

BEEF

Harold`s Home Cooked BBQ **Beef Baby Back Ribs**

2 C water
2 C vinegar
1 t liquid Crisco
1 t crushed red pepper

t = teaspoon
T = tablespoon
C = cup



Mix ingredients in a shaker bottle. Shake over ribs while cooking to keep fire low and reduce flair ups. Cook ribs bone side down. Cook slowly over low heat for approx. 1 hour. Brush ribs with House of Meats BBQ sauce the last 15 minutes of the scheduled cooking time.

2 hours - 4 to 6 services

Beer Braised Beef and Onions

3 T extra virgin olive oil
1-1/2 lbs onion, peeled and cut into 1/2 inch wedges
8 T (1 stick) butter
4-5 lbs of meaty beef shanks cut 1-1/2 inches thick
1/2 t paprika
fine sea salt
2 or 3 11 oz cans dark Guinness beer
2-3 C beef broth

I usually use 2 cans beer and 2 cups of broth, depends on what it takes to keep the meat covered during 2 hours

t = teaspoon
T = tablespoon
C = cup



In 5-1/2 quart dutch oven or wide heavy pot with lid. heat oil over medium high heat; add onions and cook, Stirring frequently, until softened and golden. about 8 minutes. Remove pot from heat.

In large heavy skillet melt 1-1/2 T butter over medium high heat. In batches, brown shanks, 3-5 minutes per side, wiping pan and adding more butter if necessary.

Transfer shanks to a cutting board. Cut meat off bones (reserve bones); cut meat into 1 inch pieces. Transfer meat and bones to pot with onions; stir in paprika and season generously with salt and pepper. Add beer and 1 cup broth; bring to a simmer and cook partially covered (lid ajar). adding remaining cup broth to pot as necessary to keep meat covered by at least 1 inch, until meat is very tender. about 2-2 1/2 hours.

Using slotted spoon transfer meat, bones and onions to a large bowl. In a second large bowl, strain braising liquid through 8 fine mesh sieve, put onion into bowl with meat. Remove marrow from bones and stir into meat mixture, discard bones. I usually leave the liquid on in storing in frig or freezer and serve meat with a little of the juice on it.

Serving Suggestion For a sumptuous side dish to compliment your meal also prepare:

Yukon Gold Potatoes

This is an easy and quick version of Texas Barbecue Beef Brisket. All the preparation is done in a Crockpot.

Barbecue **Beef Brisket** - Crockpot Method

5-6 lb beef brisket
18 oz bottle barbecue sauce (1 3/4 C)
2 T brown sugar
1 t garlic salt
1 t seasoned salt
2 t coarse black pepper
1/2 t onion powder
1/2 t dry mustard
2 t Worcestershire sauce
1/4 t liquid smoke

t = teaspoon T = tablespoon C = cup

Combine all ingredients except brisket in removable liner of Crockpot. Add brisket and turn to coat well with sauce. Marinate brisket in liner with lid for 3-4 hours or overnight in refrigerator.

Place liner in base, cover and cook on Auto for 8 hours. Low for 9-11 hours or High for 5-6 hours.

Remove brisket from Crockpot when fork-tender and let rest for 10 minutes before slicing.

Serve with side dishes, such as baked beans and cole slaw. Also, can be served in a Kaiser or Hoagie roll with chopped onions and sliced jalapeño peppers and extra sauce. Delicious!

Serves: 6 *Recipe from Mary Ahearn's web site maryahearn.com*

<https://www.youtube.com/watch?v=ORivpNeOX60>

Barbecue **Beef Brisket** - Crockpot Method

Machaca - Braised **Beef Brisket**

1/8 C Ancho chile powder
1/2 t Cinnamon
2 T Kosher salt
2 T Coffee
1 (2-4lb) Beef Brisket Flat
1/2 C Red wine vinegar
3/4 C Tomato Juice
1/8 C Lime Juice (about 2 limes)
1 C Red wine
1 T Salt
1/2 T Black Pepper
1 Bay Leaf
1/2 Medium onion, peeled and quartered

t = teaspoon
T = tablespoon
C = cup



In a small bowl mix the dry ingredients together. On a large plate or baking sheet, rub the seasoning mix all over the surface of the brisket flat, on a grill or in a large dutch oven over medium heat, place the seasoned brisket to sear and caramelize the spices, 6 to 8 minutes per side. It should smell toasty, not burned.

In a braising pan or dutch oven place the brisket with the remain ingredients. Bake at 250° for 5 to 6 hours. To serve put about 2 to 3 ounces of meat on warm corn or flour tortillas, topped with tomatillo salsa, avocado or guacamole, crumbled queso fresco, and lime wedges.

Thanks to Brian at our Alexis HOM location

https://www.youtube.com/watch?v=PrMVx0wZ7_0

How to Make Oven **Beef Brisket**

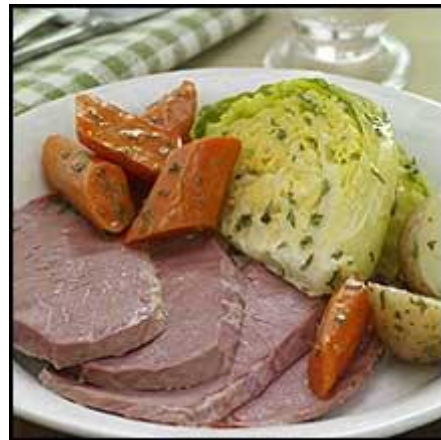
<https://www.youtube.com/watch?v=itUhm5hPKGE#t=18>

Irish Beef Stew Slow Cooker Recipe

Corned Beef and Cabbage

2 medium onions
3 1/2 lb piece corned beef
3 large carrots peeled and cut into thirds
2 bay leaves
8 black peppercorns
1 medium head cabbage
4-6 Idaho potatoes, peeled and quartered
salt and pepper

t = teaspoon
T = tablespoon
C = cup



Rinse corned beef in cold water to remove brine. Place beef in large pot, add onions, carrots, bay leaves, peppercorns and enough water to cover. Bring to a boil over high heat, cover and reduce heat to medium low. Simmer for 2 hours.

Wash cabbage, core, then cut into wedges. Add cabbage and potatoes to beef, cover and simmer until potatoes are tender, about 25 minutes.

Remove meat from pot and let rest for about 15 minutes, tented in foil. This will make the meat easier to slice. Strain vegetables. Slice the beef about 1/4 inch thick across the grain. Serve with mustard and horseradish.

Bloody Mary Flank Steak

1 lb flank steak
1 C vegetable juice (recommended: V-8)
1/2 C vodka
1 t sea salt
1 t freshly ground black pepper
1 t hot sauce
1 T lemon juice
1 T Worcestershire sauce
1/2 T crushed garlic
1 t onion powder
1 t celery seed
1 T prepared horseradish
4 T olive oil

t = teaspoon
T = tablespoon
C = cup



Thoroughly mix all the ingredients except for the flank steak in a 1-gallon zip lock bag. Add the flank steak. Marinate in the refrigerator for at least 8 and up to 24 hours.

Preheat the grill to high or heat a skillet over high heat. Remove the flank steak from the marinade and wipe the excess liquid off with paper towels. Grill or pan sear both sides, then lower heat to medium and cook to medium rare.

Let the flanks steak rest, covered, with a clean towel for 5 to 10 minutes. Cut on the bias against the grain and serve.

Serves: 4

Crockpot Beef and Broccoli Made with **Kansas City Steak**

9 Kansas City Steaks cut into strips
2 C beef consomme or beef broth
1/2 C soy sauce
1/3 C brown sugar
1 T sesame oil
3 garlic cloves, minced
2 T cornstarch
2 T cooled sauce from the crock pot after being cooked
Fresh broccoli florets (as many as desired)
Hot cooked rice

t = teaspoon
T = tablespoon
C = cup



1. Place beef in a crock pot.
2. In a small bowl, combine consomme, soy sauce, brown sugar, oil, and garlic. Pour over beef. Cook on low for 6-8 hours.
3. In a cup, stir cornstarch and sauce from the crock pot until smooth. Add to crock pot. Stir well to combine. (If your sauce is not thickening, try bringing your sauce to a boil on the stovetop with the corn starch mixture. Boil until your desired consistency is reached).
4. Add broccoli to the crock pot. Stir to combine.
5. Cover and cook an additional 30 minutes on high (the sauce has to boil for it to thicken).
6. Serve over hot cooked rice. Brown is best for your health!!

THIS RECIPE WAS ADDED TO OUR RECIPE FILE FROM AN EMPLOYEE FROM OUR ALEXIS ROAD HOM LOCATION.
BRIAN V-15. Thanks Brian!

<https://www.youtube.com/watch?v=C0wIWfaCqt8#t=18>

The Best Steak Marinade for Kansas City Steaks

<https://www.youtube.com/watch?v=KNd0qslxeCQ>

Carving a **London Broil**

Paradise Alley **Steak Diane**

2 C fresh mushrooms sliced
¼ C finely chopped green onion
¾ C melted butter divided
1 t chopped chives
2 t chopped parsley
½ t Worcestershire sauce
½ t salt
2 t ground pepper
2 lb shrimp, peeled and deveined
2 8-oz filet mignon, halved crosswise

t = teaspoon T = tablespoon C = cup

In a 10 inch skillet saute mushrooms and shallots in ½ C butter for about 5 minutes. Add chives, parsley, Worcestershire sauce, salt, and pepper. Mix together with shrimp. Saute for 3-5 minutes until shrimp turn pink and slightly firm.

While the mushrooms and shrimp mixture is simmering, saute filets in remaining butter until desired degree that you like your steak prepared. Place filets on heated plates and spoon shrimp mixture over the top of them. Serve immediately over pasta or rice with sauteed vegetables and hot French bread.

<https://www.youtube.com/watch?v=admfnYPWI6o>

Cooking a Perfect Beef Pot Roast

Delicious **Pot Roast**

1 Medium sized English or Chuck Roast
1 cans Campbell's Golden Mushroom Soup
2 packets Lipton Onion Soup Mix
2 C Red Wine
1 bag of mini-carrots

t = teaspoon
T = tablespoon
C = cup



Mix soup, soup mix and wine in the bottom of roasting pan. Add roast and pierce with a knife or fork, repeatedly. Depending upon how crunchy you like your carrots, add them prior to baking or half way through. Bake at 350° for at least 4 hours.. I will generally take the roast out halfway through baking and cut it into strips, so the gravy has a better opportunity to soak in. The roast should be very tender and is excellent over potatoes.

Becomes even tastier the next day

Never Fail Prime Rib

1 8 lb standing rib roast of beef, chine bone removed
3 T sea salt
3 T very coarsely ground black pepper
2 T Worcestershire sauce
1 T sweet paprika
1/2 t garlic powder

t = teaspoon
T = tablespoon
C = cup



We have had several recipes over the year for prime rib and this is our favorite. It is too simple for words and you will hear nothing but rants and raves from everyone you serve it to. Nothing beats a prime rib for any special occasion but remember to treat your family to this - just because you love them!!!

Active: 10 min; Total: 2 hr

8 Servings

The slow-cooking method here yields an incredibly juicy, succulent rib roast.

Preheat oven to 550° F. In a small bowl, combine the salt with the black pepper, Worcestershire, paprika and garlic powder. Rub the mixture all over the roast, especially into the top layer of fat. Set the roast on a rack in a roasting pan, fat side up, and transfer to the center of the oven. Reduce the oven temperature to 325° and roast for 1 hour and 15 minutes, or until an instant-read thermometer inserted in the center of the roast registers 115°. Transfer the roast to a carving board, cover loosely with foil and let stand for 30 minutes, or until the thermometer registers 125° for medium rare. Carve the roast and serve.

<https://www.youtube.com/watch?v=cuPQmqZWLf4&x-yt-cl=84359240&x-yt-ts=1421782837>

Rib Eye Steaks with a Coffee Rub

The meat is marinated in salsa so it is spicy-sweet!

Santa Maria Style Barbeque Sirloin Tri-Tip or Top Sirloin

FOR THE MEAT:

2 lb sirloin tri-tip or top sirloin

FOR THE MARINADE:

3/4 C salsa

1/4 C tomato-based barbeque sauce

1/4 C liquid from a jar of pickled jalapenos

2 t dry mustard

1/2 t salt

FOR THE SEASONING:

1/2 t salt

1/2 t pepper

1/2 t meat seasoning (McCormick or Susie Q's)

FOR THE SIDES:

1 can ranch-style beans

1 loaf sourdough or French bread, sliced in half lengthwise, toasted and buttered



t = teaspoon
T = tablespoon
C = cup

Combine marinade ingredients in a large bowl. Add meat; marinate for several hours.

Heat grill. (A charcoal grill stocked with oak charcoal is best, but a gas grill works well, too.)

Wipe excess marinade from meat. Apply meat seasoning.

Grill steak over medium heat until cooked to taste, usually 25 to 30 minutes. For medium-rare, the temperature should be 145°F.

Let meat rest for 10 minutes. Slice very thin. Serve with beans and toasted bread.

Serves: 4

QUICK, E-Z, INEXPENSIVE, AND YOUT FAMILY WILL LOVE IT!!

Prepare Winter Sloppy Joes as you would Summer Sloppy Joes with your favorite recipe; instead of buns serve it over mashed potatoes and add a veggie side. This inexpensive and easy meal will warm your family and soon become a favorite.

Winter Sloppy Joes

1 C each, finely chopped celery (3 stalks), bell pepper (assorted colors), onion
1-2 T vegetable oil
1 1/2 lb House of Meats lean ground beef
1/4 C light brown sugar
1 1/2 t dry mustard
4 T chili powder
1 1/4 C ketchup
1 C beef broth
1 t vinegar
1/4 t salt
1/8 t black pepper

t = teaspoon
T = tablespoon
C = cup



In a large skillet cook & stir chopped vegetables in oil until tender, about 10 minutes. Add beef, cook & stir, breaking up & browning meat, about 15 minutes. Drain if needed. Add brown sugar, mustard, chili powder, ketchup, beef broth & vinegar. Stir to combine. Simmer for 30 minutes or until thickened to your liking. Season with salt & pepper.

Thanks to D. Powers for this wonderful recipe.

<https://www.youtube.com/watch?v=ABqEbfbRiYo&x-yt-cl=84359240&x-yt-ts=1421782837>

Standing Rib Roast with Au Jus

Easy **Swiss Steak**

2 lb. beef round steak, pounded and cut into 4 pieces
1 lg. green pepper, sliced
1 sm. onion, diced
8 oz. sliced mushrooms
1 t salt
1 t pepper
1 t minced onion
1 8 oz. can tomato sauce
1 can tomato soup

t = teaspoon T = tablespoon C = cup

In a large skillet, brown steaks and season with salt, pepper, and onion. Add tomato sauce and simmer for 45 minutes. Add onions, mushrooms, and peppers and simmer for additional 15 minutes or till tender. Serve with rice.

Serves 4

Steak Fajitas

1 1/2 lb flank steak
1 T ground cumin
1 T chili powder
1/2 t salt
1/2 t garlic powder
1/4 t pepper
1/4 t red pepper
Flour tortillas
1 t vegetable oil
2 C sliced onions
1 C bell pepper strips
1 T lime juice
1/2 C sour cream
Salsa

t = teaspoon
T = tablespoon
C = cup



Slice steak diagonally across the grain (we will do this for you). Combine steak and next 6 ingredients in a zip lock bag and shake well to coat.

Heat 1 t. oil in a large skillet over medium high heat. Add steak, onion, and bell pepper, sauté 6 minutes or until steak is done. Remove from heat and stir in lime juice.

Serve with warm tortillas, sour cream and salsa.

Makes 4 servings.

<https://www.youtube.com/watch?v=mrphxgEmm2g&x-yt-ts=1421782837&x-yt-cl=84359240>

Tips on How to Grill a **Steak**

Whole Beef Tenderloin

4 -5 lbs filet of beef, trimmed and tied
2 T unsalted butter, at room temperature
1 T kosher salt
1 T fresh coarse ground black pepper

t = teaspoon
T = tablespoon
C = cup



1. Preheat the oven to 500 degrees F
2. Place the beef on a sheet pan and pat the outside dry with a paper towel.
3. Spread the butter on with your hands.
4. Sprinkle evenly with the salt and pepper.
5. Roast in the oven for exactly 22 minutes for rare and 25 minutes for medium-rare.
6. Remove the beef from the oven, cover it tightly with aluminum foil, and allow it to rest at room temperature for 20 minutes.
7. Remove the strings and slice the fillet thickly.
8. Note: Be sure your oven is very clean or the high temperature will cause it to smoke.

A House of Meats Exclusive

Tenderloin Rosenthal



TENDERLOIN ROSENTHAL

A Seasoned, Bacon Wrapped Tenderloin ready for your oven and guests in minutes.

Allow Tenderloin Rosenthal to reach room temperature. Place on cookie sheet or baking pan. Pre-heat oven to 475°. Bake, uncovered, in standard pre-heated oven for 35 minutes.

TENDERLOIN ROSENTHAL

Preparation time only 35 minutes.

This will be rare to medium rare, adjust cooking time to doneness preference. For perfection, monitor with a good quality meat thermometer. Remove tenderloin from oven, tent with foil, and allow to rest for 10 minutes before slicing.



TENDERLOIN ROSENTHAL

An easy, picture perfect, main entrée.

Slice tenderloin between bacon slices; remove toothpicks, place on warmed serving platter or plate, top with juices.

Serving Suggestion

For a sumptuous side dish to compliment your meal also prepare:

Twice Baked Potatoes

Roasted Tenderloin with Feta Stuffing

3 lb whole beef tenderloin
1/2 C crumbled feta cheese
2 T chopped walnuts
2 T chopped parsley
2 t dried oregano
2/3 C canned beef broth

t = teaspoon
T = tablespoon
C = cup



Preheat oven to 425 F. Starting at top 1/2 inch from end, cut through beef to within 1/2 inch of opposite end forming a long pocket (ask and we will do this for you).

Combine feta, walnuts, parsley and 1 t. oregano in small bowl. Spoon cheese mixture into pocket of tenderloin. Press beef to enclose filling. Use toothpicks to secure the pocket closed. Rub remaining oregano over outside of tenderloin. Sprinkle with salt and pepper.

Place tenderloin in roasting pan. Roast tenderloin in oven for 30 minutes or until internal temperature reaches 135 F. Let rest for 5 minutes. Transfer beef to serving platter.

Place roasting pan on burner over medium heat. Add broth and bring to boil, scraping any brown bits. Transfer pan juice to gravy boat.

Slice tenderloin, serving immediately, passing pan juices separately.

<https://www.youtube.com/watch?v=QnKUBnCxdM&x-yt-ts=1421782837&x-yt-cl=84359240>

Beef Wellington

CHICKEN

<https://www.youtube.com/watch?v=c55H7DILaW0>

How to Make Baked Chicken Leg Quarters

<https://www.youtube.com/watch?v=GGiBEVZ0Ugg>

Baked Chicken Thighs

https://www.youtube.com/watch?v=ot0QDoCNV_k&x-yt-ts=1421782837&x-yt-cl=84359240

How to make Beer Can Chicken

<https://www.youtube.com/watch?v=vpS5mHJBQDE&x-yt-ts=1421782837&x-yt-cl=84359240>

Barbecue Chicken - Easy Barbecue Chicken Recipe

Capers are the flower bud of a bush that grows in Asia and in the Mediterranean areas. The smaller, French versions are considered the finest, and they're tiny. There are some Italian versions that grow to be a quarter inch in diameter. Used in appetizers and to accent main dishes alike, capers are typically packed in brine, although sometimes in salt; regardless, they should be rinsed before using. This dish puts piquant capers to good use in a tart, lemon- and mustard-seasoned coating. Serve this chicken with wide noodles.

Chicken with Capers

4 skinless, boneless chicken breast halves (about 1-1/2 lb.)
1 T Dijon-style mustard
1/4 C seasoned fine dry bread crumbs
8 oz. green beans, trimmed
2 lemons, 1 sliced and 1 juiced
1 T capers

t = teaspoon T = tablespoon C = cup



Place one chicken breast half between sheets of plastic wrap. Lightly pound with flat side of meat mallet to even thickness. Repeat. Brush chicken with mustard; sprinkle evenly with salt, pepper, and bread crumbs to coat.

Heat 2 tablespoons olive oil in skillet over medium heat. Add chicken. Cook 4 minutes per side or until no pink remains (170F). Transfer to plates. Add 2 tablespoons olive oil to skillet. Cook green beans in oil 4 minutes or until crisp-tender; add lemon slices the last minute. Transfer to plates. Add juice and capers to skillet; heat through. Drizzle on chicken. Makes 4 servings.

Cook time: 20 mins
Servings: 4

Chicken Noodle Skillet

2 t Vegetable oil
1 C Chopped Onion
2 C HOM Boneless Skinless Chicken Breast - Cooked, cut into cubes
2 C Frozen mixed vegetables (peas and carrots or vegetable soup
combo)
2 C Uncooked ribbon style pasta
2 C Chicken Broth
1/2 t Garlic Powder
1 t Oregano
Black Pepper to taste

t = teaspoon
T = tablespoon
C = cup



Heat oil in large nonstick skillet over medium-high heat. Saute the onion for a few minutes; then add the rest of the ingredients. Bring to a boil. Lower heat and cover the pan. Simmer until the noodles are tender, about 8 to 10 minutes. Serve hot.

Low Fat Chicken Nuggets

1/2 C low-fat mayonnaise dressing or salad dressing
4 t Dijon-style mustard
1 T honey
1 lb. skinless, boneless chicken breast halves
1/4 C all-purpose flour
1 t dried parsley flakes
1/2 t poultry seasoning
1/8 t salt
Dash black pepper
1 beaten egg
2 T milk
30 whole wheat or regular rich round crackers, finely crushed (1 1/4 cups)

t = teaspoon
T = tablespoon
C = cup



For honey-mustard dip, in a small bowl, stir together mayonnaise dressing, mustard, and honey. Cover and chill until serving time.

Cut chicken into 1-1/2-inch pieces. In a plastic bag combine flour, parsley flakes, poultry seasoning, salt, and pepper. Add chicken pieces, a few at a time, to the flour mixture. Close the bag; shake to coat chicken pieces. Set chicken aside.

In a bowl stir together egg and milk. Place crushed crackers in another bowl. Dip coated chicken pieces, a few at a time, into the egg mixture. Roll the pieces in crackers. Place in a single layer on a large ungreased baking sheet. Bake in a 425 degree F oven for 10 to 12 minutes until chicken is no longer pink.

Serve with cold or warm honey-mustard dip. To warm dip, cover with waxed paper and microwave on 100-percent power (high) for 30 seconds or until heated through. (Or, transfer dip to a small saucepan; heat and stir over low heat.)

Makes 4 servings

Chicken Souvlaki

2 lb boneless skinless chicken breast cut into 1 inch cubes
1/2 C fresh lemon juice
1/2 C olive oil
2 t dried oregano
salt and pepper

t = teaspoon
T = tablespoon
C = cup



Thread chicken cubes on bamboo skewers (they are available in the store free with the chicken and we will cut the chicken into cubes for you). Mix the remaining ingredients and pour over the chicken kabobs. Marinate for 2 hours. Grill over a hot fire for 7-10 minutes. Serve in a pita with chopped tomatoes, cucumbers, and onions.

Serve 4.

<https://www.youtube.com/watch?v=fr9eqlp6rbl&x-yt-cl=84359240&x-yt-ts=1421782837>

How to... spatchcock a chicken

DUCK

<https://www.youtube.com/watch?v=LLdLRrVQLMQ&x-yt-ts=1421782837&x-yt-cl=84359240>

How to Deep Fry a Whole Duck

TURKEY

<https://www.youtube.com/watch?v=gTDv3fERCkw&x-yt-cl=84359240&x-yt-ts=1421782837>

Alton Brown's easy turkey brine recipe

Serves 10-22, Depending on Turkey Size

Roasted Brine Turkey

Table salt

1 turkey (12-22 lb gross weight), rinsed thoroughly,
giblets and neck reserved for gravy
4 T unsalted butter, melted

t = teaspoon T = tablespoon C = cup

We offer two brine formulas: one for a 4- to 6-hour brine and another for a 12- to 14-hour brine. The amount of salt used in each brine does not change with turkey size. If you're roasting a kosher or self-basting turkey, do not brine it; it already contains a good amount of sodium.

Rotating the bird from a breast-side down position to a breast-side up position midway through cooking helps to produce evenly cooked dark and white meat. If you're roasting a large (18- to 22-lb) bird and are reluctant to rotate it, skip the step of lining the V-rack with foil and roast the bird breast-side up for the full time. If making gravy, scatter 1 C each of coarsely chopped onion, celery, and carrot as well as several fresh thyme sprigs in the roasting pan at the outset; add 1 C water to keep the vegetables from burning.

Dissolve 1 C salt per gallon cold water for 4- to 6-hour brine or 1/2 C salt per gallon cold water for 12- to 14-hour brine (see chart at right) in large stockpot or clean bucket. Add turkey and refrigerate for predetermined amount of time.

Before removing turkey from brine, adjust oven rack to lowest position; heat oven to 400° for 12- to 18-lb bird or 425° for 18- to 22-lb bird. Line large V-rack with heavy-duty foil and use paring knife or skewer to poke 20 to 30 holes in foil; set V-rack in large roasting pan.

Remove turkey from brine and rinse well under cool running water. Pat dry inside and out with paper towels. Tuck tips of drumsticks into skin at tail to secure (see photo on page 10); tuck wing tips behind back. Brush turkey breast with 2 T butter. Set turkey breast-side down on prepared V-rack; brush back with remaining 2 T butter. Roast 45 minutes for 12- to 18-lb bird or 1 hour for 18- to 22-lb bird.

Remove roasting pan with turkey from oven (close oven door to retain heat); reduce oven temperature to 325° if roasting 18- to 22-lb bird. Using clean potholders or kitchen towels, rotate turkey breast-side up; continue to roast until thickest part of breast registers 165° and thickest part of thigh registers 170 to 175° on instant-read thermometer, 50 to 60 minutes longer for 12- to 15-lb bird, or about 2 hours longer for 18- to 22-lb bird. Transfer turkey to carving board; let rest 30 minutes (or up to 40 minutes for 18- to 22-lb bird). Carve and serve.

All-Purpose Guide to Roasting Turkey

Brining

Use the brining formulas below no matter the size of your turkey. Two gallons of water will be sufficient for most birds; larger birds may require three gallons.

	QUICK Brine	OVERNIGHT Brine
TABLE SALT per gallon water	1 C	½ C
REFRIGERATION TIME	4 to 6 hours	12 hours or overnight, not to exceed 14 hours

Serving sizes, Roasting Temperatures, and Roasting Times

Use the times below as guidelines, gauge doneness according to internal temperatures. Roast the turkey until the legs move freely and the thickest part of the breast registers 165° and the thickest part of the thigh registers 170 to 175° on an instant-read thermometer.

If cooking an 18- to 22-lb bird, you may choose not to rotate the bird; in that case, roast it breast-side up for the entire cooking time.

	12-15 lb	15-18 lb	18-22 lb
NUMBER OF SERVINGS	10-12	14-16	20-22
OVEN TEMPERATURE	400°	400°	425° reduce to 325° after 1 hr
BREAST-SIDE DOWN ROASTING TIME	45 min	45 min	1 hr
BREAST-SIDE UP ROASTING TIME	50-60 min	1 hr, 15 min	2 hr
RESTING TIME	30 min	30 min	35--40 min

Roasted Turkey and Dressing

1 18 lb turkey
1 C butter, room temperature
1/4 C orange juice
1/4 lemon juice
1 T dried thyme
1 t grated lemon peel
3/4 t salt
3/4 t pepper
6 T butter
6 T flour

t = teaspoon
T = tablespoon
C = cup



Rinse turkey and pat dry. Place turkey on rack set in a roasting pan. Tuck wings under turkey body. Position oven rack in bottom 1/3 of oven and preheat to 325 F. Wisk butter, orange juice, lemon juice, thyme, orange and lemon peel, salt and pepper in a bowl until well blended. Rub 1/4 C of butter mixture inside turkey. Spoon stuffing loosely into the cavity. Rub butter over the body of the turkey.

Roast turkey until golden, basting with pan drippings about 2 hours. Cover the entire turkey with foil and continue to roast until meat thermometer registers 180 F. from the thick part of the thigh, about 1 1/2 hours. Transfer turkey to serving platter and tent with foil.

To prepare gravy: strain pan juices from roasting pan into a large measuring cup and add chicken broth to measure 3 C. Melt 6 T. butter in a sauce pan. Whisk in flour to form a paste and cook for 3-4 minutes until slightly brown. Add drippings from the pan and whisk to a smooth gray. Simmer for 5 minutes to thicken. Transfer to bowl and serve with the turkey. Serves 12. Don't forget leftovers!

We love our own homemade stuffing served with this recipe. It is rich and flavorful made with all the good ingredients you would use in your stuffing recipe. Let us do the work. And you can always get enough for a bowl to pass on the side.

Roast Crisped-Skin Turkey

4 C kosher salt or 2 C table salt
1 turkey (12 to 14 lb gross weight), rinsed thoroughly;
giblets, neck, and tailpiece removed and reserved for gravy
3 medium onions, chopped coarse
2 small carrots, chopped coarse
2 celery ribs, chopped coarse
6 sprigs fresh thyme
6 T unsalted butter, melted

t = teaspoon
T = tablespoon
C = cup



Note: We prefer to roast small turkeys, no more than 14 lb gross weight, because they cook more evenly than large birds. If you prefer, have the amount of salt in the brine and brine 12 hours or overnight. When you remove the turkey from the oven to rotate it, be sure to close the oven door to prevent heat loss.

1. Dissolve salt in 2 gallons cold water in large stockpot or clean bucket. Add turkey and refrigerate or set in very cool spot (about 40°) for 4 to 6 hours.
2. Remove turkey from salt water and rinse well under cool running water. Pat dry inside and out with paper towels. Place turkey breast side up on flat wire rack set over rimmed baking sheet or roasting pan and refrigerate, uncovered, 8 to 24 hours.
3. Adjust oven rack to the lowest position and heat oven to 400°. Toss one-third of onions, carrots, and celery with 2 sprigs thyme and 1 T butter in medium bowl; fill cavity with mixture. Tuck wings behind back, truss turkey.
4. Scatter remaining vegetables and thyme in shallow roasting pan; pour 1 C water over vegetables. Prepare V-rack. Brush turkey breast with butter, then set turkey breast-side down on foil-lined V-rack. Brush back of turkey with butter. Roast 45 minutes.
5. Remove roasting pan with turkey from oven; brush back with butter. Using thick wads of paper towels or potholders, rotate turkey leg/wing side up. If liquid in bottom of roasting pan has evaporated, add 1/2 C water. Roast 15 minutes longer.
6. Remove roasting pan with turkey from oven, brush exposed surfaces with butter, and, using thick wads of paper towels or potholders, rotate turkey second leg/wing side up; roast for 15 minutes longer.
7. Remove roasting pan with turkey from oven, brush exposed surfaces with butter and, using thick wads of paper towels or potholders, rotate turkey breast side up. Roast until thickest part of breast registers 165° and thickest part of thigh registers 170 to 175° on instant-read thermometer, 30 to 45 minutes longer. Move turkey from rack to carving board and let rest about 20 to 30 minutes. Carve and serve with gravy if desired.

PORK

<https://www.youtube.com/watch?v=kLEYo-JCVP0&x-yt-ts=1421782837&x-ytc=84359240> Cook and Carve Ham by Cooking.com

<https://www.youtube.com/watch?v=c9xS8Dbeghw&x-yt-ts=1421782837&x-yt-cl=84359240> The Best Way To Cook A Hot Dog

<https://www.youtube.com/watch?v=vjdZKk7JRyM&x-yl-cl=84359240&x-yt-ts=1421782837> BBQ **Pork Ribs** on the Grill

https://www.youtube.com/watch?v=rt_yLN57E8Y&x-yt-ts=1421782837&x-yt-cl=84359240 Country Style **Pork Ribs**

Order this a few days ahead so it will be ready for you when you come in.

Crown Pork Roast

1 pork loin crown roast
1/3 C olive oil
1/4 C orange juice
1 T sage
1 T salt
2 T black pepper
1 T orange zest
1 T minced garlic

t = teaspoon
T = tablespoon
C = cup



Mix olive oil, juice and spices together. Rub over the entire surface of the crown. Arrange crown in roasting pan. Place in a preheated 425 F. oven for 15 minutes. Lower temperature to 325 F. and continue to cook until internal temperature reaches 140 F, about 1 1/4 hours. Remove from the oven, tent with foil, and let rest for 10 minutes.

After the roast is cooked it can be stuffed with any number of tasty fillings. We have a nice wild rice dressing that you can heat and place in the cavity of the crown just before serving. A nice collection of fresh vegetables, such as broccoli, cauliflower, onions and carrots steamed just before serving and placed in the cavity makes a colorful presentation. Bread dressing is also a nice stuffing for the crown.

To serve simply place the crown on a serving platter and stuff. Take it to the table to slice as a knife will go down easily between each bone to serve.

Serves 8.

Oven Baked **Pork Steak**

4-6 pork steaks
1 medium onion
2 T butter

t = teaspoon
T = tablespoon
C = cup



Lay pork steaks flat in casserole dish on roaster. Salt & pepper lightly. Saute sliced onion in butter in a small pan. Pour onion and butter over pork steaks and bake covered at 300° for 1 1/2 - 2 hours.

Use or freeze in 2 days.

<https://www.youtube.com/watch?v=rkkQj0-H6hs&x-yt-cl=84359240&x-yt-ts=1421782837>

Pan-Fried Teriyaki **Pork Steak**

Cajun Pork Tenderloin

2 lb pork tenderloin
2 T cajun spice (we like the Pepper Mill brand)

t = teaspoon
T = tablespoon
C = cup



Rub the tenderloin with the spice. Roast in a 375 F oven for 25 minutes. Let rest for 10 minutes tented with foil. Slice 1/4 inch thick and serve. Makes a great sandwich served on a nice crusty roll.

<https://www.youtube.com/watch?x-yt-ts=1421782837&v=KWvzoCoU7bM&x-yt-cl=84359240>

Grilled **Pork Tenderloin**

Pork Tenderloin

2 pork tenderloin
½ C orange juice
½ t grated orange rind
1 t sambal oelek (thai chili paste)
½ t salt
½ t cracked pepper
1 t dijon mustard
2 T oil

t = teaspoon
T = tablespoon
C = cup



Cut pork into medallions, about 4 per tenderloin. Flatten with a meat pounder, very lightly. Mix remaining ingredients together. Marinate medallions in mixture for ½ hour. Put on barbeque at medium heat for about 5 minutes per side. *Delicious with couscous!*

Submitted by: Stephanie Kostuik

<https://www.youtube.com/watch?v=yXF3JL8NviA&x-yt-ts=1421782837&x-yt-cl=84359240>

Pork Wellington

Pork Tenderloin with Prune Sauce

2 - 3 lb pork tenderloin
4 cloves of garlic, minced
1 T of dried oregano
1/4 C red wine vinegar
2 T Olive Oil
1 C prunes - cut in 1/4's
1/4 C pitted Spanish olives (leave whole)
1/4 C capers with 2 teaspoons of juice
1/2 C brown sugar, 3/4 C white wine

t = teaspoon
T = tablespoon
C = cup



Combine garlic, oregano, vinegar, prunes, olives, capers, brown sugar and white wine in a medium saucepan and bring to a simmer. Reduce heat to low and simmer for 20 to 30 minutes until sauce is thickened, stirring occasionally.

Meanwhile, pour 2 T of the olive oil into a skillet and bring to a high heat. Sear the pork tenderloin until brown on all sides. Transfer to a greased oven-proof baking dish.

Pour the warm sauce over the tenderloin, cover dish with foil and bake at 350° for about an hour, until pork is tender. Slice and serve with sauce spooned over each portion.

Serve with the rice or potato of your choice.

Yields: 6 to 8 servings

Prep Time: 30 minutes

Cooking time: 1 hour

THANKS FOR SHARING THIS RECIPE

Ian and Yvonne Martin

Innkeepers

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LAMB

Greek Leg of Lamb

1 leg of lamb 5-7 lb We would be happy to bone the leg for easy carving!
3 heads garlic peeled
salt and pepper
2 C beef broth
2 C dry red wine
1 T rosemary

t = teaspoon T = tablespoon C = cup



Preheat oven to 375 F. Place leg in roasting pan. With a small knife, make small slits all around the lamb and insert 6 cloves of garlic slivered. Season with salt and pepper and place remaining garlic around the lamb in the pan. Pour 1 C broth and 1 C of wine into the pan. Sprinkle with rosemary.

Place lamb in the oven and bake for 18 minutes per pound for medium. Baste occasionally. After one hour add the remaining broth and wine. Continue to baste until done. Remove the lamb from the roasting pan, tent with foil and rest for 10 minutes.

Place the roaster over medium high heat and reduce the liquid by half. Mash the garlic into the juices with a fork. Carve the leg and serve with the pan juice.

Serves 8.

Grilled Leg of Lamb

1 whole leg of lamb, boned and butterflied
1 onion, sliced
1 clove of garlic, sliced
Juice of 1 lemon
1/5 C of champagne vinegar
3/4 C of safflower oil
1/4 t of fresh thyme, oregano, rosemary, and basil
Salt and fresh ground pepper

t = teaspoon
T = tablespoon
C = cup



Mix all ingredients except lamb for a marinade. Place lamb in a glass dish and cover with marinade mixture. Marinate for several hours in refrigerator, turning occasionally. Grill meat over a charcoal fire, turning often. Slice and serve over lemony pasta.

Serves 4

Serving Suggestion

For a sumptuous side dish to compliment your meal also prepare:

Pasta and Mushrooms

Roast **Leg of Lamb** Provencal Style

5-6 lb lamb
1-2 T oil
6 garlic slivers
salt
pepper
rosemary

t = teaspoon
T = tablespoon
C = cup



Make incisions in meat & insert slivers of garlic. Rub meat with rosemary, oil, salt and pepper. Put in shallow roasting pan, roast at 350°, for about 1 1/2 hrs. or until the internal temp. reaches 125°-130°

VENISON

Baked **Deer** Meat

1 Beef bouillon cube
2 t Worcestershire sauce
1 T Soya sauce
1 pinch Salt and pepper
t = teaspoon
T = tablespoon
C = cup

Cube deer meat; about 2-3 steaks worth, 1 Beef bouillon cube; dissolved in: 3/4 C Water, 2 t Worcestershire sauce, 1 T Soya sauce, 1 pn Salt and pepper, Chopped onion; (if desired). Combine all the above in a casserole dish and bake at 325°F for about 2 hours, stirring occasionally. Or combine in a slow cooker and let cook on low for 6-8 hours. Use the broth to make gravy if you like. The meat is tender and not at all gamey this way.

Deer Backstrap

1 Whole venison backstrap
1/2 lb Bacon slices
1 T Salt
1 T Black pepper
1 t Garlic powder

t = teaspoon T = tablespoon C = cup

An easy recipe for venison backstrap is to cut it lengthwise into 3 equal strips. Season to taste (we use salt, pepper and garlic powder) then roll each strip up, circle with a slice of bacon and secure with a toothpick. What you should have will look like a filet mignon and after you grill it rare over coals will taste twice as good.

Baked Deer Backstrap

2 lb venison backstrap (tenderloin), cut into 2 inch chunks
1 quart apple cider
1 1/2 lb thick sliced bacon
2 (12 oz) bottles barbecue sauce, your choice

t = teaspoon T = tablespoon C = cup

Place chunks of venison into a shallow baking dish, and pour enough apple cider in to cover them. Cover, and refrigerate for 2 hours. Remove, and pat dry. Discard apple cider, and return venison to the dish. Pour barbeque sauce over the chunks, cover, and refrigerate for 2 to 3 more hours.

Preheat an outdoor grill for high heat. Charcoal is best, but if you must, use gas. Remove meat from the refrigerator, and let stand for 30 minutes, or until no longer chilled. Wrap each chunk of venison in a slice of bacon, and secure with toothpicks. Brush the grill grate with olive oil when hot, and place venison pieces on the grill so they are not touching. The bacon will kick up some flames, so be ready. Grill, turning occasionally, until the bacon becomes slightly burnt, 15 to 20 minutes. The slower, the better.

Dig in, and prepare to want more!

Grilled **Venison** Backstrap

2 lb. venison backstrap (tenderloin), cut into 2" chunks
1 qt. apple cider
1-1/2 lb. thickly sliced bacon
2 bottles (12 oz.) barbecue sauce, your favorite brand

t = teaspoon T = tablespoon C = cup

Place chunks of venison into a shallow baking dish. Pour enough apple cider to cover. Cover, and refrigerate for 2 hours. Remove and pat dry. Discard apple cider, and return venison to dish. Pour barbecue sauce over chunks, cover, and refrigerate for 2 - 3 more hours. Preheat outdoor grill for high heat. Remove meat from refrigerator, and let stand for 30 minutes, or until no longer chilled. Wrap each chunk of venison in a slice of bacon, and secure with toothpicks. Brush grate of grill with olive oil when hot, and place venison on grill so the pieces do not touch. Bacon will kick up some flames, so be ready. Grill, turning occasionally, until bacon becomes slightly burnt, 15 - 20 minutes. The slower, the better.

Cajun **Venison** Meat Loaf

4 T Butter
3/4 C Onions, chopped
1/2 C Celery, chopped
1/2 C Green bell peppers, chopped
1/4 C Shallots, chopped
2 t Garlic, minced
1 T Tabasco sauce
1 T Worcestershire sauce
1 T Cajun seasoning
1/2 t Ground cumin
1/2 t Ground nutmeg
1/2 t Ground bay leaves
1/2 C Evaporated milk
1/2 C Catsup
1-1/2 lb Ground venison
1/2 lb Ground pork
2 ea Eggs, beaten
1 C Bread crumbs

t = teaspoon T = tablespoon C = cup

Mix onions, celery, bell peppers, shallots, garlic, Tabasco sauce, Worcestershire sauce and all the seasonings. Add milk and catsup. Simmer 10 minutes. Combine eggs, venison, pork and bread crumbs. Add seasoned mixture and form into a loaf. Bake at 350° for 1 hour.

Buckskin Chili

5 lb Venison, boneless
1/2 lb Bacon
2 C Beaujolais red wine
1 t Angostura Bitters
4 T Cumin (fresh ground)
3 T Tabasco sauce
3 Garlic cloves (minced)
2 1/2 C Tomato sauce
1/2c Tomato paste
2 1/2c Stewed tomatoes chopped
3 Jalapeno peppers minced
2 Med. onions chopped
1/2c Mushrooms chopped
3 T Dried red pepper flakes
1/2 t Allspice
1 t Mexican oregano(optional)
2 T Dried crushed anchos
1 1/2 t Salt

t = teaspoon T = tablespoon C = cup

Fry bacon in a large, heavy pot. Remove bacon when done and set aside. Add the venison which has been rough ground, the chopped onions, the minced garlic, and salt to bacon grease. Fry the venison until done and remove from the pot. Drain off the grease, add the wine, tomato sauce, and the bacon which has been crumbled. Bring wine to a boil, add the Jalapenos, venison mixture, Tabasco sauce, 3 T of the cumin, the Allspice, bitters, salt, anchos, red pepper flakes, and mushrooms. Reduce heat after cooking for 3 minutes, add tomato paste, and cook for 1 1/2 hours. Stir often or as needed. Add the remaining cumin, cook for 15 minutes more and serve.

Killer 4-Star Venison Chili

3 lb Finely chopped venison cut from the neck or shoulder
1 ea Medium onion
4 ea Cloves garlic
1 pinch Salt to taste
1/4 C (or more) Chili powder
2 T Olive oil
1 T Cumin
1 can Texas beer
1/2 C Water or beef broth
1 T Mexican oregano
2 T Masa or corn meal (Dissolve masa in about 1/4 C water)
1 t Ground coriander

t = teaspoon T = tablespoon C = cup

Saute the meat in the oil until about 1/2 browned. Add onions and garlic and saute until onions are tender, but not brown. Add chili powder, coriander, and cumin, and cook, stirring, for 4 - 5 minutes. Do not allow to burn. Add beer and water/broth and simmer, stirring frequently until meat is tender. (About 45 minutes - 1 hour) When meat is tender, stir in masa, dissolved in water or broth. Simmer, stirring frequently an additional 30 minutes or so. If possible, allow chili to cool and sit for at least 6 hours before re-heating and serving.

Chuckwagon **Venison**

1 pound ground venison
1 can whole tomatoes - (16 oz)
1 green pepper -- seeded, chopped fine
1 onion -- finely chopped
1/2 C raw long-grain converted rice
1 t salt
1/2 t leaf basil
1 dash freshly-ground black pepper
4 slices American cheese -- cut into triangles

t = teaspoon T = tablespoon C = cup

Place all ingredients except cheese in slow cooker. Stir thoroughly to mix ground venison with other ingredients. Place 4 cheese triangles on top. Cover and cook on LOW for 7 to 10 hours. Before serving, top with remaining 4 cheese triangles.

Venison Hash

2 T Bacon drippings
1 Large Onion, chopped
3 C Cooked, chopped beef or Venison roast
2 Med. potatoes cut in 16 pieces
2 T Flour
1 Clove garlic, minced
3 C Beef broth
1/4 t Black pepper
1/4 t Seasoned salt
1/2 T Chili powder

t = teaspoon T = tablespoon C = cup

Brown onion and potatoes in bacon fat. Add meat and brown. Add broth and other ingredients. Let simmer until tender.

Venison Jerky

8 lb Venison/beef roast
1 T Salt
1/4 t Black pepper
1 t White pepper
1/2 t Red pepper
1 t Meat tenderizer
2 T Seasoned salt
2 t Accent
1 t Garlic powder
1 T Kitchen bouquet
2 T Morton tender quick
1/3 C Worcestershire sauce
1/3 C Soy sauce
1/3 C Barbecue sauce
1/3 C Liquid smoke

t = teaspoon
T = tablespoon
C = cup

Cut meat in thin slices. Meat is easier to cut when partially frozen and it will cut evenly. Combine salt, peppers, meat tenderizers, seasoned salt, accent, garlic and onion powders, kitchen bouquet, Morton tender quick, Worcestershire sauce, soy sauce, barbecue sauce and liquid smoke. Marinate meat in sauce for 24 hours in a sealable plastic bag. Place meat directly on oven racks, line bottom of oven with foil, or on rack in shallow pan and dry in oven for 6-8 hours on lowest setting. Continue to dry in warm oven if necessary. Ovens with pilot lights work especially well.

Oven-Dried **Venison** Jerky

2 lb fresh venison

Liquid smoke

Salt Mixture:

2 to 3 T salt

1 t sugar

1/2 t garlic salt

1 t alpine touch

fresh coarsely ground pepper

t = teaspoon T = tablespoon C = cup

Jerky can be made from scraps of meat left after butchering - use the pieces you would originally grind up for hamburger. Any tough cuts also make good jerky - just partially freeze the meat and then slice it into thin strips or chunks across the grain. Put salt mixture on one side of meat, brush other side with very little liquid smoke. Stack the meat in layers in a flat pan, a salty side against a smoky side. Place another pan on top and weight it down to press out meat juice. Let stand overnight. The next day drain off juice. Grind fresh pepper over meat. Place on oven rack at 250°, making sure you line the bottom of the oven with foil to catch all the drips. Leave meat for about 5 hours or until dry. It may be dried up to 8 hours but it becomes drier and more brittle. Store in closed containers. Keep in a cool place.

Barbecued **Venison** Kabobs

3 lb Venison steak, 1 1/2 inch thick; cut in cubes
1 lb Fresh mushroom caps
1 C Dry red wine
2 Green bell peppers, cut in 1 inch piece; parboiled
18 Whole potatoes (egg sized), parboiled
18 Cherry tomatoes

t = teaspoon T = tablespoon C = cup

Combine meat, mushrooms & wine in shallow dish. Cover & marinate for 2-3 hours in the refrigerator. Remove meat & mushrooms from marinade. Alternate vegetables & meat on skewers. Grill for 10-15 minutes over medium heat or until degree of doneness is reached.

Venison Meatballs

3 lb ground venison
1 egg, lightly beaten
3 (6 oz) cans tomato paste, divided
2 C finely chopped onion
2 large green bell peppers, divided
1 1/2 t oregano, dried, divided
1 t salt
1 C uncooked oatmeal or fine dry breadcrumbs
1/2 t dried basil
3 (15 oz each) cans tomato sauce
4 garlic cloves, minced
3 T vegetable oil
1 bay leaf

t = teaspoon T = tablespoon C = cup

Meatballs: Mix venison with the egg, 2 T tomato paste, half of the chopped onion, half of the chopped green pepper, 1 t oregano, 1 t salt, and the uncooked oatmeal. Moisten with a little of the tomato sauce if the mixture is dry. Mix well, form into meat balls. In a large non-stick skillet over medium low heat, add the 3 T of vegetable oil. Cook meatballs in batches until browned on all sides; transfer to a baking dish and cover with foil. Bake for about 40 minutes at 350°. Cool then refrigerate until an hour before serving. The meatballs can be made the night before.

Sauce: In a 5- to 6-quart slow cooker, combine remaining tomato sauce and paste, 1/2 t oregano, 1/2 t basil, remaining chopped onion, remaining chopped green peppers, and minced garlic. Cook for 5 to 6 hours on LOW. Check and add a little water if necessary. Add bay leaf and meatballs one hour before serving time. Remove the bay leaf, taste and adjust seasonings, and serve hot over pasta.

Makes about 3 dozen meatballs, or enough for 8 to 10 servings with spaghetti or other pasta.

Venison Barbecue Paste

1 t dry mustard
2 T Adams Steak seasoning
1 t garlic powder
2 pinches hot chile flakes
1 T course black pepper
4 T butter, softened

t = teaspoon T = tablespoon C = cup

Mix all the dry seasonings and butter together to create a paste. Rub paste on venison or other game, using a hearty coating. It is best if the meat can marinate for a few hours before cooking. Fire up grill and smoke off-set using Pecan or other hardwood chunks.

Smoked **Venison** Roast

1 small to medium venison roast (ham, shoulder, etc.)

1 large bottle Italian Salad Dressing

Tony's Creole Seasoning

t = teaspoon T = tablespoon C = cup

Season meat liberally with Tony's. Place meat in extra large zip-lock type bag & cover with salad dressing. Place in refrigerator at least over night, preferably for 24 hours, turning occasionally to recoat. Place 5-7 lb charcoal in grill/smoker and light. When coals are ready, place meat on grill about 12-15 inches from fire and cover. Cook for about 4-6 hours, depending on size of roast. Add more charcoal as necessary. Baste with remaining salad dressing every 10-15 minutes until done.

Venison Roll-Ups

1 back strap of venison
1 block Monterey Jack cheese with jalapeno peppers
Regular or turkey bacon
Sliced jalapenos
Salt
red pepper, to taste
garlic powder, to taste

t = teaspoon T = tablespoon C = cup

Pre heat, oven to 350°F. Trim off all white fascia on back strap. Rinse back strap and pat dry. Slice back strap into 1/4-inch thick medallions. Using a meat mallet, lightly pound each medallion of the meat to tenderize and flatten. Season each one to taste with salt, red pepper and garlic powder. Slice Monterey Jack cheese into 1/4 inch by 1-1/2-inch sticks. Cut strips of bacon in half crosswise. Place stick of Monterey Jack cheese and one small slice of jalapeno pepper onto center of back strap medallion and roll up. Wrap bacon around rolled tip medallion and secure with one or two toothpicks. Cook roll-ups on barbecue pit or in oven with rack until bacon is cooked, about 8 to 10 minutes.

Venison Sausage Braised In Beer

4 T butter
1 T extra-virgin olive oil
12 venison sausages
4 medium carrots -- peeled and cut into large pieces
2 leeks, white parts only -- cleaned and cut into 1" pieces
2 Granny Smith apples -- peeled, cored, and cut into wedges
salt
freshly ground black pepper
1 bottle (12-oz size) lager-style beer
1/4 C demi glace - optional
1 small savoy cabbage -- trimmed, cored, and cut into large pieces

t = teaspoon T = tablespoon C = cup

Melt 2 T butter with olive oil in a large heavy skillet over medium heat. Working in batches, add sausages, and brown on all sides, about 10 minutes total. Transfer sausages to a plate, cover with aluminum foil to keep warm, and set aside. Melt remaining 2 T butter in the same skillet, then add carrots, leeks, and apples, stirring to coat vegetables and apples with butter. Season to taste with salt and pepper, and cook until everything in the pan is glazed and slightly browned, about 10 minutes. Pick apple wedges out of skillet and set aside. Add beer and demi-glace (if using), and, with a wooden spoon, loosen any brown bits stuck to the bottom of the skillet. Reduce heat to medium-low, then cover and cook for 20 minutes. Return sausages and apples to the skillet, then add cabbage. Cover and cook until vegetables are tender, about 20 minutes.

Venison Tenderloin

1 tenderloin from an adult deer, approaching 2 lb
Small red potatoes
Small white onions
Small carrots
3 T soy sauce
3 T Worcestershire sauce
2 T sugar (Dark brown sugar is best. Add a little more for good measure. It is going to thicken during the last hour.)
2 T liquid smoke
2 T cooking wine
1/3 to 1/2 C olive oil
4 to 5 gloves garlic
Two pieces of bacon cut into 1 inch sections
Salt & pepper

t = teaspoon T = tablespoon C = cup

Mix the following: Soy sauce, Worcestershire sauce, Olive oil, Sugar, Liquid smoke, Wine, Salt & pepper. Trim any muscle lining from the tenderloin. Pierce on alternate sides from one end to the other and insert a small piece of garlic in each incision. Salt and pepper the meat and place in a Pyrex dish. Crush the remaining garlic and scatter around the dish. Cut enough potatoes and onions into 1 inch pieces to cover the bottom of the dish. Place the small carrots around in the dish. Cover the whole with the pieces of bacon and pour the mixture over it all. You need the mixture and bacon because the venison will have no fat on it. Cover with tin foil and place in a 375° oven for two hours. Check, reduce the oven to 325° and return for one hour. Remove the foil and return to the oven for a fourth hour. This last uncovered hour will allow the juice to thicken. When the time is up, you can remove and set aside to "relax".

SEAFOOD

<https://www.youtube.com/watch?v=tArYR15AZvU&x-yt-ts=1421914688&x-yt-cl=84503534> This recipe works well with most any kind of fish!

Beer Battered Fish

Baked Bluefish

2 1/2 lbs bluefish fillet(s)
1 (8 ounce) container herb-seasoned dry bread stuffing mix
1 1/2 C boiling water
1/2 C butter, melted
salt and pepper to taste
2 T butter, melted
1/2 C minced onion
4 sprigs fresh dill weed

t = teaspoon T = tablespoon C = cup



Preheat oven to 500° F (260° C).

Trim all of the dark meat from the fillets. Rinse in cold water, dry and sprinkle with salt and pepper. Combine stuffing mix with boiling water and 1/2 cup melted butter.

Cover a baking sheet with a lightly greased double thickness of aluminum foil. Spread stuffing mixture on top of foil. Place fillets on top of stuffing. Brush fillets with 2 tablespoons melted butter and sprinkle with minced onions. Top with dill springs and crimp together edges of tin foil to seal.

Bake on center self of preheated oven for 10 minutes, reduce oven temperature to 400° F (200° C) and bake for an additional 60 minutes

Basque Calamari

2 1/2 lbs. of calamari
2 small onions, finely chopped
2 shallots, finely chopped
2 green bell peppers, chopped
5 cloves garlic, minced
1/4 C olive oil
3 oz. red wine
2 C fresh tomatoes, chopped
1 T parsley, chopped
1 t paprika
Salt and pepper (to taste)
1/2 to 1 C cooked rice, per person (6)

t = teaspoon T = tablespoon C = cup

Cut calamari bodies into rings about 1/4 inch thick.

In a large pan, saute onions, shallots, bell peppers and garlic in 6 tbsp. of olive oil over low heat. When onions are transparent, remove vegetables from pan and set aside.

Turn heat to high and add remaining 2 tbsp. of olive oil to pan. When hot, add calamari. Cook for 30 seconds.

Pour in red wine and bring to a boil. Add sauteed vegetables, tomatoes, parsley, paprika, salt and pepper. Cook slowly for 3-4 minutes. Do not overcook. Serve immediately over rice (1/2 to 1 cup per person). For a mixed seafood dish, add shrimp to this recipe.

Serves approximately 6.

Calamari With Pasta

1 1/4 lbs. of calamari
4 cloves garlic, minced
2 T olive oil
1 1/2 C fresh mushrooms, sliced
2 C fresh tomatoes, chopped
Salt and pepper (to taste)
8 fresh basil leaves or 1 T dried basil
1 T fresh parsley, minced
1/8 t ground red pepper flakes
1/4 C black olives, chopped
1 lb. fettuccine noodles

t = teaspoon T = tablespoon C = cup

Cut calamari bodies into rings about 1/4 inch thick.

Saute garlic in 1 tbsp. of olive oil for 1 minute. Add mushrooms and cook for another minute. Add tomatoes, salt, pepper, basil, parsley and ground red pepper flakes. Cook for about 5 minutes. Add olives.

In a separate skillet, saute calamari in 1 tbsp. olive oil for about 2-4 minutes over medium-high heat. Do not overcook. Pieces should barely pick up color. Add calamari to tomato mixture and cook 1 minute longer.

Cook fettuccine in 4-6 quarts salted water. Drain and toss with calamari mixture.

Serves approximately 4.

Beer Battered Catfish

3 lb catfish
1/4 C cornmeal
1/4 C flour
2 eggs, beaten
1 12-oz beer
1/4 C minced onion
3 C vegetable oil
salt and pepper to taste

t = teaspoon
T = tablespoon
C = cup



In a medium mixing bowl blend flour, cornmeal, salt, and pepper together. In a separate medium mixing bowl beat egg well, add beer and minced onions, mix well.

Cut the catfish into 2 inch cubes or strips. Heat the vegetable oil. Roll the catfish into the flour mixture, then dip into the beer-egg mixture, then back into the flour mixture. Place flour and dipped catfish into the deep-fry, cook until golden brown.

When you find a spice mixture you like, double or triple the recipe, and save the extra to use with other seafood (such as shrimp), chicken, pork, or even potatoes.

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Blackened Catfish 1

2 T paprika
1 T dried oregano
½ t salt
½ t freshly ground black pepper
¼ t ground red pepper
4 (6-oz) farm-raised catfish fillets
2 t olive oil

t = teaspoon
T = tablespoon
C = cup



Combine first 5 ingredients in a small bowl. Sprinkle both sides of fish with the paprika mixture. 2.Heat oil in a large cast-iron skillet over high heat. Add fish, cook 4 minutes on each side or until fish flakes easily with a fork.

Yield: 4 servings

CALORIES 232 (39% from fat); FAT 10.1g (sat 2.1g, mono 4.5g, poly 2.3g); PROTEIN 31.6g; CARB 2.9g; FIBER 1g; CHOL 99mg; IRON 3.1mg; SODIUM 402mg; CALC 93mg

Tamar Haspel writes the Dreaded Broccoli newsletter and is the author of The Dreaded Broccoli Cookbook (Simon & Schuster, 1999)

Note: This recipe best prepared outdoors, if possible

Blackened Catfish 2

4 catfish fillets
olive oil
1/3 lb bacon
1 t allspice
1 t oregano
1/2 t salt
2 t each of the following:
garlic powder
thyme
white pepper
black pepper
cayenne pepper
lemon pepper
cumin or chili powder
rosemary, crushed
fennel seed, crushed

t = teaspoon
T = tablespoon
C = cup



Fry bacon; discard bacon and retain grease. Combine all dry ingredients, rub fillets with olive oil, then coat liberally with spices. Drop in hot bacon grease and cook until you can easily put a fork through them.

Cajun Catfish

2 large catfish fillets
1 C onions, chopped fine
1/2 C celery, chopped fine
2 garlic cloves, minced
1/4 C butter
1/4 C flour
1 t salt
1/2 t black pepper
1/4 t cayenne pepper
1 1-lb can sliced tomatoes
3 C water
2 C hot cooked rice

t = teaspoon
T = tablespoon
C = cup



In a deep skillet, cook the butter and flour together over low heat to form a roux. Add the onions, celery, and garlic and sauté until tender. Add the tomatoes, salt, peppers, and water. Simmer covered for 20 - 30 minutes. Add the fillets and cook until flaky, 15 - 20 minutes. Serve over rice.

Serves 2.

NOTE: The amount of cayenne here is set for a mildly hot taste. It can be increased up to a full teaspoon for real Cajun flavor!

Oven-Fried **Catfish** with Dill Tartar Sauce

2 6 oz catfish fillets (1/2 inch thick) or
other white fish fillets (such as orange roughy)
1/3 C dry breadcrumbs
2 T (1/4) butter, melted
1/3 C regular or low-fat mayonnaise
1 T sweet pickle relish
1T chopped fresh dill or 1 T dried dill weed
1 T drained capers

t = teaspoon
T = tablespoon
C = cup



Preheat oven to 450°F. Place breadcrumbs and melted butter in separate shallow dishes. Cut each fish fillet crosswise in half. Season fish with salt and pepper. Dip fish into butter, then into breadcrumbs, coating completely; place fish on baking sheet. Bake fish until crisp, brown and just cooked through, about 12 min.

Meanwhile, stir mayonnaise, relish, dill and capers in small bowl to blend. Season tartar sauce with salt and pepper.

Transfer fish to plates. Serve fish with tartar sauce.

Yield: 2 servings; can be doubled

Serve thick-cut french fries and mixed greens, beet and onions salad alongside the fish. Finish with a purchased custard pie; tall glasses of mint iced tea would compliment all of it nicely.

Beer Battered Cod

1 1/4 C flour
1/2 t salt
1 egg, separated
12 oz beer - Stale beer works best
1 T vegetable oil
Oil for deep frying
2 lb cod fillets, rinsed, patted dry
Flour for dredging
Tartar sauce, optional

t = teaspoon
T = tablespoon
C = cup



In a large bowl, sift together the flour and salt; make a well in the center. Add the egg yolk and half of the beer; whisk gradually drawing in the flour to form a smooth paste. Stir in the remaining beer and the oil; do not over mix. Cover and let stand for 15 to 30 minutes.

Meanwhile, heat the oil for deep-frying (you'll need at least 8 C) to 375°.

Cut the cod fillets into 4-inch pieces. Beat the egg white until very foamy and fold it into the batter.

Working in batches, dredge the fish pieces with flour, shaking to remove the excess. Dip a piece into the batter and place in the hot oil. Fry about 4 minutes, depending on the thickness of the fish or until golden brown and crisp. Remove and drain well on paper towels; keep warm. Repeat with remaining pieces of fish. Serve with tartar sauce.

Breaded Baked **Cod** Fillets

2 cod fillets (1/4 lb each)
1 T tartar sauce
3 T seasoned dried bread crumbs
4 tomato slices
1/2 t lemon juice, divided
1/8 t oregano leaves, divided

t = teaspoon
T = tablespoon
C = cup



Preheat oven to 400°. Dip cod fillets in tartar sauce, then dredge in bread crumbs, coating both sides and using all of both ingredients. Arrange fillets on non-stick baking sheet. Arrange tomato slices alongside fillets; sprinkle tomato slices with lemon juice and oregano. Bake until fish is golden and flakes easily when tested with a fork, about 10 minutes. Serve fish with tomato slices.

Broiled **Cod** Fillets with Basil Butter

4 6 oz cod fillets
6 T (3/4 stick) butter, room temperature
2 T chopped fresh basil
2 t Old Bay seasoning
1 t fresh lemon juice
1 garlic clove, minced

t = teaspoon
T = tablespoon
C = cup



Preheat broiler. Cut four 6x8 inch pieces of foil. Place 1 fish fillet in center of each piece of foil. Fold up foil to form rectangle with 3/4 inch high sides. Sprinkle fish with salt and pepper. Place packets on small baking sheet.

Combine butter, 1 T basil, Old Bay seasoning, lemon juice, and garlic in small bowl. Using wooden spoon, mix until well combined. Spread mixture over fish. Broil fish (do not turn fish) until opaque in center, about 6 min. Transfer fish in foil to plates. Sprinkle with remaining 1 T basil. Serve immediately.

Yield: 4 servings

Serving Suggestion

For a sumptuous side dish to compliment your meal also prepare:

[Sauteed New Potatoes](#)

Grilled Atlantic Cod

6 7-8 oz cod fillets
Coarse kosher salt
6 T extra-virgin olive oil (preferably Spanish)
4 garlic cloves, thinly sliced crosswise
1 dried guindilla chile, crumbled, or 1/2 t
dried crushed red pepper
3 T chopped fresh Italian parsley

t = teaspoon
T = tablespoon
C = cup



Lightly brush fish grill basket with oil (if using), or brush grill rack with oil, and prepare barbecue (medium-high heat). Sprinkle fish on both sides with coarse salt and pepper. Place fish in grill basket (if using) or directly on grill rack. Grill fish until opaque in center, 4 to 5 minutes per side. Transfer to platter; cover to keep warm. Heat 6 T oil in small skillet over high heat. Add garlic and sauté until fragrant and light golden, about 1 minute. Add crumbled chile or crushed red pepper; stir 15 seconds. Immediately pour garlic chile oil over fish. Sprinkle with chopped parsley and serve.

Ingredient Tip: The traditional chile for the garlic sauce is *guindilla*, a small, elongated, medium-hot Spanish chile that's usually sold dried. This chile may be difficult to find, but ordinary dried crushed red pepper makes an excellent substitute.

King Crab Legs and Claws

Rinse frozen Crab Legs under cold water to remove ice. Submerge Crab Legs in a pot of boiling water. Cook for approx. 6 minutes. Crab Legs may be steamed or baked as an option. Crab Legs are ready when the meat is warm to the touch.

DO NOT OVERCOOK

Serve with melted butter and lemon wedges. The Crab Leg shell has been scored. Once the Crab Legs are cooked simply pull the shell apart to expose meat. Kitchen shears may be useful for meat extraction.

KEEP FROZEN



FROG LEGS

Deep Fried Frog Legs

Med. frog legs (dressed)
1 C flour
1 T lemon pepper
1 t Salt
1 t black pepper
2 eggs (beaten)
Cracker crumbs (fine)
Vegetable oil for frying

t = teaspoon
T = tablespoon
C = cup



Wash frog legs in cold water, drain. Put flour, lemon pepper, salt and black pepper in a bag and shake to mix. Shake frog legs in the seasoned flour to coat, dip in beaten egg and roll in cracker crumbs. Deep fry at 365° for 7 to 8 minutes or until golden brown.

Louisiana Fried Frog Legs

WET MIX:

2 eggs
2/3 C milk
1 T Creole Seasoning (your choice)
1/2 t garlic powder
1/2 t onion powder
1 t hot sauce
1 t cayenne pepper
Salt and fresh ground black pepper

DRY MIX:

2 C corn flour (see note 1) or fish fry, or just plain flour
3/4 C cornstarch (makes it stick better)
2 T Creole Seasoning
1/2 t Salt
1/2 t Black Pepper
1/2 t Cayenne
1 t lemon and pepper seasoning



Don't hesitate to adjust any of the above to your liking

t = teaspoon
T = tablespoon
C = cup

Put legs in wet mix. Mix it all up and marinade it for 30 or more minutes in the refrigerator.

Dredge the legs in the dry mix and let sit a minute or so moving them around just a little. Using a paper bag works good for this too. Just drop the legs in and shake it up a few times. Use peanut oil, about 2" in the pan depending upon the pan depth. Heat to 365°F (hot oil will burn you badly, be careful). Place legs in the oil a few at a time leaving at least a 1/2" space between pieces. Stir them around every 10 seconds or so. Cook them about 5 minutes. Let them fry until they bubble lightly. If they quit bubbling completely they're overcooked. With practice you can get each piece done perfectly.

Remove the legs and place on paper towels. Move them around so the grease is soaked up. Taste one once they're cooled a little to see if you need to add any seasoning. Transfer them to another pan with more paper towels and cover with paper towels.

Let the oil come back to 350°F for the next batch! Remember, the oil cools as you cook. If you don't have a frying thermometer get one, guessing just don't get it! If the oil gets too hot turn the fire off, or lower, and let it cool to the right temperature. If the oil smokes you've probably ruined it. A thermometer prevents all of this trouble.

To keep the food warm put the oven on 200°F (or as low as it will go) and let it warm up about 15 minutes. Cover the legs with paper towels (not plastic wrap) or loosely with foil, turn the oven off, and put the pan in the oven. If you seal the pan with plastic wrap or foil the legs will become soggy. If you leave the oven on they will dry out too much. This only works for so long. After a few re-heats the legs will dry out anyway.

Pan Fried Frog Legs

10 to 12 frog legs
3 T Salt
3 T Vinegar
3 pts. Water
1/2 C evaporated milk
1 C butter, 1 stick butter
Pepper
Garlic powder to taste

t = teaspoon
T = tablespoon
C = cup



Clean and skin the frog legs. Mix salt and pepper in enough water to cover the legs and soak them for 2 hours. Take out of the water and pat dry. Dip in milk, sprinkle with pepper and garlic then roll in flour. Fry on low heat for 10 to 15 minutes until brown. Do not overcook. They are ready to be eaten with sliced lemon or tartar sauce, baked or fried potatoes plus a salad and Texas toast or hush puppies.

GROUPER

Blackened Grouper

8-10 oz Grouper Fillets
1/2 in. thick 3/4 lb butter (3 sticks)
1 T Paprika
2 1/2 t Salt
1 t onion powder
1 t garlic powder
1 t red pepper
3/4 t white pepper
3/4 t black pepper
1/2 t Thyme
1/2 t oregano

t = teaspoon
T = tablespoon
C = cup



Melt butter in large skillet very, very hot. Combine fish in melted butter, then coat heavily with seasoning. Put into hot skillet. Pour little butter on top of fish (careful butter may flare up). Cook uncovered until scorched; turn fish and pour more butter until fish is done, about 2 more minutes. Repeat with remaining fish. Serve piping hot with melted butter on side.

Caution - this method of cooking produces intense smoke. I suggest you cook outside on gas grill.

<https://www.youtube.com/watch?v=XWL3VNCCs0M&x-yt-cl=84503534&x-yt-ts=1421914688>

Quick Blackened **Grouper**

<https://www.youtube.com/watch?v=xLjknifQhxM&x-yt-cl=84503534&x-yt-ts=1421914688> Grilled **Grouper**

Greek Grilled Grouper

2 grouper filet
Greek seasoning (powder kind found in spices)
1 small can stewed tomatoes (with garlic variety)
1 small can chopped black olives

t = teaspoon
T = tablespoon
C = cup



Place fish filet in oil-sprayed (Pam) foil pan. Coat with Greek powder seasoning. Spread stewed tomatoes on top of fish filet. Sprinkle with Greek seasoning again. Top with chopped black olives. Lightly sprinkle with Greek seasoning again. (DO NOT SALT)

Cover with foil and seal around sides of pan. Put pan on hot grill. Cook on medium heat for about 45 minutes to 1 hour depending on thickness of fish filets. You may squeeze lemon juice on top after cooking if you desire a more tart tasting fish.

Grouper with Tomato and Basil

1 (1 lb) piece grouper or red snapper fillet (3/4 inch thick),
skinned and halved crosswise
1/4 t salt
1/8 t black pepper
1/2 C coarsely chopped tomato
1 small garlic clove, minced (optional)
2 T thinly sliced fresh basil

t = teaspoon
T = tablespoon
C = cup



Working off heat, put 1 T oil in a 10-inch nonstick skillet and add fish, turning to coat with oil on both sides. Arrange fish skinned sides down and sprinkle with salt and pepper.

Toss together tomato, garlic (if using), basil, remaining tablespoon oil, and salt and pepper to taste in a small bowl, then mound on top of fish. Cover skillet with a tight-fitting lid and cook fish over moderately high heat until just cooked through, about 8 minutes.

Yield: makes 2 servings

Active Time: 15 min.

Total Time: 25 min.

Serving Suggestion For a sumptuous side dish to compliment your meal also prepare:

[Fresh Corn Spoon Bread](#)

HADDOCK

Blackened Haddock Fillets

4 fresh haddock fillet (1 lb)
1/2 t onion powder
1/2 t garlic salt
1/2 t ground red pepper
1/2 t dried basil, crushed
1/4 t ground white pepper
1/4 t dried thyme, crushed
1/4 t black pepper
1/8 t ground sage
1/4 C butter (melted)

t = teaspoon
T = tablespoon
C = cup



Thaw fish if frozen. In a small mixing bowl combine onion powder, garlic salt, red pepper, basil, white pepper, thyme, black pepper and sage. Brush both sides of fish with melted butter (butter); coat with seasonings. If using a charcoal grill, remove grill rack and place an uncoiled 12 inch cast iron skillet directly on hot coals. If using a gas grill, turn to high and place skillet on the grill rack. Preheat the skillet 5 minutes or until a drop of water sizzles. Add cooked fillets to skillet. Carefully drizzle about 2 t of melted butter over the fish. Grill fish 2 1/2 to 3 minutes or until blackened. Turn fish and drizzle with 2 t of the melted butter. Grill 2 1/2 to 3 minutes more or until blackened and fish flakes easily when tested with a fork. Drizzle with any remaining butter.

Haddock Bubbly Bake

2 lb white haddock fillets
1 can cream of mushroom soup
1 onion, sliced
1 C grated mozzarella or cheddar cheese

t = teaspoon
T = tablespoon
C = cup



Lay haddock fillets in bottom of glass oven proof dish. Cover with sliced onions. Spread can of cream of mushroom soup over all. Lastly, spread grated cheese over it all.

Bake in preheated 350° oven for about 40 minutes until fish is done. (You'll be able to tell it's done when fish separates into flakes easily.)

HALIBUT

Tangy Baked Halibut

2 lb halibut fillet
1 C sour cream
1 C mayonnaise
1/4 C chopped green onions
3 T freshly squeezed lemon juice
2 C crushed Ritz crackers
1 large yellow onion, sliced
1/4 C butter

t = teaspoon
T = tablespoon
C = cup



Melt butter in a large frying pan. Add sliced onion and sauté until onion is translucent then spread evenly over bottom of baking pan; set aside.

In a bowl mix together sour cream, mayonnaise, green onions and lemon juice. Arrange halibut over top of onions. Spread sour cream and mayonnaise mixture over the top of the halibut. Sprinkle with crushed Ritz crackers.

Bake at 375°F for 40-50 minutes (depending on thickness of fish). Enjoy!

Grilled Halibut Steaks

4 halibut steaks (6 oz each)
1/2 C olive oil
6 cloves garlic, minced
2 T lemon juice
2 T fresh parsley
2 t dry basil
2 t salt
2 t black pepper

t = teaspoon
T = tablespoon
C = cup



Combine olive oil, garlic, lemon juice, parsley, basil, salt and pepper in a resealable bag. Seal and turn to mix. Add halibut steaks and refrigerate for 1 hour. Preheat grill. Remove halibut from bag and place on hot grill. Grill for 4 to 5 minutes per side. Fish is done when it flakes easily with a fork and is opaque all the way through.

"Savory halibut fillets are marinated in olive oil, lemon juice, basil, and garlic then grilled to perfection. The perfect dish to turn people around who don't like fish."

Grilled **Halibut** Fillets

1 clove garlic, minced
6 T olive oil
1 t dried basil
1 t salt
1 t ground black pepper
1 T fresh lemon juice
1 T chopped fresh parsley
2 (6 oz) fillets halibut

t = teaspoon
T = tablespoon
C = cup



In a stainless steel or glass bowl, combine garlic, olive oil, basil, salt, pepper, lemon juice and parsley.

Place the halibut fillets in a shallow glass dish or a resealable plastic bag and pour the marinade over the fish. Cover or seal and place in the refrigerator for 1 hour, turning occasionally.

Preheat an outdoor grill for high heat and lightly oil grate. Set grate 4 inches from the heat.

Remove halibut fillets from marinade and drain off the excess. Grill fillets 5 minutes per side or until fish is done when easily flaked with a fork.

LOBSTER

There are several methods of cooking lobster tails.
They can be boiled, grilled, or steamed.

How to Cook **Lobster Tails**

Boiled Lobster Tails

Fill a large saucepan with water and add 1 t of salt for each litre of water. Bring the water to the boil and drop the lobster tails into the pan. Boil the tails for about 1 minute per oz of total weight. If there are 5 oz of lobster tails, you will need to cook them for 5 minutes. Drain the lobster tails and serve hot with melted butter, lemon juice or mayonnaise.

Steamed Lobster Tails

Pour 1 C of water into the bottom of a pan and add salt. Bring the water to the boil. Insert a wooden skewer or cocktail stick down the length of each lobster tail. This will prevent them from curling up upon steaming. Place the tails on a steaming rack placed inside the pan and cover with a lid. Steam the tails for about 7 or 8 minutes, drain and serve hot.



Grilled Lobster Tails

Insert a wooden skewer into the lobster tails to prevent them from curling on boiling. Prepare a large saucepan of salted water according to instructions above for boiling lobster tails. Once the water has reached a fierce boil, drop the tails in and cook for 4 minutes. Drain the tails and position them on their backs once they have cooled slightly. With a sharp knife, split the soft top shell of the tail, lengthways down the middle, but leave the hard shell underneath in tact. Pour some melted butter and lemon juice over the meat of the tails or brush a marinade of lemon juice, olive oil, salt pepper, garlic powder and paprika over the meat and place shell side down into a pre-heated grill. Grill for approximately 7 - 8 minutes under a medium - hot heat or until the meat is opaque, no longer transparent and firm to the touch. If you wish, you may turn the tails over half way through cooking. Remove from the grill and serve hot with lemon, melted butter or mayonnaise.

MAHI MAHI

Mahi Mahi has a large, moist, and pleasantly firm flake. Topping it with briny feta, herbs, and lemon slices evokes the warm shores of Greece.

Greek-Style Mahi Mahi

4 (6 oz) pieces mahi mahi fillet (1 1/2 in. thick) with skins
3 medium tomatoes (about 3/4 lb total),
each cut into 8 wedges
2 T plus 2 t extra virgin olive oil, divided
1 T red wine vinegar
1/2 C mayonnaise
1/4 C crumbled feta
3 T chopped mint
2 T chopped dill
1 t fresh lemon juice
8 very thin lemon slices

t = teaspoon
T = tablespoon
C = cup



Preheat broiler.

Toss tomatoes with 2 T oil, vinegar, and 1/2 t salt.

Line a broiler pan or small 4 sided sheet pan with foil or parchment paper and lightly oil foil. Put fish, skin side down, on pan and season with 1/4 t each of salt and pepper.

Whisk together mayonnaise, feta, herbs, and lemon juice and spread over top of fish. Put 2 lemon slices (slightly overlapping) on center of each fillet. Drizzle lemon slices with remaining 2 t oil.

Broil fish 8 inches from heat until just cooked through, 14 to 16 minutes. If topping browns before fish is cooked, cover loosely with foil. Serve fish with tomatoes.

Active Time: 14 min.

Total Time: 30 minutes

Serve with toasted orzo with saffron and fennel.

The Easy Grilled Mahi Mahi Fillets with Herb Sauce is a very affordable dish. Delicious, simple, and easy recipe. Can be ready in 20 minutes. The mahi mahi can be broiled instead of grilled, if you prefer.

Easy Grilled **Mahi Mahi** with Herb Sauce Recipe

1 - 1 1/2 lb mahi-mahi fillets
1/4 C white wine
1 T butter
1 T chopped parsley
2 t fresh lemon juice
1 clove garlic, minced
4 drops hot pepper sauce

t = teaspoon T = tablespoon C = cup



Cut mahi-mahi fillets into serving-size pieces set aside. Prepare grill. In a saucepan, combine all ingredients except fish. Heat sauce slowly until butter is melted. Place mahi mahi fillets on grill and brush with sauce. Grill 5 minutes. Turn the mahi-mahi fillets carefully and brush with more sauce. Cook 5 minutes more.

Mahi-Mahi is a very durable fish to cook with. Mahi-Mahi can be used in place of any recipe that calls for Orange Roughy, Grouper, Salmon, Halibut, and Cod.

This recipe for Easy Grilled Mahi-Mahi with Herb Sauce serves/makes: 4
Mahi-Mahi is a very durable fish to cook with. Mahi-Mahi can be used in place of any recipe that calls for Orange Roughy, Grouper, Salmon, Halibut, or Cod.

Tomato Basil **Mahi Mahi**

16 oz mahi mahi fillets
2 1/2 C tomatoes, diced
1/2 C fresh basil leaves, chopped
1/3 C red shallots, sliced
1/4 C onion, diced
1/4 C garlic, chopped (approx. 5 cloves)
2/3 C chicken stock
2 T tomato paste
2 T fish sauce (or substitute soy sauce)
1 T vinegar or lemon juice
1 T sugar

t = teaspoon T = tablespoon C = cup



Coat pan with cooking oil and pan fry Mahi Mahi fillets until golden brown. To prepare sauce, saute garlic and shallots in pan. Add onion, tomato paste, fish sauce, vinegar or lemon juice and sugar. Stir in chicken stock and simmer until sauce thickens. Remove from heat and add basil. To Serve, top Mahi Mahi fillets with generous helping of tomato basil sauce. Vegetarian option: Substitute Mahi Mahi fillets with deep fried tofu and use vegetable stock in the sauce. You can substitute any mild white flesh fish instead of Mahi Mahi if you can't get it in your area.

Serves 4

MONKFISH

Grilled Monkfish

1 1/2 lb Monkfish
1 Lime, quartered
1 small Lemon, quartered

t = teaspoon
T = tablespoon
C = cup



In large glass bowl, whisk together lime juice, oil, Worcestershire sauce, onion, garlic, cumin, lime rind, and pepper; set aside. Cut monkfish into 1 1/2-inch chunks; add to marinade, tossing to coat. Cover and refrigerate for 30 minutes.

Remove monkfish from marinade, reserving marinade. On each of 4 greased metal skewers, thread 2 pieces of fish followed by lime quarter, the 2 pieces of fish followed by lemon quarter, then 2 pieces of fish. Cook brochettes on greased grill over medium-hot coals or on medium setting, turning twice and basting occasionally with marinade, for 10 to 12 minutes or until fish flakes easily when tested with fork. Serves 4.

Marinade:

1/4 C Lime Juice
1/4 C Vegetable Oil
4 t Worcestershire Sauce
1 small Onion, minced
2 Garlic Cloves, minced
1 1/2 t ground Cumin
1 t grated Lime Rind
1/4 t freshly ground Black Pepper

Preparation time : 20 minutes,
Cooking time : 40 minutes,
Oven : Preheat to 200°C (400°F, gas mark 6),
Calories per serving: 340

Roast Monkfish

2 1/2 lb Monkfish Fillets
1 small onion
2 T virgin olive oil
1/2 t fennel seeds
1/3 t ground anise or star anise
4 T dry vermouth
Salt and freshly ground black pepper
12 cherry tomatoes
Coriander sprigs for garnish (optional)

t = teaspoon
T = tablespoon
C = cup



Remove the tough grey skin and pink membrane from the monkfish. Wash and dry the fish and secure it evenly with fine string, so that its shape is held during cooking.

Finely chop the onion, and heat the oil in a large frying pan over a medium heat. Saute the onion, fennel seeds, ground anise or star anise in the pan for 2 - 3 minutes, until the onion is transparent.

Add the monkfish to the frying pan and cook for about 5 minutes, until the fish is sealed on all sides. Remove from the heat, pour over the vermouth and season to taste with salt and freshly ground black pepper.

Transfer the contents to a roasting tin or gratin dish, placing the monkfish on the top, and roast in the oven for 30 minutes.

Add the tomatoes to the roasting tin or gratin dish, and cook for a further 5 minutes, then remove from the oven and garnish the fish with coriander sprigs, if desired.

Serve the dish with boiled potatoes and a selection of vegetables.

Serves 4

PERCH

Best Perch

Perch Fillets
Dill weed
Garlic salt
White pepper
Sweet basil
Lemon juice
Parmesan cheese
Italian style bread crumbs
Melted butter

t = teaspoon
T = tablespoon
C = cup



Place fish skin side down in glass baking dish. Sprinkle generously with all above ingredients to taste. Bake in 425° to 450° oven for 10-20 minutes until bubbly and flaky; can be broiled.

Corn Flake Perch

3-4 lb Perch fillets, cut fillet in 2 if lg.
1 box Cornflakes crushed as finely as possible
4 eggs with dash of milk for batter
1/2 t cayenne pepper to crushed Cornflakes, if desired

t = teaspoon
T = tablespoon
C = cup



Heat oil (1-1 1/2 inch deep) to 350° or frying temperature. Dip perch fillet in egg batter and let excess drain or slide off with fingers. Roll fillet in crushed Cornflakes and place in heated oil. Turn fish once or twice until easily pierced with a fork. Drain on plate lined with paper towels.

<https://www.youtube.com/watch?x-yt-ts=1421914688&v=S0S9LvBSnH8&x-yt-cl=84503534>

Two Super-Easy Yet Delicious **Perch** Recipes

Pan Fried **Perch**

1 lb perch
2 eggs
1/4 C milk
1 - 2 sleeves Club Crackers
Salt and pepper to taste
Oil for frying (olive oil or yellow Crisco)

t = teaspoon
T = tablespoon
C = cup



Pat fish dry with paper towel. Combine eggs and milk. Roll crackers in freezer bag, with rolling pin until fine. Dip fish in milk egg mixture: roll in crackers. Place in hot pan. Cook till golden brown.

POLLOCK

Baked Pollock

1 lb fish (Pollock or similar kind)
1/4 C melted butter
2 t soy sauce
2 t lemon juice
1 t lime juice
1/4 t salt
1/8 t pepper
1 clove garlic, minced
1/4 t crushed red pepper

t = teaspoon
T = tablespoon
C = cup



Put fish in 6"x10" baking dish. Combine remaining ingredients and pour over fish. Bake at 400° for approximately 1/2 hour.
Baste fish once or twice while baking.

Breaded Pollock

6 oz Atlantic Pollock (fish)
1/4 C Progresso Bread Crumbs - Italian Style
1 t Garlic powder
1 t Onion powder

t = teaspoon
T = tablespoon
C = cup



Dredge thawed fish in bread crumbs spray baking dish with cooking spray. Bake at 350° until fish flakes with a fork (about 15 min).

Number of Servings: 2

Pollock Fish Bake

1 1/2-2 lb fish (Pollock, haddock or cod)
1 med. onion, sliced
Salt & pepper to taste
1 can sliced mushrooms (4 oz), drained
1 can Campbell's golden mushroom soup
1 C stewed tomatoes, drained
1 C shredded yellow cheese (Colby, Cheddar, etc.)

t = teaspoon
T = tablespoon
C = cup



Spray an 8 x 8 inch square baking dish with Pam. Layer ingredients in order given. Bake at 350° for 45 minutes.

REDSNAPPER

Baked Red Snapper with Savory Sauce

3 to 4 lb Red Snapper
Seasoned flour
3 T Butter
1 sm. Onion
2 C chopped celery
1/4 C chopped green pepper
a few grains pepper
3 C canned tomatoes
1 T Worcestershire sauce
1 T catsup
1 t chili powder
1 T lemon juice
2 bay leaves
1 minced clove garlic

t = teaspoon
T = tablespoon
C = cup



Preheat oven to 350°. Dredge inside and out with seasoning flour. Place in a baking pan. Melt butter and add onion, celery, green pepper and simmer for 15 minutes or until tender.

Add remaining ingredients and pour the sauce over the red snapper. Bake fish for about 3/4 to 1 hour basting frequently with the sauce.

Green chilies and cilantro add some zip to this main course

Fiesta Red Snapper

1 1/4 lb red snapper fillets
1 T olive oil
1/2 C chopped onion
1 4 oz can diced mild green chilies
4 T chopped fresh cilantro
3 large garlic cloves, chopped
1 14 1/2 oz can Mexican-style or regular stewed tomatoes
Lime wedges

t = teaspoon
T = tablespoon
C = cup



Heat oil in large skillet over medium-high heat. Add onion and saute 3 minutes. Add green chilies, 2 T chopped cilantro and garlic; sauté 2 minutes. Mix in tomatoes with juices, breaking up tomatoes with back of fork. Sprinkle fish with salt and pepper; place fish atop sauce. Bring to simmer. Cover skillet, reduce heat to medium-low and simmer until fish is just opaque in center, about 8 minutes.

Transfer fish to platter. Simmer sauce to thicken slightly, if desired. Season sauce with salt and pepper. Spoon sauce over fish. Sprinkle with remaining 2 T cilantro. Surround with lime wedges and serve.

Yield: makes 4 servings

Grilled Red Snapper

Red Snapper Fillets
Char-grill seasoning
Lemon pepper
Garlic powder
Salt & pepper
Soy sauce
Lime slices (optional)

t = teaspoon
T = tablespoon
C = cup



Cut 2 slits across red snapper on both sides. Sprinkle one side liberally with soy sauce, salt, pepper, char-grill seasoning, lemon pepper and garlic powder. Place 2 or 3 lime slices over fish. Place fish, seasoned side down, on basket for grilling. Season other side of fish the same as the first side. Clamp fish in basket and grill over the charcoal about 15 minutes on each side or until fish flakes easily.

<https://www.youtube.com/watch?v=c3yuXEGFyM0&x-yt-cl=84503534&x-yts=1421914688> Grilled **Red Snapper** with Lime & Butter Sauce

ROUGHY

Breaded Orange Roughy Fillets

1/4 C Italian seasoned bread crumbs
2 T grated Parmesan cheese
2 T grated Romano cheese
1/4 t garlic powder
1/2 t salt, or to taste
1 pound orange roughy fillets
1/4 C butter, melted
1 T chopped fresh parsley

t = teaspoon
T = tablespoon
C = cup



Preheat oven to 400 degrees F (200 degrees C). Coat a medium baking dish with non-stick cooking spray.

In a shallow bowl, mix bread crumbs, Parmesan cheese, Romano cheese, garlic powder, and salt.

Brush both sides of orange roughy fillets with butter, and dredge in the bread crumb mixture. Arrange fillets in a single layer in the prepared baking dish, and sprinkle with parsley.

Bake in preheated oven 10 to 15 minutes, or until the fish flakes easily with a fork.

Orange Roughy Fillets Dijon

2 (6-8 oz) orange roughy fillets
2 T Dijon mustard
2 T (1/4 stick) unsalted butter, melted
1 1/2 t fresh lemon juice
1 t Worcestershire sauce
3 T fresh white breadcrumbs
chopped fresh parsley
lemon wedges

t = teaspoon
T = tablespoon
C = cup



Preheat oven to 450°F. Butter 13x9x2 inch glass baking dish. Arrange fish fillets in prepared dish. Season with salt and pepper. Blend butter, Dijon mustard, lemon juice and Worcestershire sauce in small bowl. Spread half of butter mixture over each fillet, covering completely. Sprinkle half of bread crumbs over each.

Bake fish until just cooked through, about 7 minutes. Sprinkle parsley over. Garnish with lemon wedges.

Yield: serves 2

SALMON

Baked Salmon

Salmon fillets, any portion size, boned and skinned
Onion powder, to taste
Garlic powder, to taste
Dried dill, to taste
Mrs. Dash, to taste
Mayonnaise
Paprika

t = teaspoon
T = tablespoon
C = cup



Wash and dry fillets. Spread thin coat of mayonnaise over salmon. Spray Pam or similar product over Pyrex or tin foil pan or rectangular pan (depending on amount and size of portions). Sprinkle seasonings over fish ending with paprika. Bake in 375°F oven for 10 to 20 minutes or until fish flakes easily

Balsamic-Glazed **Salmon** Fillets

3-4 (5 oz) salmon fillets
4 cloves garlic, minced
1 T red or white wine
1 T honey
1/3 C balsamic vinegar
4 t Dijon mustard
salt and pepper to taste
1 T chopped fresh oregano

t = teaspoon
T = tablespoon
C = cup

Preheat oven to 400° F. Line a baking sheet with aluminum foil, and spray with non-stick cooking spray. Coat a small saucepan with non-stick cooking spray. Over medium heat, cook and stir garlic until soft, about 3 minutes. Mix in white wine, honey, balsamic vinegar, mustard, and salt and pepper. Simmer, uncovered, for about 3 minutes, or until slightly thickened. Arrange salmon fillets on foil-lined baking sheet. Brush fillets with balsamic glaze, and sprinkle with oregano. Bake in preheated oven for 10 to 14 minutes, or until flesh flakes easily with a fork. Brush fillets with remaining glaze and season with salt and pepper. Use a spatula to transfer fillets to serving platter, leaving the skin behind on the foil.

Thanks to Valerie C. for this recipe.

Serving Suggestion

For a sumptuous side dish to compliment your meal also prepare:

[Fresh Corn Spoon Bread](#)

Salmon Glazed with Honey and Mustard

1 1/2 lb salmon fillet with skin (1 1/4 to 1 1/2 in. thick)
1 garlic clove
3 T grainy Dijon mustard
1 T mild honey
1/2 t cider vinegar
1/2 t caraway seeds, crushed

t = teaspoon
T = tablespoon
C = cup



Preheat broiler. Line rack of a broiler pan with foil and lightly coat with oil.

Pat salmon dry and put, skin side down, on a pan. Season with 1/2 t salt.

Mince and mash garlic to a paste with a pinch of salt, then stir together with mustard, honey, vinegar, caraway seeds, and 1/4 t pepper.

Spread mustard evenly on top of salmon, then broil 5 to 6 in. from heat until cooked through, 12 to 15 min.

Transfer salmon to a platter with 2 large spatulas.

Serve with fresh green beans and rice.

Yield: Makes 4 servings

Active Time: 10 min.

Total Time: 25 min.

<https://www.youtube.com/watch?v=lWcq8OizGvg&x-yts=1421914688&x-yt-cl=84503534>

Grilled **Salmon**

Marinated Grilled **Salmon**

2 T olive oil
1/4 C onion, grated
1 t freshly grated ginger
1 t minced garlic
2 T Tamari soy sauce
1/8 t freshly ground black pepper
1/2 t Paprika
2 T olive oil for grill
1 lb salmon fillet

t = teaspoon
T = tablespoon
C = cup



Combine marinade ingredients. Add salmon, turn to cover with marinade and stand at room temperature for 15 minutes. Brush grill rack with oil. Drain fish; save marinade. Cook on uncovered grill, directly over medium coals for 7 minutes. Turn with a spatula, brush with more marinade, and continue grilling 6 to 8 more minutes. (The fish should flake easily.)

SCALLOPS

[https://www.youtube.com/watch?v=AkECE22eg5s
&x-yt-cl=84503534&x-yt-ts=1421914688](https://www.youtube.com/watch?v=AkECE22eg5s&x-yt-cl=84503534&x-yt-ts=1421914688)

How to make Bacon Wrapped **Scallops**

Bacon Wrapped Sea Scallops

24 large sea scallops (about 2 lb)
12 slices partially cooked bacon
Seasoned pepper

t = teaspoon
T = tablespoon
C = cup



Cook bacon gently until partially cooked but not crisp and still very flexible. Rinse scallops with running cold water, pat dry with paper towels. Cut each bacon slice crosswise in half; wrap each half around a scallop, securing with a toothpick. Sprinkle scallops lightly with seasoned pepper. Preheat broiler. Place scallops on rack in broiling pan. Broil 4 to 5 inches from heat for 8 to 10 minutes, or until scallops turn opaque throughout, using tongs to turn scallops frequently so bacon will brown evenly on all sides.

Baked **Scallops** with Herbed Breadcrumb Topping

12 oz bay scallops
2 T (1/4 stick) butter
1 C fresh breadcrumbs
1 large garlic clove, minced
2 T chopped fresh parsley
1 T chopped fresh tarragon
lemon wedges

t = teaspoon
T = tablespoon
C = cup



Preheat oven to 450°F. Melt butter in heavy skillet. Brush 10 inch diameter glass pie dish with some butter. Place scallops in single layer in prepared dish. Sprinkle with salt and pepper. Add breadcrumbs and garlic to remaining butter in skillet. Stir over medium heat until crumbs are crisp, about 5 minutes. Mix in parsley and tarragon. Top scallops with crumb mixture.

Bake scallops until topping is golden and scallops are opaque in center, about 10 minutes. Serve with lemon wedges.

Orzo pilaf and stewed tomatoes simmered with sliced fennel bulb are nice side dishes. Classic chocolate mousse is the perfect finish.

Cook Time: 4 minutes

Sea Scallops with Garlic

1 1/2 lb Sea scallops
1/2 C all-purpose flour
3 to 4 T olive oil
2 garlic cloves, minced
salt and pepper to taste
lemon wedges
sprigs of parsley for garnish, optional

t = teaspoon
T = tablespoon
C = cup



Wash scallops and pat dry. Put flour in a shallow bowl; roll scallops in flour. Heat olive oil over medium low heat; add scallops and cook for 3 to 4 minutes, stirring occasionally. Halfway through cooking, stir in minced garlic. Stir in parsley and serve with lemon wedges. Garnish with parsley if desired. Serve with pasta or rice.

Serves 4.

Can be prepared in 45 minutes or less

Sauteed Sea **Scallops** with Mustard Sauce

3/4 lb sea scallops
1 1/2 T olive oil
1 large shallot, minced
1/4 C dry white wine
1/3 C water
2 T Dijon mustard
2 T cold unsalted butter, cut into bits
2 scallion greens, cut diagonally
into 1/4 inch slices (about 2 T)

t = teaspoon
T = tablespoon
C = cup



Remove tough muscle from side of each scallop if necessary. Pat scallops dry and season with salt and pepper. In a 10 to 12 inch non-stick skillet heat oil over moderately high heat until hot but not smoking and saute scallops 1 to 2 minutes on each side (depending on size), or until golden and just cooked through. Transfer scallops with tongs to a plate and keep warm, covered loosely.

In oil remaining in skillet cook shallot over moderate heat, stirring, until softened. Add wine and boil, scraping up brown bits, 1 minute. Stir in water and mustard and simmer until reduced to about 1/4 C. Add butter and swirl skillet, returning skillet to heat as necessary, until butter is just incorporated into sauce. Season sauce with salt and pepper.

Spoon sauce onto a small platter or 2 plates. Top sauce with scallops and sprinkle with scallion. Serve scallops with caraway rice cakes.

Yield: serves 2

SCROD

Boston Scrod Fillets Broiled

1 1/2 lb Boston Scrod - thick piece
1 t lemon juice
Salt and pepper
Seasoned bread crumbs, optional
butter, optional

t = teaspoon
T = tablespoon
C = cup



Rinse and drain fish. Place in a shallow buttered broiler dish that is nice enough to bring to the table. Sprinkle with salt, pepper, lemon juice, bread crumbs and a few dabs of butter.

Broil about 6 inches away from flame until nicely browned. Turn off the broiler, close the oven door and allow the fish to stand in oven 5 to 8 minutes longer (cooking continues). Garnish with fresh parsley and lemon slices.

Boston Scrod Fillets Baked

1 lb fresh scrod fillets
1/2 C Parmesan cheese
1/4 C dry seasoned bread crumbs
1 t salt
1/2 t dill weed
1/2 C milk
2 T melted butter

t = teaspoon
T = tablespoon
C = cup



Preheat oven to 450°. Cut fish into 3 or 4 servings. Combine cheese, bread crumbs, salt and dill weed. Roll fish pieces in milk, then coat with crumb mixture. Place fish in greased baking dish; drizzle with butter. Bake for 10 minutes or until fish flakes apart when tested with a fork. Serve with lemon wedges and garnish with fresh parsley, if desired.

Serves 3 or 4.

SHRIMP

https://www.youtube.com/watch?v=j_Gzg6-W2Q4&x-yt-ts=1421914688&x-yt-cl=84503534

Garlic **Shrimp**

Shrimp Fried Rice

4 T soy sauce
1/4 t ground ginger
1/4 t cayenne pepper
2 T vegetable oil, divided
1 1/2 lb shrimp, peeled
2 C frozen peas, thawed
1/2 C sliced green onions
1 8 oz can sliced water chestnuts, drained
2 C cooked rice

t = teaspoon
T = tablespoon
C = cup



Combine first 3 ingredients, stir well. Set aside. Heat 4 t. oil in a large nonstick skillet over medium high heat. Add shrimp. Stir fry for 30 seconds. Add peas, onions, and water chestnuts. Stir fry 2 minutes. Add soy sauce mixture and stir well. Remove from skillet and set aside.

Heat 2 t. oil in skillet over medium heat. Add rice and stir fry for 2 minutes. Return shrimp mixture to skillet and stir fry for 1 minute or until heated. Yields 4 servings.

How to Prepare **Shrimp**

Season water heavily with salt and garlic. Bring seasoned water to a strong boil, add shrimp, cover and cook until water returns to a boil. **DO NOT OVERCOOK**. Drain immediately, rinse with cold water, and cool over ice. Serve with cocktail sauce and lemon wedges.



SOLE

Broiled Parmesan **Dover Sole** Fillet

1 t lemon zest
4 T grated parmesan
1/2 C bread crumbs
black pepper
8 sole fillets

t = teaspoon
T = tablespoon
C = cup



Heat oven at 450°F on broil, the grill on the highest setting possible. Put aluminum paper on a cookie sheet and oil well with 1 t oil. Mix everything except fillets on a plate. Dip the fillets in the bread mixture on both sides (if needed, you can wet the fillet with water so it sticks better). Broil 5 minutes on one side, and 5 minutes on the other side.

Makes 4 servings of 2 fillets!

Number of Servings: 4

SWORDFISH

Baked **Swordfish** with Olive Relish

4 (6 oz) swordfish steaks (about 3/4 inch thick)
1/3 C chopped pitted green brine-cured olives
(such as Greek or Italian)
1/3 C chopped pitted black brine-cured olives (such as Kalamata)
1/4 C chopped roasted red peppers from jar
1 T minced fresh parsley
2 anchovy fillets, minced
2 t drained capers
1 t red wine vinegar
1 large garlic clove, minced
3 T olive oil

t = teaspoon
T = tablespoon
C = cup



Combine all olives, roasted peppers, parsley, minced anchovies, capers, vinegar and garlic in small bowl. Stir in 1 T olive oil. Season with salt and pepper. Let stand 1 hour. (Can be made 1 day ahead. Cover and chill. Serve at room temperature.)

Preheat oven to 400°F. Place swordfish steaks on large baking sheet. Brush swordfish on both sides with remaining 2 T olive oil. Season with salt and pepper. Bake just until fish is cooked through, about 10 minutes. Transfer to platter. Spoon olive relish over swordfish and serve.

Blackened Swordfish

Prepare 6- to 8-ounce fish steaks or fillets, preferably more than 1/2 inch thick, skin removed. Use prepared or store bought Blackening Seasoning or combine the following ingredients:

1 T fine chopped fresh or 1 1/2 t dried thyme leaves
1 T finely chopped fresh or 1 1/2 t dried marjoram or dried oregano
1 1/2 t cayenne pepper
2 t salt
1 t freshly ground white pepper
Set aside 1/4 C pure olive oil

t = teaspoon
T = tablespoon
C = cup



Note: If you're using fillets, pull out any small bones.

Thoroughly combine the chopped herbs, cayenne, salt, and pepper in a medium mixing bowl. Heat an iron skillet over high heat until the metal takes on a dull, matte appearance, which indicates it is almost red-hot. Depending on your stove, this will take 5 to 10 minutes. Coat the fillets on both sides with half the olive oil and then pat only one side with the herb mixture.

With the heat still on high, place the fillets in the pan, herb side down (they'll smoke like crazy) for about 2 minutes. Turn the fillets over into a second saute pan - preferably non-stick- containing the rest of the olive oil, set over medium heat. Cook the fillets for 2 to 6 minutes more, depending on thickness.

Swordfish Burger

24 oz. fresh swordfish
1 lime, zested juiced
1 T Dijon mustard
2 t hot pepper sauce (recommended: Tabasco)
1/4 C chopped dill
1 whole onion, small dice
1 T chopped garlic
1/4 C mayonnaise
1/2 C olive oil
Pinch kosher salt and freshly ground white pepper
1 lemon, zested and juiced
4 hamburger buns, toasted
Lettuce, tomato, red onion and tartar sauce, for serving

t = teaspoon
T = tablespoon
C = cup



Put the fish in a food processor and grind. Transfer the fish into a large mixing bowl. Add the remaining ingredients and then mix everything by hand. Make 3-ounce patties and pan sear in nonstick pan over medium heat. Don't overcook. Put 2 patties on each bun and serve with lettuce, tomato, red onion and tartar sauce.

This recipe was provided by professional chefs and has been scaled down from a bulk recipe provided by a restaurant. The Food Network Kitchens chefs have not tested this recipe, in the proportions indicated, and therefore, we cannot make any representation as to the results.

Recipe courtesy Nico Chaize, owner of Nico's Pier 38 in Honolulu, HI.

Grilled Marinated **Swordfish**

4 cloves garlic
1/3 C white wine
1/4 C lemon juice
2 T soy sauce
2 T olive oil
1 T poultry seasoning
1/4 t salt
1/8 t pepper
4 swordfish steaks
1 T chopped fresh parsley (optional)
4 slices lemon, for garnish (optional)

t = teaspoon
T = tablespoon
C = cup



In a glass baking dish, combine the garlic, white wine, lemon juice, soy sauce, olive oil, poultry seasoning, salt and pepper. Mix just to blend. Place swordfish steaks into the marinade, and refrigerate for 1 hour, turning frequently.

Preheat an outdoor grill for high heat, and lightly oil the grate.

Grill swordfish steaks for 5 to 6 minutes on each side. Garnish with parsley and lemon wedges.

Marinated Swordfish Kabobs

1 T garlic, peeled and minced
1 T grated ginger root
1/3 C fresh lemon juice
2 C oil
1 bay leaf, crumbled
1/4 t kosher salt
1/8 t ground black pepper
2 lb swordfish, cut into 1-1/2 inch pieces

t = teaspoon
T = tablespoon
C = cup



For the marinade: Combine the garlic, ginger and lemon juice in a nonreactive mixing bowl. Whisk in the oil a little at a time. Add the bay leaf, salt and pepper. Place the swordfish in a nonreactive container or a 1-gallon zip-lock plastic bag. Pour the marinade over the swordfish and refrigerate 1 to 2 hours. Remove the swordfish from the marinade and thread it onto presoaked bamboo skewers.

To grill, lightly brush the grill with vegetable oil. Lay the swordfish kabobs on the grill and cook for 6 to 8 minutes, turning often and basting with the warm marinade. Because of the high oil content of the marinade, baste sparingly to avoid grill flare-up.

Serve hot. Serving Size: 4

Swordfish on Vegetable Couscous

1 T olive oil
2 t rosemary
1 garlic clove crushed
6 (6 oz) swordfish steaks
3 C water
1/2 C diced carrots
1/2 C diced zucchini
3 T chopped olives
2 T lemon juice
3/4 t cumin
1/4 t cinnamon
1/8 t salt
1/8 t pepper
1 1/2 C couscous
cooking spray

t = teaspoon
T = tablespoon
C = cup



Combine first 3 ingredients, stir well. Rub over swordfish steaks and set aside.

Combine next 9 ingredients in a saucepan and bring to boil. Reduce heat and simmer uncovered for 5 minutes or until vegetables are tender. Stir in couscous. Remove from heat, cover and let stand 5 minutes. Fluff with a fork.

Sprinkle the swordfish steaks with salt and pepper. Place a large skillet coated with cooking spray over medium heat until hot. Add swordfish steaks and cook for 4 minutes on each side or until done. Serve over couscous mixture.

Serves 6

Cook Time: 20 minutes

Swordfish Steaks with a Lemon Marinade

6 swordfish steaks about 1 inch thick
1/2 C vegetable oil
1/4 C lemon juice
2 t salt
1/2 t Worcestershire sauce
1/8 t ground black pepper
dash Tabasco sauce
1/4 t sweet paprika

t = teaspoon
T = tablespoon
C = cup



Rinse swordfish steaks well under cold water; pat dry. Combine olive oil, lemon juice, salt, pepper, Worcestershire sauce, and Tabasco sauce; stir well. Brush fish with the mixture then sprinkle with about half of the paprika. Set remaining lemon juice mixture and paprika aside.

Place fish in a on well greased grill over medium coals or greased grilling basket. Grill over medium coals for about 8 minutes on each side or until fish flakes easily with a fork. Baste with lemon juice mixture several times and sprinkle with remaining paprika.

TILAPIA

Baked Tilapia in Olive Oil

4 (4 oz) fillets tilapia
4 cloves crushed garlic
3 T olive oil
1 onion, chopped
1/4 t cayenne pepper

t = teaspoon
T = tablespoon
C = cup



Rub the fish fillets with the crushed garlic, then place them in a shallow, non-reactive dish. Spoon the olive oil over the fish until they are coated. Place the onion on top of the fish. Cover the fish and refrigerate overnight to allow the fish to soak in the marinade.

Preheat the oven to 350° F (175° C).

If baking the fish, transfer it to a 9x13 inch baking dish along with the olive oil, garlic, and onion. Sprinkle the fish with the cayenne or white pepper. If you are grilling the fish, wrap the fish and oil, garlic, onion, and pepper in aluminum foil.

Bake at 350° F (175° C) for 30 minutes.

Buttery-Crusted Baked Tilapia

4 6-oz boneless tilapia filets
6-8 Ritz crackers, crushed
1/2 t seasoned salt
1/4 t chili powder
1/4 t adobo seasoning
2 T unsalted butter, cold

t = teaspoon
T = tablespoon
C = cup



Arrange fish on a lined baking sheet. In a mixing bowl, combine crushed Ritz crackers with seasoned salt, chili powder, and adobo seasoning (use clean hands to mix).

Cut butter into 6 equal pats. Place one pat a piece directly on the center of the tilapia. Cut remaining 2 pats into pea-sized pieces and mix by hand into cracker mixture. Sprinkle crumbs equally over each tilapia filet.

Bake in a preheated oven at 425°F for 15-20 minutes, or desired doneness. Serve hot on a nice platter.

Citrus Tilapia

1 lb tilapia fillets
1 T olive oil
1 T butter
1/2 C freshly squeezed orange juice or high-quality store-bought orange juice
1 lemon, zested and juiced
1/2 t grated fresh ginger
2 T all-purpose flour
salt
freshly ground black pepper

t = teaspoon
T = tablespoon
C = cup



On a plate, combine the flour and a sprinkle of salt and pepper. Lightly dredge the tilapia in the flour.

In a large skillet over medium heat, add the oil and butter. When the butter has melted, add the fish and cook for 2 to 3 min. per side, or until golden and just cooked through. Remove the fish and set aside.

Add the orange juice, 2 T of the lemon juice, and the ginger to the skillet. Increase the heat and simmer for 1 to 2 min., or until thickened, stirring occasionally. Taste and add lemon zest or more lemon if necessary. Return the fish to the skillet, coat with sauce, and cook for 1 to 2 min., or until heated through.

Yield: 4 servings

Prep Time: 15 min. or less

Total Time: 30 min. or less.

Tilapia with Garlic Butter

2 T butter
2 cloves garlic, finely minced
dash pepper
dash salt
pinch dried dill weed or parsley
dash paprika
4 tilapia fillets

t = teaspoon
T = tablespoon
C = cup



In saucepan, combine butter, garlic, pepper, salt, dill weed, and paprika. Heat over low heat until butter is melted and starts simmering. Remove from heat. Brush a little of the butter mixture in the bottom of a shallow baking dish (line baking dish with foil, if desired) then place tilapia fillets on the buttered area. Brush top of each tilapia fillet with the seasoned butter mixture. Bake at 350° for 12 to 15 minutes, until tilapia flakes easily with a fork.

Serves 2.

<https://www.youtube.com/watch?x-yt-cl=84503534&v=8EpWcdTmj64&x-yt-ts=1421914688>

Pecan-Crusted **Tilapia**

Pistachio-Orange Tilapia

4 Tilapia fillets
2 T extra virgin olive oil
Citrus grill seasoning
3 T pistachios, chopped
2 oranges, peeled and chopped
4 C fresh spinach

t = teaspoon
T = tablespoon
C = cup



Heat olive oil in skillet over medium heat. Dust tilapia with citrus seasoning and place in skillet. Saute for 3 minutes per side and place on serving plates. Add pistachios, oranges, and spinach to the skillet, stirring well. Place cover on skillet and allow to sit for 3 minutes. Spoon spinach mixture over fish fillets.

** you can add white wine to the spinach mixture if desired

TROUT

Easy Baked Rainbow Trout

Two 8 oz Rainbow Trout Fillets
4 slices of lemon
2 T of lemon pepper
1 T of butter
1 C of water

t = teaspoon
T = tablespoon
C = cup



Place the fish in suitably sized baking pan with water. Open the fish and spread with $\frac{1}{2}$ t of the butter. Put 2 lemon slices inside trout, add $1 \frac{1}{2}$ T of the lemon pepper. Close the fish and spread the remainder of butter on top. Place the other 2 lemon slices on top of the butter and then sprinkle with the remainder of the lemon pepper. Bake at 350°F (175°C) for about 12 minutes.

Grilled Trout Fillets

1/2 t finely grated fresh lemon zest
1 1/2 T fresh lemon juice
1/3 C extra-virgin olive oil
1/4 C pitted Kalamata olives (1 1/4 oz), cut into slivers
3 T finely chopped fresh oregano plus 6 large sprigs
1 (3 1/4- to 3 1/2-lb) cleaned whole Spanish mackerel or bluefish (with head and tail)
2 T vegetable oil
6 (1/4-inch-thick) lemon slices

t = teaspoon
T = tablespoon
C = cup



Whisk together zest, lemon juice, and salt and pepper to taste, then add olive oil in a stream, whisking until combined well. Whisk in olives and chopped oregano.

Make 1-inch-long slits at 2-inch intervals down middle of fish on both sides with a sharp paring knife, and then brush fish all over with vegetable oil and season with salt and pepper. Evenly distribute lemon rounds and oregano sprigs on the top of the fillets.

Prepare grill for cooking. If using a charcoal grill, open vents on bottom of grill, then light charcoal. Charcoal fire is medium-hot when you can hold your hand 5 inches above rack for 3 to 4 seconds. If using a gas grill, preheat burners on high, covered, 10 minutes, and then reduce heat to moderate.

Grill fish on lightly oiled grill rack, covered only if using gas grill, 8 minutes. Turn fish over using a metal spatula and tongs, then grill until just cooked through, about 8 minutes more. Fish will flake easily when done.

Serve fish with sauce.

If you aren't able to grill outdoors, whole fish can be roasted on an oiled baking sheet in middle of a preheated 425°F oven, without turning, until just cooked through, 15 minutes.

If fish tail begins to brown too much (on grill or in oven), loosely wrap with a small sheet of foil.

TUNA

<https://www.youtube.com/watch?x-yt-cl=84503534&v=0gtDS6rZ0bA&x-yt-ts=1421914688>

Ahi Tuna - Hawaiian Poke

Hot Glazed **Tuna** Steak

2½ T orange marmalade
1 T prepared horseradish
½ T Dijon mustard
¾ lb fresh tuna steaks
1 t olive oil
Salt and freshly ground black pepper

t = teaspoon
T = tablespoon
C = cup



Mix together marmalade, horseradish, and mustard. Set aside. Heat oil on medium high in a non-stick skillet and sear tuna for 2 minutes. Turn and salt and pepper the cooked side. Sear second side 2 minutes. Lower heat to medium and continue to cook 4 minutes. Remove to individual dinner plates. Add marmalade mixture to skillet and saute 1 minute to melt marmalade, scraping up any brown bits in the pan. Spoon sauce over tuna.

Serves 2

Serving Suggestion

For a sumptuous side dish to compliment your meal also prepare:

[Sauteed New Potatoes](#)

[Spinach Salad](#)

Grilled **Tuna** Steak

4 (6 oz) tuna steaks, about 3/4 inch thick each, skinned
1/2 c lime juice
1 clove garlic, minced
1 t marjoram

t = teaspoon
T = tablespoon
C = cup



Combine lime juice, garlic, and marjoram in an 8 x 8 inch glass baking dish and add the tuna. Marinate covered for 3 hours. Grill over medium heat for 8 to 10 minutes on each side, basting frequently with the marinade.

Pan Seared Yellow Fin Tuna Fillets

2 lb yellow fin tuna fillets
3 T extra virgin olive oil
1 t kosher salt
1 t fresh ground black pepper
1 T spice blend, recipe follows:
 3 T Cajun seasoning
 3 T garlic powder
 3 T ground black pepper
 3 T paprika

t = teaspoon
T = tablespoon
C = cup



In large oven-proof saute pan, heat olive oil until nearly smoking. Season tuna fillets with salt, pepper and spice blend. Brown on first side 3 minutes then bake in a 350 degree oven for 7 minutes or until fish flakes easily when tested with a fork. Drizzle with pan juices.

Notes: Serve with roasted potatoes: Use 2 large baking potatoes, each one cut into 8 pieces. Toss with olive oil, salt and pepper. Roast at 425° for 25 minutes.

Number of Servings: 6

Seared Tuna with Japanese Salsa

4 (6-oz) fresh tuna fillets
1 tomato, finely chopped
8 cilantro sprigs, finely chopped
1 red onion, finely chopped
1/4 t kosher salt
1/4 t freshly ground pepper
4 t vegetable oil
2 avocados, sliced 1/4-inch thick
1 C soy sauce
1 C rice vinegar
2 T plus 2 t sesame oil
2 t sugar

t = teaspoon
T = tablespoon
C = cup



Mix all the ingredients for the sauce. Add the chopped tomato, cilantro and onion. Season the tuna very well with salt and pepper.

Heat a large skillet over high heat and add the vegetable oil. When the oil is hot, sear the tuna for 30 seconds on each side. Remove from heat and slice the tuna into 1/4-inch slices.

To serve, neatly arrange the tuna slices and avocado slices on a plate and drizzle the sauce over the tuna.

Yield: 4 servings

Prep Time: 15 min.

Cook Time: 5 min.

WALLEYE

Hazelnut Crusted **Walleye** with Balsamic Butter Sauce

2 C panko crumbs
2 C toasted hazelnuts, chopped
2 T fresh chopped parsley
8 walleye fillets (6 to 8 oz each)
salt and pepper to taste
vegetable oil

t = teaspoon
T = tablespoon
C = cup

In a shallow dish combine crumbs, nuts, and parsley. Season the walleye with salt and pepper and sprinkle with a little vegetable oil. Coat the fish with crumbs.

Heat a saute pan over medium-high heat and add a little vegetable oil. Add walleye and saute until cooked through, 5 minutes on each side. Ladle a little brown butter sauce over the fish.

Yield: About 6 servings

For the Brown Butter Sauce:

8 oz butter
1/4 C shallots
1/4 C balsamic vinegar
1/8 t dried thyme
salt and pepper to taste

Brown butter in a saucepan over medium heat until it turns brown and has a nutty aroma. Remove from heat and add shallots, vinegar, and thyme. Season to taste.

Source: Susie Cork of Shaw's in Lancaster, Ohio

Best Walleye

Walleye Fillets
Dill weed
Garlic salt
White pepper
Sweet basil
Lemon juice
Parmesan cheese
Italian style bread crumbs
Melted butter

t = teaspoon
T = tablespoon
C = cup



Place fish skin side down in glass baking dish. Sprinkle generously with all above ingredients to taste. Bake in 425° to 450° oven for 10-20 minutes until bubbly and flaky; can be broiled.

Corn Flake Walleye

3-4 lb walleye fillets, cut fillet in 2 if lg.
1 box Cornflakes crushed as finely as possible
4 eggs with dash of milk for batter
1/2 t cayenne pepper to crushed Cornflakes, if desired

t = teaspoon
T = tablespoon
C = cup



Heat oil (1-1 1/2 inch deep) to 350° or frying temperature. Dip walleye fillet in egg batter and let excess drain or slide off with fingers. Roll fillet in crushed Cornflakes and place in heated oil. Turn fish once or twice until easily pierced with a fork. Drain on plate lined with paper towels.

Foiled Walleye Fillets

4 lb walleye fillets
1 t butter per fillet
Lemon pepper
Salt
Slice of onion per fillet
Slice of tomato per fillet

t = teaspoon
T = tablespoon
C = cup



Lightly grease foil to wrap individual fillets. Place washed and dried fillet on greased foil. Add pat of butter, onion, tomato and season to taste. Lemon pepper is a must. Seal foil and grill or broil 7-8 minutes on each side for average size fillets. Great served with new potatoes and a fresh cooked vegetable.

Walleye and Green Chile Casserole

2 T butter
1 lb mushrooms, sliced
1/2 C chopped onion
1 4 oz can diced green chiles
1 to 1-1/4 lb walleye fillets
2 T all-purpose flour
1 C clam broth or vegetable broth
1/2 C sour cream
1 T fresh lime juice
salt and pepper to taste
Chopped fresh cilantro or parsley for garnish, optional

t = teaspoon T = tablespoon C = cup

Preheat oven to 400°. Butter a shallow 1-1/2 quart casserole with 1 T butter. Melt the remaining 1 T butter in a large skillet over high heat. Add mushrooms, onion, and green chiles and cook 10 to 12 minutes, stirring often, until the mushrooms are tender and dry. Transfer to the buttered casserole dish and spread out evenly. Top with walleye fillets, spreading them evenly over the mushroom layer.

Add flour to the pan in which the mushrooms were cooked and place over medium heat. Whisk in broth, and cook, whisking constantly, until thickened. Whisk in sour cream and lime juice and season with salt and pepper.

Spoon sauce over fish, coating fillets evenly. (The dish may be covered and refrigerated at this point for up to 1 day. Add 10 minutes to oven time.)

Bake 12 to 15 minutes, or just until the fish flakes when probed with a fork. Sprinkle with chopped cilantro or parsley, if desired and serve.

Yield: 4 servings

Source: *The Best Casserole Book Ever*, by Beatrice Ojakangas

Pan Fried Walleye

1 lb walleye
2 eggs
1/4 C milk
1 - 2 sleeves Club Crackers
Salt and pepper to taste
Oil for frying (olive oil or yellow Crisco)

t = teaspoon
T = tablespoon
C = cup



Pat fish dry with paper towel. Combine eggs and milk. Roll crackers in freezer bag, with rolling pin until fine. Dip fish in milk egg mixture: roll in crackers. Place in hot pan. Cook till golden brown.

Walleye with Pecan-Dill Butter

4 lb walleye fillets
1 C flour
Paprika (Hungarian hot paprika is especially good)
salt and pepper to taste
Cooking oil

t = teaspoon T = tablespoon C = cup

Rinse fillets and pat dry with paper towels. Add flour to a pie pan and add seasoning to taste with paprika, salt, and pepper. Lightly coat, or dredge, fillets with flour on both sides.

Add just enough oil to coat bottom of a large frying pan. Heat oil over medium heat then add fish. (If you have two large frying pans, use them; otherwise you will need to fry the fish in two batches.)

Cook fish over medium heat for 5 to 10 minutes, depending on the thickness of fillets, turning once when first side is nicely browned. Once fillets are flipped, dot them with slices of Pecan-Dill butter; the butter should begin to melt while the fish is still cooking. The fish will be white and opaque when done, and can be easily pulled apart with a fork.

Yield: 8 servings

For the Pecan Dill Butter:

1 1-3/4 oz package chopped pecans (about 1/2 C)
8 T butter, softened
1 T fresh lemon juice
1/8 C minced fresh dill or 2 t dried dill weed
1 T finely chopped green onions or shallot

Toast pecans in a dry small saucepan over low heat until they have become fragrant, stirring occasionally so they don't burn. Set aside to cool.

Whip softened butter with electric mixer or by hand. Gradually add lemon juice and mix thoroughly. Stir in dill, green onions, and toasted nuts. This can be made up to a week in advance. The butter can be molded into a log before refrigerating. Just before cooking walleye, pull the butter out of the refrigerator and slice into 8 to 16 individual pieces. Use a knife dipped in lukewarm water to make slicing easier. The butter pats will be added to the fish at the end of cooking.

Source: *Come One, Come All*, by Lee Svitak Dean

WHITEFISH

Savory Baked Whitefish

2 lb whitefish fillets, skinless
2 sm. onions, sliced
1 T butter
3 T white wine
Dash salt
Dash black pepper
1 clove garlic, minced or pressed
1/3 C dry white wine or 1 1/2 T lemon juice
3/4 C whipping cream
1/2 t dried oregano leaves or
1 to 2 t fresh oregano, chopped
1/3 C grated Cheddar cheese
1/3 C grated Parmesan cheese
2 T white bread crumbs
1/2 lb cooked shrimp

t = teaspoon
T = tablespoon
C = cup



Saute onion in butter in heavy pan over medium heat. Do not brown. Spread onion over bottom of a shallow baking dish.

Arrange fish fillets over onion in pan, overlapping thin edges. Sprinkle with salt and pepper. Add garlic.

Pour wine or lemon juice over fish.

Add whipping cream and oregano. Cover with foil.

Bake at 425° for about 10 minutes. Uncover.

Add Cheddar cheese, Parmesan cheese and bread crumbs. Distribute shrimp evenly over top.

Bake, uncovered, for another 10 minutes or until top is golden, cheese is melted and fish flakes easily.

Fried Whitefish

3 lb whitefish
3 C cracker crumbs
2 eggs, beaten
Salt & pepper
Butter

t = teaspoon
T = tablespoon
C = cup



Wash fish, cut in pieces; drain. Dip in egg and roll in crumbs. Add salt and pepper. Fry in butter until well browned on both sides. Cover and let simmer over low heat about 1/2 hour before serving.

Serve with lemon slices or juice.

Serves 6 to 8.

Lake Superior Whitefish offers a fresh, mild flavor that makes it the perfect focus of a meal, any time of year. It's equally wonderful as a quick and easy main dish or as simple yet impressive party fare. Lake Superior Whitefish can be broiled, grilled, poached or sautéed in just minutes. Planking is another great option.

So versatile: Lake Superior Whitefish could become your favorite fish.

If you've got a plank and the grill is going, you've got a meal in minutes! Just pick up coleslaw and a nice loaf of bread from the deli and the meal is complete. Double the olive oil and eliminate the butter if you'd like.

Planked Lake Superior **Whitefish**

4-8 oz fillets Lake Superior Whitefish
1 t salt
1 t ground white pepper
1 t chives, chopped
1/2 t tarragon
1 T extra virgin olive oil
1 T butter, melted
1/2- to 1-inch plank, presoaked for 30 minutes
Lemon wedges & chopped parsley
(optional)

t = teaspoon T = tablespoon C = cup



Preheat grill until charcoal is white. Place fillets skin side down on plank. Drizzle butter and olive oil on fish. Season with salt, pepper, chives and tarragon. Place plank on grill rack, lower heat and close cover. Grill until fish flakes easily, about 15 minutes. Serve with lemon wedges and parsley.

SOUP & STEW

Beef Shank Vegetable Soup

2 lbs. beef shank
1 lg. tomato
1 clove garlic
1 sprig fresh or dry coriander (cilantro) or parsley
1 green onion
1 bay leaf
1 t salt
1 t pepper
1/2 lb. carrots, peeled and cut in chunks
2 med. potatoes, cut in chunks
1/2 bell pepper, cut in sm. chunks

t = teaspoon
T = tablespoon
C = cup



Trim the meat and put in a large pot with 5 quarts cold water. Add the tomato, garlic, bay leaf, salt, pepper, and onion; let stand 15 minutes. Bring to boil quickly, then cover and let simmer for 1 1/2 hours or until meat is tender, Remove bay leaf, if desired, and add potatoes, carrots, coriander, and bell peppers. Cover pot and cook at medium heat for 20 min. longer.

Easy Chuck Wagon Beef Stew

2 lb House of Meats lean beef stew meat
2 t oil
1 cloves garlic, minced
2 C hot water
1 large can tomatoes
1 thin sliced lemon
2 medium onions, sliced
1 T salt
½ t pepper
3 T sugar
6 medium carrots, peeled and cut into 1 inch pieces
5 medium potatoes, quartered
Dash cloves
½ t dried basil leaves
1 can peas

t = teaspoon
T = tablespoon
C = cup



In a Dutch oven or skillet, brown beef well in oil. After the beef is cooked, remove and put into a deep pot. Add the garlic and mix well. Add water, tomatoes, lemon, onions, salt, pepper, and sugar. Mix well and simmer 2 hours, stirring occasionally. Add carrots, potatoes, cloves, and crushed basil leaves. Cover, and cook until vegetables are tender. Add canned peas, and cook until they are heated through, about 4 minutes. If necessary to thicken gravy, add flour dissolved in water. Serve hot.

Total cooking time: 2 hrs 20 min

Makes 6 servings.

Prime Rib and Bean Chili

2 1/3 lb HOM Ground Prime Rib
1 T olive oil
2 large red onions, chopped
5 T chopped jalapeño chilies with seeds
8 garlic cloves, chopped
1/4 C chili powder
2 T ground cumin
1 t sweet paprika
1 28 oz can diced tomatoes in juice
2 15 1/4 oz cans kidney beans, drained
1 14 oz can beef broth

Sour cream:

Grated cheddar cheese
Chopped green onions
Chopped fresh cilantro

t = teaspoon
T = tablespoon
C = cup



Heat oil in heavy large pot over medium-high heat. Add onions; sauté until brown, about 6 minutes. Add jalapeños and garlic; sauté 1 minute. Add beef; sauté until brown, breaking up with back of fork, about 5 minutes. Add chili powder, cumin, and paprika, then mix in tomatoes with juices, beans, and broth; bring to boil. Reduce heat and simmer until chili thickens and flavors blend, stirring occasionally, about 45 minutes. Skim any fat from surface of chili. (Can be made 2 days ahead. Cool slightly. Refrigerate uncovered until cold, then cover and keep refrigerated. Bring to simmer before continuing, stirring occasionally.)

Ladle chili into bowls. Serve, passing bowls of sour cream, grated cheese, green onions, and cilantro separately.

Pork Green Chili

2 lb boneless pork, cubed, fat trimmed
2 large onions, chopped
2 cans chopped green chilies
2 jalapenos, minced
4 cloves garlic, mashed
1 tbs cumin seeds, crushed
2 t oregano
1/2 t thyme
1/2 C chopped cilantro
2 (16 oz) cans white beans, do not drain (navy, cannellini, etc)
3 tbs chili powder
2 tbs red wine vinegar
salt and pepper
2 beef double bouillon cubes (Knorr)
1 1/2 quarts water
2-3 tbs olive oil

t = teaspoon
T = tablespoon
C = cup



In a fairly large soup pot, heat olive oil. Saute garlic until golden, then add onion. Saute until it begins to become translucent, then add pork. Salt and pepper to taste. Cook over fairly high heat, until pork browns, then add cumin, lower heat to medium, and cook meat through. Add all remaining ingredients. Bring to a boil and let boil 10 minutes or so, then cover and reduce heat to low. Cook at least 1 hour on low, and up to 3, depending on how thick you like your chili, stirring occasionally.

Serve with grated colby-jack cheese and a big dollop of sour cream, chopped green onions or cilantro, and tortilla chips!

Note: Any other kind of meat could easily be substituted - chicken, turkey, beef, whatever appeals to you!

White Chicken Chili

2 t lemon pepper
4 t ground cumin
6 boneless skinless chicken breast halves
1 T olive oil
2 large cloves garlic, chopped fine
1 C chopped onion
2 4-oz cans chopped green chiles, undrained (milder version - 1/2 can green chiles)
1 T oregano
1 t white pepper
1 #10 can (48 oz) chicken broth
1 jar (48 oz) white, navy, or Great Northern beans, undrained
Tortilla chips
Monterey Jack cheese
Sour cream

t = teaspoon T = tablespoon C = cup

In a large soup kettle, combine 5 C of water with the lemon pepper and 2 t of the ground cumin. Bring to boil. Add chicken breast halves and return to boil,. Reduce the heat to low and simmer 20 to 30 minutes, or until the chicken is fork tender and the juices run clear.

Remove the chicken from the pan and cut into tiny pieces. Return the chicken back into the stock.

In a medium skillet combine 1 t of olive oil, onion, and garlic. Cook and stir over low heat 1 minute until tender. Add to the chicken and stock along with the chiles, remaining cumin, oregano, white pepper, and additional chicken broth. Bring to a boil.

Add beans and simmer until thoroughly heated, about 45 minutes. Thicken as needed by combining 1 C milk and 1/2 C corn starch.

To serve, ladle hot chili into individual bowls, sprinkle with cheese on top and garnish with a dab of sour cream. Place tortilla chips along side of bowl in the soup.

Vitamin-rich kale and carrots, combined with protein-loaded lentils and chicken, make this delicious soup a terrifically healthy weeknight meal. The savory onions and garlic, along with fresh basil and colorful tomato ensure a tasty chicken soup the whole family will love. If you can't find quick cooking red lentils, substitute the yellow or green variety.

Kale, Lentil & Chicken Soup

Nonstick cooking spray
1 C chopped onion
1 C coarsely chopped carrots
2 cloves garlic, minced
6 C reduced-sodium chicken broth
1 T snipped fresh basil or 1 t dried basil, crushed
4 C coarsely chopped fresh kale (about 8 ounces)
1/4 t salt
1/8 t black pepper
1-1/2 C cubed cooked chicken (about 8 ounces)
1 medium tomato, seeded and chopped
1/2 C dry red lentils*

t = teaspoon
T = tablespoon
C = cup



Coat an unheated large nonstick saucepan with nonstick cooking spray. Preheat over medium-low heat. Add onion, carrots, and garlic to hot saucepan. Cover and cook for 5 to 7 minutes or until vegetables are nearly tender, stirring occasionally.

Add chicken broth and dried basil (if using) to vegetable mixture. Bring to boiling; reduce heat. Cover and simmer for 10 minutes. Stir in kale, salt, and pepper. Return to boiling; reduce heat. Cover and simmer for 10 minutes.

Stir in chicken, tomato, red lentils, and fresh basil (if using). Cover and simmer for 5 to 10 minutes more or until kale and lentils are tender. Makes 6 servings.

*NOTE: If you wish to substitute brown or yellow lentils for the red lentils, you'll need to increase the cooking time. Check the package directions for cooking times and add the lentils in Step 2.

cook time: 25 mins

servings: 6

Want something special with common ingredients you have at home? This is "kicked up" and is easy to make when you shop at House of Meats! Prep time: 20 min. Cook time: 2 hours

Mark Siffer's **Chicken Gumbo**

1 Large onion chopped
1 C chopped celery
1 C chopped sweet bell pepper
(add carrots and/or mushrooms if ya got em)
3 T butter
3 T olive oil
6 T flour
2 whole "Cajun marinated" chicken breasts
from House of Meats cut into ½ inch pieces
1 link of "Cajun smoked sausage" from House
of Meats chopped up
6 C chicken stock or water (avoid bouillon it
can be too salty)
1 t Old Bay seasoning
Salt & Pepper to taste



t = teaspoon
T = tablespoon
C = cup

In a large heavy soup pot melt the butter over medium low heat with the oil. Add the flour and Wisk constantly for about 8 min until the mixture (roux) becomes the color of peanut butter. Add celery, onion, and bell pepper and stir until coated. Mixture will be very thick again so make sure to stir thoroughly and scrape the bottom of the pot. Add the Cajun sausage and the remaining stock, and simmer covered for about 30 min. Taste for seasoning at this point and add salt and pepper to taste. (about 1 ½ t salt and ½ t black pepper) Add the Cajun marinated chopped chicken breasts cover and cook over low heat for about 1 hour stirring every 15 min. or so to keep from sticking to bottom of pot. Serve over cooked rice or with a great crusty bread. Garnish with chopped parsley or hot sauce...Yummmmmmy! Great reheated the next day (if there is any left) ENJOY!

Stuffed Green Pepper Soup

2 lb ground chuck
4-5 green bell peppers, chopped
1 C finely diced onion (optional)
1 (15 oz) can diced tomatoes
1 (15 oz) can diced tomatoes with green chiles
1 (29 oz) can diced tomato sauce
6 C broth - either beef or chicken (or just water and bullion)
1/4 t each of dried thyme, Italian seasoning and cilantro
salt and pepper to taste
2 C cooked rice (white or brown)

t = teaspoon T = tablespoon C = cup



In a large pot, brown meat. Drain fat and add pepper and onion. Lightly brown the veggies until they're sauteed thoroughly.

Add tomatoes, tomato sauce, broth, and seasonings. Cover and simmer for 30 to 45 minutes, until peppers are tender. Add the cooked rice. Stir every 5-10 minutes so the rice doesn't stick to the bottom of the pan. *Enjoy!*

Makes 10-12 servings.

Kielbasa Soup

1 can condensed creamy onion soup
1 can condensed tomato soup
1 can water
1 can rinsed & drained white beans
1/4 lb kielbasa, cut 1/2 inch pieces
4 small potatoes, peeled and diced
4 medium carrots, peeled and sliced
1/2 t thyme
1/8 t pepper

t = teaspoon
T = tablespoon
C = cup



Put kielbasa in dutch oven with water and simmer for 20 minutes. Put in remaining ingredients and simmer for an additional 20 minutes stirring frequently.

Use or freeze in 2 days.

30 Minute Pizza Soup with **Italian Sausage**

1 lb. HOM Italian Sausage bulk
1 C Chopped Onion
1 C Yellow, Red or Green Peppers - Mixed is good too.
1 C Sliced Mushrooms
1 C Half Sliced Zucchini
1 - 14 oz. can of Italian Style Diced Tomatoes
1 - 8 oz. can of Pizza Sauce
1 - 32 oz. Beef Stock or Broth
1 t Italian Seasoning
1/2 C Mozzarella Cheese.

t = teaspoon
T = tablespoon
C = cup



In a medium sauce pan brown HOM Italian Sausage. Remove from pan. Combine onion, peppers, mushrooms and zucchini and a 1/2 cup of broth in the pan. Bring to a boil. Reduce heat and simmer for 5 minutes. Add remaining ingredients (except Mozzarella Cheese) including sausage.

Sauerkraut Soup with Sausage

1 lb. smoked sausage, such as HOM Smoked Kielbasa or HOM Smoked Andouille Sausage, diced
1 large onion, finely chopped
1 rib celery, finely chopped
1 T minced garlic
1 C hard cider, we suggest Woodchuck Hard Cider
1 (32-ounce) jar sauerkraut, drained and rinsed briefly
8 C canned low-sodium chicken broth
1 C peeled and cubed potatoes
3 sprigs fresh thyme
1/2 t freshly ground black pepper

t = teaspoon
T = tablespoon
C = cup



Heat a large soup pot over medium-high heat and add the sausage. Cook until the sausage is caramelized and the fat is rendered, 4 to 6 minutes. Add the onions and celery and cook, stirring occasionally, until vegetables are soft and lightly browned, about 4 minutes. Add the garlic and cook, stirring, for 1 minute. Add the cider and cook until almost completely reduced. Add the sauerkraut, broth, potatoes, thyme and pepper and bring to a boil. Reduce the heat to a low simmer and cook, stirring occasionally, until potatoes and sauerkraut are very tender and the broth is flavorful, 45 minutes to 1 hour. Taste and adjust the seasoning, if necessary. Serve immediately, with hot, crusty bread on the side.

Prep Time: 10 min.

Cook Time: 1 hr. 10 min.

Yield: 3 quarts soup

Oxtail Barley Soup

1 beef oxtail (about 2 lb.), disjointed
1/2 C. chopped onion
8 C water
1 1/2 t salt
1/4 t pepper
1/4 C chopped parsley
1/2 C chopped carrots
1 C chopped celery
1/4 C barley
1 can (12 oz.) tomato juice
1/2 t marjoram
1/2 t basil

t = teaspoon
T = tablespoon
C = cup



In a 5-6 quart Dutch oven or stock pot cook oxtail pieces over medium heat until lightly browned. Add onion and cook until it is soft. Add water, salt and pepper; bring to a boil.

Reduce heat and simmer, uncovered, about 4 hours to blend flavors and reduce volume by half. Add all remaining ingredients. Simmer until barley is cooked, about 45 minutes. Skim off any excess fat before serving, if desired.

For extra meaty soup add 2 lbs. of Beef Stew Meat.

Thanks to Jim Meads for this great recipe!

SIDE DISHES

BREAD

Asiago Muffins

2 C flour
1 C Asiago Cheese - divided into two 1/2 cup portions
1 T baking powder
1 t parsley flakes
1 t dried minced onion or 1 T minced fresh onion
1 t dried basil
1 t dried oregano
1/2 t salt
1 large egg
1 1/2 C milk
1 T lemon juice
1/4 C melted butter
1 T sugar

t = teaspoon
T = tablespoon
C = cup



Measure flour, 1/2 cup Asiago cheese, baking powder, parsley, onion, basil, oregano and salt into a large bowl. Make a well in the center.

Beat egg with milk. Add lemon juice, melted butter and sugar. Add to dry ingredients and stir until moistened. Spoon batter into 12 muffin cups. Sprinkle remaining Asiago cheese over batter.

Bake at 375° for about 15 minutes, or until top is golden brown and springs back when touched.

THANKS FOR SHARING THIS RECIPE

Ian and Yvonne Martin

Innkeepers

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Serving Suggestion

For a main course this side dish goes particularly well with:

[Pork Tenderloin with Prune Sauce](#)

Fresh Corn Spoon Bread

2 C whole milk
1/3 C yellow cornmeal
1 1/2 C fresh corn kernels (from 2 to 3 ears)
1 T unsalted butter
1 t salt
4 large eggs, separated

t = teaspoon
T = tablespoon
C = cup



Preheat oven to 425°F.

Bring milk, cornmeal, corn kernels, butter, and salt to a boil in a 3 quart heavy saucepan over moderately high heat, stirring frequently, and simmer, stirring constantly, until thickened, 3 to 4 minutes. Remove from heat and cool 5 minutes, stirring occasionally, then whisk in yolks.

Beat whites and a pinch of salt with an electric mixer at medium speed just until soft peaks form. Whisk one fourth of whites into cornmeal mixture in pan to lighten, then fold in remaining whites gently but thoroughly. Spread mixture evenly in a buttered 9 1/2 inch deep-dish glass pie plate or 1 1/2 quart shallow casserole and bake in middle of oven until puffed and golden, 15 to 20 minutes. Serve immediately (like a soufflé, spoon bread collapses quickly).

Serving Suggestion

For main course suggestions this side dish goes particularly well with:

[Grouper with Tomato and Basil](#)

[Balsamic-Glazed Salmon Fillets](#)

POTATOES

Polar Bears

Put some water in a medium to large pot on to boil. Add a little salt to the water. Peel 2 to 3 potatoes and cut them in smaller chunks. Put a couple of chunks at a time in a blender. Add 1 or 2 eggs and blend until smooth. Pour mixture into large bowl and add all purpose flour until not too sticky. (Mix with large spoon.) When the water is boiling, add the potato mixture, a small spoon full at a time. Allow them to cool until they rise to the top, drain. In a skillet, melt some butter and some diced or minced onions to brown slightly. Add the noodles and brown them up. Add cottage cheese and enjoy.

Thanks to Sally R. for this recipe.

Sauteed New Potatoes

¾ lb new potatoes, red or white
2 t olive oil
2 T water
2 medium garlic cloves, crushed
Salt and freshly ground black pepper

t = teaspoon
T = tablespoon
C = cup



Wash potatoes. but do not peel. Cut into quarters. Heat oil in a non-stick skillet on medium high. Add water and potatoes and saute 4 minutes, tossing occasionally to make sure all sides are brown and crisp. Add garlic and continue to saute 5 minutes. Add salt and pepper to taste.

Serves 2

Serving Suggestion

For main course suggestions this side dish goes particularly well with:

[Hot Glazed Tuna Steak](#)

[Broiled Cod Fillets with Basil Butter](#)

Twice Baked Potatoes

We suggest our House of Meats Twice Baked Potato with the TENDERLOIN ROSENTHAL. When preparing the Twice Baked Potatoes with the tenderloin, place thawed potatoes on a no-stick cookie sheet (optional; top with additional cheese), place in oven 15 to 20 minutes into tenderloin cooking time. The Twice Baked Potatoes require approximately 15 minutes cooking time. Remove the potatoes when you remove the tenderloin, tent with foil and allow to rest. Move from cookie sheet to plates with a spatula.



Serving Suggestion

For a main course this side dish goes particularly well with:

[Tenderloin Rosenthal](#)

Yukon Gold **Potatoes**

Cook Yukon gold potatoes until tender and add butter and coarsely mash.



Serving Suggestion

For a main course this side dish goes particularly well with:

[Beer Braised Beef and Onions](#)

RICE

Jambalaya with **Andouille Sausage**

1 T olive oil
1 16-ounce package Andouille Sausage, cut into 1/4-inch rounds
1 28-ounce can whole tomatoes, undrained
1 8-ounce box jambalaya, Spanish, or fiesta-flavored rice mix
1 1-pound package peeled and deveined raw shrimp
1/4 t hot pepper sauce (optional)

t = teaspoon
T = tablespoon
C = cup



Heat the oil in a saucepan over medium heat. Add the Andouille Sausage and cook until browned on both sides, about 4 minutes. Add the tomatoes and their juices along with 1/2 cup of water and bring to a boil. Stir in the rice mix. Reduce heat, cover, and cook for the time specified on the rice package. Add the shrimp and stir. Cover and cook until the shrimp are pink, 3 to 4 minutes. Add the hot pepper sauce (if using). Spoon into individual bowls.

SALADS

Spinach Salad

2½ oz washed, ready to eat spinach
(about ¼ of a 10-oz bag)
2 C grated carrots
2 T low fat vinaigrette dressing
Salt and freshly ground black pepper

t = teaspoon
T = tablespoon
C = cup



Tear spinach into bite-sized pieces and place on individual salad plates. Spoon on carrots and top with dressing.

Serves 2

Serving Suggestion

For a main course this side dish goes particularly well with:

[Hot Glazed Tuna Steak](#)

APPETIZERS

Mini Beef Wellington

1 T olive oil
1 lb of beef tenderloin cut into 1 inch cubes
¾ lb fresh mushrooms, minced
1 med shallot cut into fine dice
2 sprigs fresh thyme
¼ C white wine
½ C cream
salt and pepper to taste
1 lb puff pastry, thawed
2 eggs beaten
¼ C water

t = teaspoon
T = tablespoon
C = cup



Preheat oven to 350°

In a 5 qt sauté pan heat the oil over medium heat. Lightly sear the beef cubes until they are nicely browned on all sides. Allow to cool. Sauté the mushrooms, shallots and thyme for 3 - 4 minutes. Deglaze the pan with the wine, reducing the liquid until almost dry. Add the cream and reduce by half. Season the mushrooms mixture with salt and pepper to taste and allow to cool.

Place a sheet of puff pastry on a floured work surface. Combine egg and water to create an egg wash. Brush the egg wash over the puff pastry. Evenly space the beef cubes across the puff pastry. Top each beef cube with a small amount of the mushroom mixture. Place the remaining sheet of puff pastry over the beef cubes and press to seal around each mound of beef. Using a small very sharp knife separate the beef Wellington neatly and evenly. Place on a parchment lined nonstick jellyroll pan and bake until crisp (12 - 15 minutes).

TIP

Place the warm Wellingtons on a serving tray that has been scattered with fresh thyme. The thyme will give off a beautiful aroma as the warm pastries are taken by your guests.

