



United States Coast Guard Auxiliary
Seventh District

D7 AuxFS



eNewsletter - October 2013

AuxFSs Receive Achievement Award

The DTRAIN Conference in September 2013 saw Paulette Parent and Toni Borman receive the 2013 Outstanding Achievement Award from the D7 Past District Captains' Association. The award was presented for their work in building the AuxFS program in District 7 through innovative road show classes and the active recruiting of new AuxFS candidates. The classes have been praised for their fast moving style and hands-on approach. AuxFS class attendees get the opportunity to work in a USCG galley after only two days of classroom training. Parent and Borman provide the galley supervision alongside USCG FSs and civilian food service personnel. The see then do approach seems to be working as the AuxFS program in District 7 is growing quickly.



Pictured (Left to Right) Larry Berman PDCA Vice President, Paulette Parent ADSO/HR/AuxFS, Toni Borman AuxFS Instructor and Gwen Leys PDCA President.

In the District – AuxFSs In Action and Important News

Gallagher Receives Personal Thanks from District 7 Commander

In a letter dated July 24, 2013, Rear Admiral J. H. Korn, Commander, Seventh District, U.S. Coast Guard expressed his personal thanks to AuxFS Beth Gallagher for providing superb assistance with a Flag Luncheon at Station Cape Canaveral.

In his letter Admiral Korn wrote, "Thank you for your hard work, preparations and service of the noon meal during the "Flag Luncheon" at Station Cape Canaveral on Monday, July 15, 2013. The retired Flags included a former three-star Area Commander, two former two-star District Commanders and a former two-star Reserve Flag Officer. All of the Admirals commented on the exceptional presentation and taste of the culinary creations."

Admiral Korn continued, "...your superb performance set a high standard and resulted in the delivery of an unforgettable event. Please accept my coin as my personal thanks for helping honor our former Flag Officers".



See Pizza Night Inside

Easy Garlic Chicken

Yield: 4 servings

Ingredients:

2 teaspoons crushed garlic
1/4 cup olive oil
1/4 cup dry bread crumbs
1/4 cup grated Parmesan cheese
4 skinless, boneless chicken breast halves

Preparation:

Preheat oven to 425 degrees F (220 degrees C).
In a large dish, warm the garlic and olive oil to blend the flavors. In a separate dish, combine the bread crumbs and Parmesan cheese.
Dip the chicken breasts in the olive oil and garlic mixture, then into the bread crumb mixture. Place in a shallow baking dish.
Bake in the preheated oven for 30 to 35 minutes, until no longer pink and juices run clear.

Source: Allrecipes.com via Paulette Parent, AuxFS

Trans Fat Limit Set by CG

Food served in CG dining facilities cannot have more than .5 grams of trans fat per serving. Read the labels of the products that you buy. Popular cake mixes and other baking mixes may exceed this amount.

But what is trans fat? The Mayo Clinic defines it this way

“Trans fat is made by adding hydrogen to vegetable oil through a process called hydrogenation, which makes the oil less likely to spoil. Using trans fats in the manufacturing of foods helps foods stay fresh longer, have a longer shelf life and have a less greasy feel.

Scientists aren't sure exactly why, but the addition of hydrogen to oil increases your cholesterol more than do other types of fats. It's thought that adding hydrogen to oil makes the oil more difficult to digest, and your body recognizes trans fats as saturated fats.”

And why is trans fat not good for me? Here's what the Mayo Clinic says about its effect on your health.

“When it comes to fat, trans fat is considered by some doctors to be the worst type of fat. Unlike other fats, trans fat — also called trans-fatty acids — both raises your “bad” (LDL) cholesterol and lowers your “good” (HDL) cholesterol.

A high LDL cholesterol level in combination with a low HDL cholesterol level increases your risk of heart disease, the leading killer of men and women.”

For more information on trans fat and your health see –
<http://www.mayoclinic.com/health/trans-fat/>

Cooking Lingo

Associate the word(s) on the right with the best definition or related words on the left. All of these terms were taken from a weekly menu at the Haley Hall Dining Facility, USCG

bulkogi		A. Thin boneless meat
jasmine		B. Hot spice mix
osso bucco		C. Double cooked pork
orzo		D. Marinated beef
edamame		E. Veal shanks
machiaw		F. Rice
pozole		G. Small pasta
carnitas		H. Soybeans
schnitzle		I. Eggplant
jerk		J. Pork stew



SIDE DISHES

Recipes Needed
Email Us
Your Best
AuxFS Recipes



Email To: Don Hunt dwhunt@windstream.net

AuxFS Rocks Station Cortez with South of the Border Favorite

BRADENTON, Florida - Its hard for AuxFS Robert Frank to keep up with the demand when he makes his hot and cheesy quesadillas at Station Cortez in Bradenton. He stays ahead of the hungry crew by using the flattop and multiple sheet pans. This easy to make item has unlimited options. Try grilled chicken, pulled pork, carnitas, cooked shrimp or cooked crab for a change of pace. The type of cheese that you use can go from pepper jack to sharp cheddar. Basic cheese quesadillas go great with morning soup on a cold day.

USCG Auxiliary photo by Judi Bidwick, AuxFS



USCGC Reef Shark Crew Serves St. Croix Luncheon

GALLOWS BAY, St. Croix - FS2 Hilary Neal (below left), food service specialist, thanks fellow shipmates BMC Gustavo Giron (rear), LT Katherine Murray (center), and MKC Heather Friedrich (right) after serving a luncheon onboard the USCGC Reef Shark on July 28, 2013. The crew spent their personal time hosting representatives from the Coast Guard, Coast Guard Auxiliary and Hovensa on the island of St. Croix.

USCG Auxiliary photo by Robert A. Fabich, Sr., AuxFS



Keep You and the Galley CLEAN

Wash hands and surfaces often!

Bacteria can be spread throughout the kitchen and get onto hands, cutting boards, utensils, counter tops and food.

To fight bacteria, always:

- Wash your hands with warm water and soap for at least 20 seconds before and after handling food and after using the bathroom.
- Wash your cutting boards, dishes, utensils and counter tops with hot soapy water after preparing each food item and before you go on to the next food.
- Consider using paper towels to clean up kitchen surfaces.
- If you use cloth towels wash them often in the hot cycle of your washing machine.
- Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten.
- Rub firm-skin fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water.

From: www.fightbac.org

GAP Provides Consistent Performance In the Keys

Flotilla 13-03 is building a strong AuxFS program in their local area with their Galley Assistance Program or GAP. Their AUXCHEF qualified team consists of Jim Adam, Diane Adam, Jo Allmond, Dorothy Anderson, Tom Anderson, Don Kittsmiller, Jan Kittsmiller and Ken Nelson. In addition, the dedicated and talented volunteers include Michael Bloch, Lois and Joe Gerig, Sue Harfield, Martin Mara and Donna Moore. A master list of the team was created for all the FSO (Flotilla Staff Officers) of other flotillas.

Jim Adam, AuxFS writes, Our team is in a smooth transition to creating meals from established menus, especially at Station Marathon.

I want to thank Don, Jan and Marty for accepting the challenge of doing a "crawfish" boil and seafood meal. With Jan's magic the "Coasties" enjoyed the meal immensely. According to the mess cook, Coley, the plates were piled high with shells. If you volunteer with Jo, you will hear "it is too bland, add more salt" If you volunteer with Ken, he will say "it needs more pepper" and when Jo and Ken volunteer together, you will be part of a new reality show, "salt versus pepper" on one of the food channels.



Photo below left top: starting with back to camera is MK2 Reginelli, to his right is MK3 Vega, BMC Graham, FN Coley, and BM2 Rabczak. To the left of Reginelli is MK1 Croly and BM1 Crews.

Photo below left bottom shows Martin Mara working on cleaning shrimp with FN Coley assisting.

Above photo shows Martin Mara and Jan Kittsmiller getting ready to serve the crew.



Letter to the Editor First Timer Speaks Up

I just got home from working as an AuxFS at CG Station Lake Worth Inlet and it was one of the most gratifying experiences I've had in many years. Last week I had a brain storm. I thought it would be a grand gesture to volunteer my newly acquired talents as an AuxFS so that the FS1 and the two FS2's could have a holiday off and spend the day with their family.

This morning I arrived at the Station at 0530 (yes, I am somewhat anal retentive) I alone, prepared breakfast, lunch and dinner for 12 Coasties on board today. I was thanked by almost everyone at breakfast(bacon, ham steak, biscuit w/ beef gravy, hash brown potatoes) and later complimented for the enjoyable lunch I had prepared from scratch (Caesar salad, baked ziti ala Landau with beef cheese balls and sauce, garlic bread) . I swear to you on this day of my first AuxFS duty, they were coming back for seconds. This was all from the guy who wasn't sure if you would accept him into the program because he had no cooking experience. Once again, I thank you for inspiring me to get on the bandwagon and become an AuxFS. It's hard work for a senior citizen, but well worth it. I hope to offer my services again for the Christmas day holiday.

I hope other AuxFSs are getting the opportunity to experience the enjoyment of the job as much as I.

Stu Landau, AuxFS
Flotilla 51

Learning to Bake – It Ain’t That Hard – Editor

Many very successful chefs admit “I don’t bake!”. When you ask them why, they might say something like “it’s too restrictive” or “the measurements are too precise”. Many AuxFSs are already skilled amateur bakers, but many are not. If you are not a baker and would like to learn to bake, this column will get you started. We will do it in baby steps. Each issue will cover one or two key skills. If you are already a baker this will all be old news to you.

Over several years I have taught myself to bake and have worked for two years as a baker in a local casual dining restaurant known for it’s desserts. I’ve taken a couple short classes on specific topics, but most of my progress is from watching tv food shows, studying cookbooks and trying recipes from the internet. We will start with the most basic skills and progress to scratch cake and pie production.

The one thing I won’t be much help with is cake decorating. I can do the simple stuff, but writing Happy Birthday in elegant script is beyond my current skill level. There are cake decorating classes at your local hobby store that you can take once your baking skills are strong. Maybe your Aunt Millie or the lady at Walmart will show you some of her tricks.

We will start by using cake mixes and prepared frosting that you buy at the grocery store in a small plastic tub. Cake mixes are excellent and often win out over scratch cakes in taste tests. After a few lessons you will be able to use mixes or bake scratch cakes. After pies and cakes we can move on to cookies, muffins, etc. if there is interest.

Here are a few tips about the lessons that will start with the next issue.

1. Complete the lesson exactly as written. Each lesson will result in you baking something that is, hopefully, edible and delicious. After you have successfully completed the lesson and tasted the product then you can experiment. Be sure to take pictures of your creations and send them in.
2. If you have questions, email them to me. I travel some so I can’t always get back to you quickly, but I will do my best. You can always ask Aunt Millie.
3. Read the entire lesson before you start. Once you start mixing there is generally no going back.
4. Read the sidebar article in the July issue of D7 AuxFS on “mise en place(French term)”.

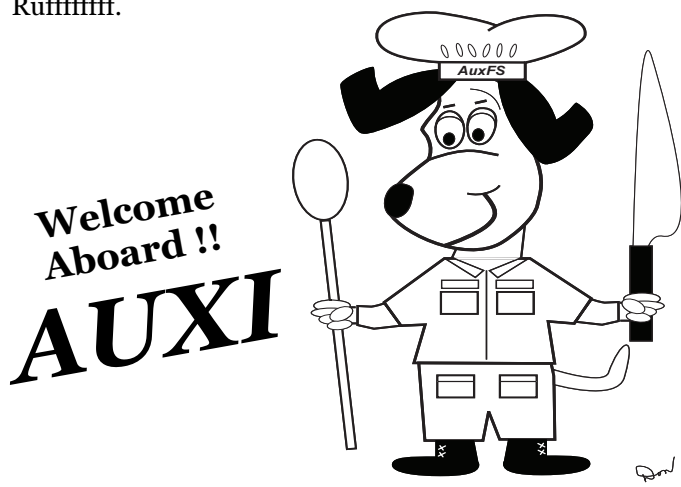
Let’s get started with a pre-requisite project. Complete this project and you are ready to bake a cake in the first lesson. Read all of these steps first.

1. Buy a tube of raw cinnamon buns in the grocery store refrigerator section.
2. Read the entire recipe on the package.
3. Read the ingredients. What causes the rolls to rise when baked?

4. Start the oven to bake and set it to the proper temperature.
5. Set a rack to the middle position of the oven.
6. Figure out how to get the rolls from the cardboard tube to a baking pan without making the rolls look too lopsided or deformed.
7. Check the oven to be sure it is up to the setting temperature listed on the package.
8. Bake the buns on the center rack of the oven. Think about what might happen if you bake them on the top or the bottom rack positions. Use the timer on the oven or on a nearby counter. Set the timer short of the full baking time indicated on the package. Check the progress frequently. Yes, you can peek as much as you want.
9. Remove the rolls from the oven when you think they are done. Hint-They should not be burned or raw.
10. Find the frosting and apply it to the rolls.
11. After rolls have cooled some, remove them to a cooling rack or serving plate. Hint-You should not need a hammer and chisel to remove them from the pan. Try not to damage the pan. If you can’t get them off the pan easily, try a plastic spatula. Let them cool a little longer. If they got stuck, think about what you might be able to do the next time to get them off the pan more easily.
12. Stand back and admire your work. Make notes of any mistakes or ideas for the next time you make cinnamon rolls.
13. Call in your family and friends to admire your work and taste your product. Take a picture of the most beautiful cinnamon rolls that you have ever made and send it to me! Enjoy them with your favorite cup of joe.

Pretty easy? Well maybe. What did we learn?

Many CG Stations have a dog. Here’s our new dog. It’s a dog named Auxi. This dog can cook and do lots of neat stuff. Look for Auxi in each issue of eNewsletter. Ruffffffff.



Lobster is Good to Eat and Good For You

By Bill Giers, AUXFS. Flotilla 17-6 Plank Owner,
AUXFS Instructor for D7.

A world-wide delicacy

As we approach cooler weather, it is also the season when many increase the amount we BBQ. For those of us who live in the Southeast, seafood is a common item on the menu and the king of seafood for most people is lobster. Whether from Maine or Florida, most people traditionally boil or steam their lobster. When it is cooked on the grill; it develops a unique and wonderful flavor. Back when our country was just forming, only those who lived in the public Poor Houses in New England were served lobsters as lobsters were considered scavengers like the people they fed. They were boiled for hours. Even as late as the 1940's, cook books of the time recommended cooking a minimum of 45 minutes per pound. Today, lobsters are considered an expensive delicacy and prepared using a much shorter cooking time. This year's lobster glut has allowed many to be able to afford the luxury taste of lobster.

Get your vitamins here

As most of us have already discovered, lobster is one of the more tasty and well-known of all seafoods worldwide. Interestingly, not only is it tasty good, it is also good for you. Comparing 100 grams of cooked product, lobster has less calories, less total fat and less cholesterol than lean beef; whole poached eggs; and even roasted, skinless chicken breast. Lobster is also high in amino acids; potassium and magnesium; Vitamins A, B12, B6, B3 (niacin) and B2 (riboflavin); calcium and phosphorus; iron; and zinc. As if you needed another reason to eat lobster.

Grilling is the secret to savoring a special flavor.

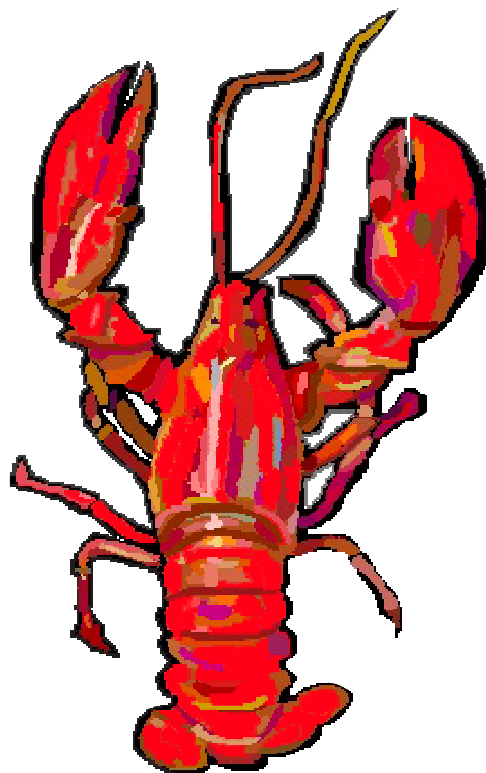
When lobster is overcooked, it becomes dry and rubbery. Grilling is a dry heat method of cooking and can dry out any food. Seafood is especially susceptible to drying out. It must be kept moist.

The secret to making perfect lobsters on the grill is to blanch the lobsters before grilling. Blanching is a partial cooking method similar to parboiling except in blanching, the food is rapidly cooled to stop further cooking. Place the lobsters in boiling water (rolling boil) for 5 minutes. Remove the lobsters and immediately plunge them into a large bowl of cold water filled with ice to stop the heat from cooking the meat any further. At this point in the process, after they are completely chilled, you can drain the lobsters and store them in the refrigerator for up to one day and grill them later when your guests arrive. Preparing ahead of time allows you to spend more time with your guests and less time cooking after they arrive.

When you are ready to serve the lobsters you can do the final preparation work. Keeping fingers safely out of the way, use a sharp knife or a pair of kitchen scissors and

slice the lobster down the middle. It is easiest and safest to cut through the underside. Its the part that looks like a flexible dryer vent hose). Remove the black "vein" from the tail. Actually this is the large intestine, like shrimp have, and you do not want to serve that to anyone. Remove the greenish "tomalley" from the body cavity and the sand sac located near the head. Most prefer to grill just the tails although the entire lobster may be grilled. Baste the lobster meat with some oil or melted butter. Do not use virgin or extra virgin olive oil when food will be heated. It is a waste of money as heat diminishes the positive effects of the more expensive virgin process.

Put the halved lobster tails on the grill flesh side down for 5 to 6 minutes, or until the flesh is just beginning to look opaque. Turn the lobsters over, baste with more oil or butter and continue to cook for 4 to 5 minutes longer, or until the lobsters are cooked through. Internal temperature should be 140 degrees. Do not overcook as they will just become expensive, chewy, rubber bands. Serve them while they are hot right off the grill. Enhance with melted butter. Some people like to add some fresh dill to the butter. Favorite side dishes with lobster are corn-on-the-cob, cole slaw, roasted potatoes, steamed vegetables, wine-steamed mussels or clams, chowders and garlic flavored bread.



Lobster is Good to Eat and Good For You

Continued

Is it safe to eat any of that funny colored stuff in the lobster?(And some other common questions about lobsters.)

Why do lobsters turn red when you cook them?

It is not because they are embarrassed. A live lobster is greenish/black because of the many different color pigment chromatophores. When it is cooked, all the pigments are masked except for the astaxanthin, the red background pigment. The color change is often used to help determine when the lobster is fully cooked.

What is that white “pudding” you find in the lobster and floating in the water after you boil them?

That is hemolymph, often referred to as the blood of the lobster. It has little taste or value.

What is the green stuff you find in a cooked lobster?

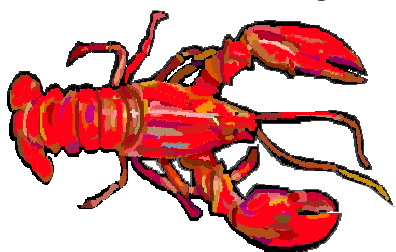
This is the tomalley or tamali, which functions like the liver, pancreas and intestines in the lobster. Many find it delicious to eat. Recently there have been concerns about finding dioxin and other toxins in tomalley. The Maine Lobster Promotion Council offers this advice to consumers and concerned citizens: “(According to the Advanced Seafood Handbook,) ‘there are no known safety considerations when it comes to eating lobster meat. However, consumers are advised not to eat the tomalley, the light green substance found in the lobster’s body cavity. This is the liver and pancreas, which are thought to accumulate contaminants from the environment.’ However, it is also a reassuring indication of the lobster’s natural defense system at work, keeping the lobster meat wholesome, nutritious and delicious.” As with most “filtering organs” (liver, kidneys, lungs) they are designed to collect the toxins in that animal and therefore have higher concentrations of toxins and poisons. Knowing that this is the same for all animals with these organs, choose wisely.

What is the red stuff you find inside along the tail of cooked lobster?

The reddish “coral” as it is called, are lobster roe or eggs. Some consider it a gourmet treat similar to caviar.

Join in on the adventure!

Even if all you eat is the meat in the lobster tail, try cooking it on the grill for yourself or when you have friends or family over at your next BBQ. Life is an adventure, experience some of that adventure through food.



Lobster with summer squash and red potatoes as a side dish.



Auxiliarist Darlene Bush and Ann Giers share a Lobster Feast with a place setting left open for any AuxFS who happens to be in the neighborhood.

About the Author

As an AuxFS, Auxiliarist Giers has had the privilege and adventure of cooking for US Coast Guard active duty and Auxiliary personnel at the D7 Admiral’s home, retirement ceremonies, transfer and departure celebrations, Coast Guard Day, Change of Command Ceremonies, special receptions, feeding the crews of safety and security patrol vessels during NASA launches while underway, fellowship events, assisting and relieving FS staff at Coast Guard Stations, CG training Center at Yorktown, onboard and underway on CG cutters in the Atlantic, Pacific, and Arctic Oceans on the Red, Black and White fleets. He has served as an AuxFS as far South as Miami, East to Cape Canaveral, West to Dutch Harbor, Unalaska in the Aleutian Islands, and North to Canadian waters and the Arctic Polar Regions under CG orders. He considers AUXFS one of the best volunteer opportunities in the Auxiliary.

Pizza Night

A Gold Side Morale Booster

Pizza is a universal food. During long underway patrols Pizza Night is one event that keeps Coast Guard crews happy and helps them operate at peak performance. Pizzas range from your basic sauce and cheese to a CG favorite, the "Supreme".

Random U.S. Coast Guard photos showing pizza served CG style.





Shrimp Creole

A Family Recipe from Rosemma Anderson,
Phyllis Garry and B.A. Garrry, AuxFS

Yield: 4-8 servings

Editor's Note: Watch the seasonings. It could be a little hot for those who don't live on the bayou.

Ingredients:

2 T. Vegetable Oil
6 oz. fresh mushrooms, chopped (2 C.)
1 medium onion.
1. green pepper, chopped.
8 large garlic cloves, chopped.
2 t. to 2 T. Creole seasoning.
1 1/2 t. dried crushed red pepper.
1-28 oz. can crushed tomatoes.
1-14 oz. can stewed tomatoes, Cajun style.
2 lb. uncooked shrimp.

Preparation:

Heat oil in heavy skillet.
Add mushrooms, onions, green peppers and garlic.
Saute until crisp tender.
Add seasonings.
Mix in tomatoes.
Simmer until sauce is thick (add corn starch, if needed).
Add shrimp and simmer until shrimp are pink. Do not overcook.

Serving Suggestions: Serve on rice or maybe grits. Or try a small portion on a grilled polenta round for a fancy starter.

Baked Salmon

A 2-day marinade builds great flavor.

Yield: 2 servings

Ingredients:

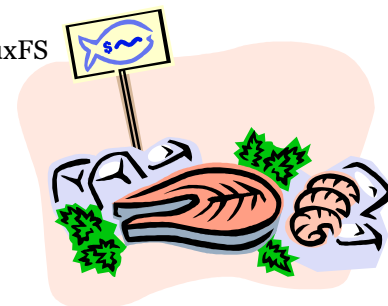
1 large filet of salmon(cut into two thick pieces)
1 cup maple syrup
1/2 cup soy sauce

Preparation:

In a small bowl, whisk together the maple syrup and the soy sauce.
Reserve and refrigerate 1/4 cup of the marinade for basting.
Marinate the salmon in the marinade for 1-2 days in the refrigerator.
When ready to cook, top the salmon with cracked pepper-corns.
While cooking, baste the salmon with the reserved marinade.

Bake at 500 degrees for about 7-10 minutes depending upon the thickness of the salmon.

Source: Judi Bidwick, AuxFS





Florida Oysters Rockefeller

From Florida's Gulf Coast

Yield: 6 servings

Ingredients:

36 oysters, shucked, on the half shell
2 cups spinach, cooked and drained
1/2 cup crispy bacon, crumbled
1 cup mozzarella cheese
1/2 cup Parmesan cheese, grated
1 bell pepper, diced small
2 tablespoons fresh parsley, chopped fine
1/4 tablespoon hot pepper sauce
1/2 cup Panko breadcrumbs
1 lemon, juiced
4 lemons, quartered for garnish
-- sea salt and fresh ground pepper to taste

Preparation:

1. Pre heat oven on high broil. In a medium-sized mixing bowl, combine spinach, bacon, mozzarella, Parmesan cheese, bell pepper, parsley, hot sauce, breadcrumbs and lemon juice. Stir ingredients to combine. Taste spinach mixture and adjust seasoning with salt and pepper.
2. Place one tablespoon or so of the spinach mixture on top of each half shell oyster. Place all stuffed oysters on a cookie sheet. Put the cookie sheet in the middle rack of the oven.
3. Carefully watch the oysters under the broiler, and let them cook for several minutes until the oyster edges curl and the top of the stuffing is golden brown and bubbly.

Serve oysters over a bed of ice cream salt with lemon wedges.

Source: <http://www.freshfromflorida.com/Recipes/>

Waterman's Inn Crab Cakes

Watermen's Inn is located in Crisfield, Md.
The Home of Soft Shell Crabbing

Editor's Note: Colossal lump crab meat is not normally a grocery store item. You may have to substitute jumbo lump which is generally available.

Yield: Depends on size of cake.

Ingredients:

11 oz. Good quality mayonnaise
2 oz. yellow mustard
4 eggs
2 tsp. Old Bay crab seasoning
2 Tbl Dried parsley
4 oz. Saltine cracker crumbs
Several shakes of Worcestershire sauce to taste.

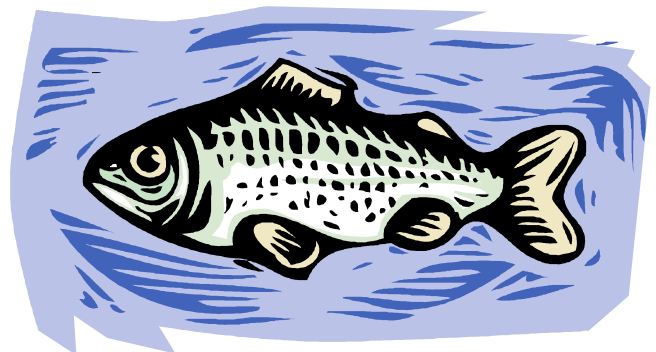
2 lb. Jumbo lump crab meat
2 lb. Colossal lump crab meat

Preparation:

Mix first seven ingredients in a large bowl.
Carefully fold in crab meat with a rubber spatula.
Chill and then shape cakes.
Pan fry or broil until golden brown.

Notes: These are delicious broiled. The recipe can be made smaller or larger. Crab cakes the size of a small ice cream scoop were very rich and 2 were sufficient to make me happy. Judi

Source: Judi Bacon, AuxFS





Crab and Egg Casserole

A tasty dish for breakfast, brunch or a light supper.

Editor's Note: This type of casserole is often referred to as a strata. It is a great way to use up stale bread. It could also be called a savory bread pudding.

Yield: 6-8 servings

Special Equipment: 9" X 13" Casserole pan or dish

Ingredients:

6 plus slices of bread
1/4 lb butter, at room temperature
12 plus slices of cheese
3-8 eggs
2 1/2 cups milk
1 Tbl mustard
1 lb crabmeat
Salt, pepper, nutmeg, and Old Bay seasoning to taste

Preparation:

Trim crusts from bread.
In a food processor, process the crusts into bread crumbs and set aside.
Butter both sides of bread and cut bread corner to corner.
Set buttered bread in the baking pan to cover the bottom.
Top with slices of cheese.
Top with crab meat (rinsed and drained).
In a medium sized bowl, blend eggs, milk, mustard and seasonings.
Pour egg mixture over dish.
Add another layer of cheese, then a layer of reserved bread crumbs.
Cover with aluminum wrap and refrigerate for 6+ hours.
Bake uncovered approximately 45 minutes at 350 degrees.
Cover with foil if bread crumb topping starts to get too dark in color.
Dish is done when a knife inserted in the middle of the casserole comes out clean.

Source: Judy Bidwick, AuxFS

Watermen's Inn Seafood Stew

A basic recipe that you can have fun with.

Editor's Note: Depending on the size of the shrimp, you may want to add the shrimp for the last 2-3 minutes of cooking. Overcooking shrimp is a major crime in Florida and in other southern states for which you can do serious jail time.

Yield: Depends on seafood available.

Ingredients:

3 tomatoes cut into wedges
4 or 5 garlic cloves crushed
1/2 lb butter
Several cups of white wine to taste
35 approx. whole mussels
4 oz crab meat
Shrimp as available
Fish as available

Preparation:

Heat olive oil in large sauce pan until very hot.
Sauté tomatoes and garlic.
Add butter and white wine.
Add mussels, cover and steam until mussels open.
Discard unopened mussels.
Add fish, shrimp and other seafood.
Cook until seafood is done, approximately 5-10 minutes.

Serve with crusty hot bread.

Notes: Excellent if you want to invite guests and ask them to bring their seafood of choice.
You can probably substitute broth for the wine, but the wine really made the mussels taste yummy. --Judi

Source: Judi Bacon, AuxFS





Baked Bajan Fish Cakes

A recipe developed by Beth Gallagher, AuxFS after she attended the Tradewinds Exercise in Barbados.

Editor's Note: Beth modified a traditionally deep fried treat into a healthier baked product.

Yield: Depends on cake size. Large for entrée or small for starter.

Ingredients:

1 cup Bisquick
1/2 cup milk
1/4 cup fish sauce (that Asian stuff)
4oz of cod fish, minced (or surimi)
1/8 cup dried onion
1/4 tsp finely ground black pepper
1Tbsp hot pepper (I used a combo of jalapeno and serrano) minced
1/4 tsp dried thyme
Optional: You can add up to 2 tsp garlic and/or a minced bunch of green onions.

Preparation:

Preheat oven to 400 degrees F(I have a convention oven).
Spray mini muffin pans with cooking spray.
Mix all together, the batter should be loose like all Bisquick things.
With a spoon, fill mini muffin pans about 2/3 full and bake for 15-18 minutes. Better to have them a little underdone, they will carry over.

Quick Tarter Sauce

It takes only seconds to make.

Editor's Note: I have used this for years and people ask me for the recipe. Until now I have never given it out because its so simple. Now its out.

Yield: As much as you need.

Ingredients:

Mayonnaise
Sweet pickle relish or dill pickle relish or a combo or both, drained
Dash, Onion powder to taste(go easy)
Dash, Worcestershire sauce(go easy)

Optional: You can take it from here. Don't overdo it. Add hot sauce, spices etc. a little at a time and taste.

Preparation:

In a small bowl, stir all ingredients until combined.

Serve as many as needed

Source: Don Hunt, AuxFS

Quick Seafood Cocktail Sauce

Quick as lightning to make.

Editor's Note: Another secret bites the dust.

Yield: As much as needed.

Special Equipment: none

Ingredients:

Catsup
Prepared horseradish(from dairy counter)
Dash, onion powder
Few drops, lemon juice

Optional: Drops of Worcestershire sauce, hot sauce, etc. (go easy at first).

Preparation:

In a small bowl, stir all ingredients until combined.

Serve as many as needed.

Notes: I have seen a lot of recipes that use chili sauce instead of or in addition to catsup.

Source: Don Hunt, AuxFS

