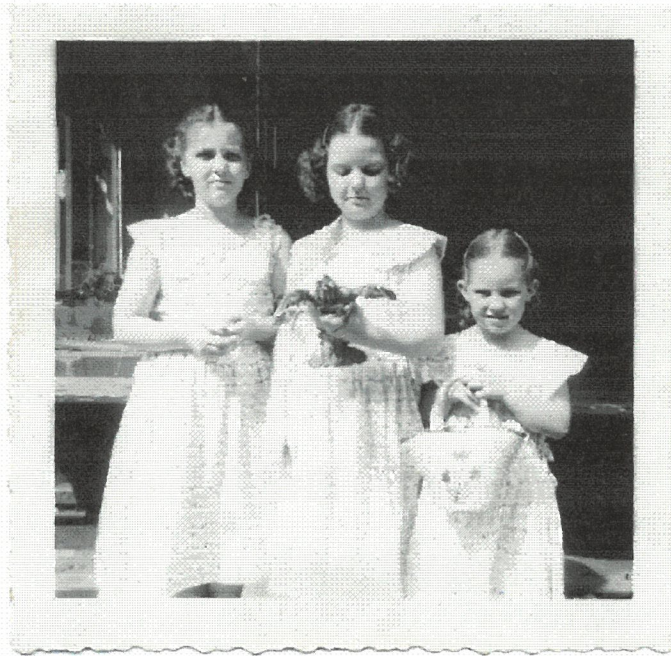


FISH ENTREES



BAKED FISH
DOROTHY LEUSCH

1 and 1/2 Cups Carrots, thinly sliced	1/2 Cup Celery, thinly sliced including leaves
1 and 1/2 Cups Onion, finely chopped	2 Teaspoons Salt
3 Ounces Mushrooms, sliced	1/2 Teaspoon Freshly Ground Pepper
2 Pounds Halibut or Cod, cut in serving size	3 Tablespoons Parsley, chopped
6 Thin Lemon Slices	3/4 Cup Dry White Wine

Preheat oven to 375 degrees. In small saucepan cover the carrots with boiling water. Bring to boiling. Boil, covered, for 5 minutes. Drain and arrange carrots, onions, mushrooms, parsley and celery in the bottom of a large glass baking casserole. Sprinkle with 1 teaspoon of the salt and the 1/2 teaspoon of pepper. Place the fish on the vegetables and sprinkle with rest of the salt. Overlap slices of lemon across the fish. Pour the white wine over the fish. Cover the top of the pan with foil. Bake for 20 minutes. Remove the foil and bake for another 15 minutes or until fish can be easily flaked with a fork. Serve from the pan. Serves 6.

Gramie got this recipe from the Cleveland Universe Bulletin, a Catholic paper.

BRAISED LEEKS WITH SALMON

4 Tablespoons Butter

1/2 Cup Celery, chopped

8 Cups Chopped Leeks

1/2 to 1 Cup Chicken Broth

Salt, to taste

Freshly Ground Black Pepper, to taste

4 Six Ounce Salmon Filets

Fresh Chives, chopped for garnish

Melt the butter in a heavy skillet and add the leeks and celery. Saute until slightly limp. Add the salmon, chicken broth and salt and pepper. Cover pan and steam for about 10 minutes. Arrange leeks and celery on platter and top with the salmon. Garnish the top with the chives.

CIOPPINO
LAURA LEUSCH

1 and 1/2 Pounds Boned Sea Bass, cut in 2 inch pieces	3 Lobster Tails, cut in chunks
1 Pound Shrimp, shelled and cleaned	12 Hardshell Clams, cleaned
24 Mussels, cleaned	2 Cups Onion, chopped
1/2 Cup Green Pepper, chopped	6 Cloves Garlic, minced
1/2 Cup Olive Oil	6 Ounce Can Tomato Paste
2 Pound 3 Ounce Can Italian Tomatoes with Basil	2 Cups Red Wine
1 Lemon, thinly sliced	1 Cup Parsley, chopped
1 Teaspoon Dried Basil	1 Teaspoon Dried Oregano
1 Teaspoon Salt	Freshly Ground Black Pepper

The toughest part of this recipe is all the chopping. You can and should do it early and refrigerate in airtight containers. Combine the onion, green pepper and garlic with the olive oil in a large pot or kettle. Cook over low heat for 10 minutes, stirring occasionally. Add the tomatoes, tomato paste, wine, lemon, 1/2 cup of the parsley and all of the other seasonings. Bring to a boil, reduce heat and cover. Simmer for 30 minutes. Add the bass, lobster and shrimp and simmer, covered, for 10 minutes. Add the clams and mussels to the pot and simmer, covered, for 10 minutes or until the clams and mussels are open and the fish is done. Serve the cioppino with the remaining parsley sprinkled over it. You can serve this with a green salad and hot garlic bread. The bread is wonderful dipped into the broth.

This is one of my favorite meals. Aunt Nancy and I make it a couple of times a year. We can't always afford the sea bass and substitute another firm white fish for it. We often buy small frozen lobster tails and, once defrosted and unshelled cut them into 2 or 3 chunks. This recipe comes from my favorite cookbook, [Time Life Cookbook](#).

COQUILLES OF CRABMEAT AND SHRIMP IN CREAM SAUCE

6 Tablespoons Butter	6 Tablespoons Flour
8 Ounce Bottle Clam Juice	1/4 Cup Sherry
1 Egg Yolk	1 Cup Heavy Cream
Salt, to taste	1 Pound Crabmeat
1 Pound Shrimp, cooked, peeled	1 Cup Fine Dry Breadcrumbs
4 Tablespoons Butter, melted	

Melt the 6 tablespoons butter in a saucepan over low heat. Add flour and stir to a smooth paste. Cook for 1 to 2 minutes, stirring occasionally. Add the clam juice gradually, stirring to blend. Cook over low heat until sauce begins to thicken. Add sherry and blend. Beat the egg yolk in a small bowl. Spoon in 2 Tablespoons of the hot sauce and mix well. Pour the egg mixture into the sauce, stirring constantly. Add cream and salt and continue to cook over very low heat, until sauce is thick. Remove from heat and mix in crab and shrimp. Pile mixture in coquille shells. Mix the breadcrumbs with the melted butter and sprinkle them over the top of each shell. Bake 10 to 15 minutes until lightly browned in a preheated 350 degree oven. Serves 4.

COQUILLES SAINT- JACQUES
LAURA LEUSCH

1 Pound Fresh Bay Scallops, sliced in 2 pieces	2 Dozen Fresh Mussels
1 Cup Dry White Wine	2 Cups Fresh Mushrooms, sliced
1/2 Cup Cream	2 Small Onions, 1 sliced, 1 diced
Salt	Freshly Ground Black Pepper
1 Bay Leaf	Several Sprigs Fresh Parsley
Swiss Cheese, grated	2 Tablespoons Butter
3 Tablespoons All-Purpose Flour	

Clean mussels and steam until open. Remove them from the shells and set aside. Place the scallops in a saucepan with the wine and enough water to just cover them. Add salt, pepper, the bay leaf, parsley and the sliced onion. Bring to a simmer and cook slowly for an additional 5 minutes. Drain the scallops, reserving 1 cup of the liquid. In a separate pan saute the mushrooms and diced onion in a mixture of butter and oil. Once they are golden, make a roux with the 2 tablespoons butter and the flour. When bubbling add the scallop liquid and 1/4 cup cream. Thin with additional cream if necessary. Cook slowly for 2 to 3 minutes. Add the scallops, mushrooms, onions and mussels. Bring to a simmer and correct seasonings. Fill coquille shells with the mixture. Top with the grated Swiss cheese. Broil until nicely golden.

You can use this either as a first course or an entree.

CRAB ZUCCHINI CASSEROLE
ANN SUNDY

7 1/2 Ounce Can Crabmeat	4 Cups Zucchini, sliced [about 1 pound]
1/2 Cup Swiss Cheese, grated	2 Tablespoons Parsley, chopped
1 Teaspoon Salt	1/2 Teaspoon Sweet Paprika
1/2 Teaspoon Dill Seed	1 Cup Sour Cream
2 Eggs, beaten	1 Cup Crushed Potato Chips

Drain and break apart the crabmeat. Simmer zucchini in a small amount of water until just tender and drain well. Place half of the zucchini in the bottom of a 1 1/2 quart casserole. Top with 1/2 of the crab and cheese. Repeat layers. Combine the parsley, salt, paprika, dill, sour cream and eggs and mix together. Pour over the top of the casserole. Sprinkle the potato chips on top. You may substitute breadcrumbs for the potato chips if you'd like. Bake at 350 degrees for 25 to 30 minutes or until firm.

This was one of your Mother's early Valpo recipes.

DANISH BLUE TROUT
DOROTHY LEUSCH

6 Small Rainbow Trout	1 and 1/2 Cups Whole Milk
Seasoned Flour, for dredging	Oil
2 Tablespoons Butter	3 Tablespoons Flour
1/4 Cup Fresh Lemon Juice	4 Ounces Blue Cheese, crumbled
White Pepper	

Clean the trout, wash and dry. Dip into milk, then into seasoned flour. Reserve milk for sauce. Heat 1/4 inch oil in flame-proof dish. Cook trout over moderate heat until the bottom is golden brown. To make the sauce, melt the butter, stir in flour and cook for a minute or two. Stir in the milk slowly and cook, stirring, until sauce is thickened and smooth. Stir in lemon juice, 1/2 cup of cheese and white pepper to taste. Drain and discard excess oil from fish dish. Spoon sauce over trout, sprinkle with remaining cheese and broil about 6 inches from heat for 5 to 6 minutes, until cheese melts and browns. Serves 6.

EASY BAKED FISH
DOROTHY LEUSCH

1 to 2 Pounds Cod or Haddock	3/4 Cup Vegetable Bullion
Few Dashes of Tabasco Sauce	1/4 Cup Fresh Lemon Juice
1/4 to 1/2 Teaspoon Seasoned Salt	1/4 to 1/2 Teaspoon Dill
1/4 to 1/2 Teaspoon Sweet Paprika	2 to 3 Green Onions, shredded

Put the fish in a baking dish. Combine the bullion, Tabasco sauce and lemon juice and pour over the fish. Season the fish with the seasoned salt, dill, and paprika. Scatter the green onions on top. Cover and bake at 350 degrees for 25 minutes.

JUMBO SHRIMP WITH WALNUT PESTO
MARTHA BRANION

12 to 16 Jumbo Shrimp, raw	1/ 2 Cup Walnut Pieces
4 Tablespoons Fresh Flat-Leaf Parsley, chopped	4 Tablespoons Fresh Basil, chopped
2 Cloves Garlic, chopped	3 Tablespoons Parmesan Cheese, grated
2 Tablespoons Extra Virgin Olive Oil	2 Tablespoons Walnut Oil
Salt	Freshly Ground Black Pepper

Peel the shrimp. Devine and put the shrimp in a large bowl. To make the Pesto, put the walnuts, parsley, basil, garlic, cheese and oils in a food processor. Process until all is finely chopped. Season with salt and pepper. Add half of the pesto to the shrimp and toss well. Cover and chill in the refrigerator for a minimum of one hour or overnight. Cook them on a hot grill for 3 to 4 minutes, turning once. Serve with the remaining pesto and a green salad. Serves 4

This is one of Aunt Martha's great dishes!

MOULES MARINIÈRES

4 to 5 Pounds Mussels, in shells	1 Medium Sweet Onion, chopped
2 or More Cloves Garlic, chopped	1 Cup Dry White Wine
3 Tablespoons Olive Oil	1/4 Cup Parsley, chopped

Clean the mussels by washing under cold running water, and scrubbing with a stiff brush or dull knife. Yank out the beard, this is the sandiest portion. Put them in a bowl of fresh clean water. Discard any mussels that float to the top. Live mussels sink in water. If any shells are slightly open, tap the outside. A live mussel will contract and close. Discard any that don't. Place onion and garlic [I use lots!] in the bottom of a large saucepan. Add mussels, then wine, oil and half of the parsley. Cover the pan and bring to a boil. Steam just until the shells open, about 5 minutes. Discard any unopened shells. Serve mussels in warm bowls, spooning broth over them. Sprinkle the remaining parsley over them. Serve with hot, crusty bread and a nice green salad.

This is the traditional recipe for Mussels. You use the bread to sop up the wonderful broth. I first had them in Europe. They are marvelous in Brussels, fantastic in France, pretty damn good in Ireland and Germany can serve up a mean dish. Typically you would only eat them in months that have an R in their spelling. Warm weather months mean warm water and a not very healthy time for mussels. Here in the states, they are farms raised and you can eat them anytime. I still stick to the R months! Buy them as small as possible, they will be sweeter and more tender. Papa loved Mussels. When in Europe, he would send us postcards, telling us how many they served him at dinner. His record was 100, I believe!

SHRIMP FRIED RICE

2 Eggs

2 Tablespoons Water

2 Tablespoons Peanut Oil

3 Green Onions, chopped

3 Cups Cooked Cold Rice

1/2 Pound Baby Shrimp, cooked and peeled

3 Tablespoons Kikkoman Lite Soy Sauce

Mix the eggs and water and set aside. Heat the oil in a heat wok or skillet over medium heat. Add the green onions and stir-fry for 30 seconds. Add the egg mixture and scramble. Stir in the rice, gently separating the grains. Add the shrimp and the soy sauce, stirring until thoroughly heated.

SHRIMP WITH HOT PEPPER OIL AND GINGER

2 Tablespoons Dark Green Olive Oil	16 Jumbo Shrimp, shelled and deveined
2 Tablespoons Unsalted Butter	1 Clove Garlic, minced
1 Teaspoon Fresh Gingerroot, peeled, minced	1/8 Teaspoon Cayenne Pepper
1 Tablespoon Fresh parsley, chopped	1/4 Teaspoon Dried Hot Pepper Flakes

In a small saucepan heat the oil with the pepper flakes until fragrant, about 2 to 3 minutes. Cool and then strain through a fine sieve into a small bowl. Discard the pepper flakes. Rinse shrimp well and pat dry with paper towels. In a heavy 10 inch skillet, cook shrimp in the butter, over moderate heat, turning them until they begin to turn pink, about 1 and 1/2 minutes. Transfer shrimp with a slotted spoon to a bowl. Reduce heat to low and add oil, garlic and gingerroot to the skillet. Cook mixture, covered for 5 minutes, stirring once. Do not allow mixture to brown. Add shrimp with any accumulated juices and cook, covered, until just cooked through, about 8 to 10 minutes. Add cayenne pepper and salt to taste. Sprinkle with parsley and toss mixture well. Serve with rice.

This recipe comes from the *Caso do Leao* in Portugal.

WHITE CLAM SAUCE
DOROTHY LEUSCH

1/4 Cup Butter	1 Clove Garlic, minced
2 Tablespoons Flour	2 Cups Clam Juice
1/2 Cup Parsley, chopped	Salt, to taste
Freshly Ground Black Pepper, to taste	1 and 1/2 Teaspoon Dried Thyme
2 Cups Fresh Clams, cooked and minced	

Steam the clams and mince them. In a saucepan, over moderate heat, cook the garlic in the butter for 1 minute. With a wire whisk, stir in the flour and clam juice. Add parsley, salt, pepper and thyme. Simmer gently for 10 minutes. Add the clams and heat through. Serve over linguine or spaghetti. Serves 4 to 6.