

## **SHELLFISH RECIPES - 2022**

### **OYSTER STEW**

2 green onions, chopped  
2 Tablespoons unsalted butter  
12 ounces fresh raw oysters, undrained  
1 quart half-and-half or whole milk  
¼ teaspoon salt  
¼ teaspoon white pepper  
1/8 teaspoon cayenne pepper  
Oyster crackers to serve with stew

Sauté the green onions in the butter until tender. Add the raw oysters with juice, milk or half-and-half, salt, white pepper and cayenne pepper. Cook this over low heat until the edges of the oysters begin to curl and the mixture is hot but not boiling. Spoon the stew into four or five serving bowls and serve with Oyster Crackers or Saltines. Serves 4-5

### **LINGUINE WITH CLAMS**

12 ounces linguine (thin noodles)  
2 Tablespoons unsalted butter  
2 leeks, washed, drained, sliced white and light green parts  
2/3 cup dry white wine  
4 tomatoes, skinned, seeded and chopped, or a 14 oz. can diced tomatoes  
Pinch ground turmeric (optional)  
1 Can (9 oz.) clams, drained  
2 Tablespoons chopped fresh basil  
¼ cup crème fraîche  
Salt and freshly ground black pepper to taste

Cook the pasta following the instructions on the package.

Meanwhile, melt the butter in small saucepan and fry the leeks for about 5 minutes until softened but not colored. Add the wine, tomatoes and turmeric, if using, bring to a boil and boil until reduced by half.

Now stir in the clams, basil, crème fraiche and seasoning to taste and heat through gently without allowing the sauce to boil. Drain the pasta thoroughly and toss it with the sauce to coat. Serve immediately. Serves four

## **FRESH SHRIMP SALAD**

Serves 4 as a first course or sandwich filling, 2 as a light lunch

1 pound large (21-25) count shrimp, peeled and deveined  
2 Tablespoons mayonnaise  
2 Tablespoons sour cream  
1 Tablespoon finely minced fresh tarragon  
1 teaspoon fresh lemon juice  
1 teaspoon tarragon vinegar  
¼ cup finely diced celery  
¼ cup finely minced scallions  
1 teaspoon coarse or kosher salt  
½ teaspoons freshly ground white pepper

In a medium stockpot over high heat, bring 4 quarts abundantly salted water to a rolling boil. Add the shrimp and cook until just pink, about 5 minutes. Immediately transfer to a colander and run under cool water to stop the shrimp from cooking any further (only takes several seconds; shrimp should still be slightly warm when dressed). Shake the colander to drain any excess water.

In a small bowl, mix together mayonnaise, sour cream, and tarragon. Set aside.

In a medium mixing bowl, toss the warm shrimp with the lemon juice and vinegar. Stir in the celery and scallions. Add the mayonnaise mixture, salt, and pepper and toss to coat. Cover and refrigerate until ready to serve. Taste to correct seasoning. You can serve the shrimp on greens, in a split-top roll, or on a soft roll. Add a nice dill pickle slice and a cold beer and relax and enjoy.

## **SEARED SCALLOPS with TROPICAL SALSA**

½ Cup diced pineapple  
½ Cup diced mango  
½ Cup diced cucumber  
½ Cup diced Red Bell Pepper  
3 Tablespoons chopped fresh Cilantro  
4 teaspoons fresh lime juice  
1 Jalapeno chili, seeded and minced  
Salt and freshly ground black pepper, to taste  
16 Sea Scallops, about 1 pound total weight, connector muscle removed.

In a bowl, combine the pineapple, mango, cucumber, bell pepper, cilantro, lime juice, and chili. Toss well to form a salsa. Season this mixture to taste with salt and pepper. Set aside.

Heat a large nonstick frying pan over medium-high heat. Coat the pan with nonstick cooking spray. Season the scallops with salt and pepper. Be sure the scallops are dry. Add half of the scallops to the pan and sear, turning once, until golden brown on both sides and opaque throughout, about 2 minutes on each side. Transfer the scallops to a warmed plate. Keep warm (This can be done in a 200-degree oven with the scallops on a pie plate or in a Pyrex dish) while cooking the remaining scallops, in the same manner.

Divide the scallops evenly among the warmed individual plates. Spoon the salsa over the tops, dividing it evenly. Serve immediately. Serves 4

## **ASIAN BARBECUE SHRIMP**

1 pkg. metal skewers or Callisons Thai Coconut Lime Seasoned Skewers  
16 – 20 Gulf Shrimp, peeled and deveined, if needed  
2 Tablespoons seasoning oil (oil with herbs and seasonings). See note below  
½ cup good Asian style BBQ sauce

If using Thai Coconut Lime Seasoned skewers, soak them in water for 30 minutes to prevent burning. Using two skewers, thread shrimp onto skewers so they don't

turn freely. Arrange all the shrimp in the same direction. Brush shrimp, both sides, with seasoned oil, set aside to rest for a few minutes.

Scrape grill grates clean, set grill to medium heat. Place shrimp skewers on grill and cook for 1 – 3 minutes or until the shrimp has changed color one-quarter of the way up from the bottom. Turn shrimp over; baste with the BBQ sauce and cook for another 1-3 minutes. Turn shrimp one more time and baste with sauce, then cook until an instant read thermometer inserted into the fattest part of the shrimp registers 135 degrees. Remove and serve with a Red Pepper/Chili tartar sauce.

NOTE: Seasoned oil is usually olive oil that has been flavored with herbs such as basil or thyme and had seasoning such as red pepper and/or old bay added to it to give it “ZIP.” You can purchase seasoned oils at most supermarkets. Wegmans sells a seasoned or what they call Basting Oil in their stores.

For a Red Pepper/Chili Tartar sauce add together 2 peeled shallots, 1 peeled clove of garlic and one seeded Jalapeno chili in food processor; chop finely. Add several red peppers from a jar of roasted red peppers, 2 tsp red wine vinegar, 1 tsp sweet paprika, 1 cup mayonnaise, ¼ cup chopped cornichons, and 2 TBSP drained capers. Mix well. Add ¾ tsp hot pepper sauce, or to taste, mix again. Remove from mixer and store in glass bowl in refrigerator, covered. Allow to chill several hours prior to use.

## **CRAB MEAT ROLLS WITH YELLOW PEPPER SAUCE**

1 pound lump crabmeat  
1 large carrot julienne  
1 red pepper cut into fine dice  
1 yellow pepper cut into fine dice  
2 Tablespoons chopped chives  
1 Tablespoon black sesame seeds  
3 Tablespoons rice wine vinegar  
2 Tablespoons Sake  
Rice paper wrappers (8-inch diameter)  
Salt and Pepper to taste

### Yellow Pepper Sauce

1-2 roasted, skinned and seeded yellow peppers or a jar of yellow roasted peppers  
Olive oil

Roast Yellow peppers, place in bag and steam, peel and seed. Place in blender with about 1-2 teaspoons of good olive oil. Pure till fine; pass through a sieve and place into a plastic squeeze bottle. Refrigerate till ready to use.

Clean the crabmeat, removing any shell or cartilage. Combine with the carrots, peppers, chives, sesame seeds, and rice wine vinegar and Sake; season with salt and pepper.

Moisten the rice paper wrappers and fill with about 3 ounces (1/4 to 1/3 cup) of the crab mixture. Roll the wrapper to completely encase the filling; it should be about 1 inch in diameter. Keep covered with a slightly dampened cloth under refrigeration until ready to serve. Note: You may want to use two wrappers per roll as this gives you a stronger outer shell. Try with both one wrapper and then with two.

Plating: Slice the rolls on the bias, and plate; squeeze some yellow pepper sauce over and around the plate. Also, you can add some wasabi sauce, if desired, or some fried sliced ginger for garnish.

### **DILL – STUFFED SHRIMP WITH BAKED LEMON**

2 Lemons  
4 heaping Tablespoons sugar  
24 large shrimp  
4 Tablespoons freshly snipped dill or fennel fronds  
1 Tablespoon minced garlic  
3 Tablespoons extra virgin olive oil  
Salt and cayenne

Preheat the oven to 450-degrees. Preheat a grill pan.

Cut the pointed tips from the lemons, just enough so they'll sit flat. Cut the lemons in half, then place them, flesh sides up, in a baking pan; sprinkle with sugar. Bake for about 10 minutes, until the sugar melts and the pulp is soft.

Meanwhile, peel the shrimp; slice each one almost in half through their fronts to make a hinged shrimp that looks like this: ). Mince the dill and sprinkle it over the insides of the shrimp. Close the shrimp. Mix the garlic and oil. Brush on the shrimp, then sprinkle with salt and a pinch of cayenne.

Grill or broil the shrimp until done, 2 to 3 minutes per side. Serve with the baked lemons, squeezing some of the lemon juice over the shrimp. Serves 4

## **MOUCLADE OF MUSSELS**

4 ½ pounds fresh mussels  
1 cup dry white wine  
Good pinch of grated nutmeg – freshly grated if possible  
3 thyme springs  
2 bay leaves  
1 small onion, finely chopped  
4 Tablespoons butter  
1 fennel bulb, thinly sliced  
4 garlic cloves, crushed  
½ teaspoon curry paste or powder  
2 Tablespoons all-purpose flour  
2/3 cup heavy cream  
Ground black pepper  
Chopped fresh dill, to garnish

Scrub the mussels, discarding any that are damaged or open ones that do not close when tapped with a knife. Remove any beard if showing. Throw out any mussels that do not close when tapped or are cracked or broken.

Put the wine, nutmeg, thyme, bay leaves and onion in a large saucepan and bring just to a boil. Pour in the mussels and cover with a lid. Cook for 4-5 minutes, until the mussels have opened.

Drain the mussels, reserving all the juices. Discard any mussels that remain closed. Melt the butter in the pan and gently sauté the fennel slices and garlic for about 5 minutes, or until softened. Stir in the curry paste or powder and the flour and cook for 1 minute, stirring constantly. Remove from the heat and gradually blend in the cooking juices from the mussels, stirring to incorporate everything. Return the pan to the heat and cook, stirring, for 2 minutes. Stir in the cream and a little ground pepper. Add the mussels to the pan and heat through for 2 minutes. Serve hot, in a large bowl with the juice, garnished with dill. Serve some sliced French bread to sop up the juice. Serves 4

### **OVEN BAKED CRAB DIP**

2 - 8oz. packs softened cream cheese  
1/3 cup mayo  
1 Tablespoon powdered sugar  
1- 2 teaspoons dry white wine  
1 small onion, finely minced  
½ teaspoon mustard  
¼ teaspoon garlic salt  
¼ teaspoon salt  
1 - 6oz. can crabmeat, drained and flaked

Combine all the ingredients; mix gently in one quart baking dish. Bake at 375 for 15 minutes. Sprinkle with parsley, serve warm with crackers or French bread. This recipe is very easy to double or triple.

### **SHRIMP DIANE**

1½ pounds jumbo tiger prawns, shelled and deveined – reserve the shrimp shells  
2/3 cup shrimp stock  
¾ cup unsalted butter  
¼ cup scallions, minced  
¾ teaspoon kosher salt

½ teaspoon garlic, minced, about 1 good size clove  
½ teaspoon cayenne pepper  
¼ teaspoon white pepper  
¼ teaspoon black pepper  
¼ teaspoon basil  
¼ teaspoon thyme  
¼ teaspoon oregano  
¾ pound button mushrooms, cleaned and sliced  
¼ cup parsley, minced

To make shrimp stock: Peel and devein shrimp, saving shells. (Place prepped shrimp in the refrigerator for later use) Place shells with 1½ cups water in small saucepan and bring to a boil. Reduce heat to medium and cook for 10 minutes; strain and reserve.

Heat ½ cup butter in a skillet over a moderate heat; add scallions, salt, garlic, cayenne, white and black pepper, basil, thyme and oregano. Add mushrooms, shrimp stock, parsley and remaining butter. Simmer for 2 – 3 minutes until mushrooms are cooked.

Add shrimp and continue to cook till shrimp turn pink – 2-3 minutes and are nicely done. Remove from heat. Serve over white rice, thin pasta or sautéed spinach – serves four

## **SHRIMP FRA DIAVOLO**

2 cups chopped onion (about 10 ounces)  
2 Tablespoons olive oil  
3 large cloves garlic, minced  
4 cups canned Italian Plum tomatoes  
½ cup dry red wine  
1 Tablespoon fresh oregano or 1 teaspoon dried  
½ teaspoon hot pepper flakes or more to taste  
1 pound fresh or dried linguine  
1 pound large cooked shrimp



Freshly ground black pepper to taste

In a nonstick pan, sauté the onion in hot oil until it begins to soften. Add the garlic and sauté for 30 seconds. Then stir in the tomatoes, which should be crushed in your hand as you add them, and the wine, oregano, and hot pepper flakes. Cook over high heat until the mixture begins to thicken a little, just a few minutes. Remove from the heat and add the shrimp. Stir to combine.

While the sauce is sitting, boil a pot of water and cook the linguine as per package directions. Spoon the sauce over the cooked pasta and season with black pepper. Serves 4

## **THAI STIR-FRY SHRIMP IN ENDIVE CUPS**

½ pound medium – medium/large shrimp, raw, shelled and deveined  
2 whole small green onions, minced – white and green  
2 tablespoons finely minced ginger  
4 large heads Belgian endive – leaves separated to form cups  
2 tablespoons flavorless cooking oil

Wok Sauce:

2 Tablespoons chopped fresh cilantro springs  
2 Tablespoons oyster sauce  
2 Tablespoons dry sherry  
1 Tablespoon dark sesame oil  
2 teaspoons hot sauce or Asian Chile Sauce  
½ teaspoon sugar  
½ teaspoon cornstarch

Cut the shrimp crosswise into rounds, about three or four per shrimp depending on size, refrigerate until needed, covered. Combine the green onions and the ginger and refrigerate. Cut ends of endive, separate leaves and refrigerate. In a small jar, add all the sauce ingredients, shake well and refrigerate.

At serving time, place a wok or sauté pan over high heat until hot. Add the cooking oil and roll it around the sides of the wok. When the oil just begins to smoke, add the shrimp. Stir-fry the shrimp. As soon as the shrimp turn white (about 45 seconds), add the green onions and ginger. Shake the sauce several times then add it to the stir-fry. Stir and toss until the sauce glazes the shrimp. Slide the stir-fry onto a serving platter and surround the shrimp with the endive cups and serve at once. Serves 6 – 8

## **SNOW PEA WRAPPED SHRIMP SKEWERS WITH LEMON MAYONNAISE** **Makes 60-70**

35-40 large snow peas  
60-70 large shrimp, cooked and peeled  
Lemon mayonnaise

Blanch snow peas in boiling water for 1 minute. Drain and refresh in cold water. Drain again and pat dry. Split pea's in half, store on paper towel till ready to use.

Place 1 shrimp on top of each snow pea and wrap. Secure with a toothpick. Cover and refrigerate for 30 minutes prior to serving. Can be assembled up to 8 hours in advance and stored in airtight container in refrigerator.

Lemon mayonnaise: Using a good quality whole egg brand mayo, whisk fresh lemon juice, 1-3 tbsps. into mayo; can add some sugar and Dijon mustard to increase flavor.

Store in refrigerator until ready to use; for presentation – Stick wrapped shrimp into a round head of lettuce with a whole cut out of the top and the mayo placed in a small glass bowl placed inside the hollowed out opening.

## **NO FILLER CRAB CAKES** Makes approximately four cakes

## Ingredients:

1 pound jumbo lump crab meat  
1 teaspoon Worcestershire sauce  
Freshly squeezed juice from ¼ lemon (1 teaspoon)  
1 teaspoon powdered mustard  
1 teaspoon Old Bay seasoning  
2 scallions, white and light-green parts, finely chopped  
¼ cup chopped flat leaf parsley  
½ chopped Jalapeno – size depends on how hot you want it  
1 egg  
½ cup good quality mayonnaise  
1 Tablespoon chopped cilantro – optional  
3 – 4 tablespoons canola oil for cooking

Spread out the crab meat on a baking sheet and go through it carefully to pick out and discard any bits of shell or cartilage. Take care to leave the lumps intact as much as possible. Transfer the picked over crab meat to a large bowl.

Add the Worcestershire sauce, lemon juice, mustard, Old Bay, scallions, parsley, jalapeño and cilantro to the bowl. Use a flexible spatula or your clean hands (better) to gently fold the mixture without breaking up the lumps of crabmeat. Beat the egg in a separate bowl, then add the mayonnaise to the egg mixture and mix well. Gently fold into the crab mixture until thoroughly incorporated.

Set a strainer inside a large bowl, fill the strainer with the crab cake mixture and cover it with plastic wrap; refrigerate for at least several hours or up to overnight. Remove from the refrigerator and discard the liquid in the bowl.

To form the crab cakes, take approximately ¼ of the mixture and place it into a 3-inch round biscuit cutter on a parchment lined baking sheet; gently press the crab meat into the cutter to form a crab cake. Remove the mold and repeat with the remaining crab mixture. You should have 4 fairly firm crab cakes when done. Cover and refrigerate until ready to cook. Note: the crab cakes can be formed several hours in advance.

Place a baking sheet in a pre-heated 200-degree oven. Pour some oil into a skillet over medium heat until the oil shimmers. Carefully place 2 of the crab cakes in the skillet and cook undisturbed for 3 to 4 minutes, until the bottoms are well browned. Use a large, thin spatula to turn the cakes over; cook for 3 more minutes on the second side, just until they are browned. Transfer them to the oven to keep warm while you cook the remaining crab cakes. Serve warm and enjoy!

## **SHRIMP BISQUE**

1 pound medium or large shrimp, shelled and deveined, reserve the shells  
2 leeks  
3 Tablespoons olive oil  
2 cloves garlic  
¼ teaspoon cayenne pepper  
¼ cup cognac or brandy  
¼ cup dry sherry  
4 Tablespoons unsalted butter  
¼ cup flour  
2 cups half-and-half  
½ cup tomato paste  
1 teaspoon salt  
1 teaspoon freshly cracked black pepper  
Baby shrimp or chopped shrimp for garnish  
Thyme leaves for garnish

First make the stock – put 4 cups of water in a pot, along with the shrimp shells and bring to a boil. Let simmer for 15 minutes. Strain the broth and add water if necessary to make 3¾ cups. Set aside.

Meanwhile, slice the leeks and then rinse them thoroughly to move any grit.

Heat the oil in soup pot and sauté the leeks for 5 minutes until softened but not browned. Add the garlic and cook for another minute. Add the cayenne and the shrimp and cook, stirring constantly, until the shrimp are cooked, about 3 minutes.

Add the cognac and cook for a minute, then the sherry, and cook for 3 more minutes. Puree the mixture in a food processor or with a hand-held blender stick until it is coarsely pureed. Set aside.

Melt the butter in the same pan and add the flour – cook for one minute, stirring constantly. Do not let it brown. Add the half and half and cook over medium heat until it is hot and thickened. Stir or whisk constantly.

Stir in the pureed shrimp, the stock, tomato paste, salt and pepper and heat over medium heat until hot but not boiling. Season to taste and serve in small bowls, garnished with fried leeks or chopped shrimp and thyme leaves.  
Serves six

## **NEW ENGLAND STYLE STUFFED CLAMS**

8 clams, large, quahogs or cherrystone

3 tablespoons unsalted butter

½ onion - finely diced

1 clove garlic, large or 2 small

¼ red pepper seeded and finely diced

1 cup fresh bread crumbs

2 tablespoons fresh parsley, finely chopped

1 tablespoon lemon juice

¼ cup parmesan cheese, grated

1/8 teaspoon cayenne pepper – to taste; (Note: I use ¼ teaspoon and you can tell it's there; you can use paprika if you prefer it not to have the heat)

Preheat oven to 350-degrees.

Rinse the clams of any grit then steam clams in around one inch boiling water until they open up, around 8 – 10 minutes. Remove them from the water (save some of it), allow the clams to cool then take them off the shell – if a bit gets stuck don't worry about it, that's the "foot" that's not as tender to eat. Dice up the clam meat relatively small. Split the shells open and keep 8 of the best for stuffing. Note: if clams do not open upon steaming, don't use them, this means they were already dead.

While clams are cooking, finely dice the onion and pepper and mince the garlic. Warm the butter in a skillet/frying pan and soften the onion in the butter for a minute or two. Then add the garlic and pepper and cook another minute before adding the breadcrumbs.

Cook the crumbs a minute before adding everything else (parsley, lemon juice, parmesan, cayenne pepper (or paprika) and diced clams). Mix well. Add a tablespoon or two of the water from cooking the clams so that the mixture holds together fairly well.

Divide the mixture between the 8 shells you held back and press it so it holds together. Put them in a baking dish and bake for approx.... 20 minutes or until they gently brown on top. Remove from oven and plate. NOTE - THE SHELLS WILL BE HOT, HANDLE WITH EITHER AN OVEN MITT OR TONGS.

Serves 8

## **CAJUN CRAB STUFFED MINI PEPPERS**

36 mini peppers, red, yellow and orange  
1 pound cream cheese  
8 oz. crab meat, claws, or shredded  
1½ Tablespoon Cajun seasoning  
1 Tablespoon hot sauce  
1teaspoon dried thyme  
Chopped parsley to garnish

Mix the cream cheese, Cajun seasoning, crab, hot sauce and thyme together. Either pipe or spoon this filling into the hollowed out peppers. Top the cheese mixture by dipping them into the chopped parsley. Refrigerate until ready to serve. Arrange in a circle pattern on a round platter.

## **EASY CLAM CHOWDER**

4 slices thick bacon, diced

2 tablespoons unsalted butter  
2 cloves garlic, minced  
1 onion – diced  
½ teaspoon dried thyme  
3 tablespoons AP flour  
1 cup milk  
1 cup vegetable stock  
2 (6.5 oz.) cans chopped clams, juices reserved  
1 bay leaf  
2 russet potatoes peeled and diced (small dice)  
1 cup half-and-half  
Kosher salt and freshly ground black pepper, to taste  
2 tablespoons chopped fresh parsley leaves

Heat a large stockpot or Dutch oven over medium-high heat. Add bacon and cook until brown and crispy, about 6 – 8 minutes.

Transfer to a paper-towel lined plate, reserving 1 tablespoon excess fat in the stockpot.

Melt butter in the stockpot. Add garlic and onion, and cook, stirring frequently, until onions have become translucent, about 2 – 3 minutes; stir in thyme until fragrant, about 1 minute.

Whisk in flour until lightly browned, about 1 minute. Gradually whisk in milk, vegetable stock, clam juice and bay leaf, and cook, whisking constantly until slightly thickened, about 1 – 2 minutes more. Stir in diced potatoes. Bring to a boil; reduce heat and simmer until potatoes are tender, about 12 – 15 minutes.

Stir in half and half and clams until heated through, about 1 – 2 minutes; season with salt and pepper, to taste. If the soup is too thick, add more half and half as needed until desired consistency is reached. Serve immediately, garnished with bacon and parsley, if desired. Serves 6

## **CRAB SAVORY**

2 tablespoons unsalted butter

1 small onion, finely chopped  
½ cup fresh brown bread crumbs  
8 ounces crab meat  
2/3 cup sour cream  
2-3 teaspoons prepared mustard  
Pinch of cayenne pepper  
Squeeze of lemon juice  
½ cup finely grated Cheddar cheese  
Salt to taste

Melt the butter in a saucepan over medium heat, and then cook the onion gently for 2-3 minutes, until it is soft but not brown.

Stir in bread crumbs, crab meat, sour cream and prepared mustard into the onions. Add a generous sprinkling of cayenne pepper, lemon juice and salt to taste. Heat through gently, stirring carefully so as not to break up too much of the crab meat.

Spoon the crab mixture into a baking dish, sprinkle the grated cheese over the top and place under the preheated, hot broiler until golden and bubbling. Allow to cool a few minutes and serve. Serve 4.