



Seafood

FOR THE
GOOD LIFE

TASTE • VARIETY • HEALTH

**Great New
Finfish and
Shellfish Recipes**

Japanese Sole

- 1 $\frac{1}{3}$ pounds sole or flounder fillets
- $\frac{1}{4}$ cup saki or dry white wine
- $\frac{1}{3}$ cup water
- 1 teaspoon grated ginger
- 1 teaspoon minced garlic
- 2 teaspoons vegetable oil
- 1 tablespoon salt-reduced soy sauce
- $\frac{1}{2}$ teaspoon honey
- 1 tablespoon cornstarch dissolved in 1
tablespoon water
- $\frac{3}{4}$ tablespoon sesame oil
- $\frac{1}{3}$ cup julienned green onion
- Salt and pepper to taste

Rinse fish with cold water; pat dry with paper towels. Pour saki and water into large non-stick skillet. Bring to boil; reduce heat. Arrange fish in single layer in skillet. Cover and simmer 3-5 minutes or until fish just turns opaque. Transfer fish to warm serving platter, reserving cooking liquid. Cover fish to keep warm. In small saucepan, saute ginger and garlic in vegetable oil until tender. Add reserved cooking liquid, including any liquid which has accumulated on plate while holding cooked fish. Stir in soy sauce and honey; cook 1-2 minutes. Blend in dissolved cornstarch. Cook until thickened, stirring constantly. Reduce heat to low; add sesame oil and green onion. Cook, stirring, until onion is wilted. Season fish with salt and pepper to taste. Pour sauce over fish; serve immediately. Makes 4 servings.

Baked Swordfish With Dill Sauce

- 4 (4-6 oz. *each*) swordfish steaks
 - Salt
 - White pepper
 - 1 teaspoon oil
 - 1 teaspoon lemon juice
 - Dill sauce
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Poached shrimp and scallop garnish, optional
Dill sprigs for garnish, optional

Pat fish dry with paper towels. Season lightly with salt and white pepper. Combine oil and lemon juice; brush on both sides of steaks. Place 1 inch apart in lightly oiled baking dish. Bake at 450°F allowing 10 minutes per inch thickness measured at its thickest part or just until fish flakes when tested with a fork. Transfer fish to warm plates. Spoon Dill Sauce over fish; arranged poached shrimp and scallop garnish and dill sprigs on plates. Serve hot. Yield 4 servings. Recipe can be doubled or halved.

Dill Sauce

½ cup dairy sour cream
½ cup unflavored yogurt
2 tablespoons mayonnaise
2 tablespoons minced fresh dill or
¾ teaspoon dried dill
1 teaspoon Dijon mustard
Dash bottled hot pepper sauce
Salt and pepper

Combine sour cream, yogurt, mayonnaise, dill, mustard and hot pepper sauce. Add salt and pepper to taste. Blend well. Allow to stand at least ½ hour to blend flavors or refrigerate up to 24 hours. Serve at room temperature. Yield about 1 cup.

Poached Shrimp and Scallop Garnish:

Bring 2 cups water to a boil. Add ½ lemon, sliced, a few whole peppercorns and a dash salt. Reduce heat and simmer 5 minutes. Add peeled and deveined medium shrimp and simmer 2 to 4 minutes or just until shrimp are pink, firm and cooked throughout. Remove from liquid with a slotted spoon. Add scallops to poaching liquid and simmer 1½ to 3 minutes or until scallops become firm and opaque and are cooked throughout. Drain. Garnish swordfish with hot shrimp and scallops. Reheat in simmering liquid if necessary.

Green and Gold Fettuccine With Salmon and Tuna

- 2 cans (6.5-7.5 oz. each) salmon or tuna, drained
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- ¼ cup minced fresh parsley
- ½ teaspoon dried oregano or 2 teaspoons minced fresh
- ½ teaspoon dried basil or 2 teaspoons minced fresh
- Coarsley ground black pepper
- 8 ounces plain and/or spinach fettuccine, cooked and drained
- 2 teaspoons lemon juice
- Blanched matchstick carrots, asparagus spears or broccoli florets for garnish, if desired
- Grated Parmesan cheese

Break salmon and/or tuna into large chunks; remove skin if desired. Heat olive oil in large skillet. Saute garlic until golden. Add parsley, oregano, basil and ¼ teaspoon black pepper; saute 30 seconds. Pour half of herb sauce over fettuccine; toss. Arrange on large, heated platter and keep warm. Add salmon and/or tuna with lemon juice to remaining sauce. Heat, stirring gently, just until seafood is hot. Spoon over hot fettuccine. Garnish with vegetables if desired. Serve with grated Parmesan cheese. Yield 6 servings. Recipe can be halved using salmon or tuna and plain or spinach fettuccine.

Stir-fry Shrimp With Crisp Vegetables

- 1 tablespoon cornstarch
 - 3 tablespoons water
 - ½ cup chicken broth or water
 - 1 tablespoon soy sauce
 - Dash sugar
 - 6 to 8 ounces raw shrimp, shelled and deveined, halved horizontally if large
 - 1½ teaspoons minced fresh ginger root, divided
 - 1 clove garlic, minced
 - 2 tablespoons oil
 - 3 to 4 ounces snow peas, stems and strings removed
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- 1 cup sliced bok choy or celery
 - ¼ cup diagonally sliced green onion
 - 1 cup coarsely shredded Chinese cabbage or cabbage

Hot cooked rice for serving

Combine cornstarch and water. Stir in chicken broth, soy sauce and sugar; reserve. Stir-fry shrimp, ½ teaspoon ginger and garlic and 1 tablespoon oil in large skillet or wok over medium-high heat 2 to 3 minutes or just until pink. Drain on paper towels and reserve. Heat remaining tablespoon oil in same skillet. Add snow peas, bok choy, green onion and remaining teaspoon ginger. Stir-fry 2 minutes. Add chinese cabbage and stir-fry 1 to 2 minutes or until vegetables are crisp tender. Add cornstarch mixture and reserved shrimp. Cook and stir 1 to 2 minutes or until slightly thickened. Serve over rice if desired. Makes 2 main-dish servings.

Crab Variation: Six to 8 ounces of snow crab leg meat, king crab meat or surimi seafood (blended seafood product) thawed if necessary and cut into 1¼ inch chunks, can be substituted for the shrimp. Reduce oil to 1 tablespoon and stir-fry garlic and all of ginger with vegetables. Add crab with the cornstarch mixture. Cook and stir about 2 minutes or just until crab is heated and sauce is slightly thickened. Makes 2 main dish servings.

Steamed Fish With Vegetables

- 1 pound firm fresh fillets or steaks, at least $\frac{1}{2}$ inch thick, such as salmon, tuna, walleye pike or whitefish, cut into serving size pieces
- 1 small onion, thinly sliced
- 3 carrots, julienne cut
- $\frac{1}{4}$ pound green beans, French cut
- 2 thin-skin potatoes, julienne cut
- Salt and pepper
- Water
- 1 tablespoon fresh lemon juice
- 2 sprigs parsley
- 6 peppercorns
- 1 bay leaf

Pat fish dry with paper towels. Season fish and vegetables lightly with salt and pepper. Combine 1 inch water, lemon juice, parsley sprigs, peppercorns and bay leaf in bottom of steamer. Bring to boil. Separate onion slices into rings; place half on steamer rack. Place fish on onions and cover with vegetables and remaining onion. Reduce heat to simmer; cover and steam 10 minutes per inch thickness or until fish begins to flake. Transfer fish and vegetables to warm platter. Serve hot with Mustard Sauce. Makes 4 servings.

Mustard Sauce

- 2 tablespoons Dijon mustard
- 1 tablespoon white wine vinegar
- Dash white pepper
- Dash sugar
- $\frac{1}{2}$ cup oil

In food processor or blender, combine mustard, vinegar, pepper and sugar. With motor running, gradually add oil in thin stream; process until mixture is blended and slightly thickened. Serve at room temperature with steamed or baked fish. Makes about $\frac{1}{2}$ cup.

Marinated Oyster and Mussel Pasta Salad

- ½ pint shucked oysters
- 2 pounds mussels, scrubbed and debearded
- 1 cup Italian-style salad dressing (can be made from a .07 oz. package of dry mix)
- 6 ounces uncooked spiral pasta such as rotelle (about 3 cups)
- ½ cup *each* red or green bell pepper strips, thinly sliced carrot, sliced mushrooms, thinly sliced celery, broccoli florets and thawed frozen peas
- ¼ cup chopped parsley

Simmer oysters in their liquor over moderately low heat just until edges begin to curl, 3 to 5 minutes. Drain. Place mussels in large kettle with ¾ cup boiling water. Cover and steam over moderate heat 2 to 3 minutes or until shells open and mussels are firm. Drain. Remove meat from shells. Combine with oysters and salad dressing. Refrigerate overnight. At least 2 hours before serving, cook pasta according to package directions. Drain oysters and mussels, reserving dressing. In large bowl, combine hot pasta with reserved dressing; let stand 15 minutes. Stir in oysters, mussels and vegetables. Refrigerate 2 to 12 hours. Makes 6 to 8 servings.

Variation: If using only oysters or mussels, double the amount and proceed as directed.

Cioppino—San Francisco-Style Fish Stew

- 2 tablespoons olive oil
- 1 onion, chopped
- 1 green pepper, seeded and chopped
- 1 medium carrot, thinly sliced
- ½ cup sliced celery
- 1 clove garlic, minced
- 1 can (28 oz.) plum or whole peeled tomatoes
- 1 can (8 oz.) tomato sauce
- 1 cup dry red or white wine
- 1 bay leaf
- 1 teaspoon dried basil, crushed
- Salt and pepper
- 1½ to 2 pounds mixed firm-fleshed white fish, such as cod, haddock, halibut, monkfish, pollock, rockfish, sea bass, swordfish, whiting and/or grouper, cut into 1½ inch pieces

Heat oil in large kettle. Saute onion, green pepper, carrot, celery, and garlic until onion is tender. Stir in tomatoes and their liquid, tomato sauce, wine, bay leaf, basil and salt and pepper to taste; break up tomatoes with spoon. Heat until slightly thickened, about 30 minutes.

Discard bay leaf. Add fish, placing firmest fish on bottom. Cover and simmer 8 to 10 minutes or until fish begins to flake. Serve with sour-dough bread if desired. Makes 6 to 8 servings.

Note: Cioppino can be made up to 24 hours ahead, refrigerated and reheated before serving. It can also be frozen.

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