

30

Delicious, Mouth-Watering  
Gulf Coast Style  
Seafood Recipes  
Directly From  
The Spicewood Kitchen At  
***ULLA BARN***  
***Le Chateau Hillbille***

Dennis Lively

(Another Not-So-Famous Monroe Countian)

© 2011 Loudon Digital & Print Publishing

**This Book Is Brought To You By  
Cheryl Bailey And Dennis Lively**

**Of**

**[www.YourRecipeGuys.com](http://www.YourRecipeGuys.com)**

**And Is Dedicated To**

**The Whole Gang At**

**Barista's Cafe And Pub**

**New Martinsville**

**And, Of Course, With Thanks To**

**Gary McIntire**

**ALL RIGHTS RESERVED.** No part of this book may be reproduced or transmitted for resale or use by any party other than the individual purchaser who is the sole authorized user of this information. Purchaser is authorized to use any of the information in this publication for his or her own use only. All other reproduction or transmission, or any form or by any means, electronic or mechanical, including photocopying, recording or by any informational storage or retrieval system, is prohibited without express written permission from the publisher.

Published by: Loudon Digital & Print Publishing.

PRINTED IN THE UNITED STATES OF AMERICA DISTRIBUTED WORLDWIDE.

©2011 Loudon Digital & Print Publishing.

# Table of Contents

Seafood Basics.....	2
Alabama Shrimp Bake.....	12
Shrimp Paesano.....	13
Amaretto Shrimp.....	14
Backyard Shrimp Feast.....	15
Baked Scallops With Garlic Sauce.....	16
Baked Stuffed Shrimp.....	17
Baltimore Crab Cakes.....	18
Barbecued Oysters.....	19
Barbecue Shrimp.....	20
Belle's Barbecued Shrimp.....	21
Basic Shrimp.....	22
Batter Fried Shrimp.....	23
Bay Scallops With Scallions.....	24
Basic Beer Batter.....	25
Beer Batter Shrimp.....	26
Beer Boiled Shrimp.....	27
Blue Crab Cakes.....	28
Boiled Gulf Shrimp.....	29
Bubba Shrimp Boil .....	30
Buffalo Style Shrimp.....	31
California Scampi.....	32
Cashew Shrimp.....	33
Cashew Shrimp Supreme.....	34
Chesapeake Crab Strata.....	35
Cilantro Shrimp.....	36
Coated Crab Cakes Expresso.....	37
Coconut Fried Shrimp.....	38
Coconut Shrimp With Jalapeno Jelly.....	39
Cornisicles With Shrimp And Oregano.....	40
Crab And Cream Cheese Bake.....	41

# Seafood Basics

Every one of the delicious recipes that are featured in this book contain either shrimp, crab or scallops so I thought I'd tell you a little about each of them. The more you know about the seafood you're working with in a recipe, the better that recipe will turn out.

The recipes in this book are based on the cooking you'll find being done in homes all over the Gulf coast states of Florida, Alabama and Louisiana as well as the east coast states of Georgia, South Carolina and North Carolina. If you'd be lucky enough to be invited for dinner in one of these homes, these recipes, or ones just like them, would probably be prepared for you.

## Let's Start With Shrimp

Succulent and sweet, wild-caught shrimp is available fresh year-round and is an excellent source of high-quality protein. Naturally low in fat, carbohydrates and calories, it is an ideal choice for a low-carbohydrate diet and healthy lifestyle. It also is a source of omega-3 fatty acid, which medical research shows may reduce the risk of heart disease.

Shrimp is the most popular seafood in the United States, so it is good to know that it is a naturally renewable and sustainable resource. Most shrimp spawn offshore in deep water from early spring through early fall. They reproduce rapidly with one female shrimp releasing thousands of eggs that hatch within 24 hours. Young shrimp are carried by currents into coastal estuaries to mature. When water temperatures are warm, shrimp grow very fast. As the shrimp grow, they move gradually seaward returning to the ocean to spawn. The average life cycle of a shrimp in the wild is only 13 months or less. Some records indicate some have lived longer but those are the exception. They reproduce rapidly, which is a good thing since so many people like to eat them. Female shrimp lay over a thousand eggs, which are attached to her swimming legs. Most shrimp spawn offshore in deep water from early spring through early fall. Young shrimp are carried by currents into coastal estuaries to mature. Shrimp grow very quickly. They often have to shed their old shells to grow new ones so the fit is better.

Shrimp, shrimp ... glorious shrimp. No matter the season, just thinking about eating succulent and sweet wild-caught Florida shrimp can be intoxicating. As America's favorite seafood, shrimp is the perfect tastebud tickler to spark your appetite and pique your culinary curiosity. As a perennial chef's favorite, wild-caught Florida shrimp shines in culinary cuisines from the Pacific Rim, the Italian countryside, South Beach and the bistros of Europe. Florida shrimp can be a superstar on any menu when presented simply or in creative combinations with a variety of ingredients, including Florida citrus, tropical fruit and exotic spices.

There are five species of wild-caught Florida shrimp commercially harvested in the Gulf of Mexico and South Atlantic waters. Four shrimp species are categorized by shell color: pink, white, brown, and royal red. The fifth species is rock shrimp, a smaller deep-water cousin of the pink, brown, and white shrimp with a tough, rock-hard shell. The majority of the shrimp harvested in Florida are the pink species.

### **PINK SHRIMP**

Tender and sweet, pink shrimp make up the majority of Florida's wild-caught shrimp and are harvested in the Gulf and southern waters of Florida. Pink shrimp found in the southern Florida waters have light pink shells with a pearl-like texture and some have a distinguishing pink dot on the head. Those found along the northern Gulf coast may have lemon-yellow or brownish shells. When cooked, the shells turn a deeper shade of pink. The meat is white with pink skin tones, firm texture and mild flavor.

Florida pinks, or gulf shrimp as they are sometimes called, are the largest Gulf species and can reach 11 inches and can live up to 24 months. The peak harvest season is in the spring (March through May) and the fall (October through December) however they are available fresh and frozen year round. Their feeding ground in the clean coral sand off the west coast of Florida gives them their distinctive color and a sweet, creamy flavor that makes them a favorite with chefs and shrimp lovers world wide.

### **WHITE SHRIMP**

White shrimp, harvested along the Northeast Florida Atlantic coast, is a popular delicacy beloved by chefs, local residents and area tourists alike. Wild-caught white shrimp has a sweet taste and firm, almost "crunchy" meat which makes it a favorite of chefs to use in a variety of recipes. Although classified as white, the shells are actually green-gray or blue-gray in color when raw but "pink up" when cooked. White shrimp spawn in the ocean from March to November and young shrimp are carried by tides and currents into estuaries to mature. They are harvested primarily in the fall from October through December. With a life span of up to 24 months, they can grow as large as eight inches.

### **BROWN SHRIMP AND ROYAL RED SHRIMP**

Florida brown shrimp are harvested year round in both Atlantic and Gulf waters with the highest yields June through August. Brown shrimp are named for their reddish brown shells. Their meat has a firmer texture than whites and stronger flavor than white or pink shrimp due to higher iodine content. They can grow as large as nine inches long and have a maximum life span of 18 months.

Florida royal reds with their robust, deep red color and soft, delicate texture have a unique taste that you won't find in any other shrimp. Royal Reds are frozen onboard the ships and contain more salt than other shrimp so do not add salt to the water when cooking. When simmered, the royal red stock is excellent for creating colorful, delicious sauces. Royal red shrimp are harvested in the deep Atlantic waters off the coast of St. Augustine with peak season in late summer through fall. They prefer a specific temperature zone that is usually found around 2400 feet deep that can be 40-60 miles out from shore making their harvesting more difficult than other species and contributes to the occasional limited availability of the royal reds. Both brown and royal red shrimp can be used interchangeably in any shrimp recipe.

### **ROCK SHRIMP**

Florida rock shrimp, a deep-water cousin of the pink, white and brown shrimp, is often called “the small lobster” and boasts the sweet taste of shrimp with the firm texture of lobster. Rock shrimp derives its name from the rock-like hardness of its shell, which can easily be mistaken for a miniature lobster tail. It is fished year round off Florida's Atlantic coast and in some areas of the Gulf of Mexico. Rock shrimp typically does not grow to a size larger than 21-25 per pound. Most come to the U.S. market raw and peeled and deveined, since the tough, rock-hard shell is most easily removed commercially. It is sold fresh and frozen in local seafood markets.

Rock shrimp have a sweet taste and a chewy, tender texture. The cooked meat is plump and white with red skin tones. Due to its smaller size, rock shrimp cooks very quickly; about half the time required for regular shrimp. Its smaller size makes it ideal to combine with rice, pasta, and for use in salads.

### **SHRIMP ATTRIBUTES**

Crisp texture with sweet, distinct flavor. Low fat.

## **HOW MUCH TO BUY**

- Raw, headless and unpeeled shrimp: 1/3 pound per serving.
- Peeled and deveined shrimp: 1/6 pound per serving
- Two pounds of raw headless, unpeeled shrimp will yield 1 pound of cooked, peeled and deveined shrimp.

## **BUYING, STORAGE AND HANDLING**

- Remember to purchase seafood last and keep it cold during the trip home.
- Shrimp are sized and sold by count (number of shrimp per pound) either whole or headless. For example, headless shrimp of 16-20 count means there are 16 to 20 headless shrimp per pound. Counts for headless shrimp range from under 10 (the largest shrimp) to 300-500 (the smallest).
- Shrimp are available in a variety of fresh or frozen product forms.
- The most common form is "green headless" (raw, head-off, shell-on).
- "Peeled shrimp" (shell removed) are sold in a variety of forms including "PUD" (peeled undeveined), "P&D" (peeled and deveined) and "Tail-on" (peeled with the tail fin and adjacent shell segment left on).
- Individually quick frozen (IQF) cooked shrimp products are available in a variety of product forms: breaded and unbreaded.
- Shrimp should have a mild aroma (similar to the ocean), tightly adhering shells and firm flesh.
- Store shrimp in the coldest part of your refrigerator at 32 degrees F and use within two days, or freeze at 0 degrees F for up to six months.

## **PREPARATION**

- Keep raw and cooked seafood separate to prevent bacterial cross-contamination.
- After handling raw seafood thoroughly wash knives, cutting surfaces, sponges and your hands with hot soapy water.

- Always marinate seafood in the refrigerator.
- Discard marinade; it contains raw juices which may harbor bacteria.
- When marinade is needed for basting reserve a portion before adding raw seafood.

## **COOKING**

Shrimp are easily prepared by the following methods: boiled, broiled, baked, grilled or fried.

## **NUTRITION**

*Nutritional values for approximately 4 ounces (114 grams) of raw, edible portions*

- Calories 120
- Calories From Fat 15
- Total Fat 1.5 g
- Saturated Fat 0 g
- Cholesterol 155 mg
- Sodium 170 mg
- Total Carbohydrates 0 g
- Protein 23 g

## **BLUE CRABS**

The blue crab is a funny site to behold, walking sideways along the sand using its three middle pairs of legs, while its front bright blue pincer claws are used to defend itself and grasp prey. The species earns part of its Latin name, *Callinectes*, or “beautiful swimmer” from its hind appendages, which are broad and flat like paddles and make the crab a remarkable swimmer indeed.

The blue crab, one of the most valuable crustaceans in the United States, is aptly described by its scientific name, *Callinectes sapidus* (*Calli* -- beautiful; *nectes* -- swimmer; and *sapidus* -- savory). Blue crabs have five pairs of legs and the first pair is equipped with pincers. They have a hard shell or exoskeleton which is brownish-green or dark green and drawn out on each side into a long spine. The underside of the body and legs are white. Male and female claws are various shades of blue on top and the tips of the female's claws are bright red.

Blue crabs are found along the Atlantic and Gulf coasts. A shallow water crab, it can live in salt, fresh and brackish waters of bays, sounds, channels and river mouths. They are omnivorous, feeding on plants and animals. During the winter months, blue crabs move into deeper water and enter a state of semi-hibernation. They are commercially harvested by traps.

The process of molting allows the crab to shed its external shell periodically in order to grow. Before molting begins, a new soft-shell forms inside, and the crab backs out of the old loose shell. Soft-shell blue crabs are hard blue crabs that were captured when they were ready to molt (called peelers) and held in water-filled trays until their old shell has shed.

*Whole blue crabs* are sold live or steamed. Sweet-tasting crab meat is available both fresh and pasteurized in the following forms: lump, backfin, special, claw and cocktail claw. Lump crab meat or jumbo lump, is the largest pieces of meat from the body and also the most expensive form of crabmeat. For overall elegance and visual appeal, lump is the top choice. Backfin crab meat is the pale ivory flakes of white body meat and is subtle in flavor. Backfin is best used for crab cakes and it offers crab meat in smaller pieces for greater versatility. Special consists of the flakes of white body meat other than the lump meat. It's good for crab soups, casseroles and dips. Claw and leg crab meat have a darker, reddish color and is more flavorful. It is best for soups, pastas, and dips. Claw meat is a favorite of many chefs because it stands up to bold seasonings that would overpower the tender succulent lump grades. Cocktail claws are bite-sized morsels perfect for appetizers. No matter which form you choose, blue crab meat is known for its delicious flavor and delicate texture.

*Live blue crabs* should have some leg movement when purchased. Refrigerate in a breathable container such as a bag or cardboard box, and do not store directly on ice. Fresh blue crab meat should be stored in the coldest part of your refrigerator and used within seven to 10 days. Pasteurized blue crab meat in unopened containers can be stored up to six months in the coldest part of your refrigerator. Once opened, pasteurized crab meat needs to be used within three days.

*Soft-shell blue crab* is a special delicacy produced under the watchful eye of a “crab peeler.” Blue crabs prepare for growth by breaking free from the old shell, swelling up and hardening. To capture soft-shell blue crabs, ready to molt crabs or “peelers” are held in water-filled trays until their old shell has shed. The newly emerged crab is cleaned and packed for shipment. Soft-shell blue crabs can be purchased fresh or frozen. Nutritionally, soft-shell blue crabs are low in fat, saturated fat free, high in calcium and a good source of iron. When purchasing soft-shells be sure and test the crab’s shell to make sure it is very pliable. Fresh soft-shell blue crab should be refrigerated and cooked within two days.

Whether you are in the mood for sautéed, steamed or broiled, blue crabs are perfect to satisfy your seafood appetite. The tasty meat can be described as succulent, rich and creamy, melt in your mouth seafood. Blue crab is a delicacy rich in vitamins and low in fat.

#### BLUE CRAB ATTRIBUTES

Delicate texture, sweet meat, low fat.

#### SUBSTITUTE SPECIES

Stone Crab, Golden Crab, Spiny Lobster, Shrimp.

#### HOW MUCH TO BUY

- Blue Crab, in shell: 3 to 4 whole crabs per serving.
- Blue Crab, meat: 1/6 pound per serving.

#### BUYING, STORAGE AND HANDLING

##### ***Live:***

- Remember to purchase seafood last and keep it cold during the trip home.
- Blue Crabs should have some leg movement when purchased.
- Discard dead crabs and ones with broken shells.
- Refrigerate in a breathable container (a bag or cardboard box).
- Do not store directly on ice.

##### ***Meat:***

- Remember to purchase seafood last and keep it cold during the trip home.
- Blue Crab is available fresh and pasteurized in the following forms: lump, backfin, special, claw and cocktail claw.
- Pasteurized blue crabmeat in unopened containers can be stored up to six months in the coldest part of your refrigerator.
- Once opened, use within three days.
- Fresh Blue Crab meat should be stored on ice in the coldest part of your refrigerator and used within seven to 10 days.

### ***Soft-shell Blue Crab:***

- Remember to purchase seafood last and keep it cold during the trip home.
- Soft-shell Blue Crab is available live, fresh or frozen.
- Fresh soft-shell Blue Crab should be refrigerated and cooked within two days.

### PREPARATION

- Keep raw and cooked seafood separate to prevent bacterial cross-contamination. After handling raw seafood thoroughly wash knives, cutting surfaces, sponges and your hands with hot soapy water.
- Always marinate seafood in the refrigerator.
- Discard marinade; it contains raw juices which may harbor bacteria.
- When marinade is needed for basting reserve a portion before adding raw seafood.
- *To cook:* Add to boiling seasoned water and simmer for 12 to 15 minutes.
- *Cooked meat:* Toss with salad greens, use as a topping on pizza, make crab cakes or use in dips and spreads.

### NUTRITION

Nutritional values for approximately 4 ounces (114 grams) of raw, edible portions

- Calories 90
- Calories From Fat 10
- Total Fat 1 g
- Saturated Fat 0 g
- Cholesterol 80 mg
- Sodium 320 mg
- Total Carbohydrates 0 g
- Protein 19 g

## **SCALLOPS**

The scallop, like the oyster, is a bivalve mollusk. However, unlike the oyster that attaches itself to a bed, the scallop moves about by swimming. The swimming action is accomplished by the shells snapping together which forces the water to propel it. This technique has developed an oversized muscle called the "eye." This sweet-flavored muscle is the only part of the scallop eaten by Americans, but Europeans eat the entire shucked scallop.

The name, "scallop," aptly describes the fluted edges of its fan-shaped shell. The shells of young scallops are beautiful. The outside shell is delicately colored pink and white and the inside is pearly-white with a satiny luster. Calico scallop meats vary from creamy white to light tan or pink. They measure about 1/2 inch to 3/4 inch in diameter.

In Florida, Calico scallops (*Argopecten gibbus*) are harvested with trawls and dredges in the deep offshore waters of Florida's Atlantic and northern Gulf coasts. Unlike oysters and clams, scallops do not close their shells tightly and will lose moisture unless shucked soon after harvesting.

### **SCALLOPS ATTRIBUTES**

Firm texture, sweet, delicate flavor. Extra lean.

### **HOW MUCH TO BUY**

Shucked Scallops: 1/3 pound per serving.

### **BUYING, STORAGE AND HANDLING**

- Remember to purchase seafood last and keep it cold during the trip home.
- Scallops have a fresh odor when freshly shucked.
- Freshly shucked scallops should have very little liquid in the package
- Scallop meat should have a creamy white, light tan or pinkish color and firm texture.
- Refrigerate shellfish in a sealed container on ice or in the coldest part of the refrigerator.
- Store shucked scallops up to two days.

## **PREPARATION**

- Keep raw and cooked seafood separate to prevent bacterial cross-contamination.
- After handling raw seafood thoroughly wash knives, cutting surfaces, sponges and your hands with hot soapy water.
- Always marinate seafood in the refrigerator.
- Discard marinade; it contains raw juices which may harbor bacteria.
- When marinade is needed for basting reserve a portion before adding raw seafood.
- **COOKING**
  - Scallops are cooked when the center is opaque and white; test by cutting in half.
  - Overcooking will cause toughness and weight loss.
  - Depending on their size, scallops cook in 3 to 4 minutes, by any method.
  - Choose recipes with little or no added fat so the full flavor of the sweet, light meat will not be masked.

## **NUTRITION**

*Nutritional values for approximately 4 ounces (114 grams) of raw, edible portions*

- Calories 100
- Calories From Fat 10
- Total Fat 1 g
- Saturated Fat 0 g
- Cholesterol 40 mg
- Sodium 185 mg
- Total Carbohydrates 3 g
- Protein 18 g

# Alabama Shrimp Bake

## Recipe ingredients

- 1 cup butter or margarine, melted
- 3/4 cup lemon juice
- 3/4 cup Worcestershire sauce
- 1 tablespoon salt
- 1 tablespoon coarsely ground pepper
- 1 teaspoon dried rosemary
- 1/8 teaspoon ground red pepper
- 1 tablespoon hot sauce
- 3 garlic cloves, minced
- 2 1/2 pounds unpeeled large or jumbo shrimp
- 2 lemons, thinly sliced
- 1 medium onion, thinly sliced
- Fresh rosemary sprigs

## How to make Alabama shrimp bake

- Combine first 9 ingredients in a small bowl. Set aside.
- Rinse shrimp with cold water. Drain well.
- Layer shrimp, lemon slices and onion slices in an ungreased 13 x 9 x 2 inch baking dish.
- Pour butter mixture over shrimp.
- Bake uncovered, at 400 degrees F for 20 to 25 minutes or until shrimp turn pink, basting occasionally with pan juices.
- Garnish with fresh rosemary sprigs.

# Shrimp Paesano

## Recipe ingredients

- Shrimp:
  - 1 egg
  - 1 cup milk
  - Salt and pepper to taste
  - 1 pound extra-large shrimp, peeled and deveined, tails left on
  - 1/2 cup all-purpose flour
  - Vegetable oil
- Sauce:
  - 1 1/2 cups (3 sticks) cold butter, cut into 1-inch pieces
  - Juice of 1 medium lemon
  - 1 clove garlic, minced
  - 2 tablespoons minced fresh parsley

## How to make almost shrimp paesano

- In a shallow bowl, combine eggs, milk, salt and pepper.
- Dip shrimp in mixture, then dip in flour lightly.
- Heat oil in a saute pan until hot, then add shrimp 4 to 6 at a time, making sure shrimp have plenty of room to cook.
- Brown them on one side, then turn and brown them on the other.
- Cook until done, or put on a baking sheet in a preheated 350 degrees F oven to finish cooking.
- Meanwhile, prepare sauce.
- In a heavy saucepan, combine butter, lemon juice and garlic.
- Put over medium-low heat and whisk mixture constantly until the butter is just melted and thickened.
- Stir in parsley, then remove from heat.
- Pool sauce on plate, then top with cooked shrimp.

# Amaretto Shrimp

## Recipe ingredients

- 1/2 cup butter
- 1/3 cup amaretto
- 1/3 cup sliced almonds
- 2 teaspoons granulated sugar
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon cayenne pepper
- 1 pound large shrimp, peeled and deveined, tails left on

## How to make amaretto shrimp

- In a large skillet, melt the butter over medium heat.
- Add amaretto, almonds, sugar, cinnamon and cayenne pepper and stir until the sugar dissolves.
- Add shrimp and cook for 3 to 5 minutes, just until pink.
- Serve immediately over hot rice.

# Backyard Shrimp Feast

## Recipe ingredients

- 1/2 cup Old Bay seasoning
- 2 tablespoons salt
- 4 quarts water
- 1, 12 ounces, can beer, optional
- 8 medium red potatoes, cut in quarters
- 2 large sweet onions, cut in wedges
- 2 pounds lean smoked sausage, cut in 2 inch lengths
- 8 ears fresh corn, cut in half
- 4 pounds large shrimp in shells

## How to make backyard shrimp fest

- In an 8 quart pot, bring seasoning, salt, water and beer to a boil.
- Add potatoes and onions. Cook over high heat for 8 minutes.
- Add smoked sausage to potatoes and onions. Continue to cook on high for 5 minutes.
- Add corn to pot. Continue to boil for 7 minutes.
- Add shrimp in shells. Cook for 4 minutes.
- Drain cooking liquid.
- Pour contents of pot into several large bowls, shallow pails or mound on a paper-covered picnic table.
- Sprinkle with additional seasoning if desired.

# Baked Scallops With Garlic Sauce

## Recipe ingredients

- 1 1/2 pounds bay scallops, cut in halves
- 3 cloves garlic, mashed
- 1/4 cup, 1/2 stick, margarine, melted
- 10 firm white mushrooms, sliced
- Light dash of onion salt
- Dash of freshly grated pepper
- 1/3 cup seasoned bread crumbs
- 1 teaspoon finely minced fresh parsley

## How to make baked scallops with garlic sauce

- Wipe scallops with damp paper towel.
- Mash garlic cloves and add to margarine. Stir well to blend. Keep warm.
- Pour a little of the melted garlic sauce into the bottom of a baking dish.
- Add the mushrooms and season.
- Place the scallops on top of the mushrooms.
- Reserve 1 tablespoon garlic sauce and drizzle the rest on scallops.
- Sprinkle with bread crumbs, parsley and reserved garlic sauce.
- Bake in preheated 375 degrees F oven until the top is nicely browned and bubbly hot.

# Baked Stuffed Shrimp

## Recipe ingredients

- 25 to 30 large shrimp
- 3/4 stick, 6 tablespoons, butter or margarine
- 6 ribs celery, chopped
- 1 large onion, chopped
- 3 bay leaves
- 1 bunch green onions, chopped
- 1 bunch fresh parsley, chopped
- 1 pound crabmeat, lump or claw
- Salt, black and red peppers, to taste
- About 3/4 of a medium-size French bread loaf
- 1 cup seasoned bread crumbs

## How to make baked stuffed shrimp

- Peel raw shrimp, leaving tail section on shrimp.
- Devein and butterfly shrimp.
- Refrigerate until dressing is prepared.
- In medium skillet, saute celery, onions and bay leaves in butter or margarine until tender.
- Add green onions and parsley. Saute until tender. Remove bay leaves.
- Poke holes in French bread.
- Wet bread under cold water then squeeze out most of the water.
- Break bread into small pieces with hands and place in mixing bowl.
- Add celery, onions and parsley mixture to bread.
- Add crabmeat, salt and pepper.
- Take some of the dressing and by hand wrap around shrimp, leaving tail exposed.
- Roll or sprinkle seasoned bread crumbs over stuffing.
- Place on lightly greased cookie sheet.
- Bake at 350 degrees F for about 30 minutes.

# Baltimore Crab Cakes

## Recipe ingredients

- 1 pound fresh lump crabmeat, drained
- 1/2 cup Italian-seasoned breadcrumbs
- 1/2 teaspoon baking powder
- 1/3 cup milk
- 1 large egg, beaten
- 1/4 cup mayonnaise or salad dressing
- 2 tablespoons finely chopped scallions
- 1/4 teaspoon garlic salt
- 1/8 teaspoon white pepper
- 2 teaspoons dried onion flakes
- 3/4 teaspoon dried parsley flakes
- 1/4 cup all-purpose flour
- 1/4 cup butter or margarine, melted

## How to make Baltimore crab cakes

- Combine first 11 ingredients. Shape into 6 patties.
- Coat with flour. Chill at least 1 hour.
- Cook patties in butter in a skillet over medium-high heat 4 minutes on each side or until golden.

# Barbecued Oysters

## Recipe ingredients

- 3 cups oysters
- 3/4 cup flour
- Seasoned salt and pepper, to taste
- 1 1/2 cups barbecue sauce

## How to make barbecued oysters

- Drain oysters well.
- Mix flour, salt and pepper in brown grocery bag.
- Shake oysters in flour mixture.
- Saute oysters in hot oil just enough to form a crust but not enough to completely cook.
- Place oysters in an oblong baking dish and cover oysters with barbecue sauce.
- Bake at 350 degrees F for 20 to 25 minutes.

# Barbecue Shrimp

## Recipe ingredients

- 2 cloves garlic, smashed
- 2 bay leaves
- 6 pounds fresh Gulf shrimp with heads on
- 1/4 cup lemon juice
- 1 1/2 pounds salted butter
- 1/2 pound margarine
- 2 teaspoons paprika
- 1, 4 ounces, can black pepper

## How to make barbecue shrimp

- Preheat oven to 300 degrees F.
- Use the garlic cloves to wipe the inside of a baking pan big enough to hold all the shrimp.
- Squeeze it in there to get as much garlic oil as you can in there.
- Discard the garlic itself, but leave the little bits that came loose.
- Place two bay leaves at the bottom of the pan.
- Wash and pat dry the shrimp, then lay them on their sides, crowded together and slightly overlapping, in the baking pan.
- Douse the shrimp with the lemon juice.
- Cut the butter and margarine into cubes and distribute it atop the shrimp.
- Sprinkle it with the paprika.
- Liberally sprinkle enough black pepper over the shrimp to cover them with a palpable black layer.
- Bake the shrimp in a preheated 300 degrees F oven for 15 minutes. Check them for doneness.
- Return the shrimp to the oven if necessary, but not much longer.
- Serve the shrimp in soup plates with lots of the sauce and toasted French bread.

# Belle's Barbecued Shrimp

## Recipe ingredients

- 2 pounds fresh, unpeeled shrimp
- 4 stalks celery with leaves, diced
- 1/2 teaspoon garlic powder
- 3 lemons, cut into wedges
- 2 tablespoon cracked black pepper
- 3/4 cup butter or margarine, cut into cubes
- Lemon wedges, for garnish
- 2 tablespoons Worcestershire sauce
- 2 tablespoons salt
- 3/4 teaspoon hot sauce

## How to make barbecued shrimp

- Wash shrimp thoroughly and place in a large shallow pan.
- Add celery and garlic.
- Squeeze juice from lemons over top.
- Dot shrimp with butter and sprinkle with remaining ingredients except lemon wedges.
- Place shrimp under broiler until butter melts and shrimp starts to turn pink, about 5 minutes, stirring several times.
- When all shrimp are slightly pink, reduce temperature to 350 degrees F and bake 20 more minutes or until done, stirring often.
- Do not overcook or shrimp will become mushy. Test for doneness.
- Garnish with lemon wedges.
- Flavor improves if shrimp are cooked ahead of time and then reheated. Do not overcook.

# Basic Shrimp

## Recipe ingredients

- 2 quarts heavily-salted water
- 2 bay leaves
- 5 whole cloves
- 1 large celery rib, coarsely chopped
- 1 clove garlic, halved
- Tabasco sauce
- Pinch of thyme
- Pinch of basil

## How to make basic shrimp

- Put shrimp in cold water containing all the ingredients.
- Bring to a boil, then turn off the heat.
- Shrimp are ready when bright pink.

# Batter Fried Shrimp

## Recipe ingredients

- 2 eggs
- 1/2 cup milk
- 1 cup all-purpose flour, stirred before measuring
- 1 teaspoon baking powder
- 1 teaspoon salt
- 2 teaspoons vegetable oil
- 2 pounds fresh or frozen whole shrimp
- Oil, for deep-fat frying
- Choice of sauces

## How to make batter fried shrimp

- Beat together eggs and milk until frothy.
- Sift together flour, baking powder and salt.
- Add to egg mixture. Add oil and beat until mixture is smooth and well blended. Set aside.
- Remove shells from shrimp, leaving tails on.
- If shrimp are frozen, remove shells under running cold water.
- Cut partway through lengthwise along outside curve.
- Lift out vein. Wash shrimp and flatten so they stay open. Drain well on paper towels.
- Place enough oil or shortening to more than cover shrimp in a deep-fat fryer or kettle and heat to 375 degrees F.
- Dip shrimp into batter, one at a time, and fry, a few at a time, about 4 minutes, or until golden brown and puffy. Drain on paper towels.
- Serve immediately with your choice of sauces.

# Bay Scallops With Scallions

## Recipe ingredients

- 4 tablespoons butter
- 1 1/2 pounds bay scallops
- Black pepper, to taste
- 1 small bunch scallions, sliced
- 1/3 cup dry white wine
- 3 tablespoons fresh parsley, minced
- Lemon wedges

## How to make bay scallops with scallions

- In a large, heavy skillet heat butter and saute scallops seasoned with pepper very quickly until slightly browned, about 4 minutes.
- Remove scallops with a slotted spoon and put on a warmed serving dish.
- Saute the scallions in the same skillet over medium-high heat for 5 minutes. Do not brown.
- Add wine to de-glaze the pan over high heat and cook until wine is reduced by half.
- Pour sauce over scallops. Sprinkle with parsley and serve with lemon wedges to squeeze over scallops.
- Serve with additional hot butter if desired.

# Basic Beer Batter

## Recipe ingredients

- 1 1/2 cups flour, divided
- 1/2 cup cornmeal
- 1, 12 ounces, can beer
- 1 tablespoon salt
- 1 tablespoon paprika

## How to make beer batter for seafood

- In one bowl combine 1/2 cup flour and cornmeal.
- In second bowl combine remaining flour, beer, salt and paprika.
- Dip oysters, shrimp or any fish into dry mixture first and then into beer mixture.
- Fry in hot oil.

# Beer Batter Shrimp

## Recipe ingredients

- 1 pound large raw shrimp
- 1 cup flour
- 1/2 teaspoon lemon pepper seasoning
- 1 egg
- 3/4 cup beer
- Oil, for frying

## How to make beer batter shrimp

- Let opened beer stand for a few minutes or it will foam up when added to mixture.
- Shell and clean shrimp and split partially down back.
- Open and flatten slightly.
- Lightly mix flour, seasoning, egg and beer to a medium batter. Do not overmix.
- Dip shrimp in batter and then deep fry at 375 degrees F until lightly browned.
- Drain and serve with favorite seafood sauce.

# Beer Boiled Shrimp

## Recipe ingredients

- 3 pounds raw unshelled shrimp
- 2, 12 ounces, cans beer
- 1 tablespoon dry mustard
- 1 tablespoon celery seed
- 1/2 teaspoon cayenne pepper
- 1 tablespoon salt
- 1/2 cup vinegar

## How to make beer boiled shrimp

- Combine all ingredients except shrimp and bring to a boil.
- Add the shrimp. Simmer for about 5 minutes or until the shrimp are bright pink.
- Remove the shrimp from the liquid. Shell and remove veins.
- Put shrimp back into the stock and refrigerate.
- When ready to serve, drain and arrange on platter.

# Blue Crab Cakes

## Recipe ingredients

- 1 egg, lightly beaten
- 2 tablespoons mayonnaise
- 2 teaspoons prepared Creole mustard
- 2 teaspoons prepared horseradish
- 2 teaspoons Worcestershire sauce
- 1 1/2 teaspoons crab boil seasoning
- 1 teaspoon coarsely-ground black pepper
- 1/4 teaspoon salt
- Several dashes hot pepper sauce
- 1 pound crabmeat, picked over to remove any shells
- 3/4 cup saltine cracker crumbs
- 1/2 cup minced red bell pepper
- 3 tablespoons olive oil
- 1 tablespoon unsalted butter
- Lemon wedges, for garnish

## How to make blue crab cakes

- In a large bowl, stir together egg, mayonnaise, mustard, horseradish, Worcestershire sauce, crab boil seasoning, pepper, salt and hot pepper sauce.
- Gently mix in the crabmeat, cracker crumbs and bell pepper.
- Form eight patties, each 3/4 inch thick.
- Warm the oil and butter together over medium-high heat.
- Fry the crab cakes 5 to 7 minutes on each side or until they are golden. Drain them.
- Serve immediately.
- Squeeze lime or lemon juice over them.

# Boiled Gulf Shrimp

## Recipe ingredients

- 1 gallon water
- 1, 3 ounces, box Zatarain's crab boil
- 2 lemons, sliced
- 6 peppercorns
- 2 bay leaves
- 5 pounds raw shrimp in the shell
- Remoulade sauce:
  - 1/2 tablespoon Creole mustard
  - 2 tablespoons grated onion
  - 1 pint mayonnaise
  - 1/4 cup horseradish
  - 1/2 cup chopped chives
  - 1/4 teaspoon salt
  - 1 tablespoon lemon juice
  - 1/4 teaspoon pepper

## How to make boiled gulf shrimp

- Bring to boil the water seasoned with crab boil, lemons, peppercorns and bay leaves.
- Drop in shrimp.
- When water returns to a boil, cook jumbo or large shrimp for 12 to 13 minutes and medium shrimp for 7 to 8 minutes.
- Remove from heat and add 1 quart ice water. Let sit for 10 minutes. Drain.
- Serve remoulade sauce as a dip.
- Remoulade sauce: Mix all ingredients. Serve over cold boiled shrimp for a shrimp remoulade main course or use as a dip for boiled shrimp. Sauce is best after 24 hours.

# Bubba Shrimp Boil

## Recipe ingredients

- 1 1/2 pounds large shrimp in shells
- 4 large garlic cloves
- 1 small onion, chopped
- 1 lemon, halved
- 1/4 cup pickled jalapeno slices
- 2 tablespoons kosher salt
- 2 bay leaves, crumbled
- 2 teaspoons coriander seeds
- 2 teaspoons mustard seeds
- 2 teaspoons black peppercorns
- 1 teaspoon celery seed
- 1 teaspoon red pepper sauce
- Lemon wedges, for garnish

## How to make bubba shrimp boil

- Make a slit through shell down center of each curved side of shrimp to the tail. Remove vein.
- Refrigerate shrimp in bowl.
- Meanwhile, bring 2 quarts water and remaining ingredients (except lemon wedges) to boil in large pot over medium-high heat. Boil 20 minutes.
- Add shrimp. Return to boil and remove from heat.
- Cover and let stand 5 minutes.
- Drain shrimp in large colander. Discard liquid.
- Serve with lemon wedges.

# Buffalo Style Shrimp

## Recipe ingredients

- 1/3 cup Frank's RedHot Sauce
- 1/3 cup butter or margarine, melted
- 1 pound large shrimp, peeled and deveined
- 2 ribs celery, cut into chunks
- Blue cheese salad dressing
- French bread

## How to make Buffalo style shrimp

- Combine RedHot sauce and butter.
- Thread shrimp and celery on metal skewers. Place in shallow dish.
- Pour 1/3 cup RedHot mixture over shrimp kabobs.
- Cover and refrigerate for 30 minutes.
- Grill or broil shrimp until they turn pink.
- Heat remaining RedHot mixture. Pour over shrimp and celery.
- Serve with blue cheese salad dressing and crusty French bread.

# California Scampi

## Recipe ingredients

- 1 pound butter, clarified
- 1 tablespoon minced garlic
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 1/2 pounds large shrimp, shelled and deveined

## How to make California scampi

- Heat 3 tablespoons of the clarified butter in a large skillet.
- Add garlic and saute.
- Add salt and pepper and the shrimp, which can be butterflied, if desired.
- Saute until shrimp change color and are tender.
- Add remaining butter and heat through.
- Place shrimp on plates and spoon hot butter over them.

# Cashew Shrimp

## Recipe ingredients

- 1 pound medium shrimp
- 1 tablespoon plus 1 teaspoon cornstarch
- 1/4 teaspoon granulated sugar
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 3/4 cup cashews
- Sweet red pepper rings
- 1/2 cup vegetable oil
- 1/2 cup chopped onions
- 1/4 cup chopped red peppers
- 1 clove garlic
- 1 cup chopped unpeeled zucchini
- 3 1/2 cups cooked rice

## How to make cashew shrimp

- Cut shrimp in half lengthwise.
- Combine cornstarch, sugar, baking soda, salt and pepper. Mix well.
- Add shrimp and toss gently to coat. Let stand 15 minutes.
- Heat oil in a large skillet over medium heat.
- Add shrimp. Cook, stirring constantly, 3 to 5 minutes.
- Remove shrimp, setting aside.
- Drain off drippings. Leave 2 tablespoons in skillet.
- Saute onions, chopped red peppers and garlic until tender.
- Add zucchini and saute 2 minutes.
- Stir in shrimp, rice and cashews.
- Cook over low heat, stirring constantly, until thoroughly heated.
- Spoon into serving dish.
- Garnish with red pepper rings.

# Cashew Shrimp Supreme

## Recipe ingredients

- 1 pound medium shrimp, peeled and deveined
- 1 tablespoon plus 1 teaspoon cornstarch
- 1/4 teaspoon granulated sugar
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 cup vegetable oil
- 1/2 cup chopped onion
- 1/4 cup chopped sweet red pepper
- 1 small clove garlic, minced
- 1 cup diced zucchini
- 3 1/2 cups cooked rice
- 3/4 cup cashews
- Sweet red bell pepper rings

## How to make cashew shrimp supreme

- Cut shrimp in half lengthwise and reserve.
- In a medium bowl, combine cornstarch, sugar, baking soda, salt and pepper.
- Add shrimp and toss gently to coat. Let stand 15 minutes.
- Heat oil in a large skillet.
- Add shrimp and stir-fry for 3 to 5 minutes.
- Remove shrimp and set aside.
- Drain off all but 2 tablespoons oil.
- Stir-fry onion, pepper and garlic in oil remaining in skillet.
- Add zucchini and stir-fry 2 minutes.
- Stir in shrimp, rice and cashews.
- Cook over low heat, stirring, until heated through.
- Spoon into serving dish.
- Garnish with red pepper rings.

# Chesapeake Crab Strata

## Recipe ingredients

- 4 tablespoons butter or margarine
- 4 cups unseasoned croutons
- 2 cups, 8 ounces, shredded Cheddar cheese
- 2 cups milk
- 8 eggs, beaten
- 1/2 teaspoon dry mustard
- 1/2 teaspoon Old Bay seasoning
- Salt and black pepper, to taste
- 1 pound crabmeat, picked over to remove any shell
- Red and green bell pepper rings, for garnish

## How to make Chesapeake crab strata

- Preheat oven to 325 degrees F.
- Place butter in an 11 x 7 inch baking dish.
- Heat in the oven until melted, tilting to coat the dish.
- Remove the dish from the oven. Spread the croutons over the melted butter.
- Top with the cheese and set aside.
- Combine milk, eggs, mustard, Old Bay seasoning, salt and black pepper. Mix well.
- Pour the egg mixture over the cheese in the dish and sprinkle the crabmeat on top.
- Bake for about 50 minutes or until the mixture is set.
- Remove from the oven and let stand for about 10 minutes.
- Garnish with the pepper rings and serve.

# Cilantro Shrimp

## Recipe ingredients

- 1 medium onion, chopped
- 2 cloves garlic, finely chopped
- 2 tablespoons butter or margarine
- 2 tablespoons vegetable oil
- 16 large raw shrimp, peeled and de-veined
- 2 tablespoons snipped fresh cilantro
- Lemon slices

## How to make cilantro shrimp

- Cook and stir onion and garlic in butter and oil in a 10 inch skillet until tender.
- Add shrimp and cook for 1 minute. Turn shrimp.
- Cook until pink, about 2 minutes longer, making sure not to overcook.
- Serve shrimp over rice.
- Pour pan juices over shrimp.
- Garnish with lemon slices.

# Coated Crab Cakes Expresso

## Recipe ingredients

- 1 pound jumbo lump crab meat
- Salt and pepper, to taste
- Bacon fat, for frying
- 1 envelope barbecue mix for chicken
- 2 teaspoons seafood seasoning
- 1/4 cup self-rising flour

## How to make coated crab cakes expresso

- Mix crab meat, salt and pepper together and pat mixture into cakes.
- Mix flour, barbecue mix and seafood seasoning together.
- Coat crab cakes with flour mixture and fry in bacon fat until brown.

# Coconut Fried Shrimp

## Recipe ingredients

- 1 pound small raw shrimp, shelled and deveined
- 1/3 cup lemon juice
- 1/2 teaspoon salt
- 1/3 teaspoon ground ginger
- 3 teaspoon curry powder
- 1 3/4 cups flour
- 2 teaspoons baking powder
- 1 1/4 cups skimmed milk
- 1/2 cup cream of coconut
- 1, 3 1/2 ounces, can flaked coconut
- Oil, for frying

## How to make coconut fried shrimp

- Marinate shrimp in lemon juice, salt, ginger and curry powder for 1 to 2 hours. Drain well.
- Prepare batter of 1 1/2 cups flour, baking powder, milk and cream of coconut.
- Coat shrimp with remaining flour.
- Dip in prepared batter and then dip lightly into flaked coconut.
- Fry in deep hot oil about 2 to 3 minutes. Fry only about 6 shrimp at a time.

# Coconut Shrimp With Jalapeno Jelly

## Recipe ingredients

- Jalapeno jelly:
  - 1 cup red wine vinegar
  - 1 cup water
  - 1 cup granulated sugar
  - 2 green jalapeno peppers, seeded and minced
  - 1 small red bell pepper, minced
  - 1 package liquid pectin
- 3 cups shredded coconut
- 12 shrimp, peeled and deveined
- 1 cup flour
- 2 eggs, beaten
- Vegetable oil

## How to make coconut shrimp with jalapeno jelly

- Jalapeno jelly:
  - Place all ingredients, except pectin, in a saucepan and bring to a boil.
  - Add the pectin and bring to a boil again.
  - Remove from heat and cool.
- Lightly toast the coconut on a cookie sheet in a 350 degrees F oven for 8 to 10 minutes.
- Butterfly each shrimp by splitting lengthwise down the center, cutting three-fourths of the way through.
- Dredge the shrimp in flour and then dip in egg.
- Press the shredded coconut into the shrimp and then fry in 350 degrees F vegetable oil until golden brown.
- Serve with jalapeno jelly.

# Cornicles With Shrimp And Oregano

## Recipe ingredients

- 6 ears corn
- 1 teaspoon salt
- 1/4 teaspoon white pepper
- 1 tablespoon chopped fresh mexican oregano or 1 teaspoon dried mexican oregano
- 12 medium shrimp
- 24 popsicle sticks

## How to make cornicles with shrimp and oregano

- Peel, devein and dice shrimp.
- Trim the corn and remove the husks and silk.
- Save and wash the larger husks.
- Cut the corn kernels from the cob, scraping out as much milk as you can.
- Grind the kernels using a meat grinder with a sharp blade.
- Add the salt, white pepper, oregano and shrimp. Mix well.
- Preheat oven to 325 degrees F.
- Drop a tablespoon of the corn mixture onto the center of a clean husk.
- Fold the left side of the husk into the center, then the right, and then fold the bottom end upward.
- Push a Popsicle stick 2 to 3 inches into the open end and pinch the husk around the stick with your fingers.
- Tear a thin strand from a dry husk and tie it around the cornicle.
- Place the rolls, sticks in the air and very close together, in a glass baking dish or loaf pan.
- Bake 30 minutes, until the corn mixture is firm and solid.
- To eat a cornicle, peel off the corn husk and eat it hot from the stick.

# Crab And Cream Cheese Bake

## Recipe ingredients

- 8 ounces cream cheese, softened
- 1/4 cup chopped green onions
- 1, 8 ounces, can crescent rolls
- 1 cup lump crabmeat
- 1 egg yolk, beaten
- 1/2 teaspoon dillweed

## How to make crab and cream cheese bake

- Combine the cream cheese and green onions in a bowl and mix well.
- Unroll the crescent roll dough on a greased baking sheet. Do not separate the triangles.
- Press the dough into an 8 x 11 inch rectangle.
- Spoon the crabmeat lengthwise down the center of the rectangle.
- Spread the cream cheese mixture over the crabmeat.
- Fold the long edges of the rectangle over the cream cheese mixture, slightly overlapping.
- Pinch the edges to seal.
- Arrange seam side down on the baking sheet.
- Brush the top lightly with the egg yolk and cut slits.
- Bake at 350 degrees F for 20 to 25 minutes or until golden brown and flaky.
- Cut into 12 slices.
- Serve warm.