

New Jersey
Fishing for Compliments
Cookbook



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New Jersey

Fishing for Compliments

Cookbook

Nutritional analysis of these recipes is based on available information and every effort was taken to make the analysis as accurate as possible.

acknowledgements

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For everyone who entered New Jersey's Fabulous "Fishing for Compliments" recipe contest.

Produced by
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introduction

introduction

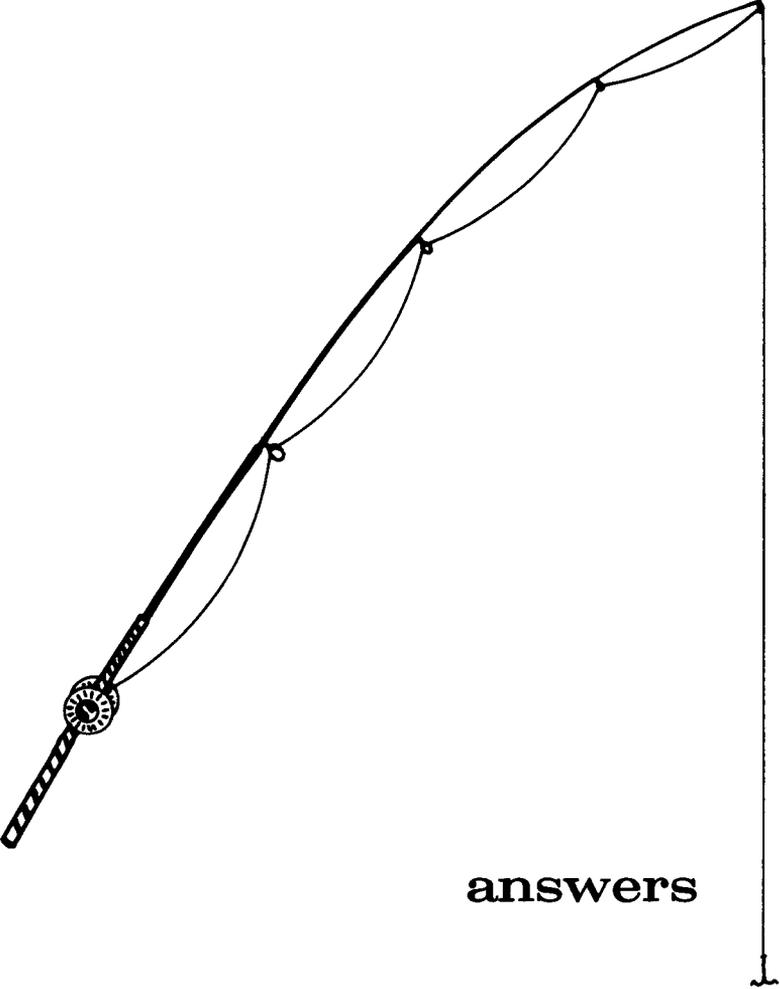
Fishing for an introduction to this, the first edition of the "New Jersey Fishing for Compliments" cookbook series was really quite simple. After all, fish and shellfish have lured people to the New Jersey coast for hundreds of years. Today, both recreational and commercial fishing are multimillion industries in the state.

New Jersey's commercial fishing history dates back to the first half of the nineteenth century, when the industry was concentrated along the coast and the catches sold in New York, Philadelphia, and New Jersey's inland cities. By the 1950's, New Jersey fishermen were catching millions of pounds of fish each year hauling in a record 421.3 million pounds in 1955. Last year, fishermen harvested 87 million pounds of fish from New Jersey waters, with a food market value of more than 60 million dollars.

Nationally, New Jersey ranks fifth on the eastern seaboard in total volume of fish caught. With it's sizable commercial fishing fleet, New Jersey is home for six major, modern ports and thousands of fishermen, as well as fisheries and processing plants. Few states can match the rich variety of fish that populate our bays, inlets and ocean waters. Butterfish, mackerel, red and silver hake, flounder, bluefish, tilefish, sea bass, sea trout, clams, lobsters, blue crabs, oysters and scallops are just some of New Jersey's seafood samplings.

Next door, across the state or around the world, New Jersey seafood is among the finest in the world.

fishing for



answers

fishing for answers



WHY SHOULD I EAT MORE SEAFOOD?

Seafood not only tastes terrific, it's an excellent source of complete, high-quality protein, valuable minerals and essential vitamins. An average seafood serving has only 200 calories. Leaner varieties, like flounder, have as few as 80. Most fish are low enough in sodium to be acceptable for low-salt diets. Fish is also generally low in fat, a factor that's becoming more important to health-conscious Americans.

Recent research shows certain kinds of polyunsaturated fats—those found in seafood for example— seem to play a significant role in reducing the amount of serum cholesterol in the body, and are beneficial in reducing the risk of heart attack. In countries like Denmark and Japan, where they eat 5 to 6 times more fish than we do, the incidence of heart disease is much lower. Heart patients are actually advised by doctors to consume fish three times a week.



Seafood

GOOD LIFE
FOR THE

TASTE • VARIETY • HEALTH

WILL I LIKE THE TASTE?

There's such an incredible variety of fish and shellfish available in New Jersey. Many species are similar in texture, moistness and flavor, so you're sure to find several varieties to please your palate. The following edibility chart can help you select different species that have the same taste characteristics:

Edibility Chart

<p>WHITE MEAT Light to moderate flavor</p>	<p>LIGHT MEAT Very light, delicate flavor</p>
<p>Butterfish Catfish Lemon Sole Red Hake Red Snapper Seatrout Tilefish Whiting (Silver Hake) Winter Flounder Wolfish</p>	<p>Alaskan Pollock Bluegill Brook Trout Grouper Rainbow Trout Smelt Tautog (blackfish) Walleye White Crappie</p>
<p>WHITE MEAT Very light, delicate flavor</p>	<p>LIGHT MEAT Light to moderate flavor</p>
<p>Cod Cusk Dover Sole Haddock Lake Whitefish Petrale Sole Rex Sole Summer Flounder Witch Flounder Yellowtail Flounder</p>	<p>Atlantic Salmon Black Drum Carp Croaker Eel Greenland Turbot Lake Trout Mako Shark Monkfish Mullet Ocean Perch Perch Pink Salmon Pollock Pompano Porgy (Scup) Sand Shark Sculpin Sheepshead Spot Swordfish</p>
<p>DARKER MEAT Light to moderate flavor</p>	
<p>Black Sea Bass Bluefish Chinook Salmon (King) Ocean Pout (Red) Sockeye Salmon</p>	
<p>LIGHT MEAT More pronounced flavor</p>	
<p>Atlantic Mackerel King Mackerel Spanish Mackerel</p>	

HOW CAN I TELL IF IT'S FRESH?

In whole fish, the eyes should be shiny and bright (although contact with ice can cloud the eyes a bit). Avoid fish with bloody or sunken eyes. Look for moist, shiny skin with tight scales and gills that are pinkish or red.

When buying fillets or steaks, make sure the flesh is translucent and consistent in color and brightness.

In whole fish or fillets, the flesh should be firm and elastic. It should spring back rapidly when you press it lightly with your finger. Another freshness test is odor. Fresh fish doesn't have a strong, fishy or sour odor. It should have a fresh ocean, mild seaweed scent.

HOW DO I KNOW WHICH SEAFOODS ARE IN SEASON?

High-quality, frozen seafood is available year-round. Fresh fin and shellfish selections will change on a seasonal basis. The following chart shows peak seasons for the many varieties of fresh seafood found in and around New Jersey.

Seafood in Season

	J	F	M	A	M	J	J	A	S	O	N	D
FINFISH												
Bass, Sea	x	x	x	x	x	x	x	x	x	x	x	x
Bluefish			x	x	x	x	x	x	x	x	x	
Butterfish	x			x	x	x	x	x	x	x	x	x
Croaker				x	x	x	x	x	x	x		
Eels			x	x	x	x	x	x	x	x	x	x
Flounder	x	x	x	x	x	x	x	x	x	x	x	x
Fluke				x	x	x	x	x	x	x		
Hake, red	x	x	x	x	x						x	x
Mackerel			x	x	x	x	x				x	x
Monkfish	x	x	x	x	x	x	x	x	x	x	x	x
Porgy (scup)	x	x		x	x	x	x	x	x	x	x	
Shark (dogfish)	x	x	x	x	x	x	x	x	x	x	x	x
Spot				x	x	x	x	x	x	x	x	x
Swordfish								x	x	x		
Tautog					x	x	x	x				
Tilefish	x	x	x	x	x	x	x	x	x	x	x	x
Trout, sea				x	x	x	x	x	x	x	x	x
Whiting	x	x	x	x	x	x	x	x	x	x	x	x
SHELLFISH												
Clams, hard/shurf	x	x	x	x	x	x	x	x	x	x	x	x
Crab: Blue	x	x	x	x	x	x	x	x	x	x	x	x
Soft-shelled					x	x	x	x				
Conch					x	x	x	x	x	x	x	x
Lobster				x	x	x	x	x	x	x	x	x
Oysters	x	x	x	x	x	x	x	x	x	x	x	x
Quahogs, ocean	x	x	x	x	x	x	x	x	x	x	x	x
Scallops: Bay	x	x	x						x	x	x	x
Sea				x	x	x	x	x	x			
Squid	x	x	x	x	x	x	x	x	x	x	x	x

HOW MUCH SHOULD I BUY?

A lot depends on the kind of fish you buy, and the way you plan to prepare it. The Buying Chart below offers a basic rule of thumb for figuring out how much you'll need to buy for an adult portion. Use smaller quantities for appetizers and for casseroles or salads that call for other substantial ingredients.

Type of Fish	Amount to Buy Per Serving
Fish, whole	$\frac{3}{4}$ lb.
Fish, dressed or pan-dressed	$\frac{1}{2}$ lb.
Fish, fillets or steaks	$\frac{1}{3}$ - $\frac{1}{2}$ lb.
Fish, portions	1 to 2 portions
Fish, sticks	4 to 5 sticks
Clams, in the shell	6 to 8 clams
Crab, cooked meat	$\frac{1}{4}$ - $\frac{1}{3}$ lb.
Lobsters, live	1 small to medium whole lobster
Oysters, in the shell	$\frac{1}{2}$ dozen
Oysters, shucked	$\frac{1}{2}$ pint
Scallops	$\frac{1}{4}$ - $\frac{1}{3}$ lb.
Shrimp, headless	$\frac{1}{3}$ - $\frac{1}{2}$ lb.
Shrimp, peeled & deveined	$\frac{1}{4}$ - $\frac{1}{3}$ lb.
Shrimp, cooked meat	$\frac{1}{4}$ - $\frac{1}{3}$ lb.

When it's Jersey Fresh, fish can be stored for a day or two in the coldest part of your refrigerator. If it is to be kept overnight, repackage it in fresh wrapping and an airtight plastic bag, so your fish won't lose its natural moisture or flavor. If you buy more than you need at one time, freeze the excess.

HOW DO I COOK IT?

In a word, *quickly*. The most common mistake made when cooking fish is overcooking! Fresh fish is really a convenience food that lends itself to a variety of fast, simple and delicious cooking methods as long as you *don't overdo it*.

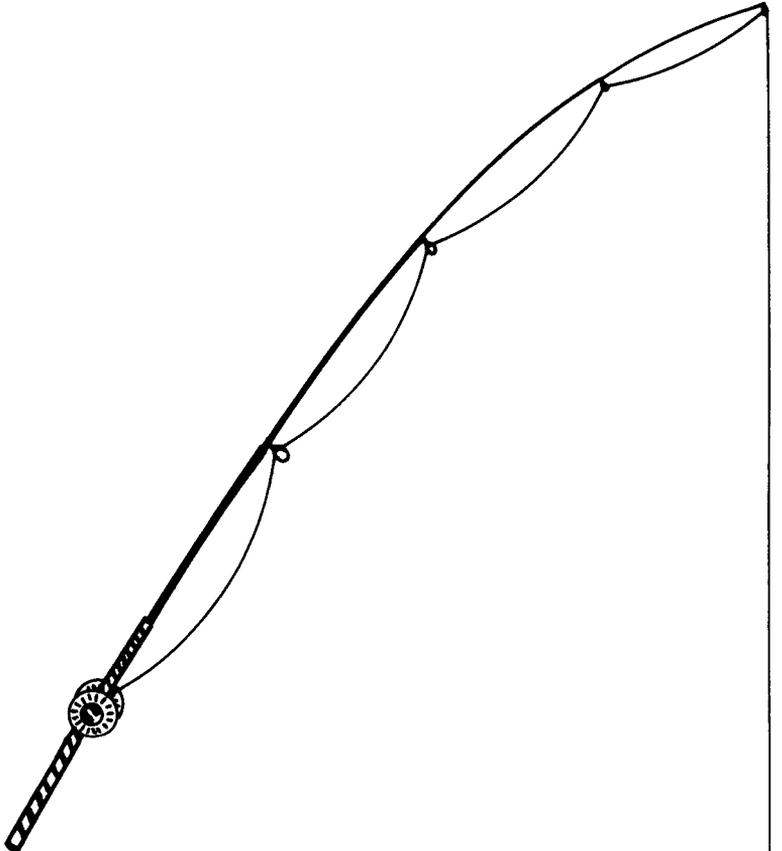
Unlike meat, fish doesn't need to be "tenderized" by cooking. In fact, the less you cook it, the more tender it will be. Because fish is so low in fat, its natural juices and flavor can be easily lost when overcooked. For whole fish, steaks and fillets, the "10-minute rule" is foolproof. **MEASURE THE FISH AT ITS THICKEST PART. THEN COOK THE FISH TEN MINUTES FOR EVERY INCH OF THICKNESS. IF THE FISH IS LESS THAN AN INCH THICK, SHORTEN THE COOKING TIME PROPORTIONATELY.** There are a couple of exceptions. If you're cooking the fish in foil or sauce, add 5 minutes per inch. If you're cooking it while still frozen, you should double cooking time to 20 minutes per inch.

There's no simple rule for shellfish. Cooking time varies depending on variety and method. The chart below provides recommended cooking times for the most popular shellfish:

<u>SHELLFISH</u>	<u>MINUTES OF COOKING TIME</u>						
	<u>POACH</u>	<u>STEAM</u>	<u>SAUTE</u>	<u>STIR FRY</u>	<u>DEEP FRY</u>	<u>BAKE</u>	<u>BROIL</u>
Hard Shell Clams (quahogs)		5 - 7				8 - 10	
Hard Shell Clams (shucked)	2 - 3		1 - 2	1	1 - 2		
Razor Clams (shucked)			3 - 5	2 - 3	3 - 5		
Soft Shell Clams (steamers, mannirose)		5 - 7					
Blue Crabs (live)		20					
Soft Shell Crabs			3		2 - 4		
Crayfish	5 - 7		3	2	1 - 2	10	2 - 3
Lobsters (live)	25						
Mussels (live)		5 - 7				7	
Oysters (live)		5 - 7				8 - 10	
Oysters (shucked)	1 - 3		1 - 3	1	1 - 2		
Rock Shrimp	1 - 2		2 - 3	1 - 2	1 - 2	5 - 8	2 - 3
Bay Scallops	2		1 - 2	1 - 2	1 - 2	5 - 8	2 - 3
Sea Scallops	4		2 - 3	2 - 3	2 - 3	5 - 8	3 - 4
Sea Urchin Roe			4				
Shrimp	1 - 3		3 - 4	2 - 3	1 - 2	10	2 - 3
Squid	2		1 - 3	1 - 2	1 - 2		

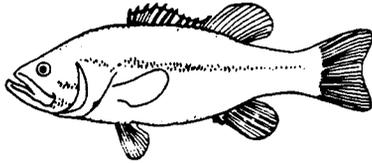


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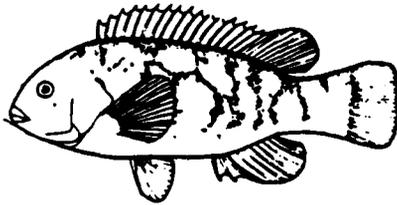


BLACK SEA BASS

First in war, first in peace and first to charter a fishing boat. History has it that George Washington was the first person on record to hire a boat to fish for Black Sea Bass off Sandy Hook.

Sea Bass prefer rocky areas and move inshore and offshore seasonally. They tend to spend the spring and summer in coastal waters, while moving offshore in cooler months. Black Sea Bass are familiar to New Jersey anglers and a mainstay of the summer and early fall party boat trade. Commercially, they're harvested with modified lobster pots as a targeted trap fishery.

Black Sea Bass, a common staple in many Oriental and Italian markets and restaurants are often fried or steamed whole. Rich in oil, Black Sea Bass is one of the most flavorful fish you can buy.



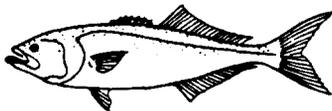
BLACKFISH (TAUTOG)

Blackfish, also known by its original Indian name Tautog, is often confused with Black Sea Bass. Their names might be somewhat alike, but the similarity ends there. Tautog is a real favorite among epicures and something of a seafood secret. This delectable fish, not often found in fish markets,

is little known to other than those who fish for them and serious seafood fans.

Tautog appear in New Jersey waters during the warmer months. November through April, they drop to deeper waters and spend the winter hibernating among rocks and crevices, moving and feeding very little. Tautog have a loyal following of sportfishermen, who appreciate the fish's fighting ability and the skill it takes to find them.

Tautog not only taste good, they have good taste when it comes to their own diets. Their favorite haunts are steep rocky shores and other bottom surfaces well supplied with mussels, crabs, scallops and lobsters, which they graze on with tough lips and powerful jaws.



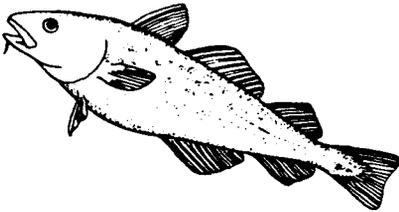
BLUEFISH

Bluefish, one of the most popular sport fishes in New Jersey waters, have few rivals when it comes to ferocity in the ocean. With their razor sharp teeth these feisty fish are renowned for their feeding frenzies. According to fish folklore, a school of bluefish swam into Barnegat Inlet in

1870, terrorizing millions of bushels of menhaden, until every stream, inlet and even surrounding meadows were teeming with the frantic fish.

Bluefish range anywhere from 2 to 25 pounds. In spring and summer, they migrate from southern to northern waters to spawn. In the fall, the migration reverses. Small young bluefish called snappers, have a somewhat different taste than their elders and are excellent pan-fried.

Bluefish meat is dark with a distinctive taste that's soft textured and rich in oil. Large adult bluefish have a higher oil content which can be cut by broiling or grilling over a charcoal fire. Bluefish are also excellent for salads. Smoked bluefish pate, a real taste treat, is appearing more and more as a pricey appetizer on many restaurant menus.

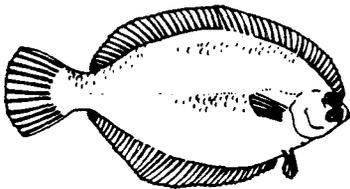


COD

Cod have been the backbone of commercial fishing in the American northeast ever since the New World was discovered. Henry Hudson and John Cabot both chronicled the abundance of cod in the waters as a main attraction to explorers and settlers alike. Cod also occupied a special place in the hearts and pocketbooks of sea-faring colonial New Englanders who made their fortune from these versatile fish. They even named an entire Cape in the cod's honor and made it a main ingredient in the famous New England boiled dinner.

Cod are most common in New Jersey waters during the winter months. Some might migrate as far south as North Carolina during the coldest months, but many spend a good part of the winter off our coast. In addition to their commercial value, cod are an important sport fish for the party boat industry in winter months. For the record, the second largest cod ever caught by a recreational angler was 81 pounds, caught off the coast of Brielle, NJ.

Cod is low in oil and has a very light, delicate flavor. It's large white firm and flakey meat lends itself to just about every cooking form and method. Cod often shows up on restaurant menus as "scrod" which actually means young or small and describes a fish that's 1 ½ lbs. or less.

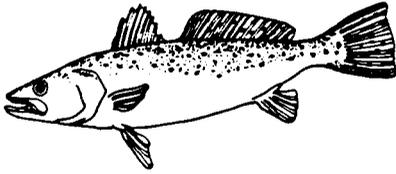


FLOUNDER

There's such a variety of these finfish, it's easy to flounder around when it comes to telling them apart. One strange, common feature that sets flounder apart from other species, is the fact that both their eyes are on the same side of their head. Winter flounder, summer flounder, sand-dabs and yellowtail are plentiful, popular varieties of flounder found in our waters.

Winter and summer flounder are most common to the New Jersey coast. Winter flounder is the thickest, meatiest member of the flounder family. This bottom fish can be found inshore in winter months and migrates to deeper water in the summer. Summer flounder, also known as fluke, move inshore during the summer and retreats to deeper waters during winter. Equally important to our commercial and recreational fisheries, flounder always finds a steady market in New Jersey.

Flounder offers a firm, white flesh with a delicate flavor that's low in fat and high in protein. Available fresh and frozen, flounder fillets are popular with consumers. Broiled, baked, fried, poached or stuffed, flounder is a versatile favorite.

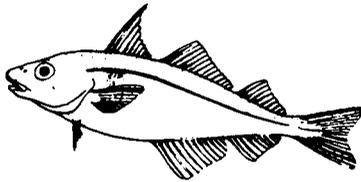


GRAY SEA TROUT

One of the most popular tavern menu items in Revolutionary War times, gray sea trout were so plentiful in Atlantic coastal waters, they were netted like herring until the late 1800's. By the turn of the century, sea trout had nearly disappeared, and didn't return in force until five decades later. Today, one of the largest populations of gray sea trout is found right off the coast of New Jersey.

Gray sea trout migrate in spring and summer and average 2 to 5 pounds. They're great fighters and a prime recreational fish. Also known as weakfish, because of their weak mouth muscles, gray sea trout can be tough to land, since their mouth muscles are easily torn by fishermen's hooks.

Gray sea trout is an extremely versatile fish that can be used in almost any recipe. Its flesh is lean and flaky, with a unique, mild flavor. The sea trout's compact size and shape make it perfect for baking and stuffing.



HADDOCK

Haddock is a close relative of the cod. One way to tell the difference between a true cod and a haddock, are the two distinctive dark blotches, called the "devil's thumbprint", the haddock has on each shoulder. A dark lateral side-line also helps separate haddock from cod. Many fish markets sell haddock fillets with their skin on to help make them more recognizable.

Haddock is a bottom feeder that can be found off the New Jersey coast during the winter months. Unlike cod, haddock seldom exceed 5 or 6 pounds, but like its popular relative, small haddock often appear on restaurant menus under the name scrod.

Rich in protein and low in fat, haddock is a highly rated white meat fish. With its lean tender flesh, haddock is usually preferred over cod and a bit more expensive. By the way, Finnan Haddie ("Haddie" is the Scotch nickname for the fish) is the market name for smoked, split haddock fillets.

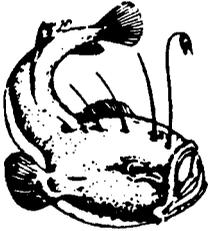


MACKEREL

The term "Holy Mackerel" actually started out as "Holy Michael", a mild dig at those who followed religious convention and ate fish on Friday. These days, the term might aptly be applied to the fish itself! Protein-packed and budget-priced, mackerel is rich in omega-3 fatty acids which seem to play a significant role in reducing serum cholesterol and heart attacks.

Atlantic mackerel migrate in the open sea, heading coastward in the warm weather and away to deep water in the winter, when they become almost totally inactive. A staple of the spring party boat trade, mackerel are also landed commercially along the coast of New Jersey, although nearly half of the mackerel sold in the U.S. is imported from Canada.

Mackerel is nearly 20% protein, provides an abundance of vitamins and minerals and contains less than 200 calories per 3½ oz. serving! Its meat is soft-textured and full-flavored, with a sweet distinctive taste. Mackerel's texture and moistness make it a prime candidate for grilling.



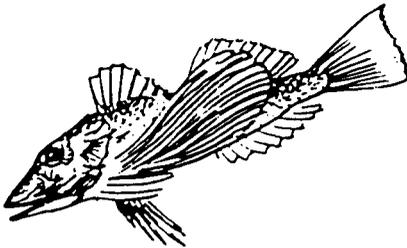
MONKFISH

Like something from an underwater nightmare, the Monkfish looks far from appetizing. With a face only a mother fish could love, its taste is exceptional. In fact, monkfish is often called "poor man's lobster". Also known as anglerfish, goosefish, or bellyfish, monkfish are all mouth, head

and tail. They help feed their insatiable appetite by using a built-in fishing lure attached to the dorsal fin to attract other fish.

Monkfish can be found year-round in the mid-Atlantic regions, including New Jersey. They prefer deep waters where they can rest on the ocean bottom and feast on flounder, skate, lobster and squid. Monkfish usually average 1 to 2 feet in length and 5 pounds. Originally caught as a by-catch of the scallop fishery, monkfish was exported to Northern Italy and France. It found a market in this country when restaurants in our cosmopolitan cities started asking for it.

Skinned and trimmed, monkfish tail meat has the same taste, texture and color of lobster. If mixed with a little lobster, monkfish meat will actually take on its taste. This ability to carry flavor, makes monkfish meat a perfect choice to combine with more expensive seafood to help cut the cost of the meal.



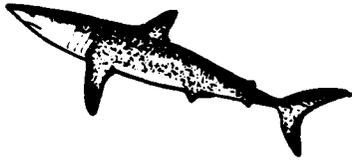
SEA ROBIN

The Sea Robin runs a close second to monkfish for bizarre appearance and behavior. Sea Robin look almost pre-historic, with huge fan-shaped pectoral fins and a large head covered with horny plates and spines. The ornate fins actually function as "legs" that help the sea robin walk

along the sea bottom, stirring up sand to locate food.

Sea Robins are found in abundance in New Jersey waters, especially during the summer months. They're often caught in large numbers by bay and surf anglers who, probably based on the fish's strange looks, promptly toss them back as "trash fish".

The flesh of this underutilized fish is firm, sweet-tasting, and low in fat. The mild, delicate flavor makes the meat perfect for broiling with melted butter or margarine and lemon juice. In Europe, the sea robin is a traditional part of bouillabaisse.



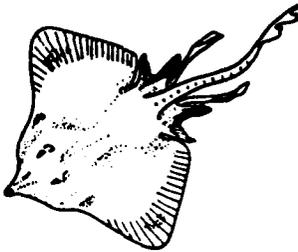
SHARK

Get even with Jaws . . . eat shark for dinner! Consumers have swallowed this suggestion hook, line and sinker and shark has caught on as a new seafood favorite. Commercial shark fishing used to be a booming business in the U.S., because their liver oil was a major source of natural vitamin

A. As soon as a synthetic vitamin A was developed, demand for shark liver oil died off. In the past decade, four movies and a growing interest in shark as a food source have given this ferocious creature newfound fame.

Partial to warm water, many species of shark can be found off the coast of New Jersey. Mako, blue shark, white shark, tiger shark and hammerheads are popular game sharks for sportfishermen. Bay anglers might hook a dogfish shark, which sometimes gets close to land in summer. All these sharks are edible, but the mako is considered tastiest with a flavor and texture close to swordfish.

Commonly sold as steaks or fillets, shark can be broiled, baked, fried, poached, smoked or grilled. A bonus feature is its lack of bones. Firm, white and light-flavored, shark meat is perfect for kabobs, salads or soups and gumbos. Shark is fast becoming a featured item on many restaurant menus throughout New Jersey.



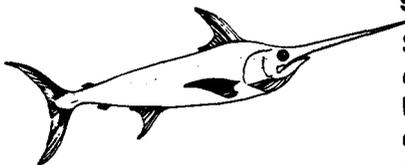
SKATE

In Colonial times, skate was fairly popular seafood fare on this side of the Atlantic. Today it's a European favorite, but relatively unknown to American consumers. A strangely shaped, flat fish with a long, barbed tail and winglike fins, skate is actually the common North American name given

to all fish in the Rajidae family. You'll frequently find skate marketed as "rajafish" or "raja".

Skate can be generally found in our coastal waters spring and through fall. Like the sea robin, skate is often considered "trash fish" by unsuspecting anglers who aren't aware the skate is not only edible . . . but actually delicious! The flavor and texture of its flesh is very similar to sea scallops.

Skate feed primarily on crustaceans, which accounts for its flesh quality and succulent flavor. The only edible portion of skate is the long fillets of flesh in their wings. Skate meat actually improves with age. Left in the refrigerator for 48 hours, the flesh becomes firmer in texture.



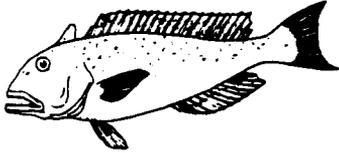
SWORDFISH

Swordfish has been a seafood favorite . . . and something of a legend since ancient times. The second part of its Latin name, *Xiphias gladius* comes from the short sword carried by the Roman soldiers. One of the sea's most magnificent creatures, swordfish are fast, powerful fish,

highly prized by anglers who enjoy a good fight.

Swordfish are offshore dwellers, frequently found in warm and temperate waters. Almost year-round, commercial long-liners and sportfishermen return to the docks from the edge of New Jersey's continental shelf with this deep-water trophy.

Fresh swordfish, most commonly sold as steaks, is usually available throughout the summer and fall. High in protein, swordfish's lean, firm meat is excellent grilled on the barbecue. It's distinctive, delicate flavor can be enjoyed even more when you marinate the steaks in herbs or olive oil or baste them with garlic butter and lemon juice and broil.



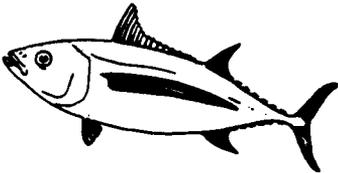
TILEFISH

In the late 1970's, this fish brought fame and fortune to Barnegat Light, NJ, when it became the "tilefish capital of the world". Tilefish have been around since 1879, when they were first discovered during a Smithsonian exploratory cruise. It wasn't until the 1960's that tilefish, caught on

with the public and went on to become a major commercial and sport fish industry, with New Jersey leading the way in landings.

Spring is the peak season for tilefish off the coast of New Jersey. They inhabit deep water canyons and can be found along the edge of the continental shelf. New Jersey's tilefish catches have tapered off a bit since 1978, when more than 4 million pounds were brought in, but they're still producing profits in the pockets of many fishermen.

When tilefish first appeared on the market, its mild-flavored, tender, succulent flesh was compared to lobster. According to fish gourmets, the firm, lean meat of the tilefish rivals lobster, scallops or crab. Generally sold fresh, either whole or filleted, tilefish is tasty, versatile and well-worth trying.



TUNA

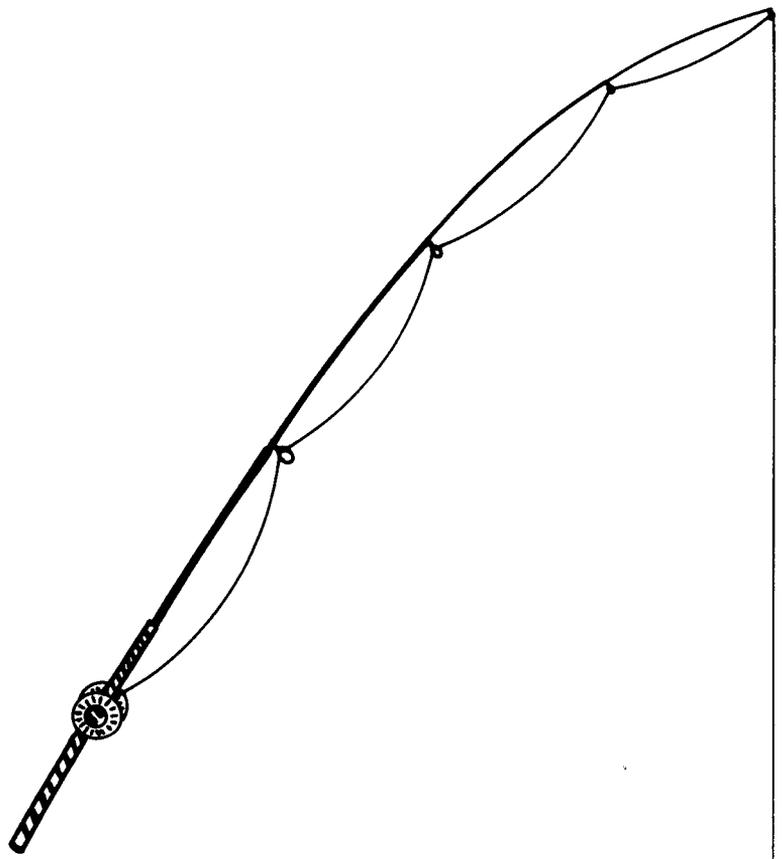
Tuna takes the prize for seafood consumption. More than a billion cans are sold each year, and Americans eat almost one third of all the tuna caught in the world. Taste-wise, fresh tuna bears little or no resemblance to its popular supermarket counterpart. The red flesh of fresh tuna looks

like beef, but turns white when cooked. It offers a bite to appease any meat and potatoes person. The availability of fresh tuna in New Jersey makes it a viable replacement for canned in a variety of recipes, and the flavor is far superior.

These offshore favorites frequent New Jersey waters in the spring and summer months and migrate seasonally. There are several species of tuna, including bluefin (highly prized and served raw as sushi and sashimi), skipjack and yellowfin, but albacore is by far the most valuable to the canning industry.

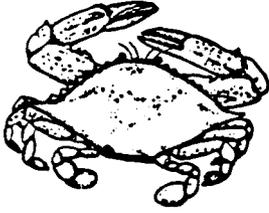
Fresh tuna is becoming more popular each year because of its high quality, low calories and dollar value. Often sold in steaks or fillets fresh tuna can be baked, broiled, poached, sauteed or grilled. A close relative of mackerel, tuna is also high in polyunsaturated fats which seem to play a significant role in reducing serum cholesterol and the risk of heart disease. With such high scores for taste and nutrition it's easy to see why consumers are getting hooked on fresh tuna.

fishing for



shellfish facts

fishing for . . . shellfish facts

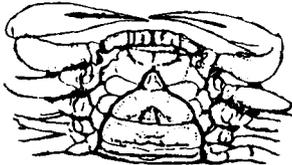


BLUE CRABS

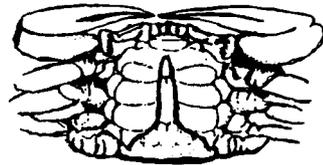
Native to New Jersey waters, blue crabs have long been considered one of the most delectable marine creatures on the eastern seaboard. Blue crabs are enjoyed in both the hard and soft shell stages. "Shedders" or "peelers" are really blue crabs that have recently shed their hard shells

as part of the growth process. Soft shell crabs are a shore tradition and considered a delicacy by seafood lovers.

Blue crabs spend the winter hibernating in deep waters and move into our warm, shallow waters in the spring and summer. They prefer muddy, soft bottoms where they can dig burrows and hide when they're shedding. Seasoned crabbers should know the difference between females (sooks) and males (jimmies). Females have a broad apron pattern on the bottom side of their shells and bright-red claw tips. Males have a rocket or lighthouse pattern on the bottom of their shells. Recreationally and commercially, the blue crab is one of the shore's most popular summer catches.

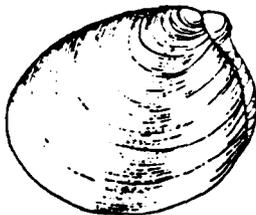


Mature female
"sook"



Male
"jimmy"

Not only is crab meat very rich and sweet-tasting it's low in calories and provides excellent high-quality protein, vitamins and minerals. Most of the meat from the blue crab comes from the body. In season, blue crabs are plentiful and you can purchase them live in the shell, steamed in the shell, or as fresh, frozen or pasteurized meat. Be sure to keep crab meat chilled until you use it!



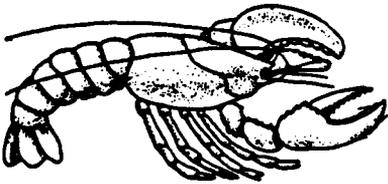
CLAMS

Look out New England! Clams are such a big hit with New Jerseyans, the state has its own chowder recipe. An even bigger hit with the Indians, clams were used as currency. The purple part of the hard clam (or "quahog") shell was strung into strands and belts by the Indians and used as

wampum. Hard clams, soft clams, surf clams and ocean quahogs are all common to New Jersey waters.

Clams congregate in dense populations, called "beds". Larger species like surf clams and ocean quahogs are harvested off New Jersey's Atlantic coast. Hard and soft clams burrow into beds and can be found in almost any bay, cove, inlet or mud flat along the shore. Spring and summer are the most productive seasons for clamming.

All clams are high in protein and low in fat when eaten fresh and raw. Clams are marketed according to size, which has a lot to do with the way they're prepared. Hard clams are usually sold in three sizes. Littlenecks, the smallest, tenderest and most expensive are usually steamed or eaten raw on the half shell. Cherrystones can also be eaten raw or steamed, but are often used for baked clam appetizers. Chowders, the largest, toughest hard clams, usually wind up in chowders or fritters. Surf clams and ocean quahogs are commercial clams that are processed into retail products and often minced, chopped and canned. Soft clams, also called long-necks have a soft, breakable shell and are most often steamed.



LOBSTER

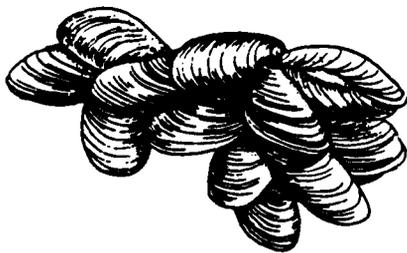
Imagine 2 pound lobsters selling for a penny each. Impossible? In colonial times, lobsters were so plentiful, that was the going price . . . and there was still a glut on the market! To get rid of the unwanted wagonloads of lobsters, they were crushed, used as feed for livestock or dumped in fields for fertilizer. Today, because of their immense popularity and over-fishing, the size of lobster has decreased (it takes 7 years for a lobster to reach 1 lb.) while the price has steadily increased and it's become a real luxury for most of us.

Contrary to popular belief, New Jersey lobsters are exactly the same as their counterparts from Maine. Many lobster lovers consider New Jersey's product sweeter and better tasting. Lobsters like cold, deep waters and rocky areas. Available year round, lobster are more likely to be caught in New Jersey's inshore waters out to the edge of the continental shelf April through November.

Considered a delicacy, lobster meat is sweet, white and exceptionally tender. Many will argue that the best way to eat a lobster is whole, either boiled or steamed, but it's a formidable task. Almost the entire lobster is edible. The large muscle of the tail is the meatiest part, but according to some, the liver or "tomally", (the green substance inside the body) is tastiest. A tip to remember when buying whole live lobster: Lobster should be heavy in proportion to size. If its shell is thin, it has probably just shed and won't be as meaty and flavorful as one that's had time to grow into its shell.

Seafood...
nothing goes
to waist

EAT *Seafood* **TONIGHT!**



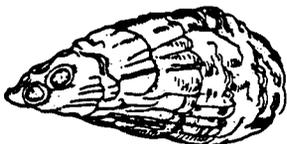
MUSSELS

Europeans have long-considered the blue mussel a delicacy. Until recently, except for a few gourmets, mussels were underated and somewhat neglected by American seafood consumers. In the past few years, these tasty seafood morsels have been gaining popularity and have muscled their way onto many New Jersey dinner tables.

Mussels can be found throughout New Jersey waters pretty much year-round. They grow in huge colonies, crowded together, attached to rocks, pilings and seawalls. Those that grow in tidal channels, covered by water twenty-four hours a day, are supposed to be the tastiest.

Mussels, high in flavor and nutrition, are extremely low in cost and calories. They can be prepared steamed, baked, in salads or as appetizers. Cooked mussel meat varies in color from tan, cream or orange. Mussels must be well-cleaned before cooking. Scrape off any seaweed or barnacles with a scrub brush and rinse them well with running water. Remove the byssus, or beard, they use to attach themselves to rocks, pilings, etc., by pulling it from the narrow end to the broader end of the shell. You should also soak them in a gallon of cold water, mixed with 5 tablespoons of flour, for about 20 minutes. Because they're bivalves, blue mussels will feed on the flour and siphon out dirt and sand inside their shells.

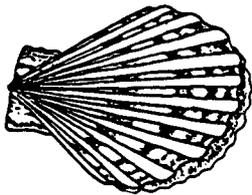
OYSTERS



Oysters have a long, colorful history. This prized seafood delicacy was described as "the star of the shellfish" by American Indians. Oysters roasted over an open fire were a staple part of the Pilgrim's diet. The oyster's reputation as an aphrodisiac dates back to Roman times, when they were consumed in massive numbers at orgies. Cassanova reportedly ate 50 oysters for breakfast every morning. The myth most likely stems from the oyster's high zinc content, which is important for male potency.

Found in brackish waters, oysters inhabit the shallow waters of New Jersey's bays and estuaries. Oysters are harvested in winter, but can be bought and enjoyed anytime. The popular belief that you should only eat oysters in months with the letter "R", originated because they spawn in the spring and summer ("R"-less) months and tend to be watery. Historically, the "R" rule was developed because as oysters were shipped great distances, transporting such a perishable item in hot weather with poor refrigeration must have been a questionable practice in early days.

Oysters are rich in vitamins and minerals. In fact, they have so much iron, they're recommended for patients with anemia! They can be enjoyed raw on the half-shell or used in a variety of recipes, fried, baked, steamed, broiled or stewed. When buying fresh oysters in the shell, make sure they're alive by tapping the shell (it should close tightly). Fresh shucked oysters are also available in pint and quart containers.



SCALLOPS

The scallop is the only shellfish to have its own patron saint. St. James, who wandered through Spain converting heathens, until he was ordered beheaded by King Herod, wore a scallop shell as his personal emblem. In parts of Europe, scallops are also called "St. James" or "St.

Jacques", which explains how the elegant scallop dish Coquilles St. Jacques got its name.

There are over 300 varieties of scallops. The two native to New Jersey are the sea scallop, which, as their name suggests, live in deep ocean waters off our coast. Bay scallops are considerably smaller than their deep sea counterparts. They can be found in our inshore bays and oceans. Calico scallops are a relatively new commercial species from the Gulf of Mexico and the East Coast of Florida and are related to bay scallops.

Although the entire content of the scallop is edible, it's the firm, meaty muscle that's marketed and most enjoyed by consumers. Deep sea scallops are generally larger and less expensive than the tinier, more tender bay variety. Fresh scallop meat is firm and lean, with a faintly sweet odor. An excellent protein source, scallops are low in fat and calories and full of vitamins and minerals. Because of their delicate flavor they're delicious broiled or sauteed, but can also be fried or baked.



SQUID

Squid has long been appreciated by recreational anglers as fish bait. Until recently, its only other real claim to fame in this country, was its appearance as a giant monster in the Jules Verne classic "20 Thousand Leagues Under the Sea". Squid, also called calamari, has been a long-time

favorite in Mediterranean and Oriental countries. There has always been a domestic market for squid among ethnic groups, but most of the squid caught here is destined for the market abroad, where its taste and versatility are better appreciated.

Squid prefer the deep waters beyond the continental shelf. They are normally caught offshore in New Jersey during the summer and fall. Squid has traditionally been a by-catch of other commercial fisheries, but its growing popularity with American consumers has created interest and activity in a direct market.

About 80 percent of squid is edible, which is unusually high compared to most finfish or shellfish. Its meat is firm, with a somewhat delicate flavor and high in protein. It's often used in salads and in combination with other seafoods. Breaded and fried squid is also catching on in popularity.

New Jersey's
fabulous fishing for
compliments
recipe contest



New Jersey's fabulous fishing for compliments recipe contest



One of the most common complaints expressed by supermarket chains and independent retailers is the need for more consumer recipe information, especially recipes that use relatively lower priced underutilized species. And what better way to land recipes than by hooking the consumers themselves! That is why the Fish and Seafood Development Program within the Department of Agriculture sponsored New Jersey's "Fabulous Fishing For Compliments Consumer Recipe Contest" this past summer.

The contest took place during the months of July and August, a time when many consumers have more leisure time and overall interest in seafood is high. Point-of-purchase displays with a tear off sheet listing contest rules and locally harvested New Jersey species were distributed to major supermarket chains and independent retailers throughout the state. In addition, press releases about the contest were sent to media representatives for maximum coverage. Response from the press was overwhelming and the contest was carried in newspapers throughout the metropolitan region.

The number of recipes generated from the contest was impressive. When the deadline date of the contest arrived, over 700 entries had been received and the problem of how to select five winning recipes from hundreds of appetizing choices was at hand.

First recipes that took innovative and interesting approaches were selected. Extension home economists and local chefs lent their time and expertise to sort through recipes looking for high interest and good nutrition.

After much deliberation and careful decision making, five finalists were selected. The winning recipes included Seawind Moussaka, a traditional eggplant and meat dish marinated to use oysters, crabmeat and shrimp instead of lamb, submitted by Delores Hay. On the Italian side, we had Jersey Fresh Seafood N'Linguini Salad featuring squid, mussels and clams submitted by Alex DeSantis. Jerry's Jersey Stew was another prize winner which featured some all time seafood favorites including tilefish, mussels, clams and scallops and was submitted by Jerry Goldish. Samatha Drab was also a winner with her Mackerel Pate and Terry Steenburg got a winning place for his combination of stir fried Jersey vegetables and monkfish in his Monkfish Oriental.

The five winners were honored at a gala reception at Caroline's Comedy Club located at the South Street Seaport in Manhattan and was part of South Street Seaport's First Annual Seafood Festival. A panel of celebrity judges were on hand to sample the recipes and select the top winner. To add to the festivities the New Jersey Wine Council was there to pour some of the state's finest wine and a number of local seafood companies supplied a variety of interesting seafood items which were served during the cocktail hour. A good time was had by all and Delores Hay with her Seawind Moussaka walked off with the the prize winning trophy and a promise to return as a winner again next year.

the winning recipes



the winning recipes

SEAWIND MOUSSAKA

Dolores Hay, Mount Holly, NJ

2 large eggplants

Flour for coating

1/2 cup vegetable oil

8 large oysters

SEAFOOD SAUCE

1 onion, finely chopped

2 tablespoons butter

2 tablespoons tomato sauce

1 cup dry red wine

1 teaspoon salt

1/2 teaspoon pepper

1/4 teaspoon nutmeg

1 tablespoon parsley, chopped

2 eggs

1 teaspoon Old Bay seasoning

1 cup grated Parmesan or Romano cheese

2 slices dry toast, grated

CREAM SAUCE

2 tablespoons flour

1/4 cup cold milk

2-3/4 cups warm milk

1 cup Half and Half

3 eggs + 3 egg yolks, beaten

1 teaspoon salt

1/2 teaspoon nutmeg

2/3 cup Romano cheese

-
1. Peel eggplant; slice lengthwise 1/4 inch thick. Salt heavily on both sides and let stand in bowl 30 minutes. Pour cold water over and let stand 10 more minutes. Squeeze water out and pat dry; bitterness will be eliminated.
 2. Coat slices with flour; fry eggplant in heated oil until golden brown. Add more oil if necessary and follow same process with oysters, but do not soak. Drain eggplant and oysters on paper towels.

For seafood sauce:

3. In a large pan, saute the onion in 2 tablespoons of butter. Add the tomato sauce, wine, 1 teaspoon salt, pepper, nutmeg, parsley and cook until sauce thickens. Beat 2 eggs with the seafood seasoning and add to the mixture. Add 1 cup of the cheese and half the toast; mix well. Gently stir in the oysters.
4. Grease a 12x10x3-inch baking pan. Spread remaining toast over bottom. Intermingle half the eggplant and half the oysters over the toast. Cover with seafood sauce, sprinkle 2 tablespoons cheese over top. Cover with remaining eggplant and oysters.

For cream sauce:

5. Melt butter in a saucepan. Make a paste of flour and cold milk; add the butter. Warm milk and cream and add to the pan. Blend until smooth; simmer 15 minutes. Remove from stove and add beaten eggs and egg yolks while stirring the sauce vigorously. Stir in 1 teaspoon salt, nutmeg and 1/3 cup cheese. Pour over eggplant dish. Sprinkle top with remaining cheese. Bake at 375°F for 40 minutes. Let dish stand for 10 minutes before serving.

Serves 8-10

Nutritive value per serving (based on 8 servings):

Calories:	439
Protein:	27 g
Fat:	24 g
Sodium:	989 mg
Cholesterol:	346 mg
Calcium:	393 mg

JERRY'S JERSEY STEW*Jerry Goldich, Egg Harbor, NJ*

1/4 cup olive oil	1 cup white wine	4 cups water
1 large onion, diced	1/4 cup parsley, minced	1 pound mussels
10 garlic cloves, chopped	1 tablespoon basil, fresh, minced	1 dozen hard clams, cleaned, scrubbed
1 large green pepper, diced	1 teaspoon salt	1 pound bay scallops
2 cans (35 ounce) tomatoes, peeled, chopped	1 teaspoon pepper	1 pound tilefish (or monkfish), cut into chunks
	1 bay leaf	

1. Heat oil in stock pot. Saute onion, garlic and green pepper; stir. Add tomatoes (and the juice), wine, parsley, basil, salt, pepper, bay leaf and water. Heat to boiling. Lower heat, cover and simmer 15 minutes.
2. Increase heat to medium-high; add mussels and clams. Cook ten minutes, stir. Add scallops and tilefish and continue cooking five minutes longer. *Serves 6.*

Nutritive value per serving (based on 6 servings):

Calories:	608
Protein:	71 g
Fat:	17 g
Sodium:	1,708 mg
Cholesterol:	156 mg
Calcium:	277 mg

MACKEREL PATÉ*Samantha L. Drab, Cherry Hill, NJ*

3 slices bread, rolled into crumbs	2 teaspoons mayonnaise
1-1/2 pound whole Atlantic mackerel	1 teaspoon margarine or butter, melted
4 slices fresh lemon	2 tablespoons chopped parsley
1-1/2 teaspoons Italian seasoning	Salt and pepper to taste
2 tablespoons lemon juice	Additional lemon slices and parsley sprigs for garnish

1. Preheat oven to 400°F.
2. Wrap the mackerel loosely in foil with the lemon slices and Italian seasoning; place in an ovenproof dish and bake 30 minutes.
3. Remove from oven, unwrap foil and discard lemon slices and seasonings. Drain and reserve the juices. Remove skin and bones from fish.
4. Mash the fish with the breadcrumbs, lemon juice, mayonnaise, margarine, parsley and enough of the reserved fish juices to give a moist, but firm consistency. Add salt and pepper. Press into small serving dishes, decorate with lemon slices and parsley sprigs, if desired. Chill, covered, until ready to use.
5. Can be served as an appetizer or with salad. *Serves 2.*

Nutritive value per serving (based on 2 servings):

Calories:	151
Protein:	8 g
Fat:	7 g
Sodium:	91 mg
Cholesterol:	39 mg
Calcium:	32 mg

MONKFISH ORIENTAL*G. Terry Steenburg, Pennsauken, NJ*

1/4 pound margarine or butter	2 cups bean sprouts, fresh
4 tablespoons sesame oil	1 (8 ounce) can water chestnuts, sliced, undrained
1 tablespoons ground ginger	1 cup chicken broth
1 pound monkfish (or scallops)	1 cup dry-roasted cashews
2 cups broccoli, fresh, bite-size	4 cups prepared brown rice
2 sweet red bell peppers, cut into strips	1 container chow mein noodles
1 cup mushrooms, fresh, sliced	Soy sauce to taste
1 cup scallions, chopped	

1. In a large frying pan or wok, melt the margarine and mix with the oil and ginger.
2. Cut fish into small pieces and fry — do not over-cook. Remove the fish from the pan and set aside on a separate dish.
3. Stir-fry the broccoli, peppers and mushrooms in the oil mixture. When done, add scallions and bean sprouts, stir. Add and mix the water chestnuts and chicken broth. Add and *mix slightly* the cashews and fish. Serve over a bed of rice and add noodles and soy sauce. *Serves 6.*

Nutritive value per serving (based on 6 servings):

Calories:	1,052	Sodium:	630 mg
Protein:	36 g	Cholesterol:	76 mg
Fat:	42 g	Calcium:	221 mg



JERSEY FRESH SEAFOOD 'N LINGUINI SALAD *Alex DeSantis, Sr. East Windsor, NJ*

1-1/2 pounds squid, cleaned	1/4 cup lemon juice, freshly squeezed	1 red onion, thinly sliced for garnish
4 pounds mussels, cleaned	1/2 cup olive oil	1/3 cup parsley, chopped for garnish
2-1/2 to 3 dozen clams, cleaned, scrubbed	2 garlic cloves, minced	
1/2 pound linguini	1/2 teaspoon salt	
4 tablespoons olive oil	1/4 teaspoon pepper	

1. Wash squid thoroughly. Cut bodies into rings about 1/4 inch in width and chop tentacles finely.
2. Steam mussels and clams until just open; do not remove from shells.
3. Cook linguini in boiling, salted water until al dente. Drain, rinse with cold water and drain again. Toss with 2 tablespoons oil.
4. In a large skillet, heat 2 tablespoons olive oil (just enough to cover bottom of pan); add squid and saute for 2 minutes. Remove squid and place in a large salad bowl. To the squid, add linguini, mussels and clams.
5. Mix together the lemon juice, 1/2 cup olive oil, garlic, salt and pepper. Add to salad and toss gently. Cover and refrigerate at least 3 hours. Taste salad just before serving and add additional lemon juice, salt and pepper if necessary. Add onion rings and parsley. Toss again. *Serves 6.*

Nutritive value per serving (based on 6 servings):

Calories:	898	Sodium:	1,409 mg
Protein:	82 g	Cholesterol:	483 mg
Fat:	37 g	Calcium:	426 mg

soups, chowders & stews



soups, chowders & stews

CHOWDER FROM THE SEA

Mrs. Pauline Beaver, Basking Ridge, NJ

2-1/2 dozen cherry stone clams	46 ounces clam broth
4 garlic cloves, chopped	1-1/2 pounds diced potatoes
2 cups water	1/2 pound shrimp
4 ounces salt pork, finely chopped	1/2 pound bay scallops
2 cups onions, chopped	1 pound fish (any firm-type fish is fine)
1/4 cup butter	1 cup heavy cream
6 tablespoons flour	2 cups Half and Half

1. Scrub clams well and place in a large pot with garlic and water.
2. Steam clams just until open, about 7 minutes. Shell and chop clams, reserving liquid. Set aside.
3. In a large sauce pan, cook salt pork to render. Remove cracklings and set aside.
4. Saute onions in fat remaining in pan, stir frequently; cook until tender, but not browned.
5. Add butter and melt, stir in flour and cook, stirring constantly until well blended and a bit thickened.
6. Add reserved clam broth; use a whisk to avoid lumps. Add canned clam broth. Bring to boil, add potatoes; reduce heat and simmer about 5-6 minutes.
7. Add chopped clams, salt pork, fish, shrimp and scallops. Simmer about 10 minutes.
8. Add cream and Half and Half; heat through and serve with oyster crackers. *Serves 6-8.*

Nutritive value per serving (based on 6 servings):

Calories:	895	Sodium:	1,690 mg
Protein:	40 g	Cholesterol:	316 mg
Fat:	56 g	Calcium:	240 mg

NEW JERSEY CLAM CHOWDER

Vincent E. Hoyer, Pennington, NJ

2 dozen large clams	5 stalks celery	1 quart canned tomatoes
1-1/2 quarts water	3 large onions	1 bay leaf
6 strips bacon	5 medium potatoes	1 pound large scallops

1. Scrub clams. Place in large pot with water. Bring to a boil. Cook 5-10 minutes, or until clams open. Remove from shells. Reserve broth.
2. Fry bacon until crisp. Remove from pan and break into bits
3. Put clams, celery, onions and potatoes through food processor (or grinder) until coarsely ground. Place in a large frying pan containing the bacon grease. Saute 2-3 minutes. Transfer all to reserved clam broth. Add tomatoes. Simmer on low heat 1/2 hour. Add bay leaf.
4. Add scallops and continue to simmer 10 minutes. Add the crisped bacon bits. Remove Bay leaf. Serve in large bowls with 1 or 2 scallops in each bowl. *Serves 4-6.*

Nutritive value per serving (based on 4 servings):

Calories:	569	Sodium:	908 mg
Protein:	44 g	Cholesterol:	99 mg
Fat:	8 g	Calcium:	186 mg

MARY'S FISH SOUP*Mrs. Peter Maggio, Highland Park, NJ*

1/2 cup olive oil	1/2 pound flounder fillets, cleaned, cut into small pieces
1 large onion, chopped	1 pound medium shrimp, cleaned
1 garlic clove, chopped	1/2 cup parsley, chopped
3 celery stalks, chopped	1 (6-1/2 ounce) can clams, chopped
1 (28 ounce) can tomatoes, peeled	1 cup rice
1-1/2 teaspoon salt	1/2 cup grated Parmesan cheese
1 teaspoon black pepper	
1-1/2 cups water	

1. In a heavy dutch oven, heat oil. Add onion, garlic, celery and brown. Add tomatoes, salt, pepper and water; cook covered for 8 minutes. Add flounder, shrimp and parsley; cover and cook another 5 minutes. Add clams; cook another minute and take off the stove.
2. Cook rice according to directions on package.
3. Serve soup over rice and sprinkle with Parmesan cheese. *Serves 6-8.*

Nutritive value per serving (based on 6 servings):

Calories:	538
Protein:	41 g
Fat:	23 g
Sodium:	992 mg
Cholesterol:	181 mg
Calcium:	183 mg



SAFFRONED SEAFOOD BISQUE*Bonnie R. Brown, Princeton, NJ*

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

1. In a dutch oven, fry bacon until crisp; remove from pot, crumble and set aside.
2. In same pot, cook onions in bacon fat until tender. Add potatoes; cook another 10 minutes. Add butter if necessary (bacon fat may not be enough). Remove onions and potatoes with slotted spoon and set aside. Add more butter to pot if dry. Add cod, scallops and oysters. Cook and stir 3 minutes. Remove the cod, scallops and oysters from the pot and set aside.
3. Add vermouth to pot to deglaze. 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 until mussels open their shells, about 5 minutes. *Serves 6-8.*

Nutritive value per serving (based on 6 servings):

Calories:	627
Protein:	46 g
Fat:	30 g
Sodium:	699 mg
Cholesterol:	218 mg
Calcium:	361 mg

MEDITERRANEAN BLUEFISH CHOWDER*Rosalie Gordon, Cherry Hill, NJ*

1 large onion, diced	3/4 teaspoon Italian seasoning
3 cups marinara sauce	3/4 teaspoon marjoram
1 (19 ounce) can lentil soup	Salt to taste
1 (4-1/2 ounce) jar sliced mushrooms, including liquid	Dash pepper
1 (14-1/2 ounce) can stewed tomatoes	1-1/2 pounds bluefish fillets cut into 3/4" squares
2 cups water	

1. Place all of the ingredients, except fish, in a heavy sauce pan, cover and simmer on top of stove for one hour.
2. Add bluefish and simmer for 10 minutes. *Serves 6-8.*

Nutritive value per serving (based on 6 servings):

Calories:	366
Protein:	28 g
Fat:	19 g
Sodium:	473 mg
Cholesterol:	66 mg
Calcium:	39 mg



SEA BASS STEW*Marianne Nece, North Cape May, NJ*

3-4 medium size sea bass	1 (1 pound) can tomatoes, drained
2 teaspoons butter	1 teaspoon salt
1 medium onion, sliced	Pepper to taste
1 medium green pepper, diced	1/4 teaspoon basil
1 (2-1/2 ounce) jar mushrooms, sliced, drained	1 bay leaf
	2 cups canned potatoes, sliced

1. Fillet sea bass and cut into bite size pieces. Set aside.
2. In a frying pan, melt butter and saute onions and peppers. Add mushrooms and tomatoes.
3. Stir in salt, pepper, basil and bay leaf. Simmer 3-5 minutes.
4. Add fish and potatoes. Stir and cover. Simmer 10-15 minutes. *Serves 4.*

Nutritive value per serving (based on 4 servings):

Calories:	263
Protein:	27 g
Fat:	7 g
Sodium:	1,258 mg
Cholesterol:	87 mg
Calcium:	147 mg

SOUTH JERSEY CIOPPINO*Mrs. Patricia Bierman, Laurel Springs, NJ*

1/3 cup olive oil	1 bay leaf
1 small onion, chopped	1/2 teaspoon oregano
1/2 cup scallions, chopped	1/4 teaspoon thyme
1 medium green pepper, chopped	1 teaspoon basil
2 garlic cloves, chopped	1-1/2 teaspoon salt
1/4 cup parsley, chopped	1/4 teaspoon black pepper
1 (2 pound 3 ounce) can Italian plum tomatoes	1 pound sea bass, chopped into 2" pieces
1 (8 ounce) can tomato sauce	6 crabs, cleaned and cut in half
1-1/2 cups red wine	1 dozen fresh clams

1. Heat the oil in a heavy sauce pan. Add onion, scallions, green pepper and garlic and cook until tender, but not browned.
2. Add plum tomatoes, tomato sauce, wine, bay leaf, oregano, thyme, basil, and pepper. Bring to a boil and simmer uncovered 20 minutes.
3. Add fish and bring back to simmer. Add crab and bring back to simmer. Add clams and cook, covered, until clams open.
4. Serve with plenty of Italian bread and butter. *Serves 6-8.*

Nutritive value per serving (based on 6 servings):

Calories:	479	Sodium:	1,220 mg
Protein:	39 g	Cholesterol:	162 mg
Fat:	21 g	Calcium:	187 mg



JERSEY JAMBALAYA*Linda Ciarallo, Wyckoff, NJ*

4 slices bacon	3 large tomatoes, diced	1 pound flounder fillets
1/2 cup onion, chopped	1 (8 ounce) can tomato sauce	1 pound scallops
1/2 cup green pepper, chopped	1/4 teaspoon thyme	1 pound cod fillets
2 celery stalks, slivered	1 teaspoon dried basil	3 cups rice, cooked
1 garlic clove, minced	1 teaspoon Worcestershire sauce	1/4 teaspoon Tabasco sauce
2 tablespoons flour	2 tablespoons margarine	1/4 cup minced parsley

1. In a large frying pan or dutch oven, fry bacon until crisp. Remove bacon and crumble. In bacon drippings, saute onion, 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.
2. Cut flounder and cod into 1-inch pieces. In another 10 inch frying pan, melt margarine. Add flounder, scallops and cod. Saute and stir about 5 minutes.
3. Combine fish and cooked rice with vegetable mixture. Add Tabasco sauce. Simmer uncovered over low heat for about 10 minutes, stir occasionally. Sprinkle with parsley. *Serves 6-8.*

Nutritive value per serving (based on 6 servings):

Calories:	557	Sodium:	954 mg
Protein:	72 g	Cholesterol:	182 mg
Fat:	10 g	Calcium:	114 mg

finfish recipes



finfish recipes

BLUEFISH SALAD OLÉ

Bette D. Philips, Asbury Park, NJ

-
- | | |
|---|--|
| 1 (4 ounce) can chili peppers
chopped, drained | 1 garlic clove, minced and pressed |
| 1/2 cup scallion, sliced | 1/4 teaspoon ground cumin |
| 1/2 cup green, red or yellow bell peppers
slivered | 1 teaspoon chili powder |
| 1/3 cup black olives, sliced | 2-3 drops hot pepper sauce |
| 2 tablespoons lime juice | 2 cups cooked bluefish |
| 2 tablespoons olive oil | Greens, tomatoes, avocados, corn chips
and lime wedges, for garnish |
-

1. Place chili peppers, scallion, bell pepper, and olives in a large bowl.
2. In a small bowl, whisk together lime juice, olive oil, garlic, cumin, chili powder and hot pepper sauce.
3. Add bluefish to vegetables and pour dressing over fish and vegetables. Toss gently, cover with plastic wrap and refrigerate for at least 2 hours.
4. Before serving, toss again. Place on a bed of greens. Garnish with tomatoes, avocados, corn chips and lime wedges. *Serves 4.*

Nutritive value per serving (based on 4 servings):

Calories:	206	Sodium:	126 mg
Protein:	23 g	Cholesterol:	61 mg
Fat:	9 g	Calcium:	37 mg

MARY'S BAKED STUFFED NJ BLUEFISH

Mary Henry, Toms River, NJ

-
- | | |
|---|--|
| 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 pound edible fish) |
-

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 for 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. *Serves 6-8.*

Nutritive value per serving (based on 6 servings):

Calories:	1,078	Sodium:	908 mg
Protein:	126 g	Cholesterol:	436 mg
Fat:	46 g	Calcium:	127 mg

BLUEFISH FISHCAKES*Grace Dowell, Lindenwald, NJ*

1/4 pound butter or margarine	Dried parsley to taste
2/3 cup flour	1 teaspoon dry mustard (optional)
1-1/2 cups milk	1/2 teaspoon salt
1-3/4 pounds bluefish	1/2 teaspoon pepper
1 medium onion, chopped	1 large egg
1 medium green pepper, chopped	Bread crumbs
Pinch of rosemary	Oil

1. To make hard sauce, melt butter or margarine over low heat. Stir in flour, then milk and stir well until a paste is formed. Set aside.
2. Split bluefish as if filleting. No need to scale.
3. Using a large tablespoon, scrape out meat. Chop.
4. Combine chopped fish, green pepper, onion, rosemary, parsley, mustard, salt and pepper.
5. Add egg and enough breadcrumbs to form patties.
6. Patties may be deep fat fried for 4-5 minutes in oil heated to 350°F or baked at 350°F for 35 minutes.
Serves 6-8.

Nutritive value per serving (based on 6 servings):

Calories:	612
Protein:	34 g
Fat:	45 g
Sodium:	141 mg
Cholesterol:	89 mg
Calcium:	113 mg



BLUEFISH BAKE*Bonnie Kiefer, Marlton, NJ*

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	

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.

Serves 4.

Nutritive value per serving (based on 4 servings):

Calories:	347
Protein:	31 g
Fat:	12 g
Sodium:	239 mg
Cholesterol:	108 mg
Calcium:	155 mg

BLUE VELVET*Marge Faunce, Woodbury, NJ*

1-1/2 pounds bluefish fillets
Juice of 1 lemon
1/4—1/3 cup vegetable oil
1/4 cup blueberry preserves

1/2 pint blueberries
Seedless green grapes, honeydew and
cantalope slices, for garnish
Salt and pepper to taste

1. Prepare grill by preheating with 2 handfuls of mesquite chips for 15 minutes.
2. Marinate fillets in lemon juice and oil for no longer than 1/2 hour.
3. Prepare sauce by warming preserves over medium heat. When liquid, add berries and lower heat to simmer.
4. Grill fish on sheets of aluminum foil for 10-15 minutes, depending on thickness of fish. Fish will flake easily when done. Salt and pepper to taste.
5. Serve fish with blueberry sauce and garnish with grapes, honeydew and cantalope slices. *Serves 4.*

Nutritive value per serving (based on 4 servings):

Calories: 342
Protein: 23 g
Fat: 18 g
Sodium: 71 mg
Cholesterol: 66 mg
Calcium: 33 mg

BLUEFISH CAKES*Elizabeth C. Smith, Tuckerton, NJ*

4 tablespoons butter or margarine
4 tablespoons flour
1/4 teaspoon salt
1/8 teaspoon pepper
1 cup milk
2 cups bluefish, baked and flaked
1/4 cup onion, diced
1/4 teaspoon salt

1/4 teaspoon dry mustard
2 tablespoons fresh chopped parsley
Pepper to taste
1 egg
1/2 cup seasoned breadcrumbs
2 tablespoons milk
Oil for deep frying

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. *Serves 4.*

Nutritive value per serving (based on 1 cake):

Calories: 554
Protein: 28 g
Fat: 48 g
Sodium: 312 mg
Cholesterol: 166 mg
Calcium: 112 mg

WRAPPED O'SEA OF BLUE*Jill Wallace, Highland Lakes, NJ*

8 bluefish fillets	2 ripe tomatoes, sliced thin
Mayonnaise	2 celery stalks, sliced thin
Freshly ground pepper	8 twelve inch strips of aluminum foil

1. Preheat oven to 350°F.
2. Lay out strips of aluminum foil (to be folded into packets). Place one bluefish fillet in the center of each piece of foil. Spread each fillet very lightly with a thin coat of mayonnaise. Sprinkle with ground pepper to taste. Place one or two slices of tomato on each fillet. Top with a thin layer of celery. Fold foil to create a "sealed" packet, folding the ends tightly.
3. Place packets, in a single layer, in a pan or on a cookie sheet. Bake for 20 minutes.
4. Serve with rice. Individual packets should be opened carefully to allow steam to escape. *Serves 8.*

NOTE: For barbecuing, cook over heated coals for 20-30 minutes.

Nutritive value per serving (based on 8 servings):

Calories:	316
Protein:	43 g
Fat:	14 g
Sodium:	197 mg
Cholesterol:	126 mg
Calcium:	38 mg



POACHED WHOLE BLUEFISH*James Johnson, Hamilton Square, NJ*

Juice of 1 lemon	2 tablespoons parsley
1 cup white wine	2 tablespoons dill weed
1/4 cup vegetable oil	1, 4-5 pound bluefish, whole

1. Mix lemon juice, wine, oil, parsley and dill weed in an oblong glass dish. Bring to a boil on high microwave setting, about 7-8 minutes. Boil for 1 minute; strain through fine strainer, reserving liquid.
2. Place fish in dish. Pour liquid over top and cover with plastic wrap. Microwave on high for 10 minutes, or until fish flakes easily with fork. No need to rotate dish or flip fish.
3. Remove fish to plate. Gently peel back skin using a fork. At this point you can remove section of dark meat down center. Remove white meat in nice chunks. Flip fish over and repeat with other side.
4. Serve with a tossed salad. *Serves 4.*

Nutritive value per serving (based on 4 servings):

Calories:	703
Protein:	85 g
Fat:	32 g
Sodium:	262 mg
Cholesterol:	250 mg
Calcium:	68 mg

CHILLED SEAFOOD ANTIPASTA*T. J. Pianteck, Skillman, NJ*

3/4 pound scallops, cleaned	1 can (6 ounce) black olives, small, pitted, drained
7 tablespoons olive oil	1 can (4-1/2 ounce) whole mushrooms, drained
2 teaspoons lemon juice	1 jar (5-3/4 ounce) Spanish green olives
1 pound cod fillets, cut into 1 or 1-1/2 inch cubes	1 can (8-1/2 ounce) artichoke hearts
1 tablespoon sugar	3/4 pound white Cheddar cheese, cut into 1 inch chunks
1 tablespoon salt	1 cup oil
1/2 teaspoon garlic powder	2/3 cup vinegar
1 tablespoon dry minced onion	Lettuce leaves, as desired
1/2 teaspoon mill grind black pepper	8 tomatoes, small or cherry, cut in half
1/2 teaspoon crushed red pepper	4 green onions, sliced
1 cup fresh basil leaves	

1. In a large pan, saute scallops in 4 tablespoons oil over high heat for 2 minutes, or until partially cooked; remove from heat. Stir in lemon juice. Set aside in a small dish.
2. Place 3 tablespoons oil in pan, saute fish for 2 minutes, or until partially cooked; remove from heat. Do not let fish flake.
3. In a small bowl, combine sugar, salt, garlic powder, onion, black pepper and red pepper.
4. In a 13x9-inch dish, lay half of the basil leaves on the bottom and sprinkle with half of the salt mixture. Place the scallops and cod into the dish, layer with black olives, mushrooms, green olives, artichoke hearts and Cheddar cheese. Sprinkle the remaining salt mixture and basil leaves over the vegetables.
5. Combine the 1 cup of oil and vinegar and pour over the entire mixture. Cover and chill in the refrigerator overnight. To serve, line each plate with lettuce leaves, remove and discard the basil leaves and with a slotted spoon divide fish mixture onto dishes, add tomatoes and sprinkle chopped green onions over each serving. Serves 8.

Nutritive value per serving (based on 8 servings):

Calories:	754
Protein:	51 g
Fat:	56 g
Sodium:	641 mg
Cholesterol:	80 mg
Calcium:	456 mg

Seafood is
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CALICO PEPPERED FIESTA FISH*Gloria Piantek, Skillman, NJ*

1 teaspoon basil, dried	1/2 cup chopped, seeded, tomatoes
1 teaspoon paprika	1 garlic clove, minced
1/8 teaspoon red pepper	2 tablespoons chopped parsley
1 teaspoon salt	4 tablespoons oil
1/8 teaspoon black pepper	1 pound cod or silver hake fillets
2 cups diced red, yellow and green peppers	2 tablespoons butter or margarine
1/2 cup green onions, chopped	2 tablespoons lemon juice

1. In a small bowl, combine basil, paprika, red pepper, salt and black pepper. Set aside.
2. In a medium bowl, combine peppers, onions, tomatoes, garlic and parsley. Set aside.
3. Place oil into a 13x9-inch baking dish; spread half of the vegetables into the pan; sprinkle with 1/2 of the spice mixture.
4. Cut fish into serving portions; place in the baking dish. Spread the remaining spice mixture.
5. Cut the butter into small pieces; place over the fish. Sprinkle on lemon juice. Bake, uncovered, in 350°F oven about 10-12 minutes. Push peppers to the sides of the dish, place on an upper oven rack; broil for 4 minutes or until fish flakes.
6. To serve, place fish on a platter; put vegetables around the sides. Spoon drippings over the fish.

Serves 4.

Nutritive value per serving (based on 4 servings):

Calories:	287
Protein:	19 g
Fat:	20 g
Sodium:	698 mg
Cholesterol:	67 mg
Calcium:	44 mg



FLOUNDER TACOS*Susan Weisberg, Pleasantville, NJ*

8 ounces low-fat plain yogurt	2 pounds fresh or frozen flounder fillets
2 small cucumbers, diced	1 tablespoon cornstarch
1 scant tablespoon Dijon mustard	3 tablespoons water
1/4 teaspoon Horseradish	1 teaspoon Worcestershire sauce
1 tablespoon minced onion	1 small onion, peeled and cut into rings
3/4 teaspoon dill weed	1-1/2 garlic cloves, minced
1/2 teaspoon lemon juice	2-3 tablespoons peanut oil
2 tomatoes, diced	1 Napa cabbage, shredded
8 ounces Mozzarella cheese, shredded	Salt and pepper to taste
4 ounces Parmesan cheese, grated	12 taco shells

1. In a bowl, mix yogurt, 1 diced cucumber, mustard, Horseradish, minced onion, dill weed, lemon juice, and 1/2 minced garlic clove.
2. Place diced tomatoes, and cucumber in small serving bowls.
3. Place cheeses in small serving bowls.
4. Preheat oven for taco shells.
5. Cut flounder into 1-1/2 inch cubes. Mix cornstarch, water and Worcestershire sauce together; add fish cubes and set aside.
6. Heat 1 tablespoon oil in large saute pan. Sprinkle cabbage with pepper and saute until tender crisp and just turns bright green. Remove to warm serving dish and set aside.
7. Add 1-2 tablespoons oil to saute pan and quickly saute onion rings and minced garlic. Remove to bowl. Saute undrained flounder cubes in same saute pan until opaque. Stir the onion-garlic mixture back into the fish, season with salt and pepper, and place in a warm serving dish.
8. Place a healthy spoonful of flounder mixture into warmed taco shells. Top with sauteed cabbage, sauce and garnishes of choice.

Serves 6.

Nutritive value per serving (based on 6 servings):

Calories:	586
Protein:	43 g
Fat:	21 g
Sodium:	904 mg
Cholesterol:	102 mg
Calcium:	390 mg

NUTTY FISH*Sylvia Gorgone, Wentwood, NJ*

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	1/8 teaspoon paprika (optional)
	3 tablespoons white wine

1. Melt butter in a 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. Serves 4-6.

Nutritive value per serving (based on 4 servings):

Calories:	410
Protein:	22 g
Fat:	33 g
Sodium:	93 mg
Cholesterol:	57 mg
Calcium:	61 mg



FLOUNDER WITH MUSTARD SAUCE*Shirley Desantis, East Windsor, NJ*

1-1/2 pounds flounder fillets	
1/2 teaspoon salt	1/2 cup dry white wine
1/4 teaspoon pepper	1/8 teaspoon freshly grated nutmeg
1/2 cup cornstarch	1-1/2 tablespoons Dijon-style mustard
1 tablespoon butter	1/2 cup heavy cream
1 tablespoon olive oil	1 tablespoon fresh parsley, chopped

1. Cut fish into serving pieces and season with salt and pepper. Dust lightly with cornstarch.
2. Heat butter and oil in large frying pan. Saute fish until brown on both sides, about 6 minutes or when flesh flakes easily when tested with fork. Remove fish with slotted spatula to heated serving dish; keep warm.
3. Pour wine into frying pan and scrape up any drippings. Add nutmeg, mustard and cream. Bring to boil, stirring, until sauce thickens slightly.
4. Pour sauce over fish; sprinkle with parsley. Serves 4-6.

Nutritive value per serving (based on 4 servings):

Calories:	382
Protein:	29 g
Fat:	19 g
Sodium:	664 mg
Cholesterol:	133 mg
Calcium:	58 mg

MARINE MEDLEY*Jane Cler, Beach Haven, NJ*

1 large green pepper, sliced	Garlic powder
1 large onion, sliced	Oregano
4 large tomatoes, chopped	4 fillets fresh New Jersey flounder (or fillets of your choice)
1 large zucchini, sliced	8 oz. Mozzarella cheese, grated
1 (15 ounce) can of tomato sauce (or homemade)	Noodles (optional)
Salt and pepper	

1. Cut green pepper, onion, tomatoes and zucchini into chunks or slices.
2. Place vegetables in large pot along with tomato sauce. Add salt, pepper, garlic powder and oregano to taste.
3. Cook covered at medium heat until almost tender (stir frequently to avoid sticking).
4. Place fish fillets in 13x9-inch baking dish. Place stewed vegetables on top of fish.
5. Top with mozzarella cheese and sprinkle with extra oregano if you wish.
6. Bake at 375°F until fish is tender and flakey. *Serves 4.*

Nutritive value per serving (based on 4 servings):

Calories:	666
Protein:	53 g
Fat:	23 g
Sodium:	516 mg
Cholesterol:	172 mg
Calcium:	389 mg



FLOUNDER WITH SALMON SOUR CREAM SAUCE*Patricia Nale, Burlington, NJ*

1 pound flounder fillets (4 per pound)	1 tablespoon lemon juice
1/2 cup low-fat Ricotta cheese	1 cup thick sour cream
1 egg	Dash hot pepper sauce
Salt and pepper to taste	Paprika
4 large lettuce leaves	Lemon wedges for garnish
1 (6-1/2 ounce) can salmon, skinless, boneless	

1. Preheat oven to 375°F. Rinse fillets in cold water, blot dry with paper towels. Lay individually on wax paper.
2. Mix Ricotta cheese with egg. Add salt and pepper. Spread mixture evenly on fillets. Roll from thick end to tapered end. Wrap lettuce leaf around each fillet and secure with toothpicks. Bake at 375°F for 25 minutes.
3. Combine salmon, lemon juice, sour cream and hot pepper sauce. Puree in blender. Transfer to saucepan and warm over low heat.
4. When fillets are done, peel off lettuce leaves, remove to serving platter, and spoon salmon sour cream sauce over rolled up fillets. Garnish with paprika and lemon wedges. *Serves 4.*

Nutritive value per serving (based on 4 servings):

Calories:	387
Protein:	48 g
Fat:	189 g
Sodium:	405 mg
Cholesterol:	179 mg
Calcium:	237 mg

FLOUNDER UNDERCOVER*Kelli LeJeune, Matawan, NJ*

4 flounder fillets, fresh or frozen	1/2 cup sour cream with onions
4 potatoes, peeled and boiled	2 tablespoons vegetable oil
1/4 cup cheddar cheese, shredded	Bread crumbs, Italian flavored
2 tablespoons butter or margarine	

1. Preheat oven to 325°F.
2. Grease cookie sheet with oil.
3. Take boiled potatoes, while hot and put in bowl with Cheddar cheese and butter; cover until cheese and butter melts. Add sour cream and mash together; replace cover to keep potatoes warm.
4. Make sure fillets are moist. If not, run under cold water and pat them slightly with paper towel. Coat each fillet with breadcrumbs on both sides evenly. Then, in four equal portions, spoon potato mixture onto each fillet; roll the fillets lengthwise, placing the open flap down on the cookie sheet and bake for 15 minutes or until fish is white and flakes easily with fork. *Serves 4.*

Nutritive value per serving (based on 4 servings):

Calories:	518
Protein:	38 g
Fat:	20 g
Sodium:	321 mg
Cholesterol:	111 mg
Calcium:	122 mg



FLOUNDER ROLLS*Miss Joanne Rancan, Closter, NJ*

2 pounds flounder fillets	1/2 cup grated Parmesan cheese
1/2 cup fresh mushrooms, finely chopped	1 egg white, slightly beaten
4 tablespoons chopped parsley	1 tablespoon butter or margarine
1/2 teaspoon dried marjoram	Lemon wedges
1/4 cup flavored breadcrumbs	

1. Mix together mushrooms, 3 tablespoons parsley, marjoram, breadcrumbs, cheese and egg white.
2. Spread two heaping tablespoons on each fillet and roll.
3. Place fillets (seam down) in buttered dish. Dot with butter or margarine and remaining parsley. Bake in a 375°F oven for 20 minutes. Serve with lemon wedges. *Serves 4.*

Nutritive value per serving (based on 4 servings):

Calories:	230
Protein:	36 g
Fat:	7 g
Sodium:	268 mg
Cholesterol:	97 mg
Calcium:	154 mg

STUFFED FLOUNDER NESTLED IN PHYLLO (FILO) *Donna Young, Bricktown, NJ*

8 filo leaves (defrosted as directed on package)	1 tablespoon dry sherry
1/2 cup butter, melted	3 tablespoons breadcrumbs
3/4 pound scallops, chopped coarsely	1 teaspoon parsley flakes
4 ounces crab meat (picked through to remove any cartilage)	Dash of garlic powder
2 heaping tablespoons sour cream	Dash of salt, Dash of pepper
	2 pounds flounder fillets (8 fillets)

1. Defrost filo leaves as directed on package. Remove 8 leaves and keep covered with dampened cloth during preparation to prevent drying. Melt butter.
2. Combine the scallops, crab meat, sour cream, sherry, breadcrumbs, parsley flakes, garlic powder, salt and pepper.
3. On working surface, place 1 filo leave, brush with melted butter. Layer second filo on top and brush with butter. Fold in half bringing short ends together to form a rectangle 6"x8". Brush with butter. Place 1 flounder fillet in center of filo (lengthwise). Top with 1/2 of filling. Place 1 flounder on top. Brush with butter. Fold up sides and then fold up ends. It's not necessary to completely cover the fish on top. Brush the entire outside with melted butter. Repeat three times with remaining fillets and filling.
4. Place each flounder package in an individual buttered baking "au gratin" dish. Bake at 350°F for 30 minutes, or until filo are a golden brown. *Serves 4.*

NOTE: To reduce calories, omit filo leaves and butter. Brush top fillet with butter and bake in individual buttered baking "au gratin" dishes.

Nutritive value per serving (based on 4 servings):

Calories:	1,250
Protein:	215 g
Fat:	35 g
Sodium:	1,116 mg
Cholesterol:	679 mg
Calcium:	212 mg

JERRY'S CHICKEN OF THE SEA*Marie Ortolano, Collingswood, NJ*

1 large deboned chicken breast
1/2 pound light fish fillet (flounder, bluefish, etc.)
4 slices mozzarella cheese (2"x3")
2 tablespoons grated Parmesan/Romano cheese
8-10 slices pepperoni
1/4 teaspoon thyme
1/4 teaspoon marjoram
1/4 teaspoon basil
1 egg
Breadcrumbs
1 cup cooking oil
Salt to taste

CHEESE SAUCE

2 tablespoons butter or margarine
1 tablespoon flour
1-1/4 cups Half and Half
4 ounces Mozzarella cheese, cubed
1/4 cup Parmesan/Romano cheese
1/8 teaspoon black pepper

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1. Cut chicken breast into two halves. Make a pocket in each breast half and place 1/2 fish fillet into each. Sprinkle inside pockets with 2 tablespoons grated cheese, thyme, marjoram, and basil. Add salt and pepper to taste. Add Mozzarella and pepperoni slices and close pockets with thread or toothpicks. Dredge in beaten egg and coat with seasoned breadcrumbs.
 2. Heat oil, lower flame, and deep fry, covered, approximately 1/2 hour, turning to cook all sides. Remove and drain. Serve with cheese sauce and vegetables.

Cheese Sauce:

1. Melt butter in saucepan. Mix in flour to make a paste. Pour in Half and Half and let mixture slowly come to a boil. Add Mozzarella and Parmesan/Romano cheese stirring. Turn heat down and simmer until all cheese is melted. Add pepper. Serve hot. *Serves 2.*

Nutritive value per serving (based on 2 servings):

Calories: 2,653
Protein: 145 g
Fat: 216 g
Sodium: 2,758 mg
Cholesterol: 535 mg
Calcium: 973 mg

TURBANS OF FLOUNDER WITH SEA URCHIN ROE

David C. Grunwald, Princeton, NJ

4 large sea urchins	6 flounder fillets
2 tablespoons lemon juice	1 large shallot, finely chopped
1 pinch salt	1 tablespoon butter
1 pinch pepper	1/2 cup clam juice
1 tablespoon chopped parsley	1/2 cup dry vermouth
2 egg yolks	1/2 cup heavy cream
2 tablespoons breadcrumbs	

1. Preheat oven to 500°F. Crack open sea urchins and scoop out roe. Place roe in bowl with lemon juice, salt, pepper, parsley, egg yolks and breadcrumbs. Mix briefly, cover and set aside.
2. Place fillets on cutting board skin side up. Halve lengthwise, cover with plastic and set aside.
3. Cook shallots in butter over medium heat until translucent. Stir roe mixture into pan with shallots and cook, folding until mixture begins to set. Remove from heat.
4. Spread mixture on fillets. Roll, beginning at wider end. Stand turbans, barely touching in buttered baking dish.
5. Combine clam juice and vermouth in small saucepan. Bring to boil over high heat and boil for 1 minute.
6. Pour hot liquid into dish containing turbans. Cover dish and bake until fish is barely done. Approximately 10 minutes.
7. Drain liquid from baking dish into skillet. Cover turbans with foil to keep warm.
8. Add cream to skillet and boil mixture until reduced to a medium thick sauce.
9. Place turbans on serving plate. Spoon sauce over and serve.

Serves 4.

Nutritive value per serving (based on 4 servings):

Calories:	448
Protein:	54 g
Fat:	21 g
Sodium:	376 mg
Cholesterol:	359 mg
Calcium:	84 mg

**FLOUNDER STUFFED
WITH CRAB MEAT/MUSHROOMS***John Kinsey, Jr., Long Branch, NJ*

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)	

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. *Serves 4.*

Nutritive value per serving (based on 4 servings):

Calories:	463	Sodium:	687 mg
Protein:	63 g	Cholesterol:	244 mg
Fat:	20 g	Calcium:	134 mg



STEAMED GRAY SEA TROUT*Adoracion Nuguid, Orange, NJ*

2 pounds gray sea trout	1 tablespoon oil
2 tablespoons salt	3/4 cup water
3 tablespoons black beans, chopped	1/2 teaspoon sugar
1 red bell pepper, chopped	3/4 teaspoon corn starch
1/8 pound of scallions	1/2 teaspoon sesame oil

1. Marinate the gray sea trout with salt for 30 minutes.
2. Steam for 40 minutes. Cool and set aside.
3. Saute the beans, pepper and scallion in oil. Add the mixture and let it simmer for 15 minutes, then let cool.
4. Arrange the steamed fish in a dish and pour the sauce over it.

Sauce

1. Combine the water, sugar, corn starch and sesame oil. Mix well. *Serves 4-6.*

Nutritive value per serving (based on 4 servings):

Calories:	310	Sodium:	3,363 mg
Protein:	289 g	Cholesterol:	65 mg
Fat:	4 g	Calcium:	115 mg

BAKED STUFFED HAKE*Mrs. Wilma Hunzinger, Columbus, NJ*

2 large Hake fillets (2-2½ lb) or 4 smaller flounder fillets	3-4 tablespoons olive oil
2 cups breadcrumbs	1 egg yolk
1/2 cup shredded white Cheddar cheese	4 tablespoons melted butter
1 small onion, minced	Paprika
2 garlic cloves, minced	Lemon juice
2 tablespoons minced parsley	4-6 ounces white wine
1/2 teaspoon each of tarragon, thyme, basil and oregano	Lemon wedges

1. Mix all dry ingredients. Add egg yolk and oil. This should be moist enough to hold together slightly.
2. Spread the stuffing evenly on half of the fillets and cover with remaining fillets.
3. Brush tops of fish with the butter, paprika and lemon juice. Sprinkle tops with a few breadcrumbs. Pour about 4-6 ounces of wine in the bottom of the baking dish. This should cover up to 1/4 inch of the bottom of the baking dish.
4. Bake in preheated 375° oven for 20-25 minutes. Baste a few times with juices. Fish will be golden brown when cooked. Garnish with lemon wedges. *Serves 2-3.*

Nutritive value per serving (based on 2 servings):

Calories:	1,114
Protein:	62 g
Fat:	67 g
Sodium:	988 mg
Cholesterol:	366 mg
Calcium:	386 mg



SUPREMA SILVER HAKE (WHITING)*Betty Yokel, Jackson, NJ*

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	

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. *Serves 6-8.*

Nutritive value per serving (based on 6 servings):

Calories:	270
Protein:	26 g
Fat:	17 g
Sodium:	114 mg
Cholesterol:	108 mg
Calcium:	91 mg

JERSEYAN HEART-BREAK SUPPER*Harry Rierson, West Belmar, NJ*

Butter	1 teaspoon horseradish
2 cups leftover mashed potatoes	1 pound fillet of fresh hake, cod or pollock
1 egg	1/2 cup stuffing mix
1/2 pound of fresh green beans or 1 (8 ounce) can drained string beans	2 tablespoon margarine
1/4 cup onion, chopped	1 (10 3/4 ounce) can condensed tomato soup
	1/2 cup sour cream

1. Butter a 10x6x2 inch pan.
2. Add egg to mashed potatoes and beat. Arrange potatoes solidly around the edge of the pan. Smooth.
3. Combine green beans, onion and place in the center of the dish.
4. Smooth horseradish over the top of the beans.
5. Place fish on top of bean mixture.
6. Combine stuffing mix with margarine.
7. Top potatoes with stuffing mixture.
8. Combine tomato soup with sour cream. Pour over stuffing mixture.
9. Bake at 400°F 18 minutes.

Serves 4.

Nutritive value per serving (based on 4 servings):

Calories:	443	Sodium:	1,129 mg
Protein:	39 g	Cholesterol:	178 mg
Fat:	19 g	Calcium:	113 mg



TASTY MACKEREL SALAD*Mrs. Doris Koerner, Martinsville, NJ*

2 cups water	2 whole allspice
1 small onion, sliced	1 garlic clove, (optional)
1/2 teaspoon salt	1 pound whole mackerel, cleaned
1 small bay leaf	1 stalk celery, thinly sliced
1 tablespoon lemon juice	2 tablespoons minced onion
1 tablespoon vinegar	3 tablespoons mayonnaise or salad dressing
3 peppercorns	

1. In a large saucepan, combine the first eight ingredients and boil over moderate heat for 5 minutes, covered.
2. Add mackerel and additional water to cover fish, if needed. Cover and gently boil about 15 minutes, or until fish is easily flaked with a fork.
3. Remove saucepan from heat and let mackerel remain in water until cool. Remove and discard all skin. Open mackerel lengthwise and completely remove and discard vein of dark meat and all bone.
4. Flake white meat and mix with the celery, onion and mayonnaise or salad dressing. Chill. *Serves 2-3.*

Nutritive value per serving (based on 2 servings):

Calories:	553	Sodium:	857 mg
Protein:	34 g	Cholesterol:	135 mg
Fat:	26 g	Calcium:	57 mg

MAKE ME A MONKEY MONKFISH*E. Yudkofsky, Teaneck, NJ*

2-3 pounds monkfish fillet, or 1-1/2-2 pounds cod or flounder fillet	2 teaspoons fresh, chopped parsley
1-1/2 cups dry white wine	1/8 teaspoon hickory smoke liquid flavoring
1/2 teaspoon dried basil	Lemon
1/8 teaspoon ground pepper, fresh	Butter
1-1/2 teaspoons dill, fresh	1 banana
	1/3 cup Grenadine

1. Combine in a large bowl, wine, basil, pepper, dill, parsley and hickory smoke liquid. Mix well. Add fillets and marinate 2 hours or overnight.
 2. Grill on barbecue grill or broil 3-5 minutes each side, depending on size of fillets. Serve with sliced lemon and melted butter. Slice banana lengthwise, place on cooked fish. Sprinkle with Grenadine. Place under broiler until banana is slightly brown.
- Serves 3-4.*

Nutritive value per serving (based on 3 servings):

Calories:	222
Protein:	17 g
Fat:	2 g
Sodium:	29 mg
Cholesterol:	21 mg
Calcium:	40 mg



**WORKING WOMAN'S (OR MAN'S)
FISH RECIPE***Adriana Collins, Monmouth Junction, NJ*

1 monkfish fillet (may use pollock, flounder or red hake)	1 tablespoon Romano cheese, grated
1 teaspoon olive oil	1 tablespoon capers
2 tablespoons Italian breadcrumbs	Sprig of New Jersey or fresh Italian parsley or oregano

1. Rub monkfish with olive oil; use remaining oil to line skillet.
 2. Lightly bread fish with breadcrumbs and place in skillet over medium-low heat.
 3. Put half of the grated Romano cheese over the fish and cook for 4 minutes (cook a minute or two longer for thick fillets). Turn fish over, and place remainder of grated Romano cheese and half of the capers over fish. Cook for another 4 minutes. Fish should be ready. Serve with remainder of capers and a sprig of parsley or oregano as a garnish.
- Serves 1.*

Nutritive value per serving (based on 1 serving):

Calories:	156
Protein:	14 g
Fat:	9 g
Sodium:	81 mg
Cholesterol:	26 mg
Calcium:	69 mg

4 tablespoons butter	1/8 teaspoon oregano
5 garlic cloves, minced	1/8 teaspoon marjoram
1/3 cup flour	1/8 teaspoon thyme
Black pepper, to taste	1 (28 ounce) can crushed tomatoes
Cayenne pepper, to taste	1 cube chicken bouillon
1 pound monkfish, cut in large chunks	1 cup boiling water
1-1/2 pounds scallops	1/2 cup black olives, cut in half
2 ounces cognac	2 tablespoons almonds, slivered
8 ounces rose wine	2 teaspoons fresh parsley, chopped
1 medium onion, minced	2 dozen hard clams, scrubbed well
1 medium bell pepper, minced	2 pounds mussels, scrubbed well;
1 stalk celery, minced	beards removed

1. In an 8 quart pot, heat the butter and 1 garlic clove.
2. Combine flour, black pepper and cayenne in a plastic food bag. Shake half of the monkfish and scallops in bag; repeat for remaining monkfish and scallops. Saute monkfish and scallops in the butter and garlic. Remove fish from pot and put into 4 quart oven-proof crock or 4 quart souffle dish. Cover.
3. Add the cognac and 4 ounces of the rose wine to the pot to deglaze.
4. Add the onion, pepper, celery, 4 garlic cloves, oregano, marjoram, thyme, and crushed tomatoes to the pot. Simmer for 15 minutes.
5. Dissolve bouillon cube in boiling water and add it to the vegetables.
6. Add 4 ounces of rose wine to the vegetables; and black olives, almonds and parsley to the vegetables; simmer an additional 10 minutes.
7. Bring vegetable sauce to a boil on medium high heat, covered. Add clams and mussels. As they begin to open, transfer the opened clams and mussels to the 4 quart souffle dish or serving crock; return the scallops and monkfish to pot to reheat while removing the remaining clams and mussels. Discard unopened shells. Cover clams and mussels with remaining seafood and vegetable sauce. *Serves 4.*

Nutritive value per serving (based on 4 servings):

Calories:	662
Protein:	54 g
Fat:	24 g
Sodium:	1,682 mg
Cholesterol:	213 mg
Calcium:	364 mg

PARTY PAELLA*Arlene and George Sundberg, Bridgewater, NJ*

2-1/2-3 pound fryer chicken, cut up	1/4 teaspoon cayenne pepper
1/2 cup olive oil	1/8 teaspoon saffron
8 slices onion, 1/8 inch thick	2 cups scallops
4 medium tomatoes, chopped	1 pound pollock fillets, cubed
1-1/2 cups uncooked rice	6 ounces lobster, cut up
3 cups chicken broth	1 (10 ounce) package frozen peas
2 tablespoons paprika	1 (4 ounce) jar pimientos, sliced, drained
1 tablespoon salt	1 dozen clams, steamed
1/2 teaspoon pepper	1 dozen mussels, steamed

1. In a large heavy kettle, brown chicken in oil; remove chicken. Pour off fat.
2. Add onion and tomatoes, cook and stir 5 minutes, or until onion is tender.
3. Stir in rice, broth, paprika, salt, pepper, cayenne pepper and saffron. Add chicken, cover and simmer 20 minutes.
4. Gently stir in scallops, pollock, lobster and peas. Cover and simmer 15 minutes longer. Stir in pimientos; heat through. Turn out onto a platter and alternate steamed clams with steamed mussels around the Paella.

Serves 8-10.

Nutritive value per serving (based on 8 servings):

Calories:	610	Sodium:	1,240 mg
Protein:	51 g	Cholesterol:	213 mg
Fat:	24 g	Calcium:	152 mg



SEAROBIN SALAD*Mrs. Clemens Obropta, Somerville, NJ*

4 cups flaked searobin	1/4 teaspoon oregano
2 tablespoons chopped onion, pepper or celery	2 tablespoons parsley flakes
1/2 cup salad oil	Salt and pepper to taste
1/4 cup wine vinegar	1/4 cup sour cream or mayonnaise
1/8 teaspoon garlic powder	

1. After catching fish, remove only the head and entrails. At home, place the entire fish in the microwave at HIGH power for 3-5 minutes, depending on size. After microwaving, the skin and bones should be removed easily. If the backbone does not remove easily, microwave the fish for another minute. After microwaving, flake the fish.
2. Toss all ingredients together except for the sour cream.
3. Add sour cream or mayonnaise. Toss lightly. Serve.

Serves 6-8.

Nutritive value per serving (based on 6 servings):

Calories:	435	Sodium:	161 mg
Protein:	35 g	Cholesterol:	105 mg
Fat:	21 g	Calcium:	6 mg

SHARK STEAK CON QUESO*Leroy Souveroff, Fords, NJ*

- 1/2 stick (2 ounces) lightly salted butter
- 2 tablespoons corn oil
- 4 1 inch shark steaks
- 1 (16 ounce) jar Thick and Chunky Salsa (such as Ortega Hot)
- 6 ounces Mexican Jack Cheese, shredded

MILD SAUCE

- 1/2 stick (2 ounce) lightly salted butter
 - 1 (8 ounce) can tomato sauce
 - 1/2 ounce tequila (optional)
 - 1/2 teaspoon chili powder
 - 1 tablespoon salsa
 - 1/2 teaspoon salt
 - 1/8 teaspoon ground pepper
 - 1/8 teaspoon lime juice
 - 1 (4 ounce) can sliced chili peppers (optional)
-

1. In frying pan, melt 1/2 stick butter with corn oil.
2. Top each shark steak with 1 tablespoon salsa; fry over medium heat until bottoms brown. Turn and cook for an equal amount of time.
3. Transfer steaks with salsa side up to a metal tray. Top each one first with 1 tablespoon of salsa and 3/4 cup of cheese. Broil until cheese melts. Serve with mild sauce on the side. Optional: top steaks with sliced chili peppers.

Mild Sauce:

1. In a sauce pan combine butter, tomato sauce, tequila, chili powder, salsa, salt, pepper, and lime juice.
2. Heat, stirring until blended. *Serves 6-8.*

Nutritive value per serving (based on 6 servings):

Calories:	59
Protein:	6 g
Fat:	1 g
Sodium:	85 mg
Cholesterol:	14 mg
Calcium:	18 mg

Recommended side dish: RANCHEROS RICE

- 1/2 stick lightly salted butter
- 2 cups cooked white rice
- 2 tablespoons salsa
- 1 cup halved canned plum tomatoes
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon salt

Melt butter in a frying pan over medium heat. As soon as butter begins to brown, add the cooked white rice. Fry for 1 minute. Add salsa, plum tomatoes, black pepper and salt. Cook for 2-3 minutes more, stirring frequently.

NOTE: SIDE DISH NOT CALCULATED.

BAKED MAKO SHARK WITH POTATOES*Peter Napoliello, North Bergen, NJ*

Butter	1-1/2 teaspoons rosemary, crushed
6 medium potatoes, peeled, sliced thin	Fresh ground black pepper to taste
6 tablespoons chopped parsley	4 tablespoons olive oil
3 pounds mako shark steaks	Juice of two lemons
6 medium onions, peeled, sliced thin	

1. Butter a baking dish large enough to hold the fish in a single layer.
2. Line the bottom of the dish with the potato slices. Sprinkle with 3 tablespoons of the parsley. Place fish on top of potatoes. Layer onions on top of the fish. Sprinkle with remaining parsley, rosemary and pepper. Drizzle on olive oil.
3. Bake 25 minutes at 350°F, basting occasionally with baking juices. Add lemon juice and bake 5 more minutes, basting one or two more times. *Serves 6.*

Nutritive value per serving (based on 6 servings):

Calories:	540
Protein:	50 g
Fat:	26 g
Sodium:	223 mg
Cholesterol:	120 mg
Calcium:	137 mg



SHARK STEAKS WITH PARSLEY AND WALNUT SAUCE*Karen Natale, Scotch Plains, NJ*

2 pounds of 1 inch thick shark steak	1/2 cup Parmesan cheese
2 cups 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	

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. *Serves 6.*

Nutritive value per serving (based on 6 servings):

Calories:	458
Protein:	53 g
Fat:	29 g
Sodium:	351 mg
Cholesterol:	130 mg
Calcium:	248 mg

JERSEY BAY SAND SHARK OR MAKO*Maureen T. Wright, Manahawkin, NJ*

- | | |
|---|-----------------------------------|
| 2 pounds shark, cleaned and cut into
1 1/2 inch thick slices | 2 tablespoons olive oil |
| 1 large onion, sliced | 1 garlic clove, lightly crushed |
| 1 teaspoon chopped chives | 2 tablespoons + 1 teaspoon sugar |
| 1 tablespoon chopped thyme | 1 tablespoon Worcestershire sauce |
| 1 tablespoon rum | 2/3 cup water |
| 2 tablespoons vinegar | Salt and pepper to taste |
-

1. Place the sliced shark on a dish. Mix onion, chives and thyme with rum and vinegar; pour over the fish and marinate for one hour, turning after 30 minutes.
2. Heat the olive oil in a heavy skillet, add garlic and sugar and heat until it bubbles. Remove the garlic, take the fish from the marinade and drain reserving the marinade.
3. Fry fish in oil for about five minutes, browning a little on both sides.
4. Add Worcestershire sauce and 3 tablespoons water to the marinade. Pour this over fish; simmer for ten minutes.
5. Sprinkle with salt and pepper to taste, add the rest of the water; cover the skillet and cook gently for twenty minutes.
6. Arrange fish slices on a heated dish, pour the liquid from the pan over the fish and serve with lemon or lime slices. *Serves 4.*

Nutritive value per serving (based on 4 servings):

Calories:	297	Total fat:	10 g	Cholesterol:	172 mg
Protein:	48 g	Sodium:	215 mg	Calcium:	77 mg



SWORDFISH IN RED, WHITE AND YELLOW SAUCE*Maria Biamonte, Ocean City, NJ*

- | | |
|--------------------------------|---------------------------|
| Flour | |
| 4 (6 ounce) swordfish steaks | 1/2 cup brandy |
| 4 tablespoons butter | 12 ounces tomato puree |
| 1 small onion, finely chopped | Pinch of saffron |
| 1 garlic clove, finely chopped | 4 tablespoons heavy cream |
| | Salt and pepper |
-

1. Flour the steaks and shake off the excess.
2. In a large skillet over medium high heat, melt butter. Add onion and garlic and cook until transparent, but not golden. Add fish steaks and saffron. Cook until golden on both sides, turning once.
3. Add brandy and let evaporate. Add tomato puree; lower heat to medium and let simmer until steaks are fork tender, about 5-8 minutes.
4. Just before serving, remove steaks, add salt and pepper to taste, and heavy cream mixing gently to blend. Pour sauce over steaks and serve. *Serves 4.*

Nutritive value per serving (based on 4 servings):

Calories:	285	Fat:	19 g	Cholesterol:	75 mg
Protein:	10 g	Sodium:	508 mg	Calcium:	41 mg

SWORDFISH STEAK TOKAY*Florence Plog, Norwood, NJ*

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

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; blend 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. *Serves 6.*

Nutritive value per serving (based on 6 servings):

Calories:	348
Protein:	16 g
Fat:	26 g
Sodium:	378 mg
Cholesterol:	100 mg
Calcium:	37 mg



SUSAN'S SWORDFISH AND FRESH VEGGIE GRILL*Susan T. White, Cranbury, NJ*

2 ears fresh Jersey corn	1 small zucchini, peeled and cut in half lengthwise
1 large red onion, cut in half	2 tablespoons melted butter
2 yellow, orange, red, purple or green peppers, cut in half and seeded	Juice of 1 lime
4 large mushrooms	Juice of 1 lemon
1 small yellow squash, peeled and cut in half lengthwise	1/2 teaspoon basil
	2 swordfish steaks, 1 inch thick

1. Steam corn and onion in steamer over boiling water for 5 minutes.
2. Steam peppers, mushrooms and squash in same manner for 2 minutes. Set aside.
3. Combine butter, lime juice, lemon juice and basil. Brush fish with butter mixture and grill for 6 minutes, brushing with additional butter mixture. Turn fish and grill for another 6 minutes on other side.
4. Skewer steamed vegetables (except corn) and grill for 2 minutes on each side. Place corn on grill for 2 minutes per side.
5. Arrange grilled swordfish and vegetables on platter and serve with garlic-butter pasta and white wine. *Serves 2.*

Nutritive value per serving (based on 2 servings):

Calories:	787
Protein:	25 g
Fat:	16 g
Sodium:	255 mg
Cholesterol:	68 mg
Calcium:	95 mg

BAKED TAUTOG*Mrs. Mary Shepley, Skillman, NJ*

4 Tautog (blackfish) fillets	2 tablespoons fresh chopped parsley
1/4 cup finely chopped onion	1 bay leaf
1/4 cup finely chopped carrot	1/2 teaspoon pepper, freshly ground
1/4 cup finely chopped celery	1 cup milk (or enough to cover fillets)

1. Place fillets in greased casserole dish.
2. Sprinkle vegetables around fillets. Add bay leaf.
3. Mix together milk and pepper. Pour over fillets.
4. Bake at 350°F for 15-20 minutes, or until fish flakes.
(*Note:* The length of time depends on the thickness of the fish.)
5. Remove bay leaf. When serving, spoon vegetables with milk over the fish.

Serves 4.

Nutritive value per serving (based on 4 servings):

Calories:	123
Protein:	17 g
Fat:	4 g
Sodium:	119 mg
Cholesterol:	66 mg
Calcium:	94 mg



TILEFISH WITH BROCCOLI*Hank Siegel, Maywood, NJ*

2 pounds tilefish 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, shredded
1/2 pound mushrooms, sliced	

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.

Serves 4-6.

Nutritive value per serving (based on 4 servings):

Calories:	416
Protein:	17 g
Fat:	26 g
Sodium:	446 mg
Cholesterol:	83 mg
Calcium:	465 mg

TUNA CANTONESE*Stacy Becker, Asbury Park, NJ*

1 cup rice	2 tablespoons vinegar
2 large green peppers, cut in pieces	1/3 cup sugar
6 slices can pineapple, quartered	1 cup chicken bouillon
2 tablespoons butter	1/2 teaspoon salt
2/3 cup pineapple syrup	Salt and pepper to taste
2 tomatoes, quartered	1-2 cans tuna, broken into large pieces
2 tablespoons cornstarch	Chinese noodles
2 teaspoons soy sauce	

1. Cook rice in boiling, salted water until tender. Drain and keep hot.
2. Boil sliced peppers in salted water 10 minutes and drain.
3. Saute pineapple in butter. Add 1/3 cup pineapple syrup, peppers and tomato. Cover and simmer 10 minutes.
4. Make sauce by blending cornstarch, remaining pineapple syrup, soy sauce, vinegar, sugar and chicken bouillon; add to pineapple mixture. Cook, stirring constantly, until thickened. Add salt, pepper and tuna.
5. Pour over rice and chinese noodles. *Serves 6-8.*

Nutritive value per serving (based on 6 servings):

Calories:	343
Protein:	20 g
Fat:	5 g
Sodium:	540 mg
Cholesterol:	208 mg
Calcium:	35 mg



BAKED FISH IMPERIAL*Toni Corrigan, Toms River, NJ*

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 into 4 pieces, cooked
1/2 cup dry white wine	2 tablespoons chopped parsley

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. Serve. *Serves 4.*

Nutritive value per serving (based on 4 servings):

Calories:	601
Protein:	7 g
Fat:	46 g
Sodium:	593 mg
Cholesterol:	152 mg
Calcium:	70 mg

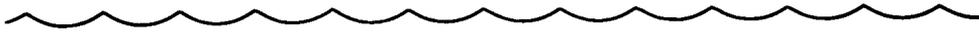
NONA'S WEAKIE SALAD*Nona Madden, Woodbury, NJ*

4 weakfish (gray sea trout) fillets	2 celery stalks, chopped
Water	2/3 cup mayonnaise
1/2 teaspoon salt	Pepper to taste
1/4 cup onion, chopped	

1. Place fillets, skin side down in a large frying pan; pour water to cover fish halfway; add 1/2 teaspoon salt to water. Cover pan with tight fitting lid; bring to a boil. Turn heat down and simmer for 15-20 minutes. or until fish flakes when pierced with a fork. Pour off remaining water and let fish cool.
2. Flake fish into small pieces (be sure to check that no bones are left in the fish).
3. In a small bowl, mix fish, onions, celery, mayonnaise, salt and pepper. Refrigerate. Serve on bread, toasted bread, crackers or on a bed of lettuce. *Serves 4-6.*

Nutritive value per serving (based on 4 servings):

Calories:	459
Protein:	32 g
Fat:	35 g
Sodium:	675 mg
Cholesterol:	108 mg
Calcium:	50 mg



WEAKFISH DELIGHT*Mrs. Robert Kasbey, Cherry Hill, NJ*

1/2 teaspoon chopped garlic	2 eggs, beaten
1/4 cup butter	Salt and pepper to taste
1/4 cup margarine	1-1/2 cups potato flakes
4 weakfish (gray sea trout) fillets	

1. In a large pan, lightly saute garlic in butter and margarine over low heat.
2. Beat the eggs, add salt and pepper. Dip fillets in eggs. Roll in potato flakes. Fry until lightly brown on one side, turn over and brown other side, about 15 minutes total time, depending upon thickness of fillets. *Serves 4.*

Nutritive value per serving (based on 4 servings):

Calories:	439
Protein:	37 g
Fat:	16 g
Sodium:	279 mg
Cholesterol:	207 mg
Calcium:	40 mg

shellfish recipes



shellfish recipes

CLAM STUFFED MANICOTTI

Mrs. Janet Elaine Golom, Farmingdale, NJ

1 cup sliced mushrooms (about 4 ounces), drained	1/2 cup ricotta cheese (large curd cottage cheese can be substituted for ricotta cheese)
2 garlic cloves, minced	1/4 cup minced parsley
2 tablespoons butter or margarine	2 teaspoons basil
2 cups fresh breadcrumbs, preferably from French or Italian bread	1/2 teaspoon salt
1 cup clams, minced	1/4 teaspoon pepper
1/4 cup clam juice	16 large manicotti noodles
2-1/2 cups grated Parmesan cheese	Salted water
4 cups grated mozzarella cheese	3 (15 ounce) cans marinara sauce

1. In a large skillet, saute mushrooms and garlic in butter until tender. Stir in breadcrumbs, clams, clam juice, 1 cup mozzarella, 1/2 cup Parmesan cheese, ricotta cheese, parsley, basil, salt and pepper.
2. In large pot, cook manicotti in salted boiling water until limp, but not cooked through. Drain; rinse with cold water. Stuff manicotti *loosely* with clam mixture. (Don't stuff too much; mixture expands as it cooks). If noodle breaks, spread stuffing on half and fold over.
3. Spread 1 cup marinara sauce in each of two 13x9 inch baking dishes (one foil lined). Arrange stuffed noodles on top and spoon remaining sauce evenly over noodles. Sprinkle with remaining cheeses.
4. Bake covered in preheated 375°F oven for 20 minutes. Uncover and bake 10 minutes longer. Serve one immediately. Cool the other; wrap, label and freeze up to 4 months. To serve, thaw 4 hours in the refrigerator; bake uncovered in preheated 375°F oven 1 hour, or until cheese melts and pasta is heated through.

Makes 2 casseroles — 8 servings each.

Nutritive value per serving (based on 16 servings):

Calories:	412
Protein:	19 g
Total fat:	23 g
Sodium:	737 mg
Cholesterol:	46 mg
Calcium:	371 mg

**CLAM-STUFFED PASTA SHELLS
WITH HERB BUTTER***Kathleen P. Davis, Marmora, NJ*

1 cup chopped clams, undrained	1 cup butter or margarine
1/4 cup Italian seasoned breadcrumbs	1/2 teaspoon mixed Italian herbs (basil, oregano, thyme)
1/4 grated Parmesan cheese	
8 jumbo pasta shells freshly cooked (can be prepared 3 hours ahead, covered and refrigerated)	

1. Preheat oven to 350°F. Combine clams with liquid, breadcrumbs and cheese.
2. Spoon mixture into pasta shells.
3. Melt butter or margarine in an eight inch square baking dish in oven; stir in herb mixture.
4. Arrange pasta shells in dish and spoon butter over. Bake 20 minutes. Serve hot. *Serves 4.*

Nutritive value per serving (based on 4 servings):

Calories:	617
Protein:	14 g
Total fat:	49 g
Sodium:	660 mg
Cholesterol:	172 mg
Calcium:	103 mg



STEAMER CLAMS IN BEAN SAUCE*Corazon Puazo, Maplewood, NJ*

3 pounds steamer clams	1/2 cup bean sauce
2 garlic cloves	1/2 cup oyster sauce
1 onion, diced	1/4 pound scallions, diced
1/8 cup oil	1/2 cup water

1. Steam the clams for 5 to 10 minutes, until they open. Set aside.
2. Sauté the garlic and onion in hot oil; add the bean sauce, oyster sauce and water. Let simmer for 5 minutes.
3. Add the clams and let boil for 5 minutes. When cooked, add scallions. *Serves 10.*

Nutritive value per serving (based on 10 servings):

Calories:	104
Protein:	10 g
Fat:	3 g
Sodium:	1,255 mg
Cholesterol:	22 mg
Calcium:	528 mg

REILLY'S BAKED CLAMS*Eileen M. Reilly, Morristown, NJ*

2 dozen medium clams (allow 4 whole clams per person (8 halves))	3/4 cup seasoned breadcrumbs
1 large onion, diced	3/4 teaspoon garlic salt
2 celery stalks, diced	Parsley, for decoration
1/4 cup olive oil	Lemon wedges

1. Place clams in ice water to cover; this will remove traces of sand. Leave clams in salted ice water with 1/3 cup salt to 1 gallon of water for 5-6 hours or overnight in the refrigerator. Open clams and save juice for chowder; save shells for baking prepared clams.
2. Mince the clams coarsely with scissors.
3. Saute onion and celery in olive oil; add clams and saute briefly. Mix sauteed vegetables and clams lightly with 3/4 teaspoon of garlic salt and seasoned breadcrumbs. Pack in shells. Sprinkle tops with crumbs seasoned with garlic salt and drops of olive oil.
4. Broil lightly until golden brown in toaster oven or bake at 400°F for 15-20 minutes. Decorate with parsley and serve with lemon wedges. *Serves 4.*

Nutritive value per serving (based on 4 servings):

Calories:	244	Sodium:	553 mg
Protein:	13 g	Cholesterol:	53 mg
Fat:	15 g	Calcium:	99 mg

CLAMS CASINO*Barbara Huefler, Brick, NJ*

2 dozen medium cherrystone clams	1/4 cup lemon juice
8 slices bacon	1/8 teaspoon cayenne pepper
1 medium onion, chopped	1/4 cup Italian seasoned breadcrumbs
1 green pepper, chopped	3 tablespoons clam juice
1 cup butter or margarine (softened)	

1. Open and chop clams, reserving 3 tablespoons clam juice. You may put clams on a baking sheet and put in a 300°F oven until they start to open to make it easier.
2. Cut bacon in 1/2" pieces and fry until crispy. Drain bacon and set aside
3. In same frying pan with a thin film of bacon grease, fry onion and pepper until soft. Do not brown. Set aside to cool.
4. In bowl, mix softened butter and lemon juice until blended. Add cayenne. When bacon, onion and pepper are cool, add butter mixture. In another bowl, mix clams, breadcrumbs and juice.
5. Fill clam shells 1/2 full with clam mixture and top with 1 tablespoon butter mixture. Bake at 350°F for 20 minutes, or until lightly browned.
6. You may serve these immediately or freeze before baking. They keep very well in freezer. When ready to serve just put on tray in oven, frozen, and increase baking time. *Makes 30 clams on the half shell.*

Nutritive value per serving (based on 1 clam):

Calories:	82	Sodium:	133 mg
Protein:	2 g	Cholesterol:	28 mg
Fat:	7 g	Calcium:	14 mg

JERSEY SHORE CLAM PIE*S. Camhi Segal, Maywood, NJ*

6 tablespoons butter	1 (10 ounce) package frozen peas
1 medium onion, diced	2 boiled potatoes, diced
1/2 cup mushrooms, diced	15 round crisp crackers
2 celery stalks, diced	Salt and pepper to taste
1 quart clams in liquid	1/2 cup cream

1. Melt 2 tablespoons butter in a heavy skillet over low heat. Add onion, mushrooms, celery and simmer a few minutes to a moist texture. Add clams and clam liquid. Heat until clam edges curl. Add peas and potatoes; mix well. Set aside a few minutes.
2. In a greased deep 9-inch pie plate, put a layer of cracker crumbs, add salt and pepper. Dot with 2 tablespoons butter. Add 1/2 of the clam mixture. Add a second layer of crumbs, salt, pepper and remaining butter and clam mixture.
3. Add any remaining clam liquid plus the cream to within 1/4 inch of the top.
4. Bake at 350°F for 20 to 25 minutes. *Serves 6.*

Nutritive value per serving (based on 6 servings):

Calories:	412
Protein:	25 g
Total fat:	19 g
Sodium:	504 mg
Cholesterol:	116 mg
Calcium:	118 mg



HOT BAKED STUFFED CLAMS*Sr. Mary Agnes Toscano, West Trenton, NJ*

2 garlic cloves, chopped (or 1 teaspoon garlic powder)	2 tablespoons oil
1 teaspoon parsley, chopped	1 (7-1/2 ounce) can minced clams and juice
1 tablespoon onion, diced	1/8 teaspoon each salt and pepper
1/4 cup breadcrumbs	Dash of oregano
	Parmesan cheese

1. Saute garlic, onion, parsley and breadcrumbs in oil for 2 minutes, mixing thoroughly. When onion and garlic start to brown, remove mixture from pan. Add clams and juice, salt, pepper, and oregano.
2. Spoon mixture into clam baking shells. Sprinkle lightly with additional breadcrumbs and Parmesan cheese.
3. Place on baking sheet or shallow pan. Bake at 350°F for 10 minutes. *Serves 4.*

Nutritive value per serving (based on 4 servings):

Calories:	134
Protein:	11 g
Total fat:	7 g
Sodium:	129 mg
Cholesterol:	28 mg
Calcium:	43 mg

**McGOOKIN'S GOURMET
STEAMED CLAMS**

Susan (McGookin) Heller, Flemington, NJ

100 littleneck clams (or cherrystones)	1-2 dashes Lawery's hot and spicy
3/4 pound slightly salted butter	seasoned salt (optional)
1 garlic clove, coarsely chopped	2 cups white Chablis wine
1 cup water	1 teaspoon parsley, chopped or dried
2 lemons	

1. Soak clams for at least 1/2 hour or more in ice water in sink or covered pot.
2. In a 5 quart pot, melt the butter over low heat. Add the garlic, cover and saute for three to five minutes.
3. Add water, lemon juice and seasoned salt. Raise to medium heat and bring to a boil.
4. Add clams and wine and bring to a boil, cover and cook 2-3 minutes, or until clams open.
5. Sprinkle parsley over clams and spoon 25 clams into four soup bowls. Spoon garlic sauce over clams.

Serves 4.

Nutritive value per serving (based on 4 servings):

Calories:	1,173	Sodium:	1,885 mg
Protein:	50 g	Cholesterol:	467 mg
Fat:	84 g	Calcium:	367 mg



JERSEY DEVIL CRAB

Edwin J. Wright, Manahawkin, NJ

2 celery stalks, diced fine	1/2 teaspoon salt
1 medium onion, diced fine	1/2 teaspoon ground pepper, fresh
1 garlic clove, minced	1/2 teaspoon powdered ginger
1/4 cup margarine or butter	Pinch cayenne pepper
Meat from 8 blue claw crabs, cooked	6 dashes Tabasco or hot sauce
4 tablespoons mayonnaise	1/2 cup dry breadcrumbs
1/2 cup milk	

1. In a large skillet, simmer celery, onions and garlic in melted margarine until soft, about 5 minutes
2. Add crab meat, mayonnaise and milk; stir over low heat until mixture returns to a simmer. Stir in the salt, pepper, ginger, cayenne pepper and Tabasco sauce. Gradually mix in the breadcrumbs until all the liquid is absorbed.
3. Turn off heat and spoon mixture into eight cleaned crab shells or ramekins. Place under broiler for 2 minutes so that the top of mixture is lightly browned. Serve with lemon wedges, sliced tomatoes and vegetables of your choice.
4. Jersey Devil Crabs may also be frozen for future use. If freezing, omit placing under broiler. To cook frozen crabs, thaw at room temperature for 2 hours. Cook in oven at 350°F for 10 minutes, or until light crust forms on top.

Serves 4 as a main course, 8 as an appetizer.

Nutritive value per serving (based on 4 servings):

Calories:	293	Sodium:	550 mg
Protein:	11 g	Cholesterol:	46 mg
Fat:	24 g	Calcium:	106 mg

CRABMEAT WITH HERBS AND PASTA*Yolanda Hansen, Paramus, NJ*

1/3 cup olive oil	1/2 cup flaked crabmeat
3 tablespoons sweet butter	1/2 cup chopped pine nuts
1 small onion, minced	1/2 pound vermicelli, angel's hair or linguini
3 garlic cloves, minced	Salt
1 tablespoon fresh parsley, minced	Pepper
1/2 cup fresh basil, minced	Parmesan cheese (optional)
1 tablespoon fresh lemon juice	Basil leaves

1. In a sauce pan, heat olive oil and butter. Add onion and garlic and saute until onion is translucent.
2. Add parsley, basil, lemon juice and cook, stirring frequently, about 2 to 3 minutes.
3. Add crabmeat and cook until heated. Add pine nuts.
4. Pour crab sauce over cooked pasta and toss. Season with salt and freshly ground pepper. Sprinkle with Parmesan cheese. Garnish with fresh basil leaves. *Serves 4.*

Nutritive value per serving (based on 4 servings):

Calories:	665
Protein:	23 g
Total fat:	41 g
Sodium:	196 mg
Cholesterol:	48 mg
Calcium:	248 mg



LINGUINI WITH CRAB SAUCE PIQUANT*Mrs. Angela B. Rancan, Closter, NJ*

2 tablespoons olive oil	2 (2 ounce) cans anchovies
1 onion, chopped	1 (20 ounce) can tomato sauce
4 garlic cloves, finely chopped	12 live blue crabs*
2 tablespoons chopped parsley	1 pound linguini, cooked as per package direction

1. In a large sauce pan, heat oil. Add onion, garlic and parsley and saute until onion is translucent. Add anchovies with oil and stir a few minutes until dissolved. Add tomato sauce and simmer ten minutes, stirring occasionally.
2. To prepare crabs — break claws off live crabs, crack bodies in half and remove inedible portions. Wash thoroughly and drain.
3. Add crabs to sauce and cook 10 minutes until shells are red, stirring occasionally.
4. Serve over linguini cooked al dente. Crabs may also be eaten hot or cold with sauce. *Serves 6-8.*

*If live crabs are unavailable, use fresh crab meat, adding to sauce and simmering only to heat through.

Nutritive value per serving (based on 6 servings):

Calories:	558
Protein:	23 g
Total fat:	19 g
Sodium:	511 mg
Cholesterol:	40 mg
Calcium:	108 mg

SISOLAK CRAB SAUCE SUPREME*Geo J. Sisolak, Bayonne, NJ*

2 dozen live hard shell crabs	Thyme, basil, or oregano
Celery leaves	1 cup red wine
1/2 cup olive oil	2 bay leaves
2 large onions, chopped fine	2 16 ounce cans of tomato puree
1 large green pepper, chopped fine	1/4-1/2 teaspoon hot sauce (adjust to taste)
2-3 garlic cloves, chopped fine	Salt and pepper to taste
Parsley to taste	2-3 cups crab broth

1. Kill crabs by removing hard shells. Rinse shells off and place in pot of water with celery leaves. This gives a sort of crab broth.
2. Clean crab bodies and set aside.
3. In a large kettle saute in oil, onion, green pepper, garlic and parsley till onions turn golden. Add thyme, basil, oregano, wine and crab bodies. Cover pot and steam 15-20 minutes. Remove crab and set aside.
4. Add remaining ingredients and simmer 40-60 minutes. The last 5 minutes of simmering you have the option of adding the crabs; or pick the crabs and put crab meat back into the sauce.
5. Serve over cooked pasta cooked al dente. *Serves 6-8.*

Nutritive value per serving (based on 6 servings):

Calories:	257
Protein:	6 g
Fat:	19 g
Sodium:	178 mg
Cholesterol:	21 mg
Calcium:	47 mg



BLUE CRABS MARINARA*Marie Buonpastore, Scullville, NJ*

1/2 cup olive oil	1 tablespoon sugar
3 garlic cloves	1 teaspoon salt
1 large can Italian plum tomatoes, crushed	Black pepper to taste
Dash cayenne pepper (or crushed hot pepper)	8 live blue crabs (thoroughly rinsed)
4 leaves fresh basil or 1/2 teaspoon dry basil	Linguini, cooked

1. In dutch oven over medium heat, lightly brown garlic cloves in oil.
2. Add crushed tomatoes, herbs, sugar, salt, and pepper.
3. Put whole live crabs into sauce. Cook uncovered on low simmer for about 1/2 hour.
4. Place cooked linguini on platter. Spoon sauce over it. Arrange crabs around outer edge of pasta.

Serves 4.

Nutritive value per serving (based on 4 servings):

Calories:	502
Protein:	15 g
Fat:	30 g
Sodium:	738 mg
Cholesterol:	82 mg
Calcium:	62 mg

LAVALETTE CRABBETTE OR STUFFED SOFTIES

Lawrence Knapp, a.k.a. Old Salt, Upper Montclair, NJ

8 fresh soft-shell crabs	Breadcrumbs
8 ounces clean, lump crab meat	3 tablespoons butter
2 eggs	Salt and pepper to taste
1 tablespoon of sherry	Lemon slices <i>or</i> red caviar (for garnish)

1. The crabs must be alive and cleaned just before cooking. To clean the soft-shell crabs, the "face", "apron", and lungs are removed. The "face" is the small area which includes the eyes and mouth. Place the crab on a cutting board and use a sharp knife to cut off the "face". If you get both eyes, you got the whole face. Next, lift up the shell points and remove the spongy lungs, the firm white material right under the shell. The last part to be removed is the "apron", the pointed section found in the middle of the white underside. This section is shaped differently in the male and female, but is somewhat triangular in both, with the female being wider.
2. After you have removed the "face", "apron", and lungs, there is only one additional step to prepare the crabs: gently insert a knife into the "face" cavity and cut through all the internal membranes until the crab can be opened up into a pocket. Be careful not to push the knife in too far or puncture the outer skin.
3. Stuff approximately 1 ounce of lump crab meat into each crab's "pocket". The amount will vary from crab to crab, just put in all you can without bursting the crab. Please note that nothing is to be added to the lump crab meat.
4. Beat the eggs and sherry in a bowl.
5. Dip each crab in the egg and sherry first, then dip in the breadcrumbs until coated, and saute until golden brown.
6. You can add spices to the breadcrumbs if you like, such as lemon pepper. However, salt and pepper are enough.
7. Garnish with either a plain slice of lemon or a sprinkling of red caviar on each crab. *Serves 4.*

Nutritive value per serving (based on 4 servings):

Calories:	344
Protein:	43 g
Total fat:	16 g
Sodium:	741 mg
Cholesterol:	335 mg
Calcium:	168 mg

BLUE CRAB A' LA MOUNTAIN*Carolyn M. LaMountain, Margate, NJ*

1 leek, white part only, finely chopped	1/2 green pepper, finely chopped
2 tablespoons virgin olive oil	3 medium mushrooms, sliced
1 box (10 ounces) spinach, chopped, or 2 cups fresh spinach, finely chopped and tightly packed	1/2 teaspoon marjoram
1/2 teaspoon freshly ground nutmeg	1/3 cup dry sherry
1/2 tablespoon butter-margarine blend	1/2 pound Blue crab meat
1 garlic clove, finely minced	1/3 cup lite mayonnaise
	Romano cheese, freshly grated

1. If using frozen spinach, defrost and squeeze dry. If using fresh spinach, clean, and wash. In a 10-inch non-stick frying pan, saute leek in 1-1/2 tablespoons olive oil until limp, and just barely beginning to brown. Add spinach, mixing thoroughly with leeks and olive oil; cook until dry.
2. Mix in freshly ground nutmeg. Remove from heat and spread evenly in the bottom on a lightly oiled 11-inch au gratin dish. Set aside.
3. In a frying pan, melt butter and add the rest of the olive oil. Saute garlic and pepper until pepper just begins to soften. Add mushrooms, marjoram, and sherry, stirring constantly. Continue cooking until wine is diminished by one-half.
4. Add crab meat; mix thoroughly and heat through. Remove from heat. Add mayonnaise; mix thoroughly.
5. Spread evenly over spinach mixture and top with grated cheese to cover.
6. Bake at 450°F until top is lightly brown.

Serves 2-3.

Nutritive value per serving (based on 2 servings):

Calories:	612	Sodium:	600 mg
Protein:	20 g	Cholesterol:	90 mg
Fat:	51 g	Calcium:	389 mg

**BLUE CRAB CAKES WITH
SWEET VERMOUTH***Joe Lanciotti, Wood Ridge, NJ*

3 cups blue crab meat	3 eggs
1 medium potato, boiled and mashed	1 tablespoon garlic powder
1/2 cup cooked onion, minced	1/2 cup sweet Vermouth
1 cup breadcrumbs (unseasoned)	1/4 pound butter

1. Place crab meat, mashed potato, minced onion and 1/2 cup breadcrumbs in bowl.
2. Add 2 eggs to mixture and blend to make crab cakes 2-3 inches in diameter and 1/2 inch thick. Dust with garlic powder.
3. Beat 1 egg in bowl and pour 1/2 cup breadcrumbs into *another* bowl.
4. Dip crab cakes in beaten egg and roll in breadcrumbs.
5. Heat butter in frying pan and add cakes. Cook for 3 minutes on each side. Then raise flame and pour in sweet vermouth. Brown cakes 1/2 minute on each side and remove.

Makes approximately 6 cakes.

Nutritive value per serving (based on 2 cakes):

Calories:	628	Sodium:	835 mg
Protein:	36 g	Cholesterol:	472 mg
Fat:	39 g	Calcium:	129 mg

CREPE

3 tablespoons melted butter
3 eggs
1/2 cup milk
1 cup flour
1/2 teaspoon salt
1/2 cup water plus 2 tablespoons

FILLING

1 pound lump crabmeat
1/2 cup heavy cream
1/2 cup mayonnaise
2 hard cooked eggs, chopped
1 tablespoon minced parsley
1 tablespoon minced scallions
1 tablespoon Worcestershire sauce
Salt and pepper to taste
2 eggs, beaten lightly
1 tablespoon vegetable oil
Flour for dredging the crepes
2 cups white breadcrumbs
Vegetable oil for deep-frying
Sprigs of parsley and lemon for garnish

CREPE

1. In a blender, add the butter, eggs, milk, flour, salt and water and blend for 5 seconds. Turn off the motor, with a rubber spatula, scrape down the sides of the container and blend the batter for 20 seconds.
2. Transfer the batter to a bowl, cover and refrigerate for 1 hour. (The batter may be made up to 1 day in advance.)
3. To make the crepes, use margarine to brush the skillet before frying each crepe. Heat a non-stick skillet or crepe pan measuring 10 inches across, over moderate heat until hot. Brush lightly with margarine, stir the batter, half fill a ladle with batter and pour into the pan. Tilt and rotate the pan quickly to cover the bottom with a thin layer of batter and return any excess batter to the bowl. Return the pan to the heat, loosen the edge of the crepe with a spatula and cook the crepe until the underside is lightly brown. Turn the crepe, brown the other side lightly and transfer the crepe to a plate. Continue in the same manner with the remaining batter. (The crepes can be made in advance, stacked and wrapped in plastic wrap and chilled for up to 3 days.)

FILLING:

1. Combine the crabmeat, heavy cream, mayonnaise, hard cooked eggs, parsley, scallions, Worcestershire sauce, salt and pepper.
2. Working with 1 crepe at a time, mount 2 heaping tablespoons of crabmeat filling in the center of each crepe and fold the bottom third of the crepe up over the mixture. Fold in 1-inch of each side and fold down the top third of the crepe to enclose the filling completely, forming a rectangle.
3. In a bowl, stir together the 2 eggs and the oil.
4. Dredge the crepes carefully in the flour, and dip in the egg mixture and coat them with the breadcrumbs. (The crumb coating will keep the crepes sealed.)
5. In a deep fryer, heat 4 inches of vegetable oil to 380°F and in it fry the crepes, 2 at a time for 30 seconds on each side, transferring them to a paper towel to drain as they are fried. Place on a large platter and garnish with sprigs of parsley and lemon quarters. *Serves 4.*

Nutritive value per serving (based on 4 servings):

Calories:	870	Sodium:	1,166 mg
Protein:	40 g	Cholesterol:	578 mg
Fat:	61 g	Calcium:	254 mg

MOLDED CRAB MOUSSE WITH ASPARAGUS SAUCE

Margaret Vischer, Oakland, NJ

8 ounces flounder fillet *or* skinned trout
3 large eggs
1 cup heavy cream
1 tablespoon tomato paste
1 teaspoon salt
Pinch of cayenne pepper
Black pepper, freshly ground
Nutmeg, freshly grated
8 ounces crabmeat, flaked
Parsley

ASPARAGUS SAUCE

1/2 pound asparagus
1/4 pound fresh spinach, rinsed and stems removed
2 scallions, cut into 1/4-inch slices
1/2 cup Half and Half
2 tablespoons butter
Salt
Freshly ground pepper

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1. Line bottom of soufflé dish with parchment paper and butter both.
 2. Cut fish fillets in 1/2 inch pieces; combine in blender with the eggs and 1/2 cup of cream, salt and spices. Process to a puree. Scrape mixture into a large bowl and stir in remaining cream.
 3. Squeeze excess moisture from crabmeat and fold into mousse. Scrape into prepared soufflé dish, rap sharply on countertop to settle contents.
 4. Place pan into a waterbath in the oven, cover dish loosely with foil and bake 45 minutes or until firm to the touch.
 5. Remove pan from oven and let stand 5 minutes in water; remove.
 6. Loosen sides of mousse and turn out on a warmed large, deep platter. Peel off paper and pour asparagus sauce carefully around mousse. Ring top edge of mousse with rim of chopped parsley.

Asparagus Sauce:

1. Break off tips of asparagus. Cook for 3 minutes in salted water; set aside.
2. Peel remaining asparagus, cut into 1/2 inch slices and cook with the scallions for 10 minutes in boiling water, or until tender.
3. Cook spinach, drain, squeeze out excess liquid.
4. Combine spinach, asparagus and scallions in blender, puree. Press puree through medium-mesh sieve. Discard any coarse matter left in sieve.
5. Heat half-and-half with the puree; add salt and pepper to taste. At serving time, reheat sauce until very hot, stir in butter, 1 tablespoon at a time, until thoroughly incorporated. Serve sauce at once. Decorate top of crab mousse with cooked asparagus tips. *Serves 4-6.*

Nutritive value per serving (based on 4 servings):

Calories:	409
Protein:	22 g
Fat:	27 g
Sodium:	924 mg
Cholesterol:	313 mg
Calcium:	203 mg

BAKED STUFFED LOBSTER*Frank Daniels, Bergenfield, NJ*

8 ounces crabmeat (Jersey blue claw)	1/2 cup melted butter
4 lobsters (1/4 pound each)	2 garlic cloves
2 ounces Cheddar crackers, crushed	1 teaspoon parsley flakes
3 ounces Italian breadcrumbs	Paprika

1. Melt a small amount of butter and slightly brown garlic. Add breadcrumbs, cracker crumbs, melted butter, crabmeat and parsley flakes; mix well. Set aside.
2. To kill lobsters, pierce knife between eyes, remove the sac located by the eyes and discard. Split lobster, and stuff cavity of each with equal amounts of stuffing.
3. Place in pan and cover with aluminum foil, and bake at 450°F for 10-15 minutes. Remove foil and broil for 3 minutes to brown stuffing. Sprinkle with paprika. *Serves 4.*

Nutritive value per serving (based on 4 servings):

Calories:	374
Protein:	26 g
Fat:	27 g
Sodium:	560 mg
Cholesterol:	193 mg
Calcium:	92 mg



AMERICAN LOBSTER MOLD*Kelly Conboy, Tenafly, NJ*

1/4 cup cold water	1 onion, diced
1 small envelope plain gelatin	8 ounces cooked, diced American Lobster
1 cup mayonnaise	1 (10 3/4 ounce) can tomato soup, undiluted
3/4 cup celery, diced	1 package (8 ounces) cream cheese

1. Dissolve gelatin in cold water.
2. Mix mayonnaise with celery and onions; add lobster.
3. Heat soup and add dissolved gelatin. Add cheese and mix until smooth.
4. Add soup to lobster mixture and stir until combined. Pour into an oiled mold and refrigerate overnight or until set. *Serves 4-6.*

Nutritive value per serving (based on 4 servings):

Calories:	476
Protein:	6 g
Fat:	45 g
Sodium:	581 mg
Cholesterol:	103 mg
Calcium:	47 mg

SOFT LOBSTER SCAMPI (TINBACK)*Joy Schnorr, Keyport, NJ*

6 whole soft lobsters (tinback) Fresh parsley
4 tablespoons butter Rice
3 garlic cloves, peeled and pressed

1. Bring a pot of water to boil. Place tails and claws in boiling water for 1 minute. Remove and place under cold water to stop cooking process.
2. To remove meat from shell, use scissors and cut the underside of tail and break open. Use same procedure for claws. Cut in bite size pieces.
3. In a frying pan, melt butter and add garlic. Saute for 1 minute; add lobster meat and saute for 5 minutes, turning lobster occasionally.
4. Serve over rice and sprinkle with fresh parsley. *Serves 4.*

Nutritive value per serving (based on 4 servings):

Calories: 532
Protein: 46 g
Fat: 14 g
Sodium: 907 mg
Cholesterol: 250 mg
Calcium: 24 mg



SEAFOOD A'LA JERRY*Jerry Capentieri, Northvale, NJ*

1 pound lobster 1 tablespoon oregano
1 pound mussels 1/2 teaspoon garlic powder
1 pound scallops 1 tablespoon parsley
1 pound blue or Jonah crab 2 cans Progresso rock lobster sauce
1 tablespoon butter 1-1/2 pounds Mozzarella cheese, shredded
1/2 cup white sherry wine

1. Wash mussels well. Pour lobster and mussels into boiling water for 3-4 minutes. Drain.
2. In a pan melt the butter; add wine. Saute scallops and crabs. Add mussels and lobster, mix well. Sprinkle the seasonings over top. Pour lobster sauce over all. Cover with 1/2 of the Mozzarella. Bake at 350° until cheese is melted. Remove from oven and add remaining Mozzarella. Return to oven until cheese turns light brown. *Serves 4.*

Nutritive value per serving (based on 4 servings):

Calories: 844
Protein: 90 g
Fat: 44 g
Sodium: 1,222 mg
Cholesterol: 328 mg
Calcium: 965 mg

MUSSELS WILDWOOD*Sue Siegel, Maywood, NJ*

1/2 pound butter	2 sprigs thyme
3 garlic cloves, finely chopped	2 sprigs parsley
3/4 cup parsley, finely chopped	1 bay leaf
1/4 cup chives, finely chopped	Salt to taste
48 mussels	1/2 cup dry white wine
2 tablespoons shallots, chopped	

1. In a bowl, knead together the butter, garlic, 3/4 cup parsley, and chives. Chill before using.
2. Choose fine, fat mussels and scrape beards and wash. Place in sauce pan together with shallots, thyme, parsley and bay leaf. Season lightly with salt and moisten with wine. Steam for 4-5 minutes, or until the shells are well opened.
3. Remove 1 half-shell from each; spread on garlic butter mixture heavily on exposed mussels. Place mussels in their half shell in 4 individual ovenproof dishes. Bake in hot oven for 2-3 minutes. *Serves 4.*

Nutritive value per serving (based on 4 servings):

Calories:	828	Sodium:	1,724 mg
Protein:	59 g	Cholesterol:	341 mg
Fat:	55 g	Calcium:	396 mg



SCALLOPS WITH VERMICELLI*Maria Hannis, Plainfield, NJ*

1 pound bay scallops	1/4 teaspoon oregano
Juice of 1 lemon (2 tablespoons)	1/4 teaspoon thyme
2 tablespoons parsley	2 tablespoons basil
1 onion, chopped	1-1/2 cups canned Italian tomatoes
1 garlic clove, minced	2 tablespoons heavy cream
2 tablespoons olive oil	Dash of nutmeg
2 tablespoons butter	12 ounces vermicelli

1. Rinse scallops and marinate in lemon juice with parsley while preparing tomato sauce.
2. In skillet, soften onion and garlic in olive oil and butter.
3. Add oregano, thyme, basil and tomatoes.
4. Cover and simmer, stirring occasionally for 30 minutes.
5. Bring 4 quarts of salted water to a boil and cook vermicelli.
6. Drain scallops and saute for 2 minutes in remaining butter.
7. Add cream, nutmeg and tomato sauce.
8. Drain vermicelli and add 1/2 the scallops and sauce to the bowl. Add vermicelli, then remainder of sauce and mix well. *Serves 4.*

Nutritive value per serving (based on 4 servings):

Calories:	593	Sodium:	379 mg
Protein:	31 g	Cholesterol:	64 mg
Total fat:	17 g	Calcium:	128 mg

SCALLOPS SAUTE*Mrs. Muriel Zofree, Haledon, NJ*

2 tablespoons olive oil	1/2 medium size zucchini, thinly sliced
1 pound scallops	1 garlic clove, crushed and chopped
3 scallions, diced	Juice of 1/2 lemon
1 celery stalk, sliced	2 tablespoons shredded coconut
Salt and pepper	

1. Heat oil in a flat bottom saucepan.
2. Add scallops and cook over high heat 3-4 minutes. Add scallions and celery.
3. Season with salt and pepper, stir well and cook 2-3 minutes.
4. Add zucchini; add a little oil if the mixture is too dry.
5. Add garlic and some freshly ground pepper; stir. Cook 3-4 minutes.
6. Add lemon juice; sprinkle with coconut and serve with rice.

Serves 4.

Nutritive value per serving (based on 4 servings):

Calories:	182	Sodium:	196 mg
Protein:	20 g	Cholesterol:	37 mg
Fat:	8 g	Calcium:	58 mg



**GARDEN STATE SCALLOP SAUTE
IN LEMON-ORANGE BUTTER***Mrs. Effie Vlahakes, Livingston, NJ*

1 pound New Jersey scallops	1/4 cup seasoned breadcrumbs
3 tablespoons olive oil	Paprika
3 tablespoons butter	1 teaspoon Dijon mustard
1 garlic clove, finely chopped	Juice of 1 lemon
Salt and pepper to taste	Juice of 1/2 orange
Pinch of sugar	

1. Rinse scallops well in cold water, discard any connective tissue and dry on paper towels.
2. Butter a 1-quart baking dish. Preheat oven to 425°F.
3. In large frying pan heat oil and butter. When hot, add scallops and garlic and quickly saute for 1 minute shaking pan. Remove scallops to prepared baking dish and season with salt, pepper and a pinch of sugar. Sprinkle breadcrumbs over scallops and dust with paprika.
4. To remaining juices in pan, add mustard, lemon and orange juice and stir to blend. Bring to simmer then pour over scallops and crumbs
5. Bake for 10 minutes and serve immediately. Decorate with lemon and orange wedges. *Serves 4.*

NOTE: Same recipe can also be used for NJ bluefish, flounder and swordfish, only increase cooking time to 15 minutes.

Nutritive value per serving (based on 4 servings):

Calories:	314	Sodium:	325 mg
Protein:	19 g	Cholesterol:	63 mg
Fat:	23 g	Calcium:	37 mg

SCALLOPS PROVENCAL*Mrs. B. P. Pagnan, Haddonfield, NJ*

1 tablespoon vegetable oil	Dash thyme
1/3 cup onion, chopped	1 tablespoon butter or margarine
1/3 cup green pepper, chopped	1 pound sea scallops
2 or 3 leaves fresh basil, chopped	1 garlic clove, crushed
<i>or</i> 1/2 teaspoon dry basil, crushed	1 cup tomatoes, seeded, chopped
Dash pepper and pinch of salt	3 tablespoons dry white wine

Heat oil in 10 inch skillet. Add next 6 ingredients. Cook over medium heat stirring often until vegetables are softened. Remove vegetables and set aside. Melt butter in skillet. Add scallops and garlic. Cook stirring often, about 5 minutes, or until tender. Add tomatoes and heat through. Remove scallops and tomatoes with slotted spoon. Add wine to skillet and bring to a boil. Boil 5 minutes, or until liquid is reduced to 4 tablespoons. Stir in scallops and vegetables and toss to coat. Serve immediately. *Serves 4.*

Nutritive value per serving (based on 4 servings):

Calories:	275
Protein:	18 g
Fat:	14 g
Sodium:	90 mg
Cholesterol:	154 mg
Calcium:	93 mg



LEMON-LIME SCALLOPS*Barbara Hoffman, Plainsboro, NJ*

1 pound pea pods	Juice of 2 limes
2 pounds sea scallops	Salt and pepper to taste
5 tablespoons margarine or butter	2 pounds fresh angel hair pasta, cooked
Juice of 2 lemons	

The total cooking time is only three minutes, and total preparation time less than fifteen, so this is a perfect main meal for those who arrive home after work with little time or energy.

1. Wash and trim the ends of the pea pods.
2. Wash the scallops to remove any grit.
3. In a large sauce pan, melt the butter over a medium heat. Add the juice of the lemons and limes. Add the scallops to the simmering lemon-lime butter. Cook for no more than 90 seconds and turn the scallops over. Sprinkle with salt and fresh ground black pepper. Add the pea pods on the top of the scallops and cook for another 90 seconds.
4. Remove from heat and pour over fresh cooked pasta. *Serves 4-6.*

NOTE: Angel hair pasta absorbs the sauce without overpowering scallops, however any fresh pasta will do.

Nutritive value per serving (based on 4 servings):

Calories:	1,258
Protein:	54 g
Fat:	28 g
Sodium:	161 mg
Cholesterol:	50 mg
Calcium:	209 mg

SEAGIRT SCALLOP SALAD*Henry Siegel, Maywood, NJ*

1 cup water	1/3 cup wine vinegar
1/2 cup dry white wine	1/4 cup oil
1/2 teaspoon salt	2 tablespoons chopped parsley
1/2 bay leaf	1/4 teaspoon pepper
1 scallion, sliced	1 medium head iceberg lettuce
1 pound scallops	3 hardcooked eggs, quartered
1/2 pound mushrooms, sliced	

1. Combine water, wine, salt, bay leaf and scallion; simmer 5 minutes.
2. Add scallops and mushrooms, simmer, covered, 5 minutes, or until tender.
3. Drain scallops and mushrooms, mix with vinegar, oil, parsley and pepper. Chill.
4. Line salad bowl or plates with lettuce leaves; cut remaining lettuce into 1 inch pieces; toss with scallop mixture. Garnish with egg quarters. *Serves 3-4.*

Nutritive value per serving (based on 3 servings):

Calories:	444
Protein:	34 g
Fat:	25 g
Sodium:	358 mg
Cholesterol:	271 mg
Calcium:	105 mg



SCALLOPS A LA SCHALLER*Veronica Schrader, Cranbury, NJ*

1 pound bacon	1 teaspoon garlic powder
2 pounds scallops	1 teaspoon black pepper
1/2 cup olive oil	1/2 teaspoon onion powder
1/2 cup dry vermouth	Dash of oregano
2 tablespoons parsley	

1. Cut bacon slices in half and wrap around each scallop. Place scallops in a baking dish with bacon loose ends down.
2. Mix remaining ingredients in a large bowl. Pour over scallops until scallops are halfway covered with the sauce.
3. Broil for about 7-10 minutes, or until bacon is browned. Turn scallops over and brown other side for 5 minutes.
4. Put toothpicks in scallops and serve. *Serves 4.*

Nutritive value per serving (based on 4 servings):

Calories:	734
Protein:	49 g
Fat:	52 g
Sodium:	825 mg
Cholesterol:	113 mg
Calcium:	71 mg

SCALLOPS WITH PESTO SAUCE*Angela Cupo, Livingston, NJ*

1-1/4 pounds scallops	1/2 cup pine nuts or walnuts (optional)
3 cups whole basil leaves, fresh	1/4 cup butter
1/2 cup olive oil	Black pepper to taste
3/4 cup Parmesan or Romano cheese, grated	

1. Wash and dry scallops.
2. In a blender or food processor, puree basil with olive oil. Gradually add the cheese. Add the nuts, but *do not* process.
3. In a large frying pan, melt butter and add the scallops. Saute over medium heat until lightly golden brown, about 5 minutes. Do not over-cook scallops.
4. Sprinkle with pepper. Serve hot with pesto sauce. *Serves 3-4.*

Nutritive value per serving (based on 4 servings):

Calories:	603
Protein:	33 g
Fat:	50 g
Sodium:	477 mg
Cholesterol:	97 mg
Calcium:	222 mg



SCALLOPS AND ARTICHOKE HEARTS*Patricia Daniele, Madison, NJ*

1/2 medium onion, chopped	1 pound scallops
4 tablespoons olive oil	1/2 pint heavy cream
1 (8 ounce) can of artichoke hearts (not marinated)	1 cup Parmesan cheese
1/2 pound angel hair or thin pasta	Fresh black pepper to taste
1/4 stick butter	

1. Bring to boil water for pasta.
2. Chop onion and saute in olive oil for 2 minutes. Slice artichoke hearts and add to onion.
3. Add pasta to water.
4. Add butter and scallops to onion and artichokes. Saute until scallops are almost cooked, about 2 minutes. Reduce heat and add heavy cream. Cook for a few minutes or until liquid begins to boil slightly. Add parmesan cheese.
5. Drain pasta. Place on heated dishes and top with scallops, artichokes and sauce. Top with more cheese and fresh pepper. Serve immediately. *Serves 2.*

Nutritive value per serving (based on 1 serving):

Calories:	689
Protein:	32 g
Fat:	48 g
Sodium:	447 mg
Cholesterol:	154 mg
Calcium:	331 mg

POINT PLEASANT SEA SCALLOPS*Robert B. Imgrund, West Orange, NJ*

1/2 cup olive oil	2-3 tablespoons Dijon mustard
3 tablespoons sweet butter or margarine	2 small zucchini, sliced and quartered
3-4 garlic cloves, chopped	1/2 cup frozen tiny green peas
1/2 cup marsala wine	1-1/2 pound Jersey sea scallops
1/4 cup chablis	Thyme, basil, fresh black pepper to taste

1. Heat the olive oil and butter in a large skillet. Add the chopped garlic and simmer. Add wines and continue to cook over low heat.
2. Add mustard. Increase heat and cook until sauce is thick. Add zucchini, peas, and parsley, cook for 2-3 minutes.
3. Add the scallops, thyme, basil and pepper. Cook over medium high heat stirring frequently.
4. Cook 3-4 minutes. Do not overcook. Excellent when served with a side of your favorite pasta! *Serves 4.*

Nutritive value per serving (based on 4 servings):

Calories:	540	Sodium:	506 mg
Protein:	30 g	Cholesterol:	82 mg
Total fat:	384 g	Calcium:	90 mg



JERSEY BAY SCALLOPS WITH RICE*Chris Netelkos*

1-1/2 pounds bay scallops (50)	2 teaspoons paprika
Salt to taste	1/4 teaspoon saffron
6 tablespoons olive oil	2 cups short grain rice
2 green peppers, seeded, chopped	4 cups dry white wine
1 onion, chopped	1-1/2 tablespoons minced parsley
2 garlic cloves, peeled, minced	2 pimientos, chopped
2 tomatoes, peeled, chopped	Pepper to taste

1. Sprinkle scallops with salt.
2. Heat oil in a metal paella pan, or a flat 15-inch pan, and saute scallops until golden brown. Remove scallops to a warm platter.
3. Add the pepper, onion, garlic and 1/2 tablespoon parsley. Saute until onion and pepper are tender. Stir in tomatoes and pimientos and cook, uncovered, 10 minutes. Add the paprika, saffron and rice. Stir well. Add wine, salt and pepper. Boil over medium heat, uncovered, stirring occasionally, about 7 minutes, or until rice is no longer soupy, but not yet dry.
4. Preheat oven to 325°F. Arrange scallops over rice and place in oven, uncovered and cook 15 minutes. The liquid should be absorbed, but the rice still soft. Remove and let stand, covered with foil, 10 minutes. *Serves 4-6.*

Nutritive value per serving (based on 4 servings):

Calories:	934	Sodium:	333 mg
Protein:	40 g	Cholesterol:	62 mg
Fat:	22 g	Calcium:	112 mg

CALAMARI AL FORNO (BAKED SQUID)*Cecilia Amato, Hoboken, NJ*

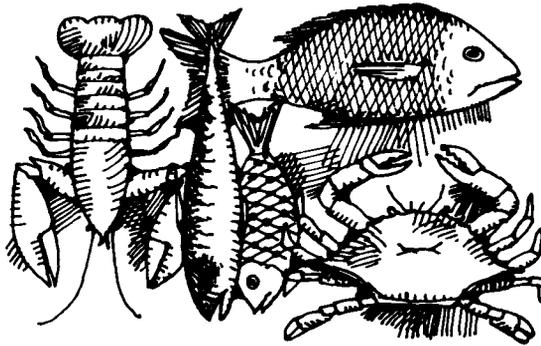
8 squids (about 7-8 inches)	2-3 garlic cloves, slivered
2 eggs	Italian parsley, chopped
1/2 cup breadcrumbs	Water
1/2 cup Romano cheese	1 tablespoon salt (about)
Pepper and salt to taste	3-4 tablespoons olive oil
5-6 tomatoes, peeled	

1. Clean the squids. Take off the heads and rinse the insides, leaving the squid whole; set aside to drain in a collander.
2. Prepare the filling in a small bowl. Beat the eggs; add the breadcrumbs, cheese, pepper, salt and blend with a fork to form a very soft mixture.
3. Fill the cleaned squids with 1 or 1-1/2 tablespoons of the filling. (Do not fill the whole squid because the filling will expand when it's cooling).
4. Put the heads back on the squids and fix with a toothpick.
5. Arrange the filled squids in an ovenproof casserole. Top with the peeled tomatoes, parsley, garlic. Sprinkle with pepper and cheese to taste.
6. Fill the casserole with water, but do not cover the squids. Add the salt and olive oil. Bake in a 400°F oven for about one hour.

Serves 4.

Nutritive value per serving (based on 4 servings):

Calories:	400
Protein:	35 g
Fat:	22 g
Sodium:	224 mg
Cholesterol:	520 mg
Calcium:	226 mg



STUFFED SQUID WITH TOMATO ANCHOVY SAUCE

Frances L. Calvaruso, Westfield, NJ

3 pounds large squid
1 garlic clove, minced
6 tablespoons parsley
1/4 cup grated locatelli cheese
1/2 teaspoon chopped basil
1/2 teaspoon oregano, chopped
1/4 teaspoon red pepper flakes
Black pepper, freshly ground to taste
3 tablespoons chopped green olives
2 tablespoons capers, chopped, rinsed
4 tablespoons olive oil

TOMATO-ANCHOVY SAUCE

1/4 cup olive oil
1 garlic clove, minced
3-1/2 cups plum tomatoes, crushed
1/4 teaspoon red pepper flakes
Dash Louisiana hot sauce (optional)
1/3 cup dry white wine
3 tablespoons capers, rinsed
1 (1 ounce) can anchovy fillets in olive oil
1/4 cup parsley, chopped

1. Reserve half tentacles for sauce and chop remainder for stuffing.
2. Combine tentacles, garlic, parsley, cheese, breadcrumbs, basil, oregano, hot pepper, black pepper, olives and capers in a large bowl. Moisten with olive oil.
3. Stuff each squid with about 1-1/2 tablespoons stuffing. Secure with toothpick. Do not overstuff.
4. Prepare tomato-anchovy sauce.
5. Place stuffed squid in tomato sauce.

Tomato-anchovy Sauce:

1. Heat oil in sauce pan and add garlic; cook briefly.
2. Add tomatoes, peppers, hot sauce and wine; cover and cook 10 minutes
3. Add capers, anchovies and parsley; cover and cook 10 minutes.
4. Add stuffed squid, and tentacles; cover and cook on low heat for about 15-20 minutes. *Serves 6.*

NOTE: Stuffing may have to be increased depending upon the size of the squid. Ripped or torn squid can be reserved and added to tomato sauce mixture.

Nutritive value per serving (based on 6 servings):

Calories: 461
Protein: 103 g
Fat: 25 g
Sodium: 708 mg
Cholesterol: 531 mg
Calcium: 153 mg

CHRYSANTHEMUM FLOWER SQUID

Allen Gelb, Westfield, NJ

12 pieces fresh squid (about 2 pounds)	3 tablespoons cornstarch
1 pound shelled shrimp (or 3/4 pound fresh scallops)	2 egg whites
6 tablespoons minced pork fat	1 green pea per flower
4 teaspoons rice wine	1 bunch** of spinach or corriander
1/2 teaspoon salt	Butter, melted

1. Clean squid and rinse. Cut squid body into rings 1-1/2 inches long. Cut 1/8 inch strip all around squid body, but only halfway down.
2. Mash raw shrimp and pork fat to almost a paste. Add rice wine, salt and cornstarch; mix well. Add egg whites and mix again.
3. Put squid into boiling water for 5 seconds. Rinse in cold water and drain. They now look like chrysanthemim flowers. Fill inside with shrimp mixture and place a green pea on top.
4. Put spinach or corriander on an oven-proof plate and place flowers on the leaves. Steam for 10-12 minutes and drain off any water from condensation.
5. Pour a little melted butter over each flower and serve. *Makes approximately 35 flowers.*

**Majority of calcium is probably unavailable to the body due to its being bound to oxalic acid in spinach.

Nutritive value per serving (based on 1 flower):

Calories:	71
Protein:	8 g
Fat:	3 g
Sodium:	1 mg
Cholesterol:	22 mg
Calcium:	40 mg**

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