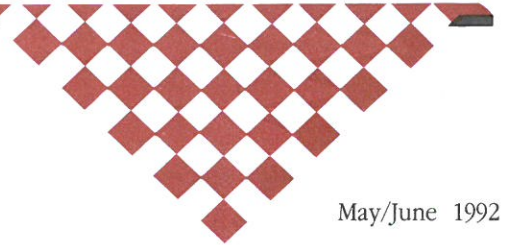


# Mariner's Menu

SEAFOOD INFORMATION FROM UNC SEA GRANT



May/June 1992

## SUMMERTIME — Seafood Sandwich Time

**W**hat comes to mind when someone mentions a seafood sandwich?

Probably a bland, breaded, fried, square piece of fish from the local fast food eatery. Topped, of course, with a slice of processed cheese and a blob of greasy tartar sauce.

You can change this image now with such goodies as French-Toasted Shrimp Sandwich, Hot Crab and Cheese Sandwich, Fisherman's Burger or other delicious seafood sandwiches.

Summertime is a natural time for the convenience of sandwiches. The kids are home, days are longer and people drop by more often.

For this season, we've developed a variety of seafood sandwiches—fish, shrimp, crab and others. And the breads are varied, too, including corn bread and English muffins.

Not included here, but certainly an option, are the familiar and popular fried shrimp burgers and oyster burgers.

Many seafood salads, such as shrimp and tuna, are always great as sandwich fillings. You can dress them up with lettuce and tomato or just eat them plain.

If you're still among those who have not tried fresh salmon or tuna, we remind you that you are in for a real treat. You'll find them a delightful alternative to canned fish.

Sandwiches containing fish or shellfish are often a good way to entice children to eat seafood. For some reason, if it's in a sandwich,

many youngsters seem to like it better.

Why not make a seafood sandwich even more appealing to children by using cookie cutters to turn bread slices into fun seaside shapes such as fish or starfish. Pretend celery slices are seaweed and carrot curls are coral. It will be a fun way to get your youngster to eat a healthful meal.

In some of these recipes, you can take short cuts. For instance, if you're in a hurry, substitute a canned cream soup for a specified sauce.

Seafood sandwiches can be a nutritious, as well as delicious meal. Next time you think of special sandwiches, think of seafood. And feel free to create your own favorites.

Once you've tasted some of these recipes, you'll decide that other seasons are just as appropriate for sandwiches as summer. And a number of these, served with a fresh vegetable salad or a bowl of soup, can be a great evening meal, also.

Based on our "smiley faces," these recipes received a 4.5 or higher evaluation. Treat yourself to some seafood sandwiches soon.

**Summertime is a natural time for the convenience of sandwiches. The kids are home, days are longer and people drop by more often.**

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

---

## French Toasted Shrimp Sandwich

---

**2 cups cooked shrimp, coarsely chopped**  
**1/2 cup finely chopped celery**  
**2 tablespoons finely chopped onion**  
**1 teaspoon Worcestershire sauce**  
**1/2 teaspoon prepared mustard**  
**1/2 cup reduced calorie mayonnaise**  
**1/2 teaspoon salt**  
**1/4 teaspoon freshly ground black pepper**  
**12 slices white sandwich bread**  
**2 eggs, beaten**  
**1/4 cup milk**  
**4 tablespoons margarine**

Combine shrimp, celery, onion, Worcestershire, mustard, mayonnaise, 1/4 teaspoon salt and pepper. Spread on 6 bread slices. Top with remaining slices.

Combine eggs, milk and 1/4 teaspoon salt. Dip sandwiches in egg mixture. In large skillet, fry sandwiches in margarine over medium heat until golden brown on one side, about 6 to 8 minutes. Turn and cook on other side until filling is hot and bread is golden brown. Serves 6.

---

## Fisherman's Burger

---

**2 cups flaked fish**  
**3/4 cup liquid egg substitute**  
**1/3 cup freshly grated Parmesan cheese**  
**1 tablespoon chopped fresh parsley**  
**1 teaspoon pressed garlic**  
**1/2 teaspoon salt**  
**1/4 teaspoon freshly ground black pepper**  
**1/2 cup dry bread crumbs**  
**vegetable oil for frying**  
**6 sesame seed rolls, toasted**  
**tartar sauce**

Combine egg, cheese, parsley, garlic, salt and pepper in medium bowl. Gently fold in flaked fish. Shape into 6 patties. Roll lightly in crumbs. Fry in hot oil, about 350 F, until brown on one side, about 4 to 5 minutes. Turn and repeat on other side. Drain on paper towels. Serve in toasted buns with tartar sauce. Serves 6.

### *Tartar Sauce*

**3/4 cup reduced calorie mayonnaise**  
**1 tablespoon minced onion**  
**1/2 cup finely chopped dill pickle**  
**1 tablespoon dill pickle juice**  
**juice and chopped pulp from 1/2 lemon**

**1 tablespoon vinegar**  
**1/4 cup finely chopped fresh parsley**

Mix all ingredients together. Chill and allow flavors to blend. Store in refrigerator. Makes about one cup.

---

## Hot Crab and Cheese Sandwich

---

**1 pound backfin crab meat**  
**1 tablespoon margarine**  
**2 tablespoons flour**  
**3/4 cup milk**  
**3/4 cup chopped celery, including leaves**  
**1/2 teaspoon salt**  
**1/4 teaspoon freshly ground black pepper**  
**1/4 cup finely chopped green pepper**  
**1/4 cup finely chopped onion**  
**2 cups freshly grated cheddar cheese**  
**1 cup freshly grated Monterey Jack cheese**  
**3 English muffins, split and lightly toasted**

In medium saucepan, melt margarine over medium heat. Stir in flour. Add milk gradually, stirring constantly. Add celery, salt and pepper and cook until thickened, stirring constantly. Add green pepper and onion. Stir in cheeses. Place generous helpings on halves of toasted muffins. Bake at 350 F until cheese is melted and lightly browned, about 15 to 20 minutes. Serve immediately. Serves 6.

---

## Salmonburger

---

**1 1/4 pounds fresh salmon**  
**1/4 cup margarine**  
**1/2 cup chopped onion**  
**1/2 cup dry bread crumbs**  
**1/2 cup liquid egg substitute**  
**1/4 cup chopped fresh parsley**  
**1 teaspoon dry mustard**  
**1/4 teaspoon salt**  
**vegetable oil for frying**  
**6 sesame seed rolls, warmed**

Poach and flake salmon. In medium saucepan, melt margarine over medium heat. Lightly sauté onion. Remove from heat. Add crumbs, egg, parsley, mustard and salt. Gently fold in flaked salmon. Shape into 6 patties.

Heat oil in large skillet over moderate heat, about 350 F. Fry patties until brown on one side, about 4 to 5 minutes. Turn and repeat on other side. Drain on paper towels. Serve on warm rolls with mayonnaise. Serves 6.

---

## Open-Face Oyster Sandwich

---

**1 pint standard oysters**  
**1/2 cup margarine**  
**1 teaspoon pressed garlic**  
**6 thick slices French bread**  
**1/2 pound freshly grated Swiss cheese**

In small saucepan, melt 1/4 cup margarine over medium heat. Add garlic and cook until soft. Remove from heat. Brush garlic butter on one side of each bread slice. Place, garlic side up, in shallow baking pan. Cook at 350 F until toasted, about 15 to 20 minutes.

While bread is toasting, melt 1/4 cup margarine in large skillet over medium heat. Add oysters and cook until desired doneness, about 5 to 8 minutes.

Use a slotted spoon to lift oysters out and place on toast. Spread with cheese. Bake at 350 F until cheese is melted, about 5 to 10 minutes. Serves 6.

---

## Clamburger

---

**1 cup chopped clams**  
**1 egg, beaten**  
**1 tablespoon fresh lemon juice**  
**1 tablespoon chopped fresh parsley**  
**1 tablespoon grated onion**  
**1/4 teaspoon salt**  
**1/4 teaspoon fresh ground black pepper**  
**1 cup dry bread crumbs**  
**vegetable oil for frying**  
**6 sandwich buns, split and toasted**

In medium bowl, combine clams, egg, lemon juice, parsley, onion, salt, pepper and 1/2 cup crumbs. Shape into 6 patties. Roll in remaining crumbs. In large skillet, fry cakes in oil over moderate heat, about 350 F, until brown on one side, about 5 minutes. Turn and repeat on other side. Serve in toasted buns. Serves 6.

---

## Hot Seafood Sandwich with Mushroom Sauce

---

**1 pound fish fillets**  
**1/4 teaspoon salt**  
**1/4 teaspoon freshly ground black pepper**  
**cornmeal**  
**1 box corn bread mix**

Cut fish into serving size pieces. Sprinkle with salt and pepper, then roll in meal. Fry in hot oil, 350 F, until

crisp and brown, about 10 minutes. Drain on paper towels. Serve on sliced hot corn bread with Mushroom Sauce.

### *Mushroom Sauce*

**4 tablespoons margarine**  
**3 tablespoons flour**  
**2 cups milk**  
**3/4 teaspoon ground thyme**  
**1/2 teaspoon salt**  
**2 cups sliced fresh mushrooms**

In medium saucepan, melt margarine over medium heat. Stir in flour. Add milk gradually, stirring constantly. Add thyme and salt. Cook, stirring constantly, until thickened. Stir in mushrooms. Spoon over fried fish on hot corn bread.

---

## Hot Soft Crab Sandwich

---

**8 soft-shell crabs, cleaned**  
**salt**  
**freshly ground black pepper**  
**flour**  
**1/2 cup margarine**  
**8 sandwich rolls, warmed**

Sprinkle crabs lightly with salt and pepper. Dust with flour. Heat margarine in large skillet over medium heat until sizzling. Sauté crabs until crisp and brown on one side, about 4 to 5 minutes. Turn and repeat on other side. Drain on paper towels. Serve on warm rolls with mayonnaise or tartar sauce.

## Seafood Safety and Quality Buying Fish and Shellfish

The numerous health benefits of eating seafood have been headline news for several years, and per capita seafood consumption has steadily increased, reaching 15.5 pounds in 1990. But in recent months, media reports have raised concerns about the safety and quality of seafood in some retail markets.

In some ways, perhaps calling attention to these problems is good. Certainly if consumers demand quality seafood, retailers will have to make some changes. And as buyers become more aware of the indicators of quality, they will make more discriminating choices.

Be selective in choosing a seafood market. Get to know those who operate the market. Don't hesitate to ask questions. Most of all, be knowledgeable about seafood.

Remember that you are the one who can best assure yourself that you are buying safe, quality seafoods. There

are certain criteria to keep in mind when purchasing fish and shellfish.

#### **A FRESH FISH HAS**

*a fresh, mild odor.* It should smell "seaweeded," like the ocean. If it smells "fishy," avoid it.

*bright, clear, full eyes* that protrude slightly. As a fish deteriorates, the eyes become cloudy, opaque and sunken.

*bright red or slightly pink gills* that are free from slime. If a fish has dark brown, dull pink, gray or green gills, do not buy it.

*firm, elastic flesh* that springs back when pressed gently with the finger. It should not separate from the bone. As fish ages, the flesh becomes soft and slips away from the bone.

*shiny, not faded skin* with scales that adhere tightly. Characteristic colors and markings fade as a fresh fish ages.

*a bright red blood streak* in the intestinal cavity. If the blood is dark or brown, the fish has aged.

#### **FRESH SHRIMP**

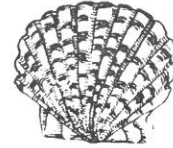
have a mild odor and firm meat, are not slippery, and retain their natural color. Beware of shrimp that are bright red or pink, or that suffer from black spot, a sign of poor handling.

#### **LIVE CRABS AND LOBSTERS**

show movement of the legs. The tail of a lobster should curl under the body and not hang down when the lobster is picked up.

#### **CLAMS AND OYSTERS IN THE SHELL**

should be alive. Shells should be tightly closed or should close tightly when tapped.



*Mariner's Menu is published bimonthly by the University of North Carolina Sea Grant College Program, Box 8605, N.C. State University, Raleigh, N.C. 27695. Vol. 3, No. 3, May/June 1992. Joyce Taylor, editor. To contact Taylor, write the NCSU Seafood Laboratory, P.O. Box 1137, Morehead City, N.C. 28557. Or call 919/726-7341.*

#### **SHUCKED OYSTERS**

should be plump with a natural creamy color and clear or slightly opalescent liquid. They should not contain more than 10 percent liquid and should have a mild odor.

#### **FRESH SCALLOPS**

have a sweet odor and are free of excess liquid. Bay and calico scallops are typically creamy white but may be light tan or slightly pink. Sea scallops are typically creamy but may be slightly orange or pink.

#### **FROZEN SEAFOOD**

should be solidly frozen with no discoloration or drying (freezer burn). It should have no objectionable odor. It should be wrapped with moisture-proof and vapor-proof material that fits closely and is undamaged, and should be stored below the load line of the display case. It should contain clean pieces that are not frozen together; breading or coating should be intact.

---

UNC Sea Grant  
Box 8605  
North Carolina State University  
Raleigh, NC 27695-8605

Nonprofit Organization  
U.S. Postage  
P A I D  
Raleigh, NC  
Permit No. 896

ADDRESS CORRECTION REQUESTED