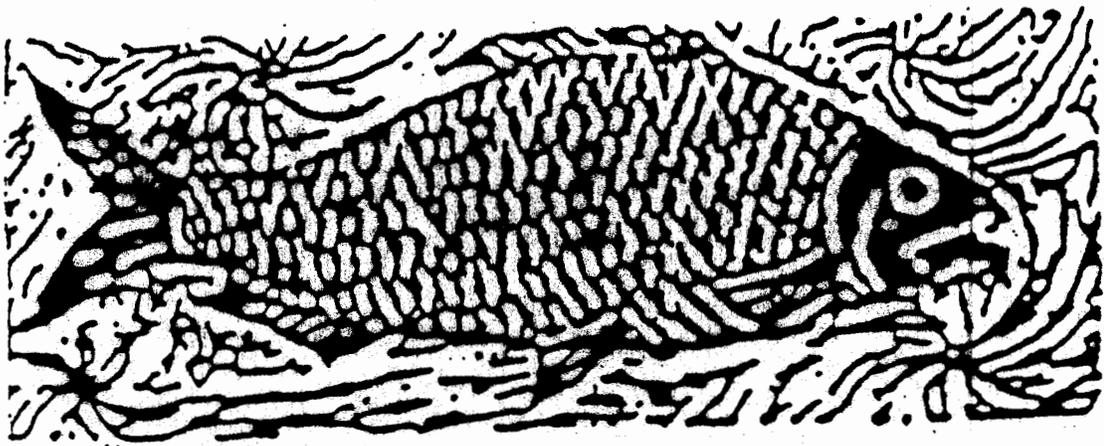


SALTWATER



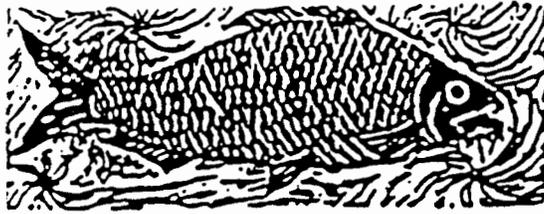
FINFISH
RECIPES

The first part of the document discusses the importance of maintaining accurate records of all transactions. It emphasizes that every entry should be supported by a valid receipt or invoice. This ensures transparency and allows for easy verification of the data.

In the second section, the author details the various methods used to collect and analyze the data. This includes both manual and automated processes. The goal is to ensure that the information gathered is both reliable and comprehensive.

The third part of the document focuses on the results of the analysis. It shows that there is a clear trend in the data, which suggests that the current strategy is effective. However, there are some areas where improvement is needed, particularly in terms of efficiency and cost reduction.

Finally, the document concludes with a series of recommendations for future action. These include implementing new software tools, training staff on best practices, and conducting regular audits to ensure ongoing accuracy and compliance.



Why Should I Eat More Seafood?

Fish may not make you smarter, but it's certainly smart eating both to stay in shape and to reduce the risk of coronary heart disease. Fish and shellfish are excellent sources of high quality, complete protein, many valuable minerals, and essential B-complex, A and D vitamins.

In other nutritional areas, seafood scores low- and that's good! An average serving of seafood has less than 200 calories. Some of the leaner varieties such as flounder, have as few as 80. Both freshwater and saltwater fish are low enough in sodium to be acceptable for low-sodium diets. And while fish are generally low in fat, these are mainly polyunsaturated fats-which are of increasing importance to Americans.

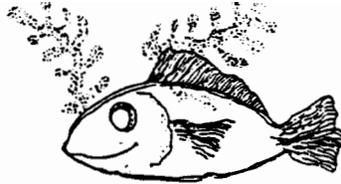
Current research indicates that certain types of polyunsaturated fats-those contained in seafood for example-may tend to reduce the amount of serum cholesterol in the body, and are very beneficial in reducing the probability of heart attack. This has already been demonstrated in countries like Japan and Denmark, where per capita consumption of fish is 5 to 6 times greater than ours, and the incidence of heart disease is much lower.

How do I cook it? Quickly. Quickly. Quickly. Fresh fish is truly a convenience food. It lends itself to an incredible variety of fast cooking methods, all of them simple and simply delicious, as long as you don't overdo it.

Unlike meat, fish does not need to be "tenderized" by cooking. In fact, the less cooking the more tender it will be. And because it's so low in fat, natural juices (and flavor) are easily lost by overcooking. But for whole fish, steaks and fillets, follow this 10-minute rule:

Measure fish at the thickest part. For every inch of thickness, cook 10 minutes. If less than 1" thick, shorten cooking time proportionately. This timing works whether you're broiling, poaching or baking. But if fish is cooked in foil or sauce, add 5 minutes per inch. And if you plan to cook it while still frozen, double cooking time to 20 minutes per inch.

As fish cooks, its translucent flesh turns opaque or solid in appearance. When just a thin line of raw translucent flesh remains in the center, it's ready. It will finish cooking on its way to the table.



Bluefish Cakes

4	tablespoons butter or margarine	1/4	teaspoon dry mustard
4	tablespoons flour	2	tablespoons fresh chopped parsley
1/4	teaspoon salt		pepper to taste
1/8	teaspoon pepper	1	egg
1	cup milk	1/2	cup seasoned bread-crumbs
2	cups bluefish, baked and flaked	2	tablespoons milk
1/4	cup onion, diced		
1/4	teaspoon salt		
	Oil for deep frying		

Method:

1. To prepare white sauce, melt butter or margarine over low heat in a heavy saucepan. Blend in flour, 1/4 teaspoon salt, and pepper. Cook over low heat, stirring until mixture is smooth. Remove from heat and add milk, a little at a time. Return to heat and stir constantly until thickened. Set aside to cool.
2. To prepare bluefish cakes, mix together bluefish, onion, 1/4 teaspoon salt, mustard, parsley and a few shakes of pepper. Lightly mix in cooled white sauce. Chill in refrigerator for 1/2 hour.
3. Beat egg and milk together. Shape bluefish mixture into four cakes of equal size. Roll in the breadcrumbs, dip in egg and milk mixture and roll in crumbs again. Keep cool in refrigerator until ready to deep fry. Fry until golden brown.

Nutty Flounder

1/2	cup butter or margarine	Salt and pepper to taste	
1/2	cup almonds or pecans, chopped or slivered	1/4	teaspoon dill, fresh or dried
1	pound flounder fillets	3	tablespoons white wine

Method:

1. Melt butter in microwave baking dish. Add the nuts and cover with waxed paper. Cook on high power for 5 minutes. Remove nuts and butter and reserve until later.
2. Arrange fillets in baking dish. Sprinkle with salt, pepper, dill and paprika. Add wine. Cover with waxed paper and microwave for 4 minutes on high power. Add nuts and butter and cook 1 minute longer, or until fish is done.

Baked Stuffed Bluefish

- | | | | |
|-----|--|-----|--|
| 1 | pound loaf stale white bread
cut in small cubes | 1/2 | cup fresh parsley,
cut up small |
| 1/2 | cup butter | 1 | teaspoon leaf thyme |
| 2 | large celery stalks, diced | | salt and pepper to taste |
| 1 | large onion, diced | 1/3 | cup warm water |
| 1 | large egg | 1 | large bluefish
cleaned and cut
almost in half
(recipe based on 8 lb
edible fish) |

Method:

1. Place bread cubes in large bowl.
2. Melt butter in saucepan. Add celery and onion and saute for a few minutes. Add to bread cubes.
3. To bread cubes, add egg, salt, pepper, parsley and thyme and mix until well blended. Add water to right consistency if needed.
4. Place stuffing in center of fish. Bake at 350 F for 1 hour. Serve with fresh lemon and baked potatoes.

Bluefish Bake

- | | | | |
|---|----------------------------------|-----|-----------------|
| 1 | pound bluefish fillets | 3/4 | cup milk |
| 1 | onion, chopped | 1/2 | cup tequila |
| 3 | sprigs fresh dill | 1/2 | cup breadcrumbs |
| 4 | pats butter | 1/2 | cup lemon juice |
| 4 | fresh or frozen artichoke hearts | | |

Method:

1. Wash and pat down fillets.
2. Arrange on aluminum foil and top with onion, dill, butter and artichoke hearts.
3. Mix milk, tequila and lemon juice and pour over fillets: top with breadcrumbs.
4. Cook over open grill (enclose entree completely with foil) for about 10 minutes.



Baked Fish Imperial

4 weakfish (gray sea trout) fillets	1/2 teaspoon dry mustard
3 tablespoons butter	1/4 teaspoon paprika
juice of 1/2 lemon	3-5 drops Tabasco
2 tablespoons shallots, chopped	1/2 cup crab meat
3/4 cup mayonnaise	2 slices bacon, cut
1/2 cup dry white wine	into 4 pieces,
2 tablespoons chopped parsley	cooked

Method:

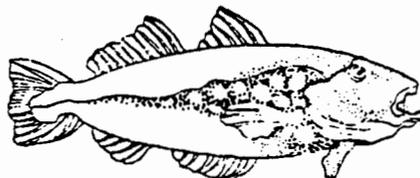
1. Grease a shallow baking dish with 1 tablespoon of the butter. Place fillets in dish and sprinkle with lemon juice. Bake at 400 F for 10-12 minutes, or until fish is white and flakey.
2. Saute shallots in 2 tablespoons butter. Mix in mayonnaise, wine, mustard, paprika and Tabasco.
3. Remove fish from oven, top with crab meat, sauce and bacon slices. Broil 5-8 minutes, or until bubbly. Remove from broiler and sprinkle with parsley.

Blackfish with Broccoli

2 pounds blackfish fillets	2 tablespoons butter
juice of 1 lemon	2 tablespoons flour
1 cup white wine	1/2 cup heavy cream
1-1/2 pounds fresh broccoli	1 cup American cheese,
1/2 pound mushrooms, sliced	shredded

Method:

1. Sprinkle fillets with lemon juice and let stand 15 minutes.
2. Cook broccoli until just tender-crisp.
3. Simmer fillets in heated wine until almost tender, about 5 minutes. Remove and arrange with broccoli in a shallow baking dish.
4. Saute mushrooms in butter. Add flour and mix well. Stir in cream and poaching liquid. Cook, stirring until mixture boils and thickens. Reduce heat and stir in cheese until blended.
5. Spoon over fish. Bake, uncovered at 375 F for 25 minutes.





Flounder Stuffed with Crab Meat and Mushrooms

4 flounder fillets	1/2-3/4 pound fresh crab meat
6 tablespoons (3/4 stick) butter	pepper to taste
1/3 cup water	lemon juice to taste
2 tablespoons diced bell peppers (optional)	paprika
1/2 cup fresh diced mushrooms	parsley or dill sprigs for garnish
1 scallion, diced, bulb and stalk (optional)	

Method:

1. Preheat oven to 350 F.
2. Melt 1/2 the butter in water in a saucepan. Add the peppers, mushrooms and scallion. Cook over medium heat for 2-3 minutes. Remove from heat.
3. Stir in crab meat. Add pepper and lemon juice to taste.
4. Spoon crab mixture onto each fillet and roll up each fillet.
5. Place in greased pan.
6. Sprinkle each rolled fillet with a pinch of paprika.
7. Melt remaining butter in saucepan and pour over stuffed fillets.
8. Place pan on rack in middle of oven and bake for 12-15 minutes or until brown.
9. Serve with fresh spinach and baby carrots.

Suprema Silver Hake (Whiting)

1/2 cup mayonnaise	2 tablespoons tarragon
2 pounds silver hake (whiting) fillets	paprika
garlic powder to taste	juice of 1 lemon
coarse black pepper to taste	

Method:

1. Spread mayonnaise over fillets. Sprinkle with garlic, pepper and tarragon. Sprinkle paprika to add color. Sprinkle lemon juice over all.
2. Broil 7-10 minutes, or until fish appears done, depending on thickness of fillet.



Shark Steaks with Parsley and Walnut Sauce

2 pounds of 1 inch thick shark steak	1/2 cup parmesan cheese
2 cups of milk	1/2 cup plus 1 tablespoon olive oil
1 cup fresh parsley	Fresh lime juice, to taste
2 garlic cloves, minced	salt and pepper to taste
2 tablespoons walnuts, chopped, toasted	

Method:

1. Rinse, pat dry and cut the shark steaks into serving pieces.
2. In a shallow dish soak the shark in milk, cover and chill for one hour.
3. Puree parsley, garlic, walnuts, cheese, 2 tablespoons of oil, salt and pepper in food processor. Add 6 tablespoons of remaining oil and blend well.
4. Drain shark and pat dry. Brush both sides with oil, season to taste with salt and pepper.
5. Grill or broil shark for 10-15 minutes. Serve with parsley walnut sauce and a sprinkle of lime juice.

Swordfish Steak Tokay

2 pounds swordfish steaks	3/4 cup white Tokay wine
1/3 cup butter	3/4 cup white heavy cream
1-1/2 tablespoons flour	1 tablespoon lemon juice
1/2 teaspoon salt	1 teaspoon sugar
3 drops Tabasco sauce	1 cup seeded halved Tokay grapes

Method:

1. Brown swordfish steaks on both sides in heavy skillet with 1/4 cup of the butter. Lower heat, cover and cook gently for about 12 minutes.
2. Meanwhile, melt remaining butter in flour, salt and Tabasco. Add wine and cream; stir over low heat until smooth and thickened. Cook about five minutes longer. Remove from heat; stir in lemon juice and sugar. Add grapes. Serve over fish.

