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,

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

The Cajun Seafood Base is no longer available. To prepare a Cajun Seafood Recipe use Seafood Base and your favorite Cajun Seasoning - preferably not salt-first.
**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) Add Seafood Base to your favorite homemade salad dressing. (e.g. Seafood Ranch)

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 fish before grilling, broiling or sautéing 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: Combine Seafood Base with breading mixture using electric mixer, then coat.

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 for enhanced flavor. (e.g. Seafood Alfredo)

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 carmalize on the outside for flavor, while remaining tender & juicy inside.

P) Seafood/ Crab Cakes: Add base to crab/seafood before grilling or sautéing at 2 tsp. per lb.

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 seafood stuffing. Be sure stuffing is cool before stuffing. 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) EGGSC - Add ¼ tsp. Base per egg dissolved in 1 tsp. water to scrambled eggs, egg whites or egg substitutes, omelets or quiche to replace salt.

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**Chefs Secrets** 16
Bayou Shrimp & Scallop Muddle

Cook pasta per pkg. directions. Chill under cold water; drain and set aside. In a small bowl, combine mayonnaise, sour cream, lemon juice, Maggi® Liquid, Base, sugar, Old Bay®, cumin and chili powder. Mix until well blended. Set aside. In a large bowl, combine shrimp, kidney beans, celery, garbanzo beans, green peppers, red peppers, corn and pasta. Add dressing; gently fold until well blended. Refrigerate 20 minutes and gently fold again. Serves 4

Bouillabaisse Sauce For Fish

In sauce pot over med-high heat, saute salt pork or bacon until evenly browned. DO NOT drain fat. Add onions, carrots and peppers. Saute 2-3 minutes. Add flour; stir until well blended. Cook over medium heat 2-3 minutes, stirring constantly. Add water, potatoes and Base. Heat to boiling over med-high heat, stirring occasionally. Reduce heat; gently boil until potatoes are tender, 10-12 minutes, stirring occasionally. Add shrimp, scallops, nutmeg, white pepper and red pepper sauce; gently boil 2-3 minutes, stirring occasionally. Serves 4

Creamy Seafood Sauce & Variations

In a 1 qt. saucepan (not aluminum) over med-high heat, melt butter and blend in flour. Cook over medium heat 2-3 minutes, stirring constantly. Add water, wine and Base; boil 2 minutes, stirring occasionally. Add cream, stirring constantly. Return to a gentle boil and add lemon juice and cold butter. Mix until well blended. Serve over any broiled, baked or sautéed seafood. Garnish. Serves 4

TIP: Add 2 tsps. Minor’s Seafood Base to 1 cup sour cream for a unique dip.

Gulf Coast Shrimp Pasta Salad

Cook pasta per pkg. directions. Chill under cold water; drain and set aside. In a small bowl, combine mayonnaise, sour cream, lemon juice, Maggi® Liquid, Base, sugar, Old Bay®, cumin and chili powder. Mix until well blended. Set aside. In a large bowl, combine shrimp, kidney beans, celery, garbanzo beans, green peppers, red peppers, corn and pasta. Add dressing; gently fold until well blended. Refrigerate 20 minutes and gently fold again. Serves 4

TIP: Add 2 tsps. Minor’s Seafood Base to 1 cup sour cream for a unique dip.
**Chesapeake Bay Seafood Rolls**

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Package Active Dry Yeast</td>
</tr>
<tr>
<td>2/3</td>
<td>Cup Warm Water</td>
</tr>
<tr>
<td>1/3</td>
<td>Cup Sugar</td>
</tr>
<tr>
<td>1/3</td>
<td>Cup Warm Milk</td>
</tr>
<tr>
<td>1</td>
<td>Tbsp Seafood Base</td>
</tr>
<tr>
<td>2</td>
<td>Eggs</td>
</tr>
<tr>
<td>4</td>
<td>Cups All-Purpose Flour</td>
</tr>
<tr>
<td>1 1/2</td>
<td>Tsp Dry Mustard</td>
</tr>
<tr>
<td>1/2</td>
<td>Tsp Celery Seed</td>
</tr>
<tr>
<td>2</td>
<td>Tbsps Water</td>
</tr>
<tr>
<td>3</td>
<td>Tbsps Shortening</td>
</tr>
</tbody>
</table>

In large mixing bowl, dissolve yeast in warm water. Add sugar, milk, shortening, Base, 1 egg and 1 cup of flour. Use mixer with dough hook on low speed; mix until combined, about 2 minutes. Add remaining flour, dry mustard and celery seed. Beat until dough is smooth and velvety, about 5 minutes. If dough is sticky, add flour 1 Tbsp at a time until dough is smooth and elastic. Place dough in lightly greased large bowl, turning to coat both sides. Cover with damp towel. Let rise in warm place (80-85°F) until it doubles in bulk, 1-1 1/2 hours. Punch dough down and shape into 18 rolls, knots or twists. Place on greased baking sheet. Cover with wax paper and damp towel. Let stand 15 minutes. Beat 2nd egg and 2 Tbsp of water together in small bowl until foamy. Brush egg wash on rolls. Let rise in warm place (80-85°F) until they double in bulk, about 1 hour. Bake at 400°F 20 minutes or until golden brown. Recipe has not been tested by Allserv. Serves 9

**Seafood Soup With Cilantro**

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
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<tbody>
<tr>
<td>3</td>
<td>Tbsp Olive Oil</td>
</tr>
<tr>
<td>24</td>
<td>Large Shrimp -- Peeled and Deveined</td>
</tr>
<tr>
<td>1</td>
<td>Cup Carrots -- Chopped</td>
</tr>
<tr>
<td>1</td>
<td>Cup Leeks -- Chopped</td>
</tr>
<tr>
<td>1</td>
<td>Cup Onion -- Chopped</td>
</tr>
<tr>
<td>1 1/2</td>
<td>Cups Dry White Wine</td>
</tr>
<tr>
<td>4 1/2</td>
<td>Cups Water</td>
</tr>
<tr>
<td>2</td>
<td>Tbsps Seafood Base</td>
</tr>
<tr>
<td>3/4</td>
<td>Bunch Fresh Cilantro</td>
</tr>
<tr>
<td>1/4</td>
<td>Ozs Baby Green Beans -- Trimmed and Halved</td>
</tr>
<tr>
<td>1/4</td>
<td>Ozs Asparagus, Trimmed &amp; Cut In 3&quot; Lengths</td>
</tr>
<tr>
<td>1/4</td>
<td>Ozs Snow Peas -- Trimmed</td>
</tr>
<tr>
<td>12</td>
<td>Cups Green Onions -- Chopped</td>
</tr>
</tbody>
</table>

In a sauce pot, melt butter over med-high heat. Add peppers, leeks and onions. Saute 5-7 minutes. Add water, Base, tomatoes, potatoes, crabmeat, mace, Old Bay® and pepper sauce. Heat to boiling over med-high heat. Reduce heat and gently boil until potatoes are tender, 10-12 minutes, stirring occasionally. Serves 5

**Caribbean Seafood Salad**

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2</td>
<td>Cup Shrimp 70/90 Ct. -- cooked</td>
</tr>
<tr>
<td>1/3</td>
<td>Cup Lobster Meat-Cooked -- diced medium</td>
</tr>
<tr>
<td>1/3</td>
<td>Cup Bay Scallops -- cooked</td>
</tr>
<tr>
<td>¼</td>
<td>Cup Fish - Cooked -- diced medium</td>
</tr>
<tr>
<td>1/3</td>
<td>Cup Canned Chopped Clams -- drained</td>
</tr>
<tr>
<td>2</td>
<td>Tbsp Pineapple -- diced medium</td>
</tr>
<tr>
<td>1/4</td>
<td>Cup Papaya -- diced medium</td>
</tr>
<tr>
<td>2</td>
<td>Tbsp Green Pepper -- diced medium</td>
</tr>
<tr>
<td>2</td>
<td>Tbsp Red Bell Pepper -- diced medium</td>
</tr>
<tr>
<td>2</td>
<td>Tbsp Green Onion -- sliced</td>
</tr>
<tr>
<td>2</td>
<td>Tbsp Lime Juice</td>
</tr>
<tr>
<td>2</td>
<td>Tbsp Orange Juice</td>
</tr>
<tr>
<td>2</td>
<td>Tbsp Vegetable Oil</td>
</tr>
<tr>
<td>1</td>
<td>Tbsp Seafood Base</td>
</tr>
<tr>
<td>1</td>
<td>Tbsp Caribbean Jerk Spice</td>
</tr>
<tr>
<td>1</td>
<td>Tbsp Fresh Cilantro -- chopped</td>
</tr>
</tbody>
</table>

In a large bowl, combine seafood, onions, pineapple, papaya, green and red peppers. In a separate bowl, combine lime juice, orange juice, oil, Base, Jerk Spice and cilantro. Whisk well. Pour over seafood; toss gently. Refrigerate 1 hour. Toss gently and serve on a bed of lettuce or in 1/2 a coconut shell. Serves 4

**TIP:** Replace salt with up to 2 times the amount of Seafood Bases in your favorite cornbread, muffin and bread dough recipes.
Seafood Puffs

¾ Cup Mayonnaise
2 Tsp Seafood Base
¼ Cup Flaked Crab Meat, drained well or 1 cup finely chopped shrimp
1 Tbsp Lemon Juice
1/8 Tsp Ground Red Pepper
2 Tbsp Egg Whites
48 Slices Party Rye Bread

In medium mixing bowl, combine mayonnaise, Crab Base, crab meat, lemon juice and red pepper. Mix until well blended. Beat egg whites until stiff. Fold into crab mixture. Spoon ½ Tbsp mixture on each bread slice. Place on lightly greased baking sheet. Broil until lightly browned, about 5 minutes. Serve immediately. Yield 48 Puffs

Spicy Crab Soup

2 Tbsp Margarine Or Butter
¾ Cup Green Peppers -- diced medium
½ Cup Leeks -- thin sliced
1/3 Cup Red Bell Pepper -- diced medium
1/3 Cup Onions -- diced medium
1/3 Cup Lump Crabmeat
Dash Ground Mace
Dash Old Bay Seasoning
Dash Hot Red Pepper Sauce

In sauce pot, melt butter over med-high heat. Add peppers, leeks and onions. Saute 5-7 minutes. Add water, Base, tomatoes, potatoes, crab, mace, Old Bay and red pepper sauce. Heat to boiling over med-high heat. Reduce heat; gently boil until potatoes are tender, 10-12 minutes, stirring occasionally. Serves 5

Cajun Seafood Sauce

¼ Cup Butter or margarine
½ Cup All-purpose flour
3 Cups Water
2 Tsp Seafood Base
1 Tsp Salt Free Cajun Spices (or to taste)
¾ Cup Half and half -- hot
1/8 Cup Sauterne wine

In sauce pot over med-high heat, melt butter. Blend in flour and cook over medium heat 2-3 minutes, stirring constantly. Add water and Base. Heat to boiling over med-high heat, stirring constantly. Reduce heat and gently boil 2 minutes, stirring occasionally. Add half and half and wine, mixing well. Serve over baked, poached or grilled fish entrees. Yield 1Qt

Corn & Crabmeat Chowder

3 Ears Corn On The Cob (about 1½ cups) -- cooked
5 Tbsp Butter Or Margarine
5 Tbsp Flour
2 Cups Water
4½ Tsp Seafood Base
2 ½ Cups Milk
¼ Cup Onion -- finely chopped
¾ Cup (Apx. 6 Oz.) Fresh Or Frozen Crabmeat -- picked over
1/8 Tsp Fresh Ground Pepper -- to taste
1/8 Tsp Cayenne Pepper
½ Cup Heavy Cream

Scrape corn off the cob. Melt 4 Tbsp.of butter in a saucepan. Add flour and stir until blended. Add water, Base and milk, stirring rapidly with whisk. Cook, stirring often, for apx. 10 minutes. Meanwhile, melt remaining butter in another saucepan and add onion. Cook until wilted. Add crabmeat, corn, pepper and cayenne. Cook briefly, add to sauce. Add cream and bring to a boil. Simmer gently for 5 minutes. Serves 5

Cajun Crab Bisque

¾ Cup Minor’s Sauce/Soup Thickener (Dry Roux®)
¾ Cup Cold water
1¼ Quarts Whole milk or half & half
2 Cups Dry sherry
3 Tbsp Seafood Base
1 Tbsp Salt Free Cajun Spices (or to taste)
1/8 Cup Butter or margarine
6 Ozs Lump crabmeat
1¼ Tbsps Tomato paste
1/8 Tsp Paprika

In a small bowl whisk Dry Roux® and cold water until smooth. In a sauce pot combine water, milk, sherry, Base and butter. Heat to a slow boil over med-high heat, stirring occasionally. Gradually pour roux mixture into boiling liquid, stirring constantly. Return to a slow boil over medium heat, stirring often. Reduce heat and gently boil for 2 minutes, stirring occasionally. Add crab, tomato paste and paprika. Return to a slow boil, mixing well and gently boil for 5 minutes. Serves 8

Cajun Seafood Sauce

¼ Cup Butter or margarine
½ Cup All-purpose flour
3 Cups Water
2 Tsp Seafood Base
1 Tsp Salt Free Cajun Spices (or to taste)
¾ Cup Half and half -- hot
1/8 Cup Sauterne wine

In sauce pot over med-high heat, melt butter. Blend in flour and cook over medium heat 2-3 minutes, stirring constantly. Add water and Base. Heat to boiling over med-high heat, stirring constantly. Reduce heat and gently boil 2 minutes, stirring occasionally. Add half and half and wine, mixing well. Serve over baked, poached or grilled fish entrees. Yield 1Qt

TIP: Prepare rice pilaf, risotto and couscous recipes with Seafood Base-flavored stocks.
Irish Seafood Chowder

2 Tbsps Flour
2 Tbsps Butter
6 Cups Water
2 Tbsps + 2 Tsps Seafood Base
1 Cup Half And Half Or Cream
¼ Pound Mixed Fish* -Salmon, Crab, Shrimp etc. or more to taste
1/2 Cup Carrots -- Diced
1/2 Cup Leeks -- Sliced
1/2 Cup Red Bell Peppers --Diced
1/2 Cup Celery
1/2 Cup Dry White Wine
1/2 Tsp Mustard Seed
1/2 Tsp Fresh Basil -- to taste
1/2 Tsp Fresh Ground White Pepper -- to taste

Dissolve Base in water for broth and set aside. In saucepan, melt butter and sauté vegetables until tender-crisp. Add wine and reduce. Add flour and make a roux. Mix in seafood 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

Seafood Gumbo Creole Soup

1/8 Cup Butter or margarine
1 Cup Onions -- juliennd
1/2 Cup Celery -- sliced thin
1/2 Cup Green peppers -- sliced thin
1/8 Tsp Garlic or more to taste -- finely chopped
1/8 Tsp Ground thyme
1 1/2 Quarts Hot water
1/8 Cup + 1 Tbsp Seafood Base
1 Cup Okra, frozen, whole, 1/2" bias cut**
1/2 Cup White long grain rice
1/8 Tsp Worcestershire sauce
3 Ozs Assorted seafood (shrimp, crab, whitefish) -- or more to taste
1/4 Cup Water
2 Tbsps Cornstarch
2 Tbsps Gumbo file
3 Cups Tomatoes -- diced medium

In sauce pot over med-high heat, melt butter. Add onions, celery, peppers, garlic and thyme; saute 3 minutes. Add water, Base, tomatoes, okra, rice and Worcestershire. Heat to boiling, stirring often. Reduce heat and gently boil 10 minutes, stirring occasionally. Add seafood and continue gentle boil for 5 minutes, until rice is tender and seafood cooked. In a small bowl, whisk cornstarch and water until smooth. Gradually pour into boiling liquid, stirring constantly. Reduce heat and gently boil 2 minutes, stirring occasionally. Add gumbo file and blend well. Yield 2 Qts

TIP: Add Seafood Bases to your favorite salad dressing (e.g. Seafood Caesar Dressing or Cajun Seafood Ranch Dressing)
Seafood & Artichoke Chowder (or Cajun)

1/2 Cup Artichoke Hearts (Drain-Reserve Juice) -- julienned
1/4 Cup Margarine Or Butter
1/2 Cup Mushrooms -- diced medium
1/4 Cup Onions -- diced medium
1/8 Tsp Garlic -- minced
Dash Ground Red Pepper
1/2 Cup All-Purpose Flour
2 Cups Hot Water
1/3 Cup Reserved Artichoke Juice
1 1/2 Tbsp Seafood Base
Salt Free Cajun Spices (To Taste)
1/4 Cup Shrimp 70/90 Count
2 Tbsp Bay Scallops
2 Tbsp Lump Crabmeat
3/4 Cup Half And Half
2 Tbsp Pale Dry Cocktail Sherry

In sauce pot, melt butter over med-high heat. Add mushrooms, onions, garlic and pepper. Saute 3-5 minutes. Add flour; stir until well blended. Cook over medium heat 2-3 minutes, stirring constantly. Add water, Base, artichokes with juice and seafood. Mix until well blended. Heat to boiling over med-high heat; reduce heat; gently boil 3 minutes, stirring occasionally. Add Half & Half and sherry. Heat to boiling over med-high heat; stirring constantly; reduce heat and gently boil 2 minutes, stirring occasionally. Serves 6

Cajun Crab Bisque & Acorn Squash

1 1/4 Quarts Water
1/8 Cup + 1 1/2 Tbsp Seafood Base
4 Tsp Salt Free Cajun Spices (or to taste)
1/8 Cup + 1 Tbsp Butter or Margarine
1/8 Tsp Fresh Ground White Pepper
2 Cups Half And Half
3 Ozs Lump Crabmeat
3/8 Cup Acorn squash -- cooked and pureed
1/4 Cup Dry Sherry
1 Tbsp Silvered Almonds -- crumbled
5/8 Cup Lukewarm water
5/8 Cup Minor's Sauce/Soup Thickener (Dry Roux®)

In sauce pot, combine water, Base, butter and pepper. Heat to boiling over med-high heat. Reduce heat and gently boil for 2-3 minutes. Add half & half, crab, squash, sherry and almonds; mix well. Reduce heat; gently boil 5 minutes, stirring occasionally. In a small bowl, whisk warm water and Dry Roux® until smooth. Gradually pour roux mixture into boiling liquid, stirring constantly. Heat to boiling over med-high heat, stirring often. Reduce heat; gently boil 2 minutes, stirring occasionally. Serves 6

TIP: For a delicious hors d’oeuvre spread, blend 2 tsps. Seafood Bases per cup softened cream cheese.

Tuscan Seafood Ragout

1 Tbsp Butter Or Olive Oil
1/4 Cup Onions -- diced medium
1/4 Cup Red Bell Pepper -- diced medium
1/4 Cup Green Pepper -- diced medium
1/8 Tsp Garlic -- minced
1 Cup Seafood Mixture*
1 Cup Water
1/2 Cup Canned Diced Tomatoes In Juice
1 Tbsp Seafood Base
3/4 Tsp Dried Sweet Basil
Dash Fresh Ground White Pepper
1/4 Cup Water
3 Tbsp Minor's Sauce/Soup Thickener (Dry Roux®)

In a saute pan, heat oil over med-high heat. Add onions, garlic red & green pepper and saute 2-3 minutes. Add seafood and saute 1-2 minutes. Add water, tomatoes, Base, basil and pepper, mixing well. Heat to boiling over med-high heat. Reduce heat and gently boil 1-2 minutes, stirring occasionally. In a small bowl, whisk 1/4 cup water and Dry Roux® until smooth, then gradually pour into boiling seafood mixture, stirring constantly. Heat to boiling, then reduce heat and gently boil 2 minutes, stirring occasionally. Serve over pasta or rice.* Shrimp (70/90 count), crab, surimi, clams or firm textured fish-diced sole, flounder or haddock. Serves 6

Coquille Saint-Jacques

4 Tbsp Butter or margarine
1 Cup Fresh mushrooms -- medium diced
2 Tbsp Green onions -- finely chopped
1 1/2 Pounds Bay scallops (or any seafood comb.) -- rinsed and drained
1 Cup Half and half -- hot
1 Cup Hot water
1 Tbsp Seafood Base
2 Tbsp Sauterne wine
1/2 Cup + 2 Tbsp Minor's Sauce/Soup Thickener (Dry Roux®)
1/2 Cup Lukewarm water

In a large frying pan, melt butter over medium heat and add mushrooms & onions. Saute and stir for 2 minutes. Stir in scallop and saute over high heat for 3 minutes, stirring often. Set aside. In a 2 qt. saucepan, combine half & half, hot water, Base and win and heat to simmering over medium heat. In a mixing bowl blend Dry Roux® with warm water until smooth using wire whisk. Gradually pour into hot liquid, stirring vigorously with whisk. Heat to boiling over medium heat, stirring constantly. Boil and stir for 1 minute then add vegetables and scallops with juices, mixing well to blend. Simmer 5 minutes, stirring often. Spoon 3/4 cup of the mixture into 9 oz. individual dishes. Sprinkle with Parmesan or bread crumbs. Pipe with mashed or Duchess potatoes, if desired. Broil 3-5 minutes, until browned & bubbly. We put cooked orzo on the bottom of the individual dishes ladling the seafood mixture over before broiling. Serves 6
Cajun Crab Croquettes Or Cakes

½ Cup           Butter or margarine
1 Cup            Onions -- chopped fine
½ Cup            Celery -- chopped fine
2 Cups           Boiling water
1/8 Cup          Seafood Base
1 Tbsp          Salt Free Cajun Spices (or to taste)
1 ½ Pounds        Lump crabmeat, passed through grinder or -- chopped fine
Dash            Fresh ground white pepper
1 Large          Egg -- beaten
1 Tbsp          Fresh parsley -- chopped

BREADING
All-purpose flour -- as needed
Egg wash -- as needed
Panko Bread crumbs -- as needed

In sauce pot heat butter over med-high heat. Add mushrooms, onions and saute for 2-3 minutes. Add water, sherry, Base and pepper, mixing well. Heat to boiling over med-high heat. Reduce heat and gently boil 2-3 minutes, stirring occasionally. In a small bowl, whisk half & half and Dry Roux® until smooth then gradually pour into boiling liquid, stirring constantly. Reduce heat and gently boil 2 minutes, stirring occasionally. Remove from heat. Add cheese; stir until well blended. Blend in flour and cook over medium heat 2-3 minutes, stirring constantly. Add water and Base, mixing well. Heat to boiling, stirring constantly. Reduce heat and gently boil 2 mins., stirring occasionally. Add crab and pepper; blend thoroughly. Heat to gentle boil over medium heat, stirring constantly. Mixture will be very thick. If not, cook several minutes more, stirring until all moisture is absorbed. Remove from heat; immediately stir in egg and parsley. Spread evenly in a shallow pan and cover with waxed paper. Chill completely. When mixture is thoroughly chilled, form 24 croquettes or cakes. Breading: Sprinkle cakes with flour, dip in egg wash, then dredge in bread crumbs until completely coated. Deep fry at 350°F until golden brown. Serve with Dipping Sauce, recipe below. Recipe not tested. Yield 24 cakes

Seafood Bisque Parmesan

In sauce pot melt butter over med-high heat. Add mushrooms, onions and saute for 2-3 minutes. Add water, sherry, Base and pepper, mixing well. Heat to boiling over med-high heat. Reduce heat and gently boil 2-3 minutes, stirring occasionally. In a small bowl, whisk half & half and Dry Roux® until smooth then gradually pour into boiling liquid, stirring constantly. Reduce heat and gently boil 2 minutes, stirring occasionally. Remove from heat. Add cheese; stir until well blended. Blend in flour and cook over medium heat 2-3 minutes, stirring constantly. Add water and Base, mixing well. Heat to boiling, stirring constantly. Reduce heat and gently boil 2 mins., stirring occasionally. Add crab and pepper; blend thoroughly. Heat to gentle boil over medium heat, stirring constantly. Mixture will be very thick. If not, cook several minutes more, stirring until all moisture is absorbed. Remove from heat; immediately stir in egg and parsley. Spread evenly in a shallow pan and cover with waxed paper. Chill completely. When mixture is thoroughly chilled, form 24 croquettes or cakes. Breading: Sprinkle cakes with flour, dip in egg wash, then dredge in bread crumbs until completely coated. Deep fry at 350°F until golden brown. Serve with Dipping Sauce, recipe below. Recipe not tested. Yield 24 cakes

Caribbean Lime & Red Pepper Dipping Sauce

½ Cup            Roasted red peppers, canned or fresh
½ Tbsp          Fresh garlic -- minced
1 ½ Cups          Mayonnaise
2 Tbsp          Fresh lime juice
2 ¼ Tsp          Seafood Base
1 tsp            Salt Free Cajun Spices (or to taste)
1 ½ Tbsp        Caribbean jerk spice
1 8 Cup            Fresh cilantro or chives -- chopped

In food processor or blender puree peppers and garlic for 20-30 seconds. Allow some larger pieces for texture, if desired. Add mayonnaise, lime juice, Base and jerk spice; blend 5 -10 seconds. Fold in herb of choice. Serve with Crab Croquettes - recipe above. Yield 2 cups

Seafood or Cajun Seafood Dip

1 Pound          Cream Cheese, Softened To Room Temperature
1 Pound          Sour Cream
3 Tbsp          Seafood Base
1 Tbsp          Salt Free Cajun Spices (or to taste)
½ Tsp            Paprika

Combine all ingredients, mix until smooth. Cover and chill 1 hour or overnight. Serve with crackers, chips or fresh vegetables. Serves 80

Scallop & Mushroom Sauce For White Fish

½ Tbsp           Butter or margarine
1 Tbsp           Green onions -- sliced 1/8” thick
¾ Cup            Fresh mushrooms -- small diced
2 Tbsp           Bay scallops -- small diced
1 Cup            Hot water
2 ½ Tbsp         Seafood Base
¼ Cup            Half and half
1 Tbsp           Sauterne wine
Small Dash        Nutmeg
Small Dash        Ground red pepper
¼ Cup + 2 Tsp.      Minor’s Sauce/Soup Thickener (Dry Roux®)
½ Cup            Lukewarm water

In a 1 qt. saucepan, melt butter over medium heat and add onions. Saute and stir 2 for 2 minutes. Add mushrooms and scallops. Saute for 3 minutes, stirring occasionally. Stir in water, Base, half & half, wine, nutmeg and pepper. Heat to simmering over medium heat. In a bowl, blend Dry Roux® with water until smooth, using wire whisk. Gradually pour into hot mixture, stirring vigorously. Heat to boiling over medium heat, stirring constantly. Boil and stir for 1 minute. Reduce heat and simmer 2 minutes, stirring occasionally. Yield 2 cups

TIP: Add 2 tsps. Seafood Bases to 1 cup of your favorite cream or Alfredo Sauce for a unique pasta sauce.

TIP: Add Seafood Bases to your seafood stuffing.
### Louisiana Seafood Gumbo

<table>
<thead>
<tr>
<th>1/4 Cup</th>
<th>Rice</th>
</tr>
</thead>
<tbody>
<tr>
<td>2/3 Cup</td>
<td>Water</td>
</tr>
<tr>
<td>Dash</td>
<td>Salt</td>
</tr>
<tr>
<td>2 Tbsps</td>
<td>Butter Or Margarine</td>
</tr>
<tr>
<td>1/2 Cup</td>
<td>Andouille Sausage -- diced medium</td>
</tr>
<tr>
<td>3/4 Cup</td>
<td>Onions -- diced medium</td>
</tr>
<tr>
<td>3/4 Cup</td>
<td>Green Pepper -- diced medium</td>
</tr>
<tr>
<td>1/2 Cup</td>
<td>Celery -- sliced medium</td>
</tr>
<tr>
<td>1 Tsp</td>
<td>Garlic -- minced</td>
</tr>
<tr>
<td>1/4 Cup</td>
<td>All-Purpose Flour</td>
</tr>
<tr>
<td>3 Cups</td>
<td>Hot Water</td>
</tr>
<tr>
<td>2 Tbsps + 1 Tsp</td>
<td><strong>Seafood Base</strong></td>
</tr>
<tr>
<td>2 1/4 Tsp</td>
<td>Worcestershire Sauce</td>
</tr>
<tr>
<td>1/4 Tsp</td>
<td>Hot Red Pepper Sauce</td>
</tr>
<tr>
<td>1/8 Tsp</td>
<td>Ground Red Pepper</td>
</tr>
<tr>
<td>1/8 Tsp</td>
<td>Fresh Ground Black Pepper</td>
</tr>
<tr>
<td>1/4 Cup</td>
<td>Water</td>
</tr>
<tr>
<td>3/4 Tsp</td>
<td>Gumbo File</td>
</tr>
<tr>
<td>1/4 Cup</td>
<td>Or To Taste Shrimp 70/90 Count</td>
</tr>
<tr>
<td>1/3 Cup</td>
<td>Frozen Okra -- sliced</td>
</tr>
<tr>
<td>1/3 Cup</td>
<td>Or To Taste Lump Crabmeat</td>
</tr>
<tr>
<td>1/4 Cup</td>
<td>Or To Taste Bay Scallop</td>
</tr>
</tbody>
</table>

Cook rice per pkg. directions; set aside. In sauce pot melt butter. Add sausage, onions, green pepper, celery and garlic. Saute 5 minutes. Add flour; stir until well-blended. Cook for 2-3 minutes, stirring constantly. Add 1st amount of water, Shrimp Base, Worcestershire, red pepper sauce, red and black pepper. Mix until well blended. Heat to boiling over med-high heat; reduce heat and gently boil 3 minutes, stirring occasionally. In small bowl blend water and gumbo file using whisk. Gradually pour into boiling liquid, stirring constantly. Heat to boiling over med-high heat; reduce heat and gently boil 3 minutes, stirring occasionally. Add seafood and okra. Mix well. Heat to boiling; reduce heat, gently boil 3 minutes, stirring occasionally. Add rice, mixing well. Gently boil 1 minute, stirring occasionally. Serves 6

### Spicy Shrimp Creole

1 Tbsp Vegetable Oil
2 Tbsp Butter Or Margarine
1 Cup Green Peppers -- Sliced \( \frac{1}{2} \times 1\)"
1 Cup Celery -- Sliced \( \frac{1}{4} \)" Thick
2/3 Cup Onions -- Sliced \( \frac{1}{2} \times 1\)"
1 Pound Shrimp -- 21/30 count -- Peeled and Deveined
1 Cup Fresh Mushrooms -- Sliced \( \frac{1}{4} \)" Thick
1 Cup Hot Water
2 Tbsp **Seafood Base**
1 Tbsp Salt Free Cajun Spices
1 Can (14.5 Oz.) Stewed Tomatoes -- Chopped
1 Can (6 Oz.) Tomato Paste
1/2 Tsp Hot Red Pepper Sauce
6 Cloves Garlic -- minced

In a 3 qt. sauce pan, heat oil and butter over medium heat. Add green peppers, celery and onions. Saute and stir 2-3 minutes. Add shrimp and mushrooms. Saute and stir 2-3 minutes. Add remaining ingredients. Heat to simmering over medium heat. Reduce heat and simmer 5 minutes, stirring occasionally. Serve hot over rice. Serves 5

### Seafood Newburg with Mushrooms

<table>
<thead>
<tr>
<th>1/2 Cup</th>
<th>Butter Or Margarine</th>
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</thead>
<tbody>
<tr>
<td>2 Cups</td>
<td>Mushrooms -- sliced medium</td>
</tr>
<tr>
<td>1/2 Cup</td>
<td>Green Onions -- sliced thin</td>
</tr>
<tr>
<td>3/8 Cup</td>
<td>All-Purpose Flour</td>
</tr>
<tr>
<td>1 Cup</td>
<td>Hot Water</td>
</tr>
<tr>
<td>1 Cup</td>
<td>Half And Half</td>
</tr>
<tr>
<td>1 1/2 Tbsps</td>
<td><strong>Seafood Base</strong></td>
</tr>
<tr>
<td>1/4 Pound</td>
<td>Seafood* -- cut in 1/2&quot; pieces</td>
</tr>
<tr>
<td>1/8 Cup</td>
<td>Pale Dry Cocktail Sherry</td>
</tr>
</tbody>
</table>

In pot, melt butter over medium heat and add vegetables. Saute and stir for 2 minutes and blend in flour. Cook over medium heat for 2-3 minutes, stirring constantly. Add hot water, half & half, Base and seafood. Heat to boiling over medium heat, stirring often. Reduce heat to low and gently boil 8-10 minutes, stirring occasionally. Add sherry and blend well. Serve over pasta or rice, on toast points or in patty shell. Serves 2-3

*Any combination: Shrimp, scallops, surimi, sole, flounder...

### Cajun Seafood Pasta Salad

8 Ozs Small rotini pasta
1 Tbsp Salt
2 Tbsps Corn oil
1/2 Cup Celery -- medium diced
1/2 Cup Onions -- medium diced
1/2 Cup Green peppers -- medium diced
1/2 Cup Red peppers -- medium diced
1/2 Cup Mild salsa
2 Tbsps **Seafood Base**
1 Tbsp Salt Free Cajun Spices
2 Tbsps Lemon juice
2 Tsp Ground cumin
1/2 Tsp Old Bay® Seafood Seasoning
1 Tsp Chili powder
1/4 Tsp Garlic powder
6 Ozs Bay scallops
6 Ozs Shrimp 70-90 count or smaller
6 Ozs Clams-chopped, canned drained
1 Cup Mayonnaise
1/2 Cup Sour cream

Cook pasta per pkg. directions. Chill pasta under cold water and drain. In a large saute pan, heat oil over med-high heat. Add celery, onions, green and red peppers; saute 1-2 minutes. Add the salsa, Base, lemon juice, Old Bay® Seasoning, cumin, chili and garlic powder, mixing well. Heat to boiling, stirring occasionally. Reduce heat and gently boil 1-2 minutes, stirring occasionally. Add scallops and cook 2-3 minutes, depending on the size. Add shrimp; cook another 1-2 minutes, until done. Add clams and gently boil 30-45 seconds. Remove from heat. Chill in an ice water bath, stirring occasionally. In large bowl, combine mayonnaise and sour cream, whisking well. Add pasta and chilled seafood, mixing well. Chill 1 hour more, stirring occasionally. Serves 6