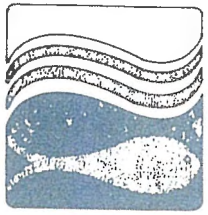
Seafood Hors d'oeuvres

Especially for

Regional Fishery Management Councils

SEPTEMBER 13, 1976



CHAFING DISH CRAB MORNAY

- 1 pound crabmeat, fresh or frozen
- 1 stick margarine or butter
- 1/2 cup chopped green onions
- 1/2 cup finely chopped parsley
- 2 tablespoons flour
- 1 pint half and half cream
- 1/2 pound grated Swiss cheese
- 1 tablespoon Sherry wine
- Cayenne to taste
- Salt to taste
- Assorted crackers

Thaw frozen crabmeat. Drain. Remove any remaining pieces of shell or cartilage. Melt butter in heavy pot and saute onions and parsley. Blend in flour, cream, and cheese until cheese is melted. Add other ingredients and gently fold in crabmeat. Serve in a chafing dish with assorted crackers.

TUNA PUFFS

2 cans (6-1/2 or 7 ounces each) tuna

1 cup finely chopped celery

1/2 cup mayonnaise or salad dressing

2 tablespoons chopped onion

2 tablespoons chopped sweet pickle

Salt to taste

Puff Shells

Drain and flake tuna. Combine all ingredients except puff shells. Mix thoroughly. Cut tops from puff shells. Fill each puff shell with approximately 2 teaspoonfuls of salad. Makes approximately 55 hors d'oeuvres.

PUFF SHELLS

1/2 cup boiling water

1/4 cup butter or margarine

Dash salt

1/2 cup flour

2 eggs

Combine water, butter, and salt in a saucepan and bring to a boil. Add flour all at once and stir vigorously until mixture forms a ball and leaves the sides of the pan. Remove from heat. Add eggs, one at a time, beating thoroughly after each addition. Continue beating until a stiff dough is formed. Drop by level teaspoonfuls on a well-greased cookie sheet, 15 x 12 inches. Bake in a very hot oven, 450° F., for 10 minutes. Reduce heat to 350° F., and continue baking about 10 minutes longer. Makes approximately 55 puff shells.

HOW TO BOIL SHRIMP BEFORE PEELING

1-1/2 pounds shrimp

1 quart water

1/4 cup salt

Wash shrimp. Place in boiling salted water. Cover and return to boiling point. Simmer 5 minutes. Drain. Peel. Remove sand veins. Wash. Chill. Yields 3/4-pound cooked shrimp.

HOW TO BOIL SHRIMP AFTER PEELING

1-1/2 pounds shrimp

1 quart water

2 tablespoons salt

Peel shrimp. Make a shallow cut lengthwise down the back of each shrimp. Wash. Place in boiling salted water. Cover and return to the boiling point. Simmer 5 minutes. Drain. Remove any particles of sand veins remaining. Chill. Yields 3/4-pound cooked shrimp.

CRABBY HALLOCK

1/2 pound crabmeat, fresh or frozen

2 tablespoons finely chopped celery

2 tablespoons finely chopped green pepper

1/2 teaspoon salt

1/2 teaspoon pepper

1/4 cup mayonnaise or salad dressing

24 small toasted bread rounds (about 1-1/2 inches in diameter)

1 package (8 ounce) cream cheese, softened

1 egg yolk

1 teaspoon onion juice

1/2 teaspoon baking powder

1/4 teaspoon salt

1/4 teaspoon horseradish

1/4 teaspoon liquid hot pepper sauce

Paprika

Thaw frozen crabmeat. Drain. Remove any remaining pieces of shell or cartilage. Combine crabmeat, celery, green pepper, salt, pepper and mayonnaise or salad dressing. Spread mixture on toast rounds. Blend together cheese, egg yolk, onion juice, baking powder, salt, horseradish and liquid hot pepper sauce. Beat until light and fluffy. Spread cheese mixture over crabmeat, covering crabmeat well. Place on a baking tray and bake in a moderate oven, 375° F., for 10 - 12 minutes or until puffed and brown. Garnish with paprika. Serve hot. Makes 24 hors d'oeuvres.

CREAMY CATFISH DIP

1 can (1 pound) catfish

1/2 pint (1 cup) small curd cottage cheese

1/2 pint (1 cup) dairy sour cream**

1/2 cup shredded raw carrot

1/4 cup well-drained chopped sweet pickle

2 tablespoons chopped pimiento

1 teaspoon horseradish

1/4 teaspoon salt

Chopped parsley

Assorted crisp vegetables or favorite crackers or chips

Drain catfish and flake. Combine cottage cheese, sour cream, carrot, pickle, pimiento, horseradish, and 1/4 teaspoon salt; mix well. Stir in flaked fish. Chill several hours before serving. Sprinkle with parsley. Serve with assorted crisp raw vegetables (carrot, cauliflower, or cucumber slices, celery chunks, cherry tomato halves, etc.) or crackers or chips as desired. Makes about 3 cups dip.

**Note: Yogurt may be substituted for sour cream, if desired.

COCKTAIL SAUCE

1 cup chili sauce

1/2 cup catsup

1 tablespoon horseradish

1/4 teaspoon salt

1 teaspoon Worcestershire sauce

2 tablespoons lemon juice

1/2 teaspoon liquid hot pepper sauce

1/4 cup finely chopped celery

2 tablespoons finely chopped green onions and tops

1 tablespoon finely chopped sweet pickle relish

Combine all ingredients; chill. Makes approximately 2 cups sauce.

MUSTARD SAUCE

2 cups mayonnaise

1 cup creole mustard

2 tablespoons grated onion

1 tablespoon lemon juice

1/4 teaspoon salt

Combine all ingredients. Chill. Makes approximately 3 cups sauce.

OYSTERS ROCKEFELLER

1 pint oysters, selects or counts, fresh or frozen

1/4 cup margarine or butter

1/4 cup chopped celery

1/4 cup chopped green onion

2 tablespoons chopped parsley

1 package (10 ounces) frozen chopped spinach

1 tablespoon anisette

1/4 teaspoon salt

24 Pastry Shells

1/4 cup dry bread crumbs

1 tablespoon melted margarine or butter

Thaw oysters if frozen. Cook oysters in their natural liquor until edges curl. Drain. In small saucepan melt 1/4 cup margarine. Add celery, green onion, and parsley. Cover and cook 5 minutes or until tender. Combine cooked vegetables with spinach in blender container. Add anisette and salt. Chop vegetables in blender until almost pureed, stopping once or twice to push vegetables into knife blades. (Vegetables may be run through a food mill). Make pastry shells approximately one and one-half inches in diameter. Bake at 450° F., for 5 to 8 minutes or until lightly browned. Place one oyster in each pastry shell. Top each oyster with spinach mixture. Combine bread crumbs and margarine. Sprinkle over spinach mixture. Bake in a hot oven, 450° F., for 5 to 8 minutes. Serve immediately. Makes 24 hors d'oeuvres.

SQUID RINGS WITH RED CRAB STUFFING

1 pound small squid, cleaned

Crab Stuffing

1/4 cup melted margarine or cooking oil

1 tablespoon water

1 tablespoon lemon juice

1/2 teaspoon salt

Dash pepper

Paprika

Wash squid well and dry. Cut mantles crosswise into 3/4-inch rings. Stuff each ring with approximately 2-1/2 teaspoons stuffing. Combine margarine, water, lemon juice, salt and pepper. Place stuffed squid rings in a well-greased baking pan with squid side up. Pour sauce over squid. Sprinkle with paprika. Bake in a moderate oven, 350° F., for 15 minutes. Makes approximately 26 hors d'oeuvres.

CLEANED SQUID

Thaw frozen squid. To clean, first grasp the head and mantle (body) firmly in your hands and pull off the head, tentacles (arms) and ink sac. Pull the transparent backbone or quill from the mantle. Squeeze any remaining entrails from inside the mantle. Under cold running water, peel off the speckled membrane that covers the mantle. Wash the mantle thoroughly, inside and out. Slice mantle crosswise into 3/4-inch rings.

FRIED SHARK BITES

2 pounds shark fillets, fresh or frozen

4 cups water

1 tablespoon salt

4 cups cold water

1/2 cup lemon juice

1 cup cornmeal or biscuit mix

Fat for deep frying

Thaw frozen shark. Combine water and salt. Pour over fish and let stand in refrigerator for at least 12 hours. Remove fish from brine and rinse with cool tap water. Cut fish into 1-inch cubes. Combine water and lemon juice. Pour mixture over fish cubes and let marinate for 1 hour. Drain. Roll fish cubes in cornmeal. Deep fry at 350° F., for 3 to 5 minutes or until fish is brown. Drain on absorbent paper. Serve with Cocktail Sauce.

GROUPER SALAD SANDWICH

2 cups flaked grouper

1/3 cup mayonnaise or salad dressing

1 hard-cooked egg, chopped

2 tablespoons chopped celery

2 tablespoons chopped green pepper

2 tablespoons chopped sweet pickle

1 teaspoon prepared horseradish

1/2 teaspoon salt

Dash pepper

12 slices buttered bread

Combine all ingredients except bread. Spread 6 slices of bread with approximately 1/3 cup fish salad. Top with second slice of bread. Cut in half diagonally. Makes 6 servings.

SMOKED FISH SPREAD

1-1/2 pounds smoked fish

2 teaspoons minced onion

2 teaspoons finely chopped celery

1 clove garlic, minced

2 tablespoons finely chopped sweet pickle

1-1/4 cups mayonnaise

1 tablespoon prepared mustard

Dash Worcestershire sauce

2 tablespoons chopped parsley

Remove skin and bones from fish. Flake the fish well. Mix all ingredients together and chill at least one hour. Makes approximately 3-1/2 cups.

TILEFISH CHEESE DREAMS

1/2 pound cooked, flaked fish

2 packages (3 ounces each) cream cheese, softened

1/2 cup toasted slivered almonds, chopped

1/2 cup finely chopped celery

1/2 cup drained crushed pineapple

1/4 cup chopped ripe olives

1 tablespoon lemon juice

6 slices buttered white bread

6 slices buttered whole wheat bread

Combine all ingredients except bread. Spread 6 slices of white bread with approximately 1/2 cup tilefish mixture; cover with 6 slices of whole wheat bread. Cut each sandwich diagonally into 4 triangles. Makes 24 small sandwiches.

SHRIMP CONGA

3/4 pound raw, peeled, deveined shrimp, fresh or frozen

3 ounces cream cheese

2 ounces Roquefort cheese

1/4 cup softened margarine

1/4 teaspoon salt

1/4 teaspoon pepper

1/2 teaspoon Worcestershire sauce

1 tablespoon lime juice

Dash liquid hot pepper sauce

1 tablespoon chopped parsley

Paprika

Thaw frozen shrimp. Butterfly shrimp by cutting almost through lengthwise and spread open. Place shrimp on a well-greased baking sheet with cut side up. Combine remaining ingredients except parsley and paprika. Blend well. Stir in parsley. Place approximately 1 teaspoonful cheese mixture on top of each shrimp. Sprinkle with paprika. Bake in a moderate oven, 325° F., for 7 to 10 minutes or until shrimp are done. Makes approximately 30 hors d'oeuvres.

CRABMEAT STUFFING

1 cup crabmeat, fresh or frozen

2 tablespoons margarine or cooking oil

3 tablespoons chopped onion

2 tablespoons chopped celery

2 tablespoons chopped green pepper

1 small clove garlic, minced

2/3 cup soft bread crumbs

1 small egg, beaten

1 teaspoon chopped parsley

1/2 teaspoon salt

Dash pepper

Thaw frozen crabmeat. Remove any remaining shell or cartilage from crabmeat. Cook onion, celery, green pepper and garlic in margarine until tender. Combine crabmeat, cooked vegetables, bread crumbs, eggs, parsley, salt and pepper. Mix well. Makes 1-1/3 cups stuffing.

MUSHROOMS STUFFED WITH CRABMEAT DRESSING

1/2 pound crabmeat, fresh, frozen, or pasteurized

24 fresh mushrooms, approximately 1-1/2 inches in diameter

1/4 cup condensed cream of mushroom soup

2 tablespoons fine, soft bread crumbs

2 tablespoons mayonnaise or salad dressing

1/4 teaspoon Worcestershire sauce

1/8 teaspoon liquid hot pepper sauce

Dash pepper

Grated Parmesan cheese

Thaw frozen crabmeat. Drain crabmeat. Remove any remaining pieces of shell or cartilage. Rinse mushrooms in cold water. Dry mushrooms and remove stems. Combine soup, crumbs, mayonnaise, seasonings, and crabmeat. Stuff each mushroom cap with a tablespoonful of crabmeat mixture. Sprinkle with cheese. Place mushrooms on well greased baking pan, 15 x 10 x 1-inch. Bake in hot oven, 400° F., for 10 - 15 minutes or until lightly browned. Makes 24 hors d'oeuvres.

HOT CLAM DIP

2 pounds clams, fresh or frozen

1/2 cup margarine

3/4 cup chopped onion

3 tablespoons flour

1/4 cup chopped green pepper

1/4 teaspoon salt

1/8 teaspoon pepper

1 cup clam liquor

1 cup grated American cheese

1 (8 ounce) jar pasteurized process cheese spread

2 tablespoons chopped pimiento

1/4 cup chili sauce

1 teaspoon Worcestershire sauce

1/2 teaspoon liquid hot pepper sauce

Corn chips

Thaw frozen clams. Cook in natural liquor for 4 to 5 minutes or until clams are done. Drain. Reserve liquor. Chop clams into small pieces. Saute onion and green pepper in margarine until tender. Blend in flour, salt and pepper. Add clam liquor gradually and cook over moderate heat until sauce is thick, stirring constantly. Add grated cheese and pasteurized process cheese spread and continue to heat until cheese melts. Add pimiento, chili sauce, Worcestershire, liquid hot pepper sauce, and clams. Heat. Serve hot with corn chips. Makes 4-1/2 cups dip.

SWEET 'N SOUR SAUCE

1 cup apple juice

1/4 cup vinegar

3 tablespoons sugar

2 tablespoons catsup

1 tablespoon grated onion

1 tablespoon melted fat

2 teaspoons soy sauce

1/8 teaspoon salt

2 tablespoons cornstarch

Combine 3/4 cup apple juice, vinegar, sugar, catsup, onion, fat, soy sauce and salt in a saucepan and bring to a boiling point. Dissolve cornstarch in remaining 1/4 cup apple juice. Add gradually to hot sauce and cook until thickened, stirring constantly. Makes approximately 1-1/2 cups sauce.

SCALLOP KABOBS WITH SWEET 'N SOUR SAUCE

1 pound scallops, fresh or frozen

1 can (1 lb. 4 ounces) pineapple chunks

2 green peppers, cut into 1-inch cubes

1/4 cup melted margarine

Thaw frozen scallops. Remove any shell particles and wash. Drain. Alternate scallops, pineapple chunks and green pepper cubes on small skewers or toothpicks. Place skewers on a well-greased broiler pan. Brush with margarine. Broil about 4 inches from source of heat for 5 to 7 minutes or until scallops are done. Pour Sweet 'N Sour Sauce over kabobs. Serve hot. Makes approximately 15 to 20 hors d'oeuvres.

SMOKED FISH

6 pounds dressed mullet or other fish (1 pound each)

1 cup salt

1 gallon water

1/4 cup cooking oil

Remove the head just below the collarbone. Cut along the backbone almost to the tail. The fish should lie flat in one piece. Wash fish. Add salt to water and stir until dissolved. Pour brine over fish and let stand for 30 minutes.

To smoke fish, use a charcoal fire in a portable barbecue grill with hood or a cover that closes to make a smoker. Soak 1 pound of hickory chips or sawdust in 2 quarts water. Let charcoal fire burn down to a low, even heat. Place 1/3 of the wet chips on the charcoal.

Rinse fish in cold water. Place fish, skin side down, on a well-greased barbecue grill over the smoking fire. Place cover over grill. Smoke for 1-1/2 hours, adding remaining wet chips every 15 minutes to keep the fire smoking.

Increase the temperature by adding more charcoal to the fire and opening the draft. Brush fish sparingly with oil. Cover and cook for 15 minutes. Brush fish again with oil and cook for 10 minutes longer or until fish is lightly browned. Makes 6 servings.