

SAFFRONED SEAFOOD BISQUE

2 strips bacon
3/4 cup chopped onion
2 cups chopped potatoes
3 tbs. butter
1 pound cod, cut into bite size chunks
1/2 pound scallops
1/2 pound oysters (shelled)
1/4 cup dry vermouth
1 cup clam juice
3 cups milk
1 cup whipping cream
1 tb. saffron
1 dozen mussels

Fry bacon in dutch oven until crisp, remove from pot, crumble and set aside. In same pot, cook onions in bacon fat until tender. Add potatoes, cook and stir another 10 minutes. Add butter if necessary (bacon fat may be enough grease).

Remove onions and potatoes and set aside. Add a little butter to pot if dry. Add fish, scallops and oysters to pot. Cook and stir 3 minutes. Remove cod, oysters and scallops, set aside.

Add vermouth to deglaze pot. Add clam juice, bacon, onion, potatoes and milk. Bring just to a boil. Turn heat to low; simmer until potatoes are tender. Add cream, saffron, mussels, oysters, scallops and cod. Simmer just until mussels open their shells. (about 5 minutes).



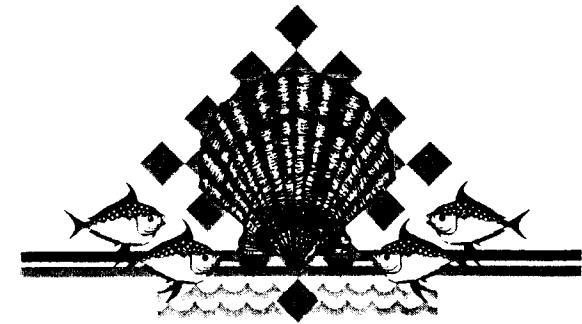
JERSEY JAMBALAYA

4 slices bacon
1/2 cup chopped onion
1/2 cup chopped green pepper
2 stalks celery, slivered
1 clove garlic, minced
2 tbs. flour
3 large tomatoes, diced
1 8 oz. can tomato sauce
1/4 tsp. thyme
1 tsp. dried basil
1 tsp. worcestershire sauce
2 Tbs. margarine
1 pound flounder - fillets
1 pound scallops
1 pound cod
3 cups cooked rice
1/2 tsp. tabasco sauce
1/4 cup minced parsley

In a large fry pan or dutch oven fry bacon until crisp. Remove bacon and crumble. In bacon drippings saute onion, green pepper and celery until crisp. Add garlic and stir in flour. Stir in tomatoes, tomato sauce, thyme and basil.

Add worcestershire sauce and simmer about 15 minutes. Cut flounder and cod into 1-inch pieces. In another 10 inch fry pan melt margarine. Add flounder, scallops and cod. Saute and stir about 5 minutes.

Combine fish and cooked rice with vegetable mixture. Add tabasco sauce. Simmer uncovered over low heat for about 10 minutes, stirring occasionally. Sprinkle with parsley. Serves 6 to 8.



New Jersey Seafood Soups, Chowders and Stews

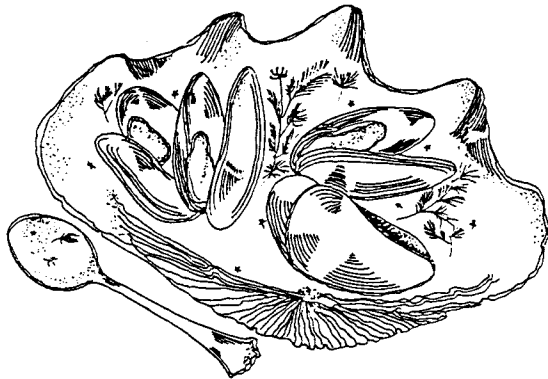


New Jersey Department of Agriculture
Fisheries Promotion Program



SEAFOOD SOUPS, CHOWDERS, AND STEWS

Its winter and now is the season to try the freshest catch of the day transformed into a hot, steamy chowder, soup, or stew from the sea to warm the cockles of your heart! Hot seafood soups and stews banish the cold of a winter evening and offer a sense of reassurance and consolation after a weary day. French peasants living in the Middle Ages provided the first inspiration for soup as we enjoy it today and for hundreds of years the evening meal in France was known as "la soup". Seafood soups and stews make you feel welcomed, comforted, and nourished, while reducing pressure in the kitchen since they can always be prepared a day or two in advance. The finished product, long simmered and rich flavored is always an enjoyable delight. Enjoy the bounty of the sea in these delicious soups and stews.



HEARTY JERSEY CLAM CHOWDER

1 can chicken broth (pint size)
2 potatoes - diced
2 carrots - sliced
2 celery stalks - sliced
1 garlic clove - minced
1 onion - chopped
1 green pepper - chopped
1½ tbs. butter - melted
1 small can corn including liquid
1 6 oz. can of chopped clams - including liquid
1 tb. thyme
¼ tsp. sage
dash of cayenne
3 cups hot water
2½ cups tomato juice

In chicken broth cook potatoes, carrots and celery until soft. Pour in large soup pot, add garlic. Saute onion and pepper in butter together for two minutes. Add rest of ingredients and simmer about 15 minutes. Serves six.

Note: This chowder is even more delicious the second day after preparing!

SEA BASS STEW

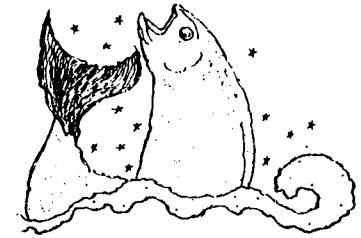
3-4 medium size sea bass
1 pound can of tomatoes
1 medium onion - sliced
1 medium green pepper - diced
1 2½ oz. jar of sliced mushrooms
1 tsp. salt, pepper to taste
¼ tsp. of basil
1 bay leaf
2 cups of canned potatoes - sliced
2 tps. of butter.

Fillet sea bass and cut into bite size pieces, set aside.

Saute onions and peppers in frying pan and add drained tomatoes and mushrooms.

Stir in salt, pepper, basil, and bay leaf, simmer 3 to 5 minutes.


Add fish and drained potatoes. Stir and cover fry pan. Simmer 10-15 minutes. Serves four people.



Jersey Fresh Seafood

Fillet it,
saute it,
bake it,
cake it,
broil it,
foil it,
fry it,
but try it.



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