

## Fish and Seafood Recipes

### **Coquilles St. Jacques Menagere (Sea Scallops Home-Style)**

Fernande Garvin, *The Art of French Cooking* (New York, Bantam Books, 23<sup>rd</sup> printing – 1970s), p. 67

Contributed by Diane Wolford Sheppard

1 ½ pounds sea scallops  
1 ½ cups dry white wine  
½ teaspoon salt  
¼ teaspoon pepper  
2 tablespoons finely chopped onions  
2 tablespoons butter  
¼ cup mushrooms, finely chopped  
1 tablespoon chopped parsley  
1 tablespoon tomato paste  
3 tablespoons fresh breadcrumbs

In large, heavy saucepan, combine scallops, wine, salt, and pepper. Bring to a boil and simmer gently for 5 minutes. Drain. Set cooking liquid apart for further use. In same saucepan, melt butter. Add onions and cook over low flame for 10 minutes. Add mushrooms, parsley, tomato paste, and 1 ½ tablespoons of bread crumbs. Bring to boil. Simmer gently for 5 minutes, or until sauce is thick and well blended. Cut scallops into small pieces and return to pan. Fill buttered shells or individual casseroles with scallop mixture. Sprinkle with remaining crumbs. Dot with butter. Broil under broiler flame until top is golden. Serve hot.

Serves 4 to 6

### **Coquilles St. Jacques Parisienne (Sea Scallops à la Paris)**

Fernande Garvin, *The Art of French Cooking* (New York, Bantam Books, 23<sup>rd</sup> printing – 1970s), p. 66

Contributed by Diane Wolford Sheppard

1 ½ pounds sea scallops  
1 ½ cups dry white wine  
½ teaspoon salt  
¼ teaspoon white pepper  
3 tablespoons butter  
2 tablespoons flour  
1 cup milk  
¼ teaspoon coarsely chopped mushrooms  
2 tablespoons grated Swiss cheese  
2 tablespoons bread crumbs

In large, heavy saucepan, combine scallops, wine, salt, and pepper. Bring slowly to a boil and simmer gently for 5 minutes. Drain. Set cooking liquid aside. Cut scallops into small pieces. Meanwhile, in heavy saucepan, heat 2 tablespoons butter. Add flour. Stir in cooking liquid and milk. Cook for 3 minutes, stirring constantly. Add scallops and mushrooms. Cook for 5 minutes, stirring occasionally. Off fire, add Swiss cheese. Mix well. Correct seasoning. Fill buttered shells or individual casseroles with scallop mixture. Sprinkle with bread crumbs. Dot with remaining butter. Broil under broiler flame until top is browned. Serve hot.

Serves 4 to 6

### **Coquilles Saint Jacques**

Helen Gougeon and Carlo Italiano, Illustrator, *Original Canadian Cookbook* (Don Mills, Ontario: Collins Publishers, 1975), p. 34

Contributed by Diane Wolford Sheppard

8 large scallops (fresh or frozen)  
4 tablespoons butter or margarine  
1 tablespoon green onions, chopped  
¼ pound sliced fresh mushrooms or a 3-to-4 ounce can  
3 tablespoons flour  
1 cup white wine or chicken stock or fish stock  
1 teaspoon parsley, chopped  
¼ teaspoon thyme  
¼ teaspoon basil  
Salt and pepper  
½ cup cream  
¼ cup fine, dry bread crumbs

1. Drain scallops on paper toweling and cut into ½ inch cubes
2. Heat 2 tablespoons of butter or margarine in heavy skillet over medium heat. Add scallops, onion, and mushrooms and cook until vegetables are soft.
3. Combine flour and wine with parsley, thyme, basil, salt, and pepper and add to scallops, blending well.
4. Reduce heat and cook slowly, about 10 minutes, stirring occasionally.
5. Stir in cream and cook 1 minute longer.
6. Pour mixture into 4 buttered, individual shells or baking dishes.
7. Melt remaining 2 tablespoons butter or margarine and combine with bread crumbs; sprinkle on top of mixture.
8. Make in moderate oven (350°) for about 20 minutes or until bubbly.

### **Crabmeat Bouillabaisse**

Craig Claiborne, *The New York Times Cook Book* (New York: Harper and Row, 1961), p. 278

Contributed by Diane Wolford Sheppard

¼ cup salad oil  
3 onions chopped  
2 green peppers, cut into thin strips  
2 potatoes, pared and sliced  
2 teaspoons salt  
1 clove garlic, minced  
1 bay leaf  
¼ cup tomato paste  
1 quart boiling water  
1 pound white fish fillets, cut into 1-inch chunks  
½ pound raw shrimp, shelled and deveined  
½ pound fresh crabmeat or 1 can (6 ½ ounces) crabmeat, picked over well  
Chopped parsley

1. In a large kettle heat the oil, add the onions and cook until transparent.

2. Add the green peppers and potatoes and cook several minutes. Add the salt, garlic, bay leaf, tomato paste, and boiling water. Cover and simmer twenty minutes.
3. Add the fish fillets and cook ten minutes. Add the shrimp and crabmeat and simmer fifteen minutes longer.
4. Serve in deep soup bowls and garnish each serving with chopped parsley.

6 servings

### **Lillian Mosher's Fish Chowder**

Helen Gougeon and Carlo Italiano, Illustrator, *Original Canadian Cookbook* (Don Mills, Ontario: Collins Publishers, 1975), p. 83

Contributed by Diane Wolford Sheppard

1/8 pound fat salt pork  
2 large onions, finely chopped  
3 medium sized potatoes, cut into small pieces  
1 ½ cups whole milk  
1 ½ pounds haddock fillets or halibut  
½ cup boiling water  
1 large can evaporated milk, undiluted

1. Sauté pork and remove scraps, allowing fat to remain in pot. Remove scraps.
2. Add onions, potatoes, haddock fillets, and boiling water. Simmer for 20 minutes.
3. Add evaporated milk, whole milk, and the pork scraps previously removed. Season to taste. Do not boil after adding milk.

Serves 4 to 6

### **Old Québec Salmon Pudding**

Helen Gougeon and Carlo Italiano, Illustrator, *Original Canadian Cookbook* (Don Mills, Ontario: Collins Publishers, 1975), p. 15

Contributed by Diane Wolford Sheppard

1 tablespoon butter  
1 ½ tablespoon flour  
½ cup milk  
1 pound tin salmon  
1 stalk celery, chopped  
1 small onion, chopped  
Few sprigs parsley  
1/8 teaspoon pepper  
1 tablespoon dry mustard  
1 teaspoon salt  
3 tablespoon evaporated milk  
2 eggs separated  
1 package green peas, fresh or canned

1. Heat oven to 350° and grease a medium size casserole.

2. Melt butter in saucepan, stir in flour until smooth, then add milk gradually and cook over low heat, stirring constantly until sauce is smooth and slightly thick.
3. Drain salmon and separate it into small pieces with a fork.
4. Add salmon to white sauce with celery, onion, and parsley.
5. Add pepper, mustard, salt, evaporated milk and slightly beaten egg yolks.
6. Beat egg whites until they hold a peak, then mix very gently into salmon mixture.
7. Transfer to casserole and bake for 35 minutes.

Serves 4; serve with hot peas.

### **Seafood Chowder**

Helen Gougeon and Carlo Italiano, Illustrator, *Original Canadian Cookbook* (Don Mills, Ontario: Collins Publishers, 1975), p. 82

Contributed by Diane Wolford Sheppard

1 pound fresh shrimps\*

Salt and pepper

1 onion, sliced

1 carrot, sliced

1 stalk celery

2 tablespoons butter

2 small white onions, minced

1 cup celery, finely chopped

3 cups milk

1 cup cream

1 teaspoon sherry or a few drops of Worcestershire sauce for each serving

1 teaspoon butter for each serving

Minced parsley

1. Wash shrimps, put them into a saucepan, and cover with boiling water.
2. Add salt, pepper, onion, carrot, and stalk of celery, and simmer until the shrimps turn pink and are tender (about 10 minutes).
3. Drain, and when shrimps are cool enough to handle, peel off the shells and clean them by removing the black line down the back.
4. Chop the shrimps very finely (two large cans of shrimps may be used if you prefer. They are less trouble but do not have the same fresh flavor).
5. Melt butter in the top of a double boiler over direct heat.
6. Add onions, prepared shrimps, and finely chopped celery. Cook slowly until the onions are softened and the shrimps well coated with butter (about 10 minutes).
7. Place the pan over boiling water and add milk. Season with salt and plenty of black pepper. When soup is thoroughly heated again, add the cream and keep the chowder on the stove until it is piping hot.
8. Do not boil after milk and cream have been added.
9. Serve with a teaspoon of sherry or a few drops of Worcestershire sauce in each plate, plus a teaspoon of butter and light sprinkling of parsley.

Serves 5

Note: any shellfish such as lobster, chopped clams, finely flaked crab meat or a cup of flaked leftover fish may be used in place of shrimp.

**Shrimps en Brochette**

Fernande Garvin, *The Art of French Cooking* (New York, Bantam Books, 23<sup>rd</sup> printing – 1970s), p. 71

Contributed by Diane Wolford Sheppard

1 to 1 ½ pounds jumbo shrimps, shelled and de-veined  
6 strips bacon, cut into squares  
¼ cup sour cream  
2 tablespoons lemon juice  
½ teaspoon salt  
¼ teaspoon pepper

Fill 6 metal skewers with alternating shrimp and bacon. Brush with melted butter. Broil for 4 to 6 minutes 2 to 3 inches from heat, turning the skewers once and basting occasionally with melted butter. Remove to heated serving dish and keep warm.

In small saucepan, heat sour cream over low flame. Add lemon juice and juice from broiled shrimps. Cook over low flame for 5 minutes. Season with salt and pepper. Pour over shrimps. Serve hot.

Serves 6