

Seafood Recipes

For all those seafood lovers out there, here are some recipes that will make your taste buds go wild!



Your Name or Website Address Here

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Crab Pillows

When many people think of beignets, they think of those wonderful, soft, pillow-like pastries sprinkled with confectionery sugar, served at Cafe Du Monde in the Old French Quarter.

As New Orleans gets back on its feet following Hurricane Katrina, I'd highly recommend a visit to the Crescent City to taste the real thing.

In the meantime, here's a different twist on a New Orleans favorite that you can try at home. It'll have your family and friends saying, "Laissez les bons temps rouler."

Ingredients:

4 cups LouAna Peanut Oil, for that nutty taste with no cholesterol

3 cups flour

2 cups milk

1 tablespoon baking powder

1 tablespoon seasoned salt

1 tablespoon garlic

1 teaspoon thyme

1 teaspoon Louisiana Hot Sauce

1 lb. lump crabmeat

2 cups fresh corn, cooked

1/4 cup parsley, minced

1/4 cup green onions, sliced

Directions:

1. Heat peanut oil in frying pot until oil reaches 350°.
2. In a large bowl, blend together flour, milk, baking powder, seasoned salt, garlic, thyme, and hot sauce and stir until batter is formed.
3. Stir in remaining ingredients until all are incorporated. Be careful not to break up lumps of crabmeat during the process.
4. Drop batter by the spoonful into hot grease, being careful not to splash yourself.
5. Cook beignets for 2 to 3 minutes after they float to the top of pot, flipping occasionally.
6. Serve with your favorite dipping sauce.

Yields approximately 2 dozen

Clams on the Half Shell

If you are a seafood lover here is something different, this recipe will tantalize your taste buds and make you scream for more, this is a great appetizer as well as a wonderful dinner, in this recipe you must use your judgment and use as much of a particular ingredient that you like or as little of each that you don't like but you will find that by adding all the ingredients gives a nice balance to this dish.

Am I making you hungry? Well I hope so, now do stay with me because I can show people how to do things better than I can tell you. Ok were off.

Open 12 raw clams to be on the half shell and do take the time to check for pieces of shell in the clam, loosen the clam from the bottom part of the shell.

Herb Butter for clams:

Ingredients

Butter
Watercress
Parsley
Shallots
Anchovies
Almonds
Garlic

Directions:

Mince each of the ingredients and add to melted butter.
Add some Pernod wine, Anisette, and a few drops of Tabasco sauce

Place some of the herb butter mixture on each of the clams then place a ¼ slice of imported swiss cheese on the top of each clam, if you like more cheese then just add it, place the clams under the broiler until the cheese is bubbly and brown. Now it's up to you to enjoy it.

Remember you can use as much or as little of the ingredients that you like because you're making this to your taste, but personally I like the wines. "enjoy"

Lobster Bisque Soup

The lobster bisque is very rich, so a small serving (about two-thirds cup per person) is plenty. At the restaurant, this is baked in individual crocks, with puff pastry on top.

Ingredients:

2 lb boiled lobsters, medium sized
2 1/2 c fish or chicken stock
1 onion, sliced
4 celery stalks, with leaves
2 cloves, whole
1 bay leaf
1/4 c soft butter
1/4 c flour
3 c milk; heated
1/4 teaspoon nutmeg
1 c cream; hot but not boiling
2 tablespoons sherry
1/8 teaspoon parsley; minced
1/8 teaspoon paprika

Directions:

Remove the meat from boiled lobsters. Dice and reserve the body meat and mince the tail and claw meat. Crush the shells and add them to the stock along with the onion, celery, cloves and bay leaf. Simmer these ingredients for about 30 minutes and strain the stock.

Combine the flour and soft butter in a small saucepan and cook for about 5 minutes, but do not let flour begin to color. Gradually pour the heated milk into this mixture. Whisk to combine thoroughly then add nutmeg. If there is coral roe, force it through a fine sieve into the mixture. Stir in the strained stock.

When the soup is smooth and boiling, add the lobster and simmer the bisque, adding the sherry and cover for 5 min. turning off the heat after that. Stir in the cream and season to taste. Serve at once with minced parsley and paprika, if desired.

Oysters on the Half Shell

If you are an oyster lover then this recipe is for you to enjoy.

There many different varieties of oysters Eastern oysters, named for their place of origin Bluepoints, Lynnhavens, and Chincoteagues, account for most of the American oyster supply. Western waters produce Pacific oysters which were originally eastern transplants, Olympia oysters, are a tiny native western species harvested commercially in Washington State. Most Pacific oysters are graded and marketed by size rather than by name.

Ingredients:

24 oysters on the half shell
12 slices of bacon
½ cup butter
1/3 cup chopped green peppers
2 tablespoons chopped chives
4 tablespoons chopped parsley
Juice of a lemon

Directions:

Cook bacon slowly until transparent, then remove bacon and add green peppers, cook the green peppers until just tender and then add the remainder of the ingredients, minus the bacon. Top each oyster with mixture plus ½ slice bacon and a few drops of lemon juice.

Bake at 450 deegree until bacon is crisp.

When the oysters are cooked, plate them so they will appear to be so good that you just can't wait to begin a wonderful experience, open a fine bottle of wine and now it's time to enjoy them.

Oh by the way don't eat them alone food is always enjoyed more if you are enjoying it with someone else.

Wild American Shrimp Ceviche with Watermelon and Spicy Pico

The hottest diets, from Atkins to South Beach to Weight Watchers, sing the praises of shrimp. It's a great source of protein and is low in calories. Plus, premium-quality Wild American shrimp - harvested in their own natural environment from the South Atlantic and Gulf of Mexico - is perfect for health-conscious consumers who want to know exactly where their food comes from.

"Wild American shrimp is low in fat and a source of polyunsaturated fats and heart-healthy omega-3 fatty acids, which fight cholesterol and may reduce the risk of heart disease," said nutritionist Carol Guber, an expert on food, nutrition and healthy lifestyles. "If you're trying to lose weight by eating more healthful protein, Wild American shrimp is a delicious option."

Wild American shrimp has its own certification mark, assuring that it has been caught in the wild and meets certain quality standards. Guber recommends that consumers ask for Wild American shrimp where they shop and dine.

"Consumers have a choice, but many fail to realize that most shrimp sold in the U.S. is not caught in the Gulf of Mexico or South Atlantic, but rather imported from overseas and farm-raised," she said.

When buying shrimp look for shiny shells and meat that feels firm against the shell; it should have a fresh, salty scent and should not smell of ammonia or have a fishy odor. For healthful dishes, add little or no butter, oil or shortening. The following recipe is perfect for light meals.

Ingredients:

2 cups fresh lime juice
1 1/2 cups (16-20 count) Wild American shrimp, cleaned and deveined, sliced into 1/2-inch-thick pieces
1 cup Roma tomatoes, seeded and diced small
1 Serrano pepper, minced
1/4 cup red onion, diced small
1/4 cup cilantro, cleaned, stemmed and chopped
kosher salt, freshly ground black pepper, to taste
1 1/2 cups watermelon, diced into 1/2-inch pieces
Baked tortilla chips
Lime wedges for garnish

Directions:

Stir 1 1/2 cups fresh lime juice into shrimp and place in refrigerator for 24 to 36 hours until shrimp is no longer opaque. Drain, rinse and set aside.

For the Pico sauce, combine 2 tablespoons lime juice, Roma tomatoes, Serrano pepper, red onion, cilantro, kosher salt and black pepper.

Combine shrimp, watermelon, Pico sauce and 2 tablespoons lime juice. Garnish with lime wedges and serve with chips.

Low Calorie Fish Recipe

Lean protein in your diet is essential to weight loss and weight maintenance. Cod is an excellent source of lean protein as it is lower in fat than red meats.

Losing weight isn't about hunger, misery and crash dieting! By learning to make, delicious, easy-to-prepare, nutritious food your body needs and will enjoy - losing weight becomes exciting and energizing.

Instead of high calorie, fatty sources - use spices to provide flavorsome, exciting meals your whole family will enjoy. "Pan Seared Cod with Balsamic Thyme" is another recipe in a range of hunger-fighting, low fat recipes to assist you in keeping your weight under control. This irresistible, no-hassle meal will help you reach your weight-loss goals - while making mealtime a real treat.

Variety is an essential element of any successful health program. If you get bored with foods, you're much more likely to abandon your program altogether. Experiment with spices to find exciting alternatives, try new recipes and build your repertoire of quick home cooked meals to replace take outs, frozen dinners and snacks. Your body will love you and your family will be delighted.

Ingredients:

500g fresh cod fillet (or boneless, skinless chicken breasts)
2 teaspoon olive oil
2 tablespoons balsamic vinegar
2 tablespoon fresh thyme
Salt and pepper to taste

Directions:

Sprinkle fish with salt and freshly ground pepper on both sides. Heat a large skillet for which you have a cover over medium-high heat. When hot, add the olive oil. When the oil is hot, place the fish in the pan, lower the heat to medium and cook for five minutes or until the underside is brown and a crust begins to form.

Carefully turn the fish over, turn the heat down to medium-low and cover the skillet. Cook for about 5 minutes more. Fish is done when it flakes with a fork. Remove fish from skillet and place on a plate. Bring the heat back up to medium-high, add the balsamic vinegar and cook quickly, scraping the pan with a spatula.

Turn off the heat; put the fish back in the skillet and turn over to coat both sides with the reduced vinegar. Sprinkle with fresh thyme leaves and serve immediately.

* Note: fish should cook for about 10 minutes for each inch of thickness. If you use chicken breast instead, it will need a total of about 15 minutes cooking time.

Nutritional Analysis Per Serving:

Calories: 228

Protein: 40 grams

Fat: 6 grams

Carbohydrates: 1 grams

Tuna Patties

Lean protein in your diet is essential to weight loss and weight maintenance. Tuna fish is an excellent source of lean protein as it is lower in fat than red meats.

Losing weight isn't about hunger, misery and crash dieting! By learning to make, delicious, easy-to-prepare, nutritious food your body needs and will enjoy - losing weight becomes exciting and energizing.

Instead of high calorie, fatty sources - use spices to provide flavorsome, exciting meals your whole family will enjoy. "Tuna Patties with Lemon Dill Sauce" is another recipe in a range of hunger-fighting, low fat recipes to assist you keep your weight under control. This irresistible, no-hassle meal will help you reach your weight-loss goals - while making mealtime a real treat.

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These tuna fish patties are delicious hot or cold. They are great for the lunchbox - just hold back the sauce.

Ingredients:

1 (12 ounce) (350g) can white tuna packed in water, drained and finely flaked
3/4 cup seasoned bread crumbs
1/4 cup minced green onion
1 egg
1/2 cup skim milk
1/2 teaspoon grated lemon peel

Lemon Dill Sauce:

1/4 cup nonfat chicken broth
1 tablespoon lemon juice
1/4 teaspoon dried dill

Directions:

1. In large bowl, combine tuna, breadcrumbs, green onion, egg, milk, and lemon peel.
2. With lightly floured hands, form mixture into patties.
3. Spray a large nonstick skillet with cooking spray and heat over medium heat.
4. Cook patties, until golden brown on both sides, about 3 minutes per side.

Sauce:

Combine all ingredients in a small saucepan and heat over medium heat until warm.

Add a small amount of flour and mix with a whisk to thicken sauce.

Spoon sauce over tuna patties and serve.

Makes 4-6 Servings

Approximate Nutrients per serving:

Calories: 190
Total fat: 1
Saturated fat: 0 grams
Cholesterol: 72 mg
Sodium: 34 mg
Carbohydrate: 18 grams
Protein: 29 grams
Dietary fiber: less than 1 gram

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