



## Seafood

The seafood section went much the way of the chicken or meats section. Many of my recipes fit into the Italian, Mexican, and Asian sections. Enjoy these yummy entrees that don't quite fit anywhere but here.

### Baked Prawns with Tomatoes & Feta

This is one of my favorite Greek dishes that I picked up along the way. Simple and just so yummy!

2 tablespoons olive oil  
2 yellow onions, peeled and finely chopped  
2 garlic cloves, peeled and diced  
1 can diced tomatoes  
1 teaspoon tomato paste  
Kosher salt  
Freshly ground black pepper  
8 large raw prawns, cleaned and deveined with tail shells left intact  
6 ounces feta cheese  
1 tablespoon finely chopped fresh flat-leaf parsley (Italian parsley)

Preheat oven to 400°. Heat the olive oil in a large ovenproof skillet. Add the onion and garlic and sauté for 5 minutes or until softened. Add the tomatoes and tomato paste and cook over medium heat for 10 minutes. Season to taste with salt and pepper. Add the prawns and cook for 5 minutes more. Scatter feta on top and bake for 10 minutes. Sprinkle with the parsley and serve.

Makes 4 servings.

### Baked Sicilian Whitefish

I considered putting this recipe into the Italian section, but was prevailed upon to keep it in the seafood section, although my Linguine and Clam Sauce and my Shrimp Penne both found new homes there.

Preparation Time: 20 minutes

Cooking Time: 25 minutes

1 very large fillet of white fish (good size is about one foot long)  
2 tablespoons olive oil  
1 medium sized onion, chopped  
1 8 ounce can peeled tomatoes  
2 cloves  
salt and pepper  
8 green olives, stoned and chopped  
1 level tablespoon capers, drained  
1 level tablespoon chopped parsley  
1 small stick celery, very finely chopped

Arrange the fish in a single layer in a greased shallow ovenproof dish. Heat the olive oil in a frying pan and fry the onion gently until soft and golden. Add the canned tomatoes and their juice, the cloves and salt and pepper to taste. Cook briskly stirring frequently for about 5 minutes or until reduced to a thin puree consistency.

Stir in the stoned and chopped olives, the drained capers, the chopped parsley and the finely chopped celery and spoon evenly over the fish. Cover the dish and cook in a moderately hot oven, around 375° for about 25 minutes. Serve hot with garlic bread and risotto or polenta.

### Baked Whitefish in Lemon Sauce

Preparation Time: 30 minutes

2 servings

$\frac{3}{4}$  pound Orange Rough, Snapper, Halibut or Sole filets

$\frac{1}{4}$  teaspoon pepper

1 tablespoon soft butter



1 egg yolk

2 teaspoons water

1 tablespoon butter

2 teaspoons flour

$\frac{1}{2}$  cup chicken broth

1 tablespoon lemon juice

Preheat oven to 350°. Grease a shallow 8 x 8 baking dish and arrange fillets in a single layer on the bottom of dish. Sprinkle with pepper and dot with butter. Bake 8-10 minutes, or until fish flakes.

Meanwhile, mix egg yolk and water in a small bowl, set aside. In a 1-quart saucepan over low heat, melt butter and add flour. Stir until bubbly. Add chicken broth and lemon juice stirring until sauce is thickened. Remove from heat.

Stir a small amount of sauce into the egg yolk mixture. Slowly pour egg yolk mixture into the sauce. Cook, without boiling, stirring constantly until sauce thickens. Remove fish from oven, and pour sauce over fish.



### Grammy Robbins' Tuna Braid

Matt's mother, Debbie (pictured above with Kyle) is called Grammy by the children. During the first few months of our marriage,

Matt spoke repeatedly of his mother's awesome tuna braid dinner. Hoping that I could create something that came close to his mother's dish I tried and failed miserably. Deciding that the only way to make the dish was to get the recipe from my mother-in-law, I asked for it. It arrived with a cheerful note and a good luck wish. Here is the famous tuna braid recipe.

2 (6-ounce) cans of tuna, drained

$\frac{3}{4}$  cup chopped celery

$\frac{1}{4}$  cup sliced green onions

2 tablespoons pickle relish, drained

$\frac{1}{2}$  cup mayonnaise or salad dressing

2 cups Bisquick or other baking mix

$\frac{1}{2}$  cup white wine

1 cup shredded Cheddar cheese

Cheese sauce (below)

Heat oven to 425°. Lightly grease a cookie sheet. Mix tuna, onions, celery and relish. Stir in mayonnaise and reserve mixture. Mix baking mix and wine until soft dough forms. Turn dough onto a floured cloth-covered board; knead lightly twenty times. Roll dough into a 14x11 inch rectangle; place on cookie sheet. Spoon tuna mixture down the center of the dough and top with Cheddar cheese. Make diagonal cuts, 2  $\frac{1}{2}$  inches long, at 1-inch intervals on 14-inch side of rectangle. Fold strips over the filling. Bake until light brown, 15-20 minutes. Garnish with cherry tomato halves and parsley if desired. Serve with cheese sauce. Serves 6.

#### **Cheese sauce:**

Heat one 10  $\frac{3}{4}$  ounce can of condensed Cheddar cheese soup and  $\frac{1}{4}$  cup milk over medium heat, stirring occasionally, until hot.

## Matt's Quick & Easy Tuna Braid



Isn't that picture amazing! I shot it with my Palm Pilot in 2003. Opening the door to our apartment, I was overwhelmed with the smell of one of my sweetheart's specialty dishes, his version of his mother's tuna braid. It was just too beautiful to eat right away, so I took a picture of it to remember it by. My baby's so multi-talented! You'll notice there are a few recipes attributed to him in this collection, although he wouldn't part with his insanely hot chili recipe. So, enjoy this different version of tuna braid...I do!

2 (6-ounce) cans of tuna, drained  
¾ cup chopped celery  
1 cup diced red onion  
1 small can of diced olives  
3 dill pickles, diced  
1 cup mayonnaise  
3 tubes of Pillsbury buttermilk biscuits or crescent rolls  
2 cups shredded Cheddar or Jalapeño Jack cheese

Heat oven to 425°. Mix tuna, onions, olives and pickles. Stir in mayonnaise and reserve mixture. Open tubes of dough and roll together onto a pizza stone – shape dough to fit stone within an inch of the edge; Spoon tuna mixture down the center of the dough and top with shredded cheese. Make diagonal cuts, 2 ½ inches long, at 1-inch intervals on 14-inch side of rectangle. Fold

strips over the filling. Bake until light brown, 15-20 minutes.  
Serves 6.



## Quick Jambalaya

This by no means competes with anything my dear friend Brandy could make, but it's my best pseudo-Louisianan recipe.

Preparation time: 5 minutes  
Cook time: 10 minutes

1 pound chopped HOT Italian sausage  
1 large yellow onion, chopped  
1 tablespoon olive oil  
1 can (14 ounces) chopped tomatoes  
1 can chicken broth  
1 medium green bell pepper, chopped  
½ cup barbecue sauce (whichever is your favorite)  
2 large handfuls thawed, precooked and peeled frozen shrimp  
2 cups minute rice

Cook sausage and onion in a large skillet or wok with oil, until the sausage is no longer pink. Stir in tomatoes, broth, green pepper, barbecue sauce, shrimp, and rice. Bring to a boil; cover and let stand 5 minutes. Serve with ice cold beer and good crusty bread.

## Grammy Robbins' Crazy Crust Cheesy Tuna dinner

6 oz. can tuna, drained  
½ cup whole kernel corn  
¼ cup chopped onion or 1 Tbl. minced dried onion  
1 cup shredded Cheddar or American cheese  
1 egg  
1 Tbl. flour

¾ cup milk  
½ tsp. Worcestershire sauce

Prepare Crazy Crust (See Section 15 – Breads). In the following order, layer meat or tuna, corn, onion, and cheese in crust. In small bowl combine egg with flour; blend in milk and Worcestershire sauce. Pour mixture over cheese. Bake 20-30 minutes until filling is firm. Sprinkle with paprika or parsley flakes if desired.

### Salmon Mousse



#### **For the salmon:**

1 pound salmon fillet, skin off and pin bones removed  
1 teaspoon extra-virgin olive oil  
Salt and freshly ground black pepper

#### **For the mousse:**

1 pound soft cream cheese  
¼ cup brandy  
1 lemon, zested and juice  
Salt and freshly ground pepper

**For the salmon:** Preheat the oven to 400°. Season salmon fillet with olive oil, salt, and pepper. Place on a baking sheet and bake until cooked through, about 10 to 12 minutes. Remove from the oven and cool completely, then chill for at least 30 minutes.

**For the mousse:** Put the chilled salmon fillet in a food processor. Add all other ingredients and blend until smooth. Season with salt and pepper, to taste. Cover with cling wrap and chill. Scoop mousse onto toasted bread, garnish with onion chives, and serve with a dollop of Dijon and mustard.

### Lemon Garlic Grilled Shrimp



6 – 8 large shrimp per person  
The juice of 2 lemons  
Fresh ground pepper  
½ stick melted butter  
1 head roasted garlic

Put raw shrimp in a Ziploc bag with lemon juice and ground pepper. Marinate for two hours.

While shrimp is marinating, cut the top off of a head of garlic and drizzle olive oil across the top. Place in an envelope of aluminum foil, and place in an oven at 375°. Bake until the garlic is a yellow golden brown. Put the butter in a sauce pan and then squeeze all of the roast garlic out of head. Stir the butter and roast garlic paste until everything has melted together into nearly a paste like sauce. Set aside.

Skewer shrimp and grill. Brush cooking shrimp with melted butter/garlic mixture while it cooks on the grill. Don't let shrimp overcook or get scorched.