

Seafood



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Baked Red Snapper Fillets

Servings: 2

Ingredients

- 2 red snapper fillets, skin on
- salt, to taste
- ground black pepper, to taste
- paprika, to taste



Procedure

- 1 Preheat oven to 350 degrees.
- 2 Pat the fillets dry and place, skin side down, on a lightly greased, foil lined sheet pan.
- 3 Season the fillets to taste.



- 4 Bake for 25 to 30 minutes or until fish flakes easily with a fork.

Cajun Spiced Grilled Shrimp

Nice with a spicy remoulade or cocktail sauce.

Servings: 4

Ingredients

- 2 dozen 16 to 20 ct. shrimp, peeled and de-veined, tails left on
- peanut oil, for drizzling
- cajun seasoning, to taste



Procedure

- 1 Preheat the grill to high.
- 2 Drizzle shrimp with peanut oil and season to taste.
- 3 Place the shrimp on the grill and cook about 3 minutes per side. Be careful not to overcook.

Crawfish Etouffee

This recipe has been adapted from one printed in the Houston Chronicle.

Servings: 6

Ingredients

1	lb	crawfish tails (thawed)
2	Tbs	liquid crab boil
3/4	cup	butter (1 1/2 sticks)
1/2	cup	flour
1	large	onion, chopped
1/2		green or red bell pepper, chopped
2	stalks	celery, chopped
1	clove	garlic, minced
		salt, to taste
		cayenne pepper, to taste
1/4	cup	green onion, thinly sliced
4 to 5	pinches	creole seasoning
1	tsp	parsley, chopped
1		bay leaf
1/2	tsp	kitchen bouquet
14	oz	chicken broth
1	Tbs	lemon juice
1 1/2	cups	steamed white rice



Procedure

- 1 Marinate thawed crawfish tails in crab boil for 6 hours or overnight in refrigerator.
- 2 Melt the butter in a heavy 4-quart pot. To make the roux, stir the butter and flour together over medium heat until dark blond, whisking constantly.
- 3 Add onion, celery, bell pepper, garlic, salt and cayenne pepper, and sauté until the vegetables are tender.
- 4 Add crawfish tails to the pot along with the green onions, parsley, creole seasoning, bay leaf, kitchen bouquet, and broth to cover. Stir to mix well.
- 5 Bring to a boil, reduce heat, cover and cook about 30 minutes, stirring occasionally. Remove from heat.
- 6 Add lemon juice and let stand for a few minutes.
- 7 Remove the bay leaf and serve with steamed white rice.

Crawfish Monica With Linguine

If you don't have crawfish tails, cooked shrimp, lump crab meat, or whole baby clams can be substituted.

Servings: 8

Ingredients

1/4	lb	Unsalted butter
6		Green onions, chopped
5 - 7	cloves	Garlic, chopped
1	lb	Frozen crawfish tails, thawed
2/3	cup	Half-and-half cream
1 1/3	cup	Heavy whipping cream
1/2	cup	Parmesan cheese, grated
1	Tbs	Creole seasoning
1	lb	Linguine
4	sprigs	Fresh parsley leaves, chopped (for garnish)



Procedure

- 1 Melt the butter in a large pot and sauté green onions and garlic for 3 minutes.
- 2 Add the prepared crawfish tails and sauté for 2 minutes.
- 3 Stir in the half-and-half, heavy whipping cream, and parmesan cheese; then add several big pinches of Creole seasoning, tasting before the next pinch until you think it's right.
- 4 Simmer 10 - 15 minutes over low heat until the sauce thickens.



- 5 While the seafood is simmering, cook the pasta according to the directions on the package. Drain, then rinse under cool water. Drain again, thoroughly.
- 6 Add the pasta to the seafood mixture and toss well. Let it sit for 10 minutes or so over very low heat, stirring often.
- 7 Sprinkle each serving with chopped parsley to garnish.

Creole Parmesan Crusted Tilapia Fillets

Servings: 4

Ingredients

- 1 large Egg
- 2 parts Parmesan cheese, grated
- 1 part Almond flour/meal
Creole seasoning, to taste
- 4 Tilapia fillets, about 4 oz each

Procedure

- 1 Beat egg in a shallow dish.
- 2 Make the coating mixture by mixing parmesan, almond flour/meal and creole seasoning on a shallow plate.
- 3 Pat the fillets dry. Dip them in the beaten egg and then carefully press both sides into the coating mixture until well covered.
- 4 Heat oil in large skillet until very hot.
- 5 Fry the fish in hot oil until brown and crispy on both sides. Drain on paper towels.

Deep Fried Crawfish Tails

Ingredients

- 1 lb frozen crawfish tails, thawed
- 1/4 cup buttermilk or half and half
- 2 tsp creole seasoning (divided use)
- 1/4 cup all purpose flour
- 1/4 cup masa flour
- peanut oil, for frying
- salt, to taste
- tartar sauce



Procedure

- 1 Mix together the half and half and a sprinkling of the seasoning.
- 2 Marinate thawed tails in milk mixture in refrigerator for 1 to 2 hours.
- 3 Remove tails from marinade and let drain. Discard marinade.
- 4 Mix together the flours and remaining seasoning mix.
- 5 Dredge the tails in the flour mixture and shake tails in a sieve to remove any excess flour.
- 6 Heat oil in deep fryer to 375 degrees.
- 7 Deep fry the tails in small batches until golden brown. Do not overcook!
- 8 Drain cooked tails on paper towels and salt to taste. Serve with tartar sauce.

Fried Fish Tacos

Red Snapper, Tilapia and Catfish all work well.

Servings: 8

Ingredients

- 1/3 cup plain yogurt, drained
- 1/3 cup sour cream or crema
- 2 tsp lime juice
- 2 tsp pickled jalapeno juice
- 1 cup cabbage slaw, green and/or red
- 2 green onion, sliced thin
- 2 Tbs cilantro leaves, chopped
- 2/3 cup all purpose flour
- 1/3 cup fine cornmeal
- 1 to 2 Tbs creole or cajun seasoning, or to taste
- peanut oil, for frying
- 1 lb fish fillets
- salt, to taste
- ground black pepper, to taste
- tortillas, corn or flour



Procedure

- 1 Make the white sauce by combining the drained yogurt, sour cream, lime juice and jalapeno juice. Taste and adjust to your liking. Set aside in the refrigerator until ready to serve.
- 2 Combine the slaw, green onion and cilantro. Set aside.
- 3 Combine the flour, cornmeal and seasoning on a plate.
- 4 Heat the oil to a depth of 1/2 inch in a large skillet over medium-high heat until a small amount of flour flicked into the pan sizzles.
- 5 Pat the fish dry. Cut into 3 x 1 inch strips and season with salt and pepper.
- 6 Dredge the fish in the flour mixture to coat. Shake off excess flour.
- 7 Fry the fish until golden brown and cooked through, about 7 to 10 minutes per batch.
- 8 Drain the fish on paper toweling and keep warm until ready to serve.
- 9 If using corn tortillas, make them pliable by dipping in hot oil for a few seconds and drain on paper towels - plan on two tortillas per taco. If using flour tortillas, wrap in waxed paper and warm for 15 seconds or so in a microwave on 40% power.
- 10 To Serve: Assemble the tacos by spooning some of the sauce on the tortilla, placing several pieces of fish on the sauce, and topping with a couple Tbs of the slaw mix. Serve with extra sauce on the side.



Ginger Grilled Shrimp

Great with steamed broccoli florets and basmati rice (not pictured).

Servings: 4

Ingredients

- 1 Tbs fresh ginger, chopped
- 2 cloves garlic, chopped
- 5 scallions, green parts only, chopped
- 1/4 cup light soy sauce
- 2 Tbs sesame oil
- 1 Tbs honey
- 2 dozen 16 to 20 ct. shrimp, peeled and de-veined, tails left on
- peanut oil, for drizzling
- 2 limes, cut into wedges
- Ponzu-Sherry Dipping Sauce (see Tips for recipe)



Procedure

- 1 Combine the ginger, garlic, scallion greens, soy sauce, sesame oil, and honey in a large mixing bowl and whisk together. Add the shrimp and toss to coat. Marinate in the refrigerator for 15 to 30 minutes.
- 2 Preheat the grill to high.
- 3 Remove shrimp from marinade and drizzle with peanut oil.
- 4 Place the shrimp on the grill and cook about 3 minutes per side. Be careful not to overcook.
- 5 Remove the shrimp from the grill and plate. Serve with lime wedges and Ponzu-Sherry Dipping Sauce.

Recipe Tips

Ponzu-Sherry Dipping Sauce: 2/3 cup unsalted butter, 1/3 cup Kikkoman Ponzu, 3 Tbs chopped fresh parsley, 1 1/2 tsp dry sherry. Melt butter in small saucepan over medium heat. Stir in ponzu, parsley and sherry; remove from heat.

Grilled Lobster On Jasmine Rice

A tasty way to use leftover lobster from the grill.

Ingredients

Lobster tail meat, cooked
Butter
Granulated garlic, to taste
Fresh thyme leaves
Lemon zest
Steamed jasmine rice



Procedure

- 1 Gently reheat the lobster tail meat in butter with granulated garlic, fresh thyme leaves and a bit of lemon zest.
- 2 Serve over steamed jasmine rice and garnish with a few fresh thyme leaves.

Grilled Lobster Tail

Ingredients

- Lobster tails, cold water type
- Butter
- Granulated garlic



Procedure

- 1 Using kitchen shears, split the shell down the middle and butterfly the tail. Loosen the meat along the sides of the shell.



- 2 Melt butter with granulated garlic, to taste, in a small bowl in the microwave.
- 3 Place the tail split side down over medium heat on the grill and wait for it to release before turning over.
- 4 When you have turned the tail over, baste frequently with the melted garlic butter.



- 5 The tail is done when the meat is firm and no longer translucent, but do not overcook as the meat will get tough.
- 6 Make additional garlic butter for dipping, keeping it warm in a tea light holder.

Oyster Stew

"This is best Oyster Stew you ever had! It is elegant and satisfying. I serve it with toasted homemade bread. Serve it quick and hot! Try adding a drop or two of hot sauce in your stew -- it's delicious!"

Servings: 4

Ingredients

1/2 cup	butter
1 cup	minced celery
3 Tbs	minced shallots
1 quart	half-and-half cream
2 containers	fresh shucked oysters and their liquid (12 oz each)
	salt, to taste
	ground black pepper, to taste
1 pinch	cayenne pepper, or to taste



Procedure

- 1 Melt the butter in a large skillet over medium heat, and cook the celery and shallots until shallots are tender.
- 2 Pour half-and-half into a large pot over medium-high heat. Mix in the butter, celery, and shallot mixture. Stir continuously.
- 3 When the mixture is almost boiling, pour the oysters and their liquid into the pot. Season with salt, pepper, and cayenne pepper.
- 4 Stir continuously until the oysters curl at the ends. When the oysters curl the stew is finished cooking; turn off the heat and serve.

Recipe Tips

Sue Chayer said - "For the celery - I grated it on a cheese grater. Oysters in the glass /plastic jar work just fine, include all the liquid in the stew. We did not use any cayenne. We also added 2 diced red potatoes. Instead of shallots, you can use green onions." (See photo.)

Source

Author: Buddy Sizemore; adapted by Sue Chayer

Source: Allrecipes.com

Panko Crusted Fish Tacos

Servings: 8

Ingredients

- 1 cup cabbage slaw
- 2 Tbs cilantro leaves, chopped
- 2 green onion, thinly sliced
- 1/3 cup mayonnaise
- 1/3 cup salsa verde
- 1 large egg
- 1/2 cup tempura flour
- 1/2 cup panko crumbs, or more if needed
- peanut oil, for frying
- 1 lb tilapia fillets
- 8 flour tortillas

Procedure

- 1 Combine the slaw, green onion and cilantro. Set aside.
- 2 Combine mayo and salsa verde to make sauce. Set aside.
- 3 Beat the egg in a shallow dish.
- 4 Put the tempura flour and the panko crumbs on separate plates.
- 5 Heat the oil to a depth of 1/2 inch in a large skillet over medium-high heat until a small amount of flour flicked into the pan sizzles.
- 6 Pat the fish dry and cut into large bite-size chunks.
- 7 Dredge the fish in the tempura flour mixture, then dip in the egg, and then carefully press all sides into the panko crumbs to coat.
- 8 Fry the fish until golden brown and cooked through, about 5 to 8 minutes per batch.
- 9 Drain the fish on paper toweling and keep warm until ready to serve.
- 10 Wrap the tortillas in waxed paper and warm for 15 seconds or so in a microwave on 40% power.
- 11 To Serve: Assemble the tacos by spooning some of the sauce on the tortilla, placing several pieces of fish on the sauce, and topping with a couple Tbs of the slaw mix. Serve with extra sauce at the table.

Pasta Gamberetti e Pinoli

Shrimp, mushrooms, pine nuts and spinach with pasta and a lemon butter sauce.

Servings: 2

Ingredients

- 4 Tbs Lemon Juice
- 2 Tbs Dry Vermouth
- 4 Tbs Heavy Cream
- 4 oz Unsalted Butter, Softened
- Salt and Ground Black Pepper, to taste
- 4 oz Angel Hair Pasta
- 2 Tbs Whole Butter
- 4 oz Sliced Mushrooms
- 1 Tbs Garlic, Chopped
- 12 large Shrimp, Peeled and Deveined, Tails Off
- 1 Tbs Pine Nuts, Toasted
- 1/2 tsp Salt
- 1/2 tsp Ground Black Pepper
- 2 oz Fresh Spinach, Cleaned and Stemmed
- 1 Tbs Parsley, Chopped



Procedure

- 1 Heat lemon juice and vermouth in a sauce pan over medium heat. Bring to a boil and reduce by one-third.
- 2 Add cream and simmer until mixture thickens (approximately 3 to 4 minutes). Slowly add unsalted butter until completely incorporated.
- 3 Season with salt and pepper, to taste.
- 4 Remove sauce from heat and hold in a warm area or near the stove.
- 5 Cook and drain the pasta according to package directions and have ready at the same time as the shrimp.
- 6 Heat whole butter in large sauté pan over medium-high heat.
- 7 Add mushrooms and sauté for 2 minutes.
- 8 Add garlic, shrimp, toasted pine nuts, salt, pepper, and sauté until shrimp are translucent.
- 9 Reduce heat and add spinach, lightly toss with shrimp mixture (be careful not to wilt the spinach).
- 10 Place half of the pasta on each plate and sprinkle with the chopped parsley.
- 11 Add the lemon butter sauce to the shrimp and spinach mixture and lightly toss. Divide and place half on top of the pasta on each plate.

Petite Crab Cakes

Recipe makes two yummy cakes per serving.

Servings: 8

Yield: 16 cakes

Ingredients

- 2 large Eggs
- 1 Tbs Dijon mustard
- 1/2 tsp Worcestershire sauce
- 1 tsp Old Bay seasoning
- 1/2 cup Mayonnaise
- 2 Tbs Fresh parsley, minced
- 1/4 cup Scallions, chopped
- 2 cups Panko crumbs (divided 1 1/2 cups and 1/2 cup)
- 1 lb Lump crab meat
- 1/4 cup Peanut oil, for frying
- 1/2 cup Remoulade sauce (see Tips for recipe)
- 2 Lemons, cut into wedges (or lemon zest)



Procedure

- 1 Beat the eggs well in a large mixing bowl.
- 2 Add the mustard, Worcestershire sauce, Old Bay seasoning, and mayonnaise to the eggs and mix together well.
- 3 Add the parsley, scallions, and 1 1/2 cups of the panko crumbs and stir well.
- 4 Place crab meat in the mixing bowl and fold gently, leaving the crab lumps as large as possible.
- 5 Shape the mixture into about 16 equal portions, ball up and flatten into a patty shape about 3/4 to 1-inch thick.
- 6 Coat each patty with some of the remaining panko crumbs.
- 7 Cover with plastic wrap and chill for at least 1 hour before cooking.
- 8 Heat oil over medium heat in a non-stick pan.
- 9 Fry each cake 2 to 2 1/2 minutes per side in the hot oil. Drain on paper towel.
- 10 Serve on remoulade sauce with lemon wedges (or top with lemon zest).



Recipe Tips

For a very tasty Szechuan Remoulade, whisk together 1/2 Tbs Dijon mustard, 1/4 tsp dry mustard, and 3/4 tsp rice wine vinegar in a mixing bowl. Gradually add 2 Tbs olive oil, stirring constantly to ensure no separation of the oil and vinegar. Stir in remaining ingredients (3/4 tsp paprika, 2 Tbs minced celery, 2 Tbs chopped green onions, 1/4 tsp chopped garlic, 2 Tbs chopped parsley, 3/4 tsp anchovy paste, 1/2 Tbs lemon juice, 1/4 cup mayonnaise, and 3/8 tsp wasabi powder (optional)). Salt and pepper to taste. Makes 1/2 cup of sauce.

Red Chile and Garlic Shrimp in Olive Oil

Serve with crusty bread to sop up the olive oil!

Ingredients

- 1/3 cup olive oil
- 2 cloves garlic, thinly sliced
- 2 dried red chiles, broken in half
- 6 large gulf shrimp, peeled and deveined
- kosher salt, to taste
- bread, for dipping



Procedure

- 1 Heat the olive oil in a saute pan over medium heat.
- 2 Add the garlic and chile to the heated oil in the pan.
- 3 Season the shrimp with salt.
- 4 When the garlic starts to sizzle and is very fragrant, carefully add the shrimp to the oil.
- 5 Cook just until the shrimp turn pink, about 1 to 2 minutes, turning frequently.
- 6 Serve hot with bread.

Red Snapper Fillets With Lemon

In May of 2011, Sue and Carlton were visiting and we had gone down to Galveston for the day, so we stopped at Katie's for some fresh snapper.

Servings: 4

Ingredients

- 4 red snapper fillets, skin on
- salt, to taste
- ground black pepper, to taste
- 1 lemon, sliced thin
- 2 Tbs butter



Procedure

- 1 Preheat oven to 350 degrees.
- 2 Pat the fish dry and lay fillets skin side down, on a foil lined sheet pan.
- 3 Season the fillets with salt and ground black pepper, then top with lemon slices and dots of butter.
- 4 Cover the fish with foil and bake for 20 minutes.
- 5 Remove the foil, turn on the broiler, and broil the fish 6 inches from the heat for 8 to 12 minutes or until the fish flakes easily with a fork.

Red Snapper With Lemon Caper Butter Sauce

Servings: 4

Ingredients

- 3 Tbs extra-virgin olive oil (divided use)
- 4 6 oz red snapper fillets
- salt, to taste
- ground black pepper, to taste
- 1 medium shallot, finely chopped
- 2 Tbs capers, drained
- 1/4 cup lemon juice
- 2 Tbs unsalted butter, cut into 4 pieces
- 1 Tbs parsley, finely chopped

Procedure

- 1 In a large non-stick skillet, heat 2 Tbs of the oil until shimmering.
- 2 Season the fish with salt and pepper.
- 3 Add fish to the skillet and cook over moderately high heat, turning once, until golden and cooked through, about 6 minutes. Carefully transfer the fish to plates and keep warm.
- 4 Wipe out the skillet and add the remaining oil.
- 5 Add the shallots and capers and cook over moderate heat until the shallots are softened and the capers are slightly crisp, about 3 minutes.
- 6 Add the lemon juice and simmer until slightly reduced.
- 7 Add the butter and whisk until incorporated. Season with salt and pepper and stir in the parsley.
- 8 Spoon the sauce over the fish and serve immediately.

Salmon Cakes With Dill Sauce

Ingredients

3/4 cup mayo
1/4 cup sour cream
1/8 tsp dill weed
2 Tbs lemon juice (divided use)
1 can pink salmon, 14.75 oz
2 large eggs, lightly beaten
1/2 cup Romano cheese, grated
1/4 cup parmesan cheese, grated
2 tsp chives, chopped
1 Tbs cilantro leaves, chopped
peanut oil, for frying

Procedure

- 1 Make dill sauce by mixing together the mayo, sour cream, dill weed, and 1 Tbs of the lemon juice. Cover and set aside in refrigerator for about an hour to blend flavors.
- 2 Mix together the salmon, eggs, cheeses, chives, cilantro and the other Tbs of lemon juice. Form mixture into 4 to 6 large patties.
- 3 Fry patties in hot oil over medium-high heat until nicely browned on both sides. Drain on paper towels.

Salt and Pepper Shrimp

Ingredients

- water, for shrimp prep
- 2 Tbs salt, for shrimp prep
- 1 lb large shrimp, peeled and deveined

Seasoning Mix:

- 2 tsp coarse or kosher salt
- 1 tsp Szechuan peppercorns, ground
- 1 tsp sugar

Stir Fry Mix:

- 2 Tbs finely chopped garlic
- 2 tsp finely chopped peeled fresh ginger
- 2 Tbs finely chopped scallions
- 2 fresh red chili peppers, coarsely chopped
- 1 cup vegetable or peanut oil (for frying)

Procedure

- 1 To Prepare Shrimp: Fill a large bowl with cold water, add 1 Tbs salt. Gently wash the shrimp in salt water, drain and repeat the process using fresh salted water. Rinse under cold running water, drain and blot dry on paper towels.
- 2 Combine the Seasoning Mix ingredients in a small bowl and set aside.
- 3 Combine the Stir Fry Mix ingredients (garlic through red chili peppers) in small bowl and set aside.
- 4 Heat wok until hot and add oil. When the oil is very hot but not smoking, (in small batches) add the shrimp and deep fry for about a minute or until they are pink (do not overcook). Remove immediately with a slotted spoon and drain well.
- 5 Pour off all but about 1 ½ Tbs of oil and reheat wok. Add Seasoning Mix to wok and stir-fry for about 10 seconds. Add the Stir Fry Mix and stir-fry for about 10 seconds more. Return shrimp to the wok and stir-fry over high heat for about 2 minutes or until the spices have thoroughly coated the outside of the shrimp.
- 6 Remove and serve immediately

Source

Source: eGullet Recipes

Web Page: <http://forums.egullet.org/index.php?/topic/128549-salt-and-pepper-shrimp/>

Shrimp And Andouille With Pasta

I made this for the first time when Mom and Jimmy were here for Thanksgiving week in 2008. We all loved it!

Servings: 6

Ingredients

- 1 Tbs Olive oil
- 2 ounces Unsalted butter (divided use)
- 1/2 large Onion, diced
- 1/2 lb Andouille sausage, cubed
- 1/2 bunch Green onion, chopped (divided use)
- 3 cloves Garlic, minced
- 1 lb Large gulf shrimp, peeled and deveined
- Kosher or sea salt, to taste
- Ground black pepper, to taste
- Cayenne pepper, to taste
- 12 oz Fresh homemade pasta or Bowtie pasta, dry
- 1/2 cup Dry vermouth (or white wine)
- 1 cup Heavy whipping cream
- Parmesan cheese, grated



Procedure

- 1 In sauté pan, coat with a bit of extra virgin olive oil and melt 1/2 of the butter, then sweat the diced onion until soft.
- 2 In a pasta or stock pot, bring water for pasta to a boil, season with salt.
- 3 When diced onions are soft, add cubed andouille sausage, 1/2 of chopped green onion and minced garlic to sauté pan. Stir together and cook for 2 to 3 minutes over medium heat.
- 4 Add shrimp and season to taste with salt, black pepper and cayenne. Cook until shrimp begins to turn pink. Remove pan from heat; cover and set aside to keep warm.
- 5 Add pasta to hot water and stir. Bring back to a boil.
- 6 In a sauce pan, add the vermouth (or white wine) and heavy whipping cream. Fold together and simmer for 5 to 10 minutes until sauce is reduced. Whisk in balance of butter.
- 7 Add the sausage and shrimp mixture to the sauce pan and stir to blend. Taste and adjust seasonings.
- 8 Drain the pasta when cooked and pour into a large serving bowl.
- 9 Add sausage and shrimp with sauce to pasta and fold until all the pasta is coated.
- 10 Top with grated parmesan and balance of chopped green onions.

Source

Source: adapted from www.nolafoodie.com

Shrimp Stuffing For Fish

Pictured here with panko crusted baked flounder.

Servings: 4

Ingredients

- 2 tsp Olive oil
- 1/3 cup Onion, minced
- 1/4 cup Celery tops and leaves, minced
- 2 Tbs Roasted red bell peppers, minced
- Kosher salt, to taste
- Cayenne pepper, to taste
- 1 1/2 tsp Garlic, chopped
- 1/2 lb Shrimp, shelled, cleaned and diced
- 1/4 cup Seafood, Chicken or Vegetable stock
- 1/2 cup Panko bread crumbs
- 1 1/2 Tbs Parsley, finely chopped



Procedure

- 1 In a sauté pan, heat the olive oil.
- 2 When the oil is hot, add the onions, celery, and peppers. Season with salt and cayenne. Sauté for 2 minutes, or until the vegetables are wilted.
- 3 Add the garlic, shrimp, and stock. Cook for 2 minutes and remove from the heat.
- 4 Turn the mixture into a bowl. Stir in the bread crumbs. Add the parsley and adjust seasoning, if needed.

Sichuan Shrimp with Jalapeños

Shown served over fried rice.

Servings: 2

Ingredients

Marinade:

- 2 Tbs soy sauce
- 1/2 tsp cornstarch
- * * *
- 1 lb large shrimp, shelled and deveined
- * * *

Sichuan Spicy Sauce:

- 1 Tbs soy sauce
- 1 Tbs Shao Hsing wine or dry sherry
- 4 tsp rice vinegar
- 1 tsp sesame oil
- 1 tsp hot pepper sauce
- 3/4 tsp sugar
- * * *
- 3 Tbs vegetable oil (divided)
- 1 tsp garlic, minced
- 1/2 tsp fresh ginger, minced
- 1 jalapeño, deseeded and course chopped
- 1 green onion, thinly sliced
- 6 whole dried red chili peppers
- 1/2 tsp cornstarch
- 1 tsp water



Procedure

- 1 Combine marinade ingredients in a small bowl. Add shrimp and stir to coat.
- 2 Set aside. Combine sauce ingredients in a small bowl and set aside.
- 3 Place a wok or wide frying pan over high heat until hot. Add 2 Tbs of the oil, swirling to coat sides.
- 4 Add shrimp and stir-fry for 2 minutes, until shrimp curl. Remove shrimp and set aside.
- 5 Add the remaining 1 Tbs oil. Add garlic, ginger, jalapeño, green onion, and chili peppers and cook, stirring until fragrant, about 5 seconds.
- 6 Stir in sauce and cornstarch solution (cornstarch and water) and bring to a boil.
- 7 Return shrimp to wok and cook, stirring, for 1 minute or until shrimp is done.

Sole Meunière

Enjoy the summer sea with this light, French dish. Pan-fried fish and mushroom drizzled with a butter sauce is a typical French, country-style recipe. A meunière is a miller's wife, and literally translated, this dish means "cooked the way a miller's wife cooks."

Servings: 2

Ingredients

12 oz sole or tilapia fillets
1/4 cup flour
salt, to taste
freshly ground black pepper, to taste
olive oil spray
1 1/2 Tbs butter
4 oz baby bello mushrooms, sliced
2 Tbs fresh parsley, chopped

Procedure

- 1 Pat fish fillets dry with a paper towel.
- 2 Mix flour with salt and pepper to taste.
- 3 Dip fillets into flour, coating both sides completely. Shake off any excess.
- 4 Heat a non-stick skillet on medium-high. Spray with olive oil.
- 5 Sauté fish 5 minutes (less if the fillets are under 1 inch thick); turn and sauté second side 5 minutes. Remove to a plate.
- 6 Turn heat to high and add mushrooms to the pan; sauté about 1 minute and spoon over the fish.
- 7 Add the butter to the skillet and cook it until it just starts to brown. Pour over the mushrooms.
- 8 Sprinkle parsley on top.

Recipe Tips

Fillets from any flat fish can be used, such as tilapia, flounder, trout or snapper. Count 10 minutes' cooking time for a 1-inch-thick fillet; adjust timing up or down as warranted.

Source

Web Page: <http://www.chron.com/life/food/article/Cook-sole-the-way-a-French-miller-s-wife-would-1926679.php>

Southern-Fried Shrimp

Yield: serves 4 to 6

Ingredients

- 2 dozen large shrimp, peeled and deveined
- 5 tsp salt, divided (1/2 tsp and 1 1/2 Tbs)
- 3 1/4 tsp fresh ground black pepper, divided (1/4 tsp and 1 Tbs)
- 2 cups all purpose flour
- 2 tsp cayenne pepper
- peanut oil, for frying
- 1 cup buttermilk, well-shakened
- 2 tsp Creole or whole-grain mustard (optional)

Procedure

- 1 Place the shrimp in a medium bowl and season with 1/2 tsp salt and 1/4 tsp black pepper.
- 2 In a separate bowl, whisk together the flour with the remaining salt, pepper and the cayenne.
- 3 Heat 3-4 inches of oil in a large pot or fryer until very hot, about 350 degrees.
- 4 Pour the buttermilk (and mustard, if using) over the seasoned shrimp and combine. Working in batches, use a slotted spoon to remove the shrimp from the buttermilk and transfer to the seasoned flour.
- 5 Using a separate dry spoon or your fingers, to toss to evenly coat.
- 6 Carefully slip the battered shrimp into the fryer and fry until golden brown and crisp, about 5 minutes; drain on paper towels.

Recipe Tips

Don't overcrowd the fryer with too many shrimp, as this will lower the temperature of the oil and the shrimp won't crisp up as quickly or nicely as they should.

Source

Author: Donald Link

Source: Real Cajun

Sriracha-Buttered Shrimp

Great all by themselves or serve over rice to soak up the sauce.

Servings: 4

Ingredients

- 24 large tail-on gulf shrimp, peeled and deveined (about 1 lb)
- 2 Tbs butter
- 2 Tbs sriracha sauce
- 2 cloves garlic, minced
- 1 Tbs lemon zest
- 2 Tbs fresh mint, minced
- 2 Tbs fresh basil, minced
- 1 cup steamed rice (optional)



Procedure

- 1 Rinse shrimp and pat dry. Set aside.
- 2 Heat large skillet over medium heat.
- 3 Add butter and sriracha to heated skillet and stir until butter is melted.
- 4 Sauté minced garlic in sauce.
- 5 Add shrimp and turn to coat; toss frequently until shrimp begin to firm up.
- 6 Just before the shrimp are done, add lemon zest, mint and basil; toss well.

Steelhead Trout with a Creamy Dill Sauce

Servings: 6

Ingredients

1/3	cup	sour cream
1/3	cup	mayonnaise
1	Tbs	finely chopped onion
1	tsp	lemon juice
1	tsp	prepared horseradish
2	tsp	fresh dill weed, minced
1/4	tsp	garlic salt
		ground white pepper, to taste
2	lb	steelhead trout fillet
1 - 1 1/2	tsp	lemon-pepper seasoning
1	tsp	onion salt
1	small	onion, sliced and separated into rings
6		lemon slices
1/4	cup	butter



Procedure

- 1 Preheat oven to 350 degrees.
- 2 To make sauce: Combine first eight ingredients until smooth and refrigerate for about an hour to let flavors meld.
- 3 Line a 15-in. x 10-in. x 1-in. baking pan with heavy-duty foil; grease lightly.
- 4 Stir sauce and serve with fish.
- 5 Place trout skin side down on foil. Sprinkle with lemon-pepper and onion salt.
- 6 Top with onion and lemon. Dot with butter.
- 7 Fold foil around fish; seal tightly.
- 8 Bake for 20 minutes.
- 9 Open foil. Broil 4-6 in. from the heat for 8-12 minutes or until the fish flakes easily with a fork.



Stir-Fry Jalapeño Shrimp And Steamed Rice

Awesome!

Servings: 1

Ingredients

- 1 cup steamed white rice
- 3 jumbo shrimp, peeled and deveined
- 1 tsp jalapeño oil
- 1 Tbs peanut oil
- 1 clove garlic, minced
- 1 fresh jalapeño, seeded and deveined, minced
- 1 green onion, chopped into 1/2 inch pieces
- 3 Tbs water
- 1/4 tsp soy sauce
- salt, to taste
- ground black pepper, to taste
- 1 Tbs butter

Procedure

- 1 Do ahead: Start cooking the rice in the rice cooker, or on the stove top, to make one cup steamed rice.
- 2 Clean shrimp, pat dry, and add jalapeño oil to shrimp in a small bowl. Set aside.
- 3 When rice is done and resting, heat peanut oil in a wok or skillet.
- 4 Add shrimp to wok when oil is very hot. Shrimp must sizzle. Stir constantly.
- 5 When shrimp is seared on both sides, add garlic and jalapeno. Stir constantly.
- 6 Add green onion when garlic is fragrant. Stir constantly.
- 7 Add water, stir and allow to boil off.
- 8 Add soy sauce, stir and remove wok from heat.
- 9 Add salt and pepper to taste.
- 10 Put butter on the bottom of a serving bowl and top with rice.
- 11 Serve shrimp over the rice.

Super Crispy Crunchy Fish

Ingredients

- 1 part parmesan cheese, finely grated
- 1 part almond flour/meal
- 1 part flaxseed meal
- creole seasoning, to taste (divided use)
- 1 large egg
- mild white fish fillets, such as cod, haddock or tilapia
- peanut oil, for frying



Procedure

- 1 Mix equal parts of the parmesan cheese, almond flour, and flaxseed meal with one-half of the creole seasoning in a bowl or pie plate to make coating mixture. Set aside.
- 2 Beat egg in a small bowl and set aside.
- 3 Sprinkle fish lightly with other half of the seasoning.
- 4 Heat oil in skillet until very hot.
- 5 Dip the seasoned fish first in the beaten egg and then carefully press both sides of the fish into the coating mixture until well covered.
- 6 Fry the fish a few pieces at a time until golden brown. Drain on paper towels. Serve with tartar sauce.

Source

Author: Adapted from SweetTLC's recipe

Source: lowcarbfriends

Web Page: <http://www.lowcarbfriends.com/bbs/lowcarb-recipe-help-suggestions/369931-super-crispy-crunchy-fish.html>

Tangy Pan Fried Tilapia

Servings: 2

Ingredients

- 1 lb tilapia fillets, 4 oz each
- 1 Tbs Dijon mustard
- 1 tsp Slap Ya Mama cajun seasoning (divided use)
- 1/2 cup panko crumbs
- 1/2 cup olive oil, for frying
- fresh ground black pepper, to taste



Procedure

- 1 Thinly coat tilapia fillets in Dijon mustard and season with one-half of the cajun seasoning.
- 2 Add the other half of the seasoning to panko crumbs on a plate. Stir to mix.
- 3 Coat the fish fillets in the panko mix, pressing firmly. Put the coated fish in the refrigerator to rest for about 30 minutes to help the coating stay on the fish when you fry it.
- 4 Heat oil in a large non-stick skillet to medium.
- 5 Pan fry fillets until golden brown on both sides. Do not overcook. Try to turn fillets only once since the coating is delicate and can fall off.
- 6 Remove fillets from skillet and drain on paper towel.
- 7 Season with black pepper while still hot and serve.

Tequila-Lime Grilled Shrimp

Great to use for Shrimp Tacos with Avocado Salsa.

Servings: 4

Ingredients

- 3 Tbs tequila
 - 2 Tbs lime juice
 - 2 Tbs olive oil
 - 1 clove garlic, fine minced
 - 1 medium shallot, fine minced
 - 1 dash sea or kosher salt
 - 1/4 tsp cayenne pepper
 - 2 dozen 18-20 ct. shrimp, peeled and deveined, tails left on
 - 2 limes, cut into wedges
 - peanut oil, for drizzling
- For Shrimp Tacos:**
- 16 corn tortillas (heated in lightly oiled skillet), 2 per taco
 - Avocado Salsa



Procedure

- 1 In a large mixing bowl, whisk together first seven ingredients to make marinade.
- 2 Add the shrimp to the marinade and refrigerate for about 20 minutes.
- 3 Preheat the grill to high. Remove the shrimp from the marinade and drizzle with peanut oil.
- 4 Place the shrimp on the grill and cook about 3 minutes per side. Be careful not to overcook.

Zesty Baked Salmon Steaks

Tim and I like these and enjoy them often. - Tina

Yield: Serves 4 to 6

Ingredients

4 to 6	salmon steaks
1 envelope	Italian salad dressing mix
1/2 cup	water
2 Tbs	lemon juice
6 to 8 oz	fresh sliced mushrooms, sautéed
2 to 3 Tbs	butter, to sauté mushrooms
1/4 cup	Parmigiano Reggiano, freshly grated



Procedure

- 1 Preheat oven to 350 degrees.
- 2 Arrange salmon steaks in a buttered 13 x 9 x 2-inch baking dish.
- 3 Combine salad dressing mix, lemon juice, and water; pour over salmon.
- 4 Cover dish with aluminum foil and bake for 20 minutes.
- 5 Top salmon with mushrooms that have been sautéed in butter and sprinkle with Parmigiano Reggiano cheese. Continue baking uncovered for another 10 minutes.

Source

Author: submitted by Tina Farrell