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# Recipes For Clam & Fish Base



DISCLAIMER: Allserv, Inc. assumes no responsibility for the accuracy or flavor of the recipes contained in this booklet or supplied in other formats. We have reduced many of the recipes from restaurant quantities to family size and strive for the best possible results. We have prepared and personally tested over 90% of the recipes we include with your orders and made adjustments we felt necessary. Thank you and HAPPY COOKING!!

## About the Recipes

We hope you enjoy these recipes.  
Most have been chef-developed for restaurants.  
Remember, they are only a guide.

**MAKE THEM YOUR OWN!!**

If there's an ingredient you dislike, **replace it**.

If there's one you really like, **add more**.

**Substitute** any ingredients with similar ingredients you have on hand.

Cutting down on fat? **Substitute** a "fat-free" cooking spray for butter or oil, "Fat-Free" Half & Half, (Land O' Lakes) for regular, Evaporated Skim Milk for heavy cream, skim milk for whole milk etc.

Soften Bases in **water instead of oil** before rubbing on meats, poultry or fish to season.

**Replace** mayonnaise or sour cream in dips, sandwiches or pastas with "Fat-Free" varieties, then **add great flavor** with Bases.

Some recipes call for Minor's Sauce/Soup Thickener or "Dry Roux®". **Substitute** any of the following:  
a) Classic roux in equal amounts of butter and flour

**HAPPY COOKING !!**  
Heidi & David



## Chef's Secrets for Delicious Results

A) ADD MORE FLAVOR LESS SALT; replace salt with 2 to 3 times amount of Base. (e.g. omit 1 tsp. salt; replace with 2 to 3 tsp. Base.) Bases are highly concentrated; USE LEVEL MEASUREMENTS.

B) Use in place of Clam Juice. Clam Base is more economical and has a truer flavor since its made from actual clams as well as natural clam juices

C) Blend Base into any recipe easily by dispersing in any liquid called for in the recipe; i. e., water, milk, eggs, mayonnaise ...

D) To enhance soup stock: Add 1 Tbsp. Base per quart of water. For full flavored stock or broth: see directions on container.

E) Rice, grains, beans, vegetables: Add 2 tsp. Base to every 2 cups water before cooking.

F) For cooked rice, beans, grains or vegetables: Add ½ tsp. per cup as a seasoning or as a finishing touch to flavor. Dissolve in small amount of water first, stir or toss.

G) Marinades made easy: Add Base to olive oil, red wine vinegar, garlic & black pepper. Use 1 tsp. Base per cup of marinade.

H) Fully seasoned rubs: Add 1 Tbsp. Base & choice of herbs to ½ cup oil. Rub on skin & fish before grilling, broiling or sauteing to replace salt.

I) A flavorful baste: Combine 2 tsp. Base with ¼ cup oil for each lb. of fish. Baste throughout cooking process.

J) Breading: First season meat with Base at 2 tsp. per pound of fish. Then dust with combination of flour, bread crumbs and seasonings or combine Base with breading mixture using electric mixer, then coat as usual.

K) Sandwiches, dips & appetizers: Blend 1 tsp. Base per cup of mayonnaise or 1 tsp. per 8 oz. sour cream or cream cheese.

L) Pasta Sauce: Add 1 tsp. per cup of sauce more clam flavor. (e. g. Linguine & Clam sauce)

M) Compound butters: Blend 1 tsp. per ½ cup softened, unsalted butter. Add herbs of choice.

N) Poaching: Add 1 Tbsp. Base per quart of water with an acid such as wine, lemon juice or vinegar to retain fish juices. Do not allow liquid to boil when poaching. Boiling will toughen fish.

O) Roasting: Season with Base & oil. Cook at high temp. for short time, then lower temp for longer time. This allows meat to caramelize on the outside for flavor, while remaining tender & juicy inside.

P) Ground meats: Add base to ground meat before grilling or baking at 2 tsp. per pound.

Q) Potatoes: Mashed/ Twice Baked: 1½ to 2 tsp. Base per lb.

R) Bread & Rolls: Omit salt. Add 1 Tbsp. Base per every 4 cups flour.

S) Stuffing: Disperse ½ tsp. Base (in liquid) per cup of stuffing. Be sure stuffing is cool before stuffing fish. Never stuff raw fish until ready to cook.

T) Pizza crust: Dilute Base in olive oil, add Parmesan cheese & herbs of choice and brush on prior to baking.

U) Replace salt in scrambled eggs, egg whites, egg substitute, omelets or quiche with ¼ tsp. Base per egg. (dissolve Base in 1 tsp. warm water before adding)

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### Caesar Style Salad Dressing

1		Egg
1½	Cups	Vegetable Oil
¼	Cup	Distilled White Vinegar
¼	Cup	Lemon Juice
¼	Cup	Parmesan Cheese -- grated
2	Tbsp	<b>Fish Base</b>
½	Tsp	Dry Mustard
¼	Tsp	Garlic Powder
¼	Tsp	Black Pepper

In a medium mixing bowl, beat egg on high speed using electric mixer until egg thickens and lightens in color, apx. 2-3 minutes. Gradually add oil, mixing well with wire whisk. Add remaining ingredients. Chill well. Stir before serving. Serve with salad greens, garnish with toasted croutons and anchovy fillets. Serves 10

### Southern Style Seafood Pie with Bacon & Leeks

¾	Cup	Bacon -- julienned
1	Cup	Leeks -- diced medium
½	Tsp	Dry leaf thyme
¾	Cup	All-purpose flour
1½	Tbsps	<b>Clam Base</b>
1	Cup	Half and half
Dash	Each	Ground nutmeg, ground white and ground red pepper
1	Cup	Canned clams with juice*
2/3	Cup	Shrimp 70/90 ct.
¼	Cup	Bay scallops
1½	Teaspoons	Fresh parsley -- chopped

#### Topping

¾	Cup + 2 Tbsp	Milk
1½	Tsps	<b>Clam Base</b>
2/3	Cup	Yellow corn meal
1/3	Cup	All-purpose flour
1		Egg -- beaten
1	Tbsp	Butter or margarine -- melted
1	Tbsp	Fresh parsley -- chopped
1 1/8	Tsps	Baking powder
½	Tsp	Old Bay Seasoning
Dash		Ground red pepper

**Filling:** In a sauce pot over med-high heat, saute bacon 3-4 minutes until browned. **DO NOT drain fat.** Add leeks and thyme and saute 2-3 minutes more. Add flour; stir until well blended. Cook 2-3 minutes over medium heat, stirring constantly. Add water, Base, half & half, nutmeg, red and white pepper. Mix well and bring to a boil over med-high heat; reduce heat; gently boil 2-3 minutes, stirring constantly. Add parsley and seafood. Gently boil 3-4 min., stirring constantly. Ladle 8 oz. of the mixture into 15 oz. ceramic baking dishes or pour all of it into a large baking dish.

**Topping:** In a large bowl, combine milk, Base, corn meal, flour, egg, butter, parsley, baking powder, Old Bay and red pepper; whisk well. For individual baking dishes top with apx. 3 oz. of topping. Bake at 400°F for 25 minutes. Serves 4

### David's Tuna Melt Special

1	Can	(6 oz.) Water Pack Tuna -- drain and reserve water
1/3	Cup	Mayonnaise
2	Medium	Plum Tomatoes-Seed, Chopped -- Diced
2	Medium	Scallions -- sliced thin -reserving green tops for garnish
½	Tsp	<b>Clam Base</b>
		Black Pepper -- fresh ground
1/8	Cup	Fresh grated Parmesan Cheese
2		English Muffins, halved and lightly toasted

Disperse Base in 1 tsp. reserved tuna water. Mix with mayo in bowl. Set aside. After 10-15 min., re-mix well, add tuna; combine thoroughly. Add scallions, combine. Add pepper and tomatoes, combine gently. Spread apx. ¼ tuna mixture per muffin half. Garnish with reserved scallions, sprinkle cheese over scallions. Arrange on cookie sheet, broil 3-5 mins. until cheese starts to brown. Serve right out of broiler. Serves 2

### Fish Sauce Supreme

3½	Tbsps	<b>Minor's Sauce/Soup Thickener (Dry Roux®)</b>
¼	Cup	Lukewarm Water
1¼	Cups	Hot Water
1	Tbsp	<b>Fish Base</b>
½	Cup	Half And Half -- hot
1	Tbsp	Sauterne Wine

In saucepan, whisk Dry Roux® with warm water until smooth. Add hot water and Base, stirring well. Heat to boiling over medium heat, stirring constantly. Boil and stir 1 minute. Reduce heat and simmer 10 minutes, stirring occasionally. Add half & half and wine, mixing well. Heat to simmering, stirring often. Serve over baked, poached or broiled fish. Serves 7

### Sammy's Dinner For Two

2	Filletts	Grouper, halibut, snapper, salmon -- 6-7 oz. each
		Pepper to taste
1	Tbsp	Fresh ginger root -- minced
1	Tbsp	Shallot -- minced
		Butter for sauteeing -- to taste
1	Cup	Fresh or frozen sweet corn
1	Large	Tomato -- cored/seeded/chopped
4	Ozs	Mushrooms -- sliced
½	Cup	White wine
½	Cup	Water
¾	Tsp	<b>Clam Base</b>
3	Tbsps	Butter -- chilled
½	Bunch	Fresh cilantro -- minced
1	Tbsp	Fresh Garlic -- minced

Preheat oven 375°F. Generously season fillets with pepper. Place fish in a small deep casserole. In saucepan, saute garlic, ginger and shallots in 1st amt. butter 2-3 minutes. Dissolve Base in water. Add corn, tomato, mushrooms, water and wine to pan. Bring to simmer. Pour over fish; bake, covered, apx. 15 min., or until fish is firm to touch. Place fish in bowls. Whisk chilled butter into corn-tomato mixture, 1Tbsp at a time. Add cilantro. Pour over fish, serve. Serves 2

## Quick Fish Soup With Orzo

1	Tbsp	Olive Oil
1	Medium	Yellow Onion -- thinly sliced
1	Clove	Garlic -- minced
2	Ribs	Celery -- minced
2	Medium	Carrots -- diced ¼"
2	Medium	Cucumbers -- peeled, seeded and chopped
1	Medium	Ripe Tomato -- peeled
3½	Cups	Water
4½	Tsps	<b>Fish Base</b>
2	Tsps	Fresh Dill Weed -- finely chopped or 1 tsp dried -- crumbled
½	Cup	Orzo (Rice Shaped Pasta)
1	Pound	Cod Or Haddock Fillets* -- cut in ½" strips
		Fresh Ground Pepper -- to taste

Heat oil in soup pot over med-high heat. Add onion; saute apx. 4 minutes or until light golden brown. Reduce heat to med-low; add garlic, celery, carrots, cucumbers and tomato. Stir in water, Fish Base and dill; simmer, partially covered, stirring occasionally, 15 minutes, until vegetables are tender. Add orzo, cover and cook for 10 minutes, stirring occasionally, until tender. Add fish; simmer, uncovered 3-4 minutes until opaque. Add pepper. Serve immediately. \* Use any fish. Serves 4

## Japanese Beef & Vegetable Fondue

1½	Pounds	Top Sirloin Or Beef Fillet -- partially frozen
8	Leaves	Chinese Cabbage (Bok Choy) -- cut 2" strips
12	Leaves	Spinach Leaves-Cleaned -- cut 2" strips
8		Green Onions - Cut Diagonal -- 2" pieces
12		Fresh Mushrooms -- cleaned/quartered
1	Can	Bamboo Shoots -- cut in strips
1	Quart	Water
1	Tbsp	<b>Clam Or Fish Base</b>

### Ginger Sauce:

1		2" Piece Fresh Giner Root-Peeled -- finely grated
½	Cup	Prepared Fish Broth
¼	Cup	Soy Sauce
2	Tbsps	Mirin (Rice Wine) Or Sherry

### Shabu-Shabu Sauce:

1	Cup	Water
1	Tsp	<b>Clam Base</b>
2	Tbsp	Soy Sauce
1	Tbsp	Sherry
1	Tbsp	Rice Vinegar
2		Green Onions -- finely chopped
½	Tsp	Red Pepper Flakes

**Fondue:** Dissolve Base in water for broth, set aside. cut beef in very thin slices-1" wide by 2" long. Arrange with vegetables on large platter. Place broth in fondue pot or electric killet; bring to a light boil. Reduce heat so stock continues to simmer throughout the meal. Each person uses a fondue fork or chopsticks to dip vegetables and meat into broth, then in accompanying sauce. When all food is eaten pour remaining sauces into stock and serve as soup.

**Sauces:** Combine all ingredients, mix well; place in 6 small serving bowls. Serves 6

## Chicken & Clams In Wine Sauce

1	Tbsp	Vegetable Oil
1½	Cups	(10 Oz.) Boneless Chicken -- cut ¼" x 1½"
1	Medium	Red Bell Pepper -- cut ¼" x 1½"
3	Tbsp	Vegetable Oil
1	Cup	(4 Medium) Leeks -- sliced ¼" thick
2	Cups	Fresh Mushrooms -- sliced ¼" thick
1	Tbsp	Fresh Parsley -- minced very fine
1	Medium	Garlic Clove -- minced very fine
1	Can	(6½ Oz.) Chopped Clams -- undrained
¾	Cup	Hot Water
1	Tbsp + 2 Tsp	<b>Clam Base</b>
¼	Cup	Sauterne Wine
1/3	Cup	Cold Water
3	Tbsps	Cornstarch

In a 2 qt. saucepan, heat 1Tbsp. oil over med-high heat until hot. Add chicken and saute 3-5 minutes. Add peppers continue saute 3-5 minutes longer until chicken is lightly browned. Remove from pan and set aside. In same pan, heat additional oil over med-high heat, until hot. Saute and stir leeks 3-4 minutes. Add mushrooms, parsley and garlic. Reduce heat; saute 3-5 minutes. Stir in clams with juice, water, Base and wine. Heat to boiling over med-high heat. Reduce heat and simmer 5 minutes, stirring occasionally. Add chicken and peppers. Heat to simmering, stirring occasionally. In a bowl, blend cornstarch and water using wire whisk. While stirring constantly, add to hot mixture. Heat to boiling over medium heat, stirring often. Boil and stir 1 minute Serve over rice or pasta. Serves 4

## Chicken & Clam Autumn Soup

¼	Cup	Butter or margarine
2	Ozs	(1/3 cup) Chicken meat, cooked* -- small diced
1/3	Cup	Cucumber, peeled, quartered, seeded -- sliced thin
1/3	Cup	Green onions -- sliced thin
¼	Cup	Carrots -- sliced thin
½	Cup	All-purpose flour
3	Cups	Warm water
1	Tbsp + 1 tsp	<b>Clam Base</b>
3	Ozs	(½ cup) canned chopped clams with juice
½	Cup	Half and half
½	Cup	Frozen whole kernel corn
¾	Cup	Hashed brown potatoes
¼	Tsp	Oregano
1/8	Tsp	Thyme

In a sauce pot over med-high heat, melt butter. Add chicken and heat through. Add cucumber, onions and carrots and saute 3 minutes. Blend in flour well and cook over medium heat 2-3 minutes, stirring often. **DO NOT BROWN.** Add water and Base, mixing gently until well blended. Heat to boiling over med-high heat, stirring constantly. Reduce heat; gently boil until carrots are just tender, apx. 5 minutes, stirring occasionally. Add clams with juice, half & half, corn, potatoes, oregano and thyme. Return to boil, stirring occasionally; reduce heat; gently boil 5 minutes, stirring occasionally. \* 10 oz. raw chicken may be substituted. Serves 5

### Spicy Carribean Clam Chowder

1	Tbsp	Olive or vegetable oil
¼	Cup	Onions -- diced medium
1/8	Cup Each	Carrots, Celery and Green & Red Peppers -- diced medium
½	Tsp	Garlic -- minced
2	Tbsp	All-purpose flour
1½	Cups	Water
¼	Cup	Half and half
1	Can	(6½ Oz.) chopped clams in juice
½	Cup	Potatoes -- diced medium
1	Tbsp	<b>Clam Base</b>
½	Tsp	Caribbean jerk spice
¼	Tsp	Hot pepper sauce

In sauce pot, heat oil over med-high heat. Add onions, carrots, celery, garlic, green and red peppers; saute until onions are translucent, apx. 2-3 minutes/ Blend in flour. Cook over medium heat 2-3 minutes, stirring constantly. Add water, clams, potatoes, Clam Base, jerk spice and half & half. Heat to boiling over med-high heat, stirring occasionally. Reduce heat and gently boil until potatoes are tender, 10-12 minutes, stirring occasionally. Season to taste with hot pepper sauce. Serves 4

### Warm Scallop & Mushroom Salad

1	Bunch	Arugula -- Washed -- Stems Removed -- Spun Dry
1	Pound	Large Sea Scallops
½	Cup	Extra Virgin Olive Oil
3	Ozs	Fresh Porcini or Shiitake Mushrooms -- sliced
½	Cup	Warm Water
½	Tsp	<b>Fish Base</b>
¼	Cup	Dry White Wine
2	Tbsps	Brandy
1	Tsp	Worcestershire Sauce
1		Vine Ripened Plum Tomato -- peeled, seeded and diced

Dissolve Base in warm water. Set aside. Arrange arugula on platter. Slice scallops horizontally into 4 rounds and season with pepper. In a skillet heat ¼ cup oil over high heat until hot but not smoking; stir-fry scallops 2 minutes. Transfer with slotted spoon onto arugula. Add mushrooms and fresh ground pepper to pan. Cook, stirring occasionally, until liquid evaporates and mushrooms are tender, apx. 5 minutes. Arrange mushrooms with slotted spoon over scallops. Add broth, wine, brandy and Worcestershire to skillet; boil, scraping up brown bits, until reduced by ½, 2-3 minutes. Gradually whisk in remaining oil, until blended. Pour sauce over salad; sprinkle with tomato. Serves 4 as a first course. Serves 4

### Cream Of Salmon Soup

2	Pounds	Salmon Fillets
6	Tbsps	Butter Or Margarine
4	Small	Onions -- minced
4	Cloves	Garlic -- minced
1	Pound	Potatoes - Skins On, Chopped -- ½" pieces
1		Bay Leaf
1	Tsp	Turmeric Or 2 Grams Saffron
Dash	Each	Cayenne Pepper and Fresh Ground Pepper Pepper
8	Cups	Water
2	Tbsp + 2 Tsp	<b>Fish Base</b>
2	Cups	Cream
1	Tbsp	Cognac
½	Cup	Flat Parsley -- minced
1	Cup	Croutons For Garnish
¼	Cup	Fresh grated Parmesan Cheese For Garnish

Dissolve Base in water; Set aside. Cut salmon into bite-size pieces. Melt butter and saute onions and garlic 4-5 minutes. Stir in potatoes and cook 2-3 minutes more. Add broth and seasonings to taste. Simmer 15-20 minutes, until potatoes are almost tender. Stir in salmon, cook 3-4 minutes. Pour in cream and cognac; adjust seasonings. Garnish. Serves 8

### Red Snapper Soup

2	Tbsp	Butter Or Margarine
1	Medium	Clove Garlic -- finely minced
½	Cup Each	Onion, Celery and Green Pepper -- diced medium
3	Cups	Hot Water
2	Tsp	<b>Fish Base</b>
2	Tsp	<b>Minor's Beef Base</b>
½	Cup	Tomato Puree
¾	Cup	(1 Medium) Peeled Potato -- diced medium
¾	Cup	(5 Oz.) Red Snapper, Raw -- diced medium
2	Tbsps	Cornstarch
3	Tbsps	Pale Dry Cocktail Sherry

In saucepan, melt butter over medium heat. Stir in garlic and saute 1 minute. Add onions, celery and green pepper. Saute and stir 4 minutes. Add water, Bases, puree and potatoes. Heat for 8 minutes, stirring occasionally. Add fish; heat to boiling. Reduce heat; gently boil 5 minutes, stirring occasionally. In a bowl, blend cornstarch with sherry using wire whisk. Gradually pour into hot soup while stirring vigorously. Bring to boil over medium heat, stirring constantly. Boil and stir 1 minute. Garnish with thinly sliced, toasted French bread, red snapper or chopped scallions. Yield 5 cups

## Clam Sauce For Pasta

¼	Cup	<b>Minor's Sauce/Soup Thickener (Dry Roux®)</b>
¼	Cup	Lukewarm Water
1	Cup	Hot Water
2	Tsps	<b>Clam Base</b>
1	Can	(6½ Oz.) Clams, Undrained -- minced or chopped
1	Cove	Garlic (minced)
¾	Cup	Half And Half -- hot
		Fresh grated Parmesan or Romano Cheese for garnish

In a 1qt. saucepan, blend Dry Roux® with water until smooth, using a wire whisk. Add water, Bases, clams with broth and half & half, mixing well. Heat to boiling over medium heat, stirring constantly. Boil and stir 1 minute. Reduce heat and simmer 10 minutes, stirring occasionally. Serve over pasta, garnish. Serves 4

## Clam Sauce Primavera Over Pasta

1	Pound	Linguini Or Fettucini -- cooked
1½	Cups	Fresh Broccoli Cut Into Florets (2" pieces)
4	Tbsps	Margarine Or Butter
½	Cup	All-Purpose Flour
2	Cups	Hot Water
2	Tbsps	<b>Clam Base</b>
1	Can	(6 oz.) Clams, Undrained -- Chopped
1¼	Cups	Fresh Mushrooms -- sliced ¼" thick
½	Cup	Black Olives -- drained and sliced
½	Cup	Frozen Artichokes -- cut in quarters
3	Tbsps	Chopped Pimiento
1/8	Tsp	Garlic Powder
1	Cup	Half And Half -- hot

Parboil broccoli 5-7 minutes, drain; rinse with cold water. Set aside. In saucepan, melt butter over medium heat. Add flour using wire whisk. Stir until well blended, evenly cooked and bubbly, apx. 2-3 minutes. Remove from heat. Add water and Base. Heat to boiling over medium heat stirring constantly. Boil and stir 1 minute, until thickened. Add clams with broth, mushrooms, olives, artichokes, pimiento, garlic powder and half & half. Heat to boiling over medium heat stirring occasionally. Stir in broccoli. Serve over pasta. Serves 6

## Sportsman's Fish Chowder

4	Tbsp	Butter Or Margarine
½	Cup Each	Onions & Celery -- Diced Medium
¼	Cup + 2 Tbsps	All-Purpose Flour
2	Cups	Hot Water
2	Tbsps	<b>Fish Base</b>
1	Cup	Potatoes -- Diced Medium
1	Cup	Milk
	Dash	White Pepper
1	Cup	Boneless Fish Fillets -- Diced Large

In 3 qt. saucepan, melt butter over medium heat. Add onions and celery, saute/stir until tender, apx. 10 min. Whisk in flour until well blended and evenly cooked, 2-3 min. Remove from heat. Stir in water Base, potatoes, milk and pepper. Heat to boiling, stirring constantly. Boil/stir 1 min. Reduce heat; simmer 7-10 min., stirring often. Add fish, mixing well. Simmer 5 min. longer, stirring often. Garnish with parsley or small chunks of fish sprinkled with paprika. Serves 6

## Irish Seafood Chowder

2	Tbsps	Flour
2	Tbsps	Butter
6	Cups	Water
2	Tbsps + 2 Tsps.	<b>Fish Base</b>
1	Cup	Half And Half or Cream
¾	Pound	Mixed Fish* -Salmon, Crab, Shrimp... or more to taste
¼	Cup Each	Carrots and Red Bell Peppers-- Diced
¼	Cup Each	Leeks and Celery -- Sliced
¼	Cup	Dry White Wine
¼	Tsp	Mustard Seed
		Fresh Basil and Fresh ground white pepper -- to taste

Dissolve Fish Base in water and set aside. In saucepan, melt butter and saute vegetables until tender-crisp. Add wine and reduce. Add flour and make a roux. Mix in fish broth and cream and simmer about 20 minutes. Add fish, mustard seed and basil; cook 5 minutes more. Adjust seasonings and serve. \*Jim adds smoked salmon for a richer, stronger tasting soup. Use any fish or vegetable combination desired. Serves 4

## Cold Poached Salmon with Coriander Sauce

1½	Pound	Salmon Fillet Or 6 Fillets At 5 Oz. Each
½	Cup	White Wine
½	Cup	Sour Cream
½	Tsp	<b>Clam Base</b>
¾	Cup	Mayonnaise
2	Tbsps	Lime Juice
½	Cup	Fresh Coriander Leaf (Cilantro) -- chopped

Place salmon in glass baking dish, add wine, and ¼ tsp. Clam Base; cover with parchment or wax paper and bake at 375 °F for 25 minutes for fillets or 35 minutes for a whole fillet. Remove from oven and refrigerate. Chop coriander in food processor; add ¼ tsp. Clam Base mixed with lime juice. Add mayonnaise and sour cream. Adjust seasoning. Serve with salmon. Garnish with watercress, cucumber and lime slices. Serves 6

## Oriental Snow Pea & Scallop Soup

½	Tsp	Ground Ginger Or 1½ Tbsp Fresh peeled and minced
1	Large	Garlic Clove -- sliced thin
½	Tsp	Black Peppercorns
6	Cups	Water
2	Tsps Each	<b>Minor's Clam and Chicken Base</b>
1	Tsp Each	Oriental Sesame Oil and Soy Sauce
1½	Tbsps	Dry Sherry -- or to taste
¼	Pound	Snow Peas -- trimmed/cut ½"
½	Pound	Sea Scallops-Halved -- rinsed/drained well
¾	Cup	Scallions -- thinly sliced
		Fresh Ground Pepper -- to taste

In kettle combine ginger, garlic, peppercorns, ½ cup scallions, water and Bases. Bring to boil and simmer 10 minutes. Remove from heat, let cool. Pour through fine sieve set over bowl. Stir in soy sauce, sesame oil, sherry, pepper. Chill 3 hours or until cold. In saucepan of boiling salted water cook snow peas and scallops 1 minute, drain, refresh under cold water, then stir into soup with ¼ cup scallion. Serve cold or at room temp. Serves 6

## Green Goddess Dip

1½	Cups	Mayonnaise
½	Cup	Sour Cream
2	Tsps	<b>Fish Base</b>
½	Cup	Fresh Parsley
2		Green Onions -- sliced ¼" thick
1½	Tsps	Dried Tarragon
½	Tsp	Garlic Powder

Combine all ingredients in blender or processor. Blend on medium speed 2-3 minutes. Chill, covered for 2 hours. Serve with fresh crisp vegetables, crackers. Yield 2 cups

## Clams & Scallops, Sicilian

2	Tbsp	Olive Oil
½	Cup	Green Peppers -- julienned
½	Cup	Yellow Bell Peppers -- julienned
½	Cup	Onions -- julienned
¾	Cup	Mushrooms -- diced medium
¾	Tsp	Fresh Garlic -- minced
½	Tsp	Green Chili Peppers -- diced fine
3	Tbsp	All-Purpose Flour
1/8	Tsp	Ground Oregano
Dash		Fresh Ground Black Pepper
¼	Cup	Dry White Wine
1	Tbsp	<b>Clam Base</b>
1	Cup	Canned Diced Tomatoes In Juice
½	Cup	Canned Chopped Clams In Juice
½	Cup	Bay Scallops
1½	Tsp	Fresh Parsley -- chopped

In sauce pot over med-high heat, heat oil. Add onions, mushrooms, garlic, green, yellow and chili peppers. Saute 3 minutes. Add flour, oregano and pepper; stir until well blended. Cook over medium heat for 2-3 minutes, stir constantly. Add wine, Clam Base, tomatoes, seafood and parsley; mix well. Heat to boiling over med-high heat; reduce heat; gently boil for 5 minutes, stirring occasionally. Serve over linguini or angel hair pasta. **Serves 4**

## Clam Dip

2	Cans	(6.5 Oz.) Chopped Clams with ¼ cup juice reserved
1	Package	(8 Oz.) Cream Cheese -- softened
½	Cup	Sour Cream
2	Tsps	<b>Clam Base</b>
1/3	Cup	Red Bell Pepper -- finely chopped
¼	Cup	Shallot -- minced
2	Tbsps	Fresh Parsley -- minced
1	Tsp	Worcestershire Sauce
1/8	Tsp	Cayenne Pepper or More To Taste

Dissolve Base in ¼ cup clam juice. Whisk together cream cheese, sour cream and Base mixture, until smooth. Stir in remaining ingredients. Serve with veggies, toasts or chips. Yield 2 cups

## Swordfish Sesame

2	Tbsps	Sesame Seeds
4	Tbsps	Sesame Oil
4	10 oz	Swordfish Steaks
1	Cup	Water
1 1/3	Tsps	<b>Fish Base</b>
5		Scallions --- Bulb And Green, -- diagonally cut

Preheat oven to 350°F. Toast sesame seeds until lightly browned, 3-5 min. Do Not Burn. Remove from oven and raise temp. to 375° F. Heat 3 Tbsps. sesame oil in skillet until very hot. Quickly sear steaks, apx. 1 minute per side. Transfer to baking dish; add Base dissolved in water. Bake until steaks flake, apx. 5 minutes. Add remaining oil to skillet; saute scallions 1 minute. Garnish with scallions and sesame seeds. Serves 4

## Clam & Mushroom Soup

2	Tsps	Fresh Garlic -- minced
2	Tbsps	Shallot -- minced
4	Tbsps	Olive Oil
¼	Pound	Mushroom -- sliced thin
¾	Cup	Canned Whole Baby Clams -- drained
1¼	Tsps	<b>Clam Base</b>
2¼	Cups	Water
1	Tsp	<b>Minor's Chicken Base</b>
2	Tbsps	Oyster Sauce
1/8	Tsp	Dried Oregano -- crumbled
1/8	Tsp	Dried Summer Savory Or Thyme -- crumbled
2	Tbsps	Fresh Parsley -- minced
1		Bay Leaf

Dissolve Bases in water. Set aside. In large sauce pan cook garlic and shallot in oil over med-low heat, stirring for 4 minutes. Add mushrooms. Cook over med-high heat, stirring, 2 minutes. Add clams, broth, oyster sauce, oregano, savory or thyme, parsley and bay leaf. Bring just to boil and simmer covered for 15 minutes. Delicious with crusty bread. Yield 3 cups

## Linguini In White Clam Sauce

¼	Cup	Olive Oil
1	Stick	Unsalted Butter (Sweet)
8	Cloves	Garlic -- minced fine
¼	Cup	All-Purpose Flour
25	Ozs	(Apx.) Chopped Clams -- undrained
1	Tbsp	<b>Clam Base</b>
½	Tsp	Fresh Ground White Pepper
Dash		Hot Red Pepper Sauce -- to taste
1	Pound	Linguine -- uncooked
½	Cup	Fresh Parsley -- chopped

In a pot, heat oil and butter until sizzling stops. Add garlic. Reduce heat to low and saute 5 minutes, stirring often. Stir in flour and cook over medium heat until well blended and evenly cooked, 2-3 minutes. Add clams with juice, Clam Base, pepper and pepper sauce. Heat to boiling, stirring constantly. Reduce heat and simmer 3-5 minutes, stirring often. Keep warm. Cook linguine per pkg. directions until al dente. Drain well. In skillet combine clam sauce, linguini and parsley. Heat over medium heat, stirring gently until hot. Serve 8



## Normandy Seafood Chowder

1/3	Cup	Bacon -- diced medium
2	Tbsp	Butter or Margarine
3/4	Cup	Leeks -- julienned
3/4	Cup	Mushrooms -- diced large
1/3	Cup	Green Onion -- sliced
3/4	Tsp	Garlic -- minced
1/2	Cup	All-Purpose Flour
	Dash	Ground Thyme
	Dash	Fresh Ground White Pepper
2	Cups	Hot Water
1	Cup	Half And Half
2	Tbsp	<b>Clam Base</b>
3/4	Cup	Potatoes -- diced medium
1/2	Cup	Canned Chopped Clams with Juice
1/4	Cup	Shrimp 70/90 Count
1/4	Cup	Bay Scallops

In sauce pot over med-high heat, saute bacon until evenly browned, apx. 7 minutes. **DO NOT drain fat.** Add butter, leeks, mushrooms, onions and garlic. Saute 3 minutes. Add flour, thyme and pepper; stir until well blended. Cook over medium heat for 2-3 minutes, stirring constantly. Add water, half & half, Base and potatoes. Stir until well blended. Heat to boiling over med-high heat; reduce heat and gently boil 8-10 minutes, stirring occasionally. Add seafood. Mix well. Heat to boiling over med-high heat; reduce heat and gently boil 3 minutes, stirring occasionally. Serves 6

## Seafood & Cheese Tortellini Soup

1	Cup	Cheese tortellini
1/4	Cup	Butter or margarine
1/2	Cup	Onions -- short julienne cut
1/4	Cup	Red bell pepper -- short julienne cut
1/2	Tsp	Garlic -- minced
1/2	Cup	All-purpose flour
3	Cups	Water
2	Tbsps	<b>Clam Base</b>
	Dash	Fresh ground white pepper
1/2	Cup	Half and half
1	Can	(6 1/2 oz.) Chopped Clams-with juice
1/2	Cup	Frozen peas
1/4	Cup Each	Bay scallops and shrimp (70/90 count) -- or amount to taste

Cook pasta per pkg directions. Drain, rinse and set aside. In sauce pot over med-high heat, melt butter. Add onions, peppers and garlic. Saute 3 minutes. Blend in flour. Cook over medium heat 2-3 minutes, stirring constantly. Add water, Clam Base and pepper, mixing well with wire whisk. Heat to boiling over med-high heat, stirring constantly. Reduce heat and gently boil 2 minutes, stirring occasionally. Add half & half, peas, and seafood. Mix well. Return to gentle boil for 3 minutes, stirring occasionally. Add tortellini. Return to gentle boil 3 minutes, stirring occasionally. Serves 6

## Mississippi Catfish Fillet with Pecan Breading

6	5 oz	Catfish Fillets -- Boneless and skinless
1/4	Cup	Vegetable Oil
2	Tbsp	<b>Fish Base</b>
1	Tbsp	Lemon Juice
3/4	Tsp	Cajun Seasoning For Fish
1/2	Cup	Dry Bread Crumbs
1/4	Cup + 2 Tbsp.	White Corn Meal
1/4	Cup	Pecan Pieces
1/2	Tsp	Cajun Seasoning For Fish
1/2	Tsp	<b>Fish Base</b>
1/4	Cup	(Apx.) Vegetable Oil

**Fillets:** Place fillets in cooking pan--**do not overlap**. Set aside. In a bowl, combine oil, 2 Tbsps. of Fish Base, lemon juice and cajun seasoning; mix with wire whisk until well blended. Brush fillets with marinade on both sides, using all of the marinade. Cover and refrigerate for at least 1 hour.

**Breading:** In a food processor, combine bread crumbs, corn meal, pecans, cajun seasoning and 1/2 Tsp Fish Base. Chop until pecans are medium fine. Using a shallow pan, bread fish until evenly coated. In a skillet, heat oil, as needed, over med-high heat. Pan fry fillets flesh-side down until golden brown. Arrange, flesh side up, on baking tray. Bake at 400°F until fish flakes with fork, 10-12 minutes. Serve with Red Bell Pepper Puree, below. Serves 6

## Red Bell Pepper Puree

1 1/4	Cups	Canned Roasted Red Bell Peppers -- drained
1/2	Cup	Onions -- diced medium
1/4	Cup	Water
2 1/2	Tbsp	Olive Oil
2	Tbsp	Lemon Juice
1	Tbsp	<b>Fish Base</b>
1	Tsp	Fresh Cilantro -- chopped
1/2	Tsp	Garlic -- minced
1/2	Tsp	Onion Powder
1/4	Tsp	Ground Red Pepper
1/4	Cup	Half And Half
1	Tbsp	<b>Minor's Sauce/Soup Thickener (Dry Roux®)</b>

In a food processor, puree peppers, onions, water, oil, lemon juice, Fish Base, cilantro, garlic, onion powder and ground red pepper until smooth. In saucepan over med-high heat, bring the puree to a boil; reduce heat and gently boil 2-3 minutes, stirring occasionally. In a bowl, blend half & half and Dry Roux® until smooth, with wire whisk. Gradually pour into boiling puree, stirring constantly. Heat to boiling over med-high heat, stirring occasionally. Reduce heat and gently boil for 2 minutes, stirring occasionally. Serve with Mississippi Catfish Fillet- Recipe above. Also delicious with poached salmon. Serves 8

### Cream Of Scallop & Mushroom Soup

1	Pound	Fresh Bay Scallops
8	Ozs	Shiitake Mushrooms -- diced
¼	Cup	Shallots -- minced
2½	Tbsps	Butter
1	Tbsps + 1 Tsp	<b>Minor's Chicken Base</b>
½	Tsp	<b>Clam Base</b>
1½	Ozs	Dry White Wine
3	Cups	Hot Water
½	Cup	Half And Half
¾	Cup	<b>Minor's Sauce/Soup Thickener (Dry Roux®)</b>
¾	Cup	Warm Water
		White Pepper -- to taste
Pinch	Each	Nutmeg and Cayenne Pepper
3	Ozs	Heavy Cream

Melt butter in sauce pan. Add scallops, mushrooms and shallots. Saute apx. 5 minutes. In a separate sauce pan, combine Bases, wine, hot water and half & half and bring to a boil over medium heat. Blend Dry Roux® and warm water with wire whisk; gradually add to boiling liquid and cook for 3 minutes. Combine scallops and mushrooms with sauce. Add seasonings and cream. Return to boil. Serve. Serves 8

### Florida Shellfish Dijon

2	Tbsp	Margarine Or Butter
2	Cups	Mushrooms -- diced large
¼	Cup	Green Onions -- sliced thin
¼	Cup + 2 Tbsp	All-Purpose Flour
2	Cups	Half And Half
1½	Tbsp	<b>Fish Base</b>
1½	Tbsp	Dijon Mustard
Dash	Each	Ground Red Pepper and Ground White Pepper
1	Cup	Shrimp - 70/90 Ct.
1	Cup	Lump Crabmeat
¾	Cup	Bay Scallops
2	Tbsp	Sauterne Wine

In a sauce pot, melt butter over med-high heat. Add mushrooms and onions and saute 3-5 minutes. Add flour and stir until well blended. Cook over medium heat for 2-3 minutes, stirring constantly. Add half & half, Fish Base, mustard, red and white peppers. Mix until well blended. Heat to boiling over med-high heat; reduce heat and gently boil for 2 minutes, stirring occasionally. Add seafood and wine. Heat to boiling; reduce heat and gently boil 3 minutes, stirring occasionally. Serve over pasta or rice. Serves 7

### New England Clam Chowder

2½	Tbsps	Butter or Margarine
½	Cup	Onions
¼	Cup	All-Purpose Flour
1½	Cups	Hot Water
1	Tbsp	<b>Clam Base</b>
¾	Tsp	<b>Minor's Pork Base</b> or 2 ozs. Salt Pork/Bacon*
1	Can	(6½ Oz.) Undrained Clams -- chopped or minced
1½	Cups	Potatoes -- diced medium
1	Cup	Half And Half -- hot

In 2 qt. saucepan, melt butter over medium heat. Stir in onions and saute 2 minutes. Add flour, stirring until well blended and evenly cooked, apx. 2-3 minutes. Remove from heat. Stir in water, Base(s), clams with juice, potatoes and half & half. Heat to boiling over medium heat. Reduce heat; gently boil until potatoes are tender apx. 12-15 minutes, stirring occasionally. Serve hot, garnished with oyster crackers or sliced green onions. Serves 4

\* For salt pork/bacon - Saute 2 ozs. finely diced until brown at start of recipe. Reduce butter from 2½ Tbsps. to 2 Tbsps and add 1 Tbsp. cornstarch to the ¼ cup of flour.

### Manhattan Clam Chowder

1	Tbsp	Butter Or Margarine
2	Tbsps	Onions -- Diced Small
1	Tbsp	All-Purpose Flour
2	Cups	Hot Water
2	Tsp	<b>Clam Base</b>
1	Tsp	<b>Minor's Pork Base</b> or Salt Pork*
1	Can	(6 Oz.) Chopped Clams -- Undrained
¼	Pound	Potatoes**, Peeled and Diced Medium
¾	Tsp	Parsley -- Chopped
½	Tsp	Sugar
Dash	Each	Ground Thyme and Hot Red Pepper Sauce
1	Can	Stewed Tomatoes -- Diced Medium

In a sauce pot, melt butter over medium heat. Stir in onions and saute 2 minutes. Add flour, stirring until well blended and evenly cooked apx. 2-3 minutes. Remove from heat. Stir in water, Base (s), undrained clams, potatoes, parsley, sugar, thyme and red pepper sauce. Heat to boiling over medium heat. Reduce heat and gently boil until potatoes are tender, 12-15 minutes, stirring occasionally. Add tomatoes, mixing well. Heat to simmering, stirring often. Garnish with oyster crackers.

\*\*For best results use new or waxy type potatoes. Serves 6

\* To substitute Salt Pork; saute before onions replacing butter if desired.