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Chef's Recipes For MINOR'S Seafood 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!!

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.

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



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 caramelize 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) EGGS - 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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Bayou Shrimp & Scallop Muddle

2	Tbsp	Salt Pork Or Bacon -- diced small
1/3	Cup	Green Onion -- sliced thin on bias
1/3	Cup	Carrots -- diced small
1/4	Cup	Green Pepper -- diced small
2	Tbsp	All-Purpose Flour
1 1/2	Cups	Hot Water
3/4	Cup	Potato -- diced small
1	Tbsp	Seafood Base
2/3	Cup	Shrimp 70/90 Count
1/2	Cup	Bay Scallops
	Dash	Ground Nutmeg
	Dash	Ground White Pepper
	Dash	Hot Red Pepper Sauce

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

Gulf Coast Shrimp Pasta Salad

4	Ozs	Rotini, Small
1/2	Cup	Mayonnaise
2	Tbsps	Sour Cream
1/2	Tbsp	Lemon Juice
1/2	Tbsp	Maggi® Liquid Seasoning
1	Tsp	Seafood Base
1/2	Tbsp	Brown Sugar
1/2	Tsp	Old Bay® Seasoning
1/8	Tsp	Ground Cumin
	Dash	Chili Powder
6	Ozs	Shrimp, Small -- Cooked (any variety of seafood)
1/2	Cup	Dark Red Kidney Beans, Canned -- Drained
1/4	Cup	Celery -- Diced Small
1/4	Cup	Garbanzo Beans -- Canned Drained
2	Tbsps	Green Pepper -- Diced Small
2	Tbsps	Red Pepper -- Diced Small
2	Tbsps	Baby Corn -- Sliced Thin

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.

Bouillabaisse Sauce For Fish

1	Cup	Onion -- Minced
1/2	Cup	Fresh Fennel
2	Tbsps	Olive Oil
16	Ozs	Canned Tomatoes -- Drained And Chopped
2	Cloves	Garlic -- Minced
1/4	Cup	Grand Marnier Or comparable Orange Liqueur
2	Tsps	Seafood Base
2	Cups	Water
1/2	Cup	Fresh Parsley -- Minced
1/2	Tsp	Dried Thyme
1/2	Tsp	Fennel Seed -- Crushed
2	Tsps	Grated Orange Rind
2	Tbsps	Tomato Paste
4		Cherrystone Clams -- Scrubbed Well
4		Mussels -- Scrubbed Well
4	6 oz.	Fish Fillets - Salmon, Snapper Etc.
2	Tbsps	Unsalted Butter -- Melted
		Fresh Ground Black Pepper -- Optional

Dissolve Base and tomato paste in water and set aside. In a saucepan over moderate heat cook onion and fennel in oil until softened. Add tomatoes, garlic and liqueur; boil 1 minute. Add Base-tomato paste mixture, 1/4 cup parsley, thyme, fennel, orange rind and pepper; simmer for 30 minutes. Add clams & mussels; boil covered 5 min. or until they open. Transfer shellfish to plate, keep warm. Reduce sauce until slightly thickened. Add remaining parsley. In a buttered or sprayed baking dish, arrange fish skin side down in one layer, season with pepper and salt, if desired and drizzle melted butter. Bake in a preheated 500°F oven for 8-10 minutes, or until just firm. Cover with sauce, surround with shellfish. Serves 4

Creamy Seafood Sauce & Variations

1	Tbsp	Butter Or Margarine
1	Tbsp	All-Purpose Flour
3/4	Cup	Hot Water
1	Tsp	Seafood Base
1/4	Cup	Heavy Whipping Cream
1	Tbsp	White Wine, Sherry Or Champagne -- Optional
1	Tbsp	Cold Butter -- Optional
1	Tsp	Fresh Parsley -- Chopped for Garnish

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 and heat to a gentle boil, stirring constantly. Reduce heat, and gently 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.

Variations: Add the following to 1 cup Creamy Seafood Sauce and mix until well blended.
Lemon Caper Sauce - Add 1 Tbsp. white wine and 1 tsp. chopped capers.
Lemon Thyme Sauce - Add 1/4 Tsp. fresh thyme, chopped. Serve over Cod &/or Swordfish.
Lemon Tarragon Sauce - Add 1/4 Tsp. fresh chopped tarragon. Serve over Scallops
Southern Spice Sauce - Add: 1/2 Tsp. green peppers, 1/2 tsp. red bell peppers finely diced, 1/4 tsp. Old Bay® Seasoning. Serve over shrimp or shellfish. Yield 1 cup

Cajun 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
2	Cups	Water
4	Tsps	Seafood Base
2	Tsps	Salt Free Cajun Spices (or to taste)
½	Cup	Crushed Tomatoes In Puree
½	Cup	Potatoes -- diced medium
1/3	Cup	Lump Crabmeat
	Dash	Ground Mace
	Dash	Old Bay® Seasoning
	Dash	Hot Red Pepper Sauce

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

½	Cup	Shrimp 70/90 Ct. -- cooked
1/3	Cup	Lobster Meat-Cooked -- diced medium
¼	Cup	Bay Scallops -- cooked
¼	Cup	Fish - Cooked -- diced medium
1/3	Cup	Canned Chopped Clams -- drained
2	Tbsps	Pineapple -- diced medium
¼	Cup	Papaya -- diced medium
2	Tbsps	Green Pepper -- diced medium
2	Tbsps	Red Bell Pepper -- diced medium
2	Tbsps	Green Onion -- sliced
2	Tbsps	Lime Juice
2	Tbsps	Orange Juice
2	Tbsps	Vegetable Oil
1	Tbsps	Seafood Base
1	Tbsps	Caribbean Jerk Spice
1	Tbsp	Fresh Cilantro -- chopped

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 ½ 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.

Chesapeake Bay Seafood Rolls

1	Package	Active Dry Yeast
2/3	Cup	Warm Water
¼	Cup	Sugar
1/3	Cup	Warm Milk
1	Tbsp	Seafood Base
2		Eggs
4	Cups	All-Purpose Flour
1½	Tsps	Dry Mustard
½	Tsp	Celery Seed
2	Tbsps	Water
3	Tbsps	Shortening

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, 1-1½ 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

3	Tbsp	Olive Oil
24	Large	Shrimp -- Peeled and Deveined
1	Cup	Carrots -- Chopped
1	Cup	Leeks -- Chopped
1	Cup	Onion -- Chopped
1½	Cups	Dry White Wine
4½	Cups	Water
2	Tbsps	Seafood Base
¾	Bunch	Fresh Cilantro
¾		Vanilla Bean -- Split Lengthwise
2		Bay Leaves
6	Ozs	Baby Green Beans -- Trimmed and Halved
6	Ozs	Asparagus, Trimmed & Cut In 3" Lengths
6	Ozs	Snow Peas -- Trimmed
1¼	Cups	Green Onions -- Chopped
12		Sea Scallops -- Cut Horizontally in ½ Fresh Cilantro -- Chopped For Garnish

Heat oil in large Dutch oven over medium heat. Saute carrots, leeks and onion for 5 min. Add wine; simmer 5 minutes more. Add water, Base, cilantro, vanilla bean and bay leaves. Cover and simmer over low heat for 30 minutes. Strain stock into large saucepan and bring to a boil. Add green beans, asparagus, snow peas and ¾ cup green onions. Simmer 1 minute. Add seafood; simmer until cooked through, apx. 3 min. Mix in remaining green onions. Ladle into bowls. Garnish with chopped cilantro. Serves 4

Seafood Puffs

¾	Cup	Mayonnaise
2	Tsps	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		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
2	Cups	Water
1	Tbsp + 1 Tsp.	Seafood Base
2	Tsps	Salt Free Cajun Spices (or to taste)
½	Cup	Crushed Tomatoes In Puree
½	Cup	Potatoes -- 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	Tsps	Seafood Base
1	Tsps	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	Tbsps	Butter Or Margarine
5	Tbsps	Flour
2	Cups	Water
4½	Tsps	Seafood Base
2 ½	Cups	Milk
¼	Cup	Onion -- finely chopped
¾	Cup	(Apx. 6 Oz.) Fresh Or Frozen Crabmeat -- picked over
		Fresh Ground Pepper -- to taste
1/8	Tsp	Cayenne Pepper
½	Cup	Heavy Cream

Scrape corn off the cob. Melt 4 Tbsps. 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®)
½	Cup	Cold water
1¼	Quarts	Water
2	Cups	Whole milk or half & half
¼	Cup	Dry sherry
3	Tbsps	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
¼	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

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

Crab Louis Sauce For Salad

1	Cup	Mayonnaise
¼	Cup	Heavy whipping cream
¼	Cup	Chili sauce
1	Tsp	Worcestershire sauce
1	Tsp	Seafood Base
1	Tsp	Salt Free Cajun Spices (or to taste)
¼	Cup	Green peppers -- chopped fine
¼	Cup	Red peppers -- chopped fine
2	Tbsps	Fresh lemon juice
		Tabasco sauce -- to taste

In a medium bowl, combine mayonnaise, cream, chili sauce and Worcestershire. Whisk in Base until dissolved. Add lemon juice, green and red peppers. Adjust seasonings with Tabasco and salt as needed. Salad: Toss 1 cup of sauce with 2 cups cooked lump or backfin crab (be careful to remove all shells). Serve over shredded lettuce with sliced hard boiled egg for garnish. Yield 2 cups

Orzo With Spinach Shrimp & Scallops

2	Pkgs	(10 Oz. Each) Frozen Spinach -- thawed
8	Ozs	Medium Shrimp -- peeled/deveined
8	Ozs	Bay Scallops
2	Quarts	Water
2	Tbsps	Seafood Base
1½	Cups	Orzo - Rice Shaped Pasta
3	Tbsps	Pine Nuts
3	Tbsps	Olive Oil
6	Cloves	Garlic -- minced
¾	Cup	Parmesan Cheese -- shredded
		Pepper -- to taste

Drain spinach; squeeze to remove liquid. Set aside. In a pot bring water and Base to a boil. Add shrimp and scallops, cover and let sit off the heat until opaque in center for apx. 8 minutes. Transfer seafood with a slotted spoon to a bowl and keep warm. Return water to a boil and stir in orzo. Boil until tender for 8-10 minutes. Drain, cover and set aside. In a large saucepan over medium heat cook pine nuts; stirring often, until golden for apx. 6 minutes. Remove from pan and set aside. In the same pan, heat oil and saute garlic for about 1 minute. Add spinach and orzo and stir until heated through. Stir in seafood, pine nuts and cheese. Serves 6

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

Irish Seafood Chowder

2	Tbsps	Flour
2	Tbsps	Butter
6	Cups	Water
2	Tbsps + 2 Tsp.	Seafood Base
1	Cup	Half And Half Or Cream
¾	Pound	Mixed Fish* -Salmon, Crab, Shrimp etc. or more to taste
¼	Cup	Carrots -- Diced
¼	Cup	Leeks -- Sliced
¼	Cup	Red Bell Peppers --Diced
¼	Cup	Celery
¼	Cup	Dry White Wine
¼	Tsp	Mustard Seed
		Fresh Basil -- to taste
		Fresh Ground White Pepper -- to taste

Dissolve Base in water for broth 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 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 -- julienned
½	Cup	Celery -- sliced thin
½	Cup	Green peppers -- sliced thin
1/8	Tsp	Garlic or more to taste -- finely chopped
1/8	Tsp	Ground thyme
1½	Quarts	Hot water
1/8	Cup + 1 Tbsp	Seafood Base
4	Tsp	Salt Free Cajun Spices (or to taste)
1	Cup	Okra, frozen, whole, ¼" bias cut**
½	Cup	White long grain rice
1/8	Tsp	Worcestershire sauce
3	Ozs	Assorted seafood (shrimp, crab, whitefish) -- or more to taste
¼	Cup	Water
2	Tbsps	Cornstarch
2	Tsp	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. Heat to boiling over med-high heat, stirring constantly. Reduce heat and gently boil 2 minutes, stirring occasionally. Add gumbo file and blend well. Yield 2 Qts

Seafood & Artichoke Chowder (or Cajun)

½	Cup	Artichoke Hearts (Drain-Reserve Juice) -- julienned
¼	Cup	Margarine Or Butter
½	Cup	Mushrooms -- diced medium
¼	Cup	Onions -- diced medium
1/8	Tsp	Garlic -- minced
	Dash	Ground Red Pepper
½	Cup	All-Purpose Flour
2	Cups	Hot Water
1/3	Cup	Reserved Artichoke Juice
1½	Tbsp	Seafood Base
		Salt Free Cajun Spices (To Taste)
¼	Cup	Shrimp 70/90 Count
2	Tbsp	Bay Scallops
2	Tbsp	Lump Crabmeat
¾	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

1¼	Quarts	Water
1/8	Cup + 1½ Tbsps	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
¼	Cup	Dry Sherry
1	Tbsp	Slivered 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 8

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

Coquille Saint-Jacques

4	Tbsps	Butter or margarine
1	Cup	Fresh mushrooms -- medium diced
2	Tbsps	Green onions -- finely chopped
1½	Pounds	Bay scallops (or any seafood comb.) -- rinsed and drained
½	Cup	Half and half -- hot
½	Cup	Hot water
1	Tbsp	Seafood Base
2	Tbsps	Sauterne wine
¼	Cup + 2 Tbsps	Minor's Sauce/Soup Thickener(Dry Roux®)
½	Cup	Lukewarm water
		Parmesan cheese or Bread Crumbs -- for garnish

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 wine 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 ¾ 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

Tuscan Seafood Ragout

1	Tbsp	Butter Or Olive Oil
¼	Cup	Onions -- diced medium
¼	Cup	Red Bell Pepper -- diced medium
¼	Cup	Green Pepper -- diced medium
½	Tsp	Garlic -- minced
1	Cup	Seafood Mixture*
1	Cup	Water
½	Cup	Canned Diced Tomatoes In Juice
1	Tbsp	Seafood Base
¾	Tsp	Dried Sweet Basil
	Dash	Fresh Ground White Pepper
¼	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 ¼ 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

Seafood Bisque Parmesan

1	Tbsp	Butter Or Margarine
¾	Cup	Mushrooms -- quartered
¼	Cup	Green Onions -- sliced medium
2	Cups	Seafood* -- diced medium
1½	Cups	Water
¼	Cup	Pale Dry Cocktail Sherry
1½	Tbsp	Seafood Base
	Dash	Fresh Ground White Pepper
½	Cup	Half And Half
1/3	Cup	Minor's Sauce/Soup Thickener (Dry Roux®)
½	Cup	Parmesan Cheese -- grated fine

In sauce pot melt butter over med-high heat. Add mushrooms, onions and saute for 2-3 minutes. Add seafood and saute 1-2 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. *:shrimp, crab, surimi, bay scallops, clams or firm textured fish-diced sole, flounder or haddock. Serves 7

Scallop & Mushroom Sauce For White Fish

½	Tbsp	Butter or margarine
1	Tbsp	Green onions -- sliced 1/8" thick
¼	Cup	Fresh mushrooms -- small diced
2	Tbsps	Bay scallops -- small diced
1	Cup	Hot water
2½	Tsps	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 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.

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)
1½	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 onions and celery; saute until tender. 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	Tsp	Fresh garlic -- minced
1½	Cups	Mayonnaise
2	Tbsps	Fresh lime juice
2¼	Tsps	Seafood Base
1	Tsps	Salt Free Cajun Spices (or to taste)
1½	Tsps	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	Tbsps	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

Louisiana Seafood Gumbo

¼	Cup	Rice
2/3	Cup	Water
	Dash	Salt
2	Tbsps	Butter Or Margarine
½	Cup	Andouille Sausage -- diced medium
¾	Cup	Onions -- diced medium
¾	Cup	Green Pepper -- diced medium
½	Cup	Celery -- sliced medium
1	Tsp	Garlic -- minced
¼	Cup	All-Purpose Flour
3	Cups	Hot Water
2	Tbsps + 1 Tsp	Seafood Base
2¼	Tsp	Worcestershire Sauce
¼	Tsp	Hot Red Pepper Sauce
1/8	Tsp	Ground Red Pepper
1/8	Tsp	Fresh Ground Black Pepper
¼	Cup	Water
¾	Tsp	Gumbo File
½	Cup	Or To Taste Shrimp 70/90 Count
1/3	Cup	Frozen Okra -- sliced
1/3	Cup	Or To Taste Lump Crabmeat
¼	Cup	Or To Taste Bay Scallops

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	Tbsps	Butter Or Margarine
1	Cup	Green Peppers -- Sliced ¼" X 1"
1	Cup	Celery -- Sliced ¼" Thick
2/3	Cup	Onions -- Sliced ¼" X 1"
1	Pound	Shrimp -- 21/30 count -- Peeled and Deveined
1	Cup	Fresh Mushrooms -- Sliced ¼" 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
½	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

½	Cup	Butter Or Margarine
2	Cups	Mushrooms -- sliced medium
¼	Cup	Green Onions -- sliced thin
3/8	Cup	All-Purpose Flour
1	Cup	Hot Water
1	Cup	Half And Half
1½	Tbsps	Seafood Base
¾	Pound	Seafood* -- cut in ½" pieces
1/8	Cup	Pale Dry Cocktail Sherry

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
½	Cup	Celery -- medium diced
½	Cup	Onions -- medium diced
¼	Cup	Green peppers -- medium diced
¼	Cup	Red peppers -- medium diced
½	Cup	Mild salsa
2	Tbsps	Seafood Base
1	Tbsp	Salt Free Cajun Spices
2	Tbsps	Lemon juice
2	Tsps	Ground cumin
½	Tsp	Old Bay® Seafood Seasoning
1	Tsp	Chili powder
¼	Tsp	Garlic powder
6	Ozs	Bay scallops
6	Ozs	Shrimp 70-90 count or smaller
6	Ozs	Clams-chopped, canned drained
1	Cup	Mayonnaise
¼	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