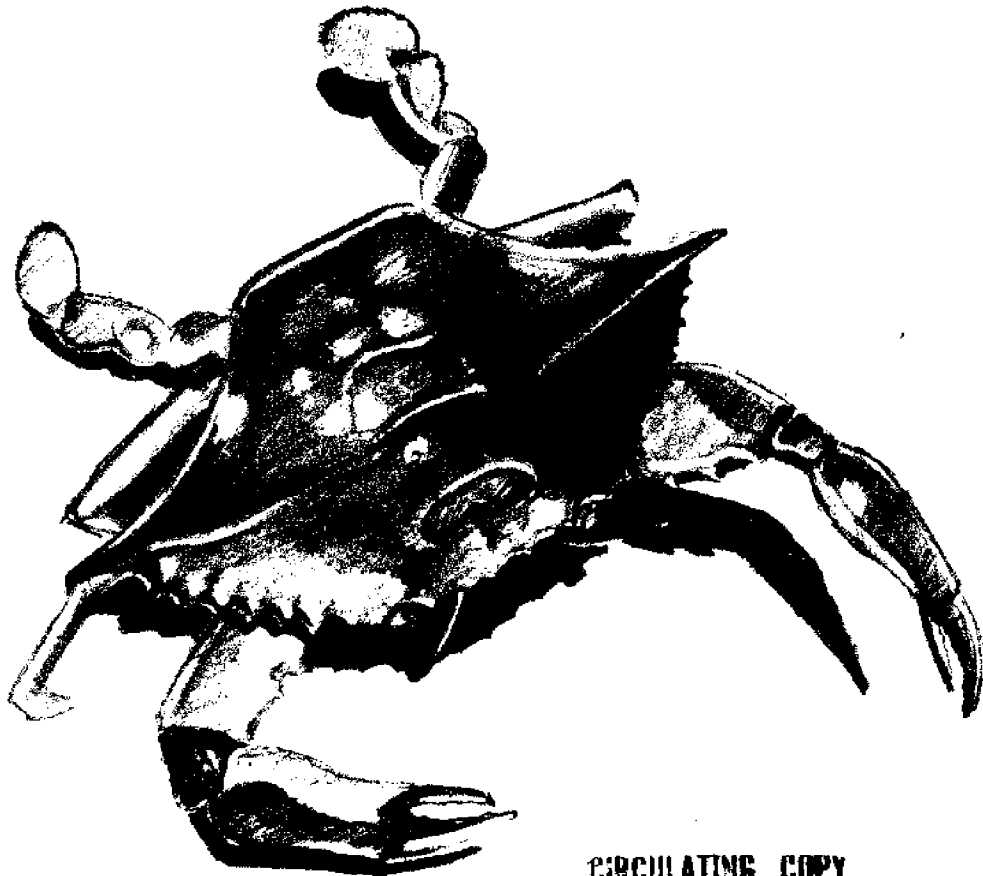




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# Seafood DELAWARE

S T Y L E



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# Seafood DELAWARE

S T Y L E

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**DELAWARE**  
SMALL WONDER

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## Introduction

*Seafood Delaware-Style is a collection of recipes favored by Delaware seafood lovers. It contains many of the recipes the Seafood Technology Specialist has prepared while educating audiences of all ages about Delaware's bounty.*

*You will find recipes for seafood appetizers, entrées, salads, and soups. Each recipe has been carefully designed to provide you with the information you need to not only easily and properly prepare the seafood, but to serve it with style. A short description of the prepared dish accompanies each recipe, as well as a serving suggestion. Ingredients are listed in order of use in the directions. Preparation times and yields are also included. An added feature is nutritional information. To aid the nutrition-conscious individual in menu planning, we've analyzed each recipe for calories, protein, fat, sodium, and cholesterol per serving.*

*Before you start trying these delicious recipes, however, make yourself an informed consumer by reading the pages that precede them. These pages contain consumer tips on purchasing, handling, storing, and preparing high-quality seafood. There is also a section on the role of seafood in the diet. After all, when it comes to successfully capturing the best flavor, texture, and aroma of Delaware seafood, your skills in seafood selection and knowledge of good handling practices are as important as your cooking expertise.*

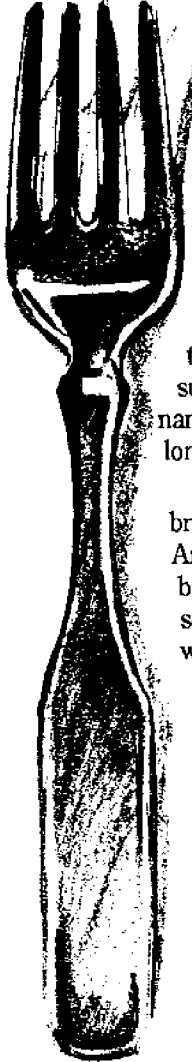
*Enjoy Seafood Delaware-Style and, most of all, the seafood dishes you prepare for your family and friends.*

## Delaware's Catch and Markets

A rich source of seafood can be found in Delaware waters and in Delaware seafood markets. The finfish and shellfish descriptions listed below are for several species harvested commercially in Delaware or caught by recreational fishermen. Following them are a number of finfish and shellfish that are harder to catch in Delaware waters, but are easy to find in your local seafood store.

### Finfish

Finfish are fish with fins and a backbone. Some finfish are freshwater fish that live in lakes and rivers; those listed below, however, are all saltwater species that live in Delaware Bay or the Atlantic Ocean.



**Sea Trout or Weakfish (*Cynoscion regalis*).** Called the weakfish because it has weak mouth tissues that are easily torn by hooks, the sea trout is dark olive-green above, burnished with purple, blue, gold, green, and copper tints, and many small dark spots. It is further distinguished by two large teeth projecting from its upper jaw. The weakfish belongs to the drum family—males can produce drumming sounds using the muscles of their air bladder. This species feeds on small fish (anchovies and silversides) and crustaceans (mysid shrimp) and uses the Delaware Bay during summer as a breeding and feeding ground, hence the nickname "Queen of the Delaware Bay." This fish may grow to 3 feet long and over 17 pounds.

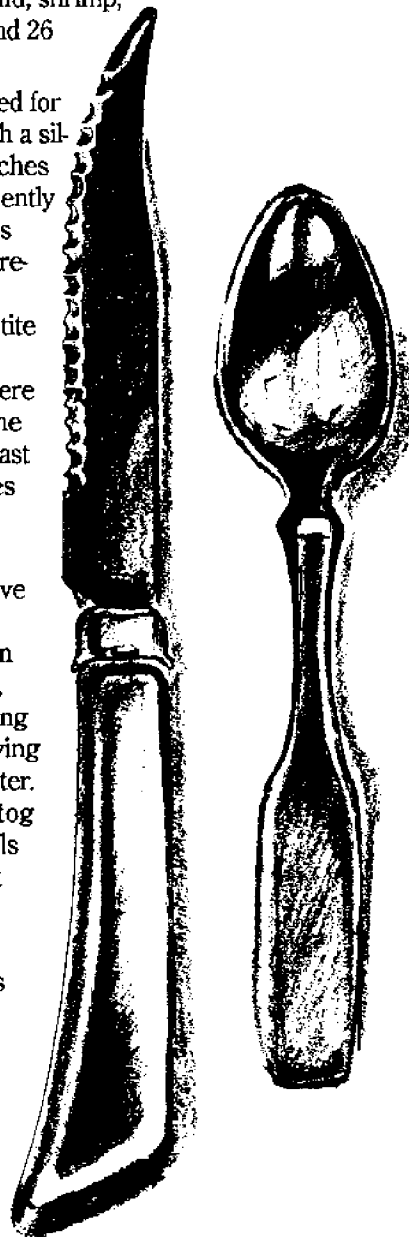
**Winter Flounder (*Pseudopleuronectes americanus*).** This brown fish is the most common shallow-water flatfish in North America. It is a right-sided flounder, which means that it has both eyes on the right side. The tail area on the eyeless side of some individuals, especially larger ones, is yellow, which is why the fish is often called "lemon sole." The winter flounder spends its adult life in the ocean during the summer, but moves into estuaries in the winter, where it spawns in late winter/early spring. Its small mouth restricts its food to worms, some small fish, and crustaceans. This fish, along with the summer flounder, supports a large sport fishery and one of the most important commercial flounder fisheries in the United States. It may grow to 25 inches long and 8 pounds.

**Summer Flounder (*Paralichthys dentatus*)**. Like all members of the flounder family, the summer flounder has both eyes on the same side of its head; in this case, the left side. The eyed side of the fish is brownish with conspicuous black spots; the eyeless side, which rests on the bottom, is almost white. However, the fish can use color adaptation to match the bay or ocean bottom. It also may partially bury itself to camouflage. Also called fluke, the summer flounder is one of the larger flounders. It feeds on fish, squid, shrimp, and crabs, and may grow to 37 inches and 26 pounds.

**Bluefish (*Pomatomus saltatrix*)**. Named for their color, bluefish are bluish green with a silvery underside. Young fish about 6–8 inches long are called "snappers" and are frequently pan-fried. The bluefish travels in schools throughout the water column, feeding predominately on menhaden, herring, and mackerel. The fish has a voracious appetite and is a frenzied eater, often pursuing schools of small fish onto the beach, where bathers have been bitten by accident. The bluefish is most prevalent just off the coast during summer. It may grow to 45 inches and 27 pounds; in our area, most weigh from 2–15 pounds.

**Tautog (*Tautoga onitis*)**. This dark olive to dark grey recreational fish is distinguished by its thick, fleshy lips. Found in coastal areas around rock outcroppings, breakwaters, wrecks, and other sheltering habitat, it is an extremely local fish, moving only to slightly deeper water for the winter. The male is highly territorial. The tautog feeds on mollusks, particularly mussels and crustaceans. It may grow to 3 feet long and 22 pounds.

**Black Sea Bass (*Centropristis striatus*)**. This popular bottom fish features a moderately stout body, high back, flat-topped head, and moderately pointed snout. Like many fish that



inhabit rocky bottoms, the color of the sea bass varies, ranging from smoky grey to dusty brown to blue-black, sometimes with a mottled or barred appearance with longitudinal spots of a lighter shade. All black sea bass begin life as females and then change into males at the age of two to five years. Handle the black sea bass with care because of its stiff dorsal spines. This species averages 1 1/2-3 pounds and rarely exceeds 5 pounds.

### Shellfish

Shellfish are marine animals without fins and backbones. Shellfish are further classified as mollusks or crustaceans. Mollusks are invertebrates, including clams, oysters, scallops, and mussels. They are characterized by a soft, usually unsegmented body, and are enclosed wholly or partially by a shell of one or more pieces. Crustaceans include shrimp, crabs, and lobsters. These animals have hard outer shells and jointed appendages.

**American Oyster (*Crassostrea virginica*)**. Historically an important commercial species in Delaware Bay, this hard-textured oyster began declining in the late 1950s primarily because of MSX disease. Today, aquaculture specialists are working to supplement natural populations of oysters with laboratory raised disease-resistant strains. When young, the oyster attaches itself to a hard surface by means of a limy secretion and remains sedentary for the rest of its life. The opening and closing of the oyster's shells is regulated by one adductor muscle, which is capable of closing the shells completely. Each female may produce up to 100 million eggs per year. The American oyster may grow to 10 inches long; its shape varies.

**Blue Crab (*Callinectes sapidus*)**. "Savory beautiful swimmer" is the translation of the scientific name of this species, which is bluish green above with bright blue claws. The sex of the species is easily distinguished since the tips of the claws of females are bright red. The blue crab is common in estuaries and offshore to depths of 120 feet. In Delaware, it supports a very important commercial fishery and a popular recreational fishery. When caught, blue crabs are quite aggressive, snapping viciously at their captors.

**Hard Clam (*Mercenaria mercenaria*)**. Also called the quahog, this clam is usually about 4 inches wide, with a thick shell that is grayish white on the outside and white on the inside with a purple patch near the rear. Its shells originally had a sacred significance

to the Indians; later they were used for wampum (money). The hard clam lives in sandy-bottomed bays and along beaches. Recreational fishermen gather the clams with rakes and hoes, or simply by probing the bottom with their feet and toes. At low tide, experienced gatherers can spot siphon holes on the bottom where quahogs are actively feeding.

**Blue Mussel (*Mytilus edulis*)**. The mussel has a smooth, bluish black shell, which is elongated and somewhat pear-shaped. The inside of the shell is pearly violet or white, and quite beautiful. Projecting out from between the shells on one side is a bundle of tough, brown fibers called the byssal threads or byssus, more commonly known as the beard. Mussels use these fibers to anchor to rocks, pilings, and other mussels. This species may grow to 4 inches long and can often be found living with barnacles and seaweed on rocks and pilings in brackish waters.

### **Market Seafood**

The following seafood species occasionally may be caught in Delaware waters by recreational and commercial fishermen. Delaware retailers are typically supplied from out-of-state wholesale markets.

**Monkfish (*Lophius americanus*)**. Also known as goosefish, anglerfish, lotte, and allmouth, monkfish differ from most finfish in that they have an enormous head which narrows into a fleshy tail, and their scaleless skin is smooth and slippery. Monkfish belong to the anglerfish family. Members of this family "fish" for their food by using an irregular-shaped flap of skin at the top of their head to lure small fish within seizing distance. Monkfish is landed as an incidental catch of the bottom trawl fishery. Fishermen cut off the huge head and belly section at sea and bring in only the meaty tails, which are skinned and cut into two cylindrical-shaped fillets. Monkfish can reach 4 feet long and 50 pounds, but the average commercial catch measures about 2 feet and weighs between 7 and 15 pounds.

**Shark**. Mako, black tip, tiger, blue, thresher, spiny dogfish, smooth dogfish, sand, and sandbar are the types of sharks sometimes caught in Delaware waters and are typically available in seafood markets at various times during the year. Sharks are more closely related to skates and rays than other finfish. This is because they do not have true bones in their body, but instead a



notochord ("backbone") of cartilage. Another difference from typical finfish is that sharks lack an air-filled swim bladder and, hence, must keep swimming to keep from sinking. Additionally, they have five or more gill openings, an uneven tail, and tooth-like scales. Sharks must be bled and iced immediately upon capture. The blood of sharks contains urea, a compound the shark uses to maintain its body fluids. After death, bacteria break the urea down to ammonia, which can impart an off-taste to the meat. Do not use shark meat which smells strongly of ammonia. Although it is not necessary, some people like to soak the shark meat in a weak acidic solution to neutralize any ammonia that might be present. To do this, use one-half teaspoon lemon juice or one tablespoon vinegar for each pound of shark and cover the fish with cold water and soak in the refrigerator for four hours before cooking. Any shark that has been bled and iced immediately after capture will not need to be soaked.

**Shrimp.** The terms "prawn" and "scampi" are often used interchangeably with shrimp: "prawn" commonly refers to freshwater shrimp or large saltwater shrimp; "scampi" is often used by restaurateurs to describe shrimp cooked in butter and garlic. All shrimp are divided into three basic categories: cold-water or northern; warm-water, tropical, or southern; and freshwater. You may find all three categories in your local market.

Cold-water shrimp inhabit the northern Atlantic (*Pandalus borealis*) and northern Pacific (*Pandalus jordoni*). They are very small and do not have to be deveined before eating.

Warm-water shrimp from the Gulf states of Florida, Alabama, Mississippi, Louisiana, and Texas represent the overwhelming majority of domestic shrimp landings in the U.S. The three major species are brown, white, and pink shrimp.

Uncooked brown shrimp (*Penaeus aztecus*) have reddish brown shells, and their meat has a stronger flavor than white or pink shrimp because of a higher iodine content. As a result, brown shrimp are generally less expensive than the other two varieties. The premium-priced shrimp are white shrimp (*Penaeus setiferus*). Although classified as white, the shells of some are actually greenish gray. Pink shrimp (*Penaeus duorarum*) come in a variety of colors, including brownish pink and lemon yellow.

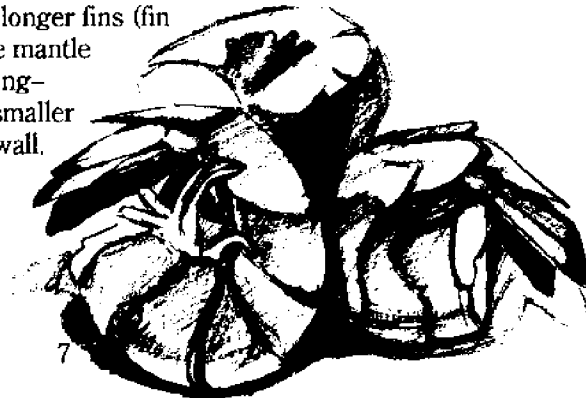
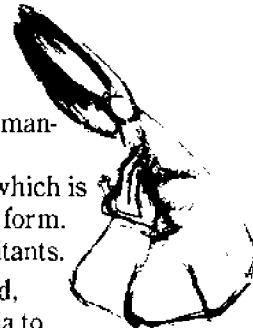
There are two smaller categories of warm-water shrimp. Red shrimp and rock shrimp occur from Virginia to the Gulf of Mexico. The latter (*Sicyonia brevirostris*) is a fairly recent introduction into the American market. Rock shrimp gets its name from its hard shell. The meat of rock shrimp is very firm, more lobster-like, and lower priced than other shrimp.

The freshwater shrimp known as the Malaysian prawn (*Macrobrachium rosenbergii*) is farm-raised in Hawaii, California, and other states. These shrimp are large and can reach a weight of 4-6 ounces.

**Squid.** Also known by its Italian name "calamari," the squid belongs to the same family as the octopus. Squid are schooling, pelagic, predatory animals and prey on small finfish and crustaceans. Squid have ten arms and usually a long, cigar-shaped body with fins at the end. There is no backbone, but rather a pen located beneath the mantle, or body. Squid are ordinarily a milky, translucent color, but when aroused turn rapidly to red, pink, brown, blue, and yellow, even several hours after they are caught. An ink-like fluid in a sack in the mantle is ejected at will. The siphon or funnel that ejects ink is also instrumental in the squid's rapid movements.

There are many species of squid in all seas, ranging in length from 1 inch to more than 6 feet and 100 pounds. In the United States, most of the squid harvest consists of three species ranging in mantle lengths from 4-12 inches. The smallest is the California or Monterey squid (*Loligo opalescens*), which is marketed in the Mid-Atlantic in the frozen, whole form. The other two commercial species are local inhabitants.

*Loligo pealei* is known as the long-finned, boned, Boston, or winter squid. It ranges from Nova Scotia to Venezuela and occurs commonly from Massachusetts to North Carolina. It is distinguished from other local species by having a broader pen and longer fins (fin length equals one-half the mantle length). In addition, the long-finned squid is generally smaller and has a thinner mantle wall.



It is available to the inshore fishery from spring through fall and is caught offshore in the winter.

*Illex illecebrosus* is the short-finned or summer squid. This species is a more northern resident and commonly occurs from the Maritime Provinces to New Jersey. It has a slender pen, and its fins are one-third the length of the mantle. The short-finned squid attains a larger size, has a thicker mantle wall, and usually sells for less than the long-finned squid. This squid was once harvested almost exclusively for use as bait, but is now marketed as a food item which has found consumer acceptance equal to the long-finned squid. The short-finned squid is harvested in summer and fall.

### *Fresh Seafood*

"How do I know if the seafood I'm buying is fresh?" "How much seafood should I buy?" "And what should I do with the seafood until I'm ready to prepare it?"—these are the three questions most commonly asked by prospective seafood buyers. The following answers will help you buy and store fresh seafood that, when properly prepared, will be delicious.

#### **Purchasing**

When buying fresh seafood, use your eyes, hands, and nose. The word "fresh" refers to seafood that has not been frozen. However, that's not to imply that "frozen" is bad. As a matter of fact, frozen seafood can be superior in quality to fresh seafood products, so base your purchase on product quality.

How can you determine the quality of fresh seafood in the store? First, look at the display. All fresh seafood should be held at 32°F, which is maintained by refrigeration and/or ice. Fresh seafood should feel cold to the touch, not cool.

Whatever the variety, whole fish have certain characteristics that indicate freshness:

- Bright, clear, full eyes that are often protruding. As the fish loses freshness, the eyes become cloudy, pink, and sunken.
- Bright red or pink gills. Avoid fish with dull-colored gills that are gray, brown, or green. Fresh fish should be free from slime.
- Firm and elastic flesh that springs back when pressed gently with the finger. With time, the flesh becomes soft and slips away from the bone.

- Shiny skin, with scales that adhere tightly. Characteristic colors and markings start to fade as soon as a fish leaves the water.

Fish fillets and steaks should have firm and elastic flesh and a fresh-cut, moist appearance, with no browning around the edges. Filleted flesh separates if it is left too long in the case. The flesh should be almost translucent, as if you can see through it. There should be little evidence of bruising or reddening of the flesh from retention of blood. Prepackaged steaks and fillets should contain a minimum of liquid. Seafood stored in liquid deteriorates quickly.

Shellfish may be sold live, cooked, or fresh-shucked. The form depends on availability and the shellfish itself. Each form and species will have different quality signs to examine. Odor, however, is one universal quality indicator: it should be sweet and mild, not overly fishy. This odor has been likened to that of a fresh sea breeze or seaweed.

The shells of live clams, oysters, or mussels should be tightly closed. If the shells gape slightly, tap them with a knife. They should close; discard any that do not. The shells of live shellfish should not be cracked and should look moist. Oysters should have one shell that is well cupped. When selecting soft-shelled clams, the "neck" will show movement when touched. The meats of fresh-shucked clams, oysters, or mussels should be plump and covered with their liquor. Their liquor should be clear or slightly opalescent (slightly milky or light gray) and free of shell or grit.

Scallops are not sold live because they are highly perishable. Scallops are shucked at sea shortly after capture. Fresh scallop meats have a firm texture and distinct sweet odor. A sour or iodine smell indicates spoilage. The smaller bay and calico scallops are usually creamy white, although there may be some normal light tan or pink coloration. The larger sea scallops are also generally creamy white, although they may show some normal light orange or pink color.

Live crabs and lobsters should show leg movement, and the tail of lobsters should curl tightly underneath the body and not hang down when the lobster is picked up. Lobsters and crabs will not be very active if they have been refrigerated, but they should show some movement. The shell of a soft-shelled crab will be soft, while the shell of crabs and lobsters should be hard. Cooked lobsters or crabs in the shell should be bright red in color and have no disagreeable odor. Picked lobster meat will be snowy white with red

tints, while crab meat is white with red or brown tints, depending on the species or the section of the body it was picked from. Cooked, picked lobster or crab meat should have good color and no disagreeable odor.

Raw shrimp meat should be firm and have a mild odor. The shells of most varieties are translucent with a grayish green, pinkish tan, or light pink tint. The shells should not have blackened edges or black spots. This is a sign of quality loss. Cooked shrimp meat should be firm and have no disagreeable odor. Its color should be white with red or pink tints.

When buying whole squid, look for eyes that are clear and full. The skin should be untornd and the meat very firm. The skin of fresh squid is cream colored with reddish brown spots; as squid ages, the skin turns pinkish.

### Amount to Buy

An average serving of fish or shellfish is about 3–4 ounces. How much you should buy depends on the form it comes in. Use the following list as a guide and make adjustments based on appetites and other foods you plan to serve.

<b>Seafood Item</b>	<b>Amount per Person</b>
<b>Fish</b>	
Whole Fish	3/4 to 1 pound
Dressed or Cleaned Fish	1/2 pound
Fillets and Steaks	1/4 to 1/3 pound
<b>Shellfish</b>	
Crab, Cooked Meat Only	1/4 pound
Crabs, Live	1 to 1 1/2 pounds
Lobster, Cooked Meat Only	1/3 pound
Lobster, Live	1 to 1 1/2 pounds
Mussels, in the Shell	1 dozen
Soft-Shell Clams	1 dozen
Oysters, in the Shell	1/2 dozen
Clams, in the Shell	1/2 dozen
Oysters, Clams, or Mussels, Shucked	1/4–1/3 pint
Scallops	1/4–1/3 pound
Whole Shrimp	1 pound
Headless, Unpeeled Shrimp	1/2 pound
Headless, Peeled Shrimp	1/3 pound
Whole Squid	1/2 pound
Cleaned Squid	1/4 pound

## Handling and Storage

Fresh finfish and shellfish should be handled with care—both are highly perishable. Storage life depends on how well you take care of the seafood, whether it is a whole fish or a live oyster. Fish bruises easily, so handle it carefully. Lift a whole fish with two hands; avoid holding it by the tail. Pack all seafood products separately or at the top of your grocery bags.

When your seafood purchase arrives home, store it in the coldest part of your refrigerator at a temperature as close to 32°F as possible. The shelf life depends on the variety of fish and its quality at time of purchase. Be sure to use fish quickly—within one to two days after you buy it. Fish that is not prepackaged should be washed under cold, running water and patted dry with an absorbent paper towel. The fish should then be wrapped in moisture-proof paper or plastic wrap, placed in a heavy plastic bag, or stored in an airtight, rigid container until it's ready for cooking. Some varieties of shellfish, however, require different handling and storage guidelines.

- Store shrimp, squid, and shucked shellfish in a leak-proof bag, plastic container, or covered jar.
- Store live shellfish in a shallow dish covered with damp towels or paper towels. Never put live shellfish in water or in an airtight container where they could suffocate and die. Squid and freshly shucked clams have a shelf life of one to two days.
- Shrimp and scallops have a shelf life of about two to three days.
- Freshly shucked oysters have a shelf life of five to seven days.
- Mussels and clams in the shell (live) should be used within two to three days; oysters in the shell, from seven to ten days. Some shells may open during storage. If so, tap them. They will close if alive; if not, discard them immediately.
- Live lobsters and crabs should be cooked the same day they are purchased. Cooked whole lobsters or crabs should be stored in airtight containers and used within two to three days. Cooked, picked lobster or crab meat should be stored in a sealed moisture-proof plastic bag or airtight plastic container. They should be used within three to four days. Pasteurized crab meat can be refrigerated for up to six months before opening and should be used within three to five days after opening.

Refrigerate leftover cooked shellfish dishes as you would any other leftovers. Use them within two or three days. Do not allow cooked seafood to come in direct contact with raw seafood or other raw meats. By preventing such contact, you will avoid cross-contamination—the bacteria on raw seafood can readily grow on and contaminate cooked seafood. Thus, always wash your hands, utensils, and cutting boards after handling raw seafood, and before handling cooked seafood.

### *Frozen Seafood*

The technology for handling seafood has improved tremendously in recent years. Today, consumers can find a wide choice of top-quality and wholesome seafood in the freezer case. Commercially frozen fish has been quickly frozen at its peak. Yet there are some important points to keep in mind when purchasing and handling frozen seafood. When properly thawed, it's comparable to fish that was never frozen.

#### **Purchasing**

Frozen fish and shellfish should be packaged in a close-fitting, moisture-proof package. Select packages from below the load line of the freezer case. Look for packages that still have their original shape and the wrapping intact with no ice visible. Do not allow the package to defrost during transportation.

Frozen prepared shellfish, such as crab cakes or breaded shrimp, clams, or oysters, should be frozen solid with no signs of freezer burn such as discoloration or drying on the surface, and they should have no objectionable odor.

#### **Storage**

After shopping, immediately store commercially wrapped frozen seafood in the coldest part of your freezer, at 0°F or preferably colder, as close to -20°F as possible. As with other frozen foods, avoid prolonged storage by planning your purchases, keeping in mind first in, first out. Commercially frozen seafood can be stored in the freezer for up to six months.

Many fish and shellfish are "flash frozen" within hours of harvest, while it might take several days for the same seafood to make it to your supermarket as "fresh." Keep this in mind when deciding

to freeze fish at home. Freezing fish at home should be reserved for those times when you end up with more product than you can immediately eat, such as after a fishing trip or if someone cancels out for dinner. Also, freezing fish or shellfish in the home freezer will not improve quality; it only maintains it, at best.

To freeze seafood at home, start with a high-quality and carefully handled product. Fish should be cleaned first under cold water and then patted dry. Wrap it with plastic wrap, excluding as much air as possible. Then overwrap your fish with freezer paper or aluminum foil. There are also specially designed plastic bags for use in the freezer. These may also be used for fish. Carefully seal all packages and label with contents, amount, and date. Place the packages in the coldest part of the freezer and where the cold air can circulate around them, freezing them quickly.

Shellfish such as shucked clams, oysters, or mussels can be frozen in rigid airtight plastic containers. Be sure the meats are covered with their liquor and that there is at least 1/2 inch of space between the liquid and the container lid to allow for expansion. Scallops may be frozen in plastic freezer bags. Be sure to exclude air and seal tightly or pack scallops tightly in covered freezer containers. Shucked shellfish can be stored for three to four months. Most shrimp available in the market has been previously frozen. Be sure shrimp has not been frozen if you plan to freeze it. Refreezing shrimp under non-commercial conditions can significantly affect the flavor and textures, and, in some cases, may make the shrimp, when thawed, unsafe to eat.

### **Thawing**

It's not always necessary to thaw seafood before cooking. This step depends on how the seafood will be prepared. If thawing is not necessary, simply double the cooking time. But if your recipe calls for coating, rolling, or stuffing, or if the fish is in a block, you will need to defrost it to facilitate handling. If you plan ahead, defrost the fish overnight in the refrigerator. This is the best way to thaw fish to minimize loss of moisture. A one-pound package will defrost within twenty-four hours. Never defrost seafood at room temperature or with hot or warm water. You will destroy the flesh. If you forget to take your seafood out of the freezer ahead of time, place it in a sink of cold water or under cold, running water. A one-pound package will defrost in approximately one hour. You may



also use your microwave oven to partially thaw your fish. Use the lowest defrost setting, which is usually 30% power, and follow the manufacturer's instructions for time based on amount of fish. (One pound of fillets defrosts in about five to six minutes.) Properly thawed seafood should feel cool, pliable, and slightly icy. Be careful not to overheat it and begin the cooking process.

### *Seafood Preparation*

Timing is the secret to delicious fish cookery. Fish is properly cooked when the flesh has just begun to turn from translucent to opaque or white. The meat is firm, but still moist and should be just ready to flake. Fish becomes dry and tasteless if overcooked.

#### **The Ten-Minute Rule**

To avoid overcooking fish when baking, broiling, steaming, poaching, or barbecuing, use the "ten-minute rule." This rule simply means that you should allow ten minutes of cooking time for every inch thickness of the fish.

1. Measure the fillet or steak at its thickest point. If the fish is stuffed or rolled, measure it after stuffing or rolling.
2. Cook according to the "ten-minute rule," allowing ten minutes of cooking time for every inch of fish. Turn the fish halfway through the cooking time. For example, a 1-inch fish steak should be cooked five minutes on each side for a total of ten minutes. Pieces of fish less than 1/2 inch thick do not have to be turned over.
3. Add five minutes to the total cooking time if you are cooking the fish in foil, or if the fish is cooked in a sauce.
4. Double the cooking time for frozen fish that has not been defrosted.

#### **Conventional Cooking Techniques**

*Baking.* Preheat oven to 450°F. Lightly grease a baking dish, baste the fish, or use a sauce. Bake uncovered according to the ten-minute rule.

*Broiling.* Preheat the broiler. Place fish that is 1-inch thick or less 4 inches from the heat source; place thicker pieces 5-6 inches away. Baste frequently or use a sauce to avoid drying out the surface. Turn thick pieces over once during cooking, following the ten-minute rule.

*Steaming.* Use a steam cooker or deep pot with a tight-fitting lid. Use a container deep enough to hold a rack to keep the fish above the liquid. Add about 2 inches of water or seasoned liquid to the pan. Bring to a boil and place the fish on the rack inside the pot. Cover tightly and steam according to the ten-minute rule.

*Poaching.* Boil enough water or seasoned liquid to cover the fish. Add fish and return to a boil. Reduce heat to a simmer, cover, and begin timing fish according to the ten-minute rule.

*Barbecuing or Charcoal Grilling.* When the coals are ready, lightly brush the grill and fish with oil. Use a hinged fish grill or place the fish directly on the barbecue grill. Cook on one side for half the total cooking time (ten-minute rule), basting frequently with a marinade or oil. Turn over and continue grilling and basting.

*Pan-Frying or Sautéing.* Dip the fish in flour, batter, or breading just before frying, if desired. Heat a small amount of oil or margarine or butter or a mixture in a skillet until very hot, but not smoking. (Set electric skillet at 350°F) Fry for half the total cooking time as determined by the ten-minute rule, turn, and complete cooking. Fillets less than 1/2 inch thick do not need to be turned.

*Stir-Frying.* This is a popular form of Chinese cooking that works wonderfully for seafood. Not all seafood will hold up to stir-frying. Firm-fleshed seafood such as shrimp, scallops, swordfish, tuna, monkfish, shark, or squid are good choices. Seafood like oysters or flounder would fall apart or overcook. Be sure to follow the directions in your stir-fry recipe, keeping in mind that seafood is done when it turns from translucent to opaque.

### **Tips for Shellfish Preparation**

Cooking shellfish in some cases calls for some adjustments to the techniques outlined above. It is especially important to be careful not to overcook shellfish. Often, shellfish are in small pieces and can easily be overcooked, becoming tough, dry, and flavorless.

Some shellfish, such as canned clams or cooked, picked crabmeat and surimi products (imitation shellfish, a blended seafood product made of crab or shrimp-flavored fish), are already cooked when purchased. In this case, heat the precooked shellfish or surimi product to the desired temperature without cooking further.

Cook raw shellfish, shucked or in the shell, lightly, watching it cook, if possible. Raw shrimp turn firm and white with pink tints. Depending on the size, it takes from three to five minutes to boil or steam one pound of medium-sized shrimp in the shell.

Shucked shellfish, such as clams, mussels, and oysters become plump and opaque. The edges of the oyster meats start to curl. Overcooking will cause them to shrink. Clams, mussels, and oysters in the shell will open as they cook. Remove them as they open and continue cooking until all are done. Scallops turn milky white or opaque and firm. Depending on the size, scallops take three to four minutes to cook. Boiled lobsters or steamed crabs turn bright red. Allow five to six minutes per pound of lobster, starting to time it when the water returns to a boil. Steam crabs twenty-five minutes when two to three dozen, depending on size, have been placed in a large crab pot.

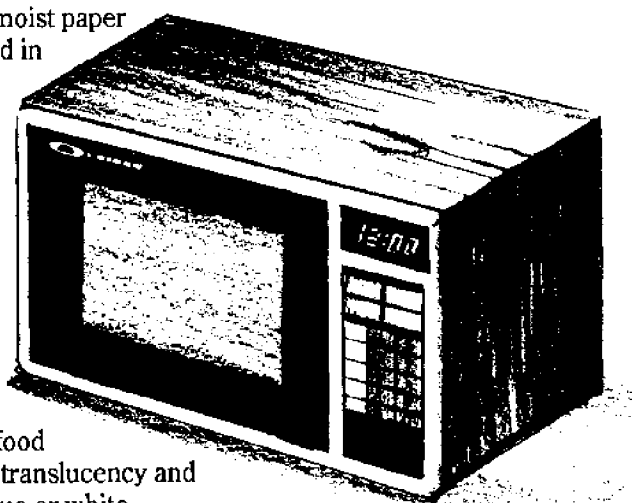
### **Microwaving**

Microwaving is one of the best ways to prepare seafood. The microwave oven cooks the tender flesh quickly, retaining natural juices; in fact, seafood can be more tender and flavorful when microwaved than when cooked by other methods. Fish and shellfish are less dense than red meats, so microwaves will penetrate them more quickly, making your cooking time shorter. Always follow your manufacturer's directions for oven settings when cooking or defrosting seafood and check for doneness at the minimum recommended time.

Here are some additional tips and techniques for microwaving fish and shellfish:

- Use a shallow microwaveable dish to allow the seafood maximum exposure to the microwaves. Arrange the fish or shellfish in a single layer, overlapping filets only to even out thickness, and cover the dish with plastic wrap. Be sure to vent by turning back one corner to allow steam to escape.
- Shield the head and tail of a whole fish with minimal amounts of aluminum foil to prevent these areas from excessive drying. Score skin on the side of the fish to prevent it from bursting. If you plan to stuff the fish, make sure the temperature of the fish and the stuffing are the same.

- Arrange fillets or large shrimp with the thicker portion pointing toward the outside of the dish. Rolling fillets, especially thinner ones, allows them to microwave more easily than flat fillets.
- Allow three minutes per pound of boneless fish cooked on high as a guide. Allow two to three minutes per pound of thawed shellfish on high, or 100% power. Rotate the dish and stir shellfish halfway through the cooking time. Allow to stand one-third the cooking time.
- To cook clams, mussels, or oysters in the shell, place them in a single layer in a shallow dish, placing the hinged edge so it faces the outside of the dish. Cover with plastic wrap, turning back one corner to allow steam to escape and cook on high for two to three minutes. Check and remove pieces as they open and continue microwaving until all have opened.
- When shellfish is prepared with a sauce, cook the sauce first, and then add the uncooked shellfish to it and complete cooking. Otherwise, you may overcook the shellfish. If you make a sauce to cover the fish, there is no need to cover the dish. Additional steam may make the sauce watery.
- Large shellfish, such as lobster or several crabs, require a vented cover and the addition of water to generate steam for cooking, while small shellfish steam without additional liquid in a dish covered with plastic wrap, a corner turned back for venting. Also, a moist paper towel can be used in place of plastic wrap to cover fish or shellfish in the microwave oven. Handle fish as little as possible to avoid breakage.
- Be careful not to overcook. When done, seafood will have lost its translucency and just turned opaque or white.



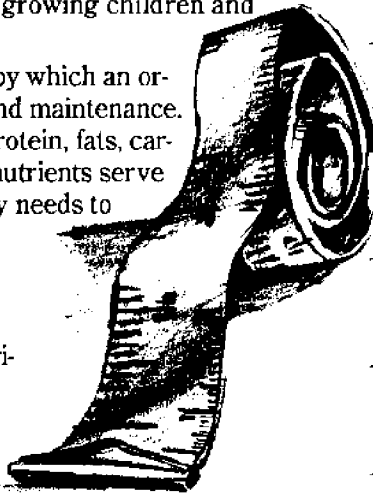
## *Role of Seafood in the Diet*

Nutritionists have known for years that seafood is a source of top-quality protein. Through the educational and promotional efforts of the seafood industry, government, and academe, the general public has a sharper sense of the importance of seafood in a healthy diet. Seafood can make a significant contribution to the nutrient needs of all consumers, especially growing children and older persons.

Nutrition is the net effect of the process by which an organism ingests and uses foods for growth and maintenance. Foods are composed of specific nutrients: protein, fats, carbohydrates, vitamins, and minerals. These nutrients serve as the raw material and energy that the body needs to carry out all of its functions.

### **Protein**

Proteins are large molecules composed primarily of amino acids. Our body's digestive enzymes break down the protein we consume to release amino acids, which are, in turn, used to make new proteins that the body uses for growth and maintenance. There are nine amino acids which the body cannot manufacture; we must get them from food. They are called essential amino acids. Seafood contains all nine essential amino acids; therefore, it is an excellent choice for meeting our daily protein needs. An added advantage of seafood is that its protein is highly digestible. The protein in seafood is more readily broken down and absorbed than the protein in red meats and poultry. This advantage makes seafood an excellent food choice for people of all ages. Fish contain 17-25% protein with an average content of 19 grams per 3 1/2 ounces.



### **Fat and Calories**

What is a calorie? Many people count calories or "weight-watch," but do they really understand what they are counting? The food calorie or kilogram calorie is a measure of energy, defined as the amount of heat required to raise the temperature of one kilogram (approximately 2.2 pounds) of water one degree Celsius. The calories in food supply the energy the body

needs to carry out all its many functions. The nutrients in food that supply energy are fat (9 calories per gram) and carbohydrates and proteins (4 calories per gram each). Most varieties of finfish and shellfish are low in fat (less than 5%); in many cases, less than 1% fat. Therefore, most varieties of seafood provide 100–200 calories per 3 1/2 ounces.

The Dietary Guidelines published by the U.S. Department of Agriculture and the Department of Health and Human Services advise us to eat less total fat. More specifically, "Reduce overall fat consumption from approximately 40 to 30% of energy intake." This means that of all the calories we derive from the food we eat, only 30% of them should come from fat. The Dietary Guidelines go on to suggest the type of fat. "Reduce saturated fat consumption to account for about 10% of total energy intake, and balance that with polyunsaturated and monounsaturated fats, which should account for about 10% of energy intake each."

Seafood can go a long way to helping consumers achieve these U.S. dietary goals. The total amount of fat in seafood is very low in most varieties and the fat is rich in polyunsaturated fatty acids. Typically, the way seafood is prepared, such as deep-fat frying or serving it with a cream sauce, adds fat and calories. Cooking techniques such as broiling, barbecuing, poaching, microwaving, or steaming on a rack will help reduce the amount of fat in fish. On a unit calorie basis, seafood can provide a broad range of nutrients.

### **Vitamins and Minerals**

There are two types of vitamins: fat soluble (A, D, E, and K) and water soluble (C and the B complex). Vitamins A and D are found in fish liver oils and in small amounts in the fatty tissues of fish. Seafood is generally low in fat, and we usually don't consume fish liver oils; therefore, seafood is not considered a significant source of fat-soluble vitamins. There is little Vitamin C found in seafood, but it is considered an excellent source of the B complex vitamins, particularly niacin, B<sub>12</sub>, and B<sub>6</sub>. Thiamine is also found in seafoods in fair amounts.

Seafood is an excellent source of minerals. Fish is one of the most important sources of calcium. The soft bones of small fish such as sardines and smelts and canned varieties such as salmon are especially valuable sources of calcium. Other minerals in seafood include zinc (oysters and crustaceans), iron (oysters,

bluefish, and shrimp), copper (oysters, crabs, and lobster), potassium (mussels, scallops, and clams), and iodine, phosphorus, and selenium (all seafood in general).

Fresh seafood is low in sodium. For those who have to restrict the intake of sodium, fresh seafood is an excellent choice, although you should limit your intake of processed seafoods such as smoked, cured, and most canned seafoods. Salt is added in the processing of these seafood products as it is in imitation seafood products.

### **Cholesterol**

Cholesterol levels are not significant in most seafood products. Finfish are generally quite low in cholesterol, with shellfish having low to moderate amounts. In the past, shellfish were excluded from low cholesterol diets because they were believed to be high in cholesterol. New, sophisticated measuring techniques indicate that cholesterol levels of many molluscan shellfish are much lower than was previously thought. In fact, mollusks, such as clams, oysters, scallops, and mussels, were found to have a large percentage of noncholesterol sterols present that appear to have a positive dietary effect. These sterols inhibit the absorption of cholesterol eaten at the same meal. Cholesterol levels in such crustaceans as crab and lobster are similar to the level found in the dark meat of chicken. While the cholesterol in shrimp varies considerably by species, it generally is one and one-half to two times higher than in the dark meat of chicken, but far less than in eggs. Because shellfish contain very little saturated fat, they are no longer excluded from typical low cholesterol diets.

Seafood fits right in when trying to meet the U.S. dietary goal for cholesterol—"reduce cholesterol consumption to about 300 milligrams (mg) per day." Fish averages about 50–90 mg cholesterol per 3 1/2 ounces. Shellfish tend to contain slightly higher amounts of cholesterol; thus crustaceans (crab, lobsters, shrimp) contain 60–100 mg per 3 1/2 ounces and mollusks (clams, oysters, scallops), 40–110 mg per 3 1/2 ounces. Squid and octopus may contain relatively high levels, 250 and 122 mg per 3 1/2 ounces, respectively.

### **Fish Oils**

The preceding information indicates that seafood consumption is a good idea—it's compatible with optimum dietary practices and recommendations; substitution of fish for other foods can help

maintain a balanced nutrient intake compatible with a low-fat diet. The consumption of fish oils may provide added significant health benefits.

Fish oils are composed of fatty acids that consist of a chain of carbon atoms with a carboxyl group at one end and a methyl group (CH<sub>3</sub>) at the other. Polyunsaturated fatty acids (PUFA) contain several double bonds between carbon atoms in the chain; the more double bonds, the higher the degree of unsaturation. Fish oils are unique in that they contain a large portion of highly unsaturated fatty acids and some fatty acids with an odd number of carbons in the chain.

Many fish oils are composed primarily of omega-3 fatty acids versus the omega-6 fatty acids found in most plant oils. The most important omega-3 fatty acids found in seafood are eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Fish and shellfish ingest and accumulate omega-3 fatty acids through the food chain from algae and phytoplankton, the primary producers of omega-3 fatty acids. Humans can only produce saturated and omega-9 fatty acids, which means we have to get the omega-3 fatty acids we need through our daily foods.

How do omega-3 fatty acids prevent or help combat human diseases? After several medical studies, it now appears that the omega-3 fatty acids help keep our bodies from over-producing eicosanoids, a group of hormone-like substances that can, in large amounts, contribute to arthritis, asthma, heart disease, stroke, and related disorders. The eicosanoids are normally derived from the omega-6 PUFA arachidonate, found predominantly in plant oil. Omega-3 fatty acids act as an antagonist to eicosanoid synthesis, thereby lowering their production. They also form modified eicosanoids less active than the normal compounds. A diet that balances plant foods with fish foods and their omega-3 fatty acids remains an effective and enjoyable way to combat health problems.

Most nutrition researchers now say that eating seafood once or twice a week may be beneficial in preventing coronary heart disease. The high content of polyunsaturated fatty acids in seafood lowers serum cholesterol levels. Omega-3 fatty acids change the critical balance of certain blood components called lipoproteins, thus reducing the low-density lipoproteins (LDL) and very low density lipoproteins (VLDL) that deposit cholesterol along the artery walls. The omega-3 fatty acids also lower the levels of triglycerides, another type of fat involved in heart disease. Also,



the omega-3 fatty acids form a different pattern of prostaglandins (hormone-like compounds), diminishing the clotting of blood cells, reducing the number and stickiness of blood platelets, and making red blood cells more flexible so that they flow more smoothly.

Researchers suggest that other health problems may be controlled or alleviated by the consumption of omega-3 fatty acids from fish. These include asthma, arthritis, diabetes, multiple sclerosis, hypertension, migraine headaches, cancer, and some kidney diseases.

How much seafood should we eat? A Dutch study published in May 1985 in *The New England Journal of Medicine* concluded that "the consumption of as little as one or two fish dishes a week may be of preventive value in relation to coronary heart disease." These findings were echoed by scientists who gathered at a two-day conference on seafood and health in November 1985. They agreed that eating several seafood meals a week is a good way to cut your risk of heart disease. "I have no qualms about the American public eating three or even four meals of fish a week," said Dr. William Castelli, director of the Framingham Heart Study, the longest-running heart study in the world.

### **"Do Your Health a Favor—Eat Seafood"**

Fresh seafood is an excellent source of proteins, a good source of minerals and some vitamins, and it is low in fats, cholesterol, and sodium. In general, seafood is one of the most nutritionally balanced foods. A seafood diet helps control weight and goes a long way toward preventing heart disease. Besides, a seafood diet is a delicious way to accomplish heart-healthy eating habits. So read on. The recipes in *Seafood Delaware-Style* are delicious, easy to prepare, and great for your health!

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## For More Information

The University of Delaware Sea Grant Marine Advisory Service also has produced the following publications and audiovisuals about seafood. The MAS Notes are one- or two-page fact sheets, the MAS Bulletins are four- or six-page articles often highlighting the biology and life history of a marine species, and the audiovisuals are all videotapes available in VHS, Beta, and U-matic.

### MAS Notes

*Don't Cook Blue Crabs by Their Color*  
*Onboard Handling of Spiny Dogfish (Squalus acanthias)*  
*Eating Raw Finfish: What Are the Risks, the Benefits?*

### MAS Bulletins

*Common Seashells of Delaware*  
*The Delaware Bay Oyster and the MSX Problem*  
*Delaware's Blue Crab*  
*The Hard Clam*  
*Shark*  
*Weakfish—Catch a Queen for Dinner*  
*Flounder—The Ocean's Platter*

### Audiovisuals

*Shellfish and Your Microwave—The Perfect Couple (22 min.)*  
*Calamari Preparation and Cuisine (30 min.)*  
*Shark Preparation and Cuisine (15 min.)*

Single copies of publications are free. For other prices and ordering information, please call the Marine Advisory Service at (302) 645-4346 or Marine Communications at (302) 451-8083.



## *Appetizers*

Seafood Mousse  
Smoked Fish Yule Log  
Delaware Party Shrimp  
Fried Calamari Rings  
Rumaki





## Seafood Mousse

*Seafood Mousse is a colorful and tasty introduction to a party or family gathering.*

<p>1 1/2 pounds crab meat or imitation crab meat</p> <p>1 can (10 3/4 ounces) condensed tomato soup</p> <p>1 package (8 ounces) cream cheese</p> <p>1 tablespoon unflavored gelatin</p> <p>1 cup mayonnaise or salad dressing</p>	<p>3/4 cup finely chopped celery</p> <p>1/2 cup finely chopped green onion</p> <p>1/2 cup finely chopped green pepper</p> <p>1 teaspoon Worcestershire sauce</p> <p>1 teaspoon lemon juice</p> <p>Crackers</p>
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*Preparation Time: 45 minutes.*

*Makes approximately 5 1/2 cups or twelve 1/2-cup servings.*

Thaw crab meat if frozen. Then very finely chop crab meat and vegetables to lend a smooth texture to the mousse. Set aside. Heat tomato soup and cream cheese in the top of a double boiler until the cream cheese melts. Cool slightly. Stir in gelatin; mix well. Add crab meat, mayonnaise, celery, green onion, green pepper, Worcestershire sauce, and lemon juice; mix well. Pour into a well-greased, 1 1/2 quart mold. Cover and refrigerate at least 8 hours. Unmold onto a platter lined with leaf lettuce and serve with crackers; try a low-sodium variety.

Approximate Nutritional Information per Serving	
<u>Crab Meat</u>	<u>Imitation Crab Meat</u>
357 calories	358 calories
19 grams protein	14 grams protein
24 grams fat	24 grams fat
615 milligrams sodium	934 milligrams sodium
94 milligrams cholesterol	48 milligrams cholesterol



### Smoked Fish Yule Log

*Served with crackers, the Smoked Fish Yule Log has a creamy, smoky, nutty flavor that will complement a holiday party or meal.*

1 package (8 ounces) cream cheese, softened	1/4 teaspoon salt
1 tablespoon lemon juice	2 cups flaked, smoked fish (whiting, salmon, herring)
2 teaspoons grated onion	1/2 cup chopped pecans or walnuts
1 teaspoon horseradish	2 tablespoons chopped fresh parsley
1 teaspoon liquid smoke (if not using smoked fish)	

*Preparation Time: 30 minutes. Allow several hours for chilling. Makes approximately 3 cups of spread.*

Combine cream cheese, lemon juice, onion, horseradish, liquid smoke, and salt. Stir in fish and mix thoroughly. Chill mixture for several hours. Combine pecans and parsley. Shape fish mixture into a log form and roll it in nut mixture. Serve with crackers.

#### Approximate Nutritional Information per Serving

##### Smoked Whiting

142 calories	487 milligrams sodium
12 grams protein	53 milligrams cholesterol
10 grams fat	

### Delaware Party Shrimp

*You can't go wrong if you start your party off with this festive shrimp dish. Shrimp lovers will delight in its unique blend of sweet and sour flavors.*

1 1/2 pounds peeled and deveined shrimp, fresh or frozen	1/3 cup fresh lemon juice
2 oranges, peeled and sliced crosswise	1/3 cup sugar
1 small onion, sliced	1 tablespoon paprika
1 cup vegetable oil	2 teaspoons dry mustard
	2 cloves garlic, crushed
	2 teaspoons salt
	1/4 teaspoon crushed red chilies

*Preparation Time: 30 minutes. Allow 1 hour for marinating. Makes 8 servings.*

Simmer shrimp in water until opaque. Drain immediately and cool under cold, running water. Layer cooked shrimp, orange slices, and onions in a serving container. Combine oil, lemon juice, sugar, paprika, mustard, garlic, salt, and red chilies and pour over shrimp mixture. Cover and marinate in refrigerator for at least one hour. To serve, arrange shrimp, orange slices, and onions on platter and garnish with parsley or watercress.

Approximate Nutritional Information per Serving	
<i>377 calories</i>	<i>680 milligrams sodium</i>
<i>18 grams protein</i>	<i>165 milligrams cholesterol</i>
<i>28 grams fat</i>	

### Fried Calamari Rings

*Fried Calamari Rings are a nice change from onion rings and French fries. What's more, they're more nutritious, and kids love them. This recipe is a good introduction for squeamish would-be squid lovers.*

<b>2 pounds whole squid, fresh or frozen</b>	<b>1 egg beaten</b>
<b>2 tablespoons lemon juice</b>	<b>2 tablespoons milk</b>
<b>1 teaspoon salt</b>	<b>1 cup flour</b>
<b>1/8 teaspoon white pepper</b>	<b>Olive or vegetable oil for frying</b>
<i>Preparation Time: 45 minutes.</i>	<i>Makes appetizers for 12.</i>

Clean squid (see Italian Stuffed Calamari, p. 34) and cut tubes into 1-inch rings. Sprinkle lemon juice, salt, and pepper on squid. Combine milk and egg. Dip squid rings in milk and roll in flour. Place squid in a single layer in hot oil in a 10-inch fry pan. Fry at moderate heat (350°F) for 3-5 minutes. Turn carefully. Fry 2-3 minutes longer or until squid rings are lightly browned. Drain on absorbent paper. Serve with lemon wedges or a dipping sauce such as sweet and sour sauce or hot mustard sauce.

Approximate Nutritional Information per Serving	
<i>179 calories</i>	<i>401 milligrams sodium</i>
<i>15 grams protein</i>	<i>219 milligrams cholesterol</i>
<i>6 grams fat</i>	



## Rumaki

*Bite into a rumaki and you'll experience a delicious texture combination—crunchy water chestnut, moist fish, and crisp bacon. It's always a hit. If you're watching calories and cholesterol, omit the bacon and cook half the time.*

<b>1/4 cup soy sauce</b>	<b>1 can (8 ounces) water chestnuts, cut in half</b>
<b>1/4 cup dry sherry or vermouth</b>	<b>1 pound bacon; cut slices in half</b>
<b>1 pound shark or monkfish cut into bite-size pieces</b>	

*Preparation Time: 40 minutes. Makes about 32 appetizers or 16 servings.*

Mix soy sauce and sherry together. Marinate shark and water chestnuts in mixture for about 15 minutes. Wrap a half-slice of bacon around a bite-sized portion of shark and half of a water chestnut. Secure with a toothpick. Place on a cookie sheet or broiler pan. Broil until bacon is crisp.

### Microwave Cooking Instructions

*Preparation Time: 35 minutes.*

Assemble appetizers as above. Line a shallow microwaveable dish with paper towels; arrange rumaki in a circle around the outermost edge. Microwave on HIGH 7-10 minutes until bacon is cooked. May take slightly longer depending on wattage of oven.

#### Approximate Nutritional Information per Serving

<u>Shark</u>	<u>Monkfish</u>
213 calories	197 calories
15 grams protein	13 grams protein
15 grams fat	14 grams fat
735 milligrams sodium	717 milligrams sodium
38 milligrams cholesterol	31 milligrams cholesterol

## *Entrées*

**Elegant Monkfish**

**Crab and Zucchini  
Casserole**

**Italian Stuffed Calamari**

**Spanish-Style Fish**

**New Year's Day Fish**

**Orange-Broiled Shark  
Steaks**

**Seafood Pizzas**

**Seafood Creole**

**Shellfish Scampi**

**Flounder Fillets with  
Lime and Basil**

**Imperial Crab Cakes**

**Brandied Crab**

**Hot Curry Salmon-Rice  
Pilaf**

**Fried Fish with Apples  
and Sauce**

**Seafood Tacos**

**Monkfish Medallions**

**Grilled Seafood Steaks**

**Crab Soufflé**





### Elegant Monkfish

*Elegant monkfish is an easy, quick-to-prepare entrée for family or dinner guests. The sauce is light, not too rich, and allows you to taste the fresh, sweet flavor of the monkfish.*

2 pounds fresh monkfish or scallops  
4 tablespoons butter or margarine  
4 green onions

2/3 cup Noilly Prat Vermouth  
6 tablespoons light cream or milk

*Preparation Time: 30 minutes. Makes 6 servings.*

Wash monkfish and pat dry with paper towels. Slice monkfish about 1/4 inch thick, so that the pieces resemble medallions. Melt butter in a large frying pan. Pan-fry the monkfish pieces until they turn opaque. Set aside. Add onions and sauté until tender. Add vermouth and reduce to half. Add light cream and simmer 2-3 minutes. Add back monkfish and heat until warm throughout. Serve the monkfish over pasta and steam a fresh vegetable to complete the meal.

#### Approximate Nutritional Information per Serving

<u>Monkfish</u>	<u>Scallops</u>
227 calories	245 calories
22 grams protein	26 grams protein
12 grams fat	11 grams fat
83 milligrams sodium	298 milligrams sodium
67 milligrams cholesterol	80 milligrams cholesterol

### Crab and Zucchini Casserole

*During the summer, many gardeners are at a loss for recipes to use up their abundance of zucchini. This colorful casserole is a delicious solution to the zucchini dilemma. Prepared with crab meat or imitation crab meat, it's always a big hit, almost a meal in itself.*

2 medium zucchini, sliced  
1/2 cup chopped onion  
2 cloves garlic, crushed  
1/2 cup butter or margarine  
1/8 teaspoon pepper  
1 teaspoon basil

1 pound crab meat or imitation crab meat  
1 1/2 cups shredded Swiss cheese  
1 cup soft bread crumbs  
3 medium tomatoes

*Preparation Time: 1 hour. Makes 6 servings.*

Cook zucchini, onion, and garlic in butter about 5 minutes until tender. Add seasonings, crab meat, Swiss cheese, and bread crumbs. Chop tomatoes, removing seeds. Add tomatoes to mixture and toss lightly. Place in a glass casserole dish and put in a 375° oven for 30-35 minutes or until heated through.

Approximate Nutritional Information per Serving	
<u>Crab Meat</u>	<u>Imitation Crab Meat</u>
373 calories	372 calories
29 grams protein	25 grams protein
24 grams fat	24 grams fat
416 milligrams sodium	735 milligrams sodium
129 milligrams cholesterol	84 milligrams cholesterol

### Italian Stuffed Calamari

*Stuffed calamari is a traditional Italian dish often served at Christmas. Calamari is available year-round and is one of the best seafood buys. It has a unique flavor and texture that seafood lovers won't want to miss.*

6 large squid (about 1 pound)	1/4 cup salad oil
1/4 cup bread or cracker crumbs	Salt and pepper
2 tablespoons minced parsley	2 garlic cloves, sliced
1 1/2 tablespoons grated Romano cheese	1/2 cup peeled, chopped tomatoes
2 teaspoons minced garlic	1/4 cup dry white wine
1 egg, beaten	
<i>Preparation Time: 1 1/2 hours.</i>	<i>Makes 3 servings.</i>

Clean squid following these steps. After the squid has thawed, grip the head and tentacles in one hand and the mantle, or body, in the other. Pull off the head and tentacles. If you plan to use the tentacles (which are just as good to eat as the rest of the squid), be sure to remove the hard beak from the center of the tentacles and cut off the eyes. Clean out the insides of the mantle and remove the transparent backbone, or quill. Under cold, running water, peel off the mantle membrane by pulling the fins off at the tip of the body. Turn mantle inside out and thoroughly rinse. Your squid is now ready. Chop tender parts of the tentacles (be sure to remove hard beak). Mix together tentacles, crumbs, parsley, cheese, 1 1/2 teaspoons of minced garlic, egg, and 1 tablespoon salad oil. Blend well, adding salt and pepper to taste. Spoon equal amounts loosely

into each squid and sew up opening or close with a toothpick. Add remaining oil to skillet large enough to hold squid in single layer. Heat oil and cook sliced garlic until golden brown. Discard garlic. Arrange the squid in oil and brown all sides lightly. Add tomatoes, remaining minced garlic, wine, and salt and pepper to taste. Cover tightly and cook 20-30 minutes. Remove threads or toothpick from squid and serve whole or sliced, alone or with pasta and a nice green salad.

Approximate Nutritional Information per Serving	
525 calories	626 milligrams sodium
33 grams protein	494 milligrams cholesterol
34 grams fat	

### Spanish-Style Fish

*Spanish-Style Fish makes a tasty, colorful meal that can be prepared with any kind of fish. We enjoy flounder, sea trout, sea bass, and tautog.*

2 pounds fresh or frozen fish fillets or steaks	1 clove garlic, minced
2 medium tomatoes, thinly sliced	2 tablespoons butter or margarine
1/2 small cucumber, thinly sliced	2 tablespoons parsley
1/4 cup onion, chopped	1 tablespoon white wine
1/4 cup green pepper, chopped	2 tablespoons lemon juice
	1/2 teaspoon marjoram

*Preparation Time: 45 minutes. Makes 6 servings.*

Thaw fish if frozen. Place fish fillets or steaks in greased baking dish. Arrange tomato and cucumber slices on top. In a saucepan, cook onion, green pepper, and minced garlic in butter until onion is tender, but not brown. Remove from heat. Stir in parsley, wine, lemon juice, and marjoram. Spoon over fish. Bake in 375°F oven for about 25 minutes, or until fish flakes easily when tested with a fork. Serve with rice. Try wild rice or something spicy.

### Microwave Cooking Instructions

*Preparation Time: 30 minutes.*

Place fish in 8x8x2-inch microwaveable casserole dish. Arrange tomato and cucumber slices on top. In small microwaveable bowl,

melt margarine on HIGH for one minute; add onion, green pepper, and garlic. Microwave vegetables for 2 minutes on HIGH; remove from oven. Stir in parsley, wine, lemon juice, and marjoram. Spoon over fish. Cook 8-10 minutes on HIGH, until fish flakes easily. Be sure to layer toppings evenly on fillets.

Approximate Nutritional Information per Serving	
<u>Sea Trout</u>	<u>Sea Bass</u>
205 calories	194 calories
26 grams protein	28 grams protein
8 grams fat	5 grams fat
118 milligrams sodium	133 milligrams sodium
132 milligrams cholesterol	69 milligrams cholesterol

#### New Year's Day Fish

*Bluefish, sea trout, sea bass, or tautog fillets can be substituted for flounder in this zingy fish dish that's reputed to cure a hangover.*

*Don't be fooled by the ingredients—New Year's Day Fish is a delight!*

4 tablespoons butter or margarine	2 medium onions, sliced and separated into rings
2 pounds flounder fillets, cut into serving pieces	3 tablespoons tomato paste
2 tablespoons lemon juice	1 tablespoon beer
1/2 teaspoon salt	1 teaspoon horseradish
	2 medium dill pickles, cut into thin wedges

*Preparation Time: 45 minutes. Makes 4 servings.*

Preheat oven to 375°F. Butter baking dish or casserole large enough to hold fish in a single layer. On waxed paper, spread fillets and sprinkle with lemon juice and salt. Let fillets marinate for 10 minutes. Melt 2 tablespoons butter over moderate heat. Saute onion rings in butter for about 5 minutes until soft and transparent. Arrange fillets in baking dish. Beat tomato paste, beer, and horseradish together in a bowl. Spread mixture evenly over the fillets and scatter onion rings and pickle wedges on top. Cut remaining butter into small pieces and dot fish. Bake about 15 minutes until fish flakes easily. Serve at once.

Approximate Nutritional Information per Serving	
<i>309 calories</i>	<i>1078 milligrams sodium</i>
<i>44 grams protein</i>	<i>128 milligrams cholesterol</i>
<i>10 grams fat</i>	

**Orange-Broiled Shark Steaks**

*Orange-Broiled Shark Steaks have a subtle oriental flavor. Shark meat has a mild flavor that is enhanced by the sweet and sour flavor of the marinade.*

- |  |  |
|--|--|
| <b>1 pound fresh or frozen shark steaks, or any other white-fleshed fish</b> | <b>1 tablespoon soy sauce</b>            |
| <b>1/2 cup orange juice</b>  | <b>1 tablespoon lemon juice</b>          |
| <b>2 tablespoons catsup</b>  | <b>1/4 teaspoon pepper</b>               |
| <b>2 tablespoons salad oil</b>   | <b>1 tablespoon sesame seed, toasted</b> |

*Preparation Time: 20 minutes. Allow 2 hours for marinating. Makes 4 servings.*

Thaw fish if frozen. In a bowl, combine orange juice, catsup, salad oil, soy sauce, lemon juice, and pepper. Pour mixture over steaks in a shallow dish. Cover and refrigerate for two hours. Drain fish, reserving marinade. Place steaks in a greased, shallow baking dish and broil, 4 inches from heat, until fish flakes easily when tested with a fork. Allow 5 minutes for each half-inch of thickness. Baste occasionally with marinade. If steaks are more than 1-inch thick, turn fish over when half done. Brush again with marinade; sprinkle with sesame seed. Serve with rice and stir-fry vegetables.

Approximate Nutritional Information per Serving	
<i>272 calories</i>	<i>425 milligrams sodium</i>
<i>26 grams protein</i>	<i>58 milligrams cholesterol</i>
<i>15 grams fat</i>	



## Seafood Pizzas

*Seafood pizzas are fun and easy enough for kids to prepare. This is a different way to serve fish that can also be served as an appetizer—just cut each pizza in quarters.*

**6 English muffins, split**                      **1 jar (12 ounces) pizza  
or spaghetti sauce**  
**1 pound cooked, flaked fish**                      **Grated cheese**  
**(haddock, cod, pollock, or**                      **1/2 pound mozzarella,**  
**any other white-fleshed fish)**                      **shredded**

*Preparation Time: 20 minutes.                      Makes 4 servings.*

Toast English muffins lightly. Flake fish with a fork and mix with pizza sauce. Spread each muffin half with about 1/3 cup of fish and sauce mixture. Sprinkle grated cheese and mozzarella cheese on top. Broil in oven for 5 minutes or until cheese melts and turns golden brown.

### Approximate Nutritional Information per Serving

#### Cod

369 calories

27 grams protein

13 grams fat

842 milligrams sodium

63 milligrams cholesterol

## Seafood Creole

*Here's a real Cajun-style fish dish! It's colorful and filling, and since you're the chef, you can make it as spicy as you like. For best results, choose a firm-textured fish, such as cod or ocean catfish.*

**4 green onions, thinly sliced**                      **1 can (16 ounces) whole  
tomatoes, drained and  
chopped**  
**1/4 cup chopped celery**                      **1 can (6 ounces) tomato  
paste**  
**1/2 cup chopped green pepper**                      **2 teaspoons dried parsley  
flakes**  
**2 tablespoons butter or**                      **1/4 teaspoon cayenne  
pepper**  
**margarine**  
**1 clove garlic, minced**  
**1 pound fish fillets, cut into**  
**2-inch squares**

*Preparation Time: 45 minutes.                      Makes 5 servings.*

In a medium-sized fry pan, melt margarine and sauté green onions, celery, green pepper, and garlic until they are translucent.

In a 2-quart casserole, combine fish, chopped tomatoes, tomato paste, parsley, and cayenne pepper. Add onion, celery, green pepper, and garlic to casserole dish and mix thoroughly. Bake covered at 375°F for 20 minutes. Serve over hot cooked rice.

### Microwave Cooking Instructions

*Preparation Time: 30 minutes.*

In 2-quart microproof casserole, combine green onions, celery, green pepper, butter, and garlic. Cook, covered, on HIGH (max power) 3 minutes, or until green onions are transparent. Stir in remaining ingredients. Cook, covered on 80 (MED HIGH) 5 minutes. Stir. Cook, covered, on 80 (MED HIGH) 6 to 7 minutes, or until hot. Let stand, covered, 5 minutes before serving over hot cooked rice.

Approximate Nutritional Information per Serving	
<u>Cod</u>	<u>Catfish</u>
155 calories	186 calories
19 grams protein	19 grams protein
4 grams fat	7 grams fat
501 milligrams sodium	509 milligrams sodium
47 milligrams cholesterol	60 milligrams cholesterol

### Shellfish Scampi

*Shellfish Scampi is a stunning dish for dinner guests. For a versatile, bountiful combination, try half clams and half mussels with the shrimp and scallops. A firm-textured fish such as shark or monkfish can be substituted for scallops.*

3 tablespoons olive oil	1/8 teaspoon freshly ground pepper
2 cloves garlic, minced	1/8 teaspoon salt
1 tomato, peeled, seeded and finely chopped	1/2 to 3/4 pound large, raw shrimp, peeled and deveined with tail intact
2 tablespoons lemon juice	1/2 pound firm scallops
2 tablespoons chopped parsley	1 dozen debearded mussels or littleneck clams, scrubbed, or half of each
1/4 teaspoon dried oregano, crushed	

*Preparation Time: 40 minutes.*

*Makes 4 servings.*

Heat oil in a 12-inch fry pan that has a tight-fitting lid. Add garlic and sauté 3-5 minutes until soft, not browned. Add tomato, lemon juice, parsley, oregano, pepper, and salt; mix well. Add seafood and toss to coat evenly. Arrange seafood in a single layer; cover and cook on medium heat approximately 10-12 minutes until shrimp and scallops are opaque, and shells open. Serve in shallow bowls with crusty French bread and a garden salad.

#### Microwave Cooking Instructions

*Preparation Time: 30 minutes.*

Combine oil and garlic in 8x8x2-inch dish. Cover with plastic wrap and microwave at HIGH 1 minute, 30 seconds. Add tomato, lemon juice, parsley, oregano, pepper, and salt; mix well. Add seafood and toss to coat evenly. Arrange seafood in single layer; cover with plastic wrap and vent on corner for steam to escape. Microwave at HIGH 3 minutes; stir. Microwave 2 minutes longer. Let stand, covered, 2 minutes or until shrimp is opaque, shells open, and scallops turn opaque. Serve in shallow bowls with crusty French bread and a garden salad.

Approximate Nutritional Information per Serving	
416 calories	7 milligrams sodium
56 grams protein	254 milligrams cholesterol
15 grams fat	

#### Flounder Fillets with Lime and Basil

*This recipe proves that seafood is the original fast food. In five minutes or less, the flounder fillets are done. But feel free to try your favorite fish in this recipe—sea trout, bluefish, shark steaks, and scallops all make wonderful substitutions. And the lime juice is a delicious change from lemons. To make your meal fancy, serve with asparagus and wild rice or simply serve with baked potato and green beans.*

**2 tablespoons margarine**

**1 tablespoon lime juice**

**1 teaspoon basil**

**1 pound flounder fillets**

*Preparation Time: 20 minutes.*

*Makes 3 servings.*

Melt margarine in a medium-sized fry pan. Stir in basil and lime juice. Coat flounder with mixture. Cook in fry pan on medium heat for 3-5 minutes per side until fish is opaque throughout.

### Microwave Cooking Instructions

*Preparation Time: 15 minutes.*

Melt margarine on HIGH for 1 minute. Stir in basil and lime juice. Coat flounder with mixture. Cover, vent, and microwave on HIGH for 3-5 minutes.

Approximate Nutritional Information per Serving	
<i>183 calories</i>	<i>172 milligrams sodium</i>
<i>29 grams protein</i>	<i>86 milligrams cholesterol</i>
<i>7 grams fat</i>	

### Imperial Crab Cakes

*Creamy and rich on the inside, crispy and crunchy on the outside, these crab cakes are a Delmarva favorite.*

2 1/2 tablespoons margarine	1 tablespoon mayonnaise
4 tablespoons flour	1 tablespoon mustard
1 cup milk	1 tablespoon Worcestershire sauce
1 pound crab meat	1 teaspoon salt
3 slices of bacon, fried and crumbled (reserve fat)	1/4 teaspoon pepper
1/4 cup chopped green pepper	Bread crumbs
1 egg, beaten	Vegetable oil or margarine, as needed

*Preparation Time: 40 minutes.*  
*Allow 1 hour for chilling.*

*Makes 5 servings or 10 crab cakes.*

Melt margarine, add flour, and stir until bubbly. Gradually add milk and stir until thickened. To the white sauce, add crab meat, bacon, green pepper, egg, mayonnaise, mustard, Worcestershire sauce, salt, and pepper. Shape into cakes and coat with bread crumbs. Refrigerate crab cakes one hour before cooking. When ready to cook, heat reserved bacon fat, adding oil or margarine if needed, and fry crab cakes until golden brown. Serve with corn-on-the-cob and a garden salad.

Approximate Nutritional Information per Serving	
<i>643 calories</i>	<i>912 milligrams sodium</i>
<i>24 grams protein</i>	<i>166 milligrams cholesterol</i>
<i>56 grams fat</i>	

### Brandied Crab

*This recipe is a delightfully different brunch item that's easy to prepare. Brandied Crab is a "must" experience for crab lovers.*

2 tablespoons margarine	Pinch paprika
1/4 cup fresh parsley, finely chopped	1 large fresh lemon
2 tablespoons brandy	1 pound Maryland backfin or imitation crab meat
1/8 teaspoon salt	1 loaf French bread, sliced thin
1/8 teaspoon white pepper	
Pinch nutmeg	

*Preparation Time: 20 minutes. Makes 4 servings.*

In large skillet or electric wok, melt margarine. Add parsley, brandy, salt, white pepper, nutmeg, paprika, and the juice of one lemon. Heat until hot. Add crab meat and toss lightly to heat and coat. Be careful not to break up lumps. Arrange two slices of bread side by side on each serving plate. Mound crab meat evenly on each slice of bread. Serve with fresh fruit or a raw vegetable tray.

Approximate Nutritional Information per Serving	
<u>Crab Meat</u>	<u>Imitation Crab Meat</u>
458 calories	458 calories
33 grams protein	24 grams protein
10 grams fat	9 grams fat
996 milligrams sodium	1633 milligrams sodium
123 milligrams cholesterol	33 milligrams cholesterol

### Hot Curry Salmon-Rice Pilaf

*This seafood pilaf is wonderful for a covered dish supper. You may make it as spicy as you wish. For extra calcium in your diet, add in the salmon bones by simply crumbling them with your fingers. Softened in the canning process, the bones are healthful, not harmful.*

1 can (15 1/2 ounce) salmon	1/4 cup low-fat yogurt
2 cups cooked rice	2 tablespoons lemon juice
1 cup celery, thinly sliced	1 tablespoon curry powder
1/2 cup parsley, chopped	Paprika
1/4 cup low-fat mayonnaise	

*Preparation Time: 40 minutes. Makes 6 servings.*

Drain and break salmon into large pieces. Combine rice, celery, parsley, and salmon in a medium bowl. Combine mayonnaise,

yogurt, lemon juice, and curry powder. Add mayonnaise mixture to salmon mixture; toss lightly. Place in lightly oiled, 1 1/2 quart casserole dish. Sprinkle with paprika. Bake in a 400°F oven for 15-20 minutes or until heated. Serve with cottage cheese and pineapple and toasted rye or whole wheat rolls.

Approximate Nutritional Information per Serving	
257 calories	487 milligrams sodium
17 grams protein	30 milligrams cholesterol
12 grams fat	

### Fried Fish with Apples and Sauce

*Apples and sauce provide a delicious complement to Delaware fish. Be sure to try bluefish and sea bass in this recipe, too.*

1 egg mixed with 1 tablespoon cold milk	4 medium trout (or other) fillets, skinless
1 1/2 cup bread crumbs	1/4 cup butter or margarine
1/3 teaspoon salt	1/4 cup vegetable oil
1/2 teaspoon white pepper	

#### Sauce

3 tablespoons butter or margarine	2 small apples, cored, pared, and sliced 1/2-inch thick
4 teaspoons fresh lemon juice	1 teaspoon sugar
1/2 teaspoon marjoram	

*Preparation Time: 45 minutes. Makes 4 or 6 servings.*

Put egg and milk in one dish, bread crumbs in another. Add salt and pepper to bread crumbs and mix thoroughly. Dip fillets in egg mixture; then roll them in crumbs to coat. In a large, heavy skillet, melt butter over medium heat. Add oil and stir. Heat until quite hot, but not smoking. Pan-fry fillets until golden brown, 4 to 5 minutes on each side. When done, place on platter covered with paper towels and set in warm oven. Next, skim brown solids from fry pan. Then add 2 tablespoons of butter to the pan and melt over medium-high heat. Add 2 teaspoons of lemon juice and marjoram. Place apple slices in pan and sauté until soft and browned, about 3 minutes on each side. Remove fillets from oven and place several apple slices on top of each. Raise heat under pan, and add remaining tablespoon of butter, 2 teaspoons lemon juice and sugar. Cook, stirring rapidly, until the sauce in the pan is the color of toasted nuts. Spoon sauce,

including browned matter settled on bottom, over each portion.  
 Serve with corn bread and fresh peas and carrots.

Approximate Nutritional Information per Serving	
<u>Four servings</u>	<u>Six servings</u>
581 calories	387 calories
41 grams protein	27 grams protein
37 grams fat	24 grams fat
528 milligrams sodium	352 milligrams sodium
290 milligrams cholesterol	193 milligrams cholesterol

### Seafood Tacos

*Seafood tacos are a great finger food for family or dinner guests. Tacos made with seafood are exotic, yet they create a casual dining atmosphere.*

#### Taco Filling

2 tablespoons margarine	1/4 teaspoon oregano,
3/4 cup onion, finely minced	2 cloves garlic, minced
1 pound monkfish cut in small pieces	Dash cayenne pepper
1 1/2 teaspoons chili power	2 1/2 teaspoons cornstarch
1/2 teaspoon cumin	5 tablespoons water
	3 tablespoons taco sauce

#### Garnishes

8 taco shells	2/3 cup cheddar cheese, finely shredded
1 tomato, diced	Taco sauce
2 1/2 cups lettuce, finely shredded	

*Preparation Time: 40 minutes. Makes 4 servings.*

Melt margarine in small fry pan over medium-high heat. Add onion and cook until translucent. Add monkfish—stir to break up. Cook fish through, about 2 minutes. Stir in spices. Mix cornstarch with water and stir into mixture. Bring to boil, stirring. When mixture thickens, add taco sauce; heat. Serve in preheated taco shells with garnishes. Serve with gazpacho and refried beans.

Approximate Nutritional Information per Serving	
348 calories	325 milligrams sodium
25 grams protein	58 milligrams cholesterol
17 grams fat	

### Monkfish Medallions

*Monkfish Medallions is a heart healthy recipe reminiscent of the Orient. For a delectable blend of flavors, try serving the dish with stir-fried vegetables spiced up with ginger.*

1 tablespoon low-salt margarine    1 pound monkfish fillets,  
1 teaspoon crushed celery seed    sliced 1/4 inch thick  
1/2 teaspoon white pepper

*Preparation Time: 15 minutes.    Makes 3 servings.*

Melt margarine in medium-sized frying pan. Sprinkle spices in pan. Add monkfish and stir-fry until cooked, approximately 7-10 minutes. Serve with rice and stir-fried vegetables.

Approximate Nutritional Information per Serving	
140 calories	53 milligrams sodium
22 grams protein	44 milligrams cholesterol
5 grams fat	

### Grilled Seafood Steaks

*This is a great item for the barbecue! The marinade has a light Italian flavor that enhances the delicious taste of fresh fish.*

1/4 cup red wine vinegar    1/4 teaspoon garlic powder  
1/4 cup olive oil    or 1 clove minced  
1/2 teaspoon basil    1 pound seafood steaks  
1/2 teaspoon oregano    (tuna, shark, or swordfish)  
1/2 teaspoon thyme

*Preparation Time: 15 minutes.    Makes 2 servings.*  
*Allow 1 hour for marinating.*

Mix ingredients and marinate steaks 1 hour. Grill 4-5 minutes on each side for 1-inch thick steaks. Serve with baked potato and corn-on-the-cob.

Approximate Nutritional Information per Serving	
<u>Tuna</u>	<u>Shark</u>
570 calories	538 calories
53 grams protein	48 grams protein
38 grams fat	37 grams fat
90 milligrams sodium	180 milligrams sodium
86 milligrams cholesterol	115 milligrams cholesterol



## Crab Soufflé

*This dramatic-looking, sophisticated-tasting dish takes a little longer to prepare than most seafood dishes—one hour. But the extra work is well worth the effort. It's sure to receive rave reviews at your next brunch.*

1/2 pound crab meat	1 1/2 teaspoons parsley flakes
1/4 cup butter or margarine	
1/4 cup flour	1/3 cup grated medium cheddar cheese
1 tablespoon onion, finely chopped	1 cup skim milk
1/8 teaspoon salt	3 eggs, separated
1/4 teaspoon tarragon leaves, crushed	1/4 teaspoon cream of tartar
1/8 teaspoon seafood seasoning	Paprika to garnish

*Preparation Time: 1 hour*

*Makes 4 servings.*

Preheat oven to 325°F. Butter a 2-quart soufflé dish. Remove cartilage from crab meat and set aside. Melt butter in a large saucepan over low heat. Gradually stir in flour until well blended. Cook over medium heat until mixture is bubbly. Add onion and spices. Stir in cheese and milk and cook until cheese has melted. Remove from heat. Add crab meat to mixture. Beat egg yolks until thick and pour into the crab mixture; stir gently. Beat egg whites with cream of tartar until stiff. Gently fold egg whites into the crab mixture. Spoon mixture into a lightly greased soufflé dish. Bake in oven about 35-40 minutes or until knife inserted in the center comes out clean. Serve with fruit and whole wheat toast.

### Approximate Nutritional Information per Serving

*268 calories*

*21 grams protein*

*16 grams fat*

*435 milligrams sodium*

*294 milligrams cholesterol*

## *Soups & Salads*

Delaware Oyster Stew

Ginger Mussel Soup

Layered Calamari Salad  
& Champagne Dressing

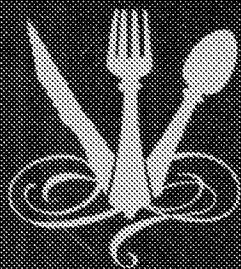
Seaside Poached  
Bluefish

Bluefish Salad Supreme

Shark Salad

Seafood Pasta Salad

Squid Fruit Salad





### Delaware Oyster Stew

*This stew is a nice beginning to a meal or great by itself for lunch. Oyster lovers know how good oyster stew can be.*

1 pint oysters                                 1 1/2 teaspoons salt  
4 tablespoons butter                         1/8 teaspoon pepper  
1 quart milk                                    Paprika

*Preparation Time: 30 minutes.            Makes 6 servings.*

In a 4-quart pan, melt butter, add drained oysters, and cook 3 minutes on medium heat or until edges curl. Add milk, salt, and pepper, and bring almost to boiling. Serve immediately with hot corn bread.

Approximate Nutritional Information per Serving	
246 calories	787 milligrams sodium
16 grams protein	117 milligrams cholesterol
14 grams fat	

### Ginger Mussel Soup

*Mussel lovers, give this one a try. Ginger Mussel Soup has a wonderful oriental flavor that will complement any stir-fry entrée as a side dish. Or, serve Ginger Mussel Soup as a main dish with brown rice and a few fried wontons.*

2 pounds mussels (about                 2 medium cloves garlic, cut  
4 dozen)                                     in half  
1 can (14 1/2 ounces) chicken         1 small carrot, cut into  
broth   match-stick-thin strips  
1/4 cup dry sherry                         1/2 cup thinly sliced fresh  
4 thin slices fresh ginger  
1/4 cup sliced green onions

*Preparation Time: 30 minutes.            Makes 4 servings.*

Scrub mussels thoroughly, cutting off beard portion. Rinse with cold water. Discard any mussels that remain open when tapped with finger. In 4-quart saucepan over medium-high heat, heat broth, sherry, ginger, and garlic to boiling. Reduce heat to low; cover and simmer 5 minutes. With slotted spoon, remove and discard ginger and garlic. Increase heat to medium. Add carrot, mushrooms, and green onions; simmer 1 minute. Add mussels; cover and simmer 5 minutes or until shells open. (Discard any that

remain unopened.) To serve, use slotted spoon to transfer mussels and vegetables to four large soup bowls; ladle liquid over mussels.

Approximate Nutritional Information per Serving	
<i>441 calories</i>	<i>1171 milligrams sodium</i>
<i>57 grams protein</i>	<i>127 milligrams cholesterol</i>
<i>11 grams fat</i>	

### Layered Calamari Salad

*This dish is a wonderful cooler for a hot summer day, a delightful centerpiece for a covered dish supper. Chilling is important to let the flavors mingle. Like spaghetti sauce, the salad is best served the next day.*

<b>2 pounds small squid</b>	<b>2 cups frozen baby peas</b>
<b>White wine</b>	<b>1 cup thinly sliced celery</b>
<b>Water</b>	<b>2 ripe tomatoes, chopped</b>
<b>2 cups cooked yellow (saffron or curry) rice</b>	<b>Champagne Dressing (recipe follows)</b>

*Preparation Time: 45 minutes. Makes 8 servings. Allow 1 hour for chilling.*

Cut squid (see Italian Stuffed Calamari, p. 34) into rings and leave tentacles whole. Poach 4-5 minutes in equal parts white wine and water. In a large bowl with straight sides, layer half of the rice first, then peas, tomatoes, and celery mixed together, then the rest of the rice, then squid. Make Champagne Dressing and drizzle over salad. Chill for an hour to blend flavors.

### Champagne Dressing

<b>1/3 cup olive oil</b>	<b>1/4 teaspoon basil</b>
<b>1 clove garlic, crushed</b>	<b>1/4 teaspoon thyme</b>
<b>1/4 cup red wine vinegar</b>	<b>Freshly ground pepper to taste</b>
<b>1/2 cup champagne</b>	

In a small bowl, combine dressing ingredients, and mix until well blended. Season with pepper. Makes about 1 1/4 cups.

Approximate Nutritional Information per Serving	
<i>383 calories</i>	<i>398 milligrams sodium</i>
<i>24 grams protein</i>	<i>294 milligrams cholesterol</i>
<i>18 grams fat</i>	

### Seaside Poached Bluefish

*With its fresh bluefish flavor, this dish makes a great summer salad. It's a hit with the kids and healthful, too—high in the Omega-3s that help block cholesterol in the body.*

2 pounds bluefish (or other fish) fillets  
1 medium onion, sliced  
2 stalks celery, including tops, cut in strips

2 carrots, cut in strips  
1/4 teaspoon pepper  
2 teaspoons salt  
Water, just barely to cover

*Preparation Time: 20 minutes.*

*Makes 6 servings as an entree; 4 cups cut-up bluefish for Bluefish Salad Supreme.*

Put bluefish in a single layer in a wide shallow pan (such as a large fry pan). Add vegetables and seasonings, then enough water to just barely cover. Bring to a boil, cover, and simmer slowly just until fish flakes easily when tested with a fork, 5 to 10 minutes. Be careful not to overcook. Remove bluefish from pan and use as desired.

### Bluefish Salad Supreme

Poached bluefish, or other fish (see Seaside Poached Bluefish)  
2 tablespoons finely chopped onion  
2 tablespoons finely chopped green pepper  
1/2 cup salad oil

1/4 cup wine vinegar  
1/8 teaspoon garlic powder  
1/4 teaspoon oregano leaves  
2 teaspoons parsley flakes  
Salt and pepper to taste  
1/4 cup sour cream or mayonnaise

*Preparation Time: 30 minutes. Allow time for chilling.*

*Makes about 4 cups salad.*

Remove skin and dark layer under skin. Cut bluefish into very small pieces. Put into a bowl and add all ingredients except sour cream; toss gently. Refrigerate until thoroughly chilled. Just before serving, stir in sour cream or mayonnaise. Serve in bowls lined with leaf lettuce or on celery stalks as an appetizer.

#### Approximate Nutritional Information per Serving

311 calories  
23 grams protein  
24 grams fat

229 milligrams sodium  
71 milligrams cholesterol

### Shark Salad

*Any type of shark may be used in this salad recipe, which makes a wonderful main dish for lunch or a summer dinner. If you cannot find shark, monkfish is a delicious substitute.*

2 cups cooked, flaked shark      1/2 cup mayonnaise  
1 cup chopped celery            1 tablespoon lemon juice  
1/2 cup chopped onion           Leaf lettuce  
1/2 cup dill pickle                Alfalfa sprouts  
1/2 cup chopped walnuts

*Preparation Time: 20 minutes.      Makes 5 servings.*  
*Allow time for poaching and chilling.*

Fish may be cooked by poaching or steaming. Leftover baked or broiled fish may also be used. Combine fish, celery, onion, pickle, and walnuts. Mix together mayonnaise and lemon juice. Add mayonnaise to fish mixture. Toss lightly and chill. Line salad bowl with lettuce, place salad in center, and garnish with alfalfa sprouts. Serve with crusty French bread.

Approximate Nutritional Information per Serving	
363 calories	404 milligrams sodium
23 grams protein	59 milligrams cholesterol
29 grams fat	

### Seafood Pasta Salad

*This colorful salad makes a meal in itself. It's great for a covered dish supper, where it's capable of feeding a crowd, or a small army!*

1 cup spiral noodles                1/2 cup carrots, cut in  
1 cup spinach noodles                rounds  
1 cup plain flat noodles            1 cup zucchini, sliced thinly  
1 cup cauliflower flowerettes      1/2 cup fresh parsley,  
1 cup broccoli flowerettes        chopped  
1 cup celery, chopped on          1 bottle (8 ounces) Italian  
diagonal                                dressing  
1/2 cup green onion sliced        1 pound imitation seafood,  
   salad-style or leg-style  
   cut in chunks

*Preparation Time: 35 minutes.      Makes 12 servings.*

Marinate vegetables overnight. Cook pasta until done, rinse in cold water. Prepare vegetables in separate bowl. Add about 1 cup

salad dressing to vegetables and toss. Marinate vegetables overnight or for as long as you can before serving. Toss vegetables with pasta and seafood. Arrange seafood pasta salad on a large serving platter.

Approximate Nutritional Information per Serving	
191 calories	484 milligrams sodium
7 grams protein	20 milligrams cholesterol
10 grams fat	

### Squid Fruit Salad

*Don't let the word "squid" turn you off. Squid is naturally sweet and tender when properly cooked. And when added to this fruit salad, it's a hit with young and old. Serve this recipe for lunch, as a side dish, or for dessert.*

- |  |  |
|--|--|
| 5 cups water                                       | 2/3 cup pineapple chunks,<br>fresh or canned |
| 2 tablespoons sugar                                | 3 tablespoons flaked<br>coconut              |
| 1 teaspoon cinnamon                                | 3 tablespoons raisins                        |
| 2 pounds squid, cleaned and<br>skinned (see p. 34) | 1 cup tiny marshmallows                      |
| 4 tablespoons vanilla yogurt                       |  |
| 2/3 cup mandarin orange slices,<br>fresh or canned |  |

*Preparation Time: 45 minutes. Makes 6 servings.  
Allow 2 hours for chilling.*

In a large saucepan, combine water, sugar, and cinnamon, and heat to boiling. Add squid and simmer in water mixture for 5 minutes. Drain squid and rinse lightly with tap water; allow to cool. Combine remaining ingredients, except marshmallows, in serving bowl. Cut squid into rings, chop tentacles coarsely, leave fins whole, and add to fruit mixture. Chill at least 2 hours. Add marshmallows just before serving.

Approximate Nutritional Information per Serving	
461 calories	483 milligrams sodium
29 grams protein	394 milligrams cholesterol
13 grams fat	





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