



FLORIDA SEAFOOD RECIPES FOR THE AGES

The versatile State of Florida could appropriately be called the **Land of Sunshine and Seafoods**. From the clean blue waters of the Gulf Of Mexico and the South Atlantic Ocean, along its hundreds of miles of white sandy beaches, are harvested a greater variety of commercial seafood than from any other area of the country even after the ill-conceived net ban enacted in 1994.

Florida is one of the most important producing areas for shrimp, sea trout, bluefish, and blue crabs. Richly endowed Florida waters supply most of the spiny lobster, king mackerel, Spanish mackerel, mullet, pompano, red snapper, grouper, and stone crabs that are landed and consumed in the United States. In all, more than 50 commercial species are landed each year. However, the annual production of finfish has dropped dramatically because of the net ban and ever-tightening rules against commercial fishing. Non-boating consumers have been denied a fair share of Florida's commonly owned marine resources. Only about 100 million pounds of fresh seafood are still harvested annually by Florida's commercial fishermen yet Florida seafood is enjoyed in every part of the United States.

Through joint marketing efforts between the **Southeastern Fisheries Association**, the Florida Board of Conservation and the U.S. Bureau of Commercial Fisheries, these 22 scrumptious seafood recipes were developed in 1965 to help in preparing the harvest from the Land of Sunshine and Seafoods. **They are dedicated to the pioneers of the Florida Seafood Industry who served as Presidents of Southeastern Fisheries Association.**

**Enjoy Southern Seafood.
It's good for the heart!**

*Bob Jones, Executive Director
Southeastern Fisheries Association*



BROILED SPANISH MACKEREL FILLETS

Recipe dedicated to H. Heber Bell, his wife Doris, his sons Harry & Robert and Robert's wife Emily of St. Petersburg. Heber pioneered a quick freezing method for these scrumptious fillets after he had the opportunity to meet Clarence Birdseye and take him fishing. His *Harry H. Bell & Sons* brand was known throughout the country for full weight, correct size and highest quality. Heber served as President of Southeastern Fisheries Association in 1964-1966.

2 pounds Spanish mackerel fillets or other fish fillets, fresh or frozen
¼cup melted fat or oil
1 teaspoon salt
Dash pepper
2 cans (4 ounces each) mushroom stems and pieces, drained
1 cup grated process Cheddar cheese
2 tablespoons chopped parsley

Thaw frozen fillets. Skin fillets and cut into serving-size portions. Combine fat, salt, and pepper; mix thoroughly. Chop mushrooms. Combine mushrooms, cheese, and parsley. Place fish on a well-greased broiler pan and brush with fat. Broil about 3 inches from source of heat for 3 to 4 minutes. Turn carefully and brush with remaining fat. Broil 3 to 4 minutes longer or until fish flakes easily when tested with a fork. Spread mushroom mixture on fish and broil 2 to 3 minutes longer or until lightly brown. Serves 6.



FESTIVE MULLET

Recipe dedicated to Gene Raffield of Port St. Joe, Florida. The *Raffield Fisheries Inc.*, family has been in the Florida fishing business for seven generations. They have pioneered many new fisheries including jellyfish, bait and numerous value added products. Gene was a leading citizen and an activist on behalf of Gulf County schoolchildren and on behalf of the Florida seafood industry. He served as President of Southeastern Fisheries Association in 1975 – 1976.

2 pounds mullet fillets or other fish fillets, fresh or frozen
½ cup French dressing
1 ½ cups crushed cheese crackers
2 tablespoons melted fat or oil
Paprika

Thaw frozen fillets. Skin fillets and cut into serving-size portions. Dip fish in dressing and roll in cracker crumbs. Place on a well-greased cookie sheet, 15 x 12 inches. Drizzle fat over fish. Sprinkle with paprika. Bake in an extremely hot oven, 500° F., for 10 to 12 minutes or until fish flakes easily when tested with a fork. Serves 6

SHRIMP FORT MYERS

Recipe dedicated to Captain John Ferguson and his lifetime love, his wife Lady Kossie. St. George Packing Company in Fort Myers, Florida, was his pride and joy. He was dedicated to honest business practices throughout his life. He pioneered the Campeche shrimping grounds along with other shrimp industry leaders of his day. He was President of Southeastern Fisheries Association in 1957- 1958.

2 pounds shrimp, fresh or frozen
¼cup olive or salad oil
2 teaspoons salt
½teaspoon white pepper
¼cup extra dry Vermouth
2 tablespoons lemon juice

Thaw frozen shrimp. Peel shrimp, leaving the last section of the shell on. Remove sand veins and wash. Preheat electric frying pan to 320°F Add oil, salt, pepper, and shrimp. Cook for 8 to 10 minutes or until shrimp are pink and tender, stirring frequently. Increase temperature to 420°F. Add Vermouth and lemon juice. Cook one minute longer, stirring constantly. Drain. Serve hot or cold as an appetizer or entrée. Serves 6.



GRILLED SPINY LOBSTER TAILS

Recipe dedicated to Jack Hill, *Key Largo Fisheries, Florida*. Jack Hill believed in giving the consumer what they paid for in weight and quality. His wife Dottie & sons Tom and Rick carry on the legacy of this kind and loving human being. Jack fought over glazing of lobsters throughout his lifetime. Jack Hill was President of Southeastern Fisheries Association in 1991 – 1992.

6 spiny lobster tails (8 ounces each), fresh or frozen
¼cup melted butter or margarine
2 tablespoons lemon juice
½teaspoon salt
Melted butter or margarine

Thaw frozen lobster tails. Cut in half lengthwise. Remove swimmerettes and sharp edges. Cut 6 squares of heavy-duty aluminum foil, 12 inches each. Place each lobster tail on one half of each square of foil. Combine butter, lemon juice, and salt. Baste lobster meat with sauce. Fold other half of foil over lobster tail and seal edges by making double folds in the foil. Place packages, shell side down, about 5 inches from hot coals. Cook for 20 minutes. Remove lobster tails from the foil. Place lobster tails on grill, flesh side down, and cook for 2 to 3 minutes longer or until lightly browned. Serve with melted butter. Serves 6.

SPICY RED SNAPPER

Recipe dedicated to Clyde Richbourg who fought so valiantly in the South Pacific during World War II. He returned home to Pensacola, Florida, to establish *American Seafoods Inc.*, and fought for the rest of his life to preserve the Florida commercial fishing culture. Clyde and Loretta were held in high esteem by all of their customers. Clyde was President of Southeastern Fisheries Association in 1972 – 1973.

2 pounds red snapper fillets or other fish fillets, fresh or frozen
1/3 cup steak sauce
¼cup catsup
¼cup melted fat or oil
1 tablespoon vinegar
1 teaspoon salt
½teaspoon curry powder

Thaw frozen fillets. Cut into serving-size portions. Combine remaining ingredients and mix thoroughly. Place fish, skin side up, on a well-greased broiler pan and brush with sauce. Broil about 3 inches from source of heat for 4 to 5 minutes. Turn carefully and brush with remaining sauce. Broil 4 to 5 minutes longer or until fish flakes easily when tested with a fork. Serves 6.

ORIENTAL KING MACKEREL STEAKS

Recipe dedicated to A. J. Robida whose *Florida Fish Distributors Inc.*, Jacksonville, Florida, held Florida Wholesale Dealers License #1 throughout his career in the fish business. Roby was a straight shooter who brought Florida seafood marketing to new heights. Roby was the first President of Southeastern Fisheries Association serving in 1952 – 1953.

2 pounds king mackerel steaks or other fish steaks, fresh or frozen
¼cup orange juice
¼cup soy sauce
2 tablespoons catsup
2 tablespoons melted fat or oil
2 tablespoons chopped parsley
1 tablespoon lemon juice
¼teaspoon oregano
¼teaspoon pepper
1 clove garlic, finely chopped

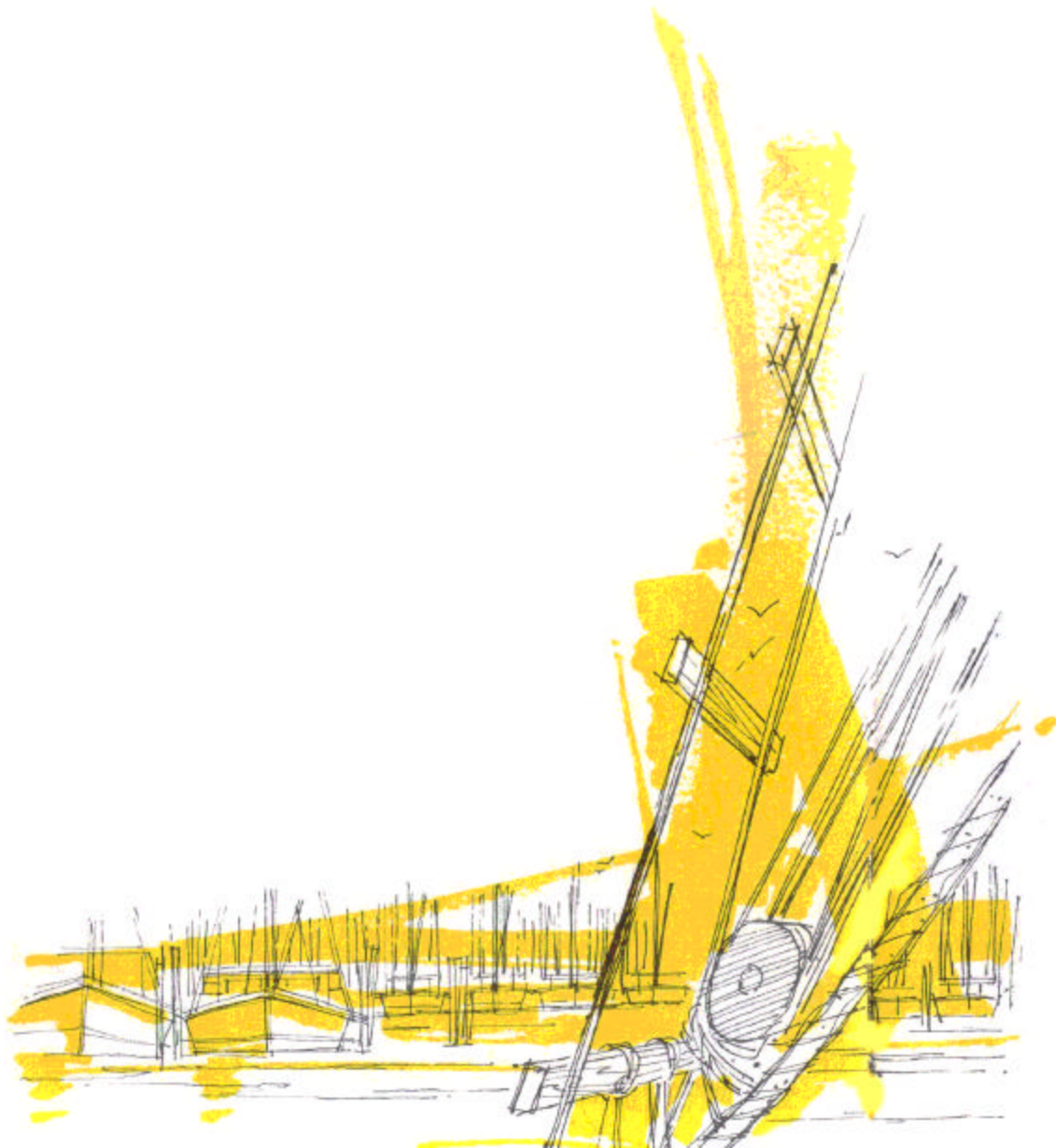
Thaw frozen steaks. Cut into serving-size portions. Place fish in a single layer in a shallow pan. Combine remaining ingredients. Pour sauce over fish and let stand for 30 minutes, turning once. Remove fish, reserving sauce for basting. Place fish on a well-greased broiler pan. Broil about 3 inches from source of heat for 4 to 5 minutes. Turn carefully and brush with remaining sauce. Broil 4 to 5 minutes or longer or until fish flakes easily when tested with a fork. Serves 6.

MARINATED SPANISH MACKEREL FILLETS

Recipe dedicated to Leon Kenney, founder of *Pinellas Seafood Company*, St. Petersburg, Florida, and was an innovator of new ideas for harvesting and processing fish. Leon Kenney began his career on the back of a mullet boat. Through hard work he became President of one of the major fish processing facilities in the United States. Leon Kenney was President of Southeastern Fisheries Association in 1977 – 1978.

2 pounds Spanish mackerel fillets or other fish fillets, fresh or frozen
½cup vinegar
¼cup melted fat or oil
¼cup lemon juice
2 tablespoons grated lemon aid
1 tablespoon liquid smoke
1 tablespoon brown sugar
2 teaspoons salt
¼teaspoon Worcestershire sauce
2 bay leaves
Dash white pepper
Dash liquid hot pepper sauce

Thaw frozen fillets. Combine remaining ingredients and heat until mixture comes to the boiling point. Cool. Cut fillets into serving-size portions and place in a single layer in a shallow baking dish. Pour sauce over fish and let stand for 30 minutes, turning once. Remove fish, reserving sauce for basting. Place fish in well-greased, hinged wire grills. Cook about 4 inches from moderately hot coals for 8 minutes. Baste with remaining sauce. Turn and cook for 7 to 10 minutes longer or until fish flakes easily when tested with a fork. Serves 6.



MULLET CHOWDER

Recipe dedicated to Berlin Felton, A & B Fish Company in Key West, Florida. The Felton family is well known in the Florida Keys for high quality seafoods and honest business dealings. Berlin was the epitome of the importance of a handshake. Berlin Felton was President of Southeastern Fisheries Association in 1955 – 1956.

1 pound mullet fillets or other fish fillets, fresh or frozen

½ cup chopped onion

1 cup diced potatoes

Dash pepper

Chopped parsley

2 tablespoons chopped bacon or salt pork

2 cups hot water

¾ teaspoon salt

2 cups milk

Thaw frozen fillets. Skin fillets and cut into 1-inch pieces. Fry bacon until brown. Add onion and cook until tender. Add water, potatoes, seasonings, and fish. Cover and simmer about 15 minutes or until potatoes are tender. Add milk; heat. Garnish with parsley sprinkled over the top. Serves 6.

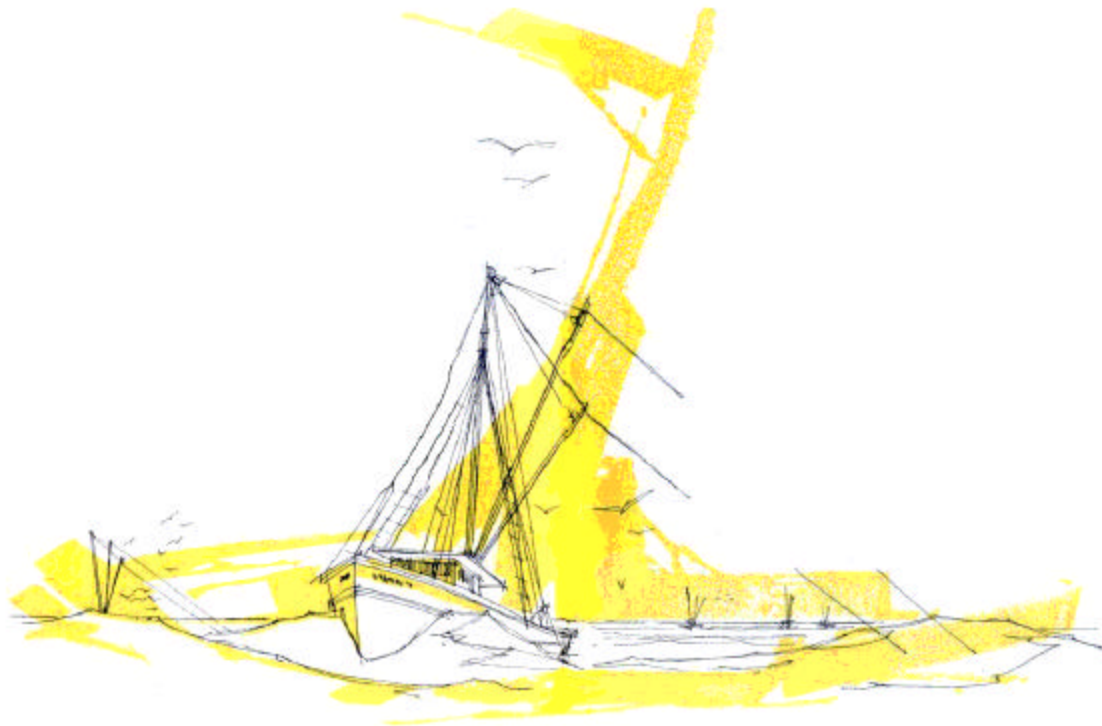


DEVILED CRAB

Recipe dedicated to E. W. Lewis, founder of E. W. Lewis Crab Company, Brunswick, Georgia. Euclid was a pioneer in the blue crab industry and very innovative in the development of this important southern fishery. E. W. Lewis packed some of the best crabmeat in the world. Euclid was President of Southeastern Fisheries Association in 1963 – 1964.

*1 pound blue crab meat, fresh or pasteurized
2 tablespoons chopped onion
2 tablespoons melted fat or oil
2 tablespoons flour
 $\frac{3}{4}$ cup milk
1 tablespoon lemon juice
1 $\frac{1}{4}$ teaspoons Worcestershire sauce
 $\frac{1}{4}$ teaspoon salt
3 drops liquid hot pepper sauce
Dash pepper
Dash cayenne pepper
1 egg, beaten
1 tablespoon chopped parsley
1 tablespoon melted fat or oil*

Remove any remaining shell or cartilage from crabmeat. Cook onion in fat until tender. Blend in flour. Add milk gradually and cook until thick, stirring constantly. Add lemon juice and seasonings. Stir a little of the hot sauce into the egg; add to remaining sauce, stirring constantly. Add parsley and crab meat; blend well. Place in 6 well-greased individual shells or 5-ounce custard cups. Combine fat and crumbs; sprinkle over top of each shell. Bake in a moderate oven, 350° F., for 20 to 25 minutes or until brown. Serves 6.



OYSTER CLUB SANDWICHES

Recipe dedicated to R. B. Davis who lived and worked in Cedar Key, Florida. *R. B. Davis Seafood* was a quality seafood company popular throughout Florida. R. B. and his family distributed some of the largest and finest stone crab claws. R. B. was President of Southeastern Fisheries Association in 1961 – 1962.

1 can (12 ounces) oysters, fresh or frozen
12 slices bacon
1 cup dry bread crumbs
1 cup flour
1 egg, beaten
1 tablespoon milk
1/2 teaspoon salt
Dash pepper
18 slices buttered toast
1/4 cup mayonnaise or salad dressing
6 lettuce leaves
2 tomatoes, sliced

Thaw frozen oysters. Drain oysters. Fry bacon. Drain on absorbent paper. Combine crumbs and flour. Combine egg, milk, salt, and pepper. Roll oysters in crumb mixture. Dip in egg mixture and roll in crumb mixture. Fry in hot bacon fat at moderate heat until brown on one side. Turn carefully and brown the other side. Cooking time approximately 5 to 7 minutes. Drain on absorbent paper. Spread 6 slices of toast with mayonnaise. Arrange lettuce and tomatoes on top. Cover with second slice of toast. Arrange bacon and oysters on top. Cover with remaining slices of toast. Secure sandwiches with toothpicks and cut into quarters diagonally. Serves 6.

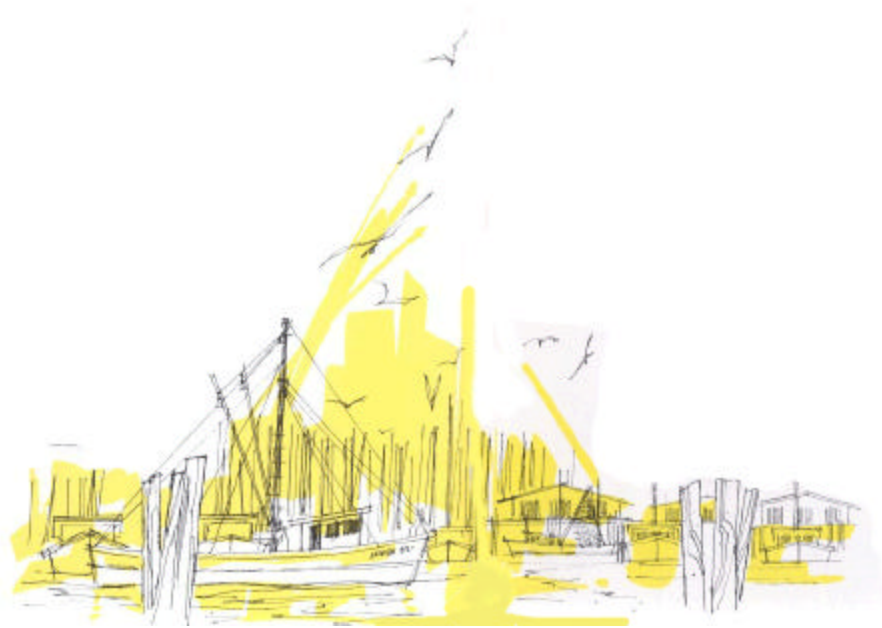
Note: A commercial breading may be used. Follow directions on the package.

FLORIDA CRAB BOIL

Recipe dedicated to Lou Fischer, *Fischers Seafood*, Cape Canaveral, Florida. Lou was a leader in organizing the Florida seafood industry immediately after World War II. Bernard's Surf is a world-class restaurant that has served all the Astronauts who began their missions from Cape Canaveral. Lou Fischer was President of Southeastern Fisheries Association in 1954–1955.

*24 live, hard-shelled, blue crabs
1 lemon, sliced
1 medium onion, sliced
½cup prepared seafood seasoning
1 ½gallons water
1/3 cup salt*

Tie lemon, onion, and seafood seasoning in a piece of cheesecloth. Pour water into a large container. Add salt and bag of seasonings. Cover and bring to the boiling point over a hot fire. Plunge crabs into the boiling water. Cover and cook for 15 minutes. Drain. Serves 6.



SOUTHERN CATFISH STEW

Recipe dedicated to L. C. “Ring” Ringhaver of *Diesel Engine Sales*, St. Augustine, Florida. Ring was an innovator when it came to building shrimp boats. He was the first person to use an assembly line to launch several shrimp boats per month on an annual basis. Ring provided the State of Florida with it's first marine research vessel. Ring was President of Southeastern Fisheries Association in 1959–1960.

*1 pound skinned catfish fillets or other fish fillets, fresh or frozen
½cup copped bacon
1 cup chopped onion
1 can (1 pound 12 ounces) tomatoes
2 cups diced potatoes
1 cup boiling water
¼cup catsup
2 tablespoons Worcestershire sauce
1 teaspoon salt
¼teaspoon pepper
¼teaspoon thyme*

Thaw frozen fillets. Cut into 1-inch pieces. Fry bacon until brown. Add onion and cook until tender. Add tomatoes, potatoes, water, catsup, and seasoning. Cover and simmer for 30 minutes. Add fish. Cover and simmer about 15 minutes longer or until potatoes are tender. Serves 6.

SHRIMP MACARONI SALAD

Recipe dedicated to Harry F. Sahlman, one of the pioneer shrimp industry leaders of Fernandina Beach, Florida. Harry Sahlman formed *Sahlman Seafoods Inc.*, one of the first shrimp companies in America to become vertically integrated. *Sahlman's Seafoods Inc.* is the largest shrimp fleet owner in the United States and is known throughout the United States for top quality. Harry Sahlman was President of Southeastern Fisheries Association in 1953 – 1954.

¾ pound cooked, peeled, and cleaned shrimp, fresh or frozen
2 cups cooked shell macaroni
1 cup cooked raw cauliflower
1 cup sliced celery
¼ cup chopped parsley
¼ cup chopped sweet pickle
½ cup mayonnaise or salad dressing
3 tablespoons garlic French dressing
1 tablespoon lemon juice
1 teaspoon grated onion
1 teaspoon celery seed
1 teaspoon salt
¼ teaspoon pepper
Salad greens
1 hard-cooked egg, sliced

Thaw frozen shrimp or drain canned shrimp. Rinse canned shrimp with cold water. Cut large shrimp in half. Combine macaroni, cauliflower, celery, parsley, pickle, and shrimp. Combine mayonnaise, French dressing, lemon juice, onion, and seasonings; mix thoroughly. Add mayonnaise mixture to shrimp mixture and toss lightly; chill. Serve on salad greens. Garnish with egg slices. Serves 6.





RED SNAPPER FLORIDIAN

Recipe dedicated to J. Roy Duggan, *King & Prince Seafood*, Brunswick, Georgia. J. Roy was on the boxing team at the University of Florida in his youth. Other members on that team included Justice Stephen O'Connell (Florida Supreme Court) as well as the former director of the Florida Game and Fish Commission, O. E. "Earl" Frye. J. Roy was President of Southeastern Fisheries Association in 1956 – 1957.

2 pounds red snapper fillets or other fish fillets, fresh or frozen
3 tablespoons melted fat or oil
2 tablespoons orange juice
2 teaspoons grated orange rind
1 teaspoon salt
Dash nutmeg
Dash pepper

Thaw frozen fillets. Cut into serving-size portions. Place in a single layer, skin side down, in a well-greased baking dish, 12 x 8 x 12 inches. Combine remaining ingredients and pour over fish. Bake in a moderate oven, 350° F., for 25 to 30 minutes or until fish flakes easily when tested with a fork.
Serves 6.

MULLET TOMATO FAN-TANS

Recipe dedicated to Ralph Aylesworth, Aylesworth Seafood, St. Petersburg, Florida. Ralph and his wife Kitty, after working for years to build their great business, established the Aylesworth Scholarship Foundation that provides financial assistance to deserving students in Florida. This good work is still carried on by Robert and Dawn Aylesworth. Ralph Aylesworth was President of Southeastern Fisheries Association in 1987 – 1988.

*1 ½ pounds mullet fillets or other fish fillets
1 quart boiling water
1 tablespoon salt
1 cup chopped celery
2 hard-cooked eggs, chopped
1/3 cup mayonnaise or salad dressing
2 tablespoons chopped sweet pickle
1 tablespoon chopped onion
¼ teaspoon salt
Dash pepper
6 large tomatoes
Lettuce*

Thaw frozen fillets. Place fillets in boiling salted water. Cover and simmer about 10 minutes or until fish flakes easily when tested with a fork. Drain. Remove skin and bones; flake.

Combine all ingredients except tomatoes and lettuce; chill. Wash tomatoes and remove stem ends; place on lettuce. Cut each tomato, not quite through, into 3 vertical slices. Separate slices slightly and sprinkle with salt. Fill in between slices with salad, using approximately 1/3 cup for each tomato. Serves 6.

SHRIMP TROPICANA

Recipe dedicated to Y. E. Hall of Fernandina Beach, Florida. Y. E. Hall, Inc., not only owned shrimp boats but also was a major player in the insurance industry. His daughter Chris, working with husband Bill Bryan, carried on the shrimp business for several decades. Young Hall was President of Southeastern Fisheries Association in 1967 – 1968.

*½ pound cooked, peeled, and cleaned shrimp, fresh or frozen
Or
2 cans (4 ½ or 5 ounces each) shrimp
1 cup creamed cottage cheese
½ cup drained crushed pineapple
1/3 cup mayonnaise or salad dressing
2 teaspoons lemon juice
¼ teaspoon salt
12 slices buttered cracked wheat bread
6 lettuce leaves*

Thaw frozen shrimp or drain canned shrimp. Rinse canned shrimp with cold water. Chop shrimp. Drain cottage cheese. Combine all ingredients except bread and lettuce. Chill. Spread 6 slices of bread with approximately 1/3 cup shrimp mixture. Cover with lettuce and remaining 6 slices of bread. Cut each sandwich in half diagonally. Serves 6.

SHRIMP PARADISE SALAD

Recipe dedicated to Johnny Salvador, *Salvador's Seafood Company* that was located in St. Augustine, Florida, for many decades and operated by Johnny and his brother Felix. Johnny's father Solecito is credited with being the first shrimper to rig a net behind a boat and go shrimping in the Atlantic Ocean. Johnny and Felix Salvador were true believers in the culture of the fishing industry and fought for its survival throughout their life. Johnny Salvador was President of Southeastern Fisheries Association in 1962 – 1963.

3/4 pound cooked, peeled, and cleaned shrimp, fresh or frozen
1 pineapple
2 oranges
1 avocado
1 tablespoon orange juice
Shrimp Paradise Salad Dressing

Thaw frozen shrimp or drain canned shrimp. Rinse canned shrimp with cold water. Chill. Cut pineapple in half lengthwise. Remove core and meat, reserving shell for serving. Dice pineapple. Peel and section oranges, reserving juice. Cut avocado in half lengthwise and remove seed. Peel and slice avocado. Sprinkle with orange juice to prevent discoloration. Combine pineapple, oranges and avocado. Fill pineapple shells with fruit mixture. Arrange shrimp on top. Serve with Shrimp Paradise Salad Dressing. Serves 6.

SHRIMP PARADISE SALAD DRESSING

1/2 cup olive oil
2 tablespoons lemon juice
2 tablespoons dry, white wine
1 teaspoon honey
1/2 teaspoon paprika
1/2 teaspoon salt

Combine all ingredients and shake well. Chill. Makes approximately 3/4 cup dressing.



PARTY SHRIMP

Recipe dedicated to Earl J. "Pete" Toomer of Coral Shrimp Company, Key West, Florida. Captain Pete worked tirelessly for 25 years to establish the Tortugas shrimp nursery area. The Toomer family had three members who served as President of the Southeastern Fisheries Association. Captain Pete Toomer was President of Southeastern Fisheries Association in 1971–1972.

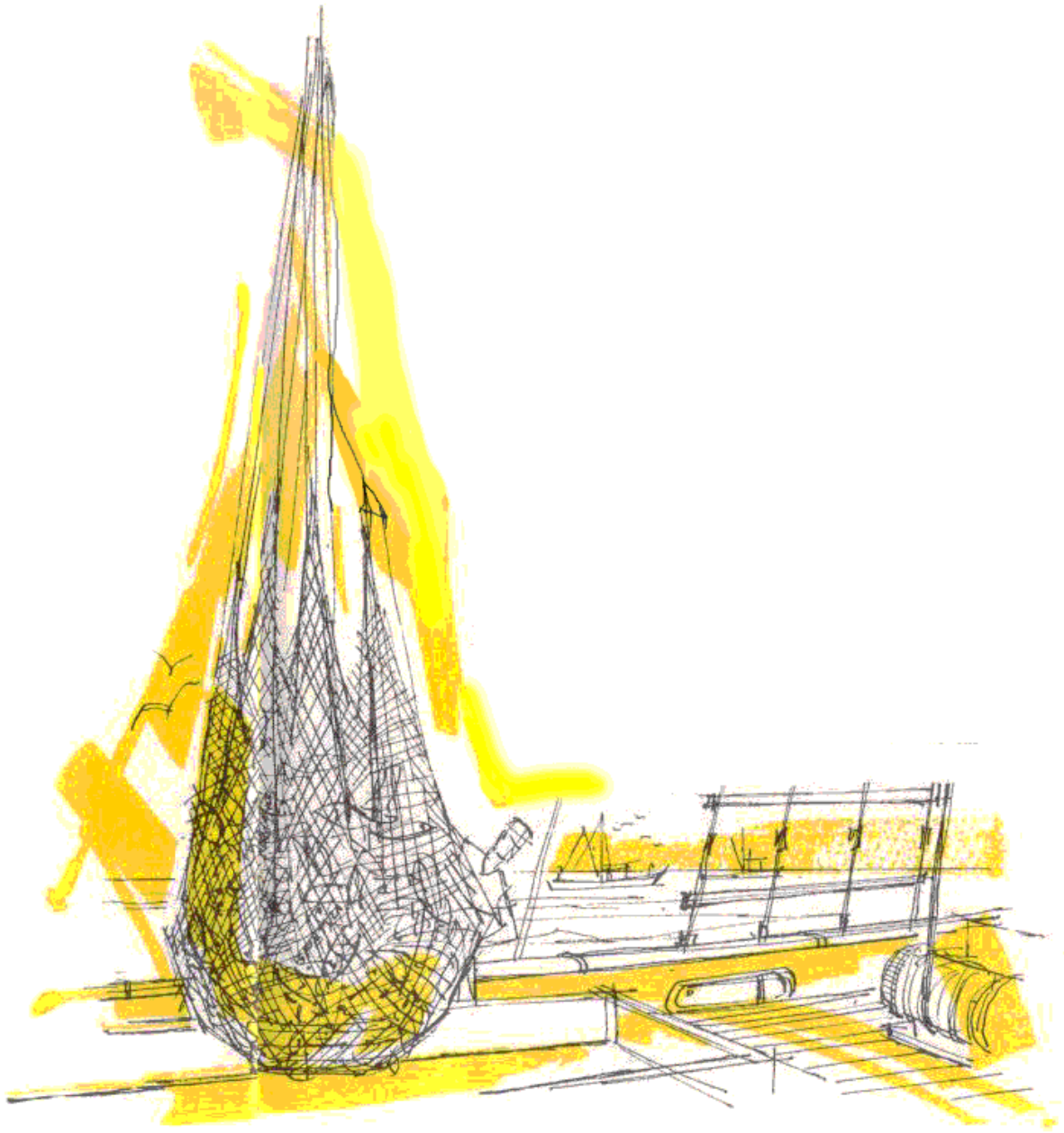
*1 pound cooked, peeled, and cleaned shrimp, fresh or frozen
Avocado dip*

Thaw frozen shrimp or drain canned shrimp. Cover canned shrimp with ice water and let stand for 5 minutes; drain. Fill a bowl with chopped ice. Place a small bowl in center of the ice bowl. Arrange shrimp on the ice. Fill small bowl with the Avocado Dip. Provide toothpicks for dipping.

AVOCADO DIP

*2 ripe avocados
2 tablespoons mayonnaise or salad dressing
2 tablespoons lemon juice
1 tablespoon grated onion
1 teaspoon Worcestershire sauce
1/4 teaspoon liquid hot pepper sauce
1/4 teaspoon salt*

Cut avocados in half lengthwise and remove seeds. Peel and mash avocados until smooth. Add remaining ingredients and mix thoroughly. Cover and chill 1 hour. Makes approximately 1 1/2 cups dip.





BAKED RED SNAPPER WITH SOUR CREAM STUFFING

Recipe dedicated to B. W. “Wes” Bailey, Tampa, Florida. Quality seafood and customer service were high priorities for “Wes”. He was known for his gentle spirit and warm smile. He was a founder of Southeastern Fisheries Association and was active for over four decades. He served as President in 1958 – 1959.

3 or 4 pounds dressed red snapper or grouper, fresh or frozen
1 ½teaspoon salt
Sour Cream Stuffing
2 tablespoons melted fat or oil

Thaw frozen fish. Clean, wash, and dry fish. Sprinkle inside and out with salt. Stuff fish loosely. Close opening with small skewers or toothpicks. Place fish in a well-greased baking pan. Brush with fat. Bake in a moderate oven, 350° F., for 40 to 60 minutes of until fish flakes easily when tested with a fork. Baste occasionally with fat. Remove skewers. Serves 6.

SOUR CREAM STUFFING

¾cup chopped celery
½cup chopped onion
¼cup melted fat or oil
1 quart dry bread cubes
½cup sour cream
¼cup diced peeled lemon
2 tablespoons grated lemon rind
1 teaspoon paprika
1 teaspoon salt

Cook celery and onion in fat until tender. Combine all ingredients and mix thoroughly. Makes approximately 1 quart stuffing.

LOBSTER CANTONESE

Recipe dedicated to *Robert Maurice Ingle (Dr. Bob)* who fought fearlessly for the creation of a Professionally run state marine research institute for Florida. He succeeded and is the father of the Florida Marine Research Institute (FMRI) in St. Petersburg, Florida. Bob Ingle was a world-class biologist and a world-class human being.

2 pounds spiny lobster tails, fresh or frozen
¼pound ground pork
1 clove garlic, sliced
¼cup melted fat or oil
½cup sliced green onions
2 beef bouillon cubes
2 cups boiling water
2 tablespoons cornstarch
1 tablespoon soy sauce
1 teaspoon ground ginger
½teaspoon salt
¼teaspoon sugar
1 egg, slightly beaten

Thaw frozen lobster tails. Cut into half lengthwise, then crosswise into 1 ½inch pieces. Fry pork and garlic in fry until brown. Add onion and lobster. Cook 10 to 15 minutes longer or until lobster is tender, stirring occasionally. Combine remaining ingredients except egg. Add to the lobster mixture and cook until thick and clear, stirring constantly. Stir in egg. Serves 6.





GROUPER PARMESAN

Recipe dedicated to B. J. Putnam, Panama City, Florida and O. B. Lee, Mexico, Missouri, who, among other important contributions to their friends and families, served in the early years on the Gulf of Mexico Fishery Management Council with great distinction. Both B. J. and O. B. loved Grouper. They contributed greatly to the benefit and best interests of the fishing industry and the world.

2 pounds grouper fillets, fresh or frozen
1 cup sour cream
¼cup grated Parmesan cheese
1 tablespoon lemon juice
1 tablespoon grated onion
¼teaspoon salt
Dash liquid hot pepper sauce
Paprika
Chopped parsley

Thaw frozen fillets. Skin fillets and cut into serving-size portions. Place in a single layer in a well-greased baking dish, 12 x 8 x 2 inches. Combine remaining ingredients except paprika. Spread sour cream mixture over fish. Sprinkle with paprika. Bake in a moderate oven, 350° F., for 25 to 30 minutes or until fish flakes easily when tested with a fork. Garnish with parsley. Serves 6.

TOMATOES WITH CRAB MEAT DRESSING

Recipe dedicated to Sloan D. Peterson, who was one of the pioneers in the development of the Tortugas pink shrimp fishery off Key West, Florida. Captain Sloan was President of Southeastern Fisheries Association in 1960 – 1961.

1 pound blue crab meat, fresh or pasteurized
1 cup grated carrot
2 hard-boiled eggs, chopped
1 tablespoon chopped onion
1 cup mayonnaise or salad dressing
¼cup lemon juice
1 teaspoon prepared mustard
1 teaspoon salt
¼teaspoon pepper
18 tomato slices
6 lettuce leaves

Remove any remaining shell or cartilage from crabmeat. Combine carrot, egg, onion, and crab meat. Combine mayonnaise, lemon juice, mustard, salt, and pepper; mix thoroughly. Add mayonnaise mixture to crab mixture; toss lightly. Chill. Arrange 3 tomato slices on each lettuce leaf; sprinkle with salt. Top tomatoes with approximately 2/3 cup crab meat dressing. Serves 6.

