. We are also famous for our potluck suppers or dinners at maybe a church social, a football party, a birthday, a Mardi Gras parade, or anytime . . . we don't need a special event to have a party.

Seafood Gumbo

Editor's Note: This is a Mississippi Gulf Coast recipe.

*1 slice bacon
2 tbsp. flour
1 large onion, chopped
1 each red and green pepper, diced
2 cloves garlic
3/4 tsp. salt
1/4 tsp. black pepper
1/4 tsp. thyme
1/8 tsp. red pepper
1 can chicken broth (13 oz. or more)
3 cups water
1 cup okra, chopped
1 cup canned tomatoes, chopped
1 cup green onions, chopped
1 lb. snapper or catfish fillets, cut into 2-inch portions
1 cup medium shrimp, peeled and deveined
3 cups cooked rice*

Cook bacon in heavy Dutch oven over medium heat until crisp. Drain on paper towels. Reduce heat to medium low. Then make a roux with drippings and flour, stirring until mixture is golden brown, about 12-15 minutes. Stir in onion, red and green pepper, garlic, salt, pepper, thyme and red pepper. Cover and cook, stirring occasionally, until vegetables are tender, about 10 minutes. Gradually stir in broth and water, then okra, tomatoes and green onions. Return to simmer and cook, covered, until mixture is thickened and vegetables are tender, 10 to 15 minutes. Stir in snapper and shrimp, cook 5 minutes and then add bacon. Serve over rice. Serves 6.

Seafood Gumbo (Louisiana Style)

Ingredients for seafood stock:

5 quarts water

2 doz. boiled crabs

3 lbs. raw shrimp, heads and shells on

1 carrot

1 onion, quartered

1/2 cup celery, coarsely chopped

Fill 6-quart stockpot with 5 quarts of water. Pull off back shells of crabs and add shells to stockpot. Discard inedible spongy fingers, break crabs in half and set aside. Peel shrimp and add heads and shells to pot. Set shrimp aside. To stockpot add carrot, onion, celery and cover, simmering for 2 hours. Strain stock and return to pot.

3 cups onions, chopped

1-1/2 cups celery, finely chopped

1 cup green pepper, finely chopped

3 cloves garlic, finely chopped

3 lbs. okra, cut into 1/4" pieces

1 cup + 1 tbsp. cooking oil

2 tbsp. flour

1 (16 oz.) can tomatoes

1/2 cup ham or sausage, diced

1 tsp. thyme

1 tsp. basil

3 bay leaves

1/4 cup parsley, chopped

Salt and pepper to taste

Tabasco sauce to taste

Worcestershire sauce to taste

Rice

In a separate pan or deep skillet, make a roux with oil and flour. Cook over medium low heat until golden brown. Add vegetables and sauté over low heat until softened, then add tomatoes, ham or sausage and seasonings and continue cooking 10 minutes. Add to stockpot along with shrimp and crabs which were set aside. Bring to a simmer and cook slowly for 1 hour. Serve over rice.

Shrimp and Crab Gumbo

1 cup flour
1 cup vegetable oil
4 cups okra, chopped
6-1/2 quarts water
2 cups onions, diced
1-1/2 cups green pepper, diced
1-1/2 cups green onions, chopped
1/2 cup celery, diced
3 cloves garlic, chopped
4 gumbo crabs, cleaned and cut in half
1 (13-oz.) can of tomatoes
2 lbs. peeled shrimp, 50 to 70 count
1/3 cup parsley, chopped
Salt and pepper to taste
Steamed rice

Make a roux. (See Lagniappe.) Set aside. Smother okra in another pot in 1/2 quart of water until thick and mushy. Set aside. In a gumbo pot, sauté onion, bell pepper, green onions, celery and garlic in cooking oil until limp. Add roux to the seasonings and stir until well mixed. Add 6 quarts of water and bring to a boil. Add smothered okra, crab and tomatoes and allow to simmer one hour over medium heat. Stir occasionally to prevent burning. Add shrimp, salt and pepper, simmer 1 more hour. The gumbo will thicken slightly. Sprinkle with parsley. Serve over rice. Serves 25.

Crabmeat Soup

4 cups chicken broth
1/4 cup sherry
1/4 cup lime juice
1/4 cup fresh lemon grass, minced
1 tbsp. fresh ginger, minced
1/4 tsp. curry powder
1 can cream of potato soup
1 cup lump crabmeat

In a stockpot, bring the chicken broth, sherry, lime juice, lemon grass, ginger, and curry powder to a boil. Add cream of potato soup. Cook, stirring constantly, until soup thickens. Gently add in crabmeat. Serves 4.

Editor's Note: I add 1/4 tsp. crab boil or 1 tsp. of Tabasco.

Chicken, Andouille and Oyster Gumbo

14 lbs. chicken (deboned, skinless breasts and thighs, cut into 1-1/2" cubes)

*8 lbs. Andouille sausage**

7 lbs. onions, chopped

3 stalks celery, chopped

3 bell peppers, chopped

4 bunches green onions, chopped

1 cup garlic, minced

2 cups parsley, dried

1/4 cup fresh thyme, crushed (or 1/8 cup dried)

6 bay leaves

1/4 cup Worcestershire sauce

1 small bottle Tabasco sauce

1/4 cup liquid crab boil

1/4 cup lemon pepper

Salt and pepper to taste

2 gallons water

20 chicken bouillon cubes

Roux of 4 cups oil and 5 cups flour

5 lbs. fresh okra

** (If you cannot find Andouille, use another type of smoked sausage or German sausage.)*

Make a roux in a large cast-iron pot, 3- to 5-gallon capacity. Add onion, celery, bell pepper, garlic and okra and cook, stirring constantly, until the onions are tender and okra slime is gone, about 20 minutes. Stirring constantly, add sausage, water, bouillon cubes and liquid crab boil and bring to a steady boil. Reduce heat to simmer and add all other ingredients except chicken, green onion and parsley. Cook for 1 hour. Add chicken and cook for 30 minutes. Add green onion and parsley. Skim oil from top. Serve over rice. Serves 50.

Shrimp Bisque

3 tbsp. olive oil

1-1/2 lbs. medium unshelled shrimp

4 tbsp. margarine

1 large onion, chopped

1 carrot, chopped

1 stalk celery, chopped

2-1/2 cups water

1 cup dry white wine

Salt and pepper to taste

3 chicken bouillon cubes

1 bay leaf

1/4 cup long grain rice

1 (15-oz.) can tomatoes

2 cups cream

Shell and devein shrimp. Reserve shells. Sauté shrimp shells in a 4-quart Dutch oven in hot oil over medium high heat until they turn pink, stirring constantly. With a slotted spoon, discard shells, leaving flavored oil in Dutch oven. Add shrimp to oil and cook over medium high heat, stirring frequently, until shrimp turn pink, about 3 minutes. Set shrimp aside. Reduce heat to medium and add margarine, onion, carrot and celery. Cook, stirring occasionally, until tender. Stir in water, wine, salt, pepper, rice, bouillon cubes and bay leaf. Bring to a boil and reduce heat to low. Cover and simmer 15 minutes or until rice is tender. Remove Dutch oven from heat and discard bay leaf. Drain juice of tomatoes into rice mixture, stir in tomatoes and add cooked shrimp. Spoon half of mixture into blender and blend on low speed until smooth. Pour mixture into Dutch oven. Repeat with remaining mixture and add to Dutch oven. Stir in cream and heat just to boiling over medium heat.

– Baton Rouge Catering Service

Seafood Stew

1/4 cup green pepper, chopped

1/2 cup onion, chopped

1/2 cup celery, chopped

1 clove garlic, minced

1 (14-1/2 oz.) can no-salt-added tomatoes, undrained and coarsely chopped

1 (8-oz.) can no-salt-added tomato sauce

1/2 cup Burgundy or other dry red wine

3 tbsp. fresh parsley, chopped (or dried)

1/4 tsp. whole oregano, dried

1/4 tsp. whole basil, dried

1/2 lb. haddock or cod fillets

1/2 lb. large fresh shrimp, peeled and deveined

1/2 lb. fresh sea scallops

1/2 lb. frozen green peas

Coat a large Dutch oven with vegetable oil cooking spray and place over medium heat until hot. Add green pepper, celery, onion and garlic; sauté 4 to 5 minutes or until vegetables are tender. Add chopped tomato and next 5 ingredients; stir well. Bring to a boil; cover, reduce heat and simmer 10 minutes, stirring occasionally. Cut haddock fillets into 1-inch pieces. Add haddock pieces, shrimp, scallops and peas to tomato mixture, stirring well. Bring to a boil over medium heat; cover, reduce heat, and simmer 8 to 10 minutes or until shrimp turn pink, and fish flakes easily when tested with a fork. Yield: 5 cups.

– Carolyn Goyer

Drusilla's Seafood-Eggplant Casserole

1/2 lb. margarine
1/2 lb. onions, chopped
1/2 lb. celery, chopped
3-1/2 oz. bell peppers, chopped
1/2 tsp. red pepper
1/2 tsp. black pepper
1 tbsp. garlic
1-1/2 tbsp. chicken base
1 lb. 150-200 shrimp, peeled and deveined
1 lb. claw crabmeat
5 medium eggplants
1/3 lb. American cheese
2 oz. Romano cheese, grated
6 oz. Italian bread crumbs

Combine first 8 ingredients in a saucepan and cook until vegetables are al dente (cooked just enough to retain a somewhat firm texture). Add shrimp and cook until done. Add crabmeat and cook an additional 5 minutes. While cooking vegetables and seafood, peel and cut eggplants into 2x2-inch cubes. Boil in a separate saucepan until cooked. Once all are cooked add eggplant to vegetables and seafood. Mix well. Add cheeses and bread crumbs to achieve desired consistency. Place in a casserole dish and brown in oven at 400°.

Linguine with Crabmeat and Garlic

1/2 cup fruity olive oil

1 tbsp. garlic, minced

1 dried hot red pepper, or to taste

1 cup lump crabmeat (about 1/2 lb.), picked over for cartilage

Salt and freshly ground black pepper to taste

1/2 cup dry white wine

1/2 cup fresh parsley, minced

1 lb. linguine or spaghetti

Boil well-salted water in large pot. In a small saucepan, warm the olive oil, garlic and red pepper over low heat until garlic turns golden brown. Add the crab, salt, pepper and wine, and simmer until reduced slightly. Add half the parsley, cook another minute, and turn off the heat. Cook the pasta according to the package instructions. When just about done, reheat the crab sauce. Drain the pasta, toss with the sauce, and top with the remaining parsley. Serves 3 to 4.

– *Fish: The Complete Guide to Buying and Cooking*

Shrimp and Crab Pasta

3 sticks margarine
4 onions, chopped
3 ribs celery, chopped
2 green peppers, chopped
3 cloves garlic, minced
1/2 cup flour
1-1/2 lbs. shrimp
1-1/2 lbs. lump crabmeat
2 cups cream
1 lb. Cheddar cheese, cubed
1 tsp. Tabasco sauce
Salt and pepper to taste
1 lb. pasta, cooked and drained
1 cup grated cheese

Melt margarine in a large saucepan and sauté vegetables until tender. Add flour and stir until well blended, about 12 minutes. Add seafood and cook for 20 minutes, stirring constantly, over medium to low heat. Add cream, Cheddar cheese, Tabasco sauce, and mix well. Add salt and pepper to taste and simmer for 10 minutes. Add pasta and toss. Pour into 3-quart casserole dish and sprinkle with grated cheese. Bake at 350° for 15 minutes. Serves 10.

Seafood Casserole

Ingredients for seafood stock:

- 1-1/2 cups water*
- 2 lbs. shrimp, with shells and heads*
- 1 onion, cut into chunks*
- 1 stalk of celery, cut into large chunks*
- 1 carrot, cut into small chunks*
- 1 tsp. crab boil*
- 1 clove garlic, cut in half*

Peel shrimp, saving shells and heads. In 2-quart pot, bring 1-1/2 cups water to a boil with shrimp shells and heads, onion, celery, carrot, garlic and crab boil. Cover and simmer for 30 minutes. Strain and reserve stock.

- 4 tbsp. margarine*
- 1/2 cup onion, chopped*
- 2 cloves garlic, minced*
- 3/4 cup flour*
- 1-1/2 cups milk*
- 2 cans artichoke hearts, quartered*
- 2 lbs. lump crabmeat*
- 1 lb. sharp cheese, grated*

In a large saucepan, melt margarine, add onion, garlic, and shrimp and cook for 10 minutes on low heat. Stir in flour and add seafood stock, stirring until it comes to a boil. Add milk, stirring until well blended. Add artichoke hearts, crabmeat and cheese, heating until cheese is melted. Pour into a casserole dish and serve. Serves 12.

Seafood Casserole Dottie

1 lb. shrimp
1 lb. crawfish
1 lb. crabmeat
2 cups green onions, chopped
3 sticks butter
1 No. 1 can mushrooms
2 tbsp. flour
1/2 cup milk
Salt, pepper and Tabasco to taste
1 cup Mozzarella cheese, grated, for topping

Sauté green onions and mushrooms in butter until tender. Add seasoned seafood. Stir and add flour and milk. Put in casserole dish and top with grated cheese. Bake at 325° until casserole is bubbly and cheese is melted. Serves 6-8.

Crab and Shrimp Orleans

1 stick butter
1 bunch green onions, chopped
1/2 cup fresh parsley, finely chopped
2 tbsp. flour
1 pt. cream
1/2 lb. Swiss cheese, grated
2 tbsp. sherry
1/8 tsp. red pepper
Salt to taste
1 lb. crabmeat
1 lb. shrimp, peeled

Melt butter in heavy pot over low heat. Sauté onion until limp. Add parsley. Blend in flour. Add cream and cheese and stir until cheese is melted. Add sherry, salt and red pepper. Gently fold in crabmeat and shrimp. Cook 10 minutes. Put in chafing dish or casserole.

Virginia Seafood-Eggplant Casserole

4 eggplants

6 oz. olive oil

4 onions, chopped

1 bell pepper, chopped

3 cloves garlic, minced

1 lb. shrimp

1 cup crabmeat

6 slices bread

2 eggs

1/4 cup milk

1 stick margarine

Salt, pepper and red pepper to taste

Bread crumbs

Cook eggplants in water till tender. Remove pulp from shells and mash well. Set aside. Place oil in large pot. Add onions, bell pepper and garlic and sauté until tender. Add shrimp and crabmeat and cook 10 minutes. Beat two eggs and milk together, add bread to egg and milk mixture and blend. Add to mixture in pot and cook for 10 more minutes. Add eggplant, salt and pepper. Cover and cook for 30 minutes more, stirring often. Pour mixture into greased casserole dish and cover with bread crumbs. Dot with butter and bake at 300° for 45 minutes.

Seafood Jambalaya

Editor's Note: *There are many different recipes for jambalaya, but in researching I found that the original was a little bit of everything.*

1 lb. sausage (smoked, breakfast, Andouille), sliced

1 cup ham, chopped

2 slices bacon

1 cup onion, chopped

1/2 cup celery, chopped

1 can tomatoes

Salt, pepper and Tabasco to taste

1/4 cup fresh parsley, chopped

3 cups rice

6 cups water

1/2 lb. crawfish tails, peeled

1/2 lb. shrimp, peeled

In a large pot, cook sausage, ham and bacon for about 6 minutes. Add onion and celery and sauté until tender. Add tomatoes and season to taste with salt, pepper and Tabasco. Cook for 30 minutes on low heat. Add rice, parsley, water, shrimp, crawfish and bring to a boil. Stir well, cover and allow to simmer on low for 20 minutes. Jambalaya is done when rice has absorbed all the water. Serves 12.

Crab Quiche

1 9-inch pie shell
1 cup (1/4 lb.) Swiss cheese, shredded
1/2 lb. crabmeat
2 green onions, chopped
3 eggs
1 cup Half-and-Half
1/2 tsp. salt
Pepper to taste
1/2 tsp. grated lemon peel
Dash of dry mustard
1/4 cup sliced almonds

Bake pie shell for 3 minutes at 400°. Remove from oven and gently prick with fork. Bake 5 minutes longer. Let cool on rack. Into pie shell sprinkle cheese, crabmeat and green onion. Beat eggs until foamy. Stir in Half-and-Half, salt, lemon peel, dry mustard and pepper. Pour into pie shell and sprinkle with almonds. Bake at 325° for 1 hour. Let stand 10 minutes before serving.

Seafood Crepes

2 cups shrimp, crabmeat or crawfish, chopped
2 cups mushrooms, chopped
1 clove garlic, minced
1 onion, chopped
1 cup margarine
4 tbsp. flour
2 cups Half-and-Half
1 cup stock (chicken or seafood)
3 tbsp. white wine
8 crepes
1 cup Swiss cheese, grated

In a large saucepan, melt margarine and stir in flour. Add milk, stock and wine. Mix well and simmer. Add seafood, mushrooms, garlic, and season to taste. Stir well and cook slowly for 20 minutes. Fill crepes with mixture and roll. Place in ungreased casserole dish and top with cheese. Place in 350° oven until cheese melts. Serves 8.

Scrambled Egg Casserole with Shrimp

Editor's Note: This casserole may be made ahead of time and refrigerated 3 to 24 hours before baking.

1/2 cup green onion, chopped

*6 tbsp. margarine, divided**

*12 beaten eggs**

2 tbsp. flour

*1-1/2 cups milk**

2 cups Swiss cheese, shredded

4 tbsp. pimienta, diced (or substitute 1/2 cup chopped tomatoes)

2 cups shrimp, cooked and chopped

Salt and pepper to taste

1 tbsp. Tabasco sauce

Sauté green onions in one tablespoon of margarine in a skillet until tender. Add eggs and cook over medium heat without stirring until mixture begins to set on bottom and around edge. Lift and fold partially cooked eggs so uncooked portion flows underneath and continue cooking until set. Transfer to 2 quart casserole. In a small saucepan, melt one tablespoon of margarine. Stir in flour, salt, pepper and Tabasco. Add milk all at once. Cook and stir until thickened and bubbly. Add cheese and stir until melted. Stir in pimienta and shrimp. Fold cheese mixture into cooked eggs. Melt remaining margarine and toss with breadcrumbs. Sprinkle over egg mixture. Bake in 350° oven for 15 to 20 minutes.

**If you wish, you may substitute Half-and-Half for milk, butter for margarine or Egg Beaters for eggs.*