

## **11. Fish & Seafoods**

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## Crabcakes

Combine in bowl:        1 pound crab meat  
                                Handful crushed Ritz crackers  
                                Salt & pepper  
                                ¼ teaspoon Old Bay Seasoning

Mix in separate bowl:  Shot of mustard  
                                Some mayonnaise  
                                Shot of lemon juice

Mix together and form cakes and brown in a little oil.

## Crabmeat Croquettes

1½ pounds crabmeat (backfin is preferable, but not essential)	5 eggs
¼ cup chopped parsley	1 tablespoon Worcestershire
¼ cup grated onion	1 teaspoon pepper
¼ cup fresh lemon juice	2 dashes hot pepper sauce
1 cup thick cream sauce	¼ teaspoon dry mustard
Fat for deep frying	2 teaspoons salt
	Bread crumbs

Pick over crabmeat. Mix with parsley, onion, lemon juice, cream sauce, two eggs, Worcestershire, pepper, hot pepper sauce and dry mustard. Shape into 12 to 14 3" long croquettes. Beat remaining three eggs in a soup bowl. Dip each croquette in bread crumbs, then in beaten eggs, mixed with salt, then in bread crumbs again. Deep fry at 375°F until brown.

### Thick Cream Sauce

3 tablespoons butter or oleo                      4 tablespoons flour                      1 cup milk

Melt butter in small pan; add flour and cook over low heat. Add milk, stirring, and cook until mixture is thickened.

## Crab Imperial

12 ounces frozen crab meat	¼ cup cream
¼ cup butter	1 teaspoon prepared mustard
¼ cup green pepper, chopped	1/8 teaspoon nutmeg
½ cup mayonnaise	¼ teaspoon salt
1 egg, slightly beaten	1/8 teaspoon pepper
1 tablespoon parsley, minced	½ cup buttered bread crumbs
2 teaspoons Worcestershire	

Remove bony tissue from crab meat. Flake, keeping pieces as large as possible. Sauté green pepper in butter for 5 minutes. Gently mix crab meat, green pepper, butter and remaining ingredients, except crumbs. Turn into shells or a casserole, then top with crumbs. Bake in 350°F for 20 minutes. Serves six.

## **Busch's Deviled Crabs**

1 pound crab meat (prefer back fin)	2 teaspoons Worcestershire sauce
3 tablespoons butter	2 teaspoons dry mustard
1½ tablespoons flour	½ teaspoon red pepper
1 onion, grated	½ teaspoon salt
2 tablespoons minced parsley	1 egg, beaten
1½ cups milk	

Heat oven to 400°F. Place crab meat on cookie sheet, place in oven for about 10 minutes. Pick out shells. This dries crabmeat, keeping it intact.

In skillet melt butter, sauté onion and parsley. Remove from heat, add flour, blend, add milk and seasonings. Add egg. Stir on low heat till thickened. Add crab meat. If not thick enough, add 1 tablespoon bread crumbs.

Shape into cakes or place into shells, dust with flour.

If deep frying, chill at this stage 1 hour. Dip in beat egg and bread crumbs. Fry till golden.

## **Shrimp Scampi**

¼ pound butter	1 teaspoon soy sauce
3 cloves garlic, diced	½ cup white wine
1½ to 2 pounds medium shrimp, cleaned, with tails left on	

Melt butter over medium heat. Sauté garlic lightly in butter. Add shrimp and sauté, stirring frequently, 5 to 8 minutes, or until shrimp become opaque. Add soy sauce and white wine, and continue cooking just until sauce is heated and shrimp are cooked to desired degree. Avoid overcooking. Serve over rice.

## **Italian Broiled Scampi**

2 pounds extra large shrimp	2 or 3 garlic cloves, finely minced
6 tablespoons melted butter	Herb salt and pepper to taste
3 tablespoons olive oil	1 tablespoon chopped parsley
1 tablespoon lemon juice	1 lemon, cut into wedges
1 teaspoon mixed Italian herbs	

Peel and devein shrimp, leaving tails on. Butterfly shrimp by slitting down the inside center lengthwise, but not cutting through. Mix together all remaining ingredients except parsley and lemon wedges. Toss shrimp with sauce. Place shrimp, cut sides up, in a single layer in a decorative shallow baking dish. Marinate one hour. Place under a hot broiler approximately six minutes, or until shrimp are lightly browned. Do not overcook, or shrimp will be tough. Sprinkle with parsley, garnish with lemon wedges and serve at once. Makes six servings.

## Fried Oysters

Flour  
Egg Cracker Meal  
Egg  
Green Bread Crumbs

## Fried Flounder

Dip in egg.

Bread in mixture of ½ cup corn meal, ½ teaspoon seasoned salt, lemon pepper, salt and pepper.

Fry.

## Mom's Fish Cakes

3 large or 6 medium potatoes	10 drops hot sauce
3 pounds boneless cod or weak fish	2 tablespoons minced parsley (optional)
Salt & pepper to taste	3 well beaten eggs
2 teaspoons Worcestershire sauce	

Prepare potatoes as for mashed potatoes (light & fluffy).

Wrap fish in cheese cloth, cover with cold water, add 1 tablespoon salt, bring to boil, boil for 30 minutes. Lift from water, plunge into cold water, then drain well. Combine potatoes and fish, add other ingredients, plus 3 well beaten eggs. Mix well, set for ½ hour in refrigerator. Shape into patties about 1½x1". Coat with Italian bread crumbs, then dip in eggs and again in bread crumbs. Fry until golden brown in electric fryer.

**Coating:** Use 3 or 4 well beaten eggs to which 1 tablespoon water has been added for each egg.

Drain well on brown paper.

## **Fish Fillets Italiano**

1 tablespoon salad oil	¼ teaspoon salt
1 clove garlic, minced or pressed	Pepper to taste
¼ cup chopped onion	1 package (about 1 pound) frozen fish fillets, thawed
¼ pound mushrooms, chopped	¾ cup shredded mozzarella cheese (made from part skim milk)
2 medium-size zucchini, diced	
1 can (15 ounces) tomato sauce	
¾ teaspoon <u>each</u> dry basil and oregano leaves	

Heat oil in a wide frying pan over medium heat; add garlic and onion and cook until onion is soft. Stir in mushrooms and zucchini and continue cooking and stirring for about 8 minutes or until mushrooms are soft.

Add tomato sauce, basil, oregano, salt and pepper. Bring to a boil, then reduce heat and simmer for about 15 minutes or until sauce boils and thickens slightly.

Arrange fillets in an even layer in a lightly greased shallow 2-quart casserole or 7x11" baking dish. Spoon hot sauce over fillets.

Bake, uncovered, in a 350°F oven for about 25 minutes or until fish flakes readily when prodded in thickest portion with a fork. Remove from oven, sprinkle cheese over fillets, and return to oven for 5 minutes longer or until cheese melts. Makes 4 servings.

## **Monterey Flounder**

6 flounder fillets	½ cup dry sherry
½ teaspoon salt	1 cup shredded Monterey Jack cheese
¼ teaspoon pepper	¼ cup breadcrumbs
1 cup finely chopped almonds	2 tablespoons melted butter
½ cup milk	¼ teaspoon allspice

Place fish fillets in buttered baking dish. Sprinkle with salt and pepper. Mix almonds, milk, sherry and cheese, and pour over fish. Mix breadcrumbs, butter and allspice, and sprinkle over fish. Bake, uncovered, at 400°F for about 30 minutes or until fish flakes easily with a fork. Makes six servings.