

## Sea Food Recipes

### 947993 -- BAKED CLAMS

2 doz. clams  
4 tbsp. olive oil  
2 cloves garlic, minced  
1 med. onion, chopped  
1 tbsp. bread crumbs  
1 tsp. parsley or chives  
1/4 tsp. oregano  
Salt & pepper  
Grated Parmesan cheese  
Lemon juice

Scrub clams with stiff brush under cold water until all grit is removed. Saute onion and garlic until golden. Remove clams from shell (steam open). Chop up clams very fine, mix with bread crumbs, parsley, salt, pepper and oregano. Fill shells. Sprinkle with cheese and lemon juice. Dot with butter and place under hot broiler about 5 minutes.

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### 947994 -- SEAFOOD FANCIES

8 oz. can Pillsbury refrigerator  
butterflake dinner rolls  
7 1/2 oz. can crab meat, rinsed &  
drained  
2 1/2 oz. can tiny shrimp, rinsed &  
drained  
1 c. shredded Swiss cheese  
1/2 c. mayonnaise  
1 tbsp. chopped onion  
1 tbsp. chopped pimento  
1/2 tsp. parsley flakes  
1/4 tsp. curry powder

8 oz. can water chestnuts, drained &  
sliced

Heat oven to 400 degrees. Lightly grease cookie sheets. Separate dough into 12 pieces. Separate each piece into 3 equal layers. Place on prepared cookie sheets. In small bowl, combine crab, shrimp, cheese, mayonnaise, onion, pimento, parsley flakes and curry powder. Spoon teaspoonful seafood mixture onto each dough piece; top with several slices of water chestnuts. Bake at 400 degrees for 10 to 12 minutes or until light golden brown. Serve hot, refrigerate leftovers. Makes 36.

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947995 -- NOEL KIRK ERICKSON'S SARDINE ROLLS

2 cans of sardines in mustard sauce  
1 (8 oz.) pkg. cream cheese  
2 hard boiled eggs  
2 loaves of sliced white bread  
Lemon juice  
Mayonnaise  
Worcestershire sauce

Mash sardines. Mix together sardines, cream cheese and hard boiled eggs. Add desired amount of lemon juice, mayonnaise, Worcestershire sauce and mix well. Cut off bread crusts. Spread mixture on slices of bread, roll up and hold together with toothpicks. Broil until toasted.

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947996 -- SEVICHE SEAFOOD SHELLS

1/2 lb. bay scallops  
1/4 c. fresh lime juice  
1/3 c. diced med. bell pepper  
1/3 c. thinly sliced green onions  
1 tbsp. fresh minced cilantro or 1  
tsp. dried  
1 tsp. olive oil

1/8 tsp. salt  
1/8 tsp. pepper  
3 drops hot sauce  
16 cooked jumbo macaroni shells

Cook scallops in small amount of boiling water for 1 minute. Drain. Combine scallops and fresh lime juice in small bowl. Toss well. Cover and refrigerate for 1 hour. Add next 7 ingredients. Stir well. Cover and chill 30 minutes. Drain. Stuff each macaroni shell with 1 tablespoon scallop mixture. Arrange on serving platter.

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947997 -- SHRIMP BUTTER

2 cans shrimp, broken  
1 tbsp. onion, minced  
Juice of 1 lemon  
4 tbsp. mayonnaise  
1 1/2 sticks soft butter  
Salt to taste  
1 (8 oz.) pkg. cream cheese

Mix all ingredients well with mixer, adding shrimp last. Makes a large amount, and freezes well. This is a spread rather than a dip. I serve with Club crackers.

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947998 -- HERRING TIDBITS

2 c. (1 pt.) sour cream  
1 (12 oz.) jar herring tidbits in  
wine, undrained, chopped  
2 apples, peeled, quartered, cored  
and chopped  
1 med. Bermuda onion, quartered and  
chopped  
1/2 c. seedless grapes, halved  
2 hard-cooked eggs, chopped

## Rye rounds

Combine first 4 ingredients in large bowl and mix thoroughly. Cover and refrigerate at least 1 hour. Add grapes and eggs and toss lightly. Turn into dish. Serve with rye rounds. Makes about 4 cups.

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## 947999 -- BAR-B-QUED SHRIMP

1 lb. shrimp  
Olive oil  
Cracked black pepper  
Salt  
Lemon juice  
Tabasco  
Lea & Perrin's  
Butter

Place whole shrimp, keep shells on, in single layer in oven-proof dish. Drizzle olive oil on top of shrimp. Pepper shrimp until they are black; when you think you have enough pepper, add more. Add lots of salt, lemon juice, Tabasco and Lea & Perrin's. Remember you are seasoning through the shells. Cut up butter on top of shrimp and broil until shrimp are cooked, 15 to 20 minutes. Be sure and taste to see if they are done. Serve these with newspaper on the table and lots of napkins. Have French bread to sop up the oil and encourage guests to eat the shells, as well, if river shrimp are used. With cold beer and green salad, you have the makings of a great informal party. Base the amount of shrimp on the number of guests.

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## 948000 -- SMOKED SALMON ECLAIRS

1/2 c. water  
4 tbsp. butter, cut into sm. chunks  
1/2 c. flour  
2 extra lg. eggs, beaten lightly  
1/2 tsp. garlic powder

1/2 tsp. dry dill

--FILLING:--

1/2 lb. cream cheese, softened  
(regular or lite)  
1/4 c. sour cream (regular or lowfat)  
6 oz. smoked salmon, chopped fine  
Juice of 1/2 lemon and grated zest  
1 tbsp. fresh dill, minced  
Dash of nutmeg  
1 tsp. minced garlic  
Salt and pepper

Preheat oven to 400 degrees. Combine water and butter in small saucepan, bring to boil over high heat. Add flour all at once; beat vigorously until dough forms ball, pulls away from sides of pan and leaves a thin film on bottom of pan. Transfer to mixing bowl. Save 1 tablespoon of beaten egg. Beat the rest of the egg into the dough in two steps, beating until dough is shiny and smooth. Put dough in pastry bag with #3 star tip. On lightly greased baking sheet, lay down 3 x 1/2 inch strips about 2 inches apart. Bake 15 minutes until puffed up and brown. Remove from oven. Split in half lengthwise. Reassemble and return to baking sheet. Brush top of each with thin film of reserved egg. Sprinkle on combined garlic powder and dill. Reduce oven to 200 degrees. Return eclairs to oven for 20 minutes until dry and crisp. Remove and cool. Mix filling ingredients together. Season to taste with salt and pepper. Just before serving, spoon filling onto bottom half of eclair and top with top half. Makes about 16. Serves 8.

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#### 948001 -- SALMON MOUSSE WITH CUCUMBER VINAIGRETTE

1/2 c. dry Vermouth  
1 env. unflavored gelatin  
1 c. smoked salmon, flaked  
3 hard-cooked eggs, mashed  
3/4 c. sour cream  
1/2 c. sliced green onions  
1/4 c. fresh parsley, chopped fine  
3 tbsp. mayonnaise  
1 tsp. prepared horseradish

1 tbsp. lemon juice  
1 tsp. finely chopped onion

Combine gelatin and dry Vermouth. Heat gently until dissolved, and set aside to cool. Combine all other ingredients into gelatin mix, blending well. Pour into a 2-cup flat-bottom mold. Chill at least 3 hours or overnight. --CUCUMBER VINAIGRETTE:--

1 med. unpared cucumber, very thinly  
sliced (about 2 c.)  
1 med. green pepper, cut into thin  
strips (about 1 c.)  
1/4 c. vinegar  
1/4 c. lemon juice  
1/4 c. salad oil  
1/2 tsp. salt  
1/4 tsp. Worcestershire sauce  
1/8 tsp. pepper

In medium bowl, combine cucumber slices with green pepper strips. In measuring cup, combine rest of ingredients, mixing well. Pour over cucumber mixture, tossing to coat well. Refrigerate, covered, until well chilled--about 1 hour--tossing occasionally. To serve: Drain dressing from vegetables. Arrange vegetables attractively on large platter. To unmold mousse: Run a spatula around edge of mold; invert onto vegetables. Serve at once, with crackers as appetizer or as salad on bed of lettuce.

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948002 -- SHRIMP MOUSSE

1 can cream of shrimp soup  
1 (8 oz.) cream cheese  
1 pkg. Knox gelatin  
1 (10 oz.) box cooked shrimp, thawed  
1 c. mayonnaise  
1/4 c. finely chopped onion  
1/2 c. finely chopped celery

Use double boiler and mix soup, gelatin and cream cheese until melted. Remove from heat and add remaining ingredients. Put in mold and chill at least 8 hours.

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948003 -- LEMON PEPPER SHRIMP AND ZUCCHINI

2 med. sized zucchini  
2 tbsp. olive or salad oil  
1 lb. shelled or deveined lg. shrimp  
1 1/4 tsp. lemon pepper seasoning salt  
1/2 tsp. salt

Over medium-high heat in hot oil, cook zucchini, stirring frequently, until zucchini begins to brown and is tender-crisp. With slotted spoon - remove zucchini to bowl. In same skillet, over high heat, cook shrimp, lemon-pepper seasoning salt, and salt, stirring until shrimp are opaque throughout - about 5 minutes. Return zucchini to skillet, heat through.

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948004 -- CRAB CROSTINI

8 oz. crabmeat  
1/2 c. diced red bell pepper  
2 tbsp. + 2 tsp. mayonnaise  
2 tbsp. chopped fresh parsley  
1 tbsp. chopped fresh chives  
1 tbsp. fresh lime juice  
1 tbsp. Dijon mustard  
2 tsp. grated Parmesan cheese  
4-5 drops hot pepper sauce  
4 oz. Italian bread, cut into 16  
slices

Preheat broiler. Line a broiler pan with foil. Blend all ingredients except bread. Spread 1 tbsp. of the mixture on each bread slice. Place the crostini on the broiler pan and broil 4 inches from the heat for 5-6 minutes until lightly browned.

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## 948005 -- SHRIMP DELIGHT

1 can tomato soup  
1 (8 oz.) pkg. cream cheese, softened  
1 c. Real mayonnaise  
1 pkg. Knox unflavored gelatin  
1/4 c. water  
1 c. celery, very finely chopped  
1/8 c. green onion, very finely  
chopped  
2 cans tiny, whole shrimp (drained &  
deveined)

Heat soup and cheese, stirring constantly, until both are mixed well. Cool. Stir in mayonnaise. Dissolve gelatin in water, then add to soup mixture. Stir in remaining ingredients. Pour in mold or clear serving dish. Chill until set. Serve cold with Wheat Thin crackers. This is a favorite of our family!

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## 948006 -- PICKLED SALMON

1-2 lbs. salmon, tail filet  
1 tbsp. sugar  
Dillweed  
2 tbsp. coarse salt  
1 tsp. black pepper

Clean and pat dry the filet of salmon. Mix the dry ingredients together. Place the salmon in a glass dish, skin side up. Rub the skin thoroughly with half the salt mixture; turn the piece over and rub the flesh with the rest of the salt. Sprinkle lavishly with dill. Turn flesh down again; cover fish with foil or plastic wrap and weight lightly with another dish or a board. Refrigerate for at least 12 hours or up to three days. To serve, slice thinly on the diagonal and arrange on rye or dark brown bread. The same recipe can be used with trout or mackerel (boned).

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## 948007 -- SCOTCH STYLE PICKLED SALMON

Cooked salmon, boned and skinned  
(leftover salmon may be used - HA!)  
1 c. white wine vinegar  
1 tbsp. black peppercorns  
8 allspice berries  
1/2 c. white wine, or fish stock  
1 tsp. white peppercorns  
1/2 tsp. coriander seeds

Bring the liquids and spices to a boil in a stainless steel or enameled pan (not aluminum cookware); add 2 teaspoons salt. Place fish pieces in a wide mouthed jar or a glass dish and cover with hot spiced liquid. Cover the dish and refrigerate for several hours or days. Serve fish, drained, on lettuce with a bland mayonnaise or sour cream with dill.

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## 948009 -- SEAFOOD CHOWDER

Cook slowly in kettle until fat begins to fry out: 4 tbsp. finely cut pork or bacon

Add and cook over low heat until yellow: 4 tbsp. minced onion

Add: Liquor from 2 (7 oz.) cans minced or  
whole clams, lobster or other seafood  
2 c. finely diced potatoes  
1/2 c. boiling water

Cook until potatoes are tender, 10 minutes (If potatoes are cooked, omit water). Just before serving, add: Clams or other seafood from 2 (7 oz.)

cans  
2 c. milk  
1 tsp. salt  
1/8 tsp. pepper

Heat to boiling, stirring occasionally. Serve immediately. Makes 6 servings. Note: butter may be used in place of pork or bacon.

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948010 -- SEASONED OYSTERS

2 lb. box oyster crackers or 2 sm. bags  
1 c. oil  
2-3 tbsp. dill weed  
Garlic powder to taste  
1 env. dry Ranch dressing

Combine above ingredients in bowl and enjoy!

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948011 -- SCALLOPED OYSTERS & SCALLOPS

1 qt. oysters  
1 pt. scallops  
1 c. sour cream  
2 c. bread crumbs  
1/2 c. melted butter (not oleo)

Mix melted butter and bread crumbs together and put a thin layer in the bottom of a buttered baking dish. Cover with oysters and seasonings, add some cream. Add layer of scallops, seasonings and layer of crumbs. Repeat. Top with buttered crumbs and bake in hot oven (400 degrees) for 30 minutes.

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948012 -- DILL SHRIMP WITH RICE

2 tbsp. mustard (any kind)  
20 sm. shrimp, peeled & deveined  
3 sliced mushrooms  
1 tbsp. chopped fresh dill

1/2 c. wine (chablis or sherry)  
1/4 c. cream  
Cooked rice  
Pinch of garlic

Saute shrimp with mushrooms and dill and garlic until shrimp is done on one side. Turn the shrimp over, and add wine and mustard. Cook 2 minutes. Add cream, cook 1 minute. Put over hot cooked rice. Serves 2 to 4.

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948013 -- SHRIMP, VEGETABLE MELODY

1 to 3 lbs. shrimp, cleaned  
Broccoli  
Summer squash  
Zucchini  
Mushrooms  
Cherry tomatoes  
2 tbsp. butter  
Throwaway lasagna pan

Cut vegetables into bite-size pieces. Put shrimp, vegetables, butter, a dash of salt and pepper into pans. Cover with tinfoil double. Put on low grill with cover down. Cook about 35 minutes. Serves 6 to 8.

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948014 -- SHRIMP CREOLE

1 lb. cooked shrimp  
2 tbsp. butter  
Salt and pepper  
Boiled rice  
2 c. canned tomatoes  
1 minced green pepper  
2 minced onions  
1/2 c. sliced mushrooms

1/2 c. stock, chicken bouillon cubes  
2 tbsp. minced ham  
2 tbsp. flour  
2 tbsp. butter

Melt the butter and add the shrimp and cook together for 2 minutes. Add to the creole sauce. Simmer for 5 minutes, and serve with boiled rice. For the sauce: Cook the tomatoes, pepper, onion and mushrooms for 10 minutes. Add the stock and ham and cook 2 minutes longer. Thicken with the flour lightly creamed with the butter and stir until thick and smooth. Serves 6.

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948015 -- SHRIMP CREOLE

Cooked rice  
1/2 c. diced celery  
1/4 c. minced onion  
1/4 c. diced green pepper  
3 tbsp. butter or margarine  
1 tbsp. flour  
1 tsp. salt  
1 tsp. sugar  
Dash of pepper  
16 oz. can tomatoes  
1 bay leaf  
1 sprig parsley  
3/4 lb. shrimp

Saute celery, onion and green pepper in butter in sauce pan until tender but not brown. Blend in flour, salt, sugar and pepper. Stir in tomatoes, add bay leaf and parsley. Simmer for 30 minutes. Remove bay leaf. Add shrimp, heat thoroughly and serve over hot rice.

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948016 -- SALMON AUGRATIN

1 can red salmon

2 c. white sauce  
1/2 lb. sharp cheese  
1 c. Wheaties  
Oleo or butter

Butter baking dish put small amount of white sauce on the bottom. Add salmon and remaining white sauce. Top with grated sharp cheese and Wheaties. \*Dot with oleo or butter and bake 20 minutes at 325 to 350 degrees. Serves 4 to 6.

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948017 -- CRAB IMPERIAL

1/4 green pepper, diced  
2 tbsp. diced pimiento  
1 tbsp. dry mustard  
1/2 tsp. salt  
1/8 tsp. black pepper  
2 eggs  
1 lb. backfin crabmeat  
1/2 c. mayonnaise  
Dash of red pepper

Blend crabmeat and other ingredients. Heap lightly in four baking shells or crabshells. Top with mayonnaise and sprinkle with paprika. Bake at 350 degrees for 15 minutes.

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948018 -- EASY IMPERIAL CRAB

2 lb. crab meat, backfin  
1/3 green pepper, cut fine  
3/4 red pimiento, chopped  
1 tsp. mustard  
1/3 c. mayonnaise  
1 egg  
1/8 tsp. pepper  
1 tsp. salt

## Mayonnaise for topping

Mix all ingredients except crab meat. Add crab meat carefully in order not to break up lumps. Pile into 6 baking shells (heaping) spread with mayonnaise and sprinkle with paprika. Bake at 350 degrees for 20 minutes.

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## 948019 -- CRAB IMPERIAL C.'S

1 lb. lump crab meat, picked over for shell  
1/2 c. minced green bell pepper  
1/4 c. minced onion  
3/4 c. mayonnaise  
3 tbsp. butter, melted  
1/2 c. fresh bread crumbs

Combine the crabmeat, peppers and onion and gently fold in the mayonnaise. Mold the mixture into a clean crab shell or heat proof serving dish and cover with melted butter and bread crumbs. Bake at 350 degrees for 12 minutes or until crumbs are golden brown. Serve at once. Serves 4.

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## 948020 -- CRAB FETTUCINI

6 oz. fettucini  
4 tbsp. margarine  
2 cloves garlic, minced  
1 c. milk  
1/2 lb. crab, flaked  
1/4 c. parmesan cheese  
Pepper to taste

Cook fettucini according to package. In skillet, saute garlic in margarine. Add milk, crab and pepper. Heat until bubbling, about 3 minutes. Add parmesan cheese and stir 1 minute. Toss with cooked fettucini. Serves 4.

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948021 -- ORANGE ROUGHY

2 lbs. orange roughy fillets  
1/2 c. sliced almonds  
1/4 c. parsley, minced  
1/4 c. margarine, melted  
2 tsp. lemon or lime juice  
1 tsp. salt  
1/4 tsp. pepper

Combine margarine and almonds. Saute almonds to a golden brown. Arrange fish, single layered, in a shallow baking pan. Sprinkle with lemon or lime juice. Spoon almond-margarine mixture over fish. Sprinkle with salt, pepper and parsley. Bake, covered, at 350 degrees for 10 minutes. Bake, uncovered, until fish flakes easily with fork, about 8 to 10 minutes. Serve with lemon or lime wedges.

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948022 -- CAJUN SHRIMP

1/2 c. olive oil  
2 tbsp. cajun seasoning  
2 tbsp. lemon juice  
2 tbsp. fresh parsley, chopped  
1 tbsp. honey  
1 tbsp. soy sauce  
Pinch cayenne pepper  
1 lb. shrimp, uncooked, shelled and deveined

Combine first seven ingredients in a 9" x 13" baking dish. Add shrimp and toss to coat. Refrigerate at least 1 hour. Preheat oven to 450 degrees. Bake until shrimp are cooking through, stirring occasionally, about 10 minutes. I sometimes serve with fettucini alfredo and French bread.

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948023 -- EASY SHRIMP NEWBURG

1 (10 3/4 oz.) can cream of shrimp soup  
3/4 c. evaporated milk  
1 1/2 c. shrimp, cooked  
1 (4 oz.) can mushrooms, drained and sliced  
2 tbsp. dry sherry  
2 egg yolks, beaten

Place all ingredients, except egg yolks, in crock pot. Stir thoroughly. Cover and cook on low for 4 to 6 hours. Add yolks during last hour. Serve over hot rice or in puff pastry shells. Serves 4. Lobster Newburg: 5 ounces frozen lobster, flaked, may be substituted for shrimp.

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948024 -- SHRIMP SCAMPI

1/2 c. oleo  
2 tbsp. parsley  
2 tbsp. lemon juice  
2 cloves garlic, minced  
1 1/2 lbs. shrimp, cleaned and shelled

Saute garlic in melted oleo for 1 to 2 minutes in microwave. Add parsley and lemon juice. Add shrimp; toss to coat. Microwave on high for 3 to 5 1/2 minutes, stirring after 4 minutes. Serve with rice or pasta tossed with parsley and parmesan cheese.

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948025 -- SOLE WITH SHRIMP

1 1/2 lbs. sole fillets



2 c. light cream  
1/2 c. sherry  
Salt and pepper  
1/2 c. fresh or canned shrimp,  
drained and cooked  
1/2 c. buttered bread crumbs

Trim fillets and place in a shallow, greased, glass baking dish. Add the cream and sherry. Season with salt and pepper. Add shrimp. Bake in a hot 400 degree oven until cream and sherry have thickened and cooked down. Sprinkle with buttered bread crumbs over the surface. Place under broiler until sauce bubbles and browns in spots. Can add lemon slices or parsley for a garnish.

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948026 -- SPICY SHRIMP

2 - 3 lbs. lg. shrimp in shell, split  
and deveined  
2 lemons, thinly sliced  
1 lb. butter  
3/4 tsp. dried rosemary  
3/4 tsp. dried basil  
1/2 c. worcestershire sauce  
2 tsp. salt  
3 tbsps. freshly ground black pepper  
3/4 tsp. tabasco sauce  
3 cloves garlic, peeled and lightly  
crushed

In large, shallow glass baking dish, place shrimp in single layer. Cover with sliced lemon. In saucepan, heat remaining ingredients to boiling. Pour over shrimp and lemons, cover and marinate overnight in refrigerator. Bring shrimp to room temperature before cooking. Bake shrimp in preheated 450 degree oven for 20 minutes. Serve as appetizer or entree with crusty French bread.

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948027 -- SALMON OR TUNA BAKED POTATOES

1 can salmon, or 2 cans tuna, drained  
4 baking potatoes, cleaned  
1/2 c. milk  
1/4 c. margarine  
1/2 c. parmesan cheese, grated  
1/4 c. green onion, minced  
1 tsp. thyme  
1 tsp. dill  
1 tsp. salt  
1 tsp. pepper  
1/4 c. frozen peas, thawed

Bake potatoes. When cool, cut in half and scoop out centers. Mash potatoes and beat in cheese, onion and spices. Stir in salmon or tuna and peas. Spoon mixture back into hollowed out skins. Bake at 350 degrees for 20 minutes.

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948028 -- FRESH SCALLOPS

1 lb. fresh scallops  
1/2 c. oil  
1/2 tsp. thyme  
1/2 c. dry white wine  
3 cloves garlic  
1/2 c. butter  
2 tbsp. fresh parsley, chopped

Dredge scallops in flour. Heat oil in large skillet with butter; add crushed garlic and brown. As soon as garlic browns, add scallops and saute until lightly colored. Add white wine at last minute and simmer. Serve immediately.

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948029 -- SCALLOPS PROVENCIAL

1 1/2 lbs. scallops  
1/2 c. flour  
2 tbsp. oil  
4 tbsp. margarine  
1 clove garlic, peeled and finely  
minced  
2 tbsp. fresh lemon juice  
1/2 c. parsley, finely minced  
Salt and pepper, to taste  
4 slices crisp toast

Wash and dry the scallops. Roll in flour. Heat oil with margarine and garlic over medium heat. Add scallops. Stir-fry until firm, white and flecked with brown. Add lemon juice and parsley. Season with salt and pepper. Stir to blend and serve at once over crisp toast or serve with cooked rice. Serves 4.

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#### 948030 -- FILLETS OF SOLE MARGUERY

8 fillets of sole or flounder  
1 lobster, boiled  
18 little-neck clams, or fresh mussels  
1 lb. shrimp  
1/2 c. dry sherry  
3 tbsp. butter  
3 tbsp. flour  
Salt  
Pepper  
Parmesan cheese

Boil lobster, save water to use for poaching clams or mussels and shrimp. After all are prepared, reserve 1 cup of stock. Sprinkle fillets with salt and paprika and 1/2 cup dry sherry, cover, and bake for 15 minutes at 350 degrees. Melt butter, stir in flour, add strained stock, and boil until thickened. Stir in 1/4 cup liquid from baking dish. Salt and pepper to taste. Pour sauce over fillets. Garnish with clams, lobster meat and shrimp. Sprinkle with parmesan cheese. Bake until heated through. Broil until golden. Serve.

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## 948031 -- SEAFOOD QUICHE

1 unbaked pastry shell, regular size  
baking shell  
1/2 lb. sliced Swiss cheese  
1/2 c. sm. shrimp  
4 oz. frozen canned crabmeat

Line pastry shell with double slices of cheese. Cover cheese with a layer of shrimp and a layer of crabmeat. Beat together: 2 beaten eggs

1 c. whipping cream  
1/2 tbsp. flour  
1/4 tsp. salt  
1/4 tsp. pepper  
1/4 tsp. cayenne

Combine the above with: 1 tbsp. sherry wine  
1 tbsp. melted butter

Pour mixture over seafood. This may now be refrigerated or frozen. To serve: Bake for 40 minutes at 375 degrees until light brown. Quiche should stand for at least 20 minutes before serving. Administrator (1980-1992)

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## 948032 -- LINGUINI WITH SEAFOOD, SUN DRIED TOMATOES & LEMON

1 lb. linguini  
1/4 c. olive oil  
1 stick butter  
4 garlic cloves, minced  
1 lb. shrimp, peeled  
1 lb. sea scallops  
1 bottle clam juice  
1/3 c. sun dried tomato paste  
1/4 c. minced fresh parsley  
Peel from 1 lemon removed in strips  
Salt & red pepper flakes

Melt butter and olive oil in heavy pot, add garlic and saute until tender. Add shrimp and scallops and saute until shrimp turns pink and scallops are almost cooked about 10 minutes. Add clam juice, salt and pepper. Add cooked linguini cook about 3 minutes more. Add tomatoes, parsley, lemon peel to pasta and toss. Serve immediately (you may add canned minced clams, black olives, artichokes in oil, whatever else you like).

Grandmother

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#### 948033 -- FETTUCINI WITH SMOKED SALMON

1 lb. fettucini (green if available)  
1 oz. (2 tbsp.) butter  
Half of a sm. onion  
5 oz. smoked salmon  
7 fl. oz. heavy cream  
Black pepper

Melt the butter and cook the finely chopped onion until it is soft but has not changed color. Add half the smoked salmon, roughly chopped and the cream. Warm gently, then blend or process together with the onion until smooth. Cut the rest of the salmon into thin strips, using kitchen scissors. Cook the pasta, according to package directions carefully to avoid over cooking. Drain the pasta and turn into a serving bowl. Add the cream and salmon sauce. Stir thoroughly and add a little freshly ground black pepper. Gently stir in the salmon strips and serve at once. Cheshire, CT

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#### 948034 -- SHRIMP MARINARA

1/2 c. olive oil  
3 lg. onions  
1 clove galric  
1 1/2 lb. uncooked, unshelled shrimps  
1 pt. Marsala or other light, sweet  
red wine  
1/4 tsp. salt

1/8 tsp. pepper  
1 sm. can Italian plum tomatoes  
1/2 can tomato paste  
1 can chicken broth  
1 tbsp. chopped parsley  
4 tbsp. (1/2 stick) butter

Cut onions in small pieces. Mince garlic. Saute in olive oil until yellow. Add shrimps in shells. Let simmer 5 minutes. Add wine, according to taste. Season with salt and pepper; simmer 10 more minutes over moderate heat. Remove shrimps from sauce with slotted spoon. Shell and save. Stir in tomatoes and tomato paste and cook 5 minutes over moderate heat. Mash everything together with potato masher. Add broth and simmer slowly for an hour, until sauce is very thick. When ready to serve return shelled shrimps to sauce, add parsley and butter. As soon as butter melts it is ready to serve. Good on rice or pasta. Serves 4.

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948035 -- CRAB SOUFFLE

1 1/4 c. melted butter  
12 slices white bread  
2 (7 oz.) cans white crab meat  
("Madam" brand)  
1 lb. sliced Cheddar cheese  
6 eggs  
2 1/2 c. milk  
Salt & pepper to taste

Cut crust off of bread and dip both sides in melted butter. Place 6 slices across bottom of rectangular serving pan (13 x 9 x 2 inches or larger). Cover with 1/2 of crab and 1/2 of cheese. Cover with remaining slices of bread dipped in butter, then crab and cheese. Let set in refrigerator for 24 hours. Bake at 350 degrees for 1 hour. Serves 6-8.

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948036 -- HONOLULU SHRIMP WITH RICE

4 strips bacon, diced  
1/2 lb. ground beef  
1 c. finely chopped onion  
3 c. cooked rice  
2 c. cleaned cooked shrimp  
1/3 c. minced celery leaves  
1/2 tsp. salt  
1/4 tsp. dry mustard  
Dash pepper  
3 tbsp. soy sauce  
3 bananas, slightly green

Cook bacon crisp. Add ground beef and onions. Cook until onions are tender. Add remaining ingredients, except bananas. Mix heat thoroughly. Slice bananas, brown lightly in butter. Serve rice-shrimp in a bowl. Border with bananas.

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948037 -- LOUISIANA SHRIMP CREOLE

1 or more sticks butter or margarine  
8 tbsp. flour  
1 c. chopped parsley  
1 doz. green onions, chopped  
1 green pepper, chopped  
8-9 cloves garlic, chopped  
4 lb. or more shrimp  
1/2 stalk celery, chopped  
2 med. onions, chopped  
6 c. water  
3 cans tomato paste  
1 tsp. sugar  
2 tbsp. salt  
1 tsp. pepper, black  
1/2 tsp. red pepper  
2 tbsp. Worcestershire sauce  
1 tsp. Tabasco sauce  
1 tsp. vinegar

Cook butter and flour until browned; add vegetables. Saute 10-15 minutes. Add water

and remaining ingredients except vinegar and shrimp. Simmer 30 minutes. Add vinegar and simmer 1 hour and 30 minutes. Add shrimp and bring to a boil and simmer 20 minutes. Serve over hot rice. (I add more shrimp than is called for.)

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#### 948038 -- SEAFOOD QUICHE

1 unbaked pie shell  
1 lb. fresh or frozen shrimp, peeled  
& deveined  
3 eggs  
1 c. half & half  
1 c. grated Swiss cheese  
1/2 tsp. salt  
1 tsp. pepper  
3/4 c. onion, chopped  
2 tbsp. butter

Cook shrimp and drain. Mix eggs, cream, cheese, salt and pepper. Saute onions in butter until soft. Add to egg mixture along with shrimp. Pour into pie shell. Bake at 350 degrees for 40-45 minutes. Serves 6. I use half fresh or frozen shrimp and the rest canned crab.

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#### 948039 -- VIVIAN'S SEAFOOD NEWBURG

1 (10 oz.) pkg. frozen green beans  
(can use can beans but they  
are not as pretty)  
3/4 lb. fresh or frozen shrimp  
3/4 lb. fresh or frozen scallops  
1 c. water  
1 c. sliced fresh mushrooms  
2 tbsp. thin sliced green onion  
1 tbsp. margarine or butter  
1/4 tsp. salt



2 tbsp. all-purpose flour  
1/8 tsp. ground nutmeg  
1/8 tsp. pepper  
1 c. water  
1/2 c. nonfat dry powdered milk  
1 beaten egg white  
2 tbsp. dry white wine  
3/4 c. soft bread crumbs  
2 tbsp. grated Parmesan  
1 tbsp. margarine or butter

Cook and drain green beans according to directions on package. Combine thawed shrimp, scallops and 1 cup water. Bring to boil; reduce heat, cover and simmer 2-3 minutes until scallops and shrimp are opaque. Drain. In a skillet cook mushrooms and green onion in 1 tablespoon margarine about 5 minutes or until tender. Stir in flour, salt, nutmeg and pepper. Add water and nonfat dry powdered milk. Cook and stir until thickened and bubbly. Remove from heat. Gradually stir in 1 cup hot mixture into beaten egg white until blended. Return to remaining hot mixture in skillet. Add wine and fish, stir until bubbly. Spoon over green beans. Toss bread crumbs and Parmesan cheese together. Add melted margarine. Sprinkle over other mixture. Bake in 400 degree oven about 10 minutes until brown.

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948040 -- MYRA'S SHRIMP SPAGHETTI

6 oz. spaghetti  
2 (14 1/2 oz.) cans stewed tomatoes  
1 (6 oz.) can tomato paste  
1/2 c. chopped onion  
1 tsp. dried oregano, crushed  
1 tsp. dried basil, crushed  
1/4-1/2 crushed red pepper  
1/4 tsp. garlic powder  
1/4 tsp. dried thyme  
1 (16 oz.) pkg. frozen peeled  
deveined shrimp (or fresh)  
1/2 c. chopped green pepper

Cook spaghetti according to directions on package; drain and keep warm. In saucepan

combine undrained tomatoes, tomato paste, onion, oregano, basil, red pepper, garlic powder and thyme. Cook uncovered over medium-low heat 10 minutes until mixture is somewhat thickened, stirring occasionally. Add shrimp and green pepper, cook uncovered 10 minutes until shrimp are no longer pink, stirring occasionally. Serve over spaghetti. Serves 6. This is a low cal/low fat meal.

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#### 948041 -- SHRIMP SUPREME

2 lb. shrimp, cooked & peeled  
2 c. rice, cooked  
1 c. mayonnaise  
2 c. cream of chicken soup  
1 pkg. green onion soup mix  
2 c. Cheddar cheese, grated

Combine all ingredients except cheese and mix well. Pour into lightly greased casserole and top with cheese. Bake at 350 degrees for about 10 minutes or until bubbly. Serves 6.

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#### 948042 -- SEAFOOD AUGRATIN

4 (1 lb.) lobsters or (1 1/2 lbs.  
shrimp) or crab  
1/4 lb. butter  
1 c. sliced mushrooms  
1/2 c. white wine or sherry  
2 tbsp. flour  
1 tsp. salt  
1/8 tsp. white pepper  
1 c. heavy cream  
1/2 c. gruyere cheese, grated

Melt 6 tablespoons butter. Saute seafood 3 minutes. Add mushrooms, saute 2 minutes. Add wine. Cook over low heat 5 minutes. Mix flour, salt, and pepper with cream. Add to seafood stirring until boiling point. Place in casserole dish, sprinkle with cheese, dot

with remaining butter. Cook at 400 degrees for 10 minutes. Serve over rice. Serves 4.

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948043 -- NOVA'S SHRIMP

2 c. cooked rice  
1 lb. shrimp  
4 slices bacon  
2 green onion tops, chopped  
Salt and pepper to taste  
Soy sauce to taste  
MSG to taste

Brown bacon, drain well on paper towel. Cook shrimp in bacon drippings until pink. Add rice, crumbled bacon, and chopped onion. Add seasonings. Stir well.

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948044 -- SEAFOOD LASAGNA

Bake 1 hour and 45 minutes. Yield: 12 servings. Delicious! 9 uncooked dried lasagna noodles

--SAUCE:--

3 tbsp. butter  
1/4 c. all-purpose flour  
2 tsp. finely chopped garlic  
1 1/2 c. milk  
1/2 c. dry white wine or milk  
1 tsp. nutmeg  
1/2 tsp. salt  
1/4 tsp. pepper  
1/8 tsp. hot pepper sauce

--RICOTTA FILLING:--

2 eggs  
3/4 c. Parmesan cheese, grated  
1/2 c. chopped fresh parsley  
1 (15 oz.) carton (2 c.) Ricotta  
cheese  
1 (4 oz.) jar sliced pimiento, drained

--LAYERS:--

1 (12 oz.) pkg. sm. frozen, cooked  
shrimp, thawed and drained  
1 (8 oz.) pkg. frozen, salad chunks  
imitation sea stixs, thawed and  
drained  
3 c. (12 oz.) shredded Swiss cheese  
12 fresh parsley sprigs

Heat oven to 375 degrees. Cook noodles according to package directions; rinse. Drain; set aside. In 2 quart saucepan melt butter over medium heat. Stir in flour and garlic until bubbly (1 minute). Stir in 1 1/2 cups milk. Continue cooking, stirring occasionally, until mixture comes to a full boil (4 to 5 minutes); boil 1 minute. Stir in remaining sauce ingredients; set aside. In small bowl, slightly beat eggs; stir in all remaining Ricotta filling ingredients. In greased 13 x 9 inch baking pan layer 1/3 noodles, 1/2 Ricotta filling, 1/2 shrimp, 1/2 sea stixs, 1/3 sauce and 1/3 Swiss cheese. Repeat layering. Top with remaining noodles, sauce and Swiss cheese. Cover with aluminum foil; bake 25 minutes. Uncover; continue baking 15 to 20 minutes or until lightly browned. Let stand 10 minutes. 1 serving: Calories 370, protein 28g, carbohydrates 20g, fat 18g, cholesterol 150mg, sodium 483mg. You can use "light" Ricotta cheese, skim milk to reduce fat and calorie intake.

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#### 948045 -- FLOUNDER WITH CREAM OF SHRIMP SOUP

1 pkg. frozen flounder  
Salt and pepper to taste  
Worcestershire sauce  
1 can cream of shrimp soup  
Tabasco sauce  
1 oz. sherry

Salt and pepper dish. Place in casserole dish and cover with Worcestershire sauce. Pour soup on top. Heat at 350 degrees until bubbly. Add a dash of Tabasco sauce and sherry. Cook about 30-40 minutes.

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#### 948046 -- TERIYAKI-GRILLED SWORDFISH OR SALMON

2/3 c. soy sauce (med. salt)  
1/2 c. med.-dry sherry  
1 tbsp. sugar  
1 garlic clove, crushed  
2 tsp. ginger  
2 lbs. swordfish or salmon

In a saucepan, combine soy sauce, sherry, sugar, garlic, and ginger. Bring to boil over moderate heat. Place in a shallow glass pan. Marinate fish for about 30 minutes, turning several times. Cook on well-oiled grill, 10 minutes per inch of thickness and brush frequently with marinade. Use marinade as a dipping sauce or pour over rice for good flavor.

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#### 948047 -- SALMON PATTIES

2 tbsp. oil  
1 lg. can salmon or 2 cans Chicken of the Sea boneless and skinless salmon  
1/2 sm. onion, chopped finely  
1 tsp. margarine  
Salt, pepper or Mrs. Dash  
4 tbsp. water ground cornmeal  
4 tbsp. flour

In a heavy saucepan, melt margarine and cook onions. Mix together salmon, onion, Mrs. Dash, cornmeal and flour. Make into patties. Use 2 tablespoons of oil and fry patties.

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948048 -- SALMON WELLINGTON

4 oz. boneless, skinless salmon  
3 oz. duxelle  
3 oz. puff dough

Brown salmon quickly on both sides in hot oil. Let cool. Coat salmon with duxelle. Roll dough to a square, 4 x 5 inch, about 1/8 inch thick. Wrap dough around fish, which is covered with duxelle. Refrigerate over an hour then brush with egg wash. Cooking time is 15 minutes in the oven at 425 degrees, or until golden brown.

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948049 -- HONEY MUSTARD SCALLOPS

2 lbs. sea scallops  
1 lb. very lean bacon  
1 box sesame seeds  
1 jar honey mustard

Rinse scallops with cold water and then if very large cut in half. Pat dry and roll in sesame seeds. Cut bacon strips in half; roll sesame coated scallop in 1/2 slice of bacon. Place on cookie sheet. Bake at 375 degrees until bacon is crisp. Use honey mustard as a side dip. Serves 6 to 8. Parent

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948050 -- SHRIMP STRATA

Layer: 1. Mix 8 ounces cream cheese and 8 ounces sour cream 2. 3 (6 1/2 oz.) cans tiny shrimp 3. 1 large bottle of cocktail sauce 4. 8 ounces grated Mozzarella cheese 5. Mix together 1 green pepper, chopped, 1 bunch scallions, chopped and 1 large tomato, chopped. Refrigerate covered in a 10" quiche pan. Serves 8 to 10. Parent

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948051 -- CRAB APPLE JELLY

7 c. prepared crab apple juice  
9 c. sugar  
1 box Sure Jell fruit pectin

Use fully ripe crab apples. Wash and remove stems. Place in 6 or 8 quart boiler; cover with water and boil 15 to 20 minutes. Let cool; to extract juice, place crab apples in dampened jelly bag or several thicknesses of cheesecloth. Let drip; when dripping gently press or squeeze bag. Measure sugar and set aside. Measure juice and Sure Jell. Bring to a full boil over high heat, stirring constantly. At once stir in sugar and bring to a full rolling boil that cannot be stirred down; boil hard for 5 minutes, stirring constantly. Remove from heat, skim off foam with large metal spoon. Immediately put into hot jars and seal. Pineland, TX

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948052 -- PASTA AND SEAFOOD MARINARA

1 (16 oz.) can crushed tomatoes  
3 tbsp. olive oil  
1/2 sm. diced onion  
6-8 oz. fresh mushrooms, diced  
Salt and pepper to taste  
2 tbsp. parsley

2 tsp. oregano  
1/4 c. white wine  
1 lb. raw shrimp  
1/2 lb. raw lg. scallops

Place oil in large frying pan, cook onions and mushrooms until soft. Add salt and pepper. Simmer 10 minutes. Add can of tomatoes, parsley, oregano, and wine. Simmer 10 more minutes. Add seafood (amounts of shrimp and scallops may be altered, according to your own taste, as long as the total equals 1 1/2 pounds). Cook until shrimp are pink and curled and scallops are soft. Serve over angel hair or linguini.

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948053 -- GRILLED ALASKA SALMON

Salmon steaks or fillets  
Oil or basting sauce

Place salmon steaks or fillets on hot, well-oiled grill. Grill, allowing 10 minutes per inch of thickness measured at its thickest part; turn once. Thoroughly brush salmon with oil or basting sauce several times during grilling. Grill until salmon flakes easily with a fork at its thickest part.

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948054 -- BAKED SCALLOPS

1 1/2 lb. scallops  
1/2 tsp. salt  
1/2 tsp. pepper  
1/2 tsp. cayenne pepper (optional)  
1 c. bread crumbs  
1 egg  
2 tbsp. milk  
1/2 c. margarine, melted  
Bread crumbs

Mix dry ingredients together. Beat egg and milk together. Dip scallops in crumb mixture,



egg mixture, and again in crumbs. Place dipped scallops in roasting pan and drizzle melted margarine over all. Bake at 450 degrees for 25-30 minutes.

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#### 948055 -- SEAFOOD CASSEROLE (MICROWAVE)

1/2 lb. cod, haddock, pollock fillets,  
cut into pieces of the same size  
3 sm. tomatoes, chopped  
2 sm. green peppers, chopped  
1 tsp. parsley  
1/2 tsp. thyme  
2 tsp. paprika  
1 bay leaf  
1/2 c. white wine  
1/2 lb. pollock fillets, cut into  
pieces of the same size  
1/2 c. chopped onion  
1/2 c. chopped celery  
1/2 tsp. black pepper  
1/2 tsp. seafood seasoning  
1/4 c. water  
3 tbsp. margarine  
2 1/2 tbsp. flour

In a 4-quart casserole dish, melt margarine on medium high (80%) power for 45 seconds or until it melts. Add flour, stir, cover and cook on medium high (80%) power for 1 minute. Stir and reset for 30 seconds, stir and reset for 15 seconds. Add onion, pepper, celery, spices, wine and water. Mix together well, cover, cook at high power (100%) for 2 minutes. Add tomatoes, stir. Cook for 2 minutes at high power (100%). Reduce to medium (70%) heat, cover and cook for 10 minutes. Stir every 3 minutes. Place pieces of fish on top, cover and cook at high power (100%) for 4 minutes. Stir, serve with bread. Serves 5.

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#### 948056 -- SHRIMP STROGANOFF

1 lb. lg. shrimp  
3 tbsp. butter or margarine  
1/2 lb. mushrooms  
2 tbsp. dry sherry  
2 tubes. all-purpose flour  
1/8 tsp. pepper  
1 env. chicken-flavor bouillon  
1 (8 oz.) container sour cream  
2 tsp. minced parsley for garnish

ABOUT 45 MINUTES BEFORE SERVING: Shell and devein shrimp; rinse with running cold water and pat dry with paper towels. In 10-inch skillet over medium-high heat, in 2 tablespoons hot butter or margarine (1/4 stick), cook shrimp, stirring frequently, until shrimp turn pink and are tender, about 5 minutes. With slotted spoon, remove shrimp to bowl. To drippings in skillet, add 1 more tablespoon hot butter or margarine. Add mushrooms and sherry; cook, stirring frequently, until mushrooms are tender. In cup, stir flour, pepper, bouillon, and 1 cup water until blended; stir into mushrooms. Cook mushroom mixture, stirring constantly, until sauce boils and thickens slightly. Reduce heat to low; stir in sour cream until blended. Return shrimp to skillet and cook over low heat, stirring, until shrimp are hot; do not boil. Pour Stroganoff into serving bowl; garnish with parsley. Rice makes a perfect complement. Makes 4 main dish servings.

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#### 948058 -- SHRIMP SCAMPI

6 cloves garlic  
1 1/2 lb. lg. shrimp  
1 tbsp. butter  
3 tbsp. oil  
Salt & pepper  
1 tbsp. lemon juice  
2 tbsp. chopped fresh parsley

Mince garlic. Shell and devein shrimp, leaving tails on. In large frying pan, melt the butter in the oil over medium high heat. Add shrimp and cook, stirring occasionally until just cooked through, about 5 minutes. Stir in the garlic and cook about 30 seconds. Remove from heat and add 1/2 teaspoon salt, 1/4 teaspoon pepper, lemon juice and

parsley. Toss until shrimp are coated. Serve immediately. Note: You may cut down on the amount of garlic used depending on your own like or dislike of a strong garlic flavor. T4544 Records SDR 11: Second End Connectors, after forming.

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#### 948059 -- SQUARE SHRIMP FOO YOUNG

5 beaten eggs  
1 (4 oz.) can shrimp  
1 chopped onion  
1 c. chopped celery  
1 can sliced water chestnuts  
1/2 c. fresh sliced mushrooms  
1 tbsp. soy sauce  
2 tbsp. soy sauce  
2 tbsp. cornstarch  
1 beef bouillon cube  
1/4 c. boiling water  
1/4 tsp. sugar

Combine eggs, shrimp, onion, celery, chestnuts, mushrooms and 1 tablespoon soy sauce in bowl. Dissolve bouillon in water. Add combined 2 tablespoons soy sauce and cornstarch and sugar to the bouillon water over medium low heat and cook until very thick. Add this sauce to the egg mix. Heat wok until 300 degrees (or skillet) and pour the mix in spreading evenly. Cook 10 minutes, cut into squares and turn. Cook 5 minutes on other side. T4544 Records

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#### 948060 -- FRIED OYSTERS

Fresh oysters are best, but you can use store bought ones if need be. Rinse and dry well. Roll in bread crumbs, then beaten egg. Then in bread crumbs again. Fry oysters in butter until brown and well done. Season with salt, pepper and paprika to taste.

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## 948061 -- OYSTER BAKE

1 1/2 pt. oysters  
3-4 c. cracker crumbs  
3/4 lb. melted butter

In 9 x 13 inch baking dish, alternate layers of crackers, oysters and butter. Bake at 350 degrees for 1 hour. T4544 Records

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## 948062 -- DAN'S WHOLE BAKED AND DECORATED SALMON

1 salmon cleaned with head, tail and skin on. Roll up a lot of foil and place into belly for support. Stand fish up (like it were swimming) on sheet pan. Cover fish with salad oil and season with salt and pepper. To seal completely wrap fish with foil. To help hold fish up while baking use coffee mugs full of water. Line pan with diced onions and celery. Fill pan with water or white wine. Bake at 275 degrees for 3-4 hours until done, depending on size of fish. Remove from oven. Cool overnight or until cold enough to decorate. Peel off skin on sides leave head, tail as is. Remove fins. Carefully trim off grey fat to expose pink meat. Coat with unflavored gelatin and cool. Repeat 3-4 coats and then decorate; with lemons, prawns, shrimp, crab legs and tomatoes. Glaze with gelatin after to hold pieces on . This is exceptional as a center piece for dinner party, and it tastes great too. T4541 Test

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## 948063 -- BATTER FOR FRIED SHRIMP

1 c. flour  
1/2 tsp. sugar  
1/2 tsp. salt  
1 egg  
3/4 c. ice water  
1/4 c. milk  
2 tbsp. vegetable oil

Combine ingredients and beat well. Dip shrimp and fry in deep fat.

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#### 948064 -- SHRIMP SPAGHETTI GRATIN

3 lb. raw shrimp  
2 tsp. salt  
1 1/2 tbsp. pepper  
1/2 tsp. basil  
1/2 tsp. thyme  
1/4 tsp. garlic powder  
1 tsp. prepared barbecue seasoning  
1 tbsp. parsley flakes  
1 tbsp. lemon juice  
1 tbsp. Worcestershire sauce  
1 1/2 c. butter, cut in 1" slices  
8 oz. spaghetti, cooked & drained  
8 oz. Velveeta cheese, grated

Wash the shrimp in cold water and drain them for 1 hour. In a large shallow baking dish arrange the shrimp evenly. Combine the herbs, spices and seasonings; sprinkle mixture over the shrimp. Add the lemon juice, Worcestershire sauce, barbecue seasoning and butter. Bake the mixture, uncovered, at 350 degrees for 25 minutes, stirring occasionally. Peel the shrimp when they are cool enough to handle. (Note: I prefer to peel the shrimp before cooking, it is not as messy.) Transfer the sauce in the bottom of the baking dish to a container with a pouring lip. Arrange the shrimp on the spaghetti and pour sauce over. Top with cheese and bake at 350 degrees until cheese is melted and bubbly.

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#### 948065 -- SHRIMP KABOBS

1 (8 oz.) pkg. frozen peeled & deveined shrimp  
3 tbsp. soy sauce  
2 tbsp. catsup

1/8 tsp. ground ginger  
Dash onion powder  
1 (8 oz.) can pineapple chunks (juice pack), drained  
1/4 c. cashews or peanuts, coarsely chopped (optional)  
Hot cooked rice

1. Place frozen shrimp in a colander. Run cool water over shrimp just until thawed. Pat dry with paper towels. 2. Meanwhile, stir together soy sauce, catsup, ginger and onion powder. Set aside. Alternately thread four 12 inch skewers with shrimp and pineapple chunks. Place the skewers on the unheated rack of a broiler pan. Brush with some of the soy mixture. 3. Broil 4 to 5 inches from heat for 2 minutes. Turn kabobs. Brush with more soy mixture. Broil 1-3 minutes more or until shrimp turns pink. Brush with remaining soy mixture. Stir cashews or peanuts into hot cooked rice. Serve kabobs with rice. Garnish with celery leaves, if desired. Makes 2 servings.

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948066 -- SALMON CROQUETTES

2 c. cooked fresh salmon (or other leftover cooked fish)  
2 tbsp. low-fat or fat-free mayonnaise  
1/2 c. unseasoned dry bread crumbs, divided  
1/4 c. finely chopped scallions, divided  
2 tbsp. minced parsley, divided  
Freshly ground black pepper  
Few dashes red pepper sauce  
1 egg white, beaten until foamy  
1 c. canned crushed tomatoes  
Salt to taste  
Lemon & parsley for garnish

Coarsely chop salmon and place in medium bowl. Mix with mayonnaise, 1/4 cup of the bread crumbs, 2 tablespoons of the scallions, 1 tablespoon of the parsley, black pepper and hot sauce. Stir in egg white. Shape into 4 patties and coat lightly with remaining bread crumbs. Cover and refrigerate. In small nonstick skillet combine tomatoes and

remaining scallions; simmer about 10 minutes. Stir in remaining parsley, season with salt and pepper. Keep sauce warm. Place croquettes on foil-lined broiler pan. Broil 4-6 inches from heat source until lightly browned (about 4-5 minutes per side). To serve: Place 1/4 cup sauce on each individual plate, top with 2 salmon croquettes and garnish with lemon wedge and parsley. Serves 2.

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#### 948067 -- MICHAELS MARVELOUS MUSSELS

Cook in a heavy skillet: 2 lg. cloves garlic, chopped  
2 tbsp. olive oil  
1 bag mussels  
1/2 c. wine

Wash and clean mussels. Brown garlic in olive oil; add wine and mussels. Simmer covered until mussels steam open. Do not drain. Serve with Italian bread.

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#### 948068 -- BARBECUED SHRIMP

1 c. butter (2 sticks)  
1 (16 oz.) bottle Italian dressing  
4 tbsp. minced garlic  
2 tbsp. Worcestershire sauce  
2 tbsp. black pepper  
2 tsp. lemon juice  
2 lb. large fresh, unshelled shrimp  
1 lg. lemon, thinly sliced  
Sliced French bread

Place butter, dressing, garlic, Worcestershire sauce, pepper and lemon juice in a large skillet or saucepan. Cook over medium heat until butter melts. Turn off heat and let stand for 20 minutes. Place shrimp in a large baking pan. Pour sauce over shrimp and stir lightly. Cover all shrimp with sauce. Place lemon slice over shrimp. Bake in a preheated 400 degree oven for 15 to 20 minutes or until shrimp turn pink. Do not overcook or shrimp will dry out. Serve with bread for dipping.

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948069 -- SALMON PATTIES

2 lg. eggs  
2 (7 1/2 oz. each) cans red sockeye  
salmon, drained, flaked  
2/3 c. fine dry bread crumbs  
1/2 c. finely chopped onion  
1/4 c. finely chopped parsley  
1 to 2 tbsp. lemon juice  
1/4 tsp. salt  
Pepper to taste  
1 c. corn oil

In medium bowl, beat eggs enough to blend yolks and whites; stir in salmon, 1/3 cup of the bread crumbs, onion, parsley, lemon juice, salt and pepper until well-mixed. Shape into 4 (each about 1" thick) oval-shaped patties. Coat with remaining bread crumbs. Line a tray with wax paper and place the patties, well apart and refrigerate at least 30 minutes. In a 10 inch skillet over medium heat, heat oil. Add patties. Shallow - fry, turning once, until evenly browned. Drain on paper towels. Serve very hot. Good accompanied with tartar sauce.

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948070 -- SHRIMP DE JONGHE

2 cloves garlic, mash to a paste, mix with 1/3 teaspoon tarragon, parsley, chervil shallot. Add to 1/2 cup sweet butter and 1 cup bread crumbs blended together. Season to taste with dash salt, pepper, nutmeg, mace and thyme. Add 1/2 cup dry sherry. Alternate layers of 2 pounds shelled and deveined cooked shrimp with above mixture. Top with generously buttered bread crumbs. Bake at 400 degrees for 15-20 minutes.

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948071 -- SHRIMP SCAMPI



6 cloves garlic, minced  
1 1/2 lb. lg. jumbo shrimp, shelled  
and deveined, leave tails on  
1 tbsp. butter  
3 tbsp. oil  
1/2 tsp. salt  
1/4 tsp. pepper  
1 tbsp. lemon juice  
2 tbsp. chopped fresh parsley

Melt butter in oil. Add shrimps. Cook about 5 minutes. Stir in garlic, cook 30 seconds. Remove from heat. Add salt, pepper, lemon juice, and parsley. Toss until coated. Serve immediately.

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948072 -- POOR-MAN'S LOBSTER

Water in Dutch oven  
1 unpeeled potato  
1 whole onion, skinless  
2 lb. fish  
1 tbsp. salt  
2 tbsp. lemon juice

Boil water, potato, onion, salt, and lemon juice for 45 minutes. Put frozen fish in and boil for 15 minutes or until flakes apart. Serve with a stick of melted butter and 2 dashes Tabasco sauce and lemon, or with tartar sauce.

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948073 -- SALMON PATTIES

2 sm. cans salmon  
1/4 c. chopped onion  
2 tbsp. butter

2/3 c. bread crumbs or crackers  
2 eggs, beaten  
1 tsp. parsley  
1 tsp. dry mustard

Brown onion in butter. Drain salmon, reserve 1/3 cup of liquid. Remove any bones. Mix into browned onion the salmon, 1/3 cup salmon liquid, egg, parsley, mustard and 1/3 cup crumbs. Shape into patties, roll in remaining 1/3 cup crumbs. Fry until lightly browned.  
8 patties.

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948074 -- SIMPLE SALMON

1 lg. can red salmon  
1/4 c. onion, chopped fine  
1 or 2 tbsp. vinegar  
Salt and pepper to taste

Remove bones from salmon. Mix all ingredients well. Cover and chill a few hours to blend flavors. Serve on fresh homemade bread or crackers.

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948075 -- CRAB SALAD

1 lb. imitation crab meat, cut in bite  
size pieces  
1 to 2 stalks celery, chopped fine  
Mayonnaise to taste

Combine all ingredients and serve on lettuce leaf or on a croissant for a great sandwich.

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948076 -- BARBEQUED SHRIMP

3 slices bacon, chopped  
1/2 lb. margarine  
2 tbsp. Dijon style mustard  
1 1/2 tsp. chili powder  
1/4 tsp. basil  
1/4 tsp. thyme  
1 tsp. coarse black pepper  
1/2 tsp. oregano  
2 cloves garlic, crushed  
2 tbsp. crab boil  
1/2 tsp. Tabasco sauce  
1 1/2 lb. lg. shrimp, with shells

Preheat oven to 375 degrees. In a small frying pan fry bacon until clear; add margarine and all other ingredients except the shrimp. Simmer for 5 minutes. Place the shrimp in an open baking dish, and pour sauce over the top. Stir once to coat all the shrimp. Bake in an uncovered dish for 20 minutes, stirring twice during the baking process. Serve hot and at once! You may peel these shrimp before eating, but not before cooking. Have a towel ready for each guest, for this most delicious dish is very messy!!

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#### 948077 -- CRAB SHRIMP MORAY

1 stick butter  
1/2 c. flour  
1/4 c. grated onion  
1/2 c. chopped green onion  
1/8 c. chopped parsley  
2 c. cream  
1 c. dry white wine or vermouth  
2 1/2 tsp. salt  
1/2 tsp. white pepper  
1/4 tsp. cayenne pepper  
2 1/2 oz. Grugere imported Swiss  
cheese  
2 cans artichokes (bottoms quartered)  
2 tbsp. lemon juice  
2 lb. shrimp

1 lb. lump crab meat  
1/2 lb. sliced fresh mushrooms  
3 tbsp. grated Romano cheese

In a 2 quart sauce pan melt butter, stir in flour and cook 5 minutes over medium flames, stirring. Add onions, green onions and cook 2 to 3 minutes, stirring. Add parsley and gradually add cream. Allow to get hot but do not boil. Add wine, salt and peppers. Blend well and bring to a simmer, stirring occasionally. Add Swiss cheese, cover, turn off heat and cool. When lukewarm add lemon juice. In a 3 quart casserole make alternate layers of crab meat, shrimp, quartered artichoke bottoms, sliced raw mushrooms, using sauce between layers and on top. Cover and refrigerate until ready to reheat for serving. Pur uncovered, room temperature casserole in a 350 degree oven for 30 to 45 minutes. Before baking sprinkle with Romano cheese. Serve in pastry cups. Serves 8 to 10.

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948078 -- ROYAL SEAFOOD CASSEROLE

2 cans cream of shrimp soup  
1/2 c. mayonnaise  
1 sm. onion, grated  
3/4 c. milk  
Salt and pepper (cayenne)  
Worcestershire sauce  
Lemon juice to taste  
3 lb. shrimp (cleaned and boiled)  
1 can (5 oz.) crab meat (rinsed and drained)  
1 can water chestnuts, drained and sliced  
3/4 c. diced celery  
1/4 c. diced bell pepper  
1 1/2 c. uncooked rice (cook and cool)  
Paprika and sliced almonds for garnish

Blend together soup and mayonnaise, add remaining ingredients. If mixture is dry, additional milk may be added. Bake at 350 degrees for 30 minutes. Serves 4 to 5.

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948079 -- SALMON

1 can salmon  
1/2 c. meal  
1 egg

Mix all ingredients together. With 2 teaspoons, scoop mixture with one, push off with other. Put into deep hot fat. When fried, they will float and turn themselves.

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948080 -- HOT BUTTERED SHRIMP

Cleaned, boiled shrimp  
1 bottle Italian dressing  
1 stick butter  
Juice of 1 lemon

Combine last 3 ingredients and simmer shrimp in sauce for at least 15 minutes before serving.

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948081 -- LOW COUNTRY SHRIMP BOIL

4 qts. water  
2 bottles beer (optional)  
2 lemons, quartered  
2 onions, quartered  
1 (2 oz.) Special Seasoning (I use Old Bay)  
2 bay leaves  
2 potatoes, quartered  
1 Hillshire Farm Polska Kielbasa, cut in chunks  
1 pkg. Sweet Select Corn on the cob

1 1/2 - 2 lb. shrimp, head off-shells  
on

Combine first 6 ingredients, cook at a rolling boil for 15 minutes. Lower to medium boil; add sausage. Cook 15-20 minutes, then add potatoes, cook 15-20 minutes, then add corn. Cook 15-20 minutes. Bring back to a rolling boil; add shrimp. Cook 1-3 minutes. Drain and serve. Serves 4.

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948082 -- SHRIMP AND PASTA

1 lb. shrimp, cleaned, cooked &  
deveined  
1 lb. rotini, cooked  
1 c. broccoli & cauliflower, flowerets  
1/4 c. green onions  
1 sm. jar pimiento, drained  
1/8 c. mayonnaise  
1/8 c. sour cream  
1/4 c. thousand island salad dressing  
2 tbsp. lemon juice  
Salt, white pepper & red pepper to  
taste

Mix mayonnaise, sour cream, salad dressing, lemon juice, salt and peppers. Combine with remaining ingredients. Refrigerate 4 hours before serving.

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948083 -- SPICY BAKED SHRIMP

1/2 c. olive oil  
2 tbsp. cajun or creole seasoning  
2 tbsp. fresh lemon juice  
2 tbsp. chopped fresh parsley  
1 tbsp. honey  
1 tbsp. soy sauce

Pinch of cayenne pepper  
1 lb. uncooked large shrimp, shelled,  
deveined

Combine first 7 ingredients in 9x13 inch baking dish. Add shrimp and toss to coat.  
Refrigerate one hour. Bake at 450 degrees for about 10 minutes, stirring occasionally.  
Serves 4. LL - Teacher

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948084 -- SPICY SHRIMP

1/2 c. olive oil  
2 tbsp. cajun seasoning  
2 tbsp. fresh lemon juice  
2 tbsp. chopped fresh parsley  
1 tbsp. honey  
1 tbsp. soy sauce  
Pinch cayenne pepper  
1 lb. shrimp, shelled & deveined  
1 pkg. fresh linguini or angel hair  
pasta & prepare as directed

Combine first 7 ingredients in 9x13 inch baking dish. Add shrimp and toss to coat.  
Refrigerate one hour. Preheat oven to 450 degrees. Bake until shrimp are cooked  
thoroughly, stirring occasionally, about 10 minutes. Serve over pasta. Garnish with  
lemon wedge and serve with French bread.

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948085 -- LEMON & GARLIC SHRIMP

1 1/2 lb. lg. shrimp (in shell)  
2 cloves garlic  
1 scallion  
1 lemon  
1 tbsp. butter  
2 tbsp. olive oil

Salt

2 tbsp. chopped fresh parsley

Peel and devein shrimp. Mince the garlic and chop scallion. Squeeze 2 tablespoons juice from lemon. Heat butter and oil in a large frying pan over medium heat. Add the shrimp, garlic and 1 teaspoon salt. Saute, stirring until shrimp turns pink (3-4 minutes). Stir in lemon juice and scallions. Sprinkle with parsley and serve. 4 servings.

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948086 -- POOR MAN'S LOBSTER

2 c. water

1 tbsp. vinegar

1 tbsp. Old Bay seasoning

1 tsp. celery seed

Salt

1 lb. frozen haddock

Bring all ingredients to a boil then add haddock. Cook 25 minutes. Serve with hot melted butter.

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948087 -- SPAGHETTI & SHRIMP SALAD

8 oz. very thin spaghetti

1 cucumber, seeded & chopped

1 bunch radishes, sliced

1 bunch scallions, including 1 inch  
of green tops, sliced

1 lb. med. shrimp, cleaned & cooked,  
chopped in pieces

--DRESSING:--

1 c. mayonnaise

1/3 c. milk



1/3 c. bottled cole slaw dressing  
2 tsp. Dijon mustard  
1 tbsp. red wine vinegar  
Juice of 1 lemon  
1 tsp. salt  
1/2 tsp. sugar  
1/2 tsp. freshly ground pepper  
1/2 tsp. celery salt  
1/8 tsp. basil  
1 tbsp. dried parsley

Break spaghetti into quarters. Cook according to package directions with 1 tablespoon oil. Drain. Add remaining ingredients. DRESSING: Combine dressing ingredients. Toss dressing and spaghetti mixture and refrigerate several hours or overnight. 8 servings.

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948088 -- BOW TIES WITH SHRIMP AND BROCCOLI

1 head fresh broccoli  
1 lb. med. shrimp  
1 can chicken broth  
1 med. onion, finely sliced  
1 lg. tomato, diced  
1/3 c. olive oil  
1 lb. bow tie macaroni, cooked  
according to pkg. directions

Wash and cut up fresh broccoli. Simmer broccoli in 1 can chicken broth until tender. Heat oil in skillet. Saute' onion and shrimp until pink. Add diced tomato and broccoli and broth. Pour over cooked pasta. Serve immediately. Sprinkle with grated cheese.

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948089 -- SHRIMP SALAD CRUNCH

1 can shrimp  
1 c. cut up celery

1 c. slivered raw carrots  
1 tsp. diced onion  
1 c. mayonnaise  
1 sm. can shoe string potatoes

Combine all ingredients just before serving.

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#### 948090 -- NEW ENGLAND SEAFOOD CHOWDER

1 lb. whitefish, skin and bones removed  
1 c. diced celery  
1 lg. onion, chopped  
5 med. potatoes, peeled and cubed  
3 tbsp. all-purpose flour  
1/3 c. cold water  
2 cans (6-1/2 oz. each) minced clams,  
liquid reserved  
1 can (4 oz.) tiny shrimp, drained  
2 tsp. salt  
1/2 tsp. pepper  
2 tbsp. butter or margarine  
1 can (12 oz.) evaporated milk  
1/2 jar (1 oz.) pimiento, drained  
Fresh chopped parsley

In a large Dutch oven, place fish and enough water to cover. Cook over medium heat until fish flakes with a fork, about 10 minutes. With a slotted spoon, remove fish and break into bite-size pieces; set aside. Measure cooking liquid and add enough additional water to equal 4 cups. In the liquid, cook celery, onions and potatoes until tender. Combine the flour and water to make a paste; stir into chowder. Cook and stir until mixture boils. Add reserved fish, clams with liquid, shrimp, crabmeat, salt, pepper, butter, milk and pimiento. Heat through, stirring occasionally. Garnish with parsley. Yields: 3-1/2 quarts. I don't lawn of a recipe that better represents our area than chowder. I adapted it from my mom's clam chowder recipe, and guests often request it.

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#### 948091 -- LAYERED CRAB SALAD

4 c. torn lettuce  
2 c. (1/2 lb.) fresh pea pods, cut  
into 1-inch pieces  
1 1/2 c. chopped red peppers  
2 c. chopped cucumber  
1 1/2 c. crabmeat or 1 pkg. (8 oz.)  
imitation crabmeat  
1 c. mayonnaise  
1 tbsp. sugar  
1 tsp. dried dill weed or 1 tbsp.  
chopped fresh dill  
Sweet red pepper rings  
Fresh dill sprigs

In a 2-1/2 quart clear glass serving bowl, layer lettuce, pea pods, chopped peppers, cucumber and crabmeat. Combine mayonnaise, sugar and dill; spread over crab. Cover and chill several hours or overnight. Garnish with pepper rings and dill. Yield: 6 servings. I am secretary of the University of Oregon. I love living in Oregon and enjoy cooking with the many foods available in this part of the country. Crabmeat is abundant here and makes a great company dinner.

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#### 948092 -- CRAB SOUP

1/4 c. margarine  
1/4 c. celery, chopped  
1/4 c. flour  
6 to 10 drops hot pepper sauce  
5 c. skim milk  
16 oz. flaked imitation crab meat (3  
1/2 c.)  
1/4 c. scallions, sliced

Melt margarine in large saucepan. Add celery, cook 3 minutes. Add flour and stir over low heat until frothy. Cook additional 3 minutes, stirring often. Add hot pepper sauce. Gradually stir in milk. Increase heat and bring to a boil, then reduce heat to simmer.

Allow to simmer and thicken 10 minutes. Add crab meat and scallions. Makes 4 servings.

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#### 948093 -- SEAFOOD SALAD

1 (7 oz.) pkg. macaroni rings  
6 to 8 seafood legs, cut in pieces  
1 lg. onion, finely chopped  
2 stalks celery, finely chopped  
3 or 4 lg. cauliflowerets, thinly sliced  
Frozen peas, thawed (optional)  
1 c. Spin Blend (more if desired)  
1/2 c. cottage cheese (more if desired)  
Salt & pepper to taste

Cook macaroni as directed on package; drain. Mix gently with seafood logs, onion, celery, cauliflower, and peas. Combine Spin Blend and cottage cheese; carefully stir into macaroni mixture. Add salt and pepper. Makes 8 to 10 servings. Chill immediately.

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#### 948094 -- CRAB GUMBO

2 onions  
4 tomatoes  
7 c. water  
10 okra  
2 bay leaves  
3 sprigs parsley  
1 1/2 tsp. salt  
1/2 tsp. thyme  
1/4 tsp. chili peppers  
4 tbsp. butter  
1 lb. lump crabmeat

Add all ingredients together except crabmeat and butter. Cook for 30 minutes. Cook crabmeat and butter together for 20 minutes. Add together and cook over low heat for 30 minutes.

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948095 -- SHRIMP BISQUE

1 lb. shrimp, boiled, peeled & finely chopped  
1/2 c. chopped yellow onion  
1/2 c. chopped celery  
4 tbsp. butter  
4 tbsp. flour  
4 c. fish stock  
1 tsp. salt  
1/4 tsp. white pepper  
1/8 tsp. hot pepper sauce  
2 c. whipping cream

Make this a day before serving and do not freeze it. Saute chopped onion and celery in butter for 4 minutes. Sprinkle flour over vegetables and quickly stir to form an even coating for about 2 minutes. Stir in hot fish stock and bring to a boil. Reduce heat and simmer 15 minutes. Add cooked shrimp and continue stirring for 10 to 15 minutes. Add salt, pepper and hot pepper sauce. Right before serving reheat soup and add cream. Gently heat through. Do not boil! Serve immediately. Serves 8.

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948096 -- SHRIMP & RICE SALAD

1 c. uncooked rice  
6 scallions, sliced  
1 lb. shrimp, cooked & peeled  
1 c. (homemade) mayonnaise  
1/2 tsp. ground ginger  
Juice of 1 lemon

Salt to taste  
Toasted sesame seeds  
Steamed snow peas

Cook rice and let cool. Add scallions, shrimp, mayonnaise, ginger, lemon juice and salt. Adjust seasonings to taste. Cool in refrigerator several hours if desired. Serve at room temperature, sprinkled with sesame seeds and surrounded by snow peas on a large platter or shallow bowl. Serves 6.

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948097 -- SANTA FE SHRIMP SALAD

--DRESSING:--

4 sm. green onions, chopped  
1 c. chopped fresh cilantro  
1 c. fresh lime juice  
2 tbsp. olive oil  
1 tbsp. sugar  
1/4 jalapeno chili, chopped sm.  
1 tsp. salt

--SALAD:--

1 1/2 c. frozen corn, thawed  
1 (15 oz.) can black beans, rinsed  
1 med. zucchini, diced  
1 avocado, peeled, diced  
1 lg. red bell pepper, diced  
3/4 c. diced red onion  
1 1/4 lbs. lg. peeled, deveined  
cooked shrimp  
Red leaf lettuce

Blend dressing ingredients in blender or food processor until smooth. I cook shrimp after peeling and deveining them by pan frying them for a few minutes in Italian dressing. Combine corn, black beans, zucchini, avocado, red pepper and red onion in large bowl. Reserve 6 or more shrimp for garnish. Cut remaining shrimp crosswise into 1/2 inch thick rounds, add to salad. Toss salad with dressing. Cover and refrigerate for at least 1

hour. Arrange lettuce leaves on plates or in a large dish. Top with salad. Garnish with whole shrimp, cilantro sprigs and lime wedges.

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948098 -- SALMON PASTA SALAD WITH SAN FRANCISCO VINAIGRETTE

--SALMON PASTA SALAD:--

1 green bell pepper, seeded, washed & minced  
1 red bell pepper, seeded, washed & minced  
1 bunch celery stalks, minced  
1 bunch fresh dill, minced or 2 tsp. dried  
2 tsp. olive oil  
3 c. mayonnaise  
1/4 c. Dijon mustard  
Salt & pepper to taste  
1 (15 1/2 oz.) can salmon, drained & flaked  
2 lbs. shell pasta, cooked al dente  
1 1/2 c. San Francisco Vinaigrette, recipe below  
1 c. fresh Parmesan cheese, grated or use shaker style  
Green pepper, mushrooms, cherry tomatoes or avocados or any combination thereof for garnish

In a large bowl place the minced green and red peppers, celery, dill, olive oil, mayonnaise, mustard, salt and pepper. Mix the ingredients together. Add the salmon and mix it in. Add the pasta and mix it in. Add the Vinaigrette and mix the ingredients together thoroughly. Adjust seasonings if necessary. Sprinkle with the Parmesan and garnish. Serves at least 10. --SAN FRANCISCO VINAIGRETTE--

2 cloves garlic, chopped  
1/4 red bell pepper, seeded, washed & chopped

1 tsp. thyme  
1/2 c. red wine vinegar (or mix 1/2 &  
1/2 with balsamic vinegar)  
2 tsp. Dijon mustard  
1 c. olive oil  
1 tsp. sugar  
1 tsp. sa



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