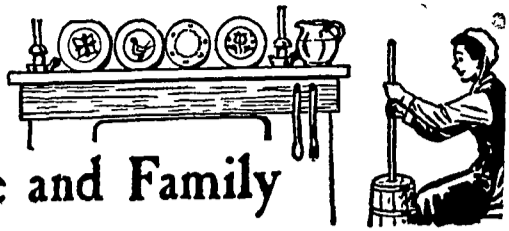


For the Farm Wife and Family



Fish 'N Seafood Parade

by Mrs. Richard C. Spence

For an inexpensive but nourishing main dish seafood is the perfect answer. Most seafoods lend themselves well to casserole combinations and therefore are timesavers as well. Take for instance, our first recipe.

DEVILED CRAB

1/4 cup butter
1 small onion, chopped
1 teaspoon chopped chives
1/2 teaspoon Worcestershire Sauce
Dash cayenne pepper
Salt and pepper
1 tablespoon lemon juice
1 1/2 cups thick white sauce
1 pound cooked crab meat or two 6 1/2-oz cans
2 egg yolks
1/3 cup mayonnaise
1 teaspoon prepared mustard
1/2 cup buttered bread crumbs
Melt butter; saute onion, green pepper until tender. Add chives, Worcester sauce, cayenne pepper, salt, pepper, lemon juice, white sauce. Flake crab meat; add to the mixture. Beat egg yolks slightly; add to crab mixture. Fill shells or casserole with crab mixture. Combine mayonnaise, prepared mustard;

spread over crab mixture. Sprinkle with buttered bread crumbs. Bake 5-8 minutes at 425 degrees or until crumbs are brown. Makes 6 servings.

When your fisherman comes home with a striped bass next time you might like to serve it this way.

STUFFED STRIPED BASS

Oyster Stuffing:

1 cup stewing oysters, chopped
3 cups stale bread cubes
2 teaspoons salt
1/2 teaspoon pepper
1/2 teaspoon sage
3 tablespoons butter
1 onion, minced
2 tablespoons minced parsley
1/2 cup minced celery
Place chopped oysters in fry pan; cover; saute 5 minutes; drain. Combine bread cubes, salt pepper, sage; add oysters. Melt butter in fry pan; add onion, parsley, celery. Saute until tender; add to bread mixture; blend.

To prepare fish for baking:

2 striped bass (about three pounds each), split, boned
Oyster Stuffing
1/4 cup butter, melted
Salt and pepper
Line shallow pan with aluminum foil. Place halves of fish, skin side down, in pan; spread with oyster stuffing; place other halves, skin side up, on stuffing. Fasten sides with skewers. Brush with melted butter; sprinkle with salt and pepper... Bake about 1 1/2 hours at 400 degrees; brush occasionally with melted butter.

CRAB AND SHRIMP CASSEROLE

1/4 cup butter or margarine
1/4 cup flour
2 cups milk
1 6-ounce can crab meat
1 cup cooked peas
1 5-ounce can shrimp
1/2 cup blanched almonds, chopped
1/2 cup stuffed olives, diced
1 cup cooked macaroni
1/2 teaspoon salt
1/4 teaspoon pepper
1 teaspoon dry mustard

Topping

1 egg white
1 cup salad dressing
Melt butter in sauce pan. Add flour, blend thoroughly. Add milk gradually; blend well, cook, stirring constantly, until sauce is thick, smooth. Remove from heat; add crab meat, peas, shrimp, almonds, olives, macaroni, salt, pepper, mustard. Pour mixture into greased 1 1/2 qt. casserole. Beat egg white until stiff; fold in salad dressing. Spread over top of casserole. Bake 30 minutes at 350 degrees.

SHRIMP ROLLS

2 tablespoons chopped

onion.
2 tablespoons chopped green pepper.
2 tablespoons butter or margarine
1 can (10 1/2 ozs.) condensed cream of mushroom, celery or chicken soup, undiluted
1 pound green shrimp, (1/2 pound cooked, cleaned)
2 tablespoons chili sauce
1 1/2 cups biscuit mix
2 tablespoons milk
Heat oven to 425 degrees. Saute onion and green pepper in butter until tender. Combine with 1/2 can soup and next two ingredients. Prepare biscuit dough according to package directions. Roll into rectangle 18"x10". Cut into 8 rectangles (4"x5"). Spread two tablespoons of shrimp filling over each rectangle. Roll each jelly-roll fashion; place sealed edge down on greased baking sheet. Bake 15 minutes or until done. Combine remaining soup with milk; heat; heat; serve over rolls. Garnish with minced parsley. Makes 4 servings (2 rolls per serving.)

CASSEROLE OF SEAFOOD

3 hard-cooked eggs, sliced
1 cup tuna fish
1/2 cup shrimp
1 cup crabmeat
1 cup mushrooms
1 cup natural American cheese, diced
1 teaspoon salt
4 tablespoons butter
4 tablespoons flour
Salt and pepper
2 cups milk
1 cup dry bread crumbs
1/4 cup butter, melted
Arrange eggs in bottom

BAKED FILLET OF FLOUNDER

2 pounds flounder
2 tablespoons melted butter
1 cup tomato puree
1 cup water
1 small onion, chopped
5 tablespoons sugar
1/4 teaspoon whole allspice
1/4 teaspoon celery seed
1/4 stick cinnamon

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