

Seafood

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Spicy Braised Fish

1 whole fish, about 3 lbs

3 T of oil

2 t of minced ginger

6 sliced scallions

1 minced garlic clove

2 T of oyster sauce

2 T of soy sauce

2 t of hot sauce

1 t of salt

1 t of sugar

1 c of hot chicken stock

4 cakes of tofu, cubed

In a large skillet or wok, heat the oil and then fry the ginger, scallions, garlic, oyster sauce, soy sauce, hot sauce, salt, and sugar for 1 minute. Add the fish and brown it on both sides. Add the chicken stock, bring to a boil, cover, and cook on low heat until the fish is done, turning the fish after about five minutes. Meanwhile, cook the tofu for one or two minutes in boiling water and then drain. When the fish is done, transfer it to a serving dish, add the tofu to the sauce, mix it well, and pour everything over the fish.

Trout In Red Wine

4 to 5 trout

1 large carrot, roughly chopped

1 onion, chopped

1 T of butter

1 T of oil

red wine

2 T of butter

2 T of flour

1/2 t of salt

Clean the trout, rinse and wipe off. Lightly fry the carrot and onion in the butter and oil. Put the vegetables in a metal baking dish, just large enough to hold the trout in one layer, and almost cover the trout in red wine. Heat the pan on the stove and when just boiling, bake the trout in a 400° oven for 12 minutes. Put the trout on a serving plate and strain the liquid into a bowl. In a small frying pan, heat the butter and flour, stirring constantly, then add the liquid and heat and stir until it thickens to form the sauce. Serve the fish with the sauce separately.

Co Kho To

3 T of oil

2 T of light brown sugar

5 cloves of minced garlic

1/2 of an onion, sliced

1 1/3 lb of catfish fillets, cut into 3 or 4 inch pieces

1 c of coconut water

1 t of salt

2 T of Vietnamese fish sauce

2 T of minced ginger

1 t of soy sauce

1 small red chile, split

some ground black pepper

4 scallions, sliced

In a Dutch oven or heavy closeable skillet, heat the oil. Add the sugar, garlic and onion and continue to cook until the whole mixture darkens. Fry the catfish in the mix for two or three minutes, turning to coat it on both sides, then remove to a dish. Add the third group of ingredients, bring to a boil, and cook until it darkens to a medium brown color. Add the fish back, cover and cook for ten or fifteen minutes more. Add the scallions and cook a few minutes more.

Serve with Saffron Pilaf.

Shrimp Won Ton

1/2 lb raw shrimp, finely chopped

1 egg, beaten

2 scallions, chopped

3 T of parsley, minced

1 t of ginger, minced

1 T of oil

1/2 t of sugar

1 t of cornstarch

1/2 t of salt

1/4 t of pepper

1 T of soy sauce

Cook for about 12 minutes.

Stir-Fried Green Beans and Shrimp

3/4 c of white or brown rice

1 1/2 c of boiling water

3/4 t of salt

1/2 lb of raw shrimp (without tails)

2 T of oil

4 scallions, cut up into 1/2 inch lengths

2 cloves of garlic, smashed

6 dried mushrooms, soaked in warm water for 1/2 hour and thinly sliced

2 T of soy sauce

1 T of sherry or dry vermouth

1 lb of green beans, steamed 10 minutes

1/2 lb of bean curd, cut into 1/2 inch cubes

Add the rice and salt to the boiling water, turn the heat low, and cook for 15 minutes for white rice or 45 minutes for brown. Heat the oil in a wok, add the shrimp, scallions, garlic, and mushrooms, and stir-fry for three minutes. Add the soy sauce, wine, green beans, and bean curd. Cover, turn the heat low and cook for 5 minutes. Spread the cooked rice out on a dish and top with the shrimp and green beans.

Rice Timballo with Fish

4 c of chicken broth
2 c of brown rice
3 1/2 c of the cooked rice from above
1 egg, lightly beaten
1 c of grated parmesan cheese
1 1/2 lbs of cooked fish and shrimp
1 c of the cooked rice from above
a large onion, chopped
1 c of parsley, chopped
1/4 lb of mushrooms, thinly sliced
2 hard-boiled eggs, chopped
1 stalk of celery, chopped
1 t of salt
1/2 t of pepper
4 T of butter, melted
1/2 c of white wine
the juice of a lemon
1 egg, lightly beaten

Bring the broth to a boil, add the rice (and some salt, if necessary), turn the gas to low, and cook for 45 minutes. Put all but one cup of the cooked rice into a large bowl, let it cool for awhile, add the egg and the cheese, and mix thoroughly. Take a spring-form pan of about nine inches in diameter, grease it well, and use about 3/4 of the rice, egg, and cheese mixture to form a layer of about a half inch thickness on the bottom and the sides to form the timballo. (Timballo is an Italian word meaning a drum.) The other 1/4 of the mixture will be used for the top. Mix the cup of rice, the chopped onion, the parsley, the chopped boiled eggs, the celery, the salt, and the pepper in a bowl. Inside the timballo, put layers of the seafood, the sliced mushrooms, and this mixture. Pour over it, the wine, lemon juice, and melted butter. With the remaining rice, egg, and cheese mixture, cover the top of the timballo, pat it fairly smooth, paint it with the beaten egg, and bake it at 350° for 30 minutes.

Salmon Gratin

1 lb of cooked salmon
a medium onion, finely chopped
1/2 c of chopped parsley
2 eggs, lightly beaten
1 T of lemon juice
4 slices of dry bread, made into crumbs in the food processor ←
1 1/2 t of salt
1/2 t of pepper
1 stalk of celery, chopped
enough milk to make the mixture moist

Put aside 1/2 cup of the breadcrumbs. Mix everything else in a large bowl. Grease a gratin pan with olive oil. Fill with the mixture, flatten the top, sprinkle with the breadcrumbs, drizzle with about 2 T of olive oil, and bake at 350° for 40 minutes.

Salmon Loaf

3/4 c of white or brown rice, cooked

1 lb of cooked salmon

a small onion, finely chopped

1 T of vegetable oil

a stalk of celery, finely chopped

3 eggs, separated

1 t salt

1/4 t of pepper

1/2 c of white wine

1 c of chopped parsley

Lightly fry the onion in the oil. Mix everything except the egg whites in a large bowl. Beat the egg whites and fold them in carefully. Put the loaf in a well-greased loaf pan and bake it at 350° for 50 minutes.

Salmon Tart

2 c of boiling water

1 t of salt

1 c of brown rice

1 lb of cooked salmon

1/2 of an onion, finely chopped

1/2 c of chopped parsley

2 eggs

1/2 c of dry sherry or white wine

1/2 t of salt

1/4 t of pepper

Cook the rice for 40 minutes, covered, on a low flame. Mix everything in a large bowl. Grease a pie pan with olive oil or spray. Fill it with the mixture and flatten the top. Bake at 375° for 30 minutes.

Baked Salmon

dry bread crumbs

salmon fillet with skin

Dijon mustard

salt and pepper

1/4 cup of melted butter

Put the salmon, skin down, on oiled aluminum foil. Cover lightly with the mustard, sprinkle with salt and pepper, cover with a heavy layer of bread crumbs, and dribble with the melted butter. Bake at 400° for 15 minutes.

Tomato Codfish

2 T of butter

2 T of oil

1 onion, sliced

2 cloves of garlic, chopped

1/3 c of white wine

1 small can of diced tomatoes with juice

1/4 c of capers

1/2 c of kalamata olives

salt and pepper

1 - 1 1/2 lb of cod

Fry the onion and garlic until soft. Add the white wine and boil off most of it. Add the tomatoes and somewhat mash them. Add the capers, olives, salt and pepper. Get it hot, add the cod and cook it until done.

Spicy Cod

1/2 lb of mushrooms, sliced
a moderately large onion, sliced
3 cloves of garlic, chopped
a small can of diced tomatoes, drained
1 T of capers
1/2 t of paprika
1/2 t of red pepper flakes
1/2 t of salt
2/3 c of white wine
1 T of lemon juice
1 1/2 lbs of cod fillets
2 T of chopped parsley

Brown the mushrooms well in olive oil and then remove them from the pan. Lightly brown the onions and then the garlic in olive oil, add the tomatoes, capers, paprika, pepper flakes, and salt and cook under low heat for five minutes. Add the wine and lemon juice and bring to a boil. Add the fish to the pan and cover the pan and cook until the fish flakes easily. Remove the fish to a warmed plate, boil off the liquid in order to thicken the sauce, add the mushrooms, put the sauce on the fish, and sprinkle with the parsley.

Coulibiac

1 1/2 recipe of cheesy pie crust (Vegetarian and Dairy)

3/4 c of long-grained rice, cooked with 1 1/4 c of water

1 1/2 lb of red snapper fillets, barely fried

1/3 c of chopped parsley

1/3 c of minced onion

1/4 lb of fresh mushrooms, sliced thinly

3 hard-boiled eggs, finely chopped

salt and pepper to taste

6 T of butter, melted

1/2 c of dry white wine

1 egg, beaten with 1/2 t of salt for glazing

Mix the parsley, onions, and chopped egg in a small bowl. Roll out half the pastry and place in a large pie dish. Cover with a layer of rice, then layers of fish, the parsley, onion, chopped egg mixture, mushrooms, and salt and pepper. Repeat this, ending with a layer of rice. Pour the butter and wine over the mixture and then roll out the other half of the pastry and cover the pie, poking some holes for steam to escape. Paint it with the beaten egg and bake at 400° for 45 minutes.

Shrimp Gratin

1 c of brown rice

2 c of water

1 t of salt

2/3 lb of feta cheese

4 eggs

2/3 c of milk

1/2 c of chopped parsley

2 to 3 c of cooked shrimp

black pepper but no salt

1/2 c of bread crumbs←

Cook the brown rice for 45 minutes and then let it sit for 10 more to absorb any remaining liquid. Process the cheese, eggs, and milk in a food processor until they are uniform. Mix everything except the bread crumbs in a large bowl. Oil a springform pan and cover it with half of the bread crumbs. Fill it with the mixture, flatten it and sprinkle on the remaining bread crumbs. Drizzle some olive oil on the top and bake at 350° for one hour.

Spicy Shrimp

1 lb of large shrimp

1 T of butter and 1 T of oil

1 onion, sliced thinly

1 t of chopped garlic

1 t of fresh ginger

1 t of cumin

1 t of coriander

1 t of garam masala

1/2 t of turmeric

1/4 t of cayenne pepper

1 t of salt

a small can of diced tomatoes, drained and ground in the food processor

2 T of tomato paste

Fry the shrimp in the butter and oil and then remove them from the frying pan. Fry the onions in the remaining oil and butter until they begin to brown. Add every thing else, except the shrimp to the frying pan and bring to a boil, cover, turn the heat low, and simmer for twenty minutes. Put the shrimp on a serving plate and cover them with the sauce.

Curried Creamed Shrimp

1 lb of shrimp
3 T of oil
1 c of finely chopped onions
1 t of minced garlic
1 T of minced ginger
1 t of tumeric
1 T of coriander
1 t of salt
1 T of chopped cilantro
1 (15 oz) can of coconut milk
1/2 c of greek yogurt

Fry the shrimp in 1 T of oil, move them from the pan to a dish, add the rest of the oil to the pan, and fry the onions until they are soft but not browned. Add the garlic and ginger to the pan and fry for a minute more. Add the spices, the coconut milk, and the yogurt, mix well to make the sauce uniform, and heat to just boiling. Add the shrimp and serve with white rice.

Shrimp and Rice Salad

2 1/2 c of water, boiling

1 c of brown rice

1 T of butter

salt & pepper

about 2 cups of cooked shrimp

1/2 c of chopped parsley

1 small can of diced tomatoes, rinsed and drained in a strainer

4 scallions, cut into 1/2 inch lengths

2 stalks of celery, sliced

1/2 of a cucumber, cubed

olive oil & wine vinegar

Cook the rice for 45 minutes. Cool it in the refrigerator and then mix everything together.

Shrimp and Peppers Stir Fry

1/2 c of chicken stock

3 T of soy sauce

3 T of dry white wine

1 T of cornstarch

1 T of oyster sauce

1 t of sesame oil

1/2 t of cider vinegar

4 bell peppers, sliced

2 T of oil

3/4 lb of shrimp

1 T of butter plus 2 T of oil

a large onion, sliced

1/2 lb of white mushrooms, sliced

3 cloves of garlic, chopped

1 T of ginger, chopped

Mix the first seven ingredients in a small bowl and stir to dissolve the cornstarch. Fry the bell peppers until browned and soft and place them in a large bowl. Fry the shrimp, one minute on each side, in the butter and oil, just until they are opaque, and put them with the fried peppers, keeping the oil for frying the other ingredients. Fry the onion, mushrooms, garlic, and ginger in the shrimp oil. When the onion and mushrooms are somewhat browned, add the liquid ingredients and mix until the sauce thickens. Add the peppers and shrimp, mix everything, and serve.

Shrimp with Almonds

1 T of cornstarch
2 T of chicken stock

3/4 c of chicken stock
1 T of oyster sauce
1 T of soy sauce
1 t of sesame oil

2 T of butter
18 shrimp

2 T of oil
1/2 c of blanched almonds
1 bunch of bok choy, sliced
6 medium scallions, sliced
1/2 c of frozen peas, thawed
1 small can of bamboo shoots, rinsed
1 small can of water chestnuts, sliced

In a small cup, mix the cornstarch and chicken stock and set aside. In another cup, mix the second set of ingredients to make the cooking liquid and set aside. Heat the butter in a frying pan and fry the shrimp for one minute on each side, then set aside in a dish. Fry the almonds in the oil until they just begin to brown. Add the bok choy, the scallions, and the frozen peas and fry for about five minutes. Add the bamboo shoots and the chestnuts and fry just until they heat. Add the cooking liquid, bring to a boil, cover and cook for five minutes. Add the cornstarch mix and heat until the liquid thickens.

Scallops Bretonne

1 T of butter

3/4 c of white wine

1 T of chopped parsley

1 pound of scallops

1/2 c croutons

1/2 c of breadcrumbs

2 T of melted butter

Bring the first three ingredients to a boil in a medium nonstick pan. Add the scallops and croutons and cook until the scallops are done. Put the contents of the pan into two shallow baking dishes, cover with the breadcrumbs, dribble on the melted butter, and brown in the broiler.

Crab Cakes

2 c of bread crumbs

1/2 of an onion, chopped

1 stalk of celery, chopped

1/4 c of parsley, chopped

1 can of crabmeat, chopped

2 T of mayanaise

1 T of lemon juice

1 t of salt

1/2 t of pepper

2 eggs

Mix all ingredients and form into three inch crab cakes. Fry in oil.

Fish Cakes

1 lb of fish, raw

1 lb of baking potatoes, peeled, cut up, steamed, and mashed

1 c of bread crumbs

1 onion, chopped

2 eggs

2 t of lemon juice

salt and pepper

In the food processor, grind the fish with one egg. Combine everything in a large bowl and form about 15 fish cakes. Fry until well-browned on both sides.