

Home on the Range

Fishing For Seafood Recipes?

Eating fish may not make you smarter but it's certainly smart eating.

Studies continue to affirm that eating fish can help reduce the risk of coronary heart disease and help keep you trim.

The polysaturated fats contained in fish tend to reduce the amount of serum cholesterol in the body. Seafood is an excellent source of protein, minerals, and some vitamins.

To keep fish low in total fat and saturated fat, you must use low-fat cooking methods such as baking, broiling, steaming, poaching, and grilling without adding much butter, cream, mayonnaise and other fat-laden foods. However, recipes with these additions taste wonderful, and can still be a healthful source of protein.

SEAFOOD CASSEROLE

2 tablespoons butter
2 tablespoons flour
1 cup light cream
½ teaspoon Worcestershire sauce
1½ teaspoons salt
Dash pepper
1 tablespoon grated onion
¼ teaspoon celery salt
1 cup lobster or crabmeat
1 cup cooked shrimp
½ cup canned sliced mushrooms
Dash cayenne, optional
Rice, cooked

Heat butter, blend in flour and cream, stir until thick. Add Worcestershire sauce, salt, pepper, onion, seafood, and cayenne, heat thoroughly.

Keep hot in double boiler. Pour over hot rice when ready to serve OR place cooked layer of rice in buttered casserole. Cover with seafood mixture, layer rice, then seafood mixture. Top with one-third cup sharp cheese and bread crumbs. Place in 350-degree oven until heated through and cheese is melted or crumbs are golden.

Note: Sauce can be prepared and refrigerated overnight or the complete casserole can be prepared and frozen until ready to use.

When serving 10 people, use 2½ -pounds medium shrimp and 1 pound crabmeat. Slice shrimp down the middle which makes it look prettier. If sauce seems skimpy, add more cream to your preference. Sauce should be slightly runny if served with rice.

Mrs. Harold Smith
White Hall, MD

CRAB IMPERIAL

½ cup reduced-calorie or regular mayonnaise
1 egg, beaten
2 tablespoons chopped pimento
1 tablespoon chopped green onion
1½ teaspoon Worcestershire sauce
1 teaspoon lemon juice
1 teaspoon dry mustard
Generous dash hot pepper sauce
1 pound crab meat or surimi, flake style
Freshly ground black pepper
Paprika
Combine mayonnaise, egg, pimento, green onion, Worcestershire sauce, lemon juice, mustard, and hot pepper sauce. Gently stir in crab meat or surimi. Spoon into 4 to 6 individual casserole dishes or scallop shells. Sprinkle with paprika. Microwave at high 7 to 9 minutes or until thoroughly heated, rearranging dishes once. Makes 4 to 6 servings.

Nat. Fisheries

PAN FRIED TROUT WITH ITALIAN FLAVORS

½ cup plain bread crumbs
1 teaspoon dried sage
½ teaspoon coarsely ground black pepper
½ teaspoon salt
1 teaspoon olive oil
4 rainbow trout fillets
1 lemon, quartered
Combine first four ingredients. Coat flesh side of trout in bread crumb mixture; set aside. Brush large non-stick skillet lightly with oil. Over high heat, saute trout flesh-side down for 2 minutes. Gently turn trout; saute 2 minutes more. Serve immediately with lemon. Makes 4 servings.

Clear Springs Foods

BROILED SWORDFISH

2 swordfish steaks, 1½ -inches thick, about 2 pounds
1 clove garlic, minced
1 teaspoon rosemary leaves
¼ cup olive oil
Freshly ground pepper to taste
1 lemon, quartered
Marinate steaks in mixture of garlic, rosemary, oil, and pepper for an hour. Preheat broiler. Broil steaks for about 6 minutes on each side, or until the flesh flakes when tested with fork. Be sure not to overcook and dry out steaks. Serves 2.

NJ Marine Cuisine

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Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date listed below.

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Featured Recipe

In any kind of protein food, such as fish or meat, an ammonia smell is a sign of spoilage.

The smell stems from the building blocks of protein, amino acids. When bacteria break down the protein for their food, the amine part of amino acids is released. Amine is a derivative of ammonia, which causes the odor.

Fish shouldn't carry a strong odor at all. Only a mild one should be expected.

Ohio State University nutritionists recommend these safety tips when buying, storing and cooking fish:

- When buying fresh whole fish, look at the eyes. Make sure they're clear and bright, not sunken. Gills should be bright red or pink. The skin should be shiny and elastic. The scales should be tight in place, not loose.

- Fresh fillets should look moist. If you buy frozen fish, make sure the packaging is intact.

- It's best to cook fresh fish the day you buy it. If that's not possible refrigerate it for two days maximum. Make sure it's wrapped in moisture and vapor-proof material.

- Use frozen fish within three months, after that, its quality deteriorates.

- To thaw frozen fish, place it, wrapped, inside another container in the refrigerator. One pound of fish should thaw overnight. For quicker thawing, place the wrapped package under cold running water or use the microwave. Don't use warm water or thaw fish (or meat, for that matter) at room temperature, because the outer layers will get too warm while the inside is still frozen. Such uneven thawing encourages spoilage.

- Cook fish until it is opaque, comes away from the bones easily and begins to flake easily.

Juices should be milky white, not watery.

Here is a recipe from New Jersey Dept. of Ag Fisheries Promotion Program.

BAKED FISH

1 pound filets or steaks, ¾ to 1-½ inches thick, such as cod, halibut, ocean catfish, or whiting, cut into serving size pieces
2 tablespoons cornmeal
2 tablespoons flour
1/4 teaspoon paprika
Salt and pepper
1 tablespoon oil
1 tablespoon grated Parmesan cheese

Pat fish dry with paper towels. Combine cornmeal, flour, paprika and dash each salt and pepper in flat dish. Place oil in baking dish and turn to coat with oil. Arrange in baking dish and turn to coat with oil. Arrange fish pieces 1-inch apart. Sprinkle with Parmesan cheese. Bake at 425°F allowing 10 minutes per inch thickness measured at its thickest part or until fish flakes when tested with a fork. Serve with your choice of sauce. Makes about 4 servings