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Mississippi Department of Marine Resources

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Mississippi

# Seafood Recipes



Wild Caught Mississippi Seafood

*Favorite recipes of  
our staff*



**The Mississippi Department of Marine Resources is dedicated to enhancing, protecting and conserving the marine interests of Mississippi for present and future generations. It manages all marine life, public trust wetlands, adjacent uplands and waterfront areas for the long-term recreational, educational, commercial and economic benefit of everyone.**

*“Seafood Recipes South Mississippi Style” (Printed May 2003) is a publication of the Mississippi Department of Marine Resources, funded through the Mississippi Seafood Marketing Program.*



## *Who We Are*

The **Mississippi Department of Marine Resources (DMR)** is a diverse team of fisheries biologists, wetlands ecologists and other resource management professionals, working together to manage Mississippi's coastal resources. The DMR and the Commission on Marine Resources play an important role in managing and implementing the following key program areas:

- **Tidelands Trust Fund Administration**
- **Recreational Fisheries Management**
- **Fishing Reef Development**
- **Commercial Fisheries Management**
- **Oyster Reef Revitalization**
- **Shellfish Growing Waters Management**
- **Seafood Licensing**
- **Seafood Plant Inspection and Certification**
- **Technical Assistance to Seafood Industry**
- **Marine Patrol**
- **Coastal Preserves**
- **Public Access Development**
- **Coastal Zone Management**
- **Clean Vessel Act**
- **Boat and Water Safety**
- **Derelict Vessel Act**
- **Marine Litter**
- **Geographical Information Systems and Data Management**
- **Wetlands Permitting and Federal Consistency**
- **Dredging and Beach Renourishment**



## Mississippi Department of Marine Resources



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### **Mississippi Department of Marine Resources**

William W. Walker, Ph.D., Executive Director

(April 2003)



## *Crab Recipes*



### **Biloxi Blue Crab Dressing**

1 1/2 lbs. Mississippi Blue Crabmeat  
1 large onion, chopped  
1 bell pepper, chopped  
5 ribs celery, chopped  
1 1/2 sticks margarine  
6 slices toast, crumbled or 2 c. crumbled cornbread  
1 c. milk  
3 eggs, beaten  
Salt and red pepper, to taste  
1/2 tsp. spicy Cajun seasoning  
1/2 c. parsley and green onions (mixed together)  
1/2 c. coarse bread crumbs

Preheat oven to 350 degrees. Sauté onion, bell pepper and celery in small amount of margarine for 10 minutes. Then, in a mixing bowl, add crumbled toast (or cornbread), milk and eggs. Mix well and add crabmeat. Add mixture to sautéed vegetables and rest of butter and mix well on low heat. Add salt, pepper, Cajun seasoning, green onions and parsley. Place in casserole dish. Top with coarse bread crumbs.  
Bake at 350 degrees for 45 minutes.

**Iris Lofland  
Marine Fisheries**



### **Biloxi Blue Crabmeat Au Gratin**

1 lb. Mississippi Blue Crabmeat (lump or claw)  
1 c. chopped green onions  
1/2 c. chopped fresh parsley  
1 1/2 c. half & half  
3 tbsp. all purpose flour  
3 tbsp. sherry  
6 tbsp. butter  
1 package shredded cheese blend (Kraft Melts)  
Salt and pepper

Remove any shell from crabmeat. Spread crabmeat evenly in a baking dish.

Sauté onions and parsley in the butter. Remove from heat and stir in flour. Add sherry.

Gradually add half & half to pan over low heat, stirring constantly until thick.

Pour sauce over crabmeat. Cover with cheese.

Bake at 375 degrees for 10-15 minutes or until cheese is bubbly.

Note: If sauce is too thick, thin with whole milk.

**Wesley Devers**  
**Marine Fisheries**



### **Mississippi Blue Crabmeat Au Gratin**

1 lb. Mississippi Blue Crabmeat  
1 c. onions, chopped very small  
1/2 c. celery, chopped very small  
1/4 lb. butter  
1/3 c. flour  
2 egg yolks  
8 oz. Cheez Whiz  
1/4 c. bread crumbs  
2 small cans condensed milk  
Salt, pepper, and garlic powder to taste

Add butter, onions and celery in heavy sauce pan; stir and cook until vegetables are tender. Stir in flour until smooth, gradually add condensed milk, stir until it thickens. Stir in egg yolks, add salt, pepper and garlic powder. Remove as soon as all ingredients come to a boil. Add crabmeat, cheese, and bread crumbs. Keep warm in a crock pot. Serve with crackers or hard bread.

**Linda McCarthy**  
**Administrative Services**



### **Mississippi Blue Crab Boil**

2 doz. Mississippi Blue Crabs (live)  
2 lemons, quartered  
1 onion, sliced  
1/2 c. prepared seafood seasoning (crab/shrimp boil)  
1 1/2 to 2 gallons water  
1/2 c. salt  
1 can beer

In a large boiling pot, add water and all ingredients. Cover pot and bring to a rolling boil over hot flame. Add crabs to boiling water, cover and cook for approximately 15 minutes.  
Remove crabs and serve.

Note: Powdered or liquid crab/shrimp boil works best. Amount used can be adjusted to taste. Tongs should be used when handling live crabs to avoid injury.

**Linda McCarthy**  
**Administrative Services**



### **Mississippi Blue Crabmeat Stuffing**

2 lbs. Mississippi Blue Crabmeat (1 lb. white, 1 lb. claw meat)

2 c. bread crumbs (stale French bread is best)

Fresh parsley

1 bundle green onions, chopped

1 small onion, chopped

1 bell pepper, chopped

Olive oil

Salt and cayenne pepper

Sauté vegetables in oil until tender. In separate bowl soak bread crumbs in water, then squeeze excess water out of bread. Then add bread and crabmeat to bowl with vegetables and mix. Add salt and pepper to taste.

This can be used for po-boys, deviled crabs, or stuffed peppers.

**Melanie Lane**  
**Marine Fisheries**



### **Stuffed Mississippi Blue Crabs or Crab Cakes**

1 lb. lump Mississippi Blue Crabmeat  
1 medium onion  
4 stalks celery  
1/2 bell pepper (optional)  
fresh ground black pepper  
1 sleeve Ritz Cracker crumbs  
2 eggs, beaten  
Celery seed  
Nature's Seasoning  
Old Bay Seasoning

Sauté onion, celery and bell pepper in butter.

Put crabmeat in a large bowl and add vegetables, beaten eggs and seasonings. Add cracker crumbs until everything holds together.

Then put into crab shells or make crab cakes. If you put into shells bake at 350 degrees until golden brown on top.

**Linda St. Arnaud  
Administrative Services**



### **Mississippi Blue Crab and Mushroom Chowder**

8 oz. Mississippi Blue Crabmeat (claw or lump, remove all shell)  
1 c. fresh mushrooms, sliced  
1/4 c. green onions, sliced  
1/4 c. celery, chopped  
2 tbsp. butter or margarine  
1/4 c. all purpose flour  
1/2 tsp. salt  
3 c. milk  
1 c. half & half  
2 medium potatoes, cooked, peeled and cubed  
1/2 tsp. dried dill weed

In a medium-size saucepan, cook mushrooms, celery and green onions in butter or margarine until tender. Stir in salt and flour. Add milk and half & half. Continue to cook over medium heat, stirring until mixture thickens. Stir in crab, dill weed and cubed potatoes. Heat through, with occasional stirring. Serve hot in soup bowls.

**Irvin Jackson  
Directorate**



### **Mississippi Blue Crab Dip**

1 lb. Mississippi Blue Crabmeat  
8 oz. cream cheese  
1/8 c. mayonnaise (fat free will not work)  
1 finely chopped jalapeno  
1 tbsp. Worcestershire sauce  
1/8 c. chopped green onions

In a sauce pan, add first four ingredients and warm until cheese completely softens. Stir until blended then add crab and onion. Heat until warm throughout, serve warm with crackers.

**Roxanne Russell**  
**Management Operations**



### **Mississippi Blue Crab Spread**

16 oz. Mississippi Blue Crabmeat (remove all shell)  
1 egg, beaten  
1 8 oz. package cream cheese, softened  
1 tbsp. milk  
2 tsp. Worcestershire sauce  
2 tbsp. green onions, chopped  
2 tbsp. toasted slivered almonds  
Assorted crackers

In a medium-size mixing bowl, combine egg, cream cheese, milk and Worcestershire sauce. Add the crabmeat and onions and mix well. Transfer the mixture to an 8-inch pie plate and top with almonds. Bake or microwave until thoroughly heated. Serve warm with crackers.

**Irvin Jackson**  
**Directorate**



## **Mississippi Blue Crab Dip**

1 lb. fresh Mississippi Blue Crabmeat  
8 oz. cream cheese  
1 can cream of mushroom soup  
1/2 c. mayonnaise  
2 green onions  
1 packet unflavored gelatin

Put soup and cream cheese in sauce pan over low heat, stirring often until blended. Cut up onion very small with a bit of the green, mix in with the mayonnaise and crabmeat. When soup and cream cheese are blended, add packet of gelatin, stir for one full minute. Add rest of ingredients, stir and put in a mold or regular bowl until chilled. Serve with your favorite crackers. (You may also substitute shrimp for the crabmeat.)

**Linda McCarthy**  
**Administrative Services**



## *Fish Recipes*



## Mississippi Red Snapper Soup

1 lb. Mississippi Red Snapper fillets  
2 small potatoes  
2 small carrots  
4 tsp. olive oil  
2 c. boiling water  
1 tbsp. white wine vinegar  
Salt to taste  
2 quarts fish broth or canned chicken broth  
3/4 c. long grain rice  
2 tbsp. fresh parsley, minced  
1/4 tsp. dried red pepper flakes  
Freshly ground black pepper to taste

Peel and dice the potatoes. Peel and shred the carrots. Cut the fish fillets into 1/2 inch pieces. Heat oil in a large kettle. Add the diced potatoes and sauté over high heat until lightly browned. Add the shredded carrots and sauté until slightly softened. Add the boiling water along with the vinegar and salt. Simmer until vegetables are tender, about 10 minutes. Add the broth and rice and simmer for 15 minutes. Add the fish and simmer until the fish is cooked and rice is tender, about 5 minutes longer. Remove kettle from heat and stir in parsley and red pepper flakes. Adjust seasoning as necessary. Ladle into warm bowls and sprinkle with freshly ground black pepper. Serve immediately. Makes 8 to 10 servings.

**Irvin Jackson**  
**Directorate**

*Recipe by Capt. John Ludwig*



### **Grilled Mississippi Lemonfish (Cobia)**

2 lbs. Mississippi Lemonfish , cubed  
1 lb. sliced bacon  
1 12 oz. bottle of teriyaki sauce  
1 liter of Sprite  
Salt and pepper to taste  
Toothpicks

Wrap lemonfish cubes with bacon using the toothpicks to hold. Mix teriyaki and Sprite in a bowl, add wrapped lemonfish cover and refrigerate overnight. Place lemonfish on a hot grill and lightly char. (Be careful not to overcook or dry out the fish.)

**Bryant Klein**  
**Marine Fisheries**



### **Flounder Almondine**

6 Mississippi Flounder fillets  
1 c. Italian bread crumbs  
1/4 lb. butter  
1 c. almonds  
3 tbsp. lemon juice  
Salt and pepper to taste  
1 egg  
1 c. milk

Salt and pepper the fillets. Add milk to egg and beat. Dip fillets in the egg mixture, then dredge in bread crumbs. Place fillets in buttered baking dish. Bake 20 minutes at 300 degrees. Melt butter in pan and add almonds until toasted. Remove from heat and add lemon juice. Pour mixture over fillets and bake another 10 minutes.

**Irvin Jackson**  
**Directorate**

*Recipe by Capt. John Ludwig*



### **Mississippi Red Snapper**

6 Mississippi Red Snapper fillets  
1 lb. Mississippi Blue Crabmeat  
Bunch of green onions, chopped  
1/4 lb. butter  
8 oz. cream cheese  
Parsley

Sauté onions and parsley in the butter until onions are tender. Season with Cajun seasoning and black pepper. Add crabmeat. Add cream cheese when crabmeat is hot. Bake fillets at 400 degrees (with lemon juice and Cajun seasoning) until flaky (about 15 min.). Top fillets with crabmeat/cream cheese topping and broil until golden.

**Mikel Gusa, Vice Chairman**  
**Commission on Marine Resources**



### **Flounder Stuffed with Mississippi Blue Crab**

2 1/2 lbs. fresh Mississippi Flounder fillets  
8 oz. fresh Mississippi Blue Crabmeat  
1/4 c. chopped green onion  
1/4 c. melted butter or margarine  
1/2 c. crushed saltine crackers  
2 tbsp. dried parsley  
Salt and pepper to taste  
1 1/2 c. milk  
1 c. grated cheddar cheese

Butter individual casserole dishes or large two quart dish. Combine onions, butter, seasonings, crabmeat and crackers. Put crabmeat mixture in the fillets. Bake uncovered 25 minutes at 400 degrees.

While fish is cooking, melt 3 tbsp. butter in a saucepan. Stir in 3 tbsp. flour and 1/4 tsp. salt. Simmer until bubbly and smooth. Add 1 1/2 c. milk, stirring until it thickens. Do not boil. Add grated cheese and stir until melted. Pour cheese mixture over fish and return to oven for 5 minutes.

**Linda Bullard**  
**Directorate**



## **Mississippi Redfish Divine**

Reduce by 1/2 a mixture of:

1/4 c. white wine

1 bay leaf

2 cloves (optional)

2 black peppercorns

1/4 c. water, fish stock or artichoke juice

Strain. Set aside. Prepare white sauce below. When prepared add 1 c. to this mix. Season to taste.

Preheat oven 350 degrees

Prepare your favorite white sauce recipe. Here's one I like:

Melt 2 tbsp. butter (not margarine) in pot or skillet. Add 1 1/2 to 3 tbsp. flour and blend over low heat for 3 to 5 minutes. Stir slowly with wire whisk. Stir in slowly 1 c. milk (to avoid lumping, the roux must be cool when you add the milk). Cool and continue stirring sauce with a wire whisk until thickened and smooth.

Place in preheated oven at 350 degrees or on top of stove for 20 minutes. Strain. Add to primary sauce.

Add to white sauce 1 c. cooked shrimp, crabmeat, scallops, and/or crawfish and 1 6 oz. jar of drained artichoke hearts chopped. Amount may vary depending on number of fish servings. Season to taste.

Grill serving size redfish fillets. A different taste if using a skillet is to use some of the artichoke liquid, which is oily.

Season redfish to taste. Italian seasoning or Greek seasoning is also good. Spoon white sauce over top of redfish to serve.

Garnish with parsley. Serve with steamed asparagus or broccoli heads and grilled bite-size potatoes or cooked rice.

**Dorothy Daniel  
Human Resources**



*Oyster Recipes*



### **Mississippi Gulf Oysters Bienville**

2 doz. Mississippi Gulf Oysters on the half shell, drained  
1/2 lb. boiled Mississippi Gulf Shrimp, finely diced  
2/3 c. finely chopped fresh mushrooms  
1 tsp. ground white pepper  
4 tbsp. butter  
1/2 c. white wine  
1 1/2 tsp. finely minced garlic  
1/2 tsp. cayenne pepper  
1 tbsp. finely chopped green onions (white part included)  
1 tsp. salt  
1/2 c. heavy cream  
6 tbsp. grated Romano cheese  
1 tbsp. flour  
4 tbsp. dry bread crumbs  
1/4 c. finely minced parsley  
1 tbsp. olive oil  
4 pans rock salt

In a large, heavy saucepan, sauté the mushrooms in olive oil. Remove from pan and set aside. In the same pan, melt the butter and saute the garlic and onions, stirring frequently until soft. Add the shrimp, then sprinkle in the flour. Stir all together, add the reserved mushrooms. De-glaze pan with the wine while stirring constantly. Stir in the heavy cream, cook until smooth before adding Romano cheese, dry bread crumbs and parsley, salt, pepper and cayenne pepper. A small amount of milk may be added if the mixture is too thick. Remove from heat, allow to cool, then refrigerate for about 1 1/2 hours.

Half an hour before you plan to bake the oysters, place the pans of rock salt in a preheated 500 degree oven. Wash oyster shells well, pat dry. Put oysters on shells, place six in each pan of rock salt. Spoon one heaping tablespoon of sauce over each oyster. Bake for 15 to 18 minutes until well browned.

**Roxanne Russell  
Management Operations**



### **Mississippi Gulf Oyster Soup**

1 qt. Mississippi Gulf Oysters  
1 stalk celery, finely chopped  
3 green onions, finely chopped  
2 strips bacon, finely chopped  
2-3 tbsp. flour  
1 c. water  
3-4 c. whole milk

Mix flour with water, shake well, set aside. Place bacon, celery and onions in heavy saucepan on low heat. Stir often until bacon browns a bit and celery and onions are done. Add whole milk, keep heat low, salt and pepper to taste. When milk is good and hot (do not boil), add oysters, cook until oysters curl, add flour for thickness if desired. Serve with oyster crackers.

**Linda McCarthy**  
**Administrative Services**



### **Mississippi Gulf Oyster Stew**

1 qt. Mississippi Gulf Oysters, drained  
(Reserve 3/4 c. oyster liquid)  
1 c. half & half  
1 c. milk  
2 tbsp. butter or margarine  
Dash of hot sauce  
Salt and white pepper to taste  
Paprika and parsley for garnish

In a large saucepan, simmer oysters in liquid until the edges curl. Add the remaining ingredients and heat thoroughly but do not boil. Garnish with paprika and parsley. Serve with oyster crackers.

**Linda Bullard**  
**Directorate**



### **Grandma Jackson's Oyster Dressing**

1 qt. fresh Mississippi Gulf Oysters, drained and chopped  
1 loaf French Bread, broken up  
1 pan plain cornbread, crumbled  
8 oz. pack of seasoned dry stuffing  
8 oz. pack of cubed dry stuffing  
8 oz. pack of dry cornbread stuffing  
1 bunch green onions, diced  
1 bunch fresh parsley, chopped  
5 stalks celery, chopped  
2 large yellow onions, chopped  
1 green bell pepper, chopped  
5 cloves of garlic, chopped  
1 lb. ham, chopped  
1 lb. smoked sausage, chopped  
1/2 lb. hamburger, raw and crumbled  
2 eggs, raw  
4 cans chicken broth  
Turkey giblets (boiled and chopped, save broth)  
Salt and pepper/season to taste

In a large mixing bowl (I use the top of a large roasting pan) mix all the above ingredients well. Use broth from turkey giblets if more moisture is needed. Line the inside of the roasting pan with heavy duty foil, enough to cover dressing and turkey or other bird. Add the majority of the dressing to the pan and loosely stuff the cavity of the turkey or other bird to be used. Bake dressing with turkey according to directions for turkey. Uncover and bake for 30 minutes to allow turkey/bird and dressing to brown. Great for a large family gathering.

**Irvin Jackson**  
**Directorate**



## **Mississippi Gulf Oyster Nachos**

16 freshly shucked Mississippi Gulf Oysters  
Peanut oil for frying  
Buttermilk for dredging  
16 nacho chips  
1/2 c. pico de gallo (recipe follows)  
1/2 c. habanero mayonnaise (recipe follows)

In a small skillet, pour in peanut oil to a depth of 1 inch and heat to 375 degrees. Put the buttermilk and flour into two shallow bowls. Coat the oysters with the buttermilk, then dip them in the flour. When the oil is hot, slip in the oysters, a few at a time and fry for 45 seconds to 1 minute, or until lightly browned. Transfer the oysters to paper towels to drain. Keep warm until all are cooked.

To serve, put a heaping teaspoonful of pico de gallo on each chip, and then add a fried oyster. Top each with a heaping teaspoonful of habanero mayonnaise. Serve immediately.

### **Pico De Gallo**

1 c. diced tomato  
1/2 c. diced onion  
1 serrano chile –stemmed and minced  
1/4 c. fresh cilantro  
1 tbsp. fresh lemon juice  
Salt

### **Habanero Mayonnaise**

2 tbsp. Dijon mustard  
2 tbsp. honey  
1/2 c. chopped fresh cilantro  
1 tsp. minced habanero chile

(continued on next page)



### **Mississippi Gulf Oyster Nachos (continued)**

2 egg yolks  
1 tbsp. fresh lemon juice  
1/2 tsp. sea salt  
3/4 c. olive oil

In a blender, combine the mustard, honey, cilantro, habanero, egg yolks, lemon and salt. Turn the blender on and off (pulse) briefly to mix. Remove the inner part of the blender lid, if possible, or failing that, remove the lid. With the blender running, gradually pour in the olive oil in a thin, steady stream, processing until the mixture thickens to a mayonnaise consistency. Transfer to a bowl, cover and refrigerate for up to two days.

**Jan Boyd**  
**Coastal Ecology**



### **Mississippi Gulf Oyster Cornbread Dressing**

1 qt. Mississippi Gulf Oysters, drained  
2 large onions, chopped  
1 large bell pepper, chopped  
6 large celery pieces, chopped  
Garlic to taste  
3 chicken thighs  
1/4 lb. butter  
1/2 pack saltine crackers (crushed)  
2 pans cornbread (make from directions on cornmeal bag, no sugar, check center for doneness, do not brown totally)

Cornbread can be made ahead. Cook chicken until tender. Cut up chicken into small pieces when cool. Cook onions, bell peppers and celery in the chicken broth until tender. Add the oysters and turn off heat. In a large bowl combine broth ingredients with cornbread and cracker crumbs, add the chicken to mixture. Pour into a baking dish and bake at 400 degrees for one hour or until done.

**Linda McCarthy**  
**Administrative Services**



### **Mississippi Gulf Oyster Chowder**

1 pint Mississippi Gulf Oysters  
10 strips bacon, fried and crumbled  
1 onion, sliced thin and fried with bacon

Put in pot and cook until done:

3 tbsp. bacon fat  
3 c. water  
2 potatoes (1/4 inch cubes)

Add: 1 pint Gulf Oysters with juice and cook 5 minutes

Mix: 2 tsp. salt, 1/4 tsp. pepper, 3 tbsp. flour and blend in part 1 c. milk; add to mixture and stir; add rest of milk and crumbled bacon. Simmer. Crush crackers and add to thicken the way you like it.

**Pat Daughdrill**  
**Administrative Services**



### **Mississippi Gulf Oyster Fritters**

2 c. fresh Mississippi Gulf Oysters, drained and chopped  
1 c. flour  
1/2 tsp. pepper  
1/2 tsp. parsley, chopped  
1/2 tsp. baking powder  
1 onion, minced  
2 eggs, beaten  
Oil for frying

In a medium mixing bowl mix flour, pepper, chopped parsley and baking powder. Add chopped oysters, onion and mix well. Next, add eggs and continue to mix well. Drop by the teaspoonful into hot oil and fry until golden brown.

Note: If mixture appears to be too thin, add additional flour as needed.

**Irvin Jackson**  
**Directorate**



### **Mississippi Oyster and Artichoke Soup\***

1 qt. Mississippi Oysters, drained and chopped (reserve liquor)  
1/2 c. butter  
2 bunches green onion, chopped  
3 ribs celery, clopped  
2 cloves garlic, minced  
1 3/4 lbs. fresh artichoke hearts, prepared (6-8 whole artichokes with all leaves trimmed away, choke removed and stem cut to 1 inch)  
3 tbsp. flour  
1 to 1 1/2 qt. homemade chicken stock  
Cayenne pepper to taste  
1 tsp. salt  
1 tbsp. Worcestershire sauce  
1/2 tsp. fresh thyme  
1/3 cup dry sherry  
2 c. half & half

In a heavy 4-quart pot, melt the butter over medium heat. Add the green onions, celery and garlic and saute until soft. Quarter artichoke hearts and add. Sprinkle the mixture with the flour and stir to coat the vegetables well, but do not let the flour brown. Gradually add the stock, stirring constantly. Add cayenne pepper, salt, Worcestershire sauce and thyme. Simmer the mixture, covered, for 1 hour. Add the oysters, oyster liquor and sherry and simmer for 10 minutes. Do not allow the soup to boil. Turn off the fire and stir in the half & half. Cool and refrigerate for at least 8 hours or overnight. Before serving, heat the soup slowly over low heat. Serves 8 bowls or 16 cups.

**Tom Van Devender**  
**Directorate**

\*Note: Soup should be prepared one day in advance of serving.

*Recipe by Chef Warren Le Ruth of New Orleans*



## Cooking and Safety

Oysters are good to eat all year long, but are in best condition and most tasty in the fall, winter and early spring. Raw oysters have a protein content of about 9 percent and a fat content of less than 2 percent. One-half pound of raw oysters contains about 150 calories. The cholesterol content of oysters is 50 milligrams/100 grams of meat, and the sodium content is 109 milligrams/100 grams. Oysters are also very high in iron content.

### Consumer Information Message

As in the case with consuming other raw animal protein products, there is a risk associated with consuming raw oysters, clams and mussels. If you suffer from chronic illness of the liver, stomach, or blood, or have immune disorders, do not eat these products raw.

Once an oyster has been removed from its shell (shucked), the meat can be completely consumed. It is one of the few meats that can be eaten raw. Oysters harvested from approved waters, packed under sanitary conditions and properly refrigerated are usually safe for raw consumption by healthy individuals.

*Vibrio vulnificus* is found naturally in coastal waters. *Vibrio vulnificus* is NOT a result of pollution. However, for some people with certain health conditions, eating raw or undercooked oysters or clams can cause serious illness or even death from *Vibrio vulnificus*.

Cooking oysters to an internal temperature of 140° F or greater for 4-6 minutes destroys the common microorganisms of public health concern. This Coast cuisine can be eaten on the half-shell, fried, smoked, baked, roasted, broiled, sautéed, poached and steamed, and can be found in stew, soup, gumbo, dressing and seafood casseroles and on the menus of most local seafood restaurants.

*For more information about cooking and safety, please visit the Interstate Shellfish Sanitation Conference Web site at [www.issc.org](http://www.issc.org).*



*Shrimp Recipes*



### **Mississippi Gulf Shrimp with Orzo**

1/2 lb. Mississippi Gulf Shrimp  
1 c. uncooked orzo (orzo is a tiny pasta)  
1 diced tomato  
1 c. green onions  
4 oz. feta cheese, crumbled  
(tomato-basil feta cheese works well also)  
1 tbsp. lemon juice  
(Old Bay seasoning, optional)

Sauté shrimp in butter, garlic and basil until shrimp are pink (about 5 minutes).

Cook orzo for about 5 minutes (follow instructions on bag) and drain.

Add all other ingredients except shrimp. Mix well. Place in a foil bag (put shrimp on top of orzo mixture). Bake 350 degrees for 20 -25 minutes, until mixture is hot. Serve with French bread.

**Pat Daughdrill**  
**Administrative Services**



### **Mississippi Gulf Shrimp Stuffed Peppers**

- 1 lb. small Mississippi Gulf Shrimp, boiled and chopped
- 8 large bell peppers, cored, parboiled, cooled and set aside
- 1 large Spanish onion, sautéed until tender in stick of margarine
- 1 1/2 c. brown rice, boiled until almost tender with a stick of margarine
- 1 c. Spanish olives with pimentos, chopped
- 1 c. sharp cheddar cheese, shredded

Combine shrimp, rice, onion and olives; mix thoroughly. Add salt and pepper to taste. Stuff each pepper and sprinkle with shredded cheese. Place in a large baking dish and bake on 300 degrees until cheese is melted.

**Pat Daughdrill**  
**Administrative Services**



## **Mississippi Gulf Shrimp Kabobs**

Peeled uncooked Mississippi Gulf Shrimp—as many as you need

Herb and Garlic marinade (This is a 30-minute marinade.)

Mushrooms, one for each shrimp

Bell peppers (I use red and yellow for color.)

1 purple onion, cut into quarters

Marinate the shrimp and mushrooms for 30 minutes or more.

Put on skewers and grill until shrimp are pink and vegetables are done.

Use the leftover marinade to baste the kabobs.

**Linda St. Arnaud**  
**Administrative Services**



## **Mississippi Gulf Shrimp and Eggplant Casserole**

1 lb. Mississippi Gulf Shrimp, cleaned and peeled  
4 c. eggplant, peeled and cubed  
1 c. green bell pepper, diced  
1 c. onion, diced  
1 c. celery, diced  
2 cloves garlic, crushed  
2 c. rice, cooked  
1 tbsp. Worcestershire sauce  
2 tbsp. butter  
2 tsp. salt  
1/2 tsp. black pepper  
1/2 tsp. thyme  
3/4 c. mayonnaise  
1 c. bread crumbs

Sauté bell pepper, onion, celery, eggplant and garlic in butter. Add remaining ingredients and mix well, except bread crumbs. Place in a 2 qt. casserole dish, spread bread crumbs over the top and bake in preheated oven at 350 degrees for 45 minutes.

**Jan Boyd**  
**Coastal Ecology**



## **Mississippi Gulf Shrimp Quiche**

1 c. (or more) Mississippi Gulf Shrimp  
3 tbsp. green onions  
2 tbsp. butter  
3 tbsp. white wine or vermouth  
1 c. whipping cream  
3 eggs, beaten  
1 tsp. tomato paste

Melt butter and sauté onions until soft. Add shrimp, white wine or vermouth and cook until almost evaporated. Add shrimp mixture to remaining ingredients and pour into partially cooked pie shell. Bake at 350 degree for 25-30 minutes.

**Pat Daughdrill**  
**Administrative Services**



### **Quick Mississippi Gulf Shrimp Creole**

2 lbs. raw Mississippi Gulf Shrimp, shelled (weight is after shelling)  
1 c. bell pepper chopped  
1/2 c. onion chopped  
1/4 c. celery finely chopped  
1 tsp. minced garlic  
1 jar Prego Traditional tomato sauce (don't substitute brands)  
1 bay leaf  
6 slices bacon\*  
1 c. seasoned chicken stock  
Cayenne to taste  
3-4 tbsp. olive oil  
3-4 tbsp. flour (optional)

In a large heavy pot, cook bacon until crisp, when done remove and set aside. Reserve about 1 tablespoon of the drippings and add the first four ingredients sauté until soft, add shrimp and sauté until they begin to turn pink then add Prego, chicken stock, and bay leaf to mixture. Bring to a simmer and allow to cook 30 minutes. If thickening is needed, in a small skillet add the flour and olive oil to make a roux.

\* For a healthier version eliminate bacon and substitute olive oil to sauté.

**Roxanne Russell**  
**Management Operations**



## **Mississippi Gulf Shrimp Scampi**

2 lbs. Jumbo Mississippi Gulf Shrimp (4-5 per person)  
1/2 c. butter  
1/4 c. chopped parsley  
1 tsp. salt  
1/2 tsp. lemon peel  
Garlic powder  
2 tbsp. lemon juice

Preheat oven to 400 degrees. Peel shrimp, leaving tails on. De-vein and wash; drain on towels. Melt butter in 9-inch x 13-inch pan in oven. Add other ingredients except shrimp. Place shrimp in pan and turn once. Bake 5 minutes and turn again. Be sure parsley covers shrimp. Bake 8-10 minutes longer. Arrange shrimp on serving dish and pour sauce over.

**Pat Daughdrill**  
**Administrative Services**



### **Scarborough Fair Shrimp**

1 lb. shelled raw Mississippi Gulf Shrimp (the weight is after shelling)  
1 tsp. dried parsley  
1/8 tsp. dried sage (not ground)  
1/4 tsp. dried rosemary (not ground)  
1/8 tsp. thyme  
2 tbsp. olive oil  
KC Hickory BBQ sauce

Add first five ingredients to a skillet large enough to sauté all the shrimp at once. Turn heat on low and allow about 10-15 minutes for herb flavors to blend. Increase heat and add shrimp sauté until done. Remove and serve with the BBQ sauce for dipping. Variation: serve over rice or with steamed vegetables.

**Roxanne Russell**  
**Management Operation**



## **Biloxi Bay Potato Salad**

1 lb. small to medium boiled Mississippi Gulf Shrimp, cleaned and peeled  
6 to 8 medium potatoes, boiled (don't overcook)  
5 to 6 green onions, chopped  
2 stalks celery, finely chopped  
4 to 5 eggs, boiled and chopped  
1 c. sweet relish  
1 tbsp. prepared mustard  
1 c. salad dressing  
Cajun seasoning (to taste)  
Salt and pepper to taste

Boil potatoes whole, peel and cut into pieces, but not too small. Mix all ingredients and serve. Great served with gumbo.

**Irvin Jackson**  
**Directorate**



## **Jerry's Mississippi Gulf Shrimp Jambalaya Creole**

10 lbs. Mississippi Gulf Shrimp, cleaned and peeled  
6 onions, diced  
1 red bell pepper, diced  
1 green bell pepper, diced  
1 whole celery, cut up  
2 bunches green onions, cut up  
1 lb. bacon cut into small pieces  
2 lbs. smoked sausage, cut up  
10 lb. bag of chicken leg quarters  
Boil and de-bone chicken, save the stock. (Note: Use plenty of water when boiling because you will need 1 cup of stock for every cup of rice.)  
1 large can crushed tomatoes  
2 boxes 28 oz. Minute rice  
1/2 small can of paprika added for color

Brown sausage and cook the bacon (save the grease).

Add the peppers, celery and onions, sauté.

Measure the correct amount of stock, add chicken, sausage and shrimp and bring to a boil. Add remaining ingredients, then add the rice. (Don't stir too much). Let covered pot sit for 15 minutes for the rice to cook.

**Karen Carron**  
**Administrative Services**

*Recipe by Jerry Gill*



### **Mississippi Gulf Shrimp Spread/Dip**

1 1/2 lbs. fresh Mississippi Gulf Shrimp  
8 oz. cream cheese  
1 small onion  
2 boiled eggs  
Garlic salt, salt and pepper to taste  
Worcestershire sauce  
Mayonnaise  
Milk

Cream the cream cheese. Mince shrimp, onion and eggs really fine and add to cream cheese. Add garlic salt, Worcestershire sauce, and salt and pepper to taste. Add enough mayonnaise and milk for desired consistency. Use all mayonnaise for spread or less mayonnaise and more milk for dip.

**Pat Daughdrill**  
**Administrative Services**



## **Mississippi Gulf Shrimp Salad**

2 lbs. medium Mississippi Gulf Shrimp  
1 large bag elbow macaroni  
1 large green bell pepper  
1 bunch green onions  
4 stalks celery  
6 boiled eggs  
1 c. mayonnaise  
Salt, pepper or Nature's Seasoning

Boil and peel shrimp; dice. Cook noodles according to package directions. Finely dice bell pepper, onions and celery. Combine all of the above ingredients in a large bowl. Add mayonnaise and season to taste.

**Linda St. Arnaud**  
**Administrative Services**

*Recipe by Agnes Santa Cruz*



### **Mississippi Gulf Shrimp Diablo**

2 lbs. raw Mississippi Gulf Shrimp  
1/2 lb. fresh sliced mushrooms  
1 c. sliced celery  
2 tsp. chives  
1/2 tsp. ginger  
2 tsp. Season-all  
1/4 tsp. coarse ground black pepper  
1/4 c. brandy, heated  
1/2 c. butter  
12 cherry tomatoes  
1 tsp. parsley flakes  
1/4 tsp. tarragon leaves  
1 tsp. dry mustard  
1/4 tsp. garlic powder  
3 tbsp. lemon juice

Shell and de-vein shrimp. Melt butter in large skillet. Sauté mushrooms and celery for 3 minutes. Push to one side of skillet. Add raw shrimp and sprinkle with seasonings which have been mixed together. Sauté the shrimp, stirring 2 minutes. Add lemon juice. Combine shrimp and vegetables. Cover and simmer 5 minutes and transfer to chafing dish. Add tomatoes the last few minutes of cooking. Just before serving, flame with heated brandy. Nice over rice. Serves 4-6.

**Pat Daughdrill**  
**Administrative Services**



## **Mississippi Gulf Shrimp Pie**

3/4 lb. medium Mississippi Gulf Shrimp, cleaned and peeled  
1 tbsp. olive oil  
1 medium onion, chopped  
1 green pepper, chopped  
2 ribs celery, chopped  
1/2 tsp. each: dried thyme, salt  
Freshly ground pepper  
2 c. dried bread cubes, in 1/4-inch cubes  
1 c. corn kernels  
1/2 c. shredded Gruyère cheese  
4 eggs  
1/2 c. each: half & half, crushed tomatoes  
1/2 tsp. ground red pepper

Heat oven to 350 degrees. Heat oil in heavy skillet over medium heat: cook onion, green pepper and celery in skillet over medium heat until onion softens, about 3 minutes. Season with thyme, salt, pepper; set aside.

Line 10-inch greased deep pie pan with bread cubes; top with onion mixture, shrimp, corn and cheese; set aside.

Whisk together eggs, half & half, tomatoes, parsley and red pepper in large bowl; pour mixture over ingredients in pie pan. Bake until custard sets, about 35 minutes; let stand 5 minutes before cutting. Makes 8 servings.

**Linda McCarthy**  
**Administrative Services**



### **Mississippi Gulf Shrimp Etouffee**

5 lbs. Mississippi Gulf Shrimp, peeled, de-veined and chopped  
1 c. butter or margarine  
2 onions, chopped  
6 stalks celery, chopped  
3 tbsp. garlic, chopped  
4 tbsp. flour  
1 c. mushrooms, chopped  
3 tbsp. paprika  
Salt, black pepper, and red pepper flakes to taste

In a large skillet melt butter; sauté onions, celery and garlic. Stir in flour and cook slowly for 5 minutes. Add shrimp and cook for 20 minutes. Add 2-3 cups of water and mushrooms. Stir in paprika and seasoning. Cook for 30 minutes. Serve with hot French bread.

**Linda Bullard**  
**Directorate**



### **Mississippi Gulf Shrimp Filling for Puffs**

1 1/2 c. Mississippi Gulf Shrimp, coarsely chopped, boiled and de-veined

1 8 oz. pkg. cream cheese, softened

1/2 c. sour cream

Dash garlic powder

1 tbsp. lemon juice

1/4 c. mayonnaise

Beat sour cream, lemon juice, garlic powder and mayonnaise into cream cheese. Add shrimp. If it seems too heavy, add more mayonnaise or sour cream. Fill puffs at the last moment before serving.

Note: You can use the frozen cream puff shells.

**Pat Daughdrill**  
**Administrative Services**



### **Sugar Cane Wrapped Grilled Mississippi Gulf Shrimp**

1 lb. fresh Mississippi Gulf Shrimp, peel, de-vein, clean and blot dry  
1/4 lb. pork belly fat, diced  
2 egg whites  
1 tsp. sugar  
1/2 tsp. salt  
1/2 tsp. white pepper  
1 tbsp. corn starch  
1 foot of fresh sugar cane

Put shrimp in the freezer for 15 minutes  
Peel off the hard cover of the cane and cut into 4-inch sections, then quarter the sections.

Preparation: In a food processor, combine all ingredients except the sugar cane. Process for two minutes until all ingredients are ground. Thinly wrap the ground mixture around the cane sections. The thickness of the mixture should be approximately 1/2 inches. Grill over hot coals until the shrimp mixture turns pink.

Serve as an appetizer or as a salad when mixed with fresh herbs, bean sprouts, cucumber, rice noodles and black bean/pineapple/peanut dressing.

**Annie Nguyen**  
**Coastal Ecology**



### **Mississippi Gulf Shrimp and Artichoke Heart Linguine**

1 lb. medium Mississippi Gulf Shrimp  
1 lb. linguine (cooked according to package directions)  
1 1/2 tbsp. olive oil  
1/2 c. red onion, minced  
3/4 c. white wine  
1 1/2 c. heavy cream  
12 oz. can artichoke hearts, drained  
4 oz. can sliced mushrooms, drained  
1 1/2 oz. sun dried tomatoes, chopped  
3 tbsp. fresh lemon juice  
Garlic and Italian seasoning to taste  
Parmesan cheese for garnish

Sauté red onion in olive oil for one minute. Add white wine and lemon juice. Simmer mixture until it coats the back of a spoon. Add shrimp to mixture, cook until done. Add cream, artichoke hearts, mushrooms and sun dried tomatoes to mixture. Season with garlic and Italian seasoning to taste. Let mixture simmer two to three minutes. Serve over linguine, and garnish with grated Parmesan cheese.

**Jan Boyd**  
**Coastal Ecology**



### **Grilled Mississippi Gulf Shrimp Stuffed Chiles Rellenos**

1/2 lb. Mississippi Gulf Shrimp  
1 tbsp. Creole seasoning (see recipe below)  
1 tbsp. plus 2 tsp. olive oil  
1/2 c. chopped green onions  
2 tsp. minced garlic  
12 large fresh poblano or New Mexico chilies  
2 large ears of corn  
1/2 tsp. salt  
12 oz. Colby Jack cheese

Preheat a gas or charcoal grill. Season the shrimp with the Creole seasoning. In a medium, heavy skillet, heat 1 tbsp. of the oil over medium high heat. Add the green onions and garlic and sauté for 1 minute. Add the shrimp and sauté for 2 minutes. Remove from heat.

Char the chilies over the grill until blackened on all sides. Meanwhile, rub 1 tsp. olive oil on each ear of corn and sprinkle with salt. Grill the corn until cooked through, about 8 to 12 minutes. Remove the corn from the grill and let cool. Seal the chilies in a plastic or paper bag and let stand 10 minutes. Peel and seed the chilies, leaving the stem end intact, and set aside.

Cut corn from the cob and place the kernels in a mixing bowl. Add the shrimp tails, cheese and mix well. Form the mixture into 12 equal portions, about 3 tbsp. each, and stuff into the seeded chilies, pressing to close.

(continued on next page)



### **Grilled Mississippi Gulf Shrimp Stuffed Chiles Rellenos (cont.)**

Wrap the stuffed chilies in foil and place on the hot grill and cook, 3-5 minutes. Serve immediately with salsa and sour cream for dipping, as desired.

#### **Creole Seasoning:**

2 1/2 tbsp. paprika  
2 tbsp. salt  
2 tbsp. garlic powder  
1 tbsp. black pepper  
1 tbsp. onion powder  
1 tbsp. cayenne pepper  
1 tbsp. dried leaf oregano  
1 tbsp. dried thyme

**Jan Boyd**  
**Coastal Ecology**



ellenos (cont.)

### **Biloxi Butter**

1 lb. boiled Mississippi Gulf Shrimp (spicier the better)  
1 8 oz. block of cream cheese (room temperature)  
1/2 stick of butter or margarine (room temperature)  
Garlic powder to taste

Peel shrimp and finely chop.  
Mix all ingredients together.  
Use as a spread on your favorite crackers.

**Wesley Devers**  
**Marine Fisheries**



*Other Favorites*



### **Crawfish Fettuccini**

6 oz. fettuccini noodles cooked. Set aside.

1/2 c. butter

1 medium onion, chopped

1 medium bell pepper, chopped

Combine and cook for 15 minutes on medium to high heat.

1/8 c. flour

1 1/4 tbsp. parsley

1 lb. crawfish tails

Add to first mixture and cook for 15 minutes on medium heat.

5 oz. half & half

5 oz. Velveeta

3/4 tsp. jalapeno

1 clove garlic

Add to mixture and cook for 30 minutes on medium heat.

Salt and pepper to taste, also good with Cajun seasoning.

Pour mixture into noodles and mix together well. Pour into a 9-inch x 13-inch casserole dish and bake for 15 minutes at 350 degrees.

**Leslie Young**  
**Management Operations**



### **Mississippi Gulf Shrimp, Blue Crab and Eggplant Casserole**

1 lb. fresh small Mississippi Gulf Shrimp  
1 lb. Mississippi Blue Crabmeat  
2 medium or 4 small eggplants  
1 large onion, finely chopped  
1 tbsp. butter  
1 1/2 c. dry bread crumbs, divided  
2 eggs, well beaten  
1/4 tsp. Accent (MSG)  
1 tsp. crumbled dry oregano  
2 tbsp. chopped parsley  
1/2 tsp. salt  
1/4 tsp. white pepper  
Paprika  
4 tbsp. melted butter

Parboil eggplant until tender. Drain and cool. Partially cook shrimp until pink (2 min). Drain but save liquid. Sauté onion in butter. Set aside. Mix together: eggplant, mashed; shrimp, onion, and crabmeat, 1 cup bread crumbs, beaten eggs; Accent, oregano, parsley, salt and white pepper. Mix well, adding shrimp liquid if needed. Put in baking dish and sprinkle with remaining bread crumbs. Sprinkle with paprika and pour melted butter over all. Bake at 350 degrees for 35-45 minutes or until top is lightly browned. Makes about 4 servings. May be baked in individual ramekins. Freezes well. MSG can be omitted. Artificial crab may be used. A light sprinkle of cayenne pepper may be used.

**Pat Daughdrill**  
**Administrative Services**



### **Mississippi Seafood Artichoke Apollo**

Preheat oven to 350 degrees.

Prepare 2 boxes of Uncle Ben's Chicken Flavored Rice according to box directions.

Set cooked rice aside.

Drain and slice 2-3 6 oz. jars of artichoke hearts. Save artichoke liquid.

Finely chop 4-8 green onions

1/2 bell pepper (optional)

6-12 or more green and/or ripe olives (optional)

1/4- 1/2 c. thinly sliced celery (optional)

Add all ingredients, including reserved artichoke liquid to rice.

Stir in 1/2 c. mayonnaise, 1 c. lump Mississippi Blue Crabmeat and/or

1 c. small bite-size Mississippi Gulf Shrimp.

Season to taste.

Pour into lightly greased 8-inch x 11-inch serving/baking pan.

Sprinkle top with seasoned bread crumbs or try canned fried onion rings. Bake about 30 minutes or until thoroughly heated.

Garnish with parsley.

**Dorothy Daniel**  
**Human Resources**



### **Remoulade Sauce**

4 -5 tbsp. Dijon Country mustard (no substitutes)

1/2 c. mayonnaise

1 boiled egg, chopped

1/8 c. onion, finely chopped

1 tbsp. ketchup

1 tbsp. grated horseradish (not the mayonnaise type)

Mix all ingredients and serve over cooked Mississippi Gulf shrimp.

**Roxanne Russell**  
**Management Operations**



### **Mississippi Seafood Stuffed Onions**

Preheat oven to 350 degrees.  
Peel skin off 6 small to medium yellow onions (preferably Vidalia).  
Put large pot of water on stove to boil.  
Cut onions in half.  
Drop in boiling water until they turn clear—parboiled.  
Remove from water and drain.  
Remove center layers of onion and save for another recipe.  
Lightly spray oven baking dish with vegetable oil.  
Place onions cut side up in baking dish.

Mix together 2 c. Italian bread crumbs, 2 eggs, 1 c. cheese (I like cheddar), and 1 c. small Mississippi Gulf Shrimp and/or Mississippi Blue Crabmeat. If mixture is dry, add some of the water from cooking the onions. If mixture is wet, add more bread crumbs. Mix to a stuffing consistency. Fill cavity of each onion. Sprinkle with more bread crumbs, if desired. Place in oven until cooked, usually about 20-30 minutes. Remove from oven and sprinkle with more cheese.

Note: Try a similar variation using fresh tomatoes. Take core out of the tomato. Do not parboil. Stuff and heat until stuffing is cooked. Reduce temperature, if necessary. Decorate with a sprig of parsley atop each to give it a festive look. If you don't want to use a whole or half tomato, try a thick slice sprinkled with oregano, then add scoop of dressing, cheese and parsley. Heat.

**Dorothy Daniel**  
**Human Resources**



### **Mississippi Seafood and Eggplant Casserole**

Preheat oven to 350 degrees.

Lightly grease a casserole baking dish suitable for serving at the table.

Put pot of water on stove to boil.

Peel and cut up one or two large eggplants.

Place eggplant in boiling water.

Cook until soft.

Carefully drain, reserving liquid.

Place in mixing bowl and mash.

Add 1 c. cheddar cheese

1 c. finely chopped onions and celery

1 c. Italian bread crumbs

1 or 2 eggs

1 c. Mississippi Gulf Shrimp and/or 1 c. Mississippi Blue Crabmeat

Mix. If mixture is too dry, add some of the reserved liquid. If mixture is too soft, add more bread crumbs. Season to taste. Spread in baking dish. Sprinkle with bread crumbs. Bake until dressing consistency.

**Dorothy Daniel**  
**Human Resources**



### **Mississippi Gulf Coast Lasagna**

1 lb. medium Mississippi Gulf Shrimp  
1 lb. Mississippi Blue Crabmeat (remove all shell)  
1 lb. lasagna noodles  
2 c. white wine  
2 c. chicken broth  
6 tbsp. butter  
1/2 c. flour  
Salt and pepper to taste  
Dash of paprika  
2 tbsp. sherry wine  
2 lbs. sharp cheddar cheese, sliced

Cook lasagna according to package directions. Sauté seafood in chicken broth and wine for 3 to 5 minutes. Remove seafood and chop coarsely (reserve stock). In a saucepan, melt butter, add flour and seasonings, and cook, stirring for a few minutes. Stir in 2 cups of reserved stock and cook until thickened. Stir in chopped seafood and set aside.

In a greased lasagna pan, layer noodles, sliced cheddar cheese, and seafood mixture in that order, finishing with a layer of cheese. Bake at 375 degrees for 45 minutes. Let stand for 10 minutes before serving.

**Irvin Jackson**  
**Directorate**



## **Mississippi Fish and Crab Casserole**

1 lb. Mississippi White Trout fillets

### Crab Mixture:

1 lb. Mississippi Blue Crabmeat (remove all shell)

2/3 c. butter, melted

1 c. crushed herb seasoned stuffing mix

1 small can sliced mushrooms, drained

1 egg

2 tbsp. fresh parsley, chopped

1/4 tsp. salt

2 tbsp. lemon juice

1/4 tsp. hot pepper sauce

### Topping:

1/2 c. crackers, crushed

2 tbsp. butter

Place fish in casserole dish. Combine all crab mixture ingredients and spread evenly over fish. Combine topping ingredients and spread over all. Bake in oven for 30-35 minutes.

**Irvin Jackson**  
**Directorate**



### **Mississippi Blue Crab and Shrimp Quiche**

1 c. Mississippi Blue Crabmeat (remove all shell)  
1/2 c. Mississippi Gulf Shrimp, peeled  
1 pie shell  
1/2 lb. Swiss cheese (cut in strips)  
2 c. light cream (or half & half)  
4 eggs, beaten  
1 tbsp. flour  
1/2 tsp. salt  
Dash of pepper  
1/8 tsp. cayenne pepper  
1/4 tsp. nutmeg  
2 tbsp. butter, melted  
2 tbsp. sherry wine

Line pie shell with cheese. Cover with layer of crabmeat and shrimp.  
Combine cream, eggs, flour, salt, pepper, cayenne pepper, and nutmeg.  
Stir in melted butter and sherry. Beat well and pour over seafood. Bake  
at 375 degrees for 40 minutes or until golden brown. Let stand for 20  
minutes before serving.

**Irvin Jackson**  
**Directorate**



### **Fried Eggplant Casserole with Shrimp and Crab**

2 lbs. fresh Mississippi Gulf Shrimp, boiled and peeled  
1 lb. Mississippi Blue Crabmeat  
1 eggplant, peeled and sliced thin  
Cornmeal  
6-8 oz. Swiss cheese, sliced thin  
Cajun seasoning to taste

#### Sauce:

4 green onions, chopped  
2 stalks celery, chopped  
1 can stewed tomatoes  
2 small cans tomato sauce  
2 tbsp. butter or margarine

Boil shrimp in crab/shrimp boil, clean and peel. Peel and slice eggplant. Put eggplant in mixture of 2 eggs, milk, and water (mixture should be thin). Role eggplant in cornmeal seasoned with Cajun seasoning and fry in one inch of cooking oil.

Sauce: Sauté green onions and celery in butter/margarine until tender. Add stewed tomatoes and tomato sauce. Simmer approximately 20 minutes. Season to taste.

#### Assemble Casserole:

Coat medium-size baking dish with margarine. Layer fried eggplant, then shrimp and crabmeat, sauce and cheese. Sprinkle with Cajun seasoning. Repeat layers ending with cheese. Bake at 350 degrees for 30 minutes. Top with remaining sauce and cook 15 minutes more.

**Irvin Jackson**  
**Directorate**

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