

# From *Wetlands* Estuary

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FLORIDA SEA GRANT COLLEGE PROGRAM  
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# **From the Estuary**

**A Collection of Recipes by**

**Pensacola Bay System  
Environmental Education Coordination Team**

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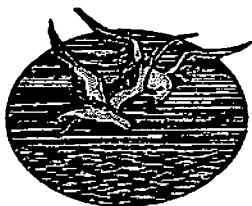
**Cover photo taken by: Pat Wendt, Blackwater Bay Sunrise**

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The Environmental Education Coordination Team (EECT) would like to thank you for purchasing this cookbook.

It is our hope that you will take a few moments to learn about our vital estuaries and the various species of seafood that utilize the estuarine environment. In addition, we hope you enjoy the incredible recipes contributed by our members and many local folks.

The EECT is the educational arm of the Bay Area Resource Council (BARC). The BARC is a community organization dedicated to improving the area's quality of life and the waters of the Pensacola Bay System through community participation and coordination with local governments, citizens, academia and the private sector. EECT is dedicated to the preservation, enhancement and education about the estuarine environment. EECT is a diverse group of environmental educators working together to provide an integrated environmental education and outreach program for residents of the Pensacola Bay System. By purchasing this cookbook, you support these efforts. For more community environmental information check out [www.barc-eect.org](http://www.barc-eect.org)



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EECT

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The following groups, agencies and organizations are represented by members of the EECT: West Florida Regional Planning Council, Florida Department of Environmental Protection, Escambia County Soil and Water Conservation District, University of Florida Sea Grant Extension (Escambia and Santa Rosa Counties), Escambia Neighborhood and Environmental Services, Northwest Florida Aquatic and Buffer Preserves, Roy Hyatt Environmental Center, Santa Rosa and Escambia County Science Coordinators and Teachers, University of West Florida, Representative Holly Benson and staff, Gulf Power Company, League of Women Voters, Florida Marine Research Institute, Escambia County Utilities Authority, E. W. Bullock and Associates, Northwest Florida Water Management District, The Gulf Coastal Plan Ecosystem Partnership, Blue Dolphin Kayak Tours, and private citizens.

## **Seafood and Estuaries**

Estuaries are bodies of water where fresh water from rivers meets saltwater from the sea. They are a biological mixing bowl that brings together the ingredients for a recipe that makes one of the richest natural systems on earth. Well into the 20th Century, local estuaries like Pensacola and Perdido Bays were noted for their clear water, seagrass beds and a seemingly endless bounty of marine life that fed generations of residents.

However, dredging, development, runoff from roads, parking lots and farms, overfishing, discharge from industry and other human activities brought the good times to an end. By the early 1970's, most local waterbodies were reduced to a degraded state from which there has been only limited recovery.

Despite the damage, finfish, shrimp, oysters and other marine life continue to fight for survival. Maintaining the link to our waterways through a healthy seafood industry is vital to the preservation of our bays and bayous.

The fish and shellfish featured in this cookbook depend on healthy estuaries, with about 90 percent of the commercial species spending at least part of their lives there. There are many things you can do to help restore our waterways, protect fisheries and assist local fishermen:

### **Buy local seafood.**

Ask your retailer where the catch was harvested, and try to buy items that are locally-caught. You'll support local fishermen and maintain a positive economic force for the protection of local waterways.

### **Eat but don't overeat.**

Many fisheries are overfished, and nearly all are believed to exist at levels far below their historic bounty. Eat well, but eat with responsible limits.

### **Get involved in the cleanup.**

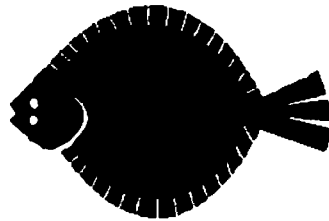
Efforts to cleanup and restore local waterways are being led by government agencies, industry and environmental groups. Please give them your moral, financial and hands-on support.

--Christian Wagley

## Fish

Many of the fish in our dishes are dependent on the estuaries in one way or another. Grouper spawn offshore, but their eggs are carried into the estuaries, settling out in the shelter of the seagrass beds where they can grow protected. Flounder also spawn offshore, with their young using the sandy bottom and their natural chameleon-like abilities for protection. Red Fish (Red Drum) are thought to undergo their entire life cycle in the estuary, rarely straying more than a couple of miles from their estuary of birth. Mullet are well known for their mass spawning runs to the gulf, but their young are known to take shelter in the salt marshes, as are a large number of Grunts and baitfish. Even Salmon use estuaries as a staging area before their upstream run for spawning, though no salmon species are native to the gulf coast. Even Tuna, which undergo a strictly oceanic life cycle, depend on the estuaries as a major source of animals it utilizes for food.

-- Joshua O'Leary

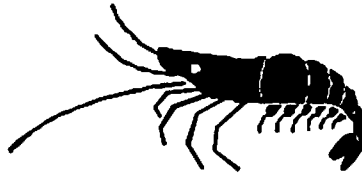


## Shrimp

Shrimp are crustaceans. They have ten legs like crabs and lobsters, and a shell covering the head and body. Shrimp are spawned in the Gulf of Mexico and carried by tides and currents into our estuaries. Shrimp are estuarine dependent - that means they live in marshes and estuaries when they are very young because it is safe and there is plenty of food. Juvenile shrimp are found inhabiting estuarine seagrass beds, algal mats, and soft muddy bottoms surrounded by marshes and wetlands, where they feed on detritus, small plants, and animals.

Shrimp lay up to a half-million eggs. It takes approximately 6 to 9 months for the larval shrimp to grow to adults. They grow very quickly, doubling in size every few weeks. When shrimp are almost full grown, they swim out of the estuaries into the Gulf of Mexico. They can live up to 2 years. Because shrimp mature quickly, they are a resource that is renewable yearly. One of the most important things that can be done to ensure the future of the shrimp fishery is protection of their natural habitats. Habitats in estuaries are important for growth and survival of juvenile shrimp. One acre of salt marsh produces approximately 500 pounds of shrimp per year.

-- Barbara Ruth





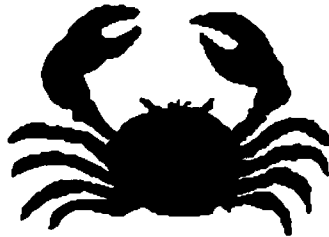
## Blue Crabs

Blue crabs are invertebrates, under the phylum of arthropods. This is the largest group of all animals, containing some three-quarter of a million described species. The most common marine arthropods are decapod crustaceans, which include the crabs, shrimp and lobster. Although crabs come in a variety of shapes and sizes, they all have this general body plan: all crabs have one pair of chelipeds, or claws and four pairs of walking legs. The claws are the first pair of legs on a crab and their most distinguishing structure. Crabs use their claws for holding and carrying food; digging, cracking open shells and warning off would-be attackers.

Crabs can be predators, scavengers, herbivores, filter feeders or any combination of these. Blue crabs are scavengers and play an important role in the estuarine environment; by eating the carcasses of dead marine life they help keep the estuary clean! Female blue crabs carry fertilized eggs on their abdomen for two weeks in late spring to early summer. The larvae go through several metamorphosis, and eventually look like adults. Crabs take a year to become mature. Blue crabs shed their exoskeleton (a process called molting) to grow. After molting, the shell is soft. These are sold as soft shell crabs.

Blue crabs are an important fishery that depends on the estuarine environment for survival. Blue crabs can be found throughout the estuary in seagrass beds, along sandy shorelines, in marshes, and in deeper water.

--Mary Gutierrez



# Oysters

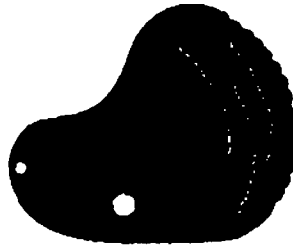
Oysters form living reef structure that offers protection, food and habitat to many types of marine organisms. Oysters get food and oxygen by pumping large quantities of water across their gills. During feeding, oysters take in phytoplankton, algae, bacteria, and sediments. An adult oyster can filter approximately 35 gallons of water in a day!

A female oyster may release 70 to 170 million eggs! The fertilized eggs are mobile during the larval stage and move with currents and tides, until they select a place to set. The larvae are selective (in the final larval stage they develop eye spots and a foot) and prefer a clean hard surface that is not covered with film, detritus, soft mud or oil and grease. When an appropriate site is found, the larvae secrete a fluid that cements them to the surface. Once the oysters have set, they are known as a spat, and may become adults within a few weeks of setting. Oyster spat are mostly males, although the sex of oysters may change at least once during the life of an oyster, and may change annually!

Oysters depend on estuarine waters for food and oxygen. Oysters tolerate certain levels of salinity, oxygen and temperatures. Environmental conditions also determine whether the oyster changes from a male to an egg producing female. A healthy estuary can sustain healthy oyster beds that may be approved for harvest.

Oyster beds are monitored on a regular basis. For information concerning locations of approved beds, call 1-850-747-5252 or check out [www.floridaaquaculture.com](http://www.floridaaquaculture.com).

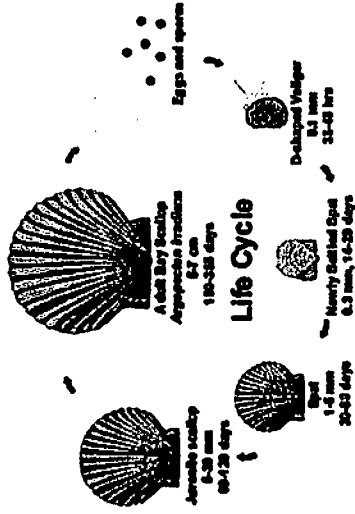
--Christina Verlinde



## Scallops

Bay scallops are unique residents of the estuary. They have a rare ability to swim short distances at surprising speed, even undergoing periodic short distance mass migrations. They have up to 100 well developed eyes that line the mantle just inside the shell. Spawning occurs in early spring and the embryo (veliger) spends some time swimming free. It then settles down in seagrass beds and tidal flats. Sexual maturity is achieved after about two years. They may live up to 5 or 6 years.

--Jimmie Jarratt



## **Seafood Handling and Safety**

The leading cause of most food-borne illnesses is improper food handling, preparation, and storage. Follow these tips to ensure good seafood quality and safety:

1. When you are grocery shopping, purchase seafood last and keep it cold. Remember to ask your Seafood Specialist to pack your seafood on ice for the trip home.
2. Seafood should be removed from its plastic bag and stored in a leak-proof container for no more than two days in the refrigerator. Seafood may be frozen for up to ten months. Rinse all seafood under cold running water before preparing.
3. Never store live shellfish such as mussels or clams in airtight containers. You can cover the containers with clean damp cloths. Refrigerate for no more than two days. Live mussels and clams will gape naturally. Tap the shell lightly. If it does not close, it is dead and must be discarded. If you have additional seafood storage questions, ask your Seafood Specialist.
4. Thaw frozen seafood in the refrigerator, never at room temperature. To use frozen seafood immediately, thaw in a sealed plastic bag under a *cold* running water or use the microwave defrost setting.
5. Prevent cross-contamination between clean surfaces or foods and raw seafood products. Practice good sanitation: wash your hands before and after handling raw seafood; do not drip seafood juices on counters, utensils or other foods; and thoroughly wash containers that held raw seafood before using them again.

## **Seafood Cooking Tips**

- 1. Always marinate seafood in the refrigerator.**
- 2. A general rule for cooking fish is 10 minutes per inch of thickness at 350-400 degrees, placing fish skin side up and turning the fish halfway through the total cooking time. If fish is cooked in a sauce or foil, add 5 minutes to the total cooking time. Fish is done when flesh becomes opaque and flakes easily at the thickest part.**
- 3. Scallops and shrimp become opaque and firm when fully cooked. One pound of medium shrimp should be steamed 3-5 minutes. Scallops should be broiled for 3-5 minutes.**
- 4. To boil shrimp, bring water to a boil and add shrimp. When water returns to a full boil, shrimp are done.**
- 5. Mussels and clams should be cooked, steamed or sauteed until the shell pops open.**



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## MARINATED TUNA ON THE GRILL

3 Tbsp. Bourbon  
3 Tbsp. brown sugar  
3 Tbsp. soy sauce  
¼ c. oil  
chopped green onions

Mix above ingredients together well. Marinate tuna steaks at least an hour, then cook on the grill. Don't overcook the tuna, as it will be tough. It is best about medium-rare.

*Dale Pennington*



### *Shopping List*

*Bourbon  
brown sugar  
soy sauce  
oil  
green onions*



## TUNA CASSEROLE

- 1 can chow mein noodles
- 1 can cream of mushroom soup
- 1 can tuna fish
- ½ c. diced celery
- ½ c. diced onion
- 2 Tbsp. pimentos, diced
- 1 Tbsp. margarine

Saute celery and onions in margarine. Add other ingredients, except noodles, and heat. In greased casserole place half the noodles. Add the tuna mixture and top with remaining noodles. Bake for 35 minutes at 350 degrees or until bubbly hot.

*Charles and Maurine Norman*



### Shopping List

*chow mein noodles  
cream of mushroom soup  
tuna fish  
celery  
onion  
pimentos  
margarine*



## TUNA WRAP-UPS

- 2 cans (6 ½ or 7 oz. each) tuna
- ½ c. chopped celery
- ½ c. mayonnalse
- ½ c. chopped walnuts
- 1 tsp lemon juice
- 1 pkg. refrigerated crescent dinner rolls

Flake tuna in a medium mixing bowl. Add celery, lemon juice, mayonnalse, and walnuts. Mix well. Separate roll dough into 8 triangles. Place ¼ cup tuna filling in center of each and fold 2 short corners over filling. Fold long point over filling and wrap around to form a neat package. Pinch ends together to seal dough. Bake at 375 degrees for 12 minutes or until golden brown. To red-heat bake in a 375 degree oven for 10 minutes.

*Charles and Maurine Norman*



### *Shopping List*

tuna  
celery  
mayonnalse  
walnuts  
lemon juice  
crescent dinner rolls



## TUNA DIP

12 oz. fresh tuna  
2 pkg. (8 oz.) cream cheese, softened  
4 tsp. lemon juice  
4 tsp. green onion  
¼ c. minced black olives  
½ c. finely chopped pecans  
¼ tsp. salt  
⅛ tsp. pepper  
1 ½ tsp. dry mustard  
½ tsp. thyme

Bake at 350 degrees - 12 oz. fresh tuna with lemon juice, garlic and olive oil. Bake until flaky. Mix together other ingredients and add the tuna. Refrigerate a couple for hours before serving.

*Brad Nelson*



### *Shopping List*

tuna  
cream cheese  
lemon juice  
green onion  
black olives  
pecans  
salt  
pepper  
dry mustard  
thyme



## GREEK TUNA STEAKS

4 (6 oz) tuna fillets  
1 ½ tsp. chopped fresh oregano  
1 tsp. olive oil  
¾ tsp. chopped fresh thyme  
½ tsp. salt  
¼ tsp. pepper  
cooking spray  
4 lemon wedges

In a small bowl combine the oregano, olive oil, thyme, salt, and pepper. Rub the mixture evenly over the tuna steaks. Cover the tuna steaks and marinate in the refrigerator for 15 minutes. Heat a large grill pan coated with cooking spray over medium high heat. Add the tuna steaks, and cook for 5 minutes on each side or until steaks reach the desired degree of doneness. Serve tuna steaks with lemon wedge.

**Brad Nelson**



### *Shopping List*

tuna fillets  
oregano  
olive oil  
thyme  
salt  
pepper  
cooking spray  
lemon



## SMOKED SALMON SPREAD

- 1 (15 ½ oz.) can salmon
- 1 (8 oz.) pkg. cream cheese
- 1 Tbsp. lemon juice
- 2 Tbsp. grated onion
- 2 Tbsp. prepared horseradish
- ¼ tsp. liquid smoke
- dash of salt
- chopped walnuts
- minced parsley

Drain and flake salmon; combine with softened cheese, lemon juice, grated onion, horseradish, liquid smoke and salt. Chill several hours or overnight. Shape mixture into ball or log. Roll in mixture of walnuts and parsley. Chill again. Serve on crackers.

**Jimmie Jarratt**  
**NWF Aquatic and Buffer Preserves Office**



### Shopping List

salmon  
 cream cheese  
 lemon juice  
 onion  
 horseradish  
 liquid smoke  
 salt  
 walnuts  
 parsley





## STEAMED BLACK-BEAN SALMON

2 skinless 6 oz. salmon fillets  
2 Tbsp. chinese fermented black beans  
3 cloves garlic  
fresh ginger root  
¼ c. dry sherry (chinese rice wine)

Coarsely chop black beans: place in small bowl. Add about a tablespoon of grated or finely julienne ginger root and the rice wine; allow mixture to macerate for at least a half an hour. Place the salmon in a shallow mixing bowl and in a steamer and smear the wine mixture evenly over the top: cover the bowl tightly with a plastic wrap. Allow to rest 15 to 20 minutes, then place the bowl in a steamer and steam over high heat for 15 minutes. With a spatula transfer the salmon to serving plates, then pour the accumulated broth over them. Accompany the salmon with sauteed fresh greens. Serve with salad and crusty bread.

**Rod Ivan Nelson**



### Shopping List



*salmon fillets*



*chinese fermented black beans*

*garlic*



*ginger root*

*dry sherry*

## MOMS UNBELIEVABLY EASY SALMON PATE

smoked salmon (proportions may vary; see below)  
fresh lemon juice  
onion  
white pepper  
cream cheese

Trust me, this is a wonderful and easy spread- experiment with the proportions until you find your own favorite- it comes from the mother of the owner of the smokery in Juneau, Alaska.

In a blender, place smoked salmon, as much as you want (I use a piece about the size of the palm of my hand), add some lemon juice, not too much, just a little. Blend. Add a little onion, a little white pepper, cream cheese (8 oz.). Blend. Spread on your favorite crackers or bread. You have to do it once or twice to get it right.

**Eleanor Godwin**  
**WFRPC**



### *Shopping List*

*smoked salmon*  
*lemon juice*  
*onion*  
*white pepper*  
*cream cheese*

## SALMON CAESAR

- 4 eggs
- 2 c. milk
- 1 (10 ¾ oz.) can cream of mushroom soup
- 6 oz. pkg. caesar croutons
- 1 lb. can salmon, flaked
- ½ c. chopped green pepper
- ¼ c. chopped onion
- 2 Tbsp. grated parmesan cheese

In medium bowl, beat together eggs, milk and soup. Stir in croutons, flaked salmon, green pepper and onion. Pour into buttered 11 ¾x7 ½x1 ¾ inch baking dish. Sprinkle parmesan cheese over top. Bake at 350 degrees for 45 minutes or until center is set.

**Deborah Holland  
EECT**



### *Shopping List*



eggs  
milk  
cream of mushroom soup  
caesar croutons  
salmon  
green pepper  
onion  
parmesan cheese



## SALMON LOG

1 lb. salmon  
2 (8 oz.) cream cheese  
green onions  
dash liquid smoke  
pepper to taste  
2 Tbsp. lemon juice  
chopped pecans to taste  
fresh parsley

Bake the salmon with lemon juice and pepper until flaky. Mix everything together. Form into log. Roll in chopped pecans and fresh parsley.

**Brad Nelson**



### *Shopping List*

*salmon  
cream cheese  
green onions  
liquid smoke  
pepper  
lemon juice  
pecans  
parsley*



ADD



## PECAN CRUSTED GROUPER

½ c. pecans, finely chopped  
 ¼ c. pecan meal  
 ½ c. flour  
 1 tsp. garlic powder  
 1 tsp. onion powder  
 ½ tsp. salt  
 ¼ tsp. pepper  
 1 tsp. sugar  
 1 egg  
 ½ c. milk  
 ½ c. bread crumbs  
 2 lbs. grouper fillet  
 Peanut oil

Blend pecans, pecan meal, flour, and seasoning in a shallow bowl. Blend egg and milk in a separate bowl. Place bread crumbs in another shallow bowl. Dry fillets, dip in egg mixture, then in flour mixture, again in egg mixture, and finally coat with bread crumbs. Heat approximately 5 minutes, depending on thickness. Turn once. Serves 4.

**Barbara Ruth**  
**Florida Department of Environmental Protection**



### Shopping List



pecans  
 pecan meal  
 flour  
 garlic powder  
 onion powder  
 salt  
 pepper  
 sugar  
 egg  
 milk  
 bread crumbs  
 grouper fillet  
 Peanut oil

# BAKED GROUPEL WITH CURRY





- 4 lbs. grouper (or other firm, white fish)
- 4 onions
- 1 green pepper
- 1 can mushroom caps
- 1 tomato, cut in 8 pieces
- 1 tsp. curry powder in 4 c. medium white sauce

Saute fish in butter, then add onions and pepper. When vegetables are soft add mushrooms and tomatoes and saute a few more minutes. Transfer vegetables and fish to a casserole dish. Make a basic white sauce in the same skillet; add the curry powder. Pour sauce over the fish. Cover and cook at 300 degrees for 20 minutes. Serves 8.

*Eleanor Godwin*  
WFRPC



### Shopping List

-  grouper
-  onions
-  green pepper
-  mushroom caps
- tomato
- curry powder
- white sauce



## BAKED GROUPEL CREOLE

- 1 lb. (½ inch thick) grouper fillets, or other lean, white fleshed fish
- 1 Tbsp. worcestershire sauce
- ½ tsp. paprika
- ¼ tsp. each ground white pepper and ground red pepper
- ¼ tsp. each garlic powder and dried dill weed
- 1 Tbsp. margarine
- 1 c. each finely chopped onions and chicken stock
- ¼ c. each finely chopped green pepper and celery
- 1 medium tomato, peeled, seeded and chopped

Preheat oven to 350 degrees. Spray an 8 inch square dish with non-stick vegetable cooking spray. Arrange fish fillets in the baking dish and sprinkle with the worcestershire sauce. In a small bowl, mix together the paprika, white and red peppers, garlic powder and dill weed, and sprinkle on both sides of the fish. Set aside. In a small skillet over high heat, melt the margarine. Add the onions, bell pepper and celery; saute, stirring for 5 minutes. Add the stock and cook for 5 minutes more, stirring often. Reduce the heat to medium; add the tomatoes and simmer for 3 minutes. Remove the sauce from the heat and pour over the fish. Bake for 30 minutes or until the fish flakes easily with a fork. You can replace the dry spices with some pre-mixed cajun seasoning like Emeril's Essence, Cajun Power, or Tony Cachere's. Just sprinkle generously on the fish. This also works well with chicken.

*Eleanor Godwin, WFRPC*



### Shopping List

*grouper fillets, or other white  
fleshed fish  
worcestershire sauce  
paprika  
ground white pepper  
ground red pepper  
garlic powder  
dried dill weed  
margarine  
onions  
chicken stock  
green pepper  
celery  
tomato*



## PAN-FRIED MULLET

1 lb. mullet fillets fresh or frozen (½ to 1 inch thick)  
1 beaten egg  
¾ c. cornmeal or fine dry bread crumbs  
shortening or cooking oil for frying

Thaw mullet, if frozen. Measure thickness of fish. Cut into serving size portions. Pat dry. In a shallow dish combine egg and 2 Tbsp. water. In another dish mix cornmeal or bread crumbs, ½ tsp. salt, and dash pepper. Dip mullet into egg mixture, then coat with cornmeal mixture. In a large skillet heat ¼ inch melted shortening or oil. Add half of the fish in a single layer. (if fillets have skin, fry skin side last.) Fry fish on one side till golden. Allow 3 to 4 minutes per side for ½ inch fillets. Turn carefully. Fry till golden and fish flakes easily with a fork. Drain on paper towels. Keep warm in a 300 degree oven while frying remaining fish. Makes 4 servings.

**Jimmie Jarratt**  
**NWF Aquatic and Buffer Preserves Office**



### Shopping List



mullet fillets  
egg  
cornmeal or fine dry bread  
crumbs  
shortening or cooking oil



## EDDIE'S SMOKED MULLET (THE BEST)

4 lb. large mullet fillets, cleaned and skinned  
creole seasoning  
4 chips pecan wood, soaked overnight in water pan of smoker

Sprinkle creole seasoning over both sides of fillets. Place fillets in single layer on 2 racks of smoker (Eddie uses a Brinkman type smoker). Smoke for 2 to 3 hour (depending on thickness of fillets).

*Christina Verlinde*  
*Sea Grant Agent*



### *Shopping List*

*mullet fillets*  
*creole seasoning*  
*chips pecan wood*



## EDDIE'S FRIED MULLET

3 lb. skinned mullet fillets  
2 ½ c. fine white corn meal  
2 or 3 Tbsp. creole seasoning  
peanut oil

Place corn meal in gallon baggie, add creole seasoning, mix well. Shake fillets in corn meal mix. Fry in hot peanut oil until brown (3 to 5 minutes depending on thickness of fish, the fillets will float when done), drain on paper towels.

**Christina Verlinde**  
**Sea Grant Agent**



### *Shopping List*

*mullet fillets  
white corn meal  
creole seasoning  
peanut oil*



## FLOUNDER FILLET IN HERB SAUCE

4 ribs celery, chopped fine  
2 tsp. onions, minced  
3 Tbsp. butter or margarine  
2 ½ c. condensed mushroom soup  
1 tsp. parsley  
2 tsp. dijon mustard  
2 tsp. dill  
½ tsp. tarragon  
1 c. sour cream  
salt and pepper  
16 oz. frozen fillet flounder, thawed

Preheat oven to 375 degrees. Saute celery and onion in butter until tender. Add remaining ingredients, except fish, and mix well. Pour into shallow 10x16 inch casserole dish. Lay the fish fillets in the sauce, spooning some over fish. Bake for 20 to 25 minutes. Serves 6.

*Charles and Maurine Norman*



### *Shopping List*

*ribs celery  
onions  
butter or margarine  
condensed mushroom soup  
parsley  
dijon mustard  
dill  
tarragon  
sour cream  
salt  
pepper  
fillet flounder*



## FLOUNDER-SPINACH CASSEROLE

- 1 clove garlic (optional)
- 1 Tbsp. margarine
- 2 pkg. (10 oz.) frozen leaf spinach, thawed/microwaved and drained
- 1 pkg. (1 lb.) frozen flounder fillets, thawed, separated, rinsed salt and white pepper
- 1 small onion, very thinly sliced
- 1 large tomato, sliced
- 2 tsp. lemon juice
- 1 can (10 ¼ oz.) condensed cheddar cheese soup

Rub a shallow 2 qt. baking dish with the garlic. Spread dish with the margarine, then spinach. Cover with fish fillets and season lightly with salt and pepper and lemon juice. Add onion slices and spread soup on top. Arrange tomato slices on top of soup and sprinkle with oregano or sweet basil. Bake in preheated 350 degree oven about 35 minutes. Serve with rice. Makes 4 servings.

*Fay Walker  
League of Women Voters*



### *Shopping List*



- garlic*
- margarine*
- leaf spinach*
- flounder fillets*
- salt*
- white pepper*
- onion*
- tomato*
- lemon juice*
- condensed cheddar cheese soup*

## CREOLE FLOUNDER

1 ½ lbs. flounder fillets  
1 medium seeded and chopped tomato  
1 medium chopped fresh yellow bell pepper  
2 Tbsp. chopped fresh basil  
3 Tbsp. finely chopped green onions  
1 tsp. creole seasoning  
½ c. fresh lemon juice  
1 Tbsp. olive oil  
dash hot sauce

Preheat oven to 450 degrees. Coat a 23x9 inch baking dish with vegetable oil spray. Rinse fish with cold running water; pat dry with paper towels. Place fish in dish. In medium bowl, mix together tomato, bell pepper, basil, green onions, creole seasoning, lemon juice, olive oil and hot sauce. Spoon over fish. Bake 8 to 10 minutes or until fish is opaque through out. Makes 6 servings.

**Brad Nelson**



### *Shopping List*

*flounder fillets  
tomato  
yellow bell pepper  
basil  
green onions  
creole seasoning  
lemon juice  
olive oil  
hot sauce*



## **BROILED TABASCO FLOUNDER**

**flounder (as few or as many as will fit in a broiler pan or cookie sheet)  
hot sauce (your favorite brand, any will do)  
lemon wedges (lime wedges are also great)**

Remove head, clean and thoroughly scale flounder. Do not skin the fish. Remove the pectoral fins...leaving the tail, dorsal and other fins (they get crisp and pull off easily as you dine). Using a basting brush, paint the entire flounder with hot sauce. Place (dark side up) on a lightly oiled, foil covered baking pan. With a sharp knife, make a top-to-bottom slit, every 2 to 3 inches, only down to the spine...do not cut through the layer of bones at the center of the flounder. Place a lemon or lime wedge (peeling facing up) into each slit. Drizzle a little lemon juice (from the wedge) over the fish as you insert the wedges. Place pan into hot broiler, approximately 2-3 inches from heating element. Cook until the flounder skin is dark and crispy and the flesh is flaky. No need to turn the fish. Cooking time will vary based upon the thickness of the fish and the heat of your oven. The recipe also works well on a very hot grill (or campfire coals) with a fish placed in a well-oiled basket (to hold lemon wedges in place).

**Note: This is a very simple and quick method for preparing small flounder. If you are squeamish about using hot sauce...the broiling technique evaporates most of the pepper oil, reducing the hotness to a merely tangy sensation.**

**Stephen Glover**



### *Shopping List*

*flounder  
hot sauce  
lemon*

## BLACKENED REDFISH

- 4 (4 oz.) fresh or frozen redfish or red snapper fillets
- ½ tsp. onion powder
- ½ tsp. garlic powder
- ½ tsp. ground white pepper
- ½ tsp. ground red pepper
- ½ tsp. ground black pepper
- ½ tsp. dried thyme, crushed
- ¼ tsp. salt
- 3 Tbsp. margarine or butter melted

Thaw fish, if frozen. Measure thickness of fish. Combine onion powder, garlic powder, white pepper, red pepper, black pepper, thyme, and ¼ tsp. salt. Brush fish with some of the melted margarine. Coat fillets evenly on both sides with pepper mixture. Remove grill rack. Place a cast-iron 12-inch skillet directly on hot coals. Heat 5 minutes or till a drop of water sizzles in skillet. Add fish to skillet. Drizzle with remaining margarine. Cook, uncovered, 2 to 3 minutes per side for ½ to ¾ inch thick fillets or until fish flakes with a fork. Serves 4.

To cook indoors: Prepares as above, except cook in a well-ventilated area inside. Turn on exhaust fan. Heat the skillet till a drop of water sizzles before adding fish. Avoid breathing fumes.

*Jimmie Jarratt*  
*NWF Aquatic and Buffer Preserves Office*



### Shopping List

*redfish or red snapper fillets*  
*onion powder*  
*garlic powder*  
*ground white pepper*  
*ground red pepper*  
*ground black pepper*  
*thyme*  
*salt*  
*margarine or butter*



## FISH CROQUETTES

1 c. flaked fish  
2 sections garlic, finely chopped  
½ onion, finely chopped  
¾ c. milk  
1 ½ tsp. salt  
2 Tbsp. butter  
1 pinched black pepper  
6 Tbsp. bread crumbs  
2 eggs  
10 small potatoes boiled, peeled, and mashed  
2 Tbsp. chopped green onions  
2 Tbsp. lard

Fry the garlic and onion in 2 Tbsp. of lard. Add the fish, salt, and black pepper, fry for 5 minutes. Add the mashed potatoes and milk and cook until the mixture is almost dry, then add the butter and green onions and mix well. Shape into oval croquettes. Roll in lightly beaten eggs and then in bread crumbs. Roll again in egg and bread crumbs and fry in lard until brown.

*Norma Peterson*



### *Shopping List*

*fish  
garlic  
onion  
milk  
salt  
butter  
black pepper  
bread crumbs  
eggs  
potatoes  
green onions  
lard*





## CEVICHE LA COSTA

**1 lb. firm white fish (cut into ½ inch cubes)**  
**lime juice**  
**2 tomatoes, chopped**  
**½ c. finely chopped onion**  
**½ c. chopped cilantro**  
**½ tsp. oregano**  
**½ serrano chilles, minced**  
**2 Tbsp. oil**  
**1 Tbsp. white wine**  
**2 tsp. with vinegar**  
**¾ tsp. salt**

Marinate fish in lime juice until opaque or leave overnight in refrigerator. (Use a wooden spoon for stirring). Drain fish and rinse well. Squeeze out excess liquid. Mix together remaining ingredients. Stir in fish and marinate and chill 2 to 3 hours before serving.

**Carolyn Kolb**  
**Pensacola Bay Area League of Women Voters**



### Shopping List

*white fish*  
*lime juice*  
*tomatoes*  
*onion*  
*cilantro*  
*oregano*  
*serrano chilies*  
*oil*  
*white wine*  
*vinegar*  
*salt*



## HALIBUT KABOBS

- 1 lb. halibut steak, 1 inch thick
- ¼ c. fresh lemon juice
- ¼ c. olive oil
- 3 shallots, thinly sliced
- 1 tsp. Italian herb seasoning
- ½ tsp. dried thyme, crushed
- ½ large red onion, cut
- 1 lemon, cut into wedges for garnish

Preheat broiler. Cut fish into 1 inch cubes and set aside. In a bowl, mix lemon juice, oil, shallots, herb seasoning and thyme. Add fish and toss to coat. Marinate in refrigerator for at least 5 minutes, but no more than 1 hour. Pry onion apart into single layers. Thread each skewer, alternating onion and fish, using four pieces of fish and 5 pieces of onion. Place skewers on a broiler pan and broil 4 inches from heat 2 to 2 ½ minutes on each side, or until fish is no longer translucent. Garnish with lemon wedges. (If using wooden skewers, soak in water for at least 30 minutes to keep the wood from charring while broiling). Serve on a bed of spaghetti squash.

**Deborah Holland**  
**NWF Aquatic Preserves Office**



### *Shopping List*

*halibut steak*  
*lemon juice*  
*olive oil*  
*shallots*  
*italian herb seasoning*  
*thyme*  
*red onion*  
*lemon*



## FISH TACOS

2 lb. firm fish fillets  
1 tsp. cumin  
1 tsp. minced garlic  
salt and pepper to taste  
1 head cabbage chopped thin  
1 medium onion, chopped  
1 (16 oz.) can black beans  
1 bottle creamy garlic salad dressing  
1 pkg. corn or flour tortillas  
colby jack cheese  
chopped jalapenos (optional)

Saute fish, in olive oil until fish flakes. In another pan, saute onions, cumin, garlic, salt, pepper and cabbage until tender, add black beans and mix with cooked fish. Spread mixture on tortillas, top with cheese and jalapenos.

**Christina Verlinda**  
**Sea Grant Agent**



### *Shopping List*

*fish fillets*  
*cumin*  
*garlic*  
*salt*  
*pepper*  
*cabbage*  
*onion*  
*black beans*  
*garlic salad dressing*  
*corn or flour tortillas*  
*colby jack cheese*  
*jalapenos*



## POTATO BUD BATTERED FISH FINGERS

- 1 box potato buds
- 1 ½ c. milk
- 3 eggs, beaten
- 1 ½ c. flour
- 3 Tbsp. creole seasoning
- 3 lb. fish fillets cut in fingers

Rinse fish fingers, and place in bowl of milk. Mix flour and creole seasoning in plastic or paper bag. Shake fingers in seasoned flour. Dip in beaten egg mixture, roll in potato buds. (Fingers can be refrigerated a few hour and coating will stick better) Fry in hot peanut oil until golden brown (depending on size of fingers, 2 to 4 minutes, a good rule of thumb is until they float). Remove from oil and drain on paper towels.

**Christina Verlinde**  
**Sea Grant Agent**



### *Shopping List*

*potato buds*  
*milk*  
*eggs*  
*flour*  
*creole seasoning*  
*fish fillets*



## TILAPA WITH WARM TEQUILA SALSA

4 tilapia (or other mild white fish) fillets  
salt and pepper  
1 Tbsp. olive oil  
2 large tomatoes, (finely chopped)  
2 garlic cloves, crushed  
1 jalapeno pepper, seeds removed, finely chopped  
½ c. chopped mango  
1 Tbsp. freshly squeezed lime juice  
2 Tbsp. tequila (optional)  
¼ c. fresh, chopped cilantro

Season tilapia fillets with salt and pepper. Grill or bake fillets. While fish is cooking, heat olive oil in a sauce pan. Add tomatoes, green onions, garlic and jalapeno and saute for one minute. Add mango, lime juice and tequila. Simmer for 2-3 minutes. Toss in cilantro. When fish is done, arrange the fillets on a plate and top with warm salsa.

**Rebecca Nelson**



### *Shopping List*

*tilapia fillets  
salt  
pepper  
olive oil  
tomatoes  
garlic  
jalapeno pepper  
mango  
lime juice  
tequila  
cilantro*



## SWEET-SOUR FISH WITH SWEET-SOUR SAUCE

2 ½ to 3 lbs. white fish

3 Tbsp. each water and cornstarch

Clean any white fish and make three parallel slashes across the fish on each side at right angles to backbone, slanting toward the tail and leaving the flesh adhering to the bones. Do not cut gashes too close to the tail. Dredge well with paste made of cornstarch and water. Heat oil very hot for frying. Hold fish over the pan and baste the slashes with the hot oil until brown, before carefully dropping the fish into the pan to fry until crisp (about 15 minutes). Remove fish from pan and drain. Fried pieces of fish will do very well, instead of whole fish. Serves 4 to 6.

Sauce:

3 Tbsp. oil

4 Tbsp. soy sauce

1 ⅓ c. water

1 Tbsp. fresh ginger, chopped

4 Tbsp. cornstarch

¾ c. vinegar

2 c. onion

Mix ingredient well, except onion and fresh ginger. Heat, then add onion and fresh ginger and boil for one minute. Pour over fish. Serve hot. This sauce may be made in advance and reheated. It may also be used with other meats.

*Norma Peterson*



### Shopping List

white fish  
cornstarch  
oil  
soy sauce  
ginger  
cornstarch  
vinegar  
onion



## BAKED WHOLE FISH

2 ½ to 3 whole fish (with or without head)  
2 or 3 lemons  
2 or 3 onion slices  
2 or 3 celery slices  
2 or 3 pats butter  
salt and pepper to taste  
onion salt to taste  
4 Tbsp. lemon juice  
bacon strips

Soak the fish in cold, salted water for 15 to 30 minutes; drain and dry slightly. Preheat oven to 400 degrees. Season cavity with lemon slices, celery, onion, salt, pepper and 2 tablespoons lemon juice. Close the fish and place bacon strips on top or around the fish. Sprinkle with salt, pepper, onion salt and remainder of lemon juice. Cover with pats of butter and bake until flesh is white and flakes apart with a fork (about 30 minutes for a 2 ½ lb fish or 40 to 45 minutes for a 3 lb fish.) The fish may be broiled at the end to brown the bacon. Cut into 1 ½ inch wide sections and serve with lemon wedges. Serves 2 to 4, depending on the size of fish.

*Charles and Maurine Norman*



### *Shopping List*

*fish  
lemons  
onion  
celery  
butter  
salt  
pepper  
onion salt  
lemon juice  
bacon*



## **BROILED FISH WITH BELL PEPPERS, GREEN ONIONS AND FETA CHEESE**

**2 lb. fish fillets**  
**3 Tbsp. butter**  
**white wine**  
**1 medlum green pepper, chopped fine**  
**6 green onions, chopped fine**  
**1 Tbsp. minced garlic**  
**¾ c. feta cheese**

Saute green pepper, garlic and onions until tender. Place fish in broiler pan, place pats of butter and sprinkle white wine over fish, cover with aluminum foil and bake at 375 degrees 5 to 8 minutes until almost done (stick a fork in and it should be tender; baking time will depend on thickness of fillets). Top fish with vegetable mixture and feta cheese, broil until cheese becomes golden brown.

***Christina Verlinda***  
***Sea Grant Agent***



### ***Shopping List***

*fish fillets*  
*butter*  
*white wine*  
*green pepper*  
*green onions*  
*garlic*  
*feta cheese*





## SHRIMP IN GARLIC BUTTER

12 oz. fresh or frozen peeled and deveined shrimp  
2 Tbsp. margarine or butter  
3 cloves garlic, minced  
2 Tbsp. snipped parsley  
1 Tbsp. dry sherry

Thaw shrimp, if frozen. In a large skillet heat margarine or butter over medium high heat. Add shrimp and garlic. Cook, stirring frequently, for 1 to 3 minutes or till shrimp turn pink. Stir in parsley and sherry. Makes 4 servings.

**Jimmie Jarratt**  
**NWF Aquatic and Buffer Preserves Office**



### *Shopping List*

*shrimp*  
*margarine or butter*  
*garlic*  
*parsley*  
*dry sherry*



## SHRIMP STEW

3 lb. peeled and deveined shrimp  
 5 Tbsp. flour  
 ½ c. oil  
 ½ onion, chopped  
 ½ c. onion blades, chopped  
 1 can Ro-Tel tomatoes  
 1 small bell pepper, chopped  
 2 Tbsp. chopped parsley  
 1 stalk chopped celery

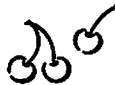
Season shrimp before cooking with salt and pepper. Brown flour in oil; when flour is brown, drop onion roots in. Put tomatoes and shrimp in and simmer for 20 minutes and it is thick. Add the remaining ingredients and season to taste. Cook until done. If this becomes too thick, add a little water. Serve over rice.

**Jimmie Jarratt**  
**NWF Aquatic and Buffer Preserves Office**



### Shopping List

shrimp  
 flour  
 oil  
 onion  
 onion blades  
 Ro-Tel tomatoes  
 bell pepper  
 parsley  
 celery



## FRIED SHRIMP

1 lb. fresh shrimp 26 to 30 per lb.  
1 small can evaporated milk  
2 eggs  
1 Tbsp. baking powder  
2 Tbsp. vinegar  
1 c. flour  
cajun seasoning to taste

Remove heads and shells from shrimp. Leave fantail. Split down the back and remove vein. Make a mixture of eggs, milk, baking powder and vinegar. Marinate shrimp at least 1 hour in this mixture. Remove; season lightly with seasoning. Dip in flour and fry in 380 degree fat, not over 10 minutes. Makes 3 to 4 servings.

**Jimmie Jarratt**  
**NWF Aquatic and Buffer Preserves Office**



### *Shopping List*

shrimp  
evaporated milk  
eggs  
baking powder  
vinegar  
flour  
cajun seasoning



## STUFFED SHRIMPS







- 12 big shrimp
- 12 Tbsp. ground pork
- 12 lumpia wrappers
- 1 Tbsp. chopped green onion
- salt and pepper to taste

Remove the shells of the shrimps, leaving the tails intact. Open the back of each and fill opening with 1 tablespoon of finely chopped pork and onion seasoned with salt and pepper to taste. Wrap in lumpia wrappers and fry in deep hot fat. Serve hot.

*Norma Peterson*



### Shopping List

-  shrimp
-  ground pork
-  lumpia wrappers
-  green onion
-  salt
-  pepper



SHELLFISH (SHRIMP, CRAB, ETC...)

## SHRIMP AND VEGETABLES

1 lb. uncooked shrimp  
¼ tsp. salt  
1 Tbsp. sherry  
1 ½ c. onions, sliced lengthwise  
½ lb. (3 cups) fresh bean sprouts  
½ c. soup stock or water  
1 Tbsp. cornstarch  
2 Tbsp. soy sauce  
1 tsp. fresh ginger, chopped  
2 Tbsp. oil  
1 c. celery, cut in 2 inch lengths  
12 water chestnuts, sliced lengthwise

Shell and clean shrimp, dredge with a mixture of soy sauce, salt, fresh ginger, and sherry. Heat pan, add oil, and saute the dredged shrimp. Remove from pan. Reheat pan, add 2 more tablespoons of oil, partly saute onions and celery. Add water chestnuts, fresh bean sprouts (or snow peas or 1 can drained bean sprouts), and the sauteed shrimp. Add cornstarch and soup stock or water. Cook until thickened, stirring constantly. Serve hot. Serves 8.

**Norma Peterson**



### *Shopping List*

*shrimp*  
*salt*  
*sherry*  
*onions*  
*bean sprouts*  
*soup stock*  
*cornstarch*  
*soy sauce*  
*ginger*  
*oil*  
*celery*  
*water chestnuts*



## SHRIMP AND RICE CASSEROLE

3 c. cooked, diced shrimp  
1 ½ c. rice (measured before cooking)

### Sauce:

4 Tbsp. butter or margarine  
6 Tbsp. flour  
1 ½ c. tomato juice  
1 tsp. salt  
dash cayenne pepper  
2 c. grated velveeta cheese

Melt butter, add flour to form a paste. Slowly add tomato juice and seasonings. Cook over low heat for 15 minutes. Add grated cheese and stir until melted. Pour into casserole with shrimp and rice. Save enough sauce to thinly cover mixture to prevent rice from drying on top. Heat in 375 degree oven for 20 minutes.

*Charles and Maurine Norman*



### Shopping List



*shrimp  
rice*

*butter or margarine  
flour*

*tomato juice  
salt*

*cayenne pepper  
velveeta cheese*

## SHRIMP SCAMPI #1

1 lb. peeled shrimp  
2 Tbsp. chopped garlic  
½ c. white wine  
¼ c. heavy cream  
2 tsp. fresh lemon juice  
½ c. butter  
2 Tbsp. fresh chopped parsley  
salt and black pepper to taste

In a medium saute pan melt ¼ cup of butter and saute the garlic and shrimp until the shrimp are firm to touch. Add the white wine, the lemon juice and the chopped parsley and return to a simmer. Add the heavy cream and return to a simmer. Reduce heat, add the remaining butter and check the seasoning for salt and pepper. Simmer until the butter melts and the sauce thickens. Serve at once over your favorite pasta. Garnish with chopped parsley and a lemon wedge.

*Rick and Liz Bradburn*



### Shopping List

shrimp  
garlic  
white wine  
cream  
lemon juice  
butter  
parsley  
salt  
black pepper



## SHRIMP SCAMPI #2

- 1 lb. large shrimp, peeled and deveined
- 3 Tbsp. each butter and olive oil
- 3 cloves garlic, minced
- ½ tsp. each ground white pepper and red pepper flakes
- ¼ tsp. each cayenne pepper and dried oregano
- juice of 1 lemon
- ½ c. parmesan cheese
- 5 Tbsp. italian bread crumbs
- ¼ c. parsley, minced
- salt to taste
- 1 lb. cooked fettuccini or linguine

Melt butter with the olive oil in a saute pan. When the mixture is hot, add the garlic, white pepper, red pepper flakes, oregano, & cayenne pepper making sure to stir well. When the garlic looks cooked but not brown (about 3 minutes), add the shrimp. Toss the shrimp about in the pan, coating them with the spiced oil. Add the lemon juice & keep tossing over the heat. Quickly add the parsley, bread crumbs, & Parmesan. Toss to coat completely. The shrimp should now be bright pink & cooked through. Place the pan under the broiler until cheese looks melted (1 to 2 minutes). Taste & adjust seasoning if necessary. Serve over the cooked pasta, with additional parmesan sprinkled over the top.

**Barbara Ruth**  
Florida Department of Environmental Protection  
SHELLFISH (SHRIMP, CRAB, ETC...)



### Shopping List

shrimp  
butter  
olive oil  
garlic  
ground white pepper  
red pepper flakes  
cayenne pepper  
oregano  
lemon  
parmesan cheese  
italian bread crumbs  
parsley  
salt  
fettuccini or linguine





## SHRIMP SCAMPI #3

1 lb. large peeled fresh shrimp  
3 large cloves garlic, minced  
¼ c. olive oil  
½ c. butter  
¼ c. dry white wine  
¼ tsp. dried crushed red pepper  
8 oz. cooked linguine

Saute garlic in hot oil over medium heat 1-2 minutes. Add butter, stirring until melted. Add shrimp and cook 1 minute. Stir in wine and red pepper. Reduce heat and simmer 1-2 minutes or until shrimp turn pink. Serve over linguine. Add salt to taste.

*Eleanor Williams*



### Shopping List

shrimp  
garlic  
olive oil  
butter  
dry white wine  
red pepper  
linguine



## SHRIMP SCAMPI # 4

1 ½ lb. fresh shrimp  
2 eggs (yolks)  
1 ¼ c. heavy cream  
3 Tbsp. butter  
2 Tbsp. garlic minced  
½ c. tomato sauce  
½ c. basil  
½ Tbsp. oregano  
salt and pepper to taste  
2 Tbsp. finely minced parsley to garnish

Melt butter in skillet. Add garlic and cook stirring constantly for about a minute. Add shrimp and cook over medium heat, tossing with a wide spatula until shrimp are bright pink on both sides. Add tomato sauce and cook for one minute more. Blend in 1 cup cream, basil and oregano. Beat egg yolks with remaining ¼ cup cream and add to sauce, stirring over medium heat until sauce thickens. Do not boil. Season to taste with salt and pepper. Spoon over hot buttered pasta and sprinkle with parsley.

**Brad Nelson**



### *Shopping List*

*shrimp  
eggs  
cream  
butter  
garlic  
tomato sauce  
basil  
oregano  
salt  
pepper  
parsley*



## CRAB IMPERIAL # 1

3 Tbsp. flour  
½ c. butter  
1 c. milk  
1 tsp. mustard  
1 tsp. worcestershire  
2 Tbsp. mayonnaise  
1 lb. crabmeat

Make a thick cream sauce using flour, butter, and milk. Combine with the seasonings and mayonnaise. Flake the crabmeat into the sauce gently so that it does not break. This may be served in shells or in a casserole. Serves 4.

*Charles and Maurine Norman*



### Shopping List

*flour  
butter  
milk  
mustard  
worcestershire  
mayonnaise  
crabmeat*



## CRAB IMPERIAL # 2

¼ c. butter  
¼ c. flour  
2 c. milk  
1 tsp. sea salt  
¼ tsp. white pepper  
dash of cayenne pepper  
½ tsp. celery salt  
1 egg yolk, beaten  
2 tsp. cooking sherry  
1 c. soft bread crumbs  
1 lb. crabmeat  
1 tsp. parsley flakes  
1 tsp. minced onion  
¼ c. butter  
¼ c. soft bread crumbs  
dash of paprika

Melt butter. Add flour and blend the two. Gradually add milk and seasonings. Cook over low heat, stirring constantly until thickened. Gradually add egg yolk. Cook for two minutes more. Remove from heat. Add sherry, bread crumbs, crab meat, parsley, and onion. Mix gently. Pour into a well greased 1 ½ qt. casserole dish. Melt the second cup of butter. Mix in ¼ cup bread crumbs. Add this to the top of the casserole. Sprinkle with paprika. Bake at 400 degrees for 25 minutes. Serves 4 to 6 people.

*Sonja Wood Maher*

SHELLFISH (SHRIMP, CRAB, ETC...)



### Shopping List

butter  
flour  
milk  
sea salt  
white pepper  
cayenne pepper  
celery salt  
egg  
sherry  
bread crumbs  
crabmeat  
parsley flakes  
onion  
paprika



## NANNY'S POTATO, CORN AND SHRIMP CHOWDER

1 ½ qt. of water  
3 medium potatoes, coarsely grated  
1 small carrot, coarsely grated  
¼ onion, grated

Salt and pepper to taste. Cook together in soup pot until tender. Take 3 ears of corn and scrap off the cob. Take 1 lb. of shrimp that has been precooked and peeled and cut into small pieces. Add to 1st mixture in soup pot. All 1 large can canned milk; DO NOT boil or it will curdle. If soup is not as thick as you would like, you can add ¼ to ½ cup of instant mashed potatoes to thicken. (Good as a quick supper served with grilled cheese sandwiches).

*Amy Stevenson*



### *Shopping List*

*potatoes*  
*carrot*  
*onion*



## EASY SHRIMP ORLEANS

- 1 c. sour cream
- 1 medium sliced onion
- 1 (3 oz.) can mushrooms, drained
- 1 can mushroom soup
- 1 Tbsp. butter
- ¼ c. ketchup
- 1 garlic clove, crushed
- 2 c. shrimp, cooked

Melt butter in skillet. Add onion and garlic. Cook until tender. Combine soup, sour cream and ketchup. Stir into onions. Add mushrooms and shrimp. Cook over low heat until just heated through. Serve over hot rice. Serves 4.

*Amy Stevenson*



### *Shopping List*

*sour cream  
onion  
mushrooms  
mushroom soup  
butter  
ketchup  
garlic  
shrimp*



## COCONUT SHRIMP WITH MARMALADE SAUCE

5 large shrimp  
3 Tbsp. flour  
½ egg  
3 Tbsp. beer  
salt and pepper  
sugar  
½ c. shredded coconut  
1 c. frying oil

Remove skin from shrimp, leave tails attached. Butterfly shrimp ½ way, dust with flour. Mix flour, egg, beer, salt, pepper and sugar creating a batter. Dip shrimp into batter without dipping the tails, then dip into coconut. Refrigerate for 15 minutes minimum. Heat oil to 325 degrees. Deep fry shrimp.

### Dipping Sauce:

½ c. orange marmalade  
½ c. prepared horseradish

Combine and mix well.

**Barbara Ruth**  
**Florida Department of Environmental Protection**  
**SHELLFISH (SHRIMP, CRAB, ETC...)**



### Shopping List

shrimp  
flour  
egg  
beer  
salt  
pepper  
sugar  
coconut  
oil  
orange marmalade  
horseradish



## SHRIMP CREAM

shells from 1 lb shrimp  
1 c. heavy cream

Take the leftover shells from a pound of shrimp and add them to 1 cup of heavy cream in a microwave safe container. Cover. Cook on high for 3 ½ to 4 minutes. Let it stay in the microwave for about 5 minutes, then strain through a mesh strainer. It will keep in the refrigerator for a couple of days or you can freeze it for later use. You will be left with about ¾ cup sauce.

*Linda Hartmann  
Roy Hyatt Environmental Center*



### *Shopping List*

*shrimp  
cream*





## SHRIMP AND CHEESE OMELET

- 2 large eggs
- 1 Tbsp. water
- 1 Tbsp. butter or margarine
- 3 Tbsp. monterey jack cheese
- ¼ c. chopped, cooked shrimp
- 1 Tbsp. sliced green onions
- 2 tsp. chopped fresh parsley

Whisk together the eggs and the water. Set aside. Heat an 8 inch skillet or omelet pan over medium heat. Add butter and rotate pan to coat. Add egg mixture. As it cooks lift the edges and tilt the pan so the uncooked portion can flow underneath to cook. Sprinkle half of the omelet with cheese and the next three ingredients. Fold the omelet in half and transfer to a serving plate, or serve immediately.

**Linda Hartmann**  
**Roy Hyatt Environmental Center**



### *Shopping List*

eggs  
butter or margarine  
monterey jack cheese  
shrimp  
green onions  
parsley



## THAI SHRIMP AND SESAME NOODLES

- 1 lb. medium size shrimp, shelled and deveined
- 1 (8 oz.) bottle light italian dressing
- 2 Tbsp. each: chunky peanut butter, salad oil, and chopped cilantro
- 1 Tbsp. each: soy sauce, honey and sesame oil
- 1 tsp. grated peeled gingerroot
- ½ tsp. crushed red pepper
- 1 (8 oz.) pkg. angel hair pasta
- 1 medium sized carrot, shredded
- 1 c. chopped green onions
- cilantro sprigs for garnish

In a medium bowl, mix shrimp with ½ cup salad dressing. Cover and refrigerate 1 hour. In a small bowl, with a wire whisk or fork, mix peanut butter, soy sauce, honey, ginger, crushed red pepper and remaining salad dressing. Set aside. After shrimp has marinated 1 hour, prepare pasta according to label directions; drain. While pasta is cooking, in a 4 qt. saucepan over high heat, heat salad oil and sesame oil over high heat until very hot. In hot oil, cook shredded carrot for 1 minute. Drain salad dressing from shrimp. Add shrimp and green onions to cooked carrot and cook, stirring constantly, about 3 minutes or until shrimp turns opaque throughout. In a large bowl, mix hot pasta with the peanut butter mixture, shrimp mixture and chopped cilantro. Garnish with cilantro sprig.

**Barbara Ruth, Florida Department of Environmental Protection**

**SHELLFISH (SHRIMP, CRAB, ETC...)**

100002



### Shopping List



*shrimp*



*italian dressing*



*chunky peanut butter, salad oil,  
chopped cilantro*



*soy sauce*



*honey*



*sesame oil*



*gingerroot*

*red pepper*

*angel hair pasta*

*carrot*

*green onions*

## FETA SHRIMP

2 large onions, thinly sliced  
1/3 c. olive oil  
4 large tomatoes, peeled and coarsely chopped  
3 Tbsp. finely chopped parsley  
1/2 tsp. dried dill  
1/4 tsp. sugar  
1/2 tsp. freshly ground black pepper  
1 clove garlic, minced or mashed  
2 lb. large, raw shrimp, shelled and deveined  
about 3/4 lb. greek feta cheese  
parsley or dill for garnish

In an ovenproof skillet of dutch oven, saute onion in olive oil until tender. Add chopped tomatoes, chopped parsley, dill, sugar, pepper and garlic. Cover and simmer 30 minutes., stirring occasionally. Add shrimp to skillet, dipping them down into sauce and arranging in a circle. Crumble feta over shrimp. Bake, uncovered, in a very hot oven (450 degrees) 10 to 15 minutes, or until shrimp are cooked and cheese is melted. Garnish with parsley or fresh dill sprigs. Serves 6.

**Judith Mineo**



### Shopping List

onions  
olive oil  
tomatoes  
parsley  
dill  
sugar

ground black pepper  
garlic  
shrimp  
greek feta cheese  
parsley or dill



## MEDITERRANEAN SHRIMP AND PASTA

**1 lb. unpeeled medium size fresh shrimp**  
**8 oz. linguine, uncooked**  
**5 green onions, sliced**  
**3 cloves of garlic, minced**  
**3 Tbsp. olive oil**  
**1 (12 oz.) jar marinated artichoke hearts, undrained**  
**1 small can black olives, sliced in half**  
**6 roma tomatoes, chopped**  
**1 c. sliced fresh mushrooms**  
**¼ c. dry white wine**  
**2 tsp. dried italian seasoning**  
**¼ tsp. each: dried rosemary, crushed, salt and pepper**  
**freshly grated parmesan cheese**

Peel and devein shrimp; set aside. Cook linguine according to package directions; drain and keep warm. Cook sliced green onions and garlic in olive oil in a large skillet over medium-high heat, stirring constantly, until tender. Stir in artichoke hearts and next seven ingredients. Bring to a boil; reduce heat, simmer five minutes. Add shrimp, cook, stirring occasionally, three minutes or until shrimp turn pink. Serve over pasta and sprinkle with cheese. Serves 4.

**Barbara Ruth**  
**Florida Department of Environmental Protection**  
**SHELLFISH (SHRIMP, CRAB, ETC...)**

100002



### Shopping List



*shrimp*  
*linguine*  
*green onions*  
*garlic*  
*olive oil*  
*marinated artichoke hearts*  
*black olives*  
*roma tomatoes*  
*mushrooms*  
*dry white wine*  
*italian seasoning*  
*dried rosemary*  
*salt*  
*pepper*  
*parmesan cheese*

## CHAMPAGNE SHRIMP SUPREME

- 2 c. champagne (slowly boiled and reduced in half)
- 1 stick of butter
- 2 lemons (freshly squeezed)
- 1 c. each: mayonnaisse, grated swiss cheese and cornbread stuffing mix
- c. heavy cream
- 1 lb. cooked, cleaned, peeled and deveined shrimp
- 1 lb. of your favorite fish (salmon, flounder, catfish) lightly poached or baked, then flaked
- 1 c. pecans, chopped into small pieces
- ½ stick melted butter

Combine all ingredients and warm until cheese and butter have melted and sauce is thick. Remove from heat; don't refrigerate. Cook and cool your fish before layering with sauce and crumb topping. Combine all three ingredients and reserve for crumb topping. Prepare 9x13 inch casserole dish: Layer seafood on bottom, cover with the champagne sauce and finally top with the pecan, cornbread crumb mixture. Bake at 350 degrees for 25 minutes, then put under broiler for two minutes to lightly brown the crumb topping. This is a delectable seafood dish best served over your favorite pasta tossed with fine olive oil and roasted garlic. If you prepare your casserole ahead, refrigerate before baking (after you completely assembled it in the dish). Add an additional 8 to 10 minutes baking time if it has come from the refrigerator. Serves 4.

**Barbara Ruth, Florida Department of Environmental Protection**  
**SHELLFISH (SHRIMP, CRAB, ETC...)**



### Shopping List



champagne  
 butter  
 lemons

mayonnaisse, grated swiss cheese  
 cornbread stuffing mix

cream  
 shrimp  
 fish  
 pecans

## BAKED SHRIMP AND CRABMEAT

- 1 medium sized green pepper, chopped
- 1 medium onion, chopped
- 1 c. celery, chopped
- 1 c. flaked crabmeat
- 1 c. small cleaned shrimp
- ½ tsp. salt
- ½ tsp. worcestershire
- 1 c. mayonnaise
- 1 c. buttered bread crumbs

Combine all ingredients, except bread crumbs. Place in individual baking shells or in a 1 ½ qt. casserole. Top with buttered bread crumbs. Bake at 350 degrees for about 30 minutes. Serves 6.

**Barbara Ruth**  
**Florida Department of Environmental Protection**



### Shopping List

green pepper  
 onion  
 celery  
 crabmeat  
 shrimp  
 salt  
 worcestershire  
 mayonnaise  
 bread crumbs



SHELLFISH (SHRIMP, CRAB, ETC...)

## WILD RICE AND SHRIMP SALAD

1 (6 oz.) pkg. long grain and wild rice mix  
 6 c. water  
 1 ½ lbs. unpeeled, medium sized fresh shrimp  
 ½ c. mayonnalse  
 2 ½ Tbsp. lemon juice  
 ¾ tsp. sugar  
 ½ tsp. each salt and ground red pepper  
 1 tsp. curry powder  
 1 (14 oz.) can quartered artichoke hearts, drained  
 4 green onions  
 1 small green bell pepper, chopped  
 1 celery rib, sliced  
 12 ripe olives, sliced (optional)  
 leaf lettuce

Cook rice according to package directions and set aside. Bring 6 cups water to a boil and add shrimp; cook 3-5 minutes or just until shrimp turn pink. Drain and rinse with cold water. Peel shrimp and devein, if desired; coarsely chop. Stir together the mayonnalse, lemon juice, sugar, salt, curry powder and red pepper in a large bowl; stir in rice, shrimp, artichoke hearts and next 3 ingredients. If desired, stir in the chopped olives. Serve over lettuce. Prep time 25 minutes, cook time 25 minutes. Makes 4 servings.



### *Shopping List*



*long grain and wild rice mix*  
*shrimp*  
*mayonnalse*  
*lemon juice*  
*sugar*  
*salt*  
*ground red pepper*  
*curry powder*  
*artichoke hearts*  
*green onions*  
*green bell pepper*  
*celery rib*  
*olives*  
*leaf lettuce*

**Eleanor Godwin, WFRCP**  
**SHELLFISH (SHRIMP, CRAB, ETC...)**

## TEMPTING SHRIMP SPREAD

½ c. butter or margarine, softened  
1 (8 oz.) pkg. cream cheese  
2 tsp. mayonnaise  
dash of garlic salt  
⅛ tsp. pepper  
⅛ tsp. worcestershire sauce  
2 tsp. lemon juice  
1 small onion, finely chopped  
½ c. finely chopped celery  
2 (4 ½ oz.) cans small shrimp, drained

Combine butter, cream cheese, mayonnaise, garlic salt, pepper, worcestershire and lemon juice; mix well. Stir in onion, celery, and shrimp. Serve with crackers or party bread. Yield about 2 ¼ cups.

*Shirley L. Brown*



### *Shopping List*

*butter or margarine  
cream cheese  
mayonnaise  
garlic salt  
pepper  
worcestershire sauce  
lemon juice  
onion  
celery  
shrimp*





## SHRIMP CURRY WITH ORANGE RICE

1/3 c. butter  
 3 Tbsp. flour  
 2 or 3 Tbsp. curry  
 1/2 tsp. salt  
 1/4 tsp. paprika  
 1 Tbsp. lemon juice  
 1 tsp. each sherry and onion juice or onion powder  
 dash worcestershire sauce  
 2 c. half and half cream  
 3 c. cooked shrimp

Melt butter, blend in flour and seasoning, saute lightly. Stir in cream. Cook, stirring constantly, until thick. Add shrimp and cook until heated through. Serve with chutney, coconut, chopped peanuts, chopped green onions, chopped hard boiled eggs for topping, if desired. Serves 6.

### Orange Rice:

1 c. rice  
 2 c. water  
 1/2 c. orange juice  
 1 Tbsp. grated orange peel  
 1 tsp. salt

Bring water, orange juice, peel and salt. Stir in rice, bring to boil, reduce heat, cover and cook for 25 minutes. Remove from heat and let stand for 5 minutes.

**Barbara Ruth, Florida Department of Environmental Protection**  
**SHELLFISH (SHRIMP, CRAB, ETC...)**



### Shopping List



butter



flour



curry



salt



paprika



lemon juice



sherry



onion juice or onion powder

worcestershire sauce

half and half cream

shrimp

rice

orange juice

orange

## TEQUILA GARLIC SHRIMP

7 oz. pkg of spaghetti  
4 cloves garlic, minced  
2 Tbsp. butter  
1 lb. uncooked medium shrimp, peeled and deveined  
½ lb. fresh snow peas  
1 medium sweet red bell pepper, julienne  
3 Tbsp. fresh basil, chopped  
pepper to taste  
¼ c. tequila  
1 Tbsp. fresh lime juice  
½ c. grated parmesan  
¼ c. milk  
½ tsp. grated lime peel

Cook spaghetti according to package directions. Meanwhile, melt butter in a skillet and saute garlic for 1 minute. Add the shrimp, snow peas, red pepper, basil, parsley and pepper. Stir-fry for 4 minutes or until the shrimp turn pink and vegetables are crisp but tender. Add tequila and lime juice and simmer for 2 minutes. Drain pasta. Toss with milk, parmesan cheese and lime peel and top with shrimp and vegetable mixture.

**Brad Nelson**



### *Shopping List*

*spaghetti  
garlic  
butter  
shrimp  
snow peas  
sweet red bell pepper  
basil  
pepper  
tequila  
lime juice  
parmesan  
milk  
lime*



## SHRIMP CREOLE #1

3 lb. peeled shrimp  
 8 Tbsp. each butter (one stick) and flour  
 1 (14 oz.) can tomato sauce  
 2 c. chopped onions  
 1 c. each chopped celery and green pepper  
 1 Tbsp. chopped garlic  
 1 c. each chopped green onion and chopped parsley  
 1 Tbsp. thyme  
 ½ Tbsp. basil  
 3 c. chicken stock or flavored water  
 1 Tbsp. brown sugar  
 4 thin lemon slices  
 creole seasoning to taste  
 cooked rice

Saute the shrimp in butter for 2-3 minutes, and remove. Add the flour and stir over medium heat until lightly browned. Add onions, celery, green pepper and garlic and saute the vegetables until they begin to turn transparent. Add the stock, tomato sauce, thyme, basil, bay leaves, brown sugar, lemon slices and creole seasoning. Simmer for about 15 minutes. Add green onions, parsley and shrimp during the last five minutes of cooking. Serve over rice. Makes 8 servings.

Eleanor Godwin  
 WFRPC

SHELLFISH (SHRIMP, CRAB, ETC...)



### Shopping List

shrimp  
 butter  
 flour  
 tomato sauce  
 onions  
 celery  
 green pepper  
 garlic  
 green onion  
 parsley  
 thyme  
 basil  
 chicken stock  
 brown sugar  
 lemon  
 creole seasoning  
 rice



## SHRIMP CREOLE #2

2 c. green pepper, sliced  
5 c. onions, sliced  
2 c. celery, diced  
1 c. celery leaves  
1 c. salad oil  
1 c. chili sauce  
1 c. seedless raisins  
1 c. blanched almonds, chopped  
2 cans tomatoes  
1 tsp. thyme  
1 tsp. salt  
1 tsp. black pepper  
1 tsp. cayenne pepper  
3 large bay leaves  
½ c. parsley, chopped  
5 lb. shrimp

Saute green pepper, onion, celery and celery leaves in hot oil. Cook until onion is clear. Add remaining ingredients except shrimp. Simmer gently for 1 hour. Add shrimp, simmer until tender. Yield: 16-20 servings.

*Sylvia Robbins*



### Shopping List



green pepper  
onions  
celery  
celery leaves  
salad oil  
chili sauce  
seedless raisins  
almonds  
tomatoes  
thyme  
salt  
black pepper  
cayenne pepper  
bay leaves  
parsley  
shrimp

## B-B-Q SHRIMP

2 lb. raw shrimp  
½ c. hot water  
½ c. minced onion  
3 Tbsp. oil  
2 tsp. prepared mustard  
1 c. ketchup  
¼ tsp. salt  
2 Tbsp. brown sugar  
1 tsp. chili sauce

Peel shrimp. Saute onion in oil 5 minutes. Add remaining ingredients and simmer for 10 minutes. Place shrimp on heat proof platter and cover with sauce. Place about 5 inches from heat and broil 5 to 7 minutes or until shrimp are cooked. Turn once during cooking. Serves 4.

*Bea Belous*



SHELLFISH (SHRIMP, CRAB, ETC...)



### *Shopping List*

*shrimp  
onion  
oil  
mustard  
ketchup  
salt  
brown sugar  
chili sauce*

## GREEK SHRIMP

2 lbs. medium shrimp (heads off, shells and tails on)  
 4 cloves garlic, minced  
 1 c. parsley, minced  
 3 lemons, juice of  
 3 Tbsp. oregano, dried  
 1 c. olive oil  
 1 c. sherry  
 dash salt and pepper

Mix all ingredients in 13x9x2 pan (glass works best). Place in 450 degree preheated oven for 20 minutes. Serve in large bowls with plenty of hot crusty french bread for sauce dipping. Can also be served over pasta. Serves 4.

*Jeanne Beauregard*  
*League of Women Voters*



### *Shopping List*

*shrimp*  
*garlic*  
*parsley*  
*lemons*  
*oregano*  
*olive oil*  
*sherry*  
*salt*  
*pepper*



## SHRIMP BATTER

1 c. corn starch  
½ c. flour  
1 tsp. salt  
1 Tbsp. sugar  
1 egg  
¼ c. wesson oil

Blend ingredients together and add water to desired consistency.  
Dip shrimp into batter and then place in hot oil until golden.

*Janet deLorge*



### *Shopping List*

*corn starch  
flour  
salt  
sugar  
egg  
wesson oil*



## SHRIMP CHRISTMAS TREE

2 lb. raw, headless, unpeeled shrimp, fresh or frozen  
1 ½ qt. water  
⅓ c. salt  
3 bunches curly endive (lettuce)  
1 18-inch styrofoam cone  
1 small box round toothpicks  
cocktail sauce

Thaw shrimp if frozen. In a 4 qt. saucepan, bring water and salt to a boil. Add shrimp and reduce heat. Cover and simmer 3 to 4 minutes or until the largest shrimp is opaque in the center when tested by cutting in half. Drain. Peel shrimp, leaving on the tail section of the shell on. Remove sand veins and wash. Chill. Separate and wash endive. Chill. Starting at the base of the styrofoam cone and working up, cover the cone with overlapping leaves of endive. Fasten endive to the cone with toothpick halves. Cover fully with greens to resemble a christmas tree. Attach shrimp to tree with toothpicks. Size of shrimp will determine number of hors d'oeuvres. Serve with cocktail sauce.

**J.J. Bachant**  
**GCPEP**



### *Shopping List*

*shrimp*  
*salt*  
*curly endive*  
*styrofoam cone*  
*round toothpicks*  
*cocktail sauce*





## SHRIMP AND CHEESE TORTELLINI SALAD

- 6 oz. sun dried tomatoes
- 8 oz. cooked cheese tortellini
- 1 medium red bell pepper, chopped in thin strips
- 1 medium red onion, chopped in thin strips
- 2 lb. peeled and deveined medium shrimp
- 1 c. chopped pecans
- 1 can medium black olives
- 2 Tbsp. basil
- 1 Tbsp. oregano
- 2 Tbsp. minced garlic
- 2 Tbsp. garlic powder
- salt and pepper to taste
- 5 Tbsp. plus 1/3 c. olive oil
- 2 Tbsp. red wine vinegar

Soak sun dried tomatoes overnight in 1/3 c. olive oil, 1 Tbsp. red wine vinegar and 1 Tbsp. garlic. Mix tortellini, pepper, onion, shrimp, tomatoes and olives in large bowl. Shake olive oil and seasonings, pour over salad and chill 2 to 3 hours.

**Christina Verlinda**  
Sea Grant Agent



### Shopping List

- sun dried tomatoes*
- cheese tortellini*
- red bell pepper*
- red onion*
- shrimp*
- pecans*
- black olives*
- basil*
- oregano*
- garlic*
- garlic powder*
- salt*
- pepper*
- olive oil*
- red wine vinegar*



## SHRIMP DIP

- 8 oz. pkg. cream cheese
- 8 oz. sour cream
- 1 small bell pepper, chopped fine
- 1 can tiny shrimp
- 1 lb. cooked tiny frozen shrimp
- 1 Tbsp. minced garlic
- 1 tsp. garlic powder
- ½ tsp. pepper
- 1 pkg. dry italian seasoning salad dressing
- 4 dashes hot sauce
- 1 tsp. lemon juice

Mix cream cheese and sour cream. Add bell pepper, can shrimp with juice and cooked shrimp. Mix the rest of ingredients and chill. Serve with crackers.

**Christina Verlinde**  
Sea Grant Agent



### Shopping List

cream cheese  
sour cream  
bell pepper  
tiny shrimp  
garlic  
garlic powder  
pepper  
dry italian seasoning salad  
dressing  
hot sauce  
lemon juice



## CREAMY DEVEILED CRABS

### Crab Mixture:

- 5 lbs. claw crabmeat
- 5 oz. worcestershire
- 5 ¼ oz. saltine, crumbled
- salt and pepper to taste
- 3 c. mayonnaise
- 1 Tbsp. horseradish
- 4 Tbsp. parsley flakes
- 4 Tbsp. celery seed
- 4 Tbsp. mustard

Mix above ingredients in a roasting pan and prepare sauce.

### Sauce:

- 7 oz. margarine
- 5 Tbsp. flour
- 1 ½ c. milk

Put sauce ingredients in a sauce pan and cook until sauce has thickened, stirring constantly. Add sauce to crab mixture until it is a good consistency (all of the cream sauce may not be needed). Fill individual shells with mixture and sprinkle with paprika. Bake in 350 degree oven until hot all the way through. Fill 36 shells. (Freezes beautifully to have on hand whenever needed).

*Charles and Maurine Norman*

SHELLFISH (SHRIMP, CRAB, ETC...)



### Shopping List

- claw crabmeat
- worcestershire
- saltine
- salt
- pepper
- mayonnaise
- horseradish
- parsley flakes
- celery seed
- mustard
- margarine
- flour
- milk



## FRIED SOFT SHELL CRABS

8 medium soft shell crabs or 12 small ones  
salt and pepper to taste  
1 c. flour  
fat for frying

Soak crabs in cold salt water for 30 minutes. Drain. Season with salt and pepper. Dip crabs lightly in flour and pan fry in shallow hot fat. A combination of bacon drippings and oil adds to the taste of the crabs. Cook 4-5 minutes on each side depending on the size of crabs. Drain well. Garnish with fresh parsley and lemon wedges.

Note: Soft crabs love to pop. Protect yourself by placing a lid crosswise over the pan while cooking. Do not completely seal pan with lid.

*Charles and Maurine Norman*



SHELLFISH (SHRIMP, CRAB, ETC...)



### Shopping List

shell crabs  
salt  
pepper  
flour  
fat



## DEVEILED CRAB

1 lb. crabmeat  
1/8 tsp. tabasco sauce  
1 egg, beaten  
1 Tbsp. green pepper, minced  
1/2 tsp. dry mustard  
Paprika  
1/4 tsp. worcestershire sauce  
1/4 c. mayonnaise  
1/8 tsp. fresh ground black pepper  
1/2 tsp. salt  
1 Tbsp. onion, minced

Combine all ingredients except crabmeat in a medium bowl. Mix well and gently stir in crabmeat. Place mixture in a small casserole dish and sprinkle with paprika. Bake in a preheated 400 degree oven for 10 to 12 minutes or until lightly browned.

*Rick and Liz Bradburn*



### *Shopping List*

*crabmeat  
tabasco sauce  
egg  
green pepper  
dry mustard  
Paprika  
worcestershire sauce  
mayonnaise  
ground black pepper  
salt  
onion*



## CRABMEAT BUNS

- 4 hamburger or like buns
- 1 can crabmeat or fresh
- 2 (6 oz.) cream cheese
- ½ lb. sharp cheese, grated
- 1 tsp. horseradish
- ¼ tsp. tabasco
- ¼ tsp. garlic salt
- 1 tsp. wet mustard
- 2 Tbsp. mayonnaise

Mix and spread on bun halves, place under broiler until brown (cheese bubbles).

*Gail Fournier*



### *Shopping List*

*hamburger or like buns  
crabmeat  
cream cheese  
sharp cheese  
horseradish  
tabasco  
garlic salt  
wet mustard  
mayonnaise*



## FLORIDA DEVILED CRAB

2 eggs, beaten  
½ c. bouillon or cream  
2 Tbsp. melted butter  
1 tsp. tabasco  
1 Tbsp. minced onion  
1 tsp. mustard  
½ tsp. salt  
¼ tsp. pepper  
2 c. crab meat (cooked)  
1 c. bread crumbs

Combine eggs, bouillon, butter, and seasonings, and mix well. Stir in crabmeat and half the crumbs and mix well. Fill each crab shell with this mixture, top with remaining crumbs and dot with butter. Bake at 350 degrees until crumbs are lightly browned.

*Peggy Smith*



### *Shopping List*

*eggs  
bouillon or cream  
butter  
tabasco  
onion  
mustard  
salt  
pepper  
crab meat  
bread crumbs*



## BECKY'S CRABMEAT DIP OR SPREAD

- 8 oz. imitation crabmeat
- 8 oz. cream cheese
- 1 small pkg. shredded swiss cheese
- 1 can chopped water chestnuts (optional)
- 1 pt. sour cream
- ½ stick butter
- 1 green onion chopped fine

Melt butter in saucepan over medium heat. Add cream cheese and stir constantly. Add onion, crabmeat and water chestnuts. Add up to 1 pint of sour cream depending on thickness desired. (Thicker if using as a spread, thinner if using as a dip.) Spread on french bread slices, which have been spread with a thin coat of real butter and broil in oven to heat slightly, or serve hot in bowl/crock pot/ chafing dish as a dip for crackers.

*Becky Scrivner*



### Shopping List

*crabmeat  
cream cheese  
swiss cheese  
water chestnuts  
sour cream  
butter  
green onion*



## CRAB DIP

- 1 c. of fresh crab meat
- ½ to ¾ c. of good mayonnaise
- 1 tsp. of horseradish
- 1 small jar of capers (drained)

Add garlic seasoning and McCormick seasoned salt to taste (remember that capers are salty). Combine all ingredients and refrigerate overnight for best taste.

*Rick and Liz Bradburn*



### *Shopping List*

*crab meat  
good mayonnaise  
horseradish  
capers*



## CHEESE AND CRAB TRIANGLES

1 can crab meat drained and rinsed  
8 oz. jar cheez whiz  
½ tsp. seasoned salt  
½ tsp. garlic powder  
1 ½ Tbsp. mayonnaise  
¼ lb. butter, softened

Mix all ingredients. Spread on 12 english muffin halves. Place under broiler until bubbly and brown. Cut to make pie shaped pieces or serve as ½ of a muffin with a salad. (¼ or ⅓ pieces are good for appetizers).

*Amy Stevenson*



### *Shopping List*

*crab meat  
cheez whiz  
seasoned salt  
garlic powder  
mayonnaise  
butter*



## CRAB SPAGHETTI SAUCE

¼ c. olive oil  
½ c. chopped onion  
1 tsp. chopped garlic  
1 tsp. chopped parsley  
1 tsp. finely chopped celery  
1 c. solid pack tomatoes, chopped  
1 c. tomato sauce  
¼ c. sherry or vermouth  
1 tsp. black pepper  
2 tsp. salt  
½ tsp. paprika  
1 lb. crabmeat  
1 lb spaghetti  
fresh grated parmesan cheese

Heat olive oil over medium heat. Saute onion, garlic, parsley and celery. Add remaining ingredients (except spaghetti). Simmer for one hour, stirring occasionally. Cook spaghetti according to package directions. Serve sauce over cooked pasta. Top with parmesan cheese. Serves 6.

**Barbara Ruth**  
**Florida Department of Environmental Protection**



### Shopping List



*olive oil*



*onion*



*garlic*



*parsley*



*celery*



*solid pack tomatoes*



*tomato sauce*



*sherry or vermouth*

*black pepper*

*salt*

*paprika*

*crabmeat*

*spaghetti*

*parmesan cheese*

## CRAB MOUSSE

**1 Tbsp. gelatin**  
**3 Tbsp. water**  
**½ c. mayonnaise**  
**4 Tbsp. chopped parsley, chives and shallots**  
**1 Tbsp. horseradish cream**  
**salt and pepper to taste**  
**2 c. flaked crabmeat**  
**¾ c. whipped cream**  
**lettuce leaves**

Soften gelatin in water. Combine mayonnaise, parsley, chives and shallots, horseradish and salt and pepper. Remove any shells from crabmeat and add to mayonnaise mixture, mixing well. Fold in whipped cream. Place in individual molds or a single mold. Refrigerate until set. Serve on lettuce leaves. Serves 6 as appetizer.

**Barbara Ruth**  
**Florida Department of Environmental Protection**



### Shopping List

*gelatin*  
*mayonnaise*  
*chives*  
*parsley*  
*and shallots*  
*horseradish cream*  
*salt*  
*pepper*  
*crabmeat*  
*whipped cream*  
*lettuce leaves*

## CRABMEAT BISQUE

- ½ of a 10 oz. pkg. frozen tiny green peas, thawed
- 1 c. seafood stock or water
- 1 (8 oz.) can condensed tomato soup
- 2 tsp. dehydrated onion
- 1 c. evaporated skim milk
- 2 c. skim milk
- ¼ tsp. salt
- ¼ tsp. ground white pepper
- ¼ tsp. garlic powder
- ¼ tsp. ground oregano
- ¼ tsp. ground red pepper
- 1 lb. fresh lump crabmeat, picked over

Place the peas in a food processor or blender container and process until smooth. In a large saucepan over medium heat, combine the pureed peas, stock and tomato soup. Cook for 15 minutes, stirring often. Add the onion, evaporated skim milk and seasonings. Reduce the heat and simmer for 15 minutes, stirring often. Add the crabmeat; simmer for 3 minutes and serve hot.

**Eleanor Godwin**  
**WFRPC**



### *Shopping List*

*tiny green peas*  
*seafood stock*  
*condensed tomato soup*  
*dehydrated onion*  
*evaporated skim milk*  
*skim milk*  
*salt*  
*ground white pepper*  
*garlic powder*  
*ground oregano*  
*ground red pepper*  
*lump crabmeat*



## CRAWFISH ETOUFFEE










- 1 lb. fresh or frozen peeled crawfish tails or peeled and deveined shrimp
- 2 c. each chopped onion and hot cooked rice
- 1 c. finely chopped celery
- ½ c. finely chopped green pepper
- 2 cloves garlic, minced
- 3 Tbsp. cooking oil, margarine, or butter
- 2 Tbsp. crawfish fat, margarine, or butter
- 4 tsp. cornstarch
- ½ c. tomato sauce
- ¼ to ½ tsp. ground red pepper
- 1 c. water
- ½ tsp. salt
- ¼ tsp. black pepper

Thaw crawfish tails or shrimp, if frozen. In a large saucepan cook onion, celery, green pepper, and garlic, covered in cooking oil for 10 minutes or till tender. Add crawfish fat; stir till melted. Stir in cornstarch. Add tomato sauce, red pepper, water, salt, and black pepper. Cook and stir till bubbly. Add crawfish tails or shrimp. Return to boiling; reduce heat. Simmer, uncovered, for 4 to 5 minutes or till crawfish are tender (shrimp turn pink). Season to taste. Serve with rice. Serves 4.

**Jimmie Jarratt**  
**NWF Aquatic and Buffer Preserves Office**  
 SHELLFISH (SHRIMP, CRAB, ETC...)



### *Shopping List*

-  *crawfish tails or shrimp*
-  *onion*
-  *rice*
-  *celery*
-  *green pepper*
-  *garlic*
-  *cooking oil, margarine, or butter*
-  *crawfish fat, margarine, or butter*
-  *cornstarch*
-  *tomato sauce*
-  *ground red pepper*
-  *salt*
-  *black pepper*

## CRAWFISH CASSEROLE

½ stick oleo  
 3 large onion, chopped fine  
 1 can cream of mushroom soup  
 2 c. crawfish tails, chopped  
 ½ c. bread crumbs  
 1 egg  
 2 Tbsp. chopped parsley  
 1 Tbsp. worcestershire  
 salt and pepper to taste

Melt oleo and wilt onions on low heat until soft. Add remaining ingredients and place in buttered casserole dish. Bake at 375 degrees for 25 minutes.

**Jimmie Jarratt**  
**NWF Aquatic and Buffer Preserves Office**



SHELLFISH (SHRIMP, CRAB, ETC...)



### Shopping List

oleo  
 onion  
 cream of mushroom soup  
 crawfish tails  
 bread crumbs  
 egg  
 parsley  
 worcestershire  
 salt  
 pepper



## LOBSTER NEWBURG

3 eggs (yolks), beaten  
2 to 3 oz. sherry  
2 Tbsp. butter  
½ pt. cream  
2 c. lobster meat, cooked and cut in chunks  
salt and cayenne to taste  
4 slices toast, buttered

In a small bowl add sherry to beaten egg yolks. Melt butter in medium saucepan and add cream; allow to boil gently for 30 seconds. Add lobster meat and again let reach a gentle boil. Add egg yolk mixture and season with salt and cayenne. Cook until thickened, stirring constantly. A small amount of flour may be added if more thickening is needed. Serve on buttered toast for 4 people.

*Charles and Maurine Norman*



### *Shopping List*

eggs  
sherry  
butter  
cream  
lobster meat  
salt  
cayenne  
toast





## LOBSTER ALFREDO

12 oz. cooked lobster meat  
2 tsp. chopped garlic  
4-6 c. heavy cream  
¼ c. butter  
¼ c. white wine  
¼ c. clam juice  
½ c. parmesan cheese  
salt  
pepper  
parsley

In a saute pan, melt butter and saute the garlic until it begins to brown. Add white wine, clam juice, and heavy cream and bring to simmer. Add cheese, salt, pepper to taste and simmer until sauce begins to thicken. Add lobster meat (bite size pieces) and serve over your favorite pasta. Garnish with parsley.

*Rick and Liz Bradburn*



### *Shopping List*

*lobster meat  
garlic  
cream  
butter  
white wine  
clam juice  
parmesan cheese  
salt  
pepper  
parsley*



## MOMS SHRIMP CREOLE

¼ stick of butter  
 4 medium onion, chopped  
 1 stalk celery, chopped  
 2 green bell peppers, chopped  
 2 (1 lb.) cans of tomatoes, quartered  
 1 qt. tomato juice  
 ½ tsp. thyme  
 ½ tsp. garlic powder  
 ½ tsp. accent  
 2 Tbsp. worcestershire  
 1 Tbsp. salt  
 ¼ tsp. black pepper  
 ¼ tsp. seasoned pepper  
 dash (s) tabasco (to taste)  
 2 to 3 lbs. raw shrimp, peeled

Saute onion, celery, bell pepper in butter until onion is golden. Add tomatoes, tomato juice, thyme, garlic powder, Accent, worcestershire sauce, salt, pepper, and tobasco. Cook a minimum of 25 minutes. Add shrimp 10 minutes prior to serving. Careful! Do not overcook the shrimp. Serve over rice. 10-12 servings.

**Rebecca Jarratt Stainaker**  
**In memory of Shirley Bryan Jarratt**  
**SHELLFISH (SHRIMP, CRAB, ETC...)**



### Shopping List



butter



onion



celery



green bell peppers



tomatoes



tomato juice



thyme



garlic powder



accent

worcestershire

salt

black pepper

seasoned pepper

tabasco

shrimp

## OYSTERS AU GRATIN

- 2 pt. shucked oysters
- 3 Tbsp. margarine or butter
- 1 c. sliced fresh mushrooms
- 1 clove garlic, minced
- 2 Tbsp. all-purpose flour
- ¾ c. milk
- ¼ c. dry white wine
- 2 Tbsp. snipped parsley
- ½ tsp. worcestershire sauce
- ¾ c. soft bread crumbs
- ¼ c. grated parmesan cheese
- 1 Tbsp. margarine or butter, melted

Pat oysters dry. In a large skillet cook and stir oysters in 1 Tbsp. of the margarine for 3 to 4 minutes or till oysters edges curl. Drain. Transfer oysters to four 10 oz. casseroles. For sauce, in the same skillet cook mushrooms and garlic in 2 Tbsp. margarine till tender. Stir in flour. Add milk all at once. Cook and stir till thickened and bubbly. Stir in wine, parsley, and worcestershire sauce. Spoon over oysters. Mix crumbs, parmesan, and melted margarine. Sprinkle over sauce. Bake in a 400 degree oven for 10 minutes or till crumbs are brown. Serves 4.

**Jimmie Jarratt**  
**NWF Aquatic and Buffer Preserve Office**  
**MOLLUSK (OYSTERS, CLAMS, ETC...)**



### Shopping List

*shucked oysters*  
*margarine or butter*  
*mushrooms*  
*garlic*  
*all-purpose flour*  
*milk*  
*dry white wine*  
*parsley*  
*worcestershire sauce*  
*bread crumbs*  
*parmesan cheese*



## CAJUN OYSTERS

2 doz. raw oysters, shucked still in shells  
crystal hot sauce  
oregano  
garlic powder  
cajun seasoning (zatarain's)  
1 c. seasoned bread crumbs  
¾ c. shredded colby/jack cheese

Place oysters on 9x13 baking sheet. Splash hot sauce, sprinkle cajun seasoning, garlic powder, and oregano over oysters. Mix bread crumbs and cheese, sprinkle over oysters. Bake at 375 degrees for 12 minutes or until cheese melts.

**Christina Verlinde**  
**Sea Grant Agent**



### *Shopping List*

*oysters*  
*crystal hot sauce*  
*oregano*  
*garlic powder*  
*cajun seasoning*  
*seasoned bread crumbs*  
*colby/jack cheese*



## VOODOO OYSTERS

2 pt. oysters  
1 stick butter (could be less)  
4 garlic cloves fresh, peeled, smashed  
seafood boiling spice, or cajun spice  
worcestershires sauce and tabasco or hot sauce  
red wine (dry, room temperature)  
beer (any, cold)  
gumbo file and sage

Drain oysters. Do not rinse. Blot dry on paper towels. Melt butter in heavy iron skillet, add garlic. Saute the oysters in garlic butter until well cooked on medium to medium high heat (don't burn the butter). Remove oysters to a bowl, leaving juice and garlic in the skillet. Pour any juice that drains to the bottom of the bowl back into the skillet. To the juice 'sprinkle in the cajun spice (not too much, it will overpower everything), a few blups of worcestershire sauce, a few spurts of tabasco (more if seafood spice, less if using cajun spice containing cayenne pepper), a gurgle of red wine (or if you are drinking the wine, use beer), a dusting of gumbo file, a pinch of sage, and anything else you have around that you think might be good. Turn up the heat to high. Use a metal spatula to keep the stuff moving by scraping the bottom constantly. Reduce the sauce to near paste consistency, but do not burn (like making roux). Pour over oysters. Serve in small bowls with sourdough bread (torn not sliced) as an appetizer, or with crackers.

*Richard A. Snyder*

MOLLUSK (OYSTERS, CLAMS, ETC...)



### Shopping List



*oysters  
butter  
garlic  
seafood spice, or cajun spice  
worcestershires sauce  
tabasco or hot sauce  
red wine  
beer  
gumbo file  
sage*

## OYSTER ROLL

- 2 (8 oz.) pkg. cream cheese
- 1 Tbsp. worcestershire
- 1 tsp. onion juice
- ½ c. mayonnaise
- 1 tsp. garlic juice
- 2 cans smoked oysters, drained and chopped

Cream all of the ingredients except oysters with a mixer. Spray two 15 inch sheets of wax paper with non stick spray. Spread cream cheese mixture onto one sheet into a 8x10 rectangle. Spread oysters on top. Roll cream cheese and oysters "jelly roll" style. Use knife to turn edge under. Transfer to second sheet of waxed paper. Refrigerate overnight. Garnish with parsley flakes. Serve with crackers.

**Kay Brown**  
**4-H Agent/ Escambia County**



### *Shopping List*

*cream cheese*  
*worcestershire*  
*onion juice*  
*mayonnaise*  
*garlic juice*  
*smoked oysters*

## OYSTER SOUP

½ c. flour  
1 stick butter or margarine (½ cup)  
1 onion  
3 c. milk  
1 pt. raw oysters  
3 to 4 boiled potatoes  
pepper  
garlic  
salt

Saute onion in butter. Add flour, then milk, stirring constantly. Add boiled potatoes and raw oysters. Season to taste.

**Sonja Holland**



### Shopping List

flour  
butter or margarine  
onion  
milk  
oysters  
potatoes  
pepper  
garlic  
salt



## OYSTER STEW # 1

½ c. butter  
1 ½ c. sliced mushrooms  
½ c. chopped onions  
½ c. flour  
1 Tbsp. salt  
¼ tsp. pepper  
1 tsp. worcestershire sauce  
1 pt. shucked oysters  
1 qt. milk  
1 pt. half and half  
chopped parsley

In a 3 qt saucepan, melt the butter. Saute the mushrooms and onions until tender. Stir in flour, salt, pepper, and worcestershire sauce. Cook until bubbly. Stir in oysters and there liquid. Add milk. Cook until simmering and oysters edges curl. Stir in cream. Remove from heat. Sprinkle with parsley. Makes 8 servings.

**Linda Hartmann**  
**Roy Hyatt Environmental Center**



### Shopping List

butter  
mushrooms  
onions  
flour  
salt  
pepper  
worcestershire sauce  
shucked oysters  
milk  
half and half  
parsley





## OYSTERS ROCKEFELLER CASSEROLE

1 qt. oysters  
 1 tsp. celery salt  
 ¼ chopped onion  
 ½ tsp. salt  
 6 drops tabasco sauce  
 ⅓ c. butter  
 lemon slices  
 2 c. cooked spinach  
 1 Tbsp. chopped parsley  
 2 bay leaves  
 ½ c. dry breadcrumbs

Drain oysters. Place in well greased shallow baking pan. Put spinach, onion, bay leaves, and parsley through food grinder. Add seasonings to spinach and cook in butter for 5 minutes. Add bread crumbs and mix well. Spread mixture evenly over oysters. Bake in hot oven (400 degrees) for 10 minutes. Garnish with lemon slices. Serves 6.

*Amy Stevenson*



### *Shopping List*

*oysters  
 celery salt  
 onion  
 salt  
 tabasco sauce  
 butter  
 lemon  
 spinach  
 parsley  
 bay leaves  
 dry breadcrumbs*

## OYSTER-SPINACH CASSEROLE

- 1 (10 oz.) pkg. frozen chopped spinach
- 3 slices bacon, cooked and crumbled
- ¼ c. grated parmesan cheese (bag variety)
- ½ tsp. garlic powder
- ½ tsp. pepper
- 1 pt. oysters, drained
- 2 Tbsp. butter, melted
- 1 Tbsp. lemon juice

Cook spinach and drain well. Place in lightly greased 1 qt. casserole dish. Arrange oysters over spinach. Sprinkle with cheese, garlic and pepper, top with bacon. Combine butter and lemon juice; pour over casserole. Bake 450 degrees 5 to 7 minutes, watching closely.

*Amy Stevenson*



### Shopping List

- spinach
- bacon
- parmesan cheese
- garlic powder
- pepper
- oysters
- butter
- lemon juice



MOLLUSK (OYSTERS, CLAMS, ETC...)

## OYSTER STEW # 2

4 Tbsp. butter  
1 Tbsp. minced onion  
6 chopped green onions  
3 pts. oysters  
4 oz. heavy cream  
salt and pepper to taste

Saute onions and garlic until tender. Add oysters and liquid, simmer until oyster are cooked. Add cream and heat until hot. Serves with crackers.

*Christina Verlinde*  
*Sea Grant Agent*



### *Shopping List*

*butter*  
*onion*  
*green onions*  
*oysters*  
*cream*  
*salt*  
*pepper*



**MOLLUSK (OYSTERS, CLAMS, ETC...)**

## LINGUINE WITH WHITE CLAM SAUCE

8 oz. linguine  
2 (6 ½ oz) cans minced clams  
light cream or milk  
½ c. chopped onion  
2 cloves garlic, minced  
2 Tbsp. margarine or butter  
¼ c. all-purpose flour  
½ tsp. dried oregano, crushed  
¼ tsp. salt  
⅓ tsp. pepper  
¼ c. snipped parsley  
¼ c. dry white wine  
¼ c. grated parmesan cheese

Cook linguine according to package directions; drain well. Set aside. Meanwhile, drain clams, reserving liquid from one can. Add enough light cream or milk to the reserved liquid to make 2 cups. For sauce, in a medium saucepan cook onion and garlic in margarine or butter till tender. Stir in flour, oregano, salt, and pepper. Add cream mixture all at once. Cook and stir till thickened and bubbly. Cook and stir for 1 minute more. Stir in clams, parsley, and wine. Heat through. Serve sauce over linguine. Sprinkle with parmesan cheese. Makes 4 servings

**Jimmie Jarratt**  
**NWF Aquatic and Buffer Preserves Office**  
**MOLLUSK (OYSTERS, CLAMS, ETC...)**



### Shopping List

linguine  
clams  
cream or milk  
onion  
garlic  
margarine or butter  
all-purpose flour  
oregano  
salt  
pepper  
parsley  
dry white wine  
parmesan cheese



## SOUTHERN ITALIAN CLAM CHOWDER

- 2 slices bacon, diced
- 1 c. chopped onion
- ½ c. chopped, peeled carrots
- ½ c. chopped celery
- 3 ½ c. (2-14.5 oz. cans) diced tomatoes, undrained
- 1 c. (8 oz. can) tomato sauce
- 1 c. (8 oz. can) clam juice
- ½ tsp. chopped fresh rosemary or ¼ tsp. dried rosemary leaves, crushed
- ⅓ tsp. ground black pepper
- 1 ½ c. (2-16 oz. cans) chopped clams, undrained

In a large saucepan, saute bacon until crisp. Add onion, carrots and celery; saute for 2 to 3 minutes or until vegetables are tender. Stir in tomatoes and juice, tomato sauce, clam juice, rosemary and pepper. Bring to a boil. Reduce heat to low; simmer, uncovered, for 15 minutes. Stir in clams and juice. Simmer for 15 minutes or until heated through. Make 8 cups.

**Deborah Holland**  
**NWF Aquatic Preserves Office**



### *Shopping List*



*bacon*



*onion*



*carrots*



*celery*



*tomatoes*



*tomato sauce*

*clam juice*

*rosemary or dried rosemary  
leaves*

*ground black pepper*

*clams*

## LINGUINI WITH CLAM SAUCE

- 1 tsp. bacon fat
- ¼ c. butter
- ¼ c. olive oil
- 4 cloves oil, minced
- ¼ c. parsley, minced
- 2 tsp. dried oregano
- 2 (7 ½ oz.) cans of clams, drained (reserve liquid)
- ½ tsp. cornstarch
- 1 lb. linguini

Combine bacon fat, butter and olive oil in a skillet and heat. Chop together garlic, parsley, and oregano, add to skillet. Add clams to skillet slowly and cook 2 minutes. Combine clam juice and cornstarch and stir until smooth. Add to skillet and bring to a boil until thickened, stirring constantly. Serve sauce over cooked linguini.

**Carolyn Kolb**  
**Pensacola Bay Area League of Women Voters**



### Shopping List

bacon fat  
butter  
olive oil  
cloves oil  
parsley  
oregano  
clams  
cornstarch  
linguini



## SCALLOP SEVICHE

1 lb. raw scallops, coarsely chopped, thawed if frozen  
lemon or lime juice  
2 ripe tomatoes, peeled, seeded, and diced  
1 c. finely chopped green onion (including some tops)  
1 firm but ripe avocado, peeled and diced  
salt  
fresh coriander, (cilantro), minced  
canned green chilies, seeded and minced  
lettuce leaves

Place scallops in a deep bowl; barely cover with fresh lemon or lime juice. Cover bowl and let stand in refrigerator for about 2 hours or until scallops lose their translucence and become opaque and white. Drain well and mix with tomatoes, onion, and avocado; season to taste with salt. Add cilantro and or green chilies to taste. Line 8 small plates with lettuce leaves and top with scallop mixture, divided evenly. Makes 8 appetizer servings.

**Judith Mineo**



### *Shopping List*

*scallops  
lemon or lime juice  
tomatoes  
green onion  
avocado  
salt  
coriander  
green chilies  
lettuce leaves*



## FRIED SEAFOOD

2 pt. shucked clams or oysters, or 2 lbs. fresh or frozen scallops,  
thawed  
½ c. all-purpose flour  
¼ tsp. salt  
¼ tsp. pepper  
2 eggs, beaten  
1 c. finely crushed saltine crackers or fine dry bread crumbs  
shortening or cooking oil for deep-fat frying

Pat seafood dry with paper towels. (If scallops are large cut in half.)  
In a shallow bowl stir together flour, salt, and pepper. In another bowl  
mix eggs with 2 tablespoons water. Roll seafood in flour mixture, then  
dip into egg mixture and roll in cracker or bread crumbs. Fry, a few at  
a time, in deep hot fat (375 degrees) for 1 to 1 ½ minutes or till golden.  
Drain on paper towels. Keep warm in a 300 degree oven while frying  
remainder. Serve with tarter sauce or cocktail sauce, if desired.  
Serves 4.

**Jimmie Jarratt**  
**NWF Aquatic and Buffer Preserves Office**



### Shopping List



*shucked clams or oysters, or  
fresh or frozen scallops*



*all-purpose flour*



*salt*

*pepper*



*eggs*



*saltine crackers or fine dry  
bread crumbs*

*shortening or cooking oil*



## NEPTUNE'S DELIGHT

½ c. butter  
 ½ c. flour  
 1 qt. milk, scalded  
 ½ tsp. salt  
 ½ tsp. dry mustard  
 ½ c. sherry  
 2 tsp. worcestershire  
 ½ lb. lobster chunks, cooked  
 ½ lb. crabmeat  
 ½ lb. shrimp, cooked  
 ½ c. parmesan cheese  
 ½ c. cracker meal  
 ½ tsp. paprika

Preheat oven to 400 degrees. Combine butter and flour in a saucepan; brown over low heat, stirring constantly. Add scalded milk and let come to a boil; whip with a beater until all lumps disappear. Add the spices and wine. Put the shellfish in a 2 qt casserole dish and cover with sauce. Sprinkle with cheese mixed with cracker meal and paprika. Brown lightly in oven for 15 minutes. Serves 6-8.

**Norma Peterson**



### Shopping List

butter  
 flour  
 milk  
 salt  
 dry mustard  
 sherry  
 worcestershire  
 lobster  
 crabmeat  
 shrimp  
 parmesan cheese  
 cracker meal  
 paprika



## SEAFOOD GUMBO

- 4 Tbsp. bacon grease
- 2 Tbsp. each: butter, cajun seasoning, and liquid crab boil
- 7 Tbsp. flour
- 3 medium onions, chopped fine
- 3 stalks celery, chopped
- 3 Tbsp. each garlic, chopped fine and worcestershire
- 2 (14 ½ oz.) cans diced tomatoes with green chilies
- 1 ¾ lb. frozen chopped okra
- 1 ½ tsp. garlic powder
- salt and pepper to taste
- 3 (12 oz.) containers oysters
- 2 (12 oz.) containers scallops
- 1 lb. peeled crawfish tails
- 12 oz. lump crabmeat
- 3 lb. peeled shrimp

In large gumbo pot make a roux by melting bacon grease and butter, add flour and cook over medium heat (stirring constantly) until mixture turns the color of a copper penny. Add onions, celery, tomatoes, okra, 4 tomato cans full of water and drain juice from scallops and oysters. Add worstershire, cajun seasoning, liquid crab boil, garlic powder, salt and pepper. Simmer 1-1 ½ hours. Adjust seasoning to taste. Add seafood and simmer about 1 hour. Serve with cooked rice.

*Christina Verlinde, EECT*

SEAFOOD COMBINATIONS



### Shopping List



- bacon grease*
- butter, cajun seasoning, liquid crab boil*
- flour*
- onions*
- celery*
- garlic*
- worcestershire*
- diced tomatoes with green chilies*
- okra*
- garlic powder*
- salt*
- pepper*
- oysters*
- scallops*
- crawfish tails*
- lump crabmeat*
- shrimp*

## SEAFOOD SALAD

8 oz. crab (imitation or real)  
1 lb. cooked shrimp  
8 oz. cooked pasta shells  
1 bunch green onion, chopped  
½ white onion, minced  
2 boiled eggs chopped  
½ tsp. garlic powder  
¼ tsp. worcestershire  
1 tsp. dill weed  
salt and pepper  
diced cucumber (optional)  
½ c. ranch dressing  
½ c. mayonnaise

Mix worcestershire and garlic powder in mayonnaise or ranch dressing. Add all ingredients mixing carefully. Add salt and pepper to taste. Add dressing according to desired creaminess.

Note: If frozen first, imitation crabs will flake more like real crab.

*Eleanor Williams*



### *Shopping List*

crab  
shrimp  
pasta shells  
green onion  
white onion  
eggs  
garlic powder  
worcestershire  
dill weed  
salt  
pepper  
cucumber  
ranch dressing  
mayonnaise



## SEAFOOD CASSEROLE

**1 lb. crabmeat**  
**½ small jar pimento**  
**1 lb. cooked shrimp**  
**1 small can sliced mushrooms**  
**½ green pepper, minced**  
**½ c. onion, minced**  
**1 c. minced celery or celery salt**  
**1 pkg. uncle ben's long grain and wild rice**  
**1 c. mayonnaise**  
**½ tsp. salt**  
**1 c. milk**  
**½ tsp. pepper**  
**dash of worcestershire sauce**  
**½ c. grated cheddar cheese**

Cook rice and add first seven ingredients. In separate bowl mix mayonnaise, salt, milk, pepper, and worcestershire. Mix into rice mixture. Place in a buttered 2 qt. casserole dish. Sprinkle with bread crumbs and cheddar cheese. Bake at 375 degrees for 30 minutes. Serves 8.

**Bonnie M. Jones**  
**Supervisor of Elections Escambia County**



### *Shopping List*



*crabmeat*  
*pimento*  
*shrimp*  
*mushrooms*  
*green pepper*  
*onion*

*celery or celery salt*  
*uncle ben's long grain and wild rice*  
*mayonnaise*  
*salt*  
*milk*  
*pepper*  
*worcestershire sauce*  
*cheddar cheese*

## SEAFOOD CHOWDER

3 cans campbell's chunky clam chowder soup  
1 lb. (15 to 20) large shrimp, shelled and deveined  
1 medlum bay leaf  
¼ tsp. hot pepper sauce  
1 lb. whitefish, cut in 2 inch pieces

In a large saucepan, combine first 4 ingredients. Cook over low heat 10 minutes; stir now and then. Add whitefish; cook 5 minutes more. Remove bay leaf. Makes about 9 ½ cups.

**Deborah Holland  
EECT**



### *Shopping List*

*campbell's chunky clam  
chowder soup  
shrimp  
bay leaf  
hot pepper sauce  
whitefish*



## CRAB AND SHRIMP SEAFOOD CASSEROLE

- 1 c. rice, cooked and cooled (makes 2 cups)
- ½ c. celery, chopped
- ½ c. green pepper, chopped
- ½-c. onion, chopped
- 1 can water chestnuts, slivered
- 1 lb. cooked shrimp
- ½ lb. crabmeat
- 1 c. mayonnaise
- 1 c. V8 juice (tomato if you prefer)
- ¼ slivered almonds
- 1 c. grated cheese
- salt and pepper to taste

Mix all ingredients together. Bake in a 13x9x2 inch casserole dish. Bake at 350 degrees.

*Deborah Holland  
NWF Aquatic Preserves Office*



### Shopping List

- rice
- celery
- green pepper
- onion
- water chestnuts
- shrimp
- crabmeat
- mayonnaise
- V8 juice
- almonds
- cheese
- salt
- pepper



## TUNA SHRIMP CASSEROLE

- 2 (7 oz.) cans tuna fish
- 1 can cream mushroom soup
- 1 medium onion, chopped
- 1 (8 oz.) bag potato chips, crushed
- 1 (3 oz.) jar chopped mushrooms
- water
- 1 lb. small shrimp
- ½ can beer
- ½ c. vinegar
- ¼ lb. butter

Mix together first 5 ingredients. Add just enough water to moisten all ingredients. Bake in casserole for 35 to 45 minutes at 350 degrees. Boil shrimp in beer, vinegar and enough water to cover until shrimp turn pink. Shell, devein and saute in butter 5 minutes. Place shrimp on top of hot tuna casserole. Makes 5 or 6 servings.

**Deborah Holland**  
**NWF Aquatic Preserves Office**



### *Shopping List*

tuna fish  
cream mushroom soup  
onion  
potato chips  
mushrooms  
shrimp  
beer  
vinegar  
butter



## SAFFRON SEAFOOD

- 1 lb. any pasta
- ¼ c. butter
- 2 tsp. minced garlic
- 8 oz. raw scallops, quartered if large
- 8 oz. raw shrimp, shelled, deveined, cut in 1 inch pieces
- ½ tsp. saffron threads (not powdered)
- ¼ tsp. fennel seeds, chopped with a knife
- 5 or 6 grinds freshly ground black pepper
- 1 pkg. knorr fine herb dry soup mix or leek soup mix
- 1 c. water
- ½ c. bottled clam broth

Cook the pasta according to package directions. Drain. In a large skillet, melt butter over low heat. When it is hot, add the garlic and stir it around for about 2 minutes. Add the seafood and continue stirring. Add saffron and fennel. Keep stirring. Grind in pepper. Adjust the heat so the butter bubbles gently. When the seafood has cooked for about 5 minutes, stir in the packaged soup mix, water and clam broth. Raise the heat slightly and cook and stir until smooth and thickened. Add more water or clam both to make the sauce the consistency you like. Pour over the hot pasta and toss gently with two forks. Serves 4.

**Deborah Holland**  
**NWF Aquatic Preserves Office**

SEAFOOD COMBINATIONS



### Shopping List



*pasta*



*butter*



*garlic*



*scallops*



*shrimp*



*saffron threads*

*fennel seeds*



*ground black pepper*

*knorr fine herb dry soup mix or*

*leek soup mix*

*clam broth*



## CRAB AND CRAWFISH QUICHE

Mix:

½ c. mayonnalse  
2 Tbsp. flour  
2 eggs, beaten  
½ c. milk

Add to mix:

1 c. cooked crab meat  
1 c. cooked crawfish  
8 oz. gruyere cheese, grated  
½ c. green onlons  
cayenne pepper to taste

Stir till blended and pour into unbaked 9 inch pie shell. Bake at 350 degrees for 40 to 45 minutes.

*Carolyn Kolb  
League of Women Voters*



### Shopping List

*mayonnalse  
flour  
eggs  
milk  
crab meat  
crawfish  
gruyere cheese  
green onions  
cayenne pepper*



## SEAFOOD BOIL

5 lb. shrimp  
2 (12 oz.) cans of beer  
¼ c. butter  
cajun seasoning to taste  
1 doz. dressed blue crabs  
2 Tbsp. liquid crab boil  
2 heads fresh garlic, separated  
1 ½ lb. new potatoes  
5 ears of corn broken in half  
2 medium onions, quartered

In large gumbo pot, bring beer, cajun seasoning and butter to a boil. Add shrimp and more cajun seasoning, cover and bring back to a boil. Let boil for 2 to 3 minutes stirring occasionally. Remove pot from heat and let shrimp stand in beer until all are pink (1 to 2 minutes). Remove shrimp and add water to fill pot ½ full. Bring water to a boil; add 2 Tbsp. liquid crab boil and crabs. Bring water back to a boil and boil crabs for 2 to 3 minutes, remove pot from heat and let crabs stand in liquid 12 minutes. Remove crabs and add new potatoes and garlic, boil vegetables in water, when potatoes are nearly tender add onion and corn and boil for 5 minutes longer. Enjoy!

*Chris Verlinde*  
*Sea Grant Agent*



### *Shopping List*

*shrimp*  
*beer*  
*butter*  
*cajun seasoning*  
*dressed blue crabs*  
*liquid crab boil*  
*garlic*  
*new potatoes*  
*ears of corn*  
*broken*  
*onions*



## COCKTAIL SAUCE FOR SHRIMP OR CRAB

1 c. mayonnaise  
½ c. ketchup  
juice of lemon  
dash of worcestershire sauce  
dash hot pepper sauce  
salt to taste

Mix together. Amount sufficient for 1 pint of shrimp or crab.

*Charles and Maurine Norman*



### *Shopping List*

*mayonnaise*

*ketchup*

*lemon*

*worcestershire sauce*

*hot pepper sauce*

*salt*



## GARLIC CHEESE GRITS

- 1 c. grits, uncooked
- 4 c. water
- 1 Tbsp. salt
- 1 stick butter or margarine
- 1 roll garlic cheese
- ½ lb. sharp cheese
- 2 Tbsp. worcestershire

Cook the grits in the salted water. When cooked add the butter, garlic cheese, sharp cheese and worcestershire. Stir in the butter and cheese until melted. Put in greased casserole and sprinkle with paprika. Bake in preheated 350 degree oven for 15 to 20 minutes. Serves 8 to 10. Use as main dish or as starch.

*Carol Patterson*



### *Shopping List*

*grits  
salt  
butter or margarine  
roll garlic cheese  
sharp cheese  
worcestershire*



## GREEN BEAN WITH FETA SALAD

- 1 ½ lb. green beans
- ¾ c. olive oil
- 1 Tbsp. dill
- ¼ c. white wine vinegar
- ¼ tsp. each salt and pepper
- ½ tsp. minced garlic
- 1 c. chopped pecans, toasted
- 1 c. sliced red onions
- 1 c. crumbled feta cheese

Snap the beans in 1 ½-2 inch pieces. Cook beans until just tender, about 4 minutes. Drain, then plunge them into cold water to stop the cooking process. Pat them dry. Combine the oil, dill, vinegar, salt, pepper and garlic and whisk to make the dressing. Place beans, onions, pecans and feta in a large bowl and top with dressing. Refrigerate before serving. Serves 6-8.

Note: This is even better the next day.

**Eleanor Godwin  
WFRPC**



### Shopping List

green beans  
olive oil  
dill  
white wine vinegar  
salt  
pepper  
garlic  
pecans  
red onions  
feta cheese



## FIESTA SALAD

### Dressing:

- ¼ c. sour cream
- 1 Tbsp. white vinegar
- ¼ tsp. dry mustard
- 1 Tbsp. mayonnaise
- ¼ tsp. pepper
- ½ tsp. salt

### Salad:













- 1 (12 oz.) can shoe peg white corn, drained
- 1 (12 oz.) can black bean, drained and rinsed
- ¼ c. chopped red onion, finely chopped
- ¼ c. green pepper, chopped
- ½ c. cucumber, peeled, seeded, and chopped
- 1 c. tomato chopped

In a large bowl, combine all dressing ingredients. Stir in vegetables. Chill. Serves 6.

*Eleanor Godwin*  
*WFRPC*



### Shopping List

-  *sour cream*
-  *white vinegar*
-  *dry mustard*
-  *mayonnaise*
-  *pepper*
-  *salt*
-  *shoe peg white corn*
-  *black bean*
-  *red onion*
-  *green pepper*
-  *cucumber*
-  *tomato*

## COPPER PENNY CARROTS

2 lb. carrots  
1 medium onion, thinly sliced  
1 small green pepper, thinly sliced  
1 c. sugar  
1 can tomato soup  
½ c. salad oil  
¼ c. vinegar  
1 tsp. worcestershire sauce  
1 tsp. prepared mustard  
salt and pepper to taste

Slice carrots and boil in salted water until tender. When cool, alternate layers of carrots, onion rings, green pepper. Make a marinade of remaining ingredients, beating well until oil is fully blended. Pour over the vegetables, refrigerate and allow to set for at least 24 hours. This keeps for quite a while in the refrigerator, and only gets better with time.

*Dale Pennington*



### *Shopping List*

*carrots  
onion  
green pepper  
sugar  
tomato soup  
salad oil  
vinegar  
worcestershire sauce  
mustard  
salt  
pepper*



## GREEK POTATOES

6 medium potatoes, cubed  
½ c. fresh lemon juice  
⅓ c. vegetable oil  
1 Tbsp. olive oil  
2 tsp. salt  
½ tsp. black pepper  
1 ½ tsp. oregano  
1 garlic cloves  
3 c. hot water  
chopped parsley

Toss together all ingredients and add the water in a large baking dish. Bake at 475 degrees, uncovered for 1 ½ hours. Stir every 20 minutes, adding water if it appears to get dry. Do not add any water, however, during the last 20 minutes of cooking. Garnish with fresh parsley.

**\*\*Add feta cheese to the garnish for an even better flavor.**

***Dale Pennington***



### *Shopping List*

*potatoes  
lemon juice  
vegetable oil  
olive oil  
salt  
black pepper  
oregano  
garlic  
parsley*





## STUFFED MUSHROOMS

1 can of crabmeat (or 1 c. of fresh crab meat)  
 4 strips of bacon fried and crumbled  
 ¼ c. finely chopped green pepper  
 ½ c. seasoned bread crumbs  
 ¼ c. shredded swiss cheese  
 ½ c. shredded cheddar cheese, divided  
 ¼ c. shredded provolone cheese  
 ¼ c. shredded colby/jack cheese  
 ¼ c. shredded american cheese  
 ¼ to ½ c. mayo  
 1 Tbsp. chopped garlic  
 ½ stick melted butter  
 ½ c. white wine

Mix all ingredients together except ¼ c. of cheddar cheese butter and wine. Wash mushrooms remove stems, and stuff with stuffing. Place a bit of the remaining cheddar cheese on top of each stuffed mushrooms. Pour butter and wine over mushrooms. Bake at 375 degrees for 8-10 minutes, then broil until golden brown on top. Makes enough stuffing for a pound of mushrooms. Stuffing will keep in fridge for about a week, it can be frozen. Mushrooms can be stuffed in advance of refrigerated.

**Chris Verlinda**  
**Sea Grant Agent**



### Shopping List

crabmeat  
 bacon  
 green pepper  
 seasoned bread crumbs  
 swiss cheese  
 cheddar cheese  
 provolone cheese  
 colby/jack cheese  
 american cheese  
 mayo  
 garlic  
 butter  
 white wine



## CORN AND CRAB SALAD

2 cans of whole kernel corn (drained)  
 1 bunch scallions/green onions (chopped)  
 1 large tomato (chopped)  
 1 c. crab meat  
 garlic powder to taste  
 salt and pepper to taste  
 2 Tbsp. of mayonnaise

In a large bowl mix corn, scallions, tomato, garlic, salt, pepper and crab meat. Cover and refrigerate for several hours. Before serving, stir in mayonnaise.

**Deborah Holland**  
**NWF Aquatic Preserves Office**



### Shopping List

*kernel corn*  
*scallions/green onions*  
*tomato*  
*crab meat*  
*garlic powder*  
*salt*  
*pepper*  
*mayonnaise*

## NASSAU GRITS

- 1 lb. bacon
- 2 green peppers, finely chopped
- 2 medium onions, finely chopped
- 1 ½ c. ham finely chopped
- 1 (28 oz.) can of whole tomatoes, chopped
- 1 ½ c. white grits

Fry bacon and set aside. Saute onions and bell pepper in 2 or 3 Tbsp bacon dripping until soft. Add ham and stir well. Saute over low heat for 15 minutes. Add tomatoes and simmer for 30 minutes. In a separate saucepan, cook grits according to package instructions. When grits are cooked, add ham mixture and stir well. Serve hot with bacon crumbled on top. This dish is an excellent addition to a seafood meal.

**Eleanor Godwin  
BARC**



### *Shopping List*

*bacon  
green peppers  
onions  
ham  
tomatoes  
white grits*



## CAROL'S BEER BREAD

3 ½ c. self-rising flour  
12 oz. beer, regular or lite  
butter

Preheat oven to 375 degrees. Combine flour and beer, mix well. Place in a well-greased loaf pan. Bake for 40 minutes. For a moist, delicious flavor, butter the top of the loaf while hot. You may also make biscuits with this recipe, but you should work fast, without too much kneading.

*Carol Buckley*



### *Shopping List*

*self-rising flour*  
*beer*  
*butter*



## HUSH PUPPIES

Substituting beer for milk makes these puppies lighter/tangier.

1 c. self-rising cornmeal mix  
½ c. self-rising flour  
1 Tbsp. sugar  
1 large egg  
½ c. milk or beer  
½ finely diced onion  
green bell pepper - optional  
jalapeno pepper - optional

Combine cornmeal, flour, and sugar in large bowl. Combine egg with milk (or beer) and onion. Stir egg mixture into dry ingredients until just moistened. Pour oil into a dutch oven or large saucepan to depth of 3 inches heating to 375 degrees. Drop batter by rounded Tbsp into hot oil and fry 2 minutes on one side rolling over and cook on the other-- careful not to overcook or undercook-- should be golden in color. Drain on paper towels and serve immediately. Yields: 1 to 1 ½ dozen.

**Fay Walker**  
**League of Women Voters**



### *Shopping List*

*self-rising cornmeal mix*  
*self-rising flour*  
*sugar*  
*egg*  
*milk or beer*  
*onion*  
*green bell pepper*  
*jalapeno pepper*



## CUCUMBERS IN SOUR CREAM

1 c. thick sour cream  
2 Tbsp. vinegar  
¼ tsp. prepared mustard  
dash of pepper  
1 Tbsp. minced onion  
¼ tsp. sugar  
¼ tsp. salt  
2 cucumbers

Mix all ingredients except cucumbers. Chill. If more spicy taste is desired, add more vinegar, mustard, etc. Wash 2 cucumbers; cut off ends to seeds and slice in about ¼ inch slices; pour sour cream dressing over cucumbers. Let marinate. Keep chilled and turn a couple of times. Makes a little over 1 cup. Serve on coleslaw or vegetable salad.

**Deborah Holland**  
**EECT**



### *Shopping List*

*sour cream*  
*vinegar*  
*mustard*  
*pepper*  
*onion*  
*sugar*  
*salt*  
*cucumbers*



## DILL DIP

- 1 c. sour cream
- 1 c. mayonnalse
- 1 ½ Tbsp. onion flakes
- 1 ½ tsp. parsley flakes
- 2 tsp. dill weed
- 1 ½ tsp. dill pickle juice
- ½ tsp. celery seed
- 1 ½ tsp. accent

Combine all ingredients. Refrigerate for at least 8 hour before using.  
Serve with chips.

**Deborah Holland**  
**EECT**



### *Shopping List*

*sour cream*  
*mayonnalse*  
*onion flakes*  
*parsley flakes*  
*dill weed*  
*dill pickle juice*  
*celery seed*  
*accent*



## SWEDISH COLE SLAW

- 1 large head cabbage, shredded
- 1 medium green pepper, chopped
- 1 large onion, chopped
- ½ tsp. mustard seed
- ½ tsp. celery seed

Combine all ingredients; set aside.

### Dressing:

- 1 c. sugar
- 1 c. white vinegar
- ⅔ c. salad oil

Bring sugar, vinegar and oil to at boil and while hot, pour over cabbage mixture. Do not stir until cold. Cover and put in refrigerator. Will keep for days. Serve 10 to 12.

**Deborah Holland  
EECT**



### *Shopping List*

*cabbage  
green pepper  
onion  
mustard seed  
celery seed  
sugar  
white vinegar  
salad oil*





## GERMAN POTATO SALAD

½ lb. cooked bacon, diced  
⅓ c. bacon drippings  
1 Tbsp. flour  
1 Tbsp. sugar  
½ tsp. salt  
1 tsp. celery seed  
¼ tsp. ground pepper  
½ c. chicken broth  
½ c. white vinegar  
6 c. sliced and cooked potatoes (about 3 lb.)

Cook bacon until crisp; drain. Heat drippings; blend flour, sugar, salt, celery seed and pepper. Gradually blend in broth and vinegar. Cook, stirring constantly, until slightly thickened. Combine potatoes and bacon bits. Pour sauce over; toss gently and put in serving dish. Put in oven at 325 degrees to reheat for ½ hour.

**Deborah Holland**  
**NWF Aquatic Preserves**



### Shopping List

*bacon*  
*flour*  
*sugar*  
*salt*

*celery seed*  
*ground pepper*  
*chicken broth*  
*white vinegar*  
*potatoes*



## SPINACH DIP








- 1 (12 oz.) tub sour cream
- 1 c. mayonnaisse
- 2 Tbsp. parmesan cheese
- 1 pkg. knorr vegetable soup mix
- 1 Tbsp. finely chopped onion
- 1 (10 oz.) pkg. frozen chopped spinach (uncooked), thawed and liquid squeezed out
- 1 (8 oz.) can water chestnuts, chopped (optional)

Combine all ingredients and refrigerate overnight.

*Katie Nixon*



### Shopping List

-  *sour cream*
-  *mayonnaisse*
-  *parmesan cheese*
-  *knorr vegetable soup mix*
-  *onion*
-  *spinach*
-  *water chestnuts*



## GREEN BEAN AND ONION SALAD

2 c. fresh green beans  
¼ c. onions, sliced  
salt  
pepper  
dash of italian seasoning  
2 Tbsp. salad oil  
¾ Tbsp. wine vinegar

Cook green beans until done, but still firm. Drain. Add onion, salt, pepper, italian seasoning, oil and vinegar. Toss. Serve at room temperature or chilled.

**Deborah Holland**  
**EECT**



### *Shopping List*

*green beans*  
*onions*  
*salt*  
*pepper*  
*italian seasoning*  
*salad oil*  
*wine vinegar*



## GREEK VEGETABLES

1 zucchini  
1 small eggplant  
1 medium to large onion  
½ c. olive oil  
3 Tbsp. butter  
1 lb. string beans  
1 lb. fresh peas or limas  
1 lb. tomatoes  
fresh dill to taste  
fresh mint to taste  
1 tsp. sugar  
salt and pepper to taste  
garlic powder to taste

Saute zucchini, eggplant and onion in oil and butter. Add fresh vegetables, dill, mint and remaining ingredients. Cover and cook on low until tender.

*Deborah Holland  
NWF Aquatic Preserves Office*



### Shopping List



zucchini  
eggplant



onion



olive oil



butter

string beans  
peas or limas



tomatoes



dill

mint

sugar



salt

pepper



garlic powder

## COCKTAIL SAUCE

¼ c. chili sauce  
2 Tbsp. lemon juice  
1 Tbsp. horseradish  
2 tsp. worcestershire  
1 green onion, sliced or ¼ tsp. dried minced onion  
dash hot pepper

Combine all ingredients in a bowl. Cover and store in the refrigerator up to 2 weeks. Serve with fish or seafood. Makes about 1 cup. (sixteen 1 Tbsp. servings).

**Jimmie Jarratt**  
**NWF Aquatic and Buffer Preserves Office**



### *Shopping List*



*chili sauce*



*lemon juice*



*horseradish*



*worcestershire*

*green onion or dried minced  
onion*

*hot pepper*



## TARTAR SAUCE

- 1 c. mayonnaise
- ¼ c. dill pickle relish
- 1 Tbsp. finely chopped onion
- 1 tsp. lemon juice

Combine all ingredients in a mixing bowl. Cover and chill for at least 2 hours before serving. Store in the refrigerator up to 2 weeks. Serve with fish or seafood. Makes 1 ¼ cups (twenty 1 Tbsp. servings).

**Jimmie Jarratt**  
**NWF Aquatic and Buffer Preserves Office**



### *Shopping List*

*mayonnaise*  
*dill pickle relish*  
*onion*  
*lemon juice*



## BAKED POTATO SALAD

4 c. sliced small new potatoes  
olive oil  
1 Tbsp. chopped garlic  
¼ c. mayonnaisse  
2 hard boiled eggs  
½ c. chopped dill pickles  
1 tsp. garlic powder  
salt and pepper to taste  
¼ tsp. dill weed

Heat oven to 425 degrees. Place potatoes on a baking sheet sprayed with non stick cooking spray. Place potatoes on baking sheet, mix potatoes with garlic and coat with a small amount of olive oil. Bake 25 minutes or until potatoes are golden brown, stirring occasionally. Let potatoes cool and mix with remaining ingredients. Chill.

**Christina Verlinde  
EECT**



**ADD**



### Shopping List

*new potatoes  
olive oil  
garlic  
mayonnaisse  
eggs  
dill pickles, mix  
garlic powder  
salt  
pepper  
dill weed*



## HUSH PUPPIES

1 c. corn meal  
½ tsp. salt  
½ c. flour  
¼ c. chopped onion  
1 tsp. baking powder  
2 eggs  
1 tsp. sugar  
¼ c. buttermilk  
¼ tsp. black pepper  
2 dill pickles, chopped

Mix all ingredients, let stand 30 minutes. Drop by spoonful into hot oil. Cook until brown.

*Peggy Smith*



### *Shopping List*

*corn meal  
salt  
flour  
onion  
baking powder  
eggs  
sugar  
buttermilk  
black pepper  
dill pickles*





## BECKY'S CARIBBEAN RUM PUNCH

1 liter of rum  
1 c. sugar  
 $\frac{2}{3}$  c. lime juice  
30 shakes bitters  
water  
grated nutmeg  
lime slices

In a gallon jug mix rum, sugar, lime juice and bitters. Fill with water.  
Serve chilled over ice with grated nutmeg and slice of lime.

*Becky Nelson*



### *Shopping List*

*rum  
sugar  
lime juice  
bitters  
nutmeg  
lime*



## SPEEDY BROWNIES

- 2 c. sugar
- 1  $\frac{3}{4}$  c. all-purpose flour
- $\frac{1}{2}$  c. baking cocoa
- 1 tsp. salt
- 5 eggs
- 1 c. vegetable oil
- 1 tsp. vanilla extract
- 1 c. (6 oz.) semisweet peanut butter and chocolate chips

Combine 1st seven ingredients and beat until smooth. Pour into a greased 13x9x2 inch baking dish. Sprinkle with peanut butter and chocolate chips. Bake at 350 degrees for 30 minutes or until a toothpick inserted near the center comes out clean. Cool in pan on a wire rack. Yield: 3 dozen.

*Crystal Jackson*



### *Shopping List*

- sugar*
- all-purpose flour*
- baking cocoa*
- salt*
- eggs*
- vegetable oil*
- vanilla extract*
- semisweet peanut butter and chocolate chips*



## KEY LIME PIE

1 tsp. lime zest  
½ c. lime juice (key lime fresh or Nellie and Joe's bottled)  
14 oz. can condensed milk  
3 eggs, separated  
6 Tbsp. sugar  
9 inch cooked pie shell

Beat egg yolk until lemon colored. Add lime juice, zest, milk. Pour into baked pie shell. Beat egg whites until frothy. Gradually add sugar while continuing to beat. Beat until stiff and spread over mixture. Bake at 325 degrees until meringue is slightly browned.

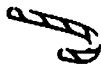
**Carolyn Kolb**  
**League of Women Voters**



### *Shopping List*

*lime zest*  
*lime juice*

*condensed milk*  
*eggs*  
*sugar*  
*pie shell*



## ANISE COOKIES

½ c. butter  
1 c. sugar  
1 egg  
½ tsp. vanilla extract  
1 ¼ c. all-purpose flour  
½ tsp. salt  
1 ½ tsp. baking powder  
1 ½ tsp. anise seed  
wax paper

Cream butter. Add sugar and continue beating until light and smooth. Add egg and vanilla, mixing well. Sift together flour, salt and baking powder. Gradually add dry ingredients and anise seed, beating hard after each addition. Shape dough into a roll. wrap in wax paper and chill. Cut into thin slices. Place on a lightly greased baking sheet and bake in 400 degree oven 8 minutes or until lightly golden. Makes about 3 dozen cookies.

**Linda Hartmann**  
**Roy Hyatt Environmental Center**



### Shopping List

butter  
sugar  
egg  
vanilla extract  
all-purpose flour  
salt  
baking powder  
anise seed  
wax paper



## LEMON COOKIES

2 c. sifted flour  
1 c. sugar  
¼ tsp. baking soda  
¼ c. shortening  
a little salt  
3 eggs slightly beaten  
2 pkg. (¾ oz.) lemon instant pudding

Mix dry ingredients together in a separate bowl. Cream the sugar into the shortening. Add eggs one at a time. Gradually add the dry ingredients, mixing well. With a spoon, drop the batter onto an ungreased cookie sheet. Bake in a 350 degree oven for 8 to 10 minutes or until lightly golden. Makes about 3 dozen cookies.

**Linda Hartmann  
Roy Hyatt Environmental Center**



### *Shopping List*

*flour  
sugar  
baking soda  
shortening  
salt  
eggs  
lemon instant pudding*



## POTATO CHIP COOKIES

- 1 lb. butter
- 1 ¼ c. sugar
- 1 ½ c. coarsely chopped potato chips
- 3 ¼ c. flour
- 1 ½ tsp. vanilla

Cream butter and sugar. Slowly blend in flour and vanilla. Gently mix in potato chips. Drop on ungreased sheets by round teaspoons and flatten slightly with fork. Bake 15 to 20 minutes until barely brown at 315 degrees. You may need to use your hand to mix. Makes about 5 dozen cookies.

*Linda Hartmann  
Roy Hyatt Environmental Center*



### *Shopping List*

*butter  
sugar  
potato chips  
flour  
vanilla*



## APPLE COFFEE CAKE

½ lb. butter or margarine

1 c. sugar

4 eggs

2 c. flour

2 Tbsp. baking powder

2 tsp. vanilla

pinch of salt

6 medium sized apples, peeled and sliced into small pieces cinnamon and sugar for topping

Mix the butter, sugar, eggs, vanilla. In a separate bowl mix the dry ingredients. Gradually add both together. Grease and dust 9x13 baking pan. Cream and spread batter. Place apple slices vertically into the batter and press in. Sprinkle sugar and cinnamon over the batter and dot with butter. Bake at 375 degrees (350 in a glass pan), 25-30 minutes.

**Linda Hartmann**  
**Roy Hyatt Environmental Center**



### *Shopping List*

*butter or margarine*

*sugar*

*eggs*

*flour*

*baking powder*

*vanilla*

*salt*

*apples*

*cinnamon*



## GOLD FISH POND

2 pkg. blue jello  
2 c. boiling water  
2 c. cold water  
bag of goldfish crackers  
large clear, glass bowl

Prepare the jello according to package. Before the jello sets, pour it in the glass bowl. Insert the goldfish into the jello when it is still a little soft but not too soft that they all sink to the bottom. Makes 8 servings.

**Linda Hartmann**  
**Roy Hyatt Environmental Center**



### *Shopping List*

*blue jello*  
*goldfish crackers*





## KEY LIME PIE

6 eggs yolks, beaten  
1 9 inch pie shell  
1 can (15 oz.) sweetened condensed milk  
6 eggs (white)  
4 Tbsp. sugar  
½ c. key lime juice

Combine egg yolks and condensed milk. Mix well. Add lime juice and blend well. Turn into baked pie shell. Beat egg whites and sugar until fluffy. Swirl meringue onto pie, spreading to edge of pie shell all around. Bake in 300 degree oven until meringue is pale honey colored.

**Peggy Smith**



### *Shopping List*

eggs  
pie shell  
sweetened condensed milk  
eggs  
sugar  
key lime juice



## PUDDING SHELLS

set of 4 or more large cockle shells  
aluminum foil  
1 pkg. of semi sweet chocolate squares  
new, clean, water paint brushes  
1 pkg. vanilla pudding  
2 c. cold milk  
1 Tbsp. almond flavoring  
grenadine syrup  
mint leaves for garnish

Cover the backs of the cockle shells with aluminum foil, smoothing it out carefully. Place the shells face down on a tray or a cookie sheet. Melt the chocolate in a double boiler. When it is soft, brush on a thick layer of chocolate on the back of the cockle shell. Place the shells in the refrigerator for a few hours to harden. Prepare the vanilla pudding according to the package. Add the almond flavoring. Before you are ready to serve, take the shells out of the chocolate mold. Place a serving of pudding into the chocolate shell and drizzle with grenadine syrup. Garnish with mint leaves around the shell.

**Linda Hartmann**  
**Roy Hyatt Environmental Center**



### *Shopping List*

*cockle shells*  
*aluminum foil*  
*semi sweet chocolate*  
*paint brushes*  
*vanilla pudding*  
*milk*  
*almond flavoring*  
*grenadine syrup*  
*mint leaves*



## BLONDE BROWNIES

- 1 stick butter or margarine (½ c.)
- 1 box (16 oz.) light brown sugar
- 3 eggs
- 2 c. self-rising flour
- 6 oz. pkg. chocolate chips

Preheat oven at 350 degrees and melt butter. Mix sugar and eggs. Add melted butter. Add flour. Add chips. Can also add nuts and coconut. Bake 35 to 40 minutes at 350 degrees in a 9x13 rectangular pan.

**Terry Joseph  
WFRPC**



### *Shopping List*

*butter or margarine  
brown sugar  
eggs  
self-rising flour  
chocolate chips*

## YELLOW CAKE WITH RUM SAUCE

1 tsp. vanilla  
2/3 c. water  
2/3 c. oil  
1 pkg. lemon jello  
1 pkg. yellow cake mix  
4 eggs

Mix everything together but the eggs. Stir in eggs one at a time, beating one minute each. Bake for 1 hour in a greased tube pan at 350 degrees. Top with confectioners sugar or rum sauce.

### Rum Sauce:

1/2 c. butter  
1 c. sugar  
1 tsp. sugar  
1 tsp. vanilla  
1 egg  
rum to taste (about 5 Tbsp)

Cream butter and sugar. Add vanilla. Slowly stir in the egg; then add the rum. Heat and stir over low heat about 5 minutes. Drizzle over the cake while the sauce is still warm. This recipe makes too much, so you'll want to save the extra for leftover cake the next day- if there's any left!



### Shopping List

vanilla  
oil  
lemon jello  
yellow cake mix  
eggs  
butter  
sugar  
rum



## CANDY BAR COOKIES

- 1 c. butter
- 1 egg yolk
- 1 tsp. vanilla
- 1 c. light brown sugar
- 2 c. flour
- 6 or 8 regular size hershey chocolate bars
- 1 c. finely chopped nuts

Beat butter and sugar until fluffy. Add yolk and vanilla. Mix in flour. Spread over a 9x12 or larger pan. Bake in preheated oven at 350 degrees for 20 minutes. Remove from oven and immediately place hershey bars on top of the dough to melt. Spread chocolate evenly over top and sprinkle on the nuts. Cool before cutting into squares.

**Betty Enfinger**  
**League of Women Voters**



### *Shopping List*

butter  
egg  
vanilla  
brown sugar  
flour  
hershey chocolate bars  
nuts



## NEIMAN MARCUS CHOCOLATE CHIP COOKIES

2 c. butter  
 2 c. sugar  
 2 c. brown sugar  
 4 eggs  
 2 tsp. vanilla  
 4 c. flour  
 5 c. oatmeal  
 1 tsp. salt  
 2 tsp. baking powder  
 2 tsp. soda  
 24 oz. chocolate chips  
 1 (8 oz.) hershey bar, grated  
 3 c. chopped nuts

Measure oatmeal and blend in a blender to a fine powder. Cream butter and both sugars. Add eggs and vanilla to creamed sugars. Mix together with flour, oatmeal, salt, baking powder and soda. Add chocolate chips, hershey bar and nuts. Roll into balls and place two inches apart on a cookie sheet. Bake for 10 to 12 minutes at 375 degrees. Makes about 112 cookies.

**Betty Enfinger**  
**League of Women Voters**



### Shopping List



butter



sugar



brown sugar



eggs



vanilla



flour



oatmeal



salt

baking powder

soda

chocolate chips

hershey bar

nuts

## HONEY COOKIES

- ½ c. margarine or butter, softened
- ½ c. packed brown sugar
- ½ c. honey
- 1 egg
- 1 ½ c. all-purpose flour
- ½ tsp. baking soda
- ½ tsp. salt
- ½ tsp. ground cinnamon

Heat the oven to 375 degrees. Beat margarine, brown sugar, honey and egg in a medium bowl on medium speed, scraping bowl constantly, until smooth. Stir in remaining ingredients. Drop the dough by teaspoon onto an ungreased cookie sheet. Bake until set and light brown around edges (surface of cookies will appear shiny), 7 to 9 minutes. Let stand 3 to 5 minutes before removing from cookie sheet, then remove from cookie sheet with metal spatula onto a wire rack. Makes 36 cookies.

**Deborah Holland  
EECT**



### *Shopping List*

*margarine or butter  
brown sugar  
honey  
egg  
all-purpose flour  
baking soda  
salt  
ground cinnamon*



## CRANBERRY PEAR UPSIDE-DOWN CAKE

- 2/3 c. caramel ice cream topping
- 1/2 c. chopped pecans
- 1 (15 oz.) pear halves in light syrup, drained
- 1 pkg. cranberry or date quick bread mix
- 1 c. water
- 2 Tbsp. oil
- 1 egg
- 1 tsp. cinnamon

Heat oven to 350 degrees. Spray 12x8 inch baking dish with nonstick cooking spray. Pour and spread caramel topping to cover bottom of dish. Reserve 1 tablespoon of the pecans. Sprinkle remaining pecans around outer edge of caramel to make 1 inch border. Spoon reserves 1 tablespoon pecans over caramel topping in center of dish. Cut pears into 1/4 inch thick slices; arrange over caramel topping and pecans with small ends toward center. In medium bowl, combine quick bread mix, water, oil, egg and cinnamon. Stir 50 to 75 strokes with spoon until mix is moist. Pour batter slowly over pears and pecans; carefully spread to cover. Bake for 32 to 42 minutes, or until toothpick inserted in center comes out clean. Loosen cake from sides of pan. Invert onto serving dish, leaving pan over cake for 1 minute. Carefully remove pan. If any topping remains in pan, spoon over cake. Cool 30 minutes. Top with ice cream if desired. Makes 12 servings.

*Deborah Holland, NWF Aquatic Preserves Office*



### Shopping List



*caramel ice cream topping*



*pecans*



*pear*



*cranberry or date quick bread*

*mix*



*oil*

*egg*

*cinnamon*



## KEY LIME SQUARES

1 c. flour  
¼ c. powdered sugar  
½ c. butter, melted  
2 Tbsp. flour  
½ tsp. baking powder  
2 eggs, beaten  
1 c. sugar  
1 Tbsp. grated key lime rind (lemon rind may be substituted)  
2 Tbsp. key lime juice  
powdered sugar

Preheat oven to 350 degrees. Combine flour, powdered sugar and butter. Pat mixture into a 9 inch square pan. Bake for 18 minutes until golden brown. Combine flour and baking powder and set aside. Combine egg, sugar, rind and key juice. Beat well. Stir baking powder and flour into egg mixture and pour into egg and pour over crust. Bake 25 minutes. Sprinkle with powdered sugar. Cut into squares.

**Christina Verlinde  
EECT**



### *Shopping List*

*flour  
powdered sugar  
butter  
baking powder  
eggs  
sugar  
key lime*



## BLACK JACK PIE

10 inch pie crust  
1 c. chocolate chips (poured directly into crust)  
2 eggs  
2 Tbsp. butter  
1 c. sugar  
½ c. flour  
1 c. chopped walnuts  
½ tsp. vanilla

Preheat oven to 325 degrees. Mix all ingredients, pour into crust.  
Bake for 30 minutes.

*Peggy Smith*



### *Shopping List*

*pie crust  
chocolate chips  
eggs  
butter  
sugar  
flour  
walnuts  
vanilla*



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