

# *Fish*

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## **Cioppino Dinner for 12 People**

### Cioppino ingredients

20 lbs. net weight fresh crab, cracked and cleaned  
4 lbs. raw shrimp (size 26 - 30 per pound)  
3 lbs. Eastern Little Neck clams

2 lbs onions, diced  
1 lb celery, diced (two 5 lb. bags already diced)  
1 lb carrots, shredded (two 5 lb. bags already shredded)  
1/2 lb bell peppers, diced  
1 cup olive oil  
1 cup of white wine  
1 1/2 liters Chablis  
1 number 10 can of diced tomatoes  
1 number 10 can of tomato sauce  
1/2 number 10 can of tomato puree  
1/2 gallon of water  
1/2 pound garlic, diced  
1 pound butter  
1 bunch parsley, chopped  
Salt, pepper, and cayenne to taste.

### Directions:

Saute onions, celery, carrots, and bell peppers in olive oil til soft. Deglaze pot with cup of white wine. Add garlic and cook briefly. Add all cans tomatoes, water and chablis and cook several hours.

Add butter and parsley. Season to taste.

Add clams and cook til begin to open.

Add crab and shrimp and cook til done.

## TRAVIS HOUSE OYSTERS

Serves 10

6    tablespoons butter  
1    small clove garlic  
1/2  cup flour  
2    teaspoons lemon juice  
2    teaspoons paprika  
2    teaspoons Worcestershire sauce  
3/4  teaspoon salt  
1/8  teaspoon Tabasco sauce  
1/4  teaspoon black pepper  
2    10 ounce jars small oysters  
1/2  cup finely minced onion  
2    slices firm white bread  
1/4  cup finely minced green pepper

- Place oysters in colander; when they are thoroughly drained, cut each into about 3 pieces, remove to a covered container and refrigerate.
- Reserve oyster liquor and add enough water to make 1 cup.
- Melt the butter.
- Add the flour gradually off the heat to the melted butter and mix thoroughly with a whisk.
- The mixture should be very smooth and thick.
- Place over very low heat for fine minutes, stirring constantly.
- Add paprika, salt and pepper and cook for 3 minutes longer.
- Add onion, green pepper, and garlic and cook slowly over low heat for 5 minutes or until the vegetables are soft.
- Remove from the heat and add the lemon juice, Worcestershire, Tabasco, and oyster liquor.
  
- Can be prepared to this point the night before.
  
- When ready to cook, whisk the sauce thoroughly and add the oysters.
- Transfer to a buttered casserole dish.
- Make bread crumbs from the white bread and sprinkle on top.
- Bake at 400° F. for 30 minutes.

Garnish with chopped parsley before serving.

Recipe from AAUW Supper Club Southern Hunt Breakfast, January 1977, used for Brunch after Rose Ann's wedding, May 1977 and Culinary December 1983 or 1984

## HAMPTON CRAB IMPERIAL

Serves 6

Preheat oven to 375°F.

- 1 pound crabmeat
- 1 egg yolk
- 1/2 tablespoon pimiento, chopped
- 1/4 teaspoon dry mustard
- 1/2 tablespoon green pepper, chopped
- 5 tablespoons butter
- 1 rounded teaspoon capers, drained
- 1 cup milk
- 1 1/2 teaspoons Worcestershire sauce
- 1/2 teaspoon salt
- 5 tablespoons flour
- 1 cup mayonnaise
- salt and white pepper to taste
- paprika

- Preheat oven to 375°F. 10 minutes before crab ins ready to go in/
- Pick over crabmeat and discard any bits of shell or cartilage.
- Refrigerate.
- Sauté pimiento and green pepper in 1 tablespoon butter.
- Make a heavy cream sauce by melting remaining butter in a heavy skillet over medium heat.
- Stir in the flour, milk and salt.
- Continue stirring until mixture is smooth and thick.
- Combine sautéed vegetables, cream sauce, egg yolk, mustard, capers and Worcestershire sauce.
- Mix in 3/4 cup mayonnaise.
- Fold in crabmeat very gently so lumps will not break up.
- Spoon into shells or shallow baking dishes.
- Spread remaining mayonnaise on top of each crab filling.
- Bake at 375°F. for 30 to 35 minutes or until golden brown.
- Sprinkle with paprika.
- Serve at once.

Recipe from Williamsburg Cookbook

## GUMBO

Serves 8.

- 1/4 pound butter
- 2 cups chopped onions
- 2 1/2 tablespoons flour
- 2 16 ounce cans tomatoes
- 2 10 ounces frozen okra
- 2 cloves garlic
- 12 oysters or more
- oyster liquid and water
- 4 teaspoons salt
- 2 teaspoons Worcestershire
- 1/8 teaspoon hot pepper sauce

1 pound shrimp  
crab, whatever you can afford

- Sauté onions in butter until tender.
- Stir in flour.
- Add tomatoes and okra.
- Cook stirring until mixture thickens.
- Add 1 cup oyster liquid or water, and 5 to 6 cups water, garlic, salt, Worcestershire, and hot pepper sauce
- Cook 1 to 2 hours.
- Add raw seafood and simmer until fish is cooked.
- Serve over rice.

Recipe from Marilyn Kostelnik, March 1978.

## SHRIMP SCAMPI

SERVES 3-4

Everyone has heard of Shrimp Scampi but not many people realize what it means. Scampi is an Italian word for shrimp so, technically, the title means Shrimp Shrimp. I don't know the origins of the name, but it is commonly used in restaurants and cookbooks so that it is recognized as the Italian dish made with a garlic butter sauce. Whatever you call it, it is quick, easy and delicious.

### INGREDIENTS

- \* 2 tablespoons unsalted butter
- \* 2 tablespoons olive oil
- \* 1-1/2 pounds large shrimp, peeled
- \* 4 large garlic cloves, minced
- \* Juice of one lemon
- \* 1/4 cup dry white wine
- \* Salt and pepper to taste
- \* Chopped fresh parsley

Heat the butter and oil in a large skillet over medium-high heat. Add the shrimp and sauté until they begin to turn pink, tossing several times. Add the garlic and sauté an additional minute. Add the lemon juice and white and reduce for about 1 minute. Add the salt, pepper and parsley. Toss well; serve immediately. This is great over cooked rice.

## GARLIC SHRIMP

A Kitchen Primer

- \* 1/4 cup extra virgin olive oil
- \* 1/4 cup butter

- \* 1 pound large shrimp, peeled
- \* 8 cloves garlic, minced
- \* 1/3 cup chopped fresh parsley or basil
- \* juice of 1 lemon
- \* salt and red pepper flakes, to taste

In a large skillet, heat the oil and butter (use all butter if you don't have extra-virgin olive oil) over medium-high heat until the white from the butter subsides (about 30 seconds). Add the shrimp and garlic and saute over medium heat until the shrimp just turn pink, about 4 minutes. Make sure to turn the shrimp so they get evenly cooked.

Add the basil, lemon juice, salt, and red pepper flakes, and stir well. Remove the pan from the heat and serve immediately.

Serves 4.

### **SIZZLING GARLIC SHRIMP**

from the Episode: [\*Dinner with a Spanish Accent\*](#)

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Serve this dish with crusty bread and a salad.

Serves 4

- 1 1/2 pounds large shrimp , peeled and deveined
- Table salt and ground black pepper
- 1/4 cup extra-virgin olive oil
- 7 cloves garlic ; 6 cloves sliced thin lengthwise, 1 clove minced
- 1 red bell pepper , seeded and diced
- 1/4 teaspoon red pepper flakes
- 1/4 cup dry sherry
- 2 tablespoons chopped fresh parsley leaves
- 2 tablespoons unsalted butter , softened
- 1 tablespoon fresh lemon juice
- Lemon wedges for serving

1. Pat shrimp dry and toss with 1/4 teaspoon salt and 1/4 teaspoon pepper in medium bowl.
2. Cook oil and sliced garlic in large skillet over medium heat, stirring often, until garlic is golden and crisp, 3 to 4 minutes. Using slotted spoon, transfer garlic to small bowl. Add bell pepper and pepper flakes to skillet and cook until bell pepper is soft, about 3 minutes. Increase heat to high, add shrimp, and cook until edges turn pink, about 1 minute. Flip shrimp, add sherry, and simmer until shrimp are just cooked through, about 1 minute. Using slotted spoon, transfer shrimp to serving platter.
3. Add minced garlic, parsley, butter, and lemon juice to skillet and simmer until thickened, about 1 minute. Adjust seasonings, pour sauce over shrimp, and scatter browned garlic chips on top. Serve with lemon wedges.

## ROLLED FILET of SOLE a la FLORENTINE

### SOLE

8	English sole filets (about 1 pound)
10	ounces frozen chopped spinach
1/2	small onion, finely diced
3	cloves garlic, finely minced
1	slice crusty bread, crumbed
2	tablespoons Italian flat leaf parsley
	salt and pepper to taste
	dash nutmeg
	extra virgin olive oil
2 1/2	tablespoons fresh lemon juice
1	cup dry white wine
8	thin slices of lemon
1/2	cup half and half (non-fat half & half will work)
	saffron threads (optional)
	fresh chives, chopped

- Sauté onion in small amount of olive oil until translucent.
- Add garlic and cook until soft but not browned.
- Add spinach that has been squeezed dry and cooked until most of liquid is dissolved.
- Add bread crumbs, parsley, and 1/2 tablespoon lemon juice.
- Mix well.
- Add salt, pepper and nutmeg to taste.
- Add more olive oil if needed to make pliable.
- For each role, lay filet flat.
- Shape 1/8th of spinach mixture into cylinder and place in center of filet.
- Wrap fish around stuffing and secure with toothpick.
- Place on end in lightly olive oiled baking dish.
- Top with lemon slice.
- Preheat oven to 375°F.
- Bring wine and 2 tbsp. lemon juice to boil with enough threads of saffron to achieve a nice lemon color.
- Pour into baking dish.
- Drizzle olive oil over fish.
- Cover with foil and cook 15 - 20 minutes.
- Uncover and cook until fish is cooked completely, about 7-10 minutes.
- Pour off liquid from baking dish into sauce pan.
- Boil until reduced by half.
- Add half and half and boil until slightly thickened.
- Season with salt and pepper and fresh lemon juice as needed.
- Serve 2 or 3 rolls per person.
- Drizzles sauce around fish.
- Sprinkle with chopped chives .

Note: After filets are rolled they may be covered and refrigerated until ready to cook. Cooking time will need to be adjusted if fish is cold when put it in the oven.

## MUSSELS, STEAMED WITH PERNOD CREAM SAUCE

Makes 4 to 6 servings

Mussels don't need much flavoring, but why not indulge now and then? This light cream sauce takes them over the top. Pernod, a licorice-flavored liqueur available in most wine and spirits shops, perfectly complements the fresh tarragon.

1 tablespoon extra-virgin olive oil  
1 small onion, chopped  
4 medium shallots, chopped (about 1/4 cup)  
1/3 cup Pernod  
1 1/2 cups dry white wine  
4 dozen farm-raised blue mussels or Mediterranean mussels, scrubbed and debearded  
3/4 cup organic light cream or half-and-half  
1 tablespoon organic butter  
2 teaspoons chopped fresh tarragon  
1/4 teaspoon salt  
1/8 teaspoon ground black pepper

Heat the oil in a large, deep saute pan over medium heat.

When hot, add the onion and shallots and cook until just beginning to soften, 2 to 3 minutes.

Offheat (to avoid a flare-up), pour in the Pernod and wine.

Simmer over medium heat for 1 minute.

Add the mussels and cover. Increase the heat to high and steam, shaking the pan once or twice, until the mussels open, 5 to 7 minutes.

Discard any unopened mussels.

Using a slotted spoon, remove the mussels to a serving bowl and cover with foil to keep warm.

Using a fine-mesh strainer (or a colander lined with a large coffee filter), strain the cooking liquid into a medium bowl.

Rinse out the saute pan and pour the strained liquid back into the pan.

Boil over high heat until the liquid is reduced to about 1 cup, 5 to 7 minutes.

Reduce the heat to medium-low and stir in the cream or half-and-half, butter, tarragon, salt, and pepper.

Drizzle the sauce over the mussels and serve.

Helping Hand: To remove grit or sand that may be under the shells, you'll need a pot big enough to hold the mussels. Dissolve about 1/4 cup salt in 2 cups warm water and then add 2 tablespoons cornmeal or flour. Add the mussels and enough cold water to cover them. Soak for 2 hours or overnight in the refrigerator. The mussels will actually take in the grain and expel the grit or sand. Before using, rinse the mussels and scrub if scruffy-looking and snip off the "beards" (dark threads) with scissors. If mussels have opened slightly before cooking, tap the shell. They should snap shut. Discard any mussels that don't pass the tap test, as well as any that fail to open during cooking.

## MUSSELS with THYME and WHITE WINE CREAM SAUCE

Serves 2-4, depending on hunger

1 lb. mussels (de-beard and keep on ice until ready to use)  
5 shallots, sliced (or 1/2 large onion, lyonnaised)  
2 large cloves garlic, minced  
1 handful of fresh thyme on stem  
1 1/2 cups white wine  
1/4 cup cream  
4 Tbsp. butter  
1 Tbsp. extra virgin olive oil  
kosher salt and pepper

- 1) De-beard the mussels if necessary and keep them in cold water until ready to use. If any of them are open they might well be dead. If they are only slightly open, rap them on the side of a bowl or the counter. If they close up again, they're edible, if not, DEAD. If dead, don't eat. Of course, by the time you cook all the live ones, *they* will be dead. You can, of course, eat those.
- 2) In a large, heavy-bottomed pot with a lid, heat the olive oil and melt the butter. Sautee the shallots and/or onions until translucent, then add the garlic, sauté for a couple minutes more, then add the wine and the thyme, stirring everything around.
- 3) Once the wine is bubbling, add the mussels. Put the lid on, and shake the pot a bit to coat them. Let stand for 5-7 minutes. By this time the mussels should have opened up. Those that haven't, you should discard. Add the cream, a bit of salt and pepper, and stir everything.
- 4) Add some cooked, fresh linguini to a bowl (this is optional) spoon several mussels over the top, then ladle a generous amount of the deliciously fragrant sauce over it all. Mop sauce up with crusty bread.

## CRAB CAKES

### INGREDIENTS

- 1/3 cup prechopped red bell pepper sauted until soft
- 2 tablespoons canola mayonnaise
- 1 teaspoon kosher salt
- 2 teaspoon Old Bay Spice Mix
- 1/4 teaspoon freshly ground black pepper
- 2 green onions, chopped
- 1 large egg, lightly beaten
- 1 large egg yolk, lightly beaten
- 1 1/2 cups panko (Japanese breadcrumbs), divided
- 1 pound lump crabmeat, drained and shell pieces removed
- 2 tablespoons olive oil, divided
- 2 tablespoons canola mayonnaise
- 2 tablespoons reduced-fat sour cream
- 2 teaspoons chopped fresh parsley
- 2 teaspoons Dijon mustard
- 1 teaspoon white wine vinegar
- 1/8 teaspoon ground red pepper

### Preparation



1. Combine first 8 ingredients. Add 1/2 cup panko and crab; toss gently. Divide crab mixture into 8 equal portions; shape each into a 3/4-inch-thick patty. Place remaining panko in a shallow dish. Gently dredge patties in panko.
2. Heat a large skillet over medium-high heat. Add 1 tablespoon oil to pan. Add 4 crab cakes to pan; cook 5 minutes on each side. Remove from pan; keep warm. Repeat procedure with remaining oil and crab cakes.
3. Combine 2 tablespoons mayonnaise and remaining ingredients; serve with crab cakes.