

Mariner's Menu

SEAFOOD INFORMATION FROM UNC SEA GRANT

Sept./Oct. 1992

'Tis the Season . . .

Most of us really enjoy the holiday spirit from Thanksgiving through Christmas. There's special warmth in the familiar sights, smells and festivities. And this is a traditional time to enjoy good food.

This year, why not replace or complement your holiday foods with fish and shellfish? Serve a festive spread for friends who drop in. Use an edible shrimp tree for your centerpiece.

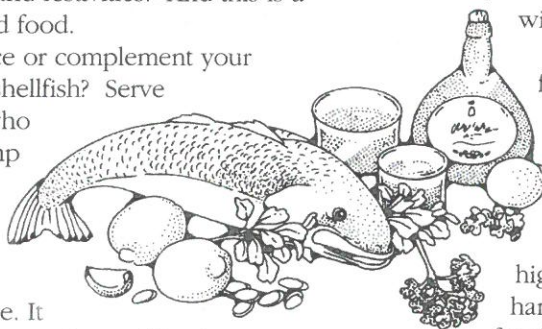
Fish and shellfish can be a quick and healthy way to serve a crowd of friends or family with elegance and ease. It can save hours in the kitchen roasting and basting,

leaving you more time to enjoy holiday fun.

At one of our recent sessions, one nutrition leader remarked, "I'm surprised how good cranberries are with fish. This is a great combination."

We really enjoyed these special holiday foods. The elegant flounder is just that—elegant. The crab quiche is a "melt-in-your-mouth" treat, and the crab-stuffed mushrooms are an unbeatable hors d'oeuvre.

All recipes received a 4.5 rating or higher—as good as any traditional turkey or ham. As always, we evaluated them on our familiar scale of 1-5 (5=excellent, 1=poor).



Festive Seafood Spread

- 1 pound backfin crab meat
- 1/2 pound cooked shrimp
- 1/2 cup mayonnaise
- 1/2 teaspoon freshly ground white pepper
- 1/8 teaspoon paprika
- 2 teaspoons chopped fresh parsley
- 1/4 teaspoon Tabasco sauce

Remove any cartilage or shell from crab meat. Chop shrimp coarsely. In medium bowl, combine crab, shrimp, mayonnaise, pepper, paprika, parsley and Tabasco. Chill well. Serve with assorted crackers. Makes about three cups. (Note: May also be heated over boiling water and served hot.)

Buttered Red Snapper

- 1 pound skinless snapper (or other lean) fillets
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground white pepper
- 4 tablespoons margarine
- 3 tablespoons fresh lemon juice
- 2 tablespoons dry white wine
- 2 1/2 tablespoons freshly grated Parmesan cheese
- 1/4 teaspoon paprika

Sprinkle fish with salt and pepper and set aside. Place margarine in shallow baking dish. Heat in 375 F oven until brown. Place fish in hot margarine. Bake at 375 F for 10 minutes. Sprinkle with lemon juice, wine, Parmesan and paprika. Broil 2 to 3 minutes or until fish flakes easily with a fork. Serve with pan juices. Serves 3 to 4.

Crab-Stuffed Mushrooms

1/2 pound backfin crab meat
1 1/2 pounds large fresh mushrooms
1/2 cup milk
1 tablespoon margarine
1/2 cup fresh cracker crumbs
1 teaspoon dry mustard
1 tablespoon minced onion
1/4 teaspoon salt
1/2 teaspoon prepared horseradish
1/4 teaspoon freshly ground black pepper
2 tablespoons margarine, melted

Remove any cartilage or shell from crab meat. Clean mushrooms with paper towels. Remove stems.

Combine milk and 1 tablespoon margarine in small saucepan. Cook over low heat until margarine melts, stirring frequently. Remove from heat. Stir in crumbs, mustard, onion, salt, horseradish and pepper. Gently stir in crab meat.

Spoon mixture into mushroom caps. Place in lightly greased baking dish. Brush tops with melted margarine. Bake at 350 F for 18 to 20 minutes or until thoroughly heated.

Crab and Mushroom Quiche

1 pound backfin crab meat
2 tablespoons margarine
1 1/2 cups fresh mushrooms
4 eggs, well beaten
1 cup half-and-half cream
1/3 cup minced onion
1 teaspoon salt
1/8 teaspoon cayenne pepper
2 cups freshly grated mozzarella cheese
2 unbaked pie shells
2 tablespoons chopped fresh parsley

Remove any shell or cartilage from crab meat. Melt margarine in small saucepan over medium heat. Sauté mushrooms until tender. Drain. In medium bowl, combine eggs, half-and-half, onion, salt and cayenne. Blend until smooth.

Place crab meat, mushrooms and cheese over bottom of pie shells. Pour in egg mixture and sprinkle with parsley. Bake at 425 F for 15 minutes. Reduce heat to 300 F and bake 30 minutes or until a knife inserted into center of quiche comes out clean. Let stand 15 minutes before serving. Serves 12.

Creamy Fish with Cranberry Sauce

1 pound skinless flounder (or other lean) fillets
2 tablespoons margarine
2 tablespoons flour

1/2 teaspoon salt
1/2 teaspoon dried thyme
1/4 teaspoon freshly ground white pepper
1 cup milk
2 tablespoons dry sherry
1/2 can whole berry cranberry sauce

Melt margarine in medium skillet over medium heat. Stir in flour, salt, thyme and pepper. Gradually stir in milk and sherry. Cook, stirring constantly, until thick and smooth.

Cut fish into serving size pieces. Salt lightly. Add to mixture in skillet. Heat to boiling. Reduce heat to simmer. Cover and cook until fish flakes easily with a fork, about 10 minutes. Carefully lift fish onto platter. Spoon sauce over. Surround with cranberry sauce. Serves 4 to 6.

Orange-Glazed Fillets

2 pounds snapper, flounder, sea bass or other lean fillets
2 tablespoons margarine, melted
2 tablespoons fresh orange juice
freshly ground white pepper
orange glaze

Place fillets on oiled broiler pan. Combine margarine and orange juice; brush over fillets. Sprinkle with pepper. Broil about 4 inches from source of heat for 6 minutes. Baste with orange glaze. Continue cooking for 2 to 4 minutes, or until fillets flake easily when tested with a fork. Transfer to warm serving platter. Serve with remaining orange glaze. Serves 6.

Orange Glaze:

2 tablespoons cornstarch
1 cup fresh orange juice
1/4 cup margarine
1/2 cup sliced almonds
1/4 cup dry white wine
1/4 cup fresh lemon juice
1/4 teaspoon Tabasco sauce
1 teaspoon grated fresh orange rind

Combine cornstarch with 1/4 cup orange juice; set aside. In small saucepan, over medium heat, melt margarine. Add almonds and sauté until slightly browned. Add remaining orange juice, wine and lemon juice; heat to just boiling. Stir in cornstarch mixture; continue cooking, stirring constantly, until mixture thickens. Add Tabasco and orange rind and mix well. Reduce heat and keep warm. Makes 2 cups.

Elegant Holiday Flounder

2 pounds skinless flounder (or other lean) fillets
1/4 pound shrimp, peeled and chopped
1 1/2 tablespoons margarine

2 tablespoons flour
1 1/2 cups half-and-half cream
3/4 teaspoon salt
1/4 teaspoon freshly ground white pepper
1/8 teaspoon nutmeg
3/4 cup sour cream
1 1/2 cups cooked rice
1/2 cup toasted slivered almonds
1/4 cup chopped fresh parsley
paprika

Melt margarine in medium saucepan over medium heat. Stir in flour and mix well. Add cream gradually, stirring constantly. Add salt, pepper and nutmeg. Cook, stirring constantly, until thick. Stir in sour cream and shrimp. Remove from heat.

Reserve one-half of shrimp sauce for topping. Combine remaining sauce, rice, 1/4 cup almonds and parsley. Spread over bottom of well-greased, 12x8x2 baking pan. Cut fish into serving size portions. Arrange fish over rice mixture. Spread reserved shrimp sauce over fish. Sprinkle with 1/4 cup almonds and paprika. Bake at 350 F for 35 to 40 minutes or until fish flakes easily. Serves 6 to 8.

Baked Snapper with Fennel

4 medium, skinless snapper (or other lean) fillets
1 tablespoon vegetable oil
1/4 teaspoon salt
1/4 teaspoon ground fennel
1 large onion, sliced
1 large tomato, sliced
1/2 cup dry white wine
1/3 cup heavy cream
1 tablespoon margarine

Place fillets in greased baking dish. Brush with oil. Sprinkle with salt and fennel. Place onion and tomato slices over top. Pour in wine. Cover pan tightly with aluminum foil. Bake at 375 F for 10 to 15 minutes or until fish flakes easily.

Bring cream to boil in small saucepan over medium heat. Remove tomatoes and onion from fish, mince and reserve. Transfer fish to serving platter. Add pan juices to cream and return to boil. Add margarine. Pour sauce over fish. Garnish with minced tomatoes and onion. Serves 8.

Oyster-Mushroom Stuffing

1 pint standard oysters
1/2 cup margarine
1 pound coarsely chopped fresh mushrooms
1 1/2 cups chopped celery, including leaves
1 cup chopped onion

2 cups toasted bread cubes
1/4 cup chopped fresh parsley
1/2 teaspoon salt
1 1/2 teaspoons poultry seasoning
1/4 teaspoon freshly ground black pepper
2 eggs, beaten

Drain oysters. Melt margarine in large skillet over medium heat. Sauté mushrooms, celery and onion until tender. Place in large bowl. Stir in bread cubes, parsley, salt and poultry seasoning. Add eggs and oysters and mix thoroughly. Place in well greased baking dish. Bake at 350 F for 20 minutes or until done in center and lightly browned. Makes about 6 cups.

Oyster-Mushroom Gravy

1 pint standard oysters
6 tablespoons margarine
3 cups sliced fresh mushrooms
1/4 cup margarine
3 tablespoons flour
1/4 cup finely chopped green onion, including tops
oyster liquor plus enough chicken broth to make 2 cups
1/4 cup dry white wine
1/2 teaspoon Worcestershire
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
2 tablespoons chopped fresh parsley

Melt 6 tablespoons margarine in large skillet over medium heat. Sauté mushrooms until tender. Remove with slotted spoon and set aside. Discard liquid.

In same skillet, melt 1/4 cup margarine over low heat. Stir in flour and cook, stirring constantly, until roux is rich brown, about 10 to 15 minutes. Add onion. Blend in broth and wine. Simmer, stirring constantly, until thickened. Stir in Worcestershire, salt and pepper. Return mushrooms to skillet. Add oysters and bring to simmering point. Simmer until oysters are desired doneness. Remove from heat and stir in parsley. Makes 3 to 4 cups.

Scallops with Garlic

1 1/2 pounds bay scallops (or sea scallops, quartered)
6 tablespoons margarine
3 teaspoons minced garlic
1 1/2 tablespoons flour
1 14-ounce can tomatoes, undrained and coarsely chopped
1 1/2 cups chopped green onions, including tops
1/4 teaspoon thyme
1/4 teaspoon salt

1/8 teaspoon freshly ground black pepper
1/3 cup dry vermouth
2 tablespoons fresh lemon juice
2 tablespoons finely chopped, fresh parsley

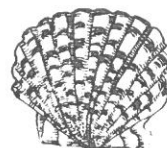
Pat scallops dry. In large skillet, melt margarine over medium heat. Add garlic and cook until tender. Increase heat and add scallops. Cook over high heat, stirring constantly, until golden brown, about 5 to 6 minutes. Transfer scallops to heated platter.

Sprinkle flour into remaining margarine in skillet and mix well. Add tomatoes, green onions, thyme, salt and pepper. Cook over medium heat until well heated, about 5 minutes. Gradually stir in vermouth and lemon juice; cook until syrupy, about 5 minutes. Pour sauce over scallops and sprinkle with parsley. Serves 6.

Shrimp Pilaf

1 pound medium shrimp, peeled and deveined
4 slices bacon
1/2 cup finely chopped celery
2 tablespoons chopped green pepper
1 tablespoon flour
1 1/2 teaspoons salt
1/8 teaspoon freshly ground black pepper
1/4 cup Worcestershire sauce
1 tablespoon margarine
1 cup uncooked regular rice
2 2/3 cups water

Fry bacon in medium skillet over medium heat. Remove bacon, crumble and set aside. Reserve 2 tablespoons bacon



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drippings in skillet. Sauté celery and green pepper until tender.

Combine flour, salt and pepper. Dredge shrimp in mixture and add to skillet. Stir in Worcestershire. Cover and cook over low heat for 10 minutes, stirring occasionally.

Melt margarine in medium saucepan over medium heat. Add rice. Cook over low heat until lightly browned, stirring constantly. Add water and bring to boil. Reduce heat and cover. Simmer 20 minutes or until tender. Stir rice into shrimp mixture and remove from heat. Sprinkle with crumbed bacon. Serves 4 to 6.

Seafood Lab health, food and nutrition leaders who participated in this work are Dolena Bell, Judy Blessing, Vera Gaskins, Martha Giles, Johnny Greene, Kay Holm, Anne Lawton, Lissie McNamee, Betty Motes, Mary Dudley Price, Valaree Stanley, Beulah Toll and Dot Whitley.

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