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 it’s 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)
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 Fish Base
½ Tsp Dry Mustard
½ 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
¼ Cup All-purpose flour
1½ Tbsp Clam Base
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 Tsp Clam Base
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 Tsp 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 sausage 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 themixture 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 10

Fish Sauce Supreme

3½ Tbsps Minor’s Sauce/Soup Thickener (Dry Roux®)
¼ Cup Lukewarm Water
1¼ Cups Hot Water
1 Tbsp Fish Base
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 Fillets Grouper, halibut, snapper, salmon -- 6-7 oz. each
Pepper to taste
1 Tbsp Fresh ginger root -- minced
1 Tbsp Shallot -- minced
1 Tbsp 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
¼ Tsp Clam Base
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
2. Medium Yellow Onion -- thinly sliced
3. Clove Garlic -- minced
4. Ribs Celery -- minced
5. Medium Carrots -- diced ¼"
6. Medium Cucumbers -- peeled, seeded and chopped
7. Medium Ripe Tomato -- peeled
8. 3½ Cups Water
9. 4½ Tsp Fish Base
10. 3½ Cups Water
11. 2 Tsp Fresh Dill Weed -- finely chopped or 1 tsp dried -- crumbled
12. ½ Cup Orzo (Rice Shaped Pasta)
13. 2 Tbsp 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** Clam Or Fish Base

**Ginger Sauce:**

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

**Shabu-Shabu Sauce:**

- **1 Cup** Water
- **1 Tsp** Clam Base
- **2 Tbsp** Soy Sauce
- **1 Tbsp** Sherry
- **1 Tbsp** Rice Vinegar
- **2** Green Onions -- finely chopped
- **¼ 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 kettle; 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
2. 1½ Cups (10 Oz.) Boneless Chicken -- cut ¼" x 1½"
3. 1 Medium Red Bell Pepper -- cut ¼" x 1½"
4. 3 Tbsp Vegetable Oil
5. 1 Cup (4 Medium) Leeks -- sliced ¼" thick
6. 2 Cups Fresh Mushrooms -- sliced ¼" thick
7. 1 Tbsp Fresh Parsley -- miniced very fine
8. 1 Medium Garlic Clove -- miniced very fine
9. 1 Can (6½ Oz.) Chopped Clams -- undrained
10. ¼ Cup Hot Water
11. 1 Tbsp + 2 Tsp Clam Base
12. ¼ Cup Sauterne Wine
13. 1/3 Cup Cold Water
14. 3 Tbsp 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

1. ¼ Cup Butter or margarine
2. 2 Ozs (1/3 cup) Chicken meat, cooked* -- small diced
3. 1 Cup Cucumber, peeled, quartered, seeded -- sliced thin
4. 1 Cup Green onions -- sliced thin
5. ¼ Cup Carrots -- sliced thin
6. ½ Cup All-purpose flour
7. 3 Cups Warm water
8. 1 Tbsp + 1 tsp Clam Base
9. 3 Ozs (½ cup) canned chopped clams with juice
10. ½ Cup Half and half
11. ¼ Cup Frozen whole kernel corn
12. ¼ Cup Hashed brown potatoes
13. ¼ Tsp Oregano
14. 1/8 Tsp Thyme

In a sauce pot over med-high heat, melt butter. Add chicken and heat through. Add cucumbers, 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 Caribbean 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 Tbsp Garlic -- minced
2 Tbsp All-purpose flour
1½ Cups Water
¾ Cup Half and half
1 Can (6½ Oz.) chopped clams in juice
½ Cup Potatoes -- diced medium
1 Tbsp Clam Base
½ Tbsp Caribbean jerk spice
½ Tbsp 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 Fish Base
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.

Red Snapper Soup

2 Tbsp Butter Or Margarine
1 Medium Clove Garlic -- finely minced
1¼ Cups Each Onion, Celery and Green Pepper -- diced medium
3 Cups Hot Water
2 Tbsp Fish Base
2 Tbsp Minor's Beef Base
½ Cup Tomato Puree
¾ Cup (1 Medium) Peeled Potato -- diced medium
¼ Cup (5 Oz.) Red Snapper, Raw -- diced medium
2 Tbsps Cornstarch
3 Tbsp 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

Cream Of Salmon Soup

2 Pounds Salmon Fillets
6 Tbsp 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 Fish Base
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
Clam Sauce For Pasta

\[
\begin{align*}
\frac{1}{2} \text{ Cup} & \quad \text{Minor's Sauce/Soup Thickener (Dry Roux®)} \\
\frac{1}{4} \text{ Cup} & \quad \text{Lukewarm Water} \\
1 \text{ Cup} & \quad \text{Hot Water} \\
2 \text{ Tbsp} & \quad \text{Clam Base} \\
1 \text{ Can} & \quad (6\text{ oz.}) \text{ Clams, Undrained -- miniced or chopped} \\
1 \text{ Cove} & \quad \text{Garlic (minced)} \\
\frac{1}{4} \text{ Cup} & \quad \text{Half And Half -- hot} \\
& \quad \text{Fresh grated Parmesan or Romano Cheese for garnish}
\end{align*}
\]

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

\[
\begin{align*}
1 \text{ Pound} & \quad \text{Linguini Or Fettucini -- cooked} \\
1\frac{1}{2} \text{ Cups} & \quad \text{Fresh Broccoli Cut Into Florets (2” pieces)} \\
4 \text{ Tbsp} & \quad \text{Margarine Or Butter} \\
\frac{1}{2} \text{ Cup} & \quad \text{All-Purpose Flour} \\
2 \text{ Cups} & \quad \text{Hot Water} \\
2 \text{ Tbsp} & \quad \text{Clam Base} \\
1 \text{ Can} & \quad (6 \text{ oz.}) \text{ Clams, Undrained -- Chopped} \\
1\frac{1}{4} \text{ Cups} & \quad \text{Fresh Mushrooms -- sliced ¼” thick} \\
\frac{1}{2} \text{ Cup} & \quad \text{Black Olives -- drained and sliced} \\
\frac{1}{2} \text{ Cup} & \quad \text{Frozen Artichokes -- cut in quarters} \\
3 \text{ Tbsp} & \quad \text{Chopped Pimiento} \\
1\frac{1}{8} \text{ Tsp} & \quad \text{Garlic Powder} \\
1 \text{ Cup} & \quad \text{Half And Half -- hot}
\end{align*}
\]

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

\[
\begin{align*}
4 \text{ Tbsp} & \quad \text{Butter Or Margarine} \\
\frac{1}{2} \text{ Cup Each} & \quad \text{Onions & Celery -- Diced Medium} \\
\frac{1}{4} \text{ Cup + 2 Tbsps} & \quad \text{All-Purpose Flour} \\
2 \text{ Cups} & \quad \text{Hot Water} \\
2 \text{ Tbsp} & \quad \text{Fish Base} \\
1 \text{ Cup} & \quad \text{Potatoes -- Diced Medium} \\
1 \text{ Cup} & \quad \text{Milk} \\
\text{Dash} & \quad \text{White Pepper} \\
1 \text{ Cup} & \quad \text{Boneless Fish Fillets -- Diced Large}
\end{align*}
\]

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

\[
\begin{align*}
2 \text{ Tbsps} & \quad \text{Flour} \\
2 \text{ Tbsps} & \quad \text{Butter} \\
6 \text{ Cups} & \quad \text{Water} \\
2 \text{ Tbsps + 2 Tsp} & \quad \text{Fish Base} \\
1 \text{ Cup} & \quad \text{Half And Half or Cream} \\
\frac{3}{4} \text{ Pound} & \quad \text{Mixed Fish* -Salmon, Crab, Shrimp... or more to taste} \\
\frac{3}{4} \text{ Cup Each} & \quad \text{Carrots and Red Bell Peppers-- Diced} \\
\frac{3}{4} \text{ Cup Each} & \quad \text{Leeks and Celery -- Sliced} \\
\frac{1}{4} \text{ Cup} & \quad \text{Dry White Wine} \\
\frac{1}{4} \text{ Tsp} & \quad \text{Mustard Seed} \\
& \quad \text{Fresh Basil and Fresh ground white pepper -- to taste}
\end{align*}
\]

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

\[
\begin{align*}
1\frac{1}{2} \text{ Pound} & \quad \text{Salmon Fillet Or 6 Fillets At 5 Oz. Each} \\
\frac{1}{2} \text{ Cup} & \quad \text{White Wine} \\
\frac{1}{2} \text{ Cup} & \quad \text{Sour Cream} \\
\frac{1}{2} \text{ Tsp} & \quad \text{Clam Base} \\
\frac{3}{4} \text{ Cup} & \quad \text{Mayonnaise} \\
2 \text{ Tbsp} & \quad \text{Lime Juice} \\
\frac{1}{2} \text{ Cup} & \quad \text{Fresh Coriander Leaf (Cilantro) -- chopped}
\end{align*}
\]

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

\[
\begin{align*}
\frac{1}{2} \text{ Tsp} & \quad \text{Ground Ginger Or 1\frac{1}{4} Tbsp Fresh peeled and minced} \\
1 \text{ Large} & \quad \text{Garlic Clove -- sliced thin} \\
\frac{1}{2} \text{ Tsp} & \quad \text{Black Peppercorns} \\
6 \text{ Cups} & \quad \text{Water} \\
2 \text{ Tbsp Each} & \quad \text{Minor's Clam and Chicken Base} \\
1 \text{ Tbsp Each} & \quad \text{Oriental Sesame Oil and Soy Sauce} \\
\frac{1}{4} \text{Tsp} & \quad \text{Dry Sherry -- or to taste} \\
\frac{1}{4} \text{ Pound} & \quad \text{Snow Peas -- trimmed/cut ¼”} \\
\frac{1}{2} \text{ Pound} & \quad \text{Sea Scallops-Halved -- rinsed/drained well} \\
\frac{3}{4} \text{ Cup} & \quad \text{Scallions -- thinly sliced} \\
& \quad \text{Fresh Ground Pepper -- to taste}
\end{align*}
\]

In kettle combine ginger, garlic, peppercorns, ¼ 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 Tsp Fish Base
½ Cup Fresh Parsley
2 Green Onions -- sliced ¼“ thick
1½ Tsp 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 -- juliened
½ Cup Yellow Bell Peppers -- juliened
½ Cup Onions -- juliened
½ Cup Mushrooms -- diced medium
½ Tsp Fresh Garlic -- minced
3 Tbsp All-Purpose Flour
1/8 Tsp Ground Oregano
Dash Fresh Ground Black Pepper
¼ Cup Dry White Wine
1 Tbsp Clam Base
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. Serve over linguini or angel hair pasta. Serves 4

Swordfish Sesame

2 Tbsps Sesame Seeds
4 Tbsps Sesame Oil
4 10 oz Swordfish Steaks
1 Cup Water
1 1/3 Tsp Fish Base
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 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 Tsp Clam Base
1/3 Cup Red Bell Pepper -- finely chopped
¼ Cup Shallot -- minced
2 Tbsp 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

Clam & Mushroom Soup

2 Tsp Fresh Garlic -- minced
2 Tbsps Shallot -- minced
4 Tbsps Olive Oil
¼ Pound Mushroom -- sliced thin
¼ Cup Canned Whole Baby Clams -- drained
1 1/3 Tsp Clam Base
2 1/2 Cups Water
1 Tbsp Minor's Chicken Base
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
¾ Cup All-Purpose Flour
25 Ozs (Apx.) Chopped Clams -- undrained
1 Tbsp Clam Base
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**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bacon</td>
<td>1/3 cup</td>
<td>Diced medium</td>
</tr>
<tr>
<td>Butter or Margarine</td>
<td>2 tbsp</td>
<td></td>
</tr>
<tr>
<td>Leeks</td>
<td>¾ cup</td>
<td>Julienne</td>
</tr>
<tr>
<td>Mushrooms</td>
<td>¾ cup</td>
<td>Diced large</td>
</tr>
<tr>
<td>Green Onion</td>
<td>1/3 cup</td>
<td>Sliced</td>
</tr>
<tr>
<td>Garlic</td>
<td>¼ tsp</td>
<td>Minced</td>
</tr>
<tr>
<td>All-Purpose Flour</td>
<td>½ cup</td>
<td></td>
</tr>
<tr>
<td>Ground Thyme</td>
<td>Dash</td>
<td></td>
</tr>
<tr>
<td>Fresh Ground White Pepper</td>
<td>Dash</td>
<td></td>
</tr>
<tr>
<td>Hot Water</td>
<td>2 cups</td>
<td></td>
</tr>
<tr>
<td>Half And Half</td>
<td>1 cup</td>
<td></td>
</tr>
<tr>
<td>Clam Base</td>
<td>2 tbsp</td>
<td></td>
</tr>
<tr>
<td>Potatoes</td>
<td>¾ cup</td>
<td>Diced medium</td>
</tr>
<tr>
<td>Canned Chopped Clams with Juice</td>
<td>½ cup</td>
<td></td>
</tr>
<tr>
<td>Shrimp</td>
<td>¼ cup</td>
<td>70/90 Count</td>
</tr>
<tr>
<td>Bay Scallops</td>
<td>¼ cup</td>
<td></td>
</tr>
</tbody>
</table>

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**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheese tortellini</td>
<td>1 cup</td>
<td></td>
</tr>
<tr>
<td>Butter or margarine</td>
<td>¼ cup</td>
<td></td>
</tr>
<tr>
<td>Onions</td>
<td>¼ cup</td>
<td>Short julienne cut</td>
</tr>
<tr>
<td>Red bell pepper</td>
<td>¼ cup</td>
<td>Short julienne cut</td>
</tr>
<tr>
<td>Garlic</td>
<td>½ tsp</td>
<td>Minced</td>
</tr>
<tr>
<td>All-purpose flour</td>
<td>½ cup</td>
<td></td>
</tr>
<tr>
<td>Water</td>
<td>2 cups</td>
<td></td>
</tr>
<tr>
<td>Clam Base</td>
<td>2 tsps</td>
<td></td>
</tr>
<tr>
<td>Fresh ground white pepper</td>
<td>½ cup</td>
<td>Half and half</td>
</tr>
<tr>
<td>Chopped Clams-with juice</td>
<td>1 can</td>
<td>(6½ oz.)</td>
</tr>
<tr>
<td>Frozen peas</td>
<td>¾ cup</td>
<td></td>
</tr>
<tr>
<td>Bay scallops and shrimp</td>
<td>¼ cup</td>
<td>(70/90 count) -- or amount to taste</td>
</tr>
</tbody>
</table>

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 6

**Mississippi Catfish Fillet with Pecan Breading**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Catfish Fillets</td>
<td>6 oz</td>
<td>Boneless and skinless</td>
</tr>
<tr>
<td>Vegetable Oil</td>
<td>¼ cup</td>
<td></td>
</tr>
<tr>
<td>Fish Base</td>
<td>2 tsps</td>
<td></td>
</tr>
<tr>
<td>Lemon Juice</td>
<td>1 tsp</td>
<td></td>
</tr>
<tr>
<td>Cajun Seasoning For Fish</td>
<td>¾ tsp</td>
<td></td>
</tr>
<tr>
<td>Dry Bread Crumbs</td>
<td>½ cup</td>
<td></td>
</tr>
<tr>
<td>White Corn Meal</td>
<td>¼ cup</td>
<td></td>
</tr>
<tr>
<td>Pecan Pieces</td>
<td>¼ tsp</td>
<td></td>
</tr>
<tr>
<td>Cajun Seasoning For Fish</td>
<td>¼ tsp</td>
<td></td>
</tr>
<tr>
<td>Fish Base</td>
<td>¼ tsp</td>
<td></td>
</tr>
<tr>
<td>(Apx.) Vegetable Oil</td>
<td>¼ cup</td>
<td></td>
</tr>
</tbody>
</table>

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 ½ 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**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canned Roasted Red Bell Peppers</td>
<td>1 1/4 cups</td>
<td>Drained</td>
</tr>
<tr>
<td>Onions</td>
<td>½ cup</td>
<td>Diced medium</td>
</tr>
<tr>
<td>Water</td>
<td>½ cup</td>
<td></td>
</tr>
<tr>
<td>Olive Oil</td>
<td>2 1/2 tsp</td>
<td></td>
</tr>
<tr>
<td>Lemon Juice</td>
<td>1 tsp</td>
<td></td>
</tr>
<tr>
<td>Fish Base</td>
<td>1 tsp</td>
<td></td>
</tr>
<tr>
<td>Fresh Cilantro</td>
<td>½ tsp</td>
<td>Chopped</td>
</tr>
<tr>
<td>Garlic</td>
<td>½ tsp</td>
<td>Minced</td>
</tr>
<tr>
<td>Onion Powder</td>
<td>¼ tsp</td>
<td></td>
</tr>
<tr>
<td>Ground Red Pepper</td>
<td>¼ tsp</td>
<td></td>
</tr>
<tr>
<td>Half And Half</td>
<td>¼ cup</td>
<td></td>
</tr>
<tr>
<td>Minor's Sauce/Soup Thickener (Dry Roux®)</td>
<td>1 tsp</td>
<td></td>
</tr>
</tbody>
</table>

New England Clam Chowder

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

In a 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 Tbsp. to 2 Tbsp and add 1 Tbsp. cornstarch to the ¼ cup of flour.

Manhattan Clam Chowder

- 1 Tbsp Butter Or Margarine
- 2 Tbsp Onions -- Diced Small
- 1 Tbsp All-Purpose Flour
- 2 Cups Hot Water
- 1½ Tbsp Clam Base
- 1 Can (6 Oz.) Chopped Clams -- Undrained
- ¼ Cup + 2 Tbsp All-Purpose Flour
- 2 Cups Half And Half
- 1¼ Tbsp Fish Base
- Dash Each Ground Red Pepper and Ground White Pepper
- 1 Cup Shrimp - 70/90 Ct.
- 1 Cup Lump Crabmeat
- ¼ 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

* For salt pork/bacon - Saute before onions replacing butter if desired.

Cream Of Scallop & Mushroom Soup

- 1 Pound Fresh Bay Scallops
- 8 Ozs Shiitake Mushrooms -- diced
- ¼ Cup Shallots -- minced
- 2½ Tbsp Butter
- 1 Tbsp + 1 Tsp Minor's Chicken Base
- ½ Tsp Clam Base
- 1½ Ozs Dry White Wine
- 3 Cups Hot Water
- ½ Cup Half And Half
- ¾ Cup Minor's Sauce/Soup Thickener (Dry Roux®)
- ¼ Cup Warm Water
- 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 Fish Base
- Dash Each Ground Red Pepper and Ground White Pepper
- 1 Cup Shrimp - 70/90 Ct.
- 1 Cup Lump Crabmeat
- ¼ 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

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