

# SEAFOOD





# CONTENTS

Fish Species SONOCO Uses .....	291
Removing the Skin .....	295
Hushpuppies.....	296
Alaskan King Crab .....	297

## **Catfish**

Blackened Catfish .....	298
Catfish Courtboullion.....	300
Fried Catfish.....	302
Fried Catfish & Crawfish Sauce .....	304
Grilled Catfish & Crawfish Sauce.....	305
Grilled Catfish & Shrimp Creole Topping .....	306
Catfish with Peppers & Onions .....	307
Pan-Seared Lemon Pepper Catfish .....	308

## **Crawfish**

Crawfish Boulettes.....	309
Crawfish Cream Sauce .....	311
Crawfish Etouffee .....	312
Crawfish Pistolettes .....	314
Crawfish Stew .....	315
Crawfish Fettuccine .....	316
Crawfish Mac & Cheese .....	318

## **Various Species**

Baked Cod & Italian Crumb Topping .....	319
Fish & Chips .....	320
Fish and Sliced Potatoes with Herbs .....	322
Fish and Shrimp Fricassee .....	324

Fish with Tiger Glaze .....	325
Blackened Grouper .....	326
Cajun Baked Grouper.....	327
Grouper in Creole Sauce .....	328
Grilled Lemon Garlic Halibut.....	329
Lobster.....	330
Ginger Soy Mahi Mahi .....	333
Blackened Tuna .....	334

## **Orange Roughy**

Citrus Seasoned Orange Roughy.....	335
Corny Parmesan Orange Roughy .....	336
Garlic Butter Orange Roughy .....	337
Italian Baked Orange Roughy.....	338
Panéed Orange Roughy Parmesan.....	339
Fried Oysters.....	340

## **Salmon**

Chile Garlic BBQ Salmon .....	341
Salmon with Balsamic Glaze .....	342
Grilled Salmon with Orange Glaze .....	343
Salmon with Brown Sugar & Garlic Glaze .....	344
Salmon Dijon with Pecan Topping .....	345
Boiled Shrimp .....	346
Coconut (Fried) Shrimp.....	347
Asian Orange sauce .....	349
Peach Chili Sauce .....	349

## **Shrimp**

Garlic Shrimp & Angel Hair Pasta.....	350
---------------------------------------	-----

Grilled Shrimp Scampi .....	351
Grilled Shrimp Scampi in Alfredo Sauce .....	352
Grilled Scallops and Shrimp Scampi .....	353
Grilled Seafood and Broccoli Scampi .....	355
Seafood Casserole .....	356
Seafood Paella .....	357
Low Country Shrimp & Grits .....	359
Louisiana Shrimp and Grits with a Cajun Accent.....	361
Panko Firecracker Shrimp .....	362
Popcorn Shrimp, Hot & Spicy.....	363
Shrimp & Sausage Alfredo.....	364
Shrimp Boulettes .....	366
Shrimp Creole .....	367
Shrimp Creole II .....	368
Shrimp Creole Topping .....	370
Shrimp Diablo .....	371
Shrimp Fettuccine.....	372
Shrimp and Potato Stew .....	373
Spicy Grilled Shrimp.....	375
Shrimp “Wellington” in Puff Pastry.....	376
Szechwan Style Shrimp.....	378
Corn Fritters.....	379



# Fish Species SONOCO Uses

## **Catfish**

Has a consistently sweet, mild taste. It absorbs other flavors readily. The moist, dense meat is firm. Cooked meat is opaque and white.

Catfish is as versatile as chicken; dress it up with a complex sauce, or dress it down for an outdoor barbecue. Sauce or season with a range of flavorings.

- Best cooking methods.....bake, broil, fry, grill, sauté

## **Cod**

Use Atlantic and Pacific cod interchangeably, though Pacific cod produces larger, thicker fillets, and its moisture content makes breading difficult. Because it is so lean, cod cooks quickly and benefits from moist heat. The neutral flavor is excellent for herbs like tarragon, dill and cilantro.

- Best cooking methods.....bake, broil, fry, sauté, steam

## **Crab (King)**

The largest of commercially harvested crabs, king crabs have spiny shells and long, spidery legs. The crabs grow to 6 feet, from leg tip to leg tip, and from 4 to 10 pounds. King crab is sweet, moist and rich.

Almost all king crab sold in the U.S. is cooked and brine frozen. If processed correctly, the meat should not taste salty. Flavor is best just after thawing.

- Best cooking methods.....bake, boil, steam

## **Crawfish**

Are freshwater crustaceans that resemble miniature lobsters, ranging in size from 3 1/2 to 7 inches. Approximately 90 percent of the U.S. farmed and wild crawfish production comes from Louisiana. The meat is sweet like lobster, but more tender and not quite as rich. Jambalaya, bisque and etouffé are traditional preparations.

- Best cooking methods.....boil, steam, sauté

## **Flounder**

Raw, it ranges from tan to pinkish to snow white. The cooked meat of all species is white, lean, and flaky with a mild flavor, ranging from bland to sweet. Taste and texture vary depending on species. Cooked meat of smaller soles and flounders is delicate, while larger species are firm and meaty.

Use sauce, other liquids or moist vegetables to keep thin flatfish fillets from drying out. Avoid sauces and herbs that overpower their delicate taste. Thicker fillets are great for broiling, served with lightly herbed butter.

- Best cooking methods.....bake, broil, fry, sauté

## **Grouper**

Belong to one of the largest and most widely distributed families of fish, the sea basses. Groupers are found in temperate waters from the Mid-Atlantic States and Florida to South America, Central America and the Gulf of Mexico.

Groupers have a mild distinct flavor, somewhere between bass and halibut. Cooked, the white meat has a very firm texture, heavy flake and remains moist.

In the South, blackened grouper is a favorite preparation, but this fish can be fried, grilled, used in chowders and soups. Larger whole grouper can be roasted. Grouper is very forgiving; it can be overcooked and still remain moist. Best cooking methods .....bake, broil, fry, and grill

## **Halibut**

The largest of all flatfish, halibut can stretch up to 8 feet long and 4 feet across and weigh over 600 pounds. Halibut is very versatile, and the thick, meaty flesh holds up well to a number of cooking methods and sauces including Kabobs.

It holds moisture well frozen and keeps its texture when cooked. It is mild, sweet-tasting, and lean with fine-grained, dense meat that dries out if overcooked.

- Best cooking methods..... bake, broil, grill, sauté



## **Mahi-mahi**

Has a sweet, mildly pronounced flavor. The lean meat is fairly firm in texture, though not steak-like, and it has large, moist flakes. Darker portions of meat can be trimmed away for milder flavor. The raw flesh is pinkish to grayish-white, though dark along the lateral line. Cooked, the meat becomes off-white.

Mahi grills well. Though not an oily fish, the meat remains moist even if blackened. Mahi has a thick skin that should be removed before cooking.

- Best cooking methods.....bake, broil, fry, grill, sauté

## **Orange Roughy**

Has a mild, delicate flavor. The moist, large-flaked meat holds up well cooked. It cooks up to an opaque white. The darker the meat, the lower the quality.

It is tolerant of most cooking methods, except deep frying and grilling, and works well with almost any seasoning or sauce. It has a moderate oil content, which helps the meat retain moisture during cooking.

- Best cooking methods.....bake, broil, sauté, steam

## **Pollock**

Is a mild, delicate-tasting fish, with a slightly coarse texture. Alaska pollock fillets are creamy tan in color. Cooked, the lean, moist meat is white and firm, with a nice flake. Commonly used in surimi and fried-fillet sandwiches.

Alaska pollock is an ideal substitute for cod, though fillets are smaller. Because of the higher fat content, cook it slightly longer than cod or haddock.

- Best cooking method .....bake, broil, fry, sauté, steam

## **Salmon**

Simple treatments are perfect for the rich and flavorful king salmon, but the fish can also stand up to hearty flavorings.

- Best cooking methods.....bake, broil, grill, smoke

## Sea Scallops

The largest commercially available scallops, sea scallops have a sweet, rich taste that ranges from mild to brine. Cooked meat is opaque white with a firm, lean texture. Scallops cook quickly. Recipes suggest cutting larger ones in half.

- Best cooking methods..... bake, broil, fry, grill, sauté

## Snapper

Red snapper is lean and moist, with a sweetly mild but distinctive flavor. The texture is lean but moist. The superb taste of this fish is evidenced by the number of other types of fish that, with just the slightest hint of red, masquerade in the marketplace as “red” snapper.

- Red snapper responds well to just about any cooking method.

## Tilapia

Is the second-most cultured group of fish in the world. Tilapia are cultured in the southern and western states. The mild, sweet tasting tilapia has a slightly firm, flaky texture. The cooked meat is white and lean with tender flakes.

Tilapia is highly versatile, but whatever cooking method you choose, stick with a subtle sauce to help avoid overpowering tilapia’s delicate flavor.

- Best cooking methods ..... bake, broil, sauté

## Yellowfin Tuna

Is abundant in warm waters throughout the Pacific and Atlantic, often mixed with other species, especially skipjack tuna. Yellowfin tuna has a mild, meaty flavor. Yellowfin is also served raw as sashimi and in sushi.

Yellowfin is excellent raw, and also for grilling and broiling. It needs little flavor enhancement; just brush with olive oil and sprinkle with seasoning. For a milder taste, remove the dark lateral line from the meat. Tuna can also marinate for several hours without becoming “cooked.”

- Best cooking methods ..... bake, broil, grill, sauté

## Removing the Skin

You may not realize why fish with its skin on is curling as it cooks, but it's the skin shrinking that causes this. Removing the skin should be done before cooking. Here are two ways:

Peel the skin while the fish is frozen.

- While wearing a cutting glove, dip the fish in water.
- Peel back the skin from the "head" or large end of the fish with the edge of a fillet, boning or even paring knife. In other words, a thin blade knife.
- Pinch that piece of skin with your thumb and forefinger.
- Pull it back all the way to the tail to remove the skin.

Or, as shown below, with a thawed fillet:

- Lay the fish, skin side down. Take hold of the skin at the tip of the fillet.
- Slide the knife just under the meat and above the skin.
- Cut along the length of the fillet.



# Hushpuppies

We put this recipe first so you can remember them on seafood day. 😊

You will never want to serve those bagged hushpuppies again. These are light, well-seasoned, and if you add shrimp, you've got yourself some boulettes. Add corn and they're fritters.

Yield: about 4 dozen

2 ½	cups	corn meal
1½	cups	flour
2	Tbsp	baking powder
2	tsp	salt
1	Tbsp	garlic powder
½	tsp	cayenne
2 ½	each	medium onion, diced (no that's not a typo)
¾	cup	green onions (scallions), sliced about ¼"
4	each	eggs
3	cups	buttermilk (make your own from powdered milk)

- Combine all dry ingredients in a large bowl.
- Add both green and yellow onions; combine well, and set aside.
- Mix eggs and buttermilk; add to dry mix. Blend until just together.
- Let chill for at least 30 minutes before using. If the batter is too thick, thin with milk before scooping into fryer.
- Fry at the same temp at which you fry fish & shrimp, 350 F.



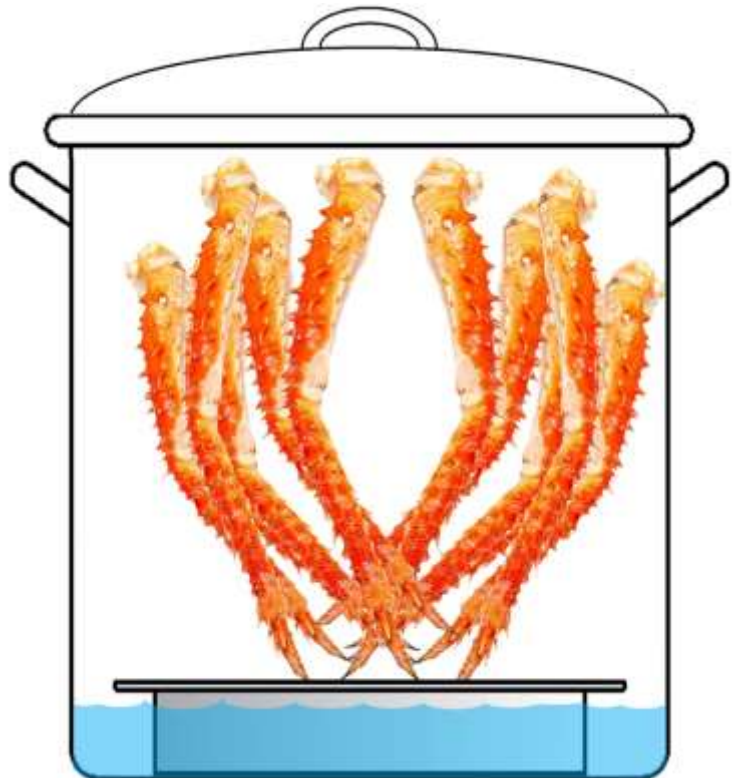
# Alaskan King Crab

Our crab legs, like most sold in the U.S. are already cooked. Steaming is a great way to “cook” them. Setting up is simple: a couple of inches of salted water in the bottom of a large stockpot and a colander or rack in the bottom.

Allow about 1 pound per person.

## Steamed

- Set up a stockpot as shown. A cake tin at bottom is topped with a drain grate.
- The water is below the grate. Add salt and bring to a boil.
- Add crab legs and cover.
- Steam until heated, about 6 – 10 minutes.
- Remove and serve with garlic butter and lemon wedges.



## Boiled

- Fill the stockpot with salted water and bring to a boil.
- Add the crab legs. The water temp will drop; leave at a simmer and cook for about 6 minutes.
- Remove and serve with butter, garlic butter, lemon wedges.



## Blackened Catfish

You'll want to make sure the hood fans work. Properly made, this should produce a good bit of smoke, so warn the control room operators. C'est Bon!

Serves 12

The seasoning:

3	Tbsp	Paprika
1	Tbsp	salt
1	Tbsp	garlic powder plus some lagniappe
1	Tbsp	onion powder
1 1/2	tsp	cayenne
2	Tbsp	black pepper
1 1/2	tsp	dried thyme
1 1/2	tsp	dried oregano

1	cup	clarified butter in a shallow dish
12	each	catfish fillets, patted dry

- Mix all the spices together well.
- Put a large cast iron skillet on a burner on high. Let it sit for about 5 minutes or until it is very hot.
- Dip the fillets in butter, then sprinkle liberally with seasoning.
- Put the fillets directly in the skillet, top side down. Don't overcrowd.
- Pour a small amount of butter on the top of each fillet just before turning, then turn the fillets.
- Finish cooking and transfer to a shallow pan for service. Drizzle any remaining butter over the fish.



Blackened Catfish

## Catfish Courtboullion

Pronounced “coo-be-yawn”, this is more Cajun version than New Orleans style. A bit darker roux and less tomato makes this a hearty and rich entree.

Serves 20

7	lbs	catfish fillets, cut into 1 inch pieces
2	cups	oil
2	cups	flour
4	cups	onions, diced
4	cups	celery, diced
3	cups	bell pepper, diced
4	Tbsp	garlic, minced
2	cans	Rotel (or whole tomatoes, crushed, and jalapenos)
1	cup	tomato sauce
6	quarts	seafood stock (use chicken stock if you have to)
2	Tbsp	lemon juice
1/2	tsp	thyme
1	cup	green onions, sliced
2-4	Tbsp	hot sauce (mostly to taste)

Tip: clean and cube whole catfish, then make stock with the bones and trimmings. Fresh stock is far better than anything from a jar. It just is y'all!

- In a Dutch oven or stockpot, heat the oil; add flour and cook, stirring constantly, until you have a dark brown roux. If you see specks, start over.
- Add vegetables and cook until wilted, then add tomatoes and sauce; blend in well until it is smooth (well pretty much), and then add the fish.
- Cook until the fish is well on its way to cooking and add the stock – a cup or two at a time – until it is just blended in.
- Add lemon juice, green onions, hot sauce and thyme and bring to a boil.
- Reduce to a simmer and cook slowly about 30 minutes. Adjust seasoning.
- Remove and serve with steamed white rice.





Catfish Courtbouillon

## Fried Catfish

There are about as many fried catfish recipes as there are people who eat it. The fact is, you don't need any fancy or off the wall secrets. No mustard, Italian dressing or other “secret” recipe. Just a simple breading and good fish.

Yield: enough breading for 10 or so pounds of catfish

10	cups	yellow corn meal
2	cups	flour
1/3	cup	salt
2	tsp	cayenne
2	tsp	black pepper
2	tsp	garlic powder

- Combine the dry ingredients and set aside.
- Cut the fish into thin strips across the filet.
- The following photos show how to cut the fish into portions that look great and fry quickly because they are thin, which also makes them crisper.
- Start with the fillets laid out flat. They cut better in a semi-thawed state, but don't try to cut from frozen as it is dangerous.
- Cut down the line where the two muscles meet as you can see in the photo at right. Here you can see that the fish was cut along where the two segments join.



- After dividing the filet, cut each piece into between 2 and four pieces. Here, we end up with 7 pieces, which from a 7 ounce average filet, means each piece weighs about an ounce.



### **Frying the fish:**

- Set up a breading pan with the breading mix.
- Working in batches, put the fish straight into the breading, let sit a moment to coat and then shake out gently to remove excess breading.
- Lay them in the fry baskets or, if you prefer, drop the baskets and place the fish directly into the oil. Carefully.
- Let cook about a minute and then give the basket a shake to separate.
- Cook the fish about 5 minutes or so; remove and drain well.



## Fried Catfish & Crawfish Sauce

Okay, forget what we just said about slicing the fish ☺ this recipe uses the whole fillet, fried and topped with a rich Crawfish Cream Sauce (recipe is about 5 pages on in this section).

For 15 servings

15 each catfish fillets  
1/3 batch catfish breading (from previous recipe)  
1 batch Crawfish Cream Sauce

Set the fryer to between 325 and 350 F  
Bread the catfish and fry until golden brown. Probably about 7 minutes.  
Remove, drain well, place in a shallow steamtable pan.  
Top with hot cream sauce.



## Grilled Catfish & Crawfish Sauce

Again, forget the slicing. This is a whole fillet, seasoned and topped with a rich Crawfish Cream Sauce (recipe is about 5 pages on in this section).

For 15 servings

15	each	catfish fillets
1	batch	Crawfish Cream Sauce
1/2	cup	melted oleo
1/2	cup	cooking oil
		Tony's as needed

- Season the fillets with Tony's or other creole seasoning.
- Combine the oleo and oil to use as a sauté oil.
- In a sauté pan, skillet or on the grill, put a generous amount of oil, then place fillets top down and cook about 4 minutes on that side. Turn, and continue to cook until done.
- Remove, place in a shallow steamtable pan and top with hot cream sauce.



## Grilled Catfish & Shrimp Creole Topping

Again, forget the slicing. This is a whole fillet, seasoned and topped with Shrimp Creole Sauce (recipe is toward the end of this section).

For 15 servings

15	each	catfish fillets
1	batch	Shrimp Creole Topping
1/2	cup	melted oleo
1/2	cup	cooking oil
		Tony's as needed

- Season the fillets with Tony's or other creole seasoning.
- Combine the oleo and oil to use as a sauté oil.
- In a sauté pan, skillet or on the grill, add a generous amount of oil, then place fillets top down in the pan.
- Cook about 4 minutes. Turn, and continue to cook until done.
- Remove, place in a shallow steamtable pan and top with hot creole sauce



# Catfish with Peppers & Onions

For 12 servings

	12	each	catfish fillets
	1/2	cup	cooking oil
4	each	onions, halved and sliced 1/4 inch thick	
2	each	bell peppers, seeded and sliced	
1	each	red bell pepper, seeded and sliced	
3	Tbsp	pickled jalapenos, drained and chopped	
	1/3	cup	cider vinegar
			flour as needed

- Salt and pepper fish; dredge lightly through flour; shake off excess.
- Heat oil in skillet at medium-high, then add fish.
- Cook about 4 minutes per side until golden brown; transfer to shallow steamtable pan and hold in oven.
- Sauté the peppers and onions until they begin to brown but are still crisp-tender. Add jalapenos and vinegar cook another minute or two.
- Portion over the catfish and serve.

# Pan-Seared Lemon Pepper Catfish

Serves 12

12	each	catfish fillets
1/2	cup	butter, melted
1	Tbsp	mustard
2	tsp	salt
2	tsp	black pepper
1/4	tsp	cayenne
1/4	cup	Worcestershire sauce
1 1/3	cup	lemon juice
1	tsp	hot sauce
		oil as needed

- Blend together all ingredients (except catfish) in a bowl. Set aside
- Heat a sauté pan large enough to hold 3 or 4 pieces of fish at a time; add some oil to the pan and heat.
- Dredge the catfish through the basting liquid and put in the pan, top side down. Cook at medium-high heat about 3 minutes, then turn and finish on the bottom side.
- Transfer to a shallow full size pan. Garnish with parsley or lemon slices.
- Don't stack the fish; put in a single layer. When all the fish is cooked, drizzle the remaining sauce on the fish.





## Crawfish Boulettes

Basically the same as the shrimp boulette, the flavor is different, but the preparation is very much like the shrimp version (later in this chapter).

This recipe will make 50 - 60 boulettes

2	lbs	crawfish tails, coarsely chopped
2	lbs	white fish (any mild fish; cod, swai, tilapia)
1/2	cup	green onions, chopped
6	cups	diced white potatoes
1	cup	onions, minced finely
1	cup	celery, minced
2 1/2	cups	flour
1/4	cup	garlic, minced and smashed to a paste
		salt, cayenne and black pepper as needed
As needed		corn meal

- Bring a pot of salted water to boil. Cook the potatoes until tender, remove with a skimmer and set aside. Save the water.
- Add some crab boil to the water, reduce the water to a simmer. Add the fish and poach until it is cooked. Drain, allow to cool, then flake the fish.
- In a bowl, mash potatoes. Add the fish, crawfish, onions, celery, garlic and seasoning and blend together.
- Add flour, about half at first, to work into the mixture to make a slightly soft “dough” that will stick together. You may not need all the flour.
- Taste, then add salt, pepper, cayenne as desired.
- Roll the mixture into balls about the size of hushpuppies. Roll in cornmeal and then lay on a sheet pan.
- Put in freezer for a while; they'll hold their shape better.
- Deep fry until the outside is golden brown and fluffy inside.



Crawfish Boulettes

## Crawfish Cream Sauce

This sauce will dress up just about any piece of fish.

Makes about 1 quart, enough to top up to 20 fillets

	1	lb	crawfish tails
1 1/2	Tbsp		Tony's or similar seasoning
	2	Tbsp	olive oil
1/2	cup		onion, minced really, really fine
	2	Tbsp	garlic, minced
4	cups		cream or half and half
2	Tbsp		Worcestershire sauce
	1	Tbsp	Tabasco sauce
	4	Tbsp	butter
	4	Tbsp	flour
1/2	cup		green onions, minced

- Heat the oil, and sauté the onions and garlic for about 2 minutes.
- Add crawfish and Tony's; sauté another minute or so.
- Add flour, butter and cook just a minute; don't brown the flour.
- Add milk, hot sauce and Worcestershire sauce; bring to a boil and reduce to a simmer. Cook until the mixture thickens and has reduced by about 1/3 or so. Taste and adjust salt and pepper. Add green onions, serve.



## Crawfish Etouffee

Well, it doesn't get any more Cajun than this dish. Serve with rice. You might want to do a half and half, and serve Crawfish Boulettes with these. Or hushpuppies. Or cornbread. Or...

Serves about 20

5	lbs	crawfish tails
3/4	lb	butter
4	cups	onions, diced
1 1/2	cups	celery, diced
2 1/2	cups	bell pepper, diced
1/3	cup	garlic, minced
2	cups	tomato sauce
2 1/2	cups	flour
1	gallon	chicken or seafood stock (seafood is better)
2	cups	green onions, sliced
1	cup	fresh parsley, chopped
		salt and cayenne as needed

- In a stockpot, melt butter and sauté onion, celery, bell pepper and garlic.
- When wilted, add crawfish and tomato sauce. Stir in flour with a whip and blend to prevent lumps forming. Cook a couple of minutes.
- Slowly add stock, stirring, until you get a nice sauce. Bring to a boil.
- Reduce to a simmer. Cook 30 minutes, stirring occasionally.
- Add green onions, parsley, and season with salt and cayenne.



Crawfish Etouffee

## Crawfish Pistolettes

For 24 pistolettes

24	each	pistolettes, split with a hinge to hold together
2	lbs	crawfish
2	sticks	oleo
3	cups	onions, diced
2	cups	celery, diced
1	cup	bell pepper, diced
1	Tbsp	garlic, minced
2	Tbsp	parsley flakes
2	cans	cream of mushroom soup
1	lb	American cheese slices
1/2	tsp	cayenne
1/2	tsp	creole seasoning
1/4	cup	flour
1/2	cup	green onions

- Prep the pistolettes: remove some of the bread from inside the pistolettes and set aside.
- In a saucepan, melt butter, add vegetables and sauté until they are tender.
- Add the flour; cook a couple of minutes, then add the soup.
- When the mixture is hot, add the cheese and seasonings.
- When cheese is melted, add crawfish and green onions.
- Cook a couple of minutes, then remove from heat.
- Allow to cool a few minutes, then portion into the pistolettes.
- Put on baking sheet, brush the top of each pistolettes with butter
- Put in the oven and bake about 15 minutes, until the filling is hot again and the bread crispy
- Remove and serve.

# Crawfish Stew

Serves about 15

5	lbs	crawfish tails
1	cup	butter
¼	cup	vegetable oil
1½	cups	vegetable oil
1½	cups	flour
2	cups	diced onions
1	cup	diced celery
1	cup	diced bell peppers
¼	cup	minced garlic
1	cup	tomato sauce
3	quarts	seafood stock, chicken stock, or (if you must) just water
2	each	bay leaves
1	cup	sliced green onions
1	cup	chopped parsley

- Make a dark roux with oil and flour
- Add the vegetables and cook until they begin to soften and wilt.
- Add tomato sauce; blend well and then slowly add liquid. Use a wire whip to blend as you do to prevent lumps forming.
- Add the seasonings, bring to a boil and then reduce to a simmer.
- Add crawfish and cook about half an hour.
- Check the flavor and adjust with salt, pepper, cayenne as needed
- Remove and put in steamtable pan.

# Crawfish Fettuccine

Creamy pasta with crawfish and some Cajun spice. You can also use short pasta like penne, bowtie, or even macaroni.

Serves about 25

4	packs	fettuccine pasta, cooked
3	lbs	crawfish tails
1	cup	butter
3	cups	large onions, diced
1 1/2	cups	bell peppers, diced
1	cup	celery, diced
6	cloves	garlic, minced
4	Tbsp	flour
1/2	lb	Velveeta (or substitute another cheese)
1/2	lb	Swiss cheese slices
3	cups	cream or half and half
2	Tbsp	Tony's or other creole seasoning
1/4	tsp	cayenne

- Prepare two half pans with food spray. Preheat oven to 350 F.
- Put pasta in the half pans and set aside.
- Melt butter, add vegetables and sauté until wilted. Stir in flour and cook about 5 minutes for a very pale brown roux.
- Add the crawfish and cook about 5 minutes until heated through.
- Stir in the cheese, cream and seasoning. Cover and simmer very low for another 10 minutes.
- Pour the sauce into the pans evenly. Fold in, put in oven and bake for 10 to 20 minutes, until the cheese is bubbly and it is hot throughout.





Crawfish Fettuccine

# Crawfish Mac & Cheese

Makes 1 shallow half pan

2	lbs	elbow macaroni
2	Tbsp	powdered crab boil
2	Tbsp	salt
1/2	cup	butter
1/2	cup	flour
8	cups	milk
6	cups	shredded cheddar
2	cups	cheese sauce
1	cup	grated parmesan
2	lbs	crawfish tails
2	tsp	creole seasoning (Tony's, Slap Ya Mama, etc.)
2	tsp	hot sauce

- Prepare a half pan with food spray or butter.
- In a stockpot, put 2 gallons of water, the 2 Tbsp salt and crab boil. Bring to a boil and cook the elbow macaroni in this water. Drain well, set aside.
- In large pan, make a light roux with butter and flour. Don't let the roux brown; it's just a thickening base for the sauce.
- Add the milk and stir well with a wire whip. When it is hot, add all of the cheeses, salt and hot sauce.
- When cheese melts, add the crawfish tails.
- In a bowl, combine the macaroni and cheese mixture. Fold in and put in steamtable pan. Cover and bake about 20 minutes.
- Uncover and check; if it is the consistency you want, remove and serve. If not, bake longer.

## Baked Cod & Italian Crumb Topping

This simple, low-fat recipe looks good on your serving line with broccoli.

Serves 12

	12	each	cod fillets
1/2	cup		grated parmesan cheese
	1/4	cup	corn meal
	1/4	cup	olive oil
1 1/2	tsp		Italian seasoning
	1/2	tsp	garlic powder
	1/2	tsp	black pepper
2	each		egg whites (use the yolks in pancake batter or something)
			Lemon pepper and salt as needed

- Preheat oven to 450 F
- Sprinkle the fillets with lemon pepper and salt. Sheet out on a pan prepared with food spray, or spread melted oleo on the pan.
- In a bowl, mix the dry ingredients with olive oil, cheese and spices.
- Separately, beat the egg whites lightly with a tablespoon of water.
- Brush each fillet with egg white and top with the crumb topping.
- Bake about 12 minutes or so. Transfer to a shallow line pan.



## Fish & Chips

This is a south Louisiana spin on traditional fare. Serve with house made “chips” - potato wedges or logs (in the potatoes recipe section).

When frying, don't use the baskets because they're a horrible mess to clean and the fish sticks to them. Be sure there's a grate in the bottom of your fryer and “open fry” the fish.

Yield: enough for about 6-7 lbs of fish

6	each	eggs
1	lbs	flour
2	Tbsp	garlic powder
½	tsp	cayenne
½	tsp	black pepper
2	Tbsp	salt
¼	cup	Worcestershire sauce
1	Tbsp	LA hot sauce
2	Tbsp	baking powder
2	cup	milk
Varies		water (explained)

- So, mix everything together. it will be too thick.
- Start adding water until it's about like pancake batter. You want to coat the fish and sort of have to get the hang of it.
- As the batter starts to thin out from the fish being battered, you may have to add flour. If so, sneak a little baking powder in there too.
- Dip the fish in batter (you can put a fair bit in at a time), pull pieces out a couple at a time and put in corners of the fryer. Repeat until fryer is “full”.
- Cook golden brown, remove with a skimmer; drain very well and serve.



Fish and Chips

## Fish and Sliced Potatoes with Herbs

This is a dish you can serve with almost any other entrée; steak day, an Italian theme, seafood as a healthy choice and more. And it's a "no measuring" sort of thing. So this is more a procedure than a proper recipe for the most part.

For 12 servings

12 each fish filets (grouper, tilapia, swai, catfish, etc.)  
9 each large baking potatoes, scrubbed, skin on, sliced thin  
2 each onions, sliced into rings the same as the potatoes  
1 can black olives, chopped coarsely  
Olive oil  
Garlic, minced or sliced thin as you prefer  
Salt, pepper, and crushed rosemary  
Lemon juice  
Butter, melted  
Tomato slices (1 for each fillet)

### **For the potatoes: Preheat oven to 400 F**

- Put potatoes and onions in a bowl, coat with olive oil, then season with salt, pepper and rosemary. Crush the rosemary and use kind of sparingly.
- Put on a sheet pan, roast 20 minutes and flip to brown both sides. After flipping, add the olives and a little more oil if the potatoes are dry.

### **For the fish: (if you have two ovens, set one to 450 F)**

- Generously season with lemon juice, salt and pepper, then butter.
- Put on a sheet pan and add any extra butter to the pan.
- When potatoes have cooked half an hour, put the fish in the 400 F oven.
- When the fish is nearly done, put a tomato slice on each piece and put in the hottest oven to brown for about 5 minutes.

### Finishing

- Remove the potatoes and layer them in a shallow, full sized pan.
- Remove the fish and place the fillets on top of the potatoes.
- Scoop up all the olives and put them around the fish.
- Pour any remaining liquid from the fish and potato pans right on top of the fish to moisten. You can also garnish with parsley flakes, lemon wedges or any colorful garnish you like.



## Fish and Shrimp Fricassee

Here's a stew that will be a hit, and a welcome change from the usual. Serve with rice. Use catfish, tilapia, or any firm white fish. Swai or Tilapia are good for this dish and we recommend them, both for flavor and cost.

Serves about 20

3	lbs	shrimp, peeled and deveined (smaller are fine)
7 - 8	lbs	fish, cubed in 1" pieces
3	cups	dark roux
4	cups	onions, diced
3	cups	celery, diced
3	cups	bell pepper, diced
1/3	cup	garlic, minced
1/2	tsp	dried thyme
1	tsp	dried basil
2	tsp	cayenne pepper (adjust to taste)
6	each	bay leaves
2	gallons	chicken or seafood stock
2	cups	parsley, chopped
2	cups	green onions, sliced (add the whites to diced onions)

- In a large stockpot, cook the vegetables with 2 cups of roux until wilted.
- Add dry seasonings and about 4 cups of the fish. Cook for a few minutes and then add half the stock slowly, gently stirring as you do. It should be like a thick stew, and the shrimp and fish will add water as they cook).
- Bring to a boil, simmer and cook about 20 minutes.
- Add shrimp, remaining fish, green onions and parsley; reduce to a simmer. Cook another 15 or 20 minutes until the fish is fully cooked. During cooking, add stock if needed.
- Adjust flavor profile with salt, pepper and hot sauce.
- Remove and transfer to a steamtable pan.



## Fish with Tiger Glaze

A bottle of Tiger sauce, a little garlic, salt and pepper and you've got fish!  
Use almost any kind of mild flavored fish for this.

12 servings

12	each	fish fillets (cod, other white fish, catfish, or salmon)
1	bottle	Tiger sauce
1/2	cup	oil

Garlic powder, salt, and pepper as needed

- Salt and pepper the fillets.
- In a hot sauté pan or skillet, put some oil, then fish fillets, top side down. Don't crowd the pan, as this will cause steaming rather than browning.
- When the first side is a bit crisp and browned well, flip the fish and brush on Tiger sauce.
- Finish cooking on the other side – about 3 minutes – and remove.
- Put in a shallow pan and cover with the remaining Tiger sauce.

# Blackened Grouper

For 12 servings

12	each	grouper fillets
1/4	cup	paprika
3	Tbsp	salt
1 1/2	Tbsp	garlic powder
1 1/2	Tbsp	onion powder
1	Tbsp	cayenne
1	Tbsp	black pepper
2	tsp	dried thyme
2	tsp	dried oregano
3/4	cup	butter, melted

- Heat a cast iron skillet until it is very hot.
- Mix dry ingredients together.
- Dip fish fillets in butter, then coat with seasoning mix.
- Lightly oil skillet, add fillets (don't crowd); cook 3 or 4 minutes per side.
- Remove and garnish with lemon slice.



# Cajun Baked Grouper

For 12 servings

12	each	grouper fillets
1 1/2	tsp	salt
2	tsp	lemon pepper seasoning
1/4	cup	butter, melted
1/4	cup	cooking oil
1/2	tsp	cayenne
4	Tbsp	lemon juice

## Butter Sauce

1/2	cup	butter, melted
1 1/2	Tbsp	Worcestershire sauce
1	tsp	Tabasco sauce
4	Tbsp	lemon juice
1/4	cup	fresh parsley, chopped
1/2	cup	green onion tops, sliced
1	tsp	dried thyme

- Preheat oven to 400 F. Put cooking oil on baking pan.
- Season fillets with salt, lemon pepper and cayenne. Place on pan.
- Top fillets with melted butter and lemon juice.
- Bake, uncovered for 15 to 20 minutes until fish is done.
- While fish is cooking, make sauce:
- Combine the sauce ingredients in a saucepan and bring to a simmer for 5 minutes. Keep warm until fish is ready.
- Remove fish, transfer to a steamtable pan and top with the sauce.

## Grouper in Creole Sauce

For 12 servings

12	each	grouper fillets
1/2	batch	Shrimp Creole Topping
1	each	lemon, cut into 12 slices
1/2	cup	oleo, melted
		Creole seasoning as needed

- Preheat oven to 350 F
- Prepare a shallow, full size steamtable pan with food spray.
- Ladle a nice coating of Creole Topping into the bottom of the pan.
- Brush oleo onto fillets, then season with Creole seasoning.
- Arrange fillets in pan on top of the sauce. Place a lemon on each.
- Bake for about 20 minutes, or until the fish is done.
- Place steamtable pan on the serving line.



## Grilled Lemon Garlic Halibut

These can be cooked on the BBQ pit, or on the grill or in a sauté pan. It's really good with the Pineapple or Mango salsa (recipes here in the reference).

Serves 12

12	each	halibut portions
6	cloves	garlic, chopped very fine.
3	Tbsp	grated lemon peel
14	cup	cooking oil
1	cup	lemon juice
1/2	cup	butter
1	tsp	salt
1	tsp	pepper
1/2	cup	parsley, chopped

- Mix lemon juice, oil, salt, pepper and garlic. Put in a bag with the fish. Close the bag tightly. Let marinade in the refrigerator about 10 minutes. Too long and it will “cook” in the lemon juice.
- Remove the fish and grill 6 – 8 minutes per side. Save the marinade.
- While the fish cooks, melt butter, add lemon peel. Strain out the garlic from the marinade and add in to the butter; cook a minute or two.
- When the fish is done, remove, put in a shallow pan and top with butter.



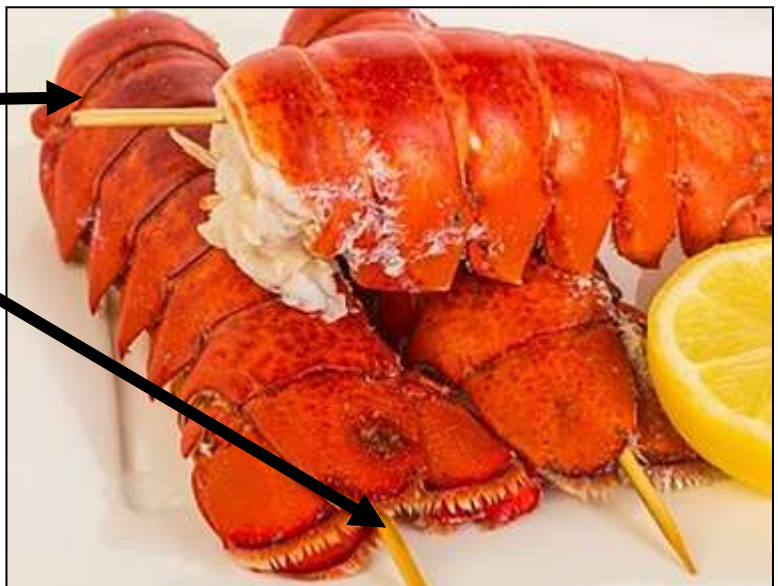
# Lobster

The story goes that Louisiana crawfish started out as lobsters. When the Acadians headed south, the lobsters missed their friends and swam down here from the cold waters of the Maritime Provinces and, by the time they got here, they were just tiny things. Maybe. But they sure are good tasting.

It's easier to cook a great lobster tail than you think. Whether boiling, steaming, or even grilling, a few basic rules will assure you a great outcome:

1. Thaw the tails in refrigeration. Never force-thaw. Allow at least a full day in the cooler; two if you are leaving them in the case.
2. Don't overcook. Lobsters are done when the shell is bright red and the meat is tender when you poke it with a fork.
3. If baking, broiling or grilling, butterfly them before cooking. They cook more evenly and you don't have to overcook them to get fully cooked in the center.
4. If boiling or steaming, skewer or butterfly to keep them from curling.

Skewering: Just stick a skewer in front-to-back as shown here:





**Butterflying:** Is a simple process used to open up the back of the lobster.

- As shown above, hold the lobster firmly with tail facing away from you
- Using kitchen shears or heavy scissors, cut down the center of the back of the shell into the meat.
- Then, open the shell and spread the meat open a bit.

### **Boiled Lobster Tails**

No matter how many lobster tails you're going to cook, it's a good idea to have two very large stockpots of salted water at a rolling boil to start. The water should be as salty as sea water. Work from one pot to the other so you're NEVER cooking lobsters ahead of time:

- With water at a rolling boil, add tails a couple at a time until the water is just below boiling point. Stop adding lobsters.
- When the water begins to boil again, limit it to "soft" boil – something just above a simmer.
- Cook between 5 and 6 minutes. Check at 5 minutes. Remember that it's better that they be underdone than overcooked. They'll continue to cook for a minute or two because of their internal heat.
- Remove with tongs or skimmer and serve immediately with clarified butter and lemon wedges.

## Lobster Cooking Times

Size	BOILING Time	Baking Time
6oz-7oz	5-6 Minutes	10 - 12 Minutes
8oz-10oz	6-8 Minutes	12 – 15 Minutes
10oz-16oz	8-10 Minutes	15 - 20 Minutes

### Baked Lobster Tails

- Butterfly the shells as shown in the previous photos and rinse.
- Run your finger between the meat and shell to loosen and separate from each other, then lift the meat so it sits on top of the shell.
- Place the lobster tails on a baking pan and brush butter on the meat.
- Add a bit of water to the pan to prevent the lobsters drying out during baking. Not too much is needed.
- Bake at 350 F from between 10 and 15 minutes, checking with a thermometer. Lobsters are done when the internal temp reads 140 F. Don't overcook.
- Remove and serve with clarified butter and lemon wedges.





## Ginger Soy Mahi Mahi

A bit sweet and a bit sour, and a bite of ginger make this a great dish.

For 12 servings

12 each Mahi Mahi fillets  
1/2 cup honey  
1/2 cup soy sauce  
1/2 cup balsamic vinegar  
2 Tbsp fresh ginger, grated  
1/3 cup cooking oil

- Combine everything but the fish in a bowl and blend well.
- Put the fillets and the sauce in a bag; close the bag tightly and let the fish marinate under refrigeration for at least 4 hours. Overnight is okay too.
- Remove fish from bag and set aside. Put sauce in a saucepan.
- Heat the sauce to boiling, then reduce to a simmer until the sauce is reduced and begins to thicken a bit. Tighten with cornstarch if you want.
- Oil the grill or a skillet, cook fillets 3 to 4 minutes per side until fish is done.
- Remove and place in a shallow steamtable pan. Top fillets with sauce.



## Blackened Tuna

Remember that tuna should be cooked more to the “rare” side. Overcooked tuna may just as well come from the can, so you'll want to give this a good sear on both sides and leave it a nice pink in the center.

Serves 12

The seasoning:

3	Tbsp	Paprika
1	Tbsp	salt
1	Tbsp	garlic powder plus some lagniappe
1	Tbsp	onion powder
1 1/2	tsp	cayenne
2	Tbsp	black pepper
1 1/2	tsp	dried thyme
1 1/2	tsp	dried oregano
1/2	cup	clarified butter
1/2	cup	olive oil
12	each	tuna fillets

- Mix all the spices together well.
- Combine the butter and oil and place in a shallow dish.

- Put a large cast iron skillet on a burner on high and heat for 5 minutes, until it is really hot.
- Dip the fillets in butter, then sprinkle liberally with seasoning.
- Put the fillets directly in the skillet, top side down. Don't overcrowd.
- Pour a small amount of butter on the top of each fillet just before turning, then turn the fillets.
- Finish cooking and transfer to a shallow pan for service. Drizzle any remaining butter over the fish.

## Citrus Seasoned Orange Roughy

Orange Roughy is baked with olive oil and citrus juice. Garnish with sliced lemon or orange. Consider serving on a bed of colorful rice or rice pilaf. It's also really good with one of the fruit "salsas" in the Salsa/Condiment section of this book.

For 12 servings

	1/4	cup	cooking oil
1	each		orange (with good skin)
	2	Tbsp	lemon juice
	1	cup	orange juice
	1/2	Tbsp	lemon pepper

- Preheat oven to 450 F
- Oil a sheet pan and place the fillets on it, separated.
- Combine lemon and orange juice, pour over the fillets, and then season with lemon pepper.
- Bake at 450 until fish flakes easily with a fork. About 15 minutes.
- Meanwhile, slice the orange to use as garnish.
- Remove fish when done; place in shallow pan and garnish.

## Corny Parmesan Orange Roughy

Parmesan and cornmeal combine to make a rich tasting fish you can serve any day. And it goes well with a variety of sauces. Deep fry or pan-fry.

For 12 servings

12	each	orange roughy fillets
5	cups	yellow corn meal
3/4	cup	grated parmesan cheese
3/4	cup	flour
1/2	tsp	salt
1	tsp	garlic powder
1/2	tsp	cayenne
3	each	eggs, beaten

- Combine the dry ingredients in a bowl or shallow pan.
- Dip fillets in the beaten egg, then dredge in dry mix; pat to coat well.
- Either deep fry at 350 F until done, or pan fry in a shallow pan with oil, turning after about 3 minutes.
- When fish are done, remove and drain well.



## Garlic Butter Orange Roughy

12 each orange roughy portions  
3/4 cup butter  
1/4 cup olive oil  
12 cloves garlic, minced  
salt and pepper as needed

- Preheat oven to 425.
- Prep a sheet pan with food spray.
- Rinse filets in water, pat dry with paper towels; set aside.
- Melt butter in a small saucepan. Add garlic, olive oil, stirring until all is mixed together; cook on low heat a few minutes until garlic is tender.
- Sprinkle both sides of fish with salt and pepper, place in pan.
- Pour garlic butter mixture over everything.
- Bake for 15-20 minutes, until fish flakes easily and is browning a bit.

### Variations:

For more color, add sautéed bell peppers or just diced pimientos

Sauté mushrooms and add to sauce.

Serve over bed of rice pilaf or fresh, sautéed spinach.

## Italian Baked Orange Roughy

Serves 12

12 each orange roughy fillets

3/4	cup	grated parmesan cheese
1	cup	Italian bread crumbs
3/4	cup	butter, melted
1/4	cup	chopped fresh parsley
1	tsp	garlic powder
1	tsp	Italian seasoning
1 1/2	tsp	salt
1	tsp	black pepper

- Preheat oven to 400 F
- In a bowl, mix the dry ingredients and set aside.
- Brush butter on all sides of the fish, then dredge in the crumb mixture.
- Sheet onto a baking pan, bake about 15 minutes.
- Remove, put in a shallow steamtable pan, top with parsley.



## Panéed Orange Roughy Parmesan

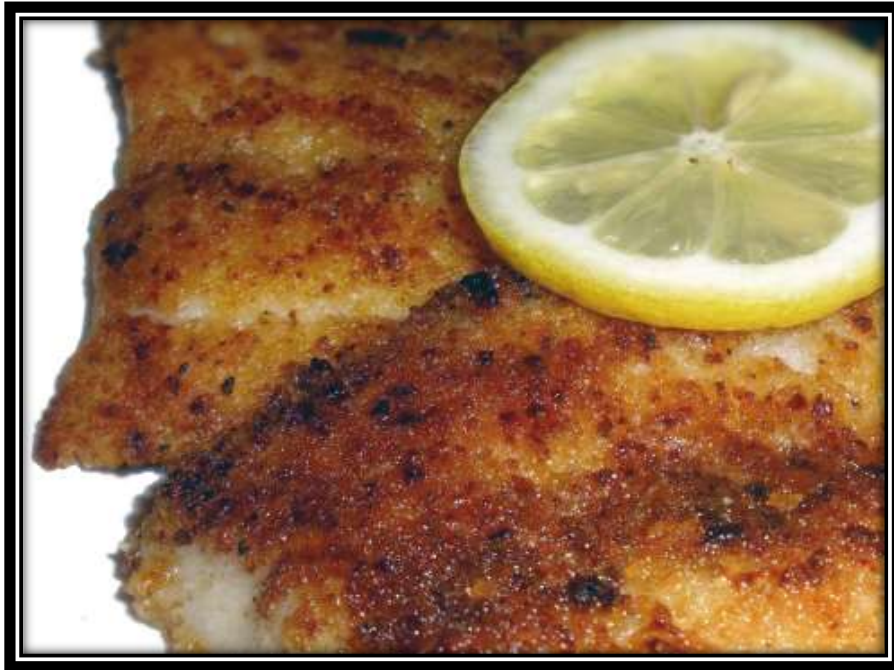
Panéé' simply means to coat with bread crumbs and pan fry. It's a term that has fallen out of use in most places, but is still common in New Orleans.

For 12 servings

12 each orange roughy portions  
1 cup milk  
3 each eggs  
3 cups bread crumbs  
1 tsp garlic powder

- Preheat oven to 425 F
- In a bowl, beat eggs; add milk and blend in.
- In shallow pan, combine bread crumbs, parmesan cheese and garlic.
- Dip fillets in milk, then dredge in bread crumbs mixture.

- Arrange on sheet pan and bake about 15 to 20 minutes.



## Fried Oysters

Super simple is what you want for oysters. Those of us who love oysters want to taste oyster, not the other stuff. Simple is better. This should do a couple quarts of oysters. Sift it frequently and it will last.

4 cups yellow corn meal  
3/4 cups flour  
2 Tbsp salt  
1 tsp black pepper  
1/2 tsp cayenne

- Combine the dry ingredients. Put in a shallow pan.
- Drain the oysters (keep the oyster liquor to use elsewhere).
- A few at a time, roll the oysters in the breading. Allow to sit a minute or so to coat well.



- Gently lay in a fryer basket and fry about 2 minutes until golden brown; no longer or they will become hard.
- Drain very well and place on a steamtable pan with a drain grate.



Chile

Garlic

BBQ

Salmon

Another simple preparation that owes its flavor to a blend of sweet, sour and heat. It's great on the BBQ pit, and good coming out of the oven too.

Serves 12

12	each	salmon filets
3	Tbsp	ginger, fresh, minced
3	each	garlic cloves, minced
¼	cup	light brown sugar
¾	cup	soy sauce
2	Tbsp	lemon or lime zest
3	Tbsp	lemon or lime juice
¼	cup	chopped parsley

- Place the fillets on a sheet pan – upside down – and set aside.
- Make a sauce with remaining ingredients
- Brush or spoon onto the fillets; flip the fillets and spoon over the top.
- Cook on BBQ pit over indirect heat for about 20 – 25 minutes.
- Or bake at 400 F for about the same amount of time. Remove and put in a steamtable pan. Pour any remaining sauce on the fish. Garnish with parsley.



## Salmon with Balsamic Glaze

This is very good as is, or you can pair it with one of the salsas you can make.

12 servings

12	each	salmon fillet
1/2	cup	balsamic vinegar
2	Tbsp	cooking oil
3	Tbsp	Dijon mustard
8	cloves	minced garlic
2	Tbsp	honey
1	tsp	dried oregano
2	Tbsp	apple juice

- Preheat oven to 425 F and prep a sheet pan with food spray.

- In a saucepan, sauté garlic at low heat in the oil about 4 minutes.
- Add in remaining ingredients (except the fish); simmer a couple minutes until it starts to thicken a bit. Allow to cool.
- Arrange the fish on sheet pan; brush with the glaze, then salt and pepper.
- Put in oven for about 15 minutes. Fish is done when it flakes easily.
- Transfer to a shallow serving pan and brush carefully with remaining glaze.

## Grilled Salmon with Orange Glaze

Great on salmon, but also mahi-mahi, tilapia or any firm white fish, this is a simple orange glaze with a kick of vinegar and some orange zest.

For 12 fillets

12 oz  
juice  
2 Tbsp  
3/4 cup  
2 Tbsp  
3 each  
cloves, minced  
1 Tbsp  
ginger, grated  
powdered,



orange  
  
cornstarch  
sugar  
soy sauce  
garlic  
  
fresh  
(or 1 tsp  
fresh is best)

- 3 Tbsp cider vinegar
- 2 Tbsp sesame oil
- 3/4 cup sesame seeds, toasted (these are optional but good)
- 12 each salmon fillets

- In a saucepan, combine everything but the sesame seeds and fish.
- Whisk with a wire whip, heat to a boil, remove from heat and cool.
- Brush fish with sauce on both sides.
- Grill the fish in a hot pan or on the grill, top side down first.
- Flip then finish. Transfer to a shallow pan for service.

## Salmon with Brown Sugar & Garlic Glaze

This is also  
you can bump  
adding a  
tablespoons of  
other hot  
sugar and

Serves 12

12 each



good as is, but  
up the spice by  
couple  
Sriracha or  
sauce with the  
mustard.

.. salmon fillets

1/3 cup      3/4 cup      light brown sugar  
Creole mustard (use Dijon if you don't have Creole)  
Salt and pepper as needed

- Preheat oven to 450 F. Prepare a pan with food spray.
- Salt and pepper the salmon and put in the pan. Keep fillets separated.
- In a bowl, mix the sugar and mustard. Portion onto each fillet with a spoon and spread over the top of each fillet.
- Bake about 15 minutes or so until done. Salmon flakes easily when done.

## Salmon Dijon with Pecan Topping

This unusual dish has a bread crumb and pecan topping that complements the seasoning very nicely. Try it as a healthy option on steak day or seafood night.



Serves 12

12 each salmon fillets  
 1 cup oleo, melted  
 1/2 cup Dijon or Creole mustard (both ways are good)  
 1/3 cup honey  
 1 cup bread crumbs  
 1 cup pecans, finely chopped  
 1/4 cup parsley, chopped (if using dried, reduce by half)

Preheat oven to 400 F

Arrange the fillets on a sheet pan prepped with food spray.

In a bowl, mix honey, mustard and oleo. Brush this onto the filets; repeat until it's all used. Salt and pepper the filets.

In another bowl, hand mix the pecans, bread crumbs and parsley. Portion it carefully onto the fillets, covering all of the top of each piece.

Bake anywhere from 12 to 18 minutes, depending on your oven.

Remove and transfer to a shallow steamtable pan.



Boiled

Shrimp

Yield: about 20 servings

3 gallons water  
 1 cup salt  
 2 boxes powdered crab boil  
 2 Tbsp liquid crab boil  
 4 each lemons, halved

- 5 lbs red potatoes, "B" size (or cut larger potatoes)
- 20 each mini corn ears
- 4 lbs smoked sausage, cut in pieces
- 2 each whole garlic heads, with tip cut off
- 3 each large onions, trimmed and halved
- 5 lbs headless shrimp

- In a large (5 gallon) stockpot, bring the water to a boil with salt, shrimp boil, onions, and garlic. Boil about 10 minutes to season the water.
- Add the potatoes and cook about 10 minutes, then add sausage and corn.
- Cook another 10 minutes. Check and if potatoes are tender, add shrimp.
- Boil for 2 minutes and remove from heat immediately. Let stand about 5 minutes so the shrimp can absorb the seasoning. Serve.



### Coconut (Fried) Shrimp

You probably don't want to serve these on seafood night, but give them a try with a themed meal; perhaps Polynesian or Asian-inspired.

It's important to take the time to let the shrimp sit in the cooler (or freezer) so the coconut will adhere well to the shrimp. Place them in the fryer a few at a time and don't agitate them too much or you'll have coconut falling off.

For 5 lbs shrimp

3 cups biscuit mix  
2 cups flour  
3 each eggs  
3 cups coconut water (if you have it; or milk), may need more  
1 tsp garlic powder  
1 tsp salt  
8 cups flaked coconut  
5 lbs shrimp, 31/35

- Put the coconut flakes – a little at a time – in a shallow pan.
- Combine the biscuit mix, flour and seasonings in a bowl.
- Beat the eggs, add to bowl and then 2 cups of coconut water. Blend well to make a tempura style batter. It should be about like pancake batter – thin enough to work with but thick enough to coat the shrimp.
- In batches, coat the shrimp in batter, then roll in coconut.
- Lay out on sheet pan - Not Touching - with parchment or wax paper and put in cooler or freezer for about half an hour to “set” the coconut.
- Fry shrimp at 350 F until they are golden brown; about 2 or 3 minutes.
- Remove and drain well. Serve with one of the sauce recipes that follow, or Sweet and Sour sauce.





## Asian Orange sauce

- 1 1/2 cup orange juice
- 1 Tbsp fresh ginger, minced and smashed
- 1 tsp garlic, minced and smashed
- 2 Tbsp soy sauce
- 1/4 cup honey
- 1/4 cup cider vinegar
- 2 Tbsp cornstarch
- 1/2 cup water

- Combine all ingredients in saucepan, bring to boil, stirring with wire whip until mixture thickens. Remove from heat.
- Refrigerate and serve. Or you can serve hot.

## Peach Chili Sauce

- 1 cup peach preserves
- 1 Tbsp lemon or lime juice
- 1/4 cup orange juice
- 1/4 cup Thai sweet chili sauce or Sriracha sauce

- Combine ingredients; heat to a quick simmer.
- Remove from heat and refrigerate until cold. Serve.

## Garlic Shrimp & Angel Hair Pasta

This is a fast and simple preparation. Serve it over Angel Hair pasta, or with a short pasta. Either way works.

Serves about 20 – 25

4	packs	Angel Hair pasta
5	lbs	small shrimp, peeled and deveined
1	cup	garlic, minced (yes, it's a lot of garlic :-))
3	Tbsp	paprika
2	tsp	ground black pepper
1	cup	oleo or butter
1	cup	olive oil
2	cups	fresh parsley, chopped

- Combine everything but the oleo and oil in a bowl or bag and mix well.
- Chill for at least an hour.
- Shortly before meal time, cook the pasta; drain and toss with a bit of oil.
- In a large skillet or sauté pan, heat oil and butter on medium-high. Work in batches unless you have a very large pan.
- Cook the shrimp until they are fully cooked and just begin to brown a bit.
- Toss with the pasta in a bowl and transfer to steamtable pan.



# Grilled Shrimp Scampi

Shrimp, marinated in lemon and garlic, then grilled. Great with pasta. You can also skewer them and cook outdoors on the BBQ pit.

Serves about 20

- 5 lbs shrimp, peeled and deveined (36/40 or 31/35 are a good size)
- 1 cup olive oil
- 1 cup lemon juice
- 6 Tbsp minced garlic
- 1 tsp crushed red pepper (or to taste)
- 1/2 cup fresh parsley, chopped

- In a bowl, combine everything but the shrimp and mix well.
- Add the shrimp, toss to coat well and marinate for 30 minutes.
- On a very hot grill or in a hot skillet, grill the shrimp a couple of minutes on each side until opaque.
- If using a skillet, don't overcrowd it. Because the shrimp will just steam; you want them to pick up a bit of color and cook quickly.
- Remove, put in a shallow pan over long pasta.



## Grilled Shrimp Scampi in Alfredo Sauce

This is the scampi recipe with Alfredo sauce and served over pasta.

Serves about 25

4	12 oz	packages long pasta (angel hair, fettuccine)
5	lbs	shrimp, peeled and deveined (36/40)
1	cup	olive oil
1/2	cup	lemon juice
6	Tbsp	minced garlic
1/2	tsp	cayenne
1/2	cup	fresh parsley, chopped
2	16 oz	Alfredo sauce
2	cups	heavy cream
2	Tbsp	cornstarch

- Make marinade: combine oil, lemon juice, garlic and cayenne.
- Add the shrimp, toss to coat well and marinate for 30 minutes.
- Cook the pasta; drain it well, oil it a bit and set aside.
- Heat the Alfredo sauce. Separately, mix the cream and cornstarch and add to the sauce.
- Continue to cook until it is hot. If it's too thick, add milk. Keep warm.
- On a very hot grill or in a hot skillet, grill the shrimp until opaque.
- If using a skillet, don't overcrowd, as the shrimp will steam. You want them to pick up a bit of color and cook quickly.
- For serving, place pasta in a buttered shallow pan. Portion the shrimp on top, then add sauce. Fold in just a bit to moisten the pasta.

# Grilled Scallops and Shrimp Scampi

Great with pasta.

Serves about 20

2	lbs	Scallops. Slice the larger ones in half or quarters
2	lbs	shrimp, peeled and deveined (36/40)
1	cup	olive oil
1	cup	lemon juice
6	Tbsp	minced garlic
1	tsp	crushed red pepper (or to taste)
2	cups	green peas, thawed (optional)
1/2	cup	oleo

- In a bowl, combine everything but the scallops and shrimp; mix well.
- Add scallops and shrimp, toss to coat well and marinate for 30 minutes.
- On a very hot grill or hot skillet, grill the scallops and shrimp a couple of minutes on each side until opaque.
- Sauté the peas quickly in the oleo, just to heat. Set aside.
- If using a skillet, don't overcrowd, as the seafood will steam. You want them to pick up a bit of color and cook quickly.
- Remove, put in a shallow pan over long pasta and fold in some peas.



Scallops and Shrimp Scampi

## Grilled Seafood and Broccoli Scampi

We're using bowtie pasta here, but any pasta is good.

Serves about 25

4	12 oz	bags bowtie pasta, cooked
2	lbs	Scallops. Slice the larger ones in half or quarters
2	lbs	shrimp, peeled and deveined (36/40)
1	lb	smoked sausage, diced into small pieces
2	lbs	broccoli, thawed; cut florets into smaller pieces
1	cup	olive oil
1/2	cup	butter
1	cup	lemon juice
6	Tbsp	minced garlic
1/2	tsp	cayenne
1	tsp	salt
1/2	cup	oleo

- In a bowl, put oil, lemon juice, cayenne, salt and mix well.
- Add scallops and shrimp, toss to coat well and marinate for 30 minutes.
- Steam the broccoli just until hot.
- On a hot grill or skillet, brown the sausage, then add seafood.
- Grill the seafood 2 minutes on one side then turn.
- Add broccoli and cook until seafood is opaque.
- If using a skillet, work in batches. Don't overcrowd, as the seafood will steam. You want to cook it quickly and pick up some color.
- Remove and put in a shallow pan over long pasta.

# Seafood Casserole

Makes 1 full size, shallow steamtable pan

2	cups	onions, diced
1/2	cup	oleo
1	gallon	white bread, broken into 2 inch pieces
2	cans	cream of celery soup
2	cans	cream of mushroom soup
1	lb	lump or white crab meat
5	cups	peeled shrimp (small size)
1	lb	crawfish tails or diced scallops
1	cup	evaporated milk
2	Tbsp	seafood base (or chicken base)
1	Tbsp	Tony's creole seasoning
2	tsp	cayenne
2	cups	water
1/2	cup	green onions, sliced
1	Tbsp	dried parsley
1 1/2	Tbsp	garlic, granulated (not salt)
2	cups	shredded cheddar

- In a large saucepan, sauté the onions in the butter until soft, then transfer to a large bowl. Add the soups, water, milk and seasonings and stir well.
- When heated, remove from stove and pour into a large bowl. Add the remaining ingredients (seafood, parsley, bread) and gently fold together. Try not to break up the bread too much.
- Pour into a pan prepped with food spray and top with cheddar cheese.
- Bake at 350 F for about 35 minutes or to an internal temperature of 160 F.
- Remove and place on serving line.



## Seafood Paella

This is an adaptation of the traditional Spanish recipe with a Louisiana twist. You can use any firm white fish, and also shellfish. We'll use catfish here.

Serves about 25

	4	lbs	catfish fillets
2	lbs		shrimp, peeled and deveined
	2	cups	oil
	4	cups	andouille, diced
	4	cup	onions, diced
	4	cups	celery, diced
4	cups		bell pepper, diced
4	cups		tomatoes, diced
	4	Tbsp	garlic, minced
	12	cups	rice, uncooked
1	gallon		seafood or chicken stock
	3	Tbsp	salt
2	cups		green onion tops, sliced

- Preheat oven to 350 F
- In a large roaster, heat oil on stove at medium high.
- Sauté the vegetables and andouille until the vegetables are tender.
- Add the tomatoes, stock and salt; bring to a boil.
- Add seafood, rice, and green onions. Give a quick stir, and then cover.
- Bake about an hour until liquid is evaporated and rice is fully cooked.



Seafood Paella

## Low Country Shrimp & Grits

This traditional dish is served from the Carolinas across the south. It originated with the Gullah, a group of West African slaves who, in the 1700s would use their grits, along with their fresh catch to make this dish (grits were actually used by Native Americans for currency as early as the 1600s). In 1976, shrimp and grits became the official food of South Carolina.

This recipe reflects the flavors of that region. Key to this dish is to cook the grits low and slow, to make them rich, creamy and pillowy soft.

Makes about 25 servings

### The Grits:

3	cups	grits
8	cups	chicken stock (use water if you have no stock. Bummer)
4	cups	half and half or cream
1/2	lb	oleo
1	Tbsp	salt
6	cups	shredded cheddar

- Bring the water and salt to a boil; add the grits and when they return to a boil; reduce heat to a very low simmer and cover.
- Let them cook until all the water is absorbed and they thicken; add oleo and cream; stir in and continue to cook at very low temp, stirring often, for about half an hour. The grits are the right consistency when they will cling to the spoon as a thick batter like a cake batter.
- Add the cheese, stir in and set aside. Add water or stock as needed.

### The Shrimp:

5	lbs	shrimp, peeled and deveined (36/40 count)
2	lbs	Andouille, or other good sausage, diced in small pieces
1	lb	bacon, uncooked, diced
3	cups	bell pepper, diced

3	cups	red bell pepper, diced (more green if you have no red)
8	cups	onions, diced
3	Tbsp	garlic, minced
5	cups	chicken stock
1/4	cup	Worcestershire sauce
1/2	cup	flour
1/2	cup	butter
1	cup	green onions

- Make a light brown roux with the butter and flour and set aside.
- In a large sauté pan, cook bacon crisp, remove and keep the fat.
- Add the vegetables to the bacon fat and cook until wilted.
- Turn up heat; add andouille and cook a minute. Add shrimp, cayenne, Worcestershire; cook until the shrimp are nearly done.
- Stir in the roux; add half the chicken stock. Stir and cook until it thickens. Add more stock as needed. You want a gravy-like liquid.
- When shrimp are done, add bacon, put in a pan, top with green onions.
- Place grits in a separate pan with some green onions also.



## Louisiana Shrimp and Grits wit' **dat** Cajun Accent

This is a bit spicier, a little more south Louisiana. Make the grits from the preceding recipe for this dish also. Use the same quantity

Makes about 25 servings

5	lbs	shrimp, peeled and deveined (36/40 count)
1	lb	Andouille, or other good sausage, diced in small pieces
2	lbs	green onion sausage, cooked and sliced thin
1/2	lb	bacon
3	cups	bell pepper, diced
3	cups	red bell pepper, diced (or more green if you have none)
8	cups	onions, diced
3	Tbsp	garlic, minced
1	tsp	cayenne
2	Tbsp	Tony's or similar creole seasoning
5	cups	chicken stock
3/4	cup	flour
3/4	cup	butter
1	cup	green onions

- Make a medium brown roux with the butter and flour and set aside.
- In a large sauté pan, cook bacon crisp, remove and keep the fat.
- Add the vegetables to the bacon fat and cook until wilted.
- Add sausages, shrimp and seasoning; cook until the shrimp turn pink.
- Add the roux, stir in and then half the chicken stock. Stir and cook until it thickens. Add more stock as needed.
- When shrimp are done, transfer to steamtable pan, top with green onions.
- Place grits in a separate pan with some green onions also.

# Panko Firecracker Shrimp

Serves about 20

8-10	cups	panko bread crumbs
6	each	eggs, beaten
1	cup	milk
4	cups	flour
1	Tbsp	salt
2	tsp	black pepper
1	Tbsp	garlic powder
5	lbs	shrimp, peeled and deveined (31/35)
2	cups	honey
2/3	cup	lemon juice
1 1/2	tsp	cayenne
1/4	cup	grated orange zest

- Set fryer to 350
- Combine flour, garlic powder, salt, and pepper in a shallow pan.
- Combine milk and eggs in bowl. Set aside. Put panko in another pan.
- Bread shrimp: dredge in flour, then egg wash, then place in panko. Press shrimp into panko to coat well, and put on sheet pan. Chill 10 minutes.
- Combine lemon juice, orange juice, zest, cayenne and honey in a large saucepan. Heat on a low simmer until hot and blended. Keep warm.
- Fry shrimp until golden brown. Drain well.
- In a bowl, put some shrimp, add some sauce and toss to coat well.
- Put in a shallow steamtable pan. Serve with hot white rice and extra sauce.



## Popcorn Shrimp, Hot & Spicy

A spicy sauce batter and cayenne in the breading make great popcorn shrimp. The baking powder plumps them as they fry. Try this idea: Serve smaller shrimp as spicy, popcorn shrimp, along with the usual fried shrimp. You'll find that many prefer them like the smaller (less expensive), more flavorful shrimp.

Makes about 5 lbs of fried shrimp

3	cups	buttermilk (make this from powdered milk & vinegar)
1	cup	Louisiana hot sauce
2	each	eggs
2	Tbsp	Tabasco
5	cups	flour
1 1/2	cups	cornmeal
1 1/2	Tbsp	baking powder
2	Tbsp	black pepper
1/4	cup	salt
2	Tbsp	garlic powder
1	tsp	cayenne
4	cups	flour (separate from above, for breading)
5	lbs	shrimp (larger for regular shrimp, smaller for popcorn)

- Make the wet mix: combine buttermilk, hot sauce, eggs and Tabasco.
- Combine dry ingredients and put in a shallow pan.
- Put the 4 cups flour in a separate shallow pan for breading.
- Dredge shrimp in plain flour and let sit a couple minutes to coat well.
- In batches, put shrimp into wet mix, then seasoned flour. Allow to stand in the flour a minute to coat; shake off excess flour and lay on a pan.
- In batches, fry shrimp until golden brown. Time will depend on shrimp size.

## Shrimp & Sausage Alfredoaux

A Cajun version of the Italian Alfredo. Prepare the sauce, shrimp and pasta separately, then put together as you need a pan for service.

Serves about 20 - 25

4	packs	(12 oz) penne pasta, cooked al dente'
2	each	large onions, diced small
2	each	bell pepper, diced
1	each	red bell pepper, diced (or a jar of pimiento, drain and dice)
12	cloves	garlic, minced (or 4 Tbsp)
1	lb	oleo
1/2	cup	olive oil
3	16 oz	Alfredo sauce (jars)
5	cups	half and half or cream (milk if that's all you have)
1 1/2	tsp	cayenne
1	tsp	salt
1	cup	grated parmesan cheese
1	cup	fresh parsley, chopped
3	lbs	shrimp, peeled, deveined, 50/60 count (or smaller is fine)
2	lbs	smoked, or green onion sausage, cooked and diced small

- Heat oleo and oil. Sauté onions until wilted. Add garlic and bell pepper; turn up heat and cook until peppers and garlic are tender.
- Add the shrimp. Cook until firm and pink, then add the sausage and seasonings. Cook another couple of minutes, set aside but keep hot.
- Heat Alfredo sauce and keep warm.
- For meal service, make up pans as needed:
  - ✓ Put pasta in pan. Add portion of shrimp & sausage; stir in.
  - ✓ Add a portion of sauce and stir in.
  - ✓ Top with some parmesan cheese and fresh parsley. Serve.





Shrimp & Sausage Alfredoaux

## Shrimp Boulettes

This is one of the best tasting things you can make, from almost any kind of seafood. And it's budget-friendly also.

This recipe will make 50 - 60 boulettes

2	lbs	gumbo shrimp
2	lbs	white fish (any mild fish; cod, swai, tilapia)
1/2	cup	green onions, chopped
6	cups	diced white potatoes
1	cup	onions, minced finely
1	cup	celery, minced
2 1/2	cups	flour
1/4	cup	garlic, minced and smashed to a paste
		As needed corn meal

- Put on a pot of salted water to boil. Boil the potatoes until tender, remove with a skimmer and save the water.
- Add some crab boil to the water. Boil the shrimp until they're just done.
- Remove and set aside. Now reduce the water to a simmer.
- Add the fish and poach until it is cooked. Drain and allow to cool.
- While waiting for the fish to cool, mash the potatoes in a bowl.
- Add in shrimp, onions, garlic, celery and seasoning. Blend together.
- When fish has cooled, flake it with a fork or by hand; there should no small pieces remaining. Add to the bowl and gently combine work in.
- Add flour, about half at first, to work into the mixture to make a “dough” that will stick together. You may not need all the flour.
- Give it a taste and adjust salt, pepper and cayenne as needed.
- Now roll into balls about the size of hushpuppies. Roll in cornmeal and then lay on a sheet pan.
- Put in freezer for a while; they'll hold their shape better.
- Deep fry until the outside is golden brown.

# Shrimp Creole

You can use this New Orleans classic not only as a main dish, but it's also great as a topping for broiled fish. Serve with properly prepared, hot rice.

Makes about 20 servings

2	cup	vegetable oil
1 1/2	cup	all-purpose flour
5	cups	finely chopped onion
3	Tbsp	garlic, minced
2	bunch	green onion, chopped (separate white and green)
2	each	large green bell pepper, seeded and chopped
2	quarts	tomato sauce
1	tsp	dried thyme
3	each	bay leaves
1/4	tsp	oregano
2	Tbsp	lemon juice
5	cups	water
1/2	tsp	cayenne pepper
4	tsp	salt
5	lbs	shrimp (36/40), peeled and deveined

- In a large, flat bottom pot, make a peanut butter-colored roux with the oil and flour. Reduce heat to low.
- Add garlic, onions, bell pepper and white of green onions. Cook, stirring, until softened, 5 to 8 minutes.
- Stir in tomato sauce, seasonings, lemon juice. Increase heat to a simmer.
- Add water and continue to cook about half an hour until thickened (it will thin when the shrimp are added).
- Add shrimp, continue cooking until they are done, about 15 minutes.
- Remove bay leaves. Transfer creole to steamtable pan.
- Garnish with green onions.

## Shrimp Creole II

Another version, this one uses stewed or whole tomatoes and has a slightly different flavor profile since it doesn't use a roux, but cornstarch to thicken.

Serves 20 to 25

1/2	cup	oleo
2	cups	bell pepper, diced
2	cups	celery, diced small
3	cups	onion, diced
3	Tbsp	garlic, minced
4	#303	cans stewed or whole tomatoes (about 1 1/2 quarts)
4	cups	tomato sauce
1/3	cup	Worcestershire sauce
2	Tbsp	chili powder
2	tsp	hot sauce
5	lbs	shrimp, peeled and deveined (36/40 or 31/35)
1	cup	green onions.

- In a stockpot, melt oleo and sauté all vegetables and garlic until soft.
- Stir in seasonings, tomato sauce and tomatoes (break up the tomatoes by hand before adding). Bring to a boil.
- While waiting for boil, combine Worcestershire sauce, cornstarch and hot sauce to make a “slurry”. Add to the pot and stir well as it thickens.
- After about 10 minutes, check the vegetables. When they are very tender, add the shrimp.
- Cook about 5 minutes and remove from heat.
- Stir in green onions and put on serving line.



Shrimp Creole

## Shrimp Creole Topping

This is a sauce to serve over grilled, baked or fried fish. Also very good on blackened fish. Gumbo shrimp work very well in this dish.

Makes about 8 cups – enough to top 25 to 35 servings

2	lb	shrimp (small), peeled
1/4	cup	oil or oleo
1 1/2	cups	medium onions, chopped
2	cups	bell pepper, diced
1	cup	celery, finely chopped
2	cloves	garlic, minced
1	cup	water
2	tsp	chopped fresh parsley
1 1/2	tsp	salt
1/4	tsp	cayenne
1	can	(15 oz) tomato sauce

- Sauté the vegetables in the oil until soft.
- Add water, parsley, salt, and tomato sauce; bring to boil, reduce to simmer.
- Cook about 10 minutes, then add shrimp. Bring back to boil and reduce to a simmer. Cook another 5 minutes until shrimp are fully cooked
- Remove and use as a topping for fish.

# Shrimp Diablo

Some might say this is hot. We'll just say it's "well-seasoned".

Serves 20 to 25

4	bags	penne pasta (12 oz bag), cooked
5	lbs	shrimp, peeled and deveined
1	lb	butter
3	cups	onions, small diced
1 1/2	cups	celery, small diced
2	cups	bell pepper, small diced
1/2	cup	garlic, minced
3	cups	andouille, cut into thin strips (julienne cut)
1	cup	Tasso, julienned
1	cup	green onions, sliced
3	cup	Rotel tomatoes
1	each	large can mushrooms, drained (or 1 1/2 lbs fresh, sliced)
1	tsp	cayenne
1	each	jalapeno, fresh, seeded and minced (or pickled are okay)
1/3	cup	lemon juice
2	quarts	heavy cream (or half and half)
1	quart	seafood stock (you can make from shells) or chicken stock
2	tsp	thyme (leaves are best but ground is okay)
2	tsp	basil, dried

- In a large skillet or braising pan, melt butter, add onion, celery, garlic and bell peppers. Sauté until wilted. Add andouille and Tasso. Cook a minute.
- Add tomatoes, mushrooms, peppers and sauté another 5 minutes.
- Add lemon juice, stock, cream and bring to a boil. Lower to a simmer and cook until it is reduced to about 2/3 or so of original amount.
- Add shrimp, basil and thyme. Cook until shrimp are done.
- Put pasta in half size pans, prepped with food spray.
- Portion shrimp & sauce over pasta, top with green onions and serve.

# Shrimp Fettuccine

You can swap out the long pasta for any short pasta you prefer.

Serves about 25

5	12 oz	packages fettuccine, cooked al dente'
5	lbs	shrimp, cooked, peeled
1	lb	bacon
1/2	cup	olive oil
4	Tbsp	minced garlic
2	Tbsp	dried oregano leaves (or 1 if powdered)
2	Tbsp	basil, dried
6	each	tomatoes, seeded and chopped
4	cups	half and half (or 2 cups cream, 2 cups milk)
1	cup	grated parmesan cheese
20	slices	Swiss cheese

- In sauté pan, cook the bacon crisp, remove and retain drippings.
- Add the oil and vegetables; sauté until wilted.
- Add tomatoes, herbs and cook about 5 minutes. Crumble bacon, add and then add the cream and both cheeses. Heat until cheese melts.
- Add the shrimp and cook until heated through.
- Serve over the pasta in a shallow steamtable pan.





## Shrimp and Potato Stew

Here's a great way to make those shrimp go further, with tons of flavor.

Serves about 25, maybe more

	5	lbs	shrimp, peeled and deveined (31/35)	
4	lbs		red potatoes, peeled, diced about the size of the shrimp	
	3	cups	medium to dark roux (more or less)	
		5	cups	onions, diced
		3	cups	celery, diced
		2	cups	bell pepper, diced
		6	Tbsp	garlic, minced
2 ½	quarts		seafood or chicken stock 3/4 .....	cup
			tomato paste (1/2 a can)	
	2	cups	green onions, sliced (use white part with onions)	

Note: you really should consider, instead of buying peeled shrimp, buying headless and peeling the shrimp. Then make a stock with the shells. That will help to intensify the shrimp flavor.

- Put 2 cups of the roux in a large stockpot, heat it and add onions, bell pepper, celery and garlic. Sauté until the vegetables are tender.
- Add the tomato paste and cook in. Add stock, a couple of cups at a time, and stir with wire whip while adding.
- Bring it to a boil, then reduce to a simmer.
- Add salt, pepper and a bit of cayenne. Cook about 10 minutes and check flavor; adjust seasonings and add potatoes; cook another 10 minutes.
- Add shrimp; return to a boil for a minute or so, then reduce to simmer, cook about 15 minutes.
- Remove from heat; add green onions. Serve.



Shrimp & Potato Stew

## Spicy Grilled Shrimp

Try these as an alternative to boiled shrimp on a seafood night. Serve on a bed of rice pilaf, with buttered pasta, or simple steamed white rice.

Serves about 15

5	lbs	shrimp, peeled and deveined
2/3	cup	cooking oil
6	cloves	garlic, minced
2 1/2	Tbsp	salt
2	tsp	cayenne
2	Tbsp	paprika
1/4	cup	lemon juice

- Make the garlic paste: on a clean counter, combine garlic and salt. Mash into a paste, then add paprika, cayenne and lemon juice and blend.
- Add the oil and blend into a paste.
- Add the shrimp, toss to coat and let sit 10 to 20 minutes.
- On a hot, well-oiled grill, place the shrimp in a single layer, cook a couple minutes per side until opaque. A bit of browning is fine too.
- Remove and serve. Garnish with lemon wedges or slices.



## Shrimp “Wellington” in Puff Pastry

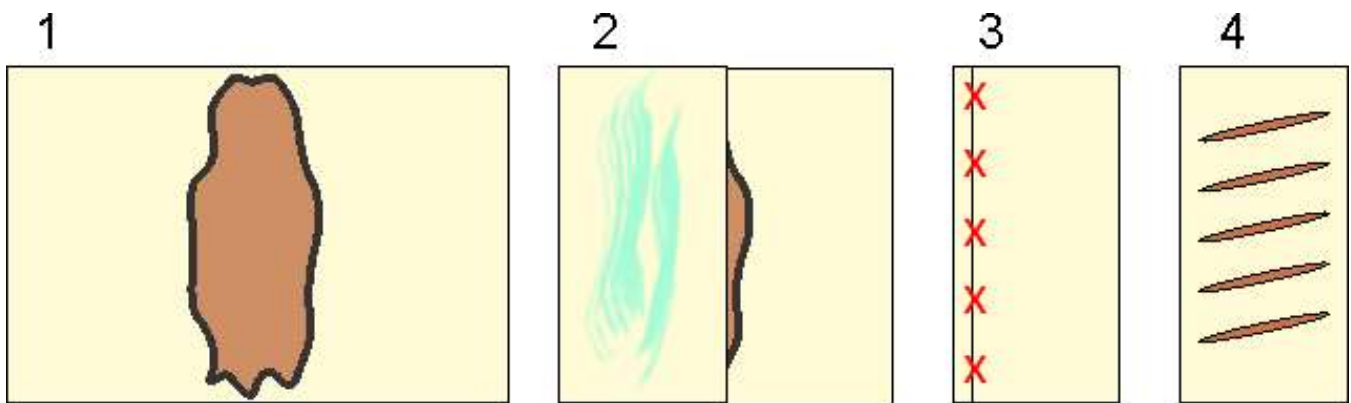
Got any leftover Shrimp Alfredoaux? How about Diablo? Or maybe some leftover shrimp and grits (not the grits)? Put it in puff pastry and this dish practically makes itself. This is more of a procedure and some tips than a recipe.

- 1 each puff pastry sheet
- 2 to 3 cups leftover shrimp and sauce (diablo, alfredoaux, etc.)
- 1 each egg white

First, make sure the filling will be thick enough to use. It should be thick with meat and vegetables.

Fish out the solids to use and keep enough sauce for topping.

You can heat this separately and top the pastry with it, or just put it out for the guests to choose for themselves.



- Lay out the sheet on a lightly floured surface, and portion the filling down the center of the sheet as shown in step 1.
- Fold the dough one-third from one side across the filling to cover as shown in step 2. Brush the dough lightly with water (shown in blue).
- Fold the other third across the top, completely closing the filling. Then pinch the seam tightly (shown by “X”) to make sure it stays closed
- Flip the dough over, put on a sheet pan and brush with the egg white. Slash the dough a few times across the top just through the pastry.
- Bake at 350 until golden brown and flaky.



Sample of ways to fold puff pastry. The example at the top is used in the “Wellington” recipe on preceding page.

## Szechwan Style Shrimp

This is a great use for leftover shrimp. Serve with hot, steamed rice.

Serves about 20

1 1/4	cups	ketchup
1 1/2	tsp	ground ginger
1/4	cup	fresh garlic, minced
2	Tbsp	honey
3	Tbsp	soy sauce
2 1/2	tsp	crushed red pepper flakes
1	cup	water
3	Tbsp	cornstarch
1/2	cup	cooking oil
4	lbs	cooked shrimp (tails off)
1	cup	green onion tops, sliced

- In a bowl, combine everything but shrimp, oil, and green onions.
- Heat the oil in a skillet and add onion whites and garlic. Cook only about 30 seconds, add shrimp and turn up heat.
- Toss the shrimp to coat in the oil as they cook.
- When hot, add the sauce mixture in bowl. Stir well and when thickened, add the green onion tops.
- Remove and serve.



## Corn Fritters

What are these doing here? Well they're too good to just stick somewhere they won't be seen. And they're really good with seafood, but also with beans, any kind of green beans, pork. Need we say more? Yes. Breakfast.

Makes about 24 servings

2	cups	flour
2	tsp	baking powder
1	tsp	salt
1	tsp	sugar
2	each	eggs, beaten
1	cup	milk
2	Tbsp	oil
2	cans	corn, drained, or 2 1/2 cups of frozen (thawed)

- Mix wet ingredients.
- Combine dry ingredients, then add to wet.
- Add corn; drop into fryer at 350 F.
- Cook to a golden brown. They will be moist inside.

