

1 env. dry Ranch dressing

Combine above ingredients in bowl and enjoy!

948011 -- SCALLOPED OYSTERS & SCALLOPS

1 qt. oysters
1 pt. scallops
1 c. sour cream
2 c. bread crumbs
1/2 c. melted butter (not oleo)

Mix melted butter and bread crumbs together and put a thin layer in the bottom of a buttered baking dish. Cover with oysters and seasonings, add some cream. Add layer of scallops, seasonings and layer of crumbs. Repeat. Top with buttered crumbs and bake in hot oven (400 degrees) for 30 minutes.

948012 -- DILL SHRIMP WITH RICE

2 tbsp. mustard (any kind)
20 sm. shrimp, peeled & deveined
3 sliced mushrooms
1 tbsp. chopped fresh dill
1/2 c. wine (cablis or sherry)
1/4 c. cream
Cooked rice
Pinch of garlic

Saute shrimp with mushrooms and dill and garlic until shrimp is done on one side. Turn the shrimp over, and add wine and mustard. Cook 2 minutes. Add cream, cook 1 minute. Put over hot cooked rice. Serves 2 to 4.

948013 -- SHRIMP, VEGETABLE MELODY

1 to 3 lbs. shrimp, cleaned
Broccoli
Summer squash
Zucchini
Mushrooms
Cherry tomatoes
2 tbsp. butter
Throwaway lasagna pan

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Cut vegetables into bite-size pieces. Put shrimp, vegetables, butter, a dash of salt and pepper into pans. Cover with tinfoil double. Put on low grill with cover down. Cook about 35 minutes. Serves 6 to 8.

948014 -- SHRIMP CREOLE

1 lb. cooked shrimp
2 tbsp. butter
Salt and pepper
Boiled rice
2 c. canned tomatoes
1 minced green pepper
2 minced onions
1/2 c. sliced mushrooms
1/2 c. stock, chicken bouillon cubes
2 tbsp. minced ham
2 tbsp. flour
2 tbsp. butter

Melt the butter and add the shrimp and cook together for 2 minutes. Add to the creole sauce. Simmer for 5 minutes, and serve with boiled rice. For the sauce: Cook the tomatoes, pepper, onion and mushrooms for 20 minutes. Add the stock and ham and cook 2 minutes longer. Thicken with the flour lightly creamed with the butter and stir until thick and smooth. Serves 8.

948015 -- SHRIMP CREOLE

Cooked rice
1/2 c. diced celery
1/4 c. minced onion
1/4 c. diced green pepper
3 tbsp. butter or margarine
1 tbsp. flour
1 tsp. salt
1 tsp. sugar
Dash of pepper
16 oz. can tomatoes
1 bay leaf
1 sprig parsley
3/4 lb. shrimp

Saute celery, onion and green pepper in butter in sauce pan until tender but not brown. Blend in flour, salt, sugar and pepper. Stir in tomatoes, add bay leaf and parsley. Simmer for 30 minutes. Remove bay leaf. Add shrimp, heat thoroughly and serve over hot rice.

948016 -- SALMON AUGRATIN

1 can red salmon
2 c. white sauce
1/2 lb. sharp cheese
1 c. Wheaties
Oleo or butter

Butter baking dish put small amount of white sauce on the bottom. Add salmon and remaining white sauce. Top with grated sharp cheese and Wheaties. *Dot with oleo or butter and bake 20 minutes at 325 to 350 degrees. Serves 4 to 6.

948017 -- CRAB IMPERIAL

1/4 green pepper, diced
2 tbsp. diced pimiento
1 tbsp. dry mustard
1/2 tsp. salt
1/8 tsp. black pepper
2 eggs
1 lb. backfin crabmeat
1/2 c. mayonnaise
Dash of red pepper

Blend crabmeat and other ingredients. Heap lightly in four baking shells or crabshells. Top with mayonnaise and sprinkle with paprika. Bake at 350 degrees for 15 minutes.

948018 -- EASY IMPERIAL CRAB

2 lb. crab meat, backfin
1/3 green pepper, cut fine
3/4 red pimiento, chopped
1 tsp. mustard
1/3 c. mayonnaise
1 egg
1/8 tsp. pepper
1 tsp. salt
Mayonnaise for topping

Mix all ingredients except crab meat. Add crab meat carefully in order not to break up lumps. Pile into 6 baking shells (heaping) spread with mayonnaise and sprinkle with paprika. Bake at 350 degrees for 20 minutes.

948019 -- CRAB IMPERIAL C.'S

948044 -- SEAFOOD LASAGNA

Bake 1 hour and 45 minutes. Yield: 12 servings. Delicious! 9 uncooked dried lasagna noodles

--SAUCE:--

3 tbsp. butter
1/4 c. all-purpose flour
2 tsp. finely chopped garlic
1 1/2 c. milk
1/2 c. dry white wine or milk
1 tsp. nutmeg
1/2 tsp. salt
1/4 tsp. pepper
1/8 tsp. hot pepper sauce

--RICOTTA FILLING:--

2 eggs
3/4 c. Parmesan cheese, grated
1/2 c. chopped fresh parsley
1 (15 oz.) carton (2 c.) Ricotta cheese
1 (4 oz.) jar sliced pimiento, drained

--LAYERS:--

1 (12 oz.) pkg. sh. frozen, cooked shrimp, thawed and drained
1 (8 oz.) pkg. frozen, salad chunks imitation sea stixs, thawed and drained
3 c. (12 oz.) shredded Swiss cheese
12 fresh parsley sprigs

Heat oven to 375 degrees. Cook noodles according to package directions; rinse. Drain; set aside. In 2 quart saucepan melt butter over medium heat. Stir in flour and garlic until bubbly (1 minute). Stir in 1 1/2 cups milk. Continue cooking, stirring occasionally, until mixture comes to a full boil (4 to 5 minutes); boil 1 minute. Stir in remaining sauce ingredients; set aside. In small bowl, slightly beat eggs; stir in all remaining Ricotta filling ingredients. In greased 13 x 9 inch baking pan layer 1/3 noodles, 1/2 Ricotta filling, 1/2 shrimp, 1/2 sea stixs, 1/3 sauce and 1/3 Swiss cheese. Repeat layering. Top with remaining noodles, sauce and Swiss cheese. Cover with aluminum foil; bake 25 minutes. Uncover; continue baking 15 to 20 minutes or until lightly browned. Let stand 10 minutes. 1 serving: Calories 370, protein 28g, carbohydrates 20g, fat 18g, cholesterol 150mg, sodium 483mg. You can use "light" Ricotta cheese, skim milk to reduce fat and calorie intake.

948045 -- FLOUNDER WITH CREAM OF SHRIMP SOUP

2 tbsp. cornstarch
1 beef bouillon cube
1/4 c. boiling water
1/4 tsp. sugar

Combine eggs, shrimp, onion, celery, chestnuts, mushrooms and 1 tablespoon soy sauce in bowl. Dissolve bouillon in water. Add combined 2 tablespoons soy sauce and cornstarch and sugar to the bouillon water over medium low heat and cook until very thick. Add this sauce to the egg mix. Heat wok until 300 degrees (or skillet) and pour the mix in spreading evenly. Cook 10 minutes, cut into squares and turn. Cook 5 minutes on other side. T4544 Records

948060 -- FRIED OYSTERS

Fresh oysters are best, but you can use store bought ones if need be. Rinse and dry well. Roll in bread crumbs, then beaten egg. Then in bread crumbs again. Fry oysters in butter until brown and well done. Season with salt, pepper and paprika to taste.

948061 -- OYSTER BAKE

1 1/2 pt. oysters
3-4 c. cracker crumbs
3/4 lb. melted butter

In 9 x 13 inch baking dish, alternate layers of crackers, oysters and butter. Bake at 350 degrees for 1 hour. T4544 Records

948062 -- DAN'S WHOLE BAKED AND DECORATED SALMON

1 salmon cleaned with head, tail and skin on. Roll up a lot of foil and place into belly for support. Stand fish up (like it were swimming) on sheet pan. Cover fish with salad oil and season with salt and pepper. To seal completely wrap fish with foil. To help hold fish up while baking use coffee mugs full of water. Line pan with diced onions and celery. Fill pan with water or white wine. Bake at 275 degrees for 3-4 hours until done, depending on size of fish. Remove from oven. Cool overnight or until cold enough to decorate. Peel off skin on sides leave head, tail as is. Remove fins. Carefully trim off grey fat to expose pink meat. Coat with unflavored gelatin and cool. Repeat 3-4 coats and then decorate; with lemons, prawns, shrimp, crab legs and tomatoes. Glaze with gelatin after to hold pieces on. This is exceptional as a center piece for dinner party, and it tastes great too. T4541 Test

3/4 c. milk
Salt and pepper (cayenne)
Worcestershire sauce
Lemon juice to taste
3 lb. shrimp (cleaned and boiled)
1 can (5 oz.) crab meat (rinsed and drained)
1 can water chestnuts, drained and sliced
3/4 c. diced celery
1/4 c. diced bell pepper
1 1/2 c. uncooked rice (cook and cool)
Paprika and sliced almonds for garnish

Blend together soup and mayonnaise, add remaining ingredients. If mixture is dry, additional milk may be added. Bake at 350 degrees for 30 minutes. Serves 4 to 5.

948079 -- SALMON

1 can salmon
1/2 c. meal
1 egg

Mix all ingredients together. With 2 teaspoons spoon mixture with one, push off with other. Put into deep hot fat. When fried, they will float and turn themselves.

948080 -- HOT BUTTERED SHRIMP

Cleaned, boiled shrimp
1 bottle Italian dressing
1 stick butter
Juice of 1 lemon

Combine last 3 ingredients and simmer shrimp in sauce for at least 15 minutes before serving.

948081 -- LOW COUNTRY SHRIMP BOIL

4 qts. water
2 bottles beer (optional)
2 lemons, quartered
2 onions, quartered

1 (2 oz.) Special Seasoning (I use
Old Bay)
2 bay leaves
2 potatoes, quartered
1 Hillshire Farm Polska Kielbasa, cut
in chunks
1 pkg. Sweet Select Corn on the cob
1 1/2 - 2 lb. shrimp, head off-shells
on

Combine first 6 ingredients, cook at a rolling boil for 15 minutes. Lower to medium boil; add sausage. Cook 15-20 minutes, then add potatoes, cook 15-20 minutes, then add corn. Cook 15-20 minutes. Bring back to a rolling boil; add shrimp. Cook 1-3 minutes. Drain and serve. Serves 4.

948082 -- SHRIMP AND PASTA

1 lb. shrimp, cleaned, cooked &
deveined
1 lb. rotini, cooked
1 c. broccoli & cauliflower, flowerets
1/4 c. green onions
1 sm. jar pimiento, drained
1/8 c. mayonnaise
1/8 c. sour cream
1/4 c. thousand island salad dressing
2 tbsp. lemon juice
Salt, white pepper & red pepper to
taste

Mix mayonnaise, sour cream, salad dressing, lemon juice, salt and peppers. Combine with remaining ingredients. Refrigerate 4 hours before serving.

948083 -- SPICY BAKED SHRIMP

1/2 c. olive oil
2 tbsp. cajun or creole seasoning
2 tbsp. fresh lemon juice
2 tbsp. chopped fresh parsley
1 tbsp. honey
1 tbsp. soy sauce
Pinch of cayenne pepper
1 lb. uncooked large shrimp, shelled,
deveined

Combine first 7 ingredients in 9x13 inch baking dish. Add shrimp and toss to coat. Refrigerate one hour. Bake at 450 degrees for about 10 minutes, stirring occasionally. Serves 4. LL - Teacher

Bring all ingredients to a boil then add haddock. Cook 25 minutes. Serve with hot melted butter.

948087 -- SPAGHETTI & SHRIMP SALAD

8 oz. very thin spaghetti
1 cucumber, seeded & chopped
1 bunch radishes, sliced
1 bunch scallions, including 1 inch
of green tops, sliced
1 lb. med. shrimp, cleaned & cooked,
chopped in pieces

--DRESSING:--

1 c. mayonnaise
1/3 c. milk
1/3 c. bottled cole slaw dressing
2 tsp. Dijon mustard
1 tbsp. red wine vinegar
Juice of 1 lemon
1 tsp. salt
1/2 tsp. sugar
1/2 tsp. freshly ground pepper
1/2 tsp. celery salt
1/8 tsp. basil
1 tbsp. dried parsley

Break spaghetti into quarters. Cook according to package directions with 1
tablespoon oil. Drain. Add remaining ingredients. DRESSING: Combine
dressing ingredients. Toss dressing and spaghetti mixture and refrigerate
several hours or overnight. 8 servings.

948088 -- BOW TIES WITH SHRIMP AND BROCCOLI

1 head fresh broccoli
1 lb. med. shrimp
1 can chicken broth
1 med. onion, finely sliced
1 lg. tomato, diced
1/3 c. olive oil
1 lb. bow tie macaroni, cooked
according to pkg. directions

Wash and cut up fresh broccoli. Simmer broccoli in 1 can chicken broth until
tender. Heat oil in skillet. Saute' onion and shrimp until pink. Add diced
tomato and broccoli and broth. Pour over cooked pasta. Serve immediately.
Sprinkle with grated cheese.

1 c. uncooked rice
6 scallions, sliced
1 lb. shrimp, cooked & peeled
1 c. (homemade) mayonnaise
1/2 tsp. ground ginger
Juice of 1 lemon
Salt to taste
Toasted sesame seeds
Steamed snow peas

Cook rice and let cool. Add scallions, shrimp, mayonnaise, ginger, lemon juice and salt. Adjust seasonings to taste. Cool in refrigerator several hours if desired. Serve at room temperature, sprinkled with sesame seeds and surrounded by snow peas on a large platter or shallow bowl. Serves 6.

948097 -- SANTA FE SHRIMP SALAD

--DRESSING:--

4 sm. green onions, chopped
1 c. chopped fresh cilantro
1 c. fresh lime juice
2 tbsp. olive oil
1 tbsp. sugar
1/4 jalapeno chili, chopped sm.
1 tsp. salt

--SALAD:--

1 1/2 c. frozen corn, thawed
1 (15 oz.) can black beans, rinsed
1 med. zucchini, diced
1 avocado, peeled, diced
1 lg. red bell pepper, diced
3/4 c. diced red onion
1 1/4 lbs. lg. peeled, deveined
cooked shrimp
Red leaf lettuce

Blend dressing ingredients in blender or food processor until smooth. I cook shrimp after peeling and deveining them by pan frying them for a few minutes in Italian dressing. Combine corn, black beans, zucchini, avocado, red pepper and red onion in large bowl. Reserve 6 or more shrimp for garnish. Cut remaining shrimp crosswise into 1/2 inch thick rounds, add to salad. Toss salad with dressing. Cover and refrigerate for at least 1 hour. Arrange lettuce leaves on plates or in a large dish. Top with salad. Garnish with whole shrimp, cilantro sprigs and lime wedges.

Discard bay leaves. Garnish with parsley and lemon slices if desired. Yield:
11 cups.

948115 -- MACARONI AND SALMON SALAD

1 lb. elbow macaroni
1 (14 oz.) can salmon or 2 cans tuna
6 tbsp. mayonnaise
1 tsp. mustard
3 sm. onions

Boil macaroni for about 12 to 15 minutes or until cooked. Drain and rinse.
Drain juice from canned salmon. Crumble into small pieces. Mix
mayonnaise, mustard, and onions into macaroni. Mix well and refrigerate.

948116 -- EGG & SMOKED SALMON SALAD

12 lg. eggs, hard-cooked, shelled &
coarsely chopped
2 ribs celery, chopped
1 sm. red onion, minced
3 tbsp. fresh dill, chopped
5 oz. smoked salmon cut into 1/4
inch, diced
1 c. (or as needed) Hellmann's light
mayonnaise
Salt & freshly ground pepper to taste

Place the eggs, celery, onion, dill and salmon in a mixing bowl and toss to
combine. Stir in enough mayonnaise to bind the salad, being careful not to make
it too wet. Season to taste with salt and pepper. Refrigerate for several
hours to allow the flavors to blend.

948117 -- CRAB & CORN BISQUE

1/2 c. green onions
1/2 c. celery, chopped
1/4 c. green pepper, chopped
1/2 c. butter, melted

Saute above ingredients in large pan. --ADD ADDITIONAL INGREDIENTS:--

2 cans cream of potato soup
2 cans creamed corn
3 c. milk

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948166 -- SALMON RICE SALAD

2 c. cooked, cooled rice
1 c. celery, sliced
1/2 c. green onions, sliced
1/2 c. sweet pickle relish
1 c. salad dressing or mayonnaise (I
use mayonnaise)
1/2 tsp. black pepper
2 cans Chicken of the Sea boneless
pink salmon
1/2 c. red pepper, chopped
1/2 c. sliced almonds or Pine Nuts (I
use almonds)
1 c. frozen peas, thawed (I don't use
peas)

Combine all ingredients and toss lightly. Chill. Serve on lettuce leaves.
Serves 6.

948167 -- CRAB AND SPINACH CHOWDER

6-8 oz. crab meat, thawed or canned
1 (10 oz.) pkg. frozen whole spinach
3 tbsp. butter
1/2 c. chopped onion
2 tbsp. flour
1/2 tsp. salt
1 pinch white pepper
1 pinch ground nutmeg
2 c. chicken broth
2 c. dairy cream, med.

Cut crab into bite-size pieces (reserve liquid). Cook spinach slightly, drain and chop coarsely. Melt butter in large pot. Add onion and saute until tender. Blend in flour and seasonings. Gradually add chicken broth, stirring constantly. Heat to boiling. Add cream and reserved crab liquid. Stir in crab meat and spinach. Cook until heated through. Makes 4 to 6 servings. VFA 125 FRAMP Admin

948168 -- SEAFOOD (CIOPINNO) CHOWDER

Sm. onion, chopped
Clove garlic, minced
Stalk of celery, chopped
1 sm. carrot, chopped
Oil to saute

1/4 tsp. each of basil & oregano
2 c. chicken stock or bouillon
1 c. water or clam broth
1/2 lb. shrimp, 1/2 lb. scallops or
your favorite white fish, cut up
Cooked rice
Salt & pepper to taste

Saute chopped vegetables lightly in oil. Add 2 cups chicken broth plus water or clam broth and seasonings. Simmer 15 minutes. Then add seafood, cook 10 minutes longer. For variation: You may add 1 can stewed tomatoes when adding the broth. Serve with cooked rice.

948169 -- SEAFOOD CHOWDER

1 tbsp. vegetable oil
1 c. minced onion
1 clove garlic, minced
1/4 tsp. dried dillweed, crushed
1 can (10 3/4 oz.) Campbell's
condensed cream of celery soup
1 can (10 3/4 oz.) Campbell's
condensed cream of potato soup
1 1/2 soup cans of milk
1/2 lb. med. shrimp, shelled &
deveined
1/2 lb. firm white fish fillets, cut
into 2 inch pieces
Chopped fresh parsley for garnish

1. In 3 quart saucepan, over medium heat, cook onion, garlic and dill in hot oil, stirring occasionally until onion is tender. 2. Stir in soups and milk. Heat to boiling, stirring often. Cook 8 minutes. Reduce heat to low. 3. Add shrimp and fish. Cook 5 minutes more or until shrimp turn pink and opaque and fish flakes easily when tested with fork, stirring occasionally. 4. To serve, ladle soup into bowls. Garnish with parsley. Serves 4.

948170 -- SEAFOOD SALAD

1 lb. med. shrimp
1 lb. crab meat
3 stalks celery
1 lg. onion
1 tbsp. garlic powder
1 1/2 tsp. lemon pepper powder
1 tsp. paprika
1/4 c. mayonnaise
1/2 c. sour cream

and white pepper. Chill thoroughly. Serve in chilled bowls, with fresh parsley and the reserved shrimp. Serves 4 to 6.

948179 -- SHRIMP SALAD

1 lb. baby Maine shrimp
1/2 sm. onion
1 stalk of celery
2 tbsp. fresh parsley, chopped
2 tsp. lemon juice
1/2 tsp. salt
1/4 tsp. white pepper
Mayonnaise to taste

Mince the onion and celery, chop the parsley and mix it all together. 3 to 4 servings.

948180 -- CRAB JELLO SALAD

1 sm. pkg. lemon Jello
1 sm. pkg. lime Jello
1 c. chopped celery
1 can crabmeat, drained & flaked
4 hard-boiled eggs, chopped
1 c. salad dressing
Additional dressing

Prepare Jello according to package directions. Chill until thickened. Fold celery, crabmeat, egg and salad dressing into congealed mixture. Chill until set. Serve dressing in a separate dish.

948181 -- SHRIMP RICE CAULIFLOWER SALAD

2 bags boil in a bag rice, success
rice cooked
1 cauliflower coarsely chopped
2 green peppers coarsely chopped
6 stalks celery coarsely chopped
1 1/2 to 2 lb. shrimp, steamed and
shelled
1 pkg. imitation crab meat drained
and chopped
1 tsp. salt

set. To serve, turn out on plate. Garnish with remaining parsley. Makes 3 cups spread.

948200 -- CRABMEAT SOUP

1 (11 1/4 oz.) can green pea soup
1 (10 1/2 oz.) can tomato soup
2 soup cans milk
1/2 c. light cream
1/4 c. sherry
1 (6 1/2 oz.) can crabmeat, drained &
cartilage removed

Combine soups in saucepan. Gradually stir in milk. Add cream, sherry and crabmeat. Heat slowly, stirring occasionally. Do not boil. 6 servings.

948201 -- SEAFOOD PASTA SALAD

1 lb. shrimp
1 lb. crab or imitation crab meat
1 lg. Spanish onion, chopped
10 oz. salad size shell pasta, cooked
& drained
1/2 green pepper, chopped
1/2 red pepper, chopped (optional)

Mix together in large bowl. --DRESSING:--

1/2 c. mayonnaise
1 lg. bottle Zesty Italian dressing

Mix ingredients for dressing together. Use Italian dressing to taste. Mix dressing and salad ingredients together. Chill 4 hours or overnight. August 8, 1991

948202 -- SHRIMP SALAD

1 c. cooked shrimp
3 c. cooked rice
1/2 c. chopped celery
1/4 c. chopped olives
1/4 c. chopped green pepper
1/4 c. minced onion
1 lemon (cut into wedges)
3 tbsp. mayonnaise