

Across the Fence
Fish and Seafood Recipes – March 2008

Lyn Jarvis' Recipes

Jambalaya

1 Tbsp. vegetable shortening	1 onion, sliced
1 Tbsp. all-purpose flour	1 clove garlic, minced
¼ lb. ham, cubed	Salt and pepper to taste
¼ cup chopped green pepper	2 cups tomato juice
1 bay leaf	1 cup rice, uncooked
1 sprig thyme	1 lb. shrimp, peeled
1 sprig parsley	

Melt shortening in large heavy saucepan over medium heat. Stir in flour, and mix well. Add ham and green pepper. Simmer 5 minutes, stirring constantly. Add bay leaf, thyme, parsley, onion, garlic, salt, pepper, and tomato juice. Bring to a boil. Mix rice into liquid, cover and simmer over low heat for 40 minutes or until rice is tender, stirring occasionally. Add shrimp and simmer another 5 minutes. Yield: 6 servings.

Mediterranean Baked Fish

1 pound fish fillets (sole or flounder)	1 cup dry white wine
1 tsp. olive oil	½ cup reserved tomato juice from can
1 large onion, sliced	¼ cup lemon juice
1 can (16 oz.) low sodium diced tomatoes, drained, with ½ cup of liquid set aside	¼ cup orange juice
1 bay leaf	1 Tbsp. orange zest
1 clove garlic, minced	1½ tsp. Italian seasoning

Preheat oven to 375°F. Heat oil in a large non-stick skillet. Add onion and sauté over medium heat for 5 minutes, or until soft. Add remaining ingredients except fish. Stir well and simmer 30 minutes, uncovered. Arrange fish in 10x6-inch baking dish; cover with sauce. Bake uncovered for about 15 minutes, or until fish flakes easily. High in omegas and other healthy fats. Great for people with heart disease, high cholesterol, or dyslipidemia. Yield: 4 servings.

Casserole of Salmon (circa 1938)

2 Tbsp. quick cooking tapioca	1 Tbsp. minced onion
¼ tsp. salt	1 cup milk
Dash of pepper, dash of paprika	1 Tbsp. melted butter
1 cup (14.75 oz.) flaked canned salmon	6 or 8 unbaked baking powder biscuits
1 cup celery diced	

Combine ingredients in order given. Turn into greased casserole, bake in 425° F oven for 25 minutes stirring mixture twice during first ten minutes. Place biscuits on top after it has baked 10 minutes. Return to oven and bake 15 minutes longer or until biscuits are browned and done. Yield: 4 servings.

Tuna Pop

2 cans (6 oz.) tuna, drained
1 can (15 oz.) bean sprouts, drained
1 can (10.5 oz.) cream of mushroom
soup, undiluted
1 can (10.5 oz.) cream of celery
soup, undiluted

1 can (3 oz.) chow mein noodles
3 Tbsp. grated carrots
1 cup popped popcorn, seasoned and buttered
½ cup popped popcorn, reserved for topping
Parsley

Combine all ingredients and put into a buttered 9x4-inch loaf pan. Bake 20 min at 350°F. Yield: 8 servings.

Cheesy Fish Chowder

2 Tbsp. butter
¼ cup flour
½ tsp. onion powder
Salt and pepper to taste

2 cups milk
1½ cups shredded Cheddar and Swiss cheese
2 chicken bouillon cubes in 1½ cups water
1 lb. fish fillets, cubed

Melt butter in saucepan and stir in flour, onion powder, salt, and pepper. Blend well and slowly add milk and stir until mixture thickens. Add cheese. In a small saucepan bring the water to a boil and dissolve chicken bouillon cubes. Add fish and cook for 10 minutes. Add fish and stock to cheese mixture. Heat slowly and serve. Yield: 4 servings.

Angel Hair Pasta and Crab with Alfredo Sauce

½ pkg. (16 oz.) Angel Hair pasta
1 jar (16 oz.) sauce Alfredo

8 oz. fresh lump crabmeat or imitation
¼ cup Parmesan cheese, shredded

Prepare pasta according to directions. Heat sauce and crabmeat in medium saucepan until hot; add pasta, heat. Top with cheese.

Breaded Sea Scallops

1 egg
⅓ cup mashed potato flakes
⅓ cup seasoned bread crumbs
¼ tsp. salt

⅛ tsp. pepper
¾ lb. sea scallops
2 Tbsp. butter
1 Tbsp. vegetable oil

In a shallow bowl, beat the egg. In another bowl, combine potato flakes, bread crumbs, salt, and pepper. Dip scallops in egg, then roll in potato mixture. In a large skillet, heat butter and oil over medium heat. Add scallops; cook for 4 to 5 minutes or until scallops are opaque and coating is golden brown, turning once. Yield: 2 servings.

Carolyn Peake's Recipes
Special Seafood Chowder

½ cup chopped onions	Dash of pepper
2 Tbsp. butter	2 cups water
1 lb. fresh or frozen cod or haddock	1 pt. half and half (or, to reduce fat, use 1 cup half and half and one cup skim milk)
4 cups diced potatoes	
1 can (15 oz.) creamed corn	

Sauté onions in butter until transparent but not brown. Cut fish into ¾-inch cubes. Combine fish, onions, potato, corn, pepper, and water in slow cooker. Cover and cook on low six hours or until potatoes are tender. Add half-and-half during the last hour.

Tuna Barbecue

1 can (12 oz.) tuna, drained	3 Tbsp. vinegar
2 cups tomato juice	2 Tbsp. sugar
1 medium green pepper, finely chopped	1 Tbsp. prepared mustard
2 Tbsp. onion flakes	1 rib celery, chopped
2 Tbsp. Worcestershire sauce	½ tsp. cinnamon

Combine all ingredients in slow cooker. Cover and cook on low for 8 to 10 hours or on high for 4 to 5 hours. If it becomes too dry during cooking, add ½ cup tomato juice. Serve on buns.

Maple Glazed Salmon

¼ cup ruby red unsweetened grapefruit juice	1 tsp. olive oil
2 Tbsp. balsamic vinegar	4 salmon fillets (4 oz. each)
2 Tbsp. maple syrup	¼ tsp. pepper
2 garlic cloves, minced	

In small saucepan, bring the grapefruit juice, vinegar, syrup, and garlic to a boil. Reduce heat and simmer, uncovered, for 5 minutes. Transfer 2 Tbsp. to a small bowl and add oil. Set remaining glaze aside. Broil 4 to 6 inches from the heat for 10 to 12 minutes or until fish flakes easily with a fork, basting occasionally with maple-oil mixture. Serve warm, drizzled with reserved glaze.

Mom's Tuna Casserole

1 lb. macaroni	1 cup milk
2 cans (6 oz. each) tuna fish, drained	2 cups shredded sharp cheddar cheese
2 cans (10.5 oz.) cream of chicken (or cream of mushroom soup)	

Cook macaroni according to package directions. Drain. In large bowl combine macaroni, tuna, soup and milk. Stir until well mixed. Put into large casserole or divide into 2 smaller dishes. Sprinkle cheese over top. If you have made 2 dishes, you can wrap one tightly and freeze it for later use.

Dilled Fish and Vegetable Packet

4 tilapia fillets (4 oz. each)	1 green onion, thinly sliced
Refrigerated butter-flavored spray	2 Tbsp. minced fresh dill
¼ tsp. pepper, divided	2 garlic cloves, minced
2 cups fresh snow peas	½ cup white wine or reduced-sodium chicken broth
2 cups fresh baby carrots, halved lengthwise	

Place an 18x12-inch piece of heavy duty foil on a large baking sheet. Arrange fish in a single layer on foil and spritz with butter-flavored spray. Sprinkle with ⅛ tsp. pepper. Combine peas, carrots, onion, dill, garlic, and remaining pepper and spoon over fish. Drizzle with wine or broth. Top with a second piece of foil. Bring edges of foil together and crimp to seal, forming a large packet. Bake at 400°F for 20 to 25 minutes or until fish flakes easily with a fork and vegetables are crisp-tender. Open foil carefully to allow steam to escape.

Heather Fischer's Recipes

Fish Tacos

½ cup plain yogurt	½ tsp. dried dill weed
½ cup mayonnaise	1 tsp. ground cayenne pepper
1 lime, juiced	1 lb. cod fillets
1 jalapeno pepper, minced	2 Tbsp. melted butter
1 tsp. minced capers	Salt and pepper to taste
½ tsp. dried oregano	1 pkg. (12 oz.) corn tortillas
½ tsp. ground cumin	½ medium head cabbage, finely shredded

To cook fish: Preheat oven to 450°F. Place fish in a 9x13-inch baking dish. Cover fish with melted butter, salt and pepper. Bake fish 12 to 14 minutes until it is white and can be gently flaked with a fork. **To make white sauce:** In a medium bowl, mix together yogurt and mayonnaise. Gradually stir in fresh lime juice until consistency is slightly runny. Season with jalapeno, capers, oregano, cumin, dill, and cayenne pepper. When fish is done cooking, lightly flake and place into a bowl. **To assemble tacos:** Microwave tortillas (wrapped in towel) 30 to 60 seconds. Place fish in a tortilla, top with shredded cabbage and white sauce.

Salmon Spread

1 celery stalk, sliced thin	1 lemon, halved
1 onion, sliced thin	6 oz. king salmon filet
1 leek, sliced thin	2 oz. sour cream
1 tsp. whole peppercorns	2 Tbsp. minced chives
1 bay leaf	3 Tbsp. extra virgin olive oil
1 cup white wine	Salt and freshly ground black pepper

Bring a large pot of water to a simmer. Add the celery, onion, leek, peppercorns, bay leaf, wine, and lemon and simmer for 25 minutes. Then add the salmon. Cover the pot, remove it from the heat, and let it stand for 10 minutes. Remove the salmon and chill it in the refrigerator. Discard the vegetables and water. In a food processor or by hand, whip the salmon with the sour cream, chives, olive oil, and add salt and pepper to taste. Keep the spread chilled until you're ready to serve.

Pan-Fried Salmon Cakes

1¼ lb. salmon fillets
1 slice white sandwich bread, crusts removed
and white part chopped very fine
2 Tbsp. mayonnaise
¼ cup finely grated onion
2 Tbsp. chopped fresh parsley leaves
¾ tsp. salt

1½ Tbsp. juice from 1 lemon
½ cup unbleached all-purpose flour
2 large eggs, lightly beaten
1½ tsp. vegetable oil (plus ½ cup)
1½ tsp. water
¾ cup plain dry bread crumbs
Lemon wedges

Remove and discard any pin bones in the salmon. Using a sharp knife, cut the flesh off the skin and discard the skin. Chop the salmon flesh into ¼ to ⅓-inch pieces and mix in a medium bowl with the chopped bread, mayonnaise, onion, parsley, salt, and lemon juice. Scoop a generous ¼ cup portion of the salmon mixture from the bowl and use your hands to form it into a patty measuring roughly 2 ½-inches in diameter and ¾-inch thick. Repeat with the remaining salmon mixture until you have 8 patties. Place on parchment lined baking sheet and place in freezer for 15 minutes. Meanwhile, spread the flour in a pie plate. Beat the eggs with the 1½ teaspoons vegetable oil and water in a second pie plate, and spread the bread crumbs in a third. Dip the chilled patties, one at a time, in the flour to cover; shake off any excess. Transfer to the beaten egg and, using a slotted spatula, turn to coat; let the excess drip off. Transfer to the bread crumbs; shake pan to coat the patties completely. Return the breaded patties to the baking sheet. Heat the remaining ½ cup vegetable oil in a large skillet over medium-high heat until shimmering but not smoking. Add the salmon patties and cook until medium golden brown, about 2 minutes. Flip and cook an additional 2 minutes, or until golden brown. Transfer to a plate lined with paper towels and let drain about 30 seconds. Serve with lemon wedges.

Viewer's Recipes

Fish Steaks with Orange Ginger Sauce - Laura Beebe, Colchester

2 Tbsp. butter, divided
2 fish steaks, ¾-inch thick
2 tsp. instant chicken bouillon crystals,
divided
2 green onions, diced

½ cup orange juice
1 tsp. Worcestershire sauce
¼ tsp. ground ginger
⅛ tsp. pepper

Sauté fish in butter and 1 tsp. bouillon crystals, until fish easily flakes. Remove from heat and keep warm. For the sauce: cook onions in remaining butter and bouillon. Combine orange juice, Worcestershire sauce, ginger, and pepper. Add ½ cup water and onion mixture and boil for one minute. Pour over fish and serve.

Terry's Shrimp Dip - Ethelyn Martin, Calais, Vermont.

2 cups light sour cream
2 cups light cottage cheese

1 envelope dry Ranch dressing
1 can (6 oz.) small shrimp

Mix and chill. Serve with chips or crackers.

Fish Fillets Baked with Sour Cream – Donna Barcomb, Colchester, Vt.

¾ lb. fish fillets, thawed	¼ tsp. salt
6 Tbsp. sour cream	1 Tbsp. Italian style bread crumbs
1 Tbsp. grated Parmesan cheese	1 Tbsp. butter
½ tsp. paprika	Dried parsley and lemon wedges (optional)
⅛ tsp. dried tarragon leaves	

Heat oven to 350° F. Arrange fillets on ovenproof platter. Mix sour cream, Parmesan cheese, paprika, tarragon, and salt in a small bowl. Spread over fish. Sprinkle with bread crumbs and dot with butter. Bake uncovered for 15 to 20 minutes or until fish flakes easily. Sprinkle fish with parsley. Serve with lemon wedges. Yield: 2 servings.

Deviled Crab Casserole – Mary Knight, Plattsburgh, N.Y.

1 lb. crabmeat or imitation	Salt and pepper to taste
6 hard cooked eggs, chopped	Grated Parmesan cheese
1 tsp. dry mustard	3 Tbsp. flour
3 tsp. Dijon mustard	3 Tbsp. butter, melted
1 tsp. Worcestershire sauce	2 cups milk
Dash Tabasco sauce	

Over low heat mix together flour and butter. Add milk. Cook and stir until it thickens. Mix together all other ingredients except cheese. Place in baking dish and sprinkle with Parmesan cheese and bake at 450°F for 15 to 20 minutes. Yield: 4 servings.

Fish Pudding - Karin Rae, Stowe, Vt.

½ lb. white fish (haddock, cod, etc.)	2 egg yolks	2 egg whites
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Boil fish until tender (15 minutes or so). Season with a little salt. While that is cooking, make a white sauce:

1 Tbsp. butter	1 Tbsp. flour, rounded	1 cup milk
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When fish is done, cool and flake it. Whip 2 egg yolks until light and fluffy, and egg whites until stiff peaks form. Add fish to white sauce. Add beaten egg yolks, and fold over and over until thoroughly blended. Gently fold in egg whites. Add chopped fresh parsley - to taste or color. Bake in a 1 qt. casserole dish (only bottom greased) at 325°F for 45 minutes or until set.

Shrimp Casserole – Mary Nisoff, Peru, N.Y.

½ cup butter	1 can (10 oz.) cream of shrimp soup
½ cup celery, finely chopped	1 cup herb stuffing
½ cup onion, chopped	1 cup cooked rice
½ cup bell pepper, chopped	Salt and pepper to taste
1 lb. raw shrimp, peeled	

Sauté celery, onion, bell pepper, and shrimp in butter. Add cream of shrimp soup and rice. Mix and pour in buttered or greased 1 qt. dish (casserole). Sprinkle with herb stuffing and bake at 350°F for 40 minutes. Yield: 6 servings.

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