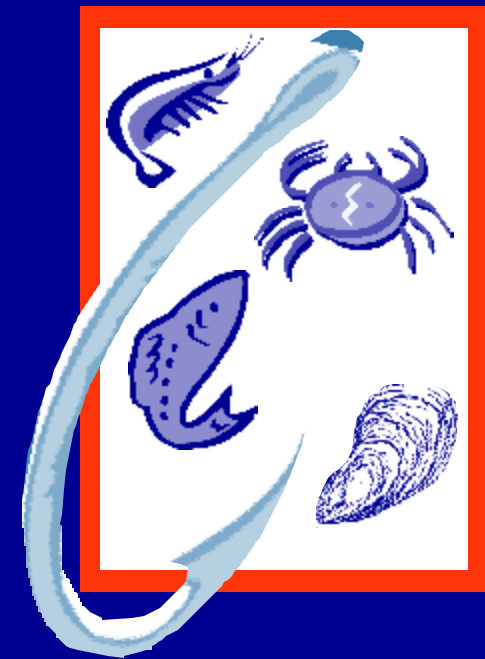


Seafood

South Mississippi Style



Get Hooked!



Mississippi Department of Marine Resources
1141 Bayview Avenue, Suite 101
Biloxi, Mississippi 39530
(228) 374-5000
<http://www.dmr.state.ms.us>



*Favorite Recipes of the
Mississippi Department
of Marine Resources*



Jambalaya Jeff

- 1 pkg. hot sausage (typically 3 links)
- 3-4 c. cleaned Mississippi Gulf shrimp
- 2 or 3 celery sticks, cleaned and chopped
- 1 bell pepper, chopped
- 1 large onion, chopped
- 2 fresh tomatoes, chopped
- 2 cans stewed tomatoes
- 3 c. rice
- 5 1/2 c. water
- 4 tbsp. Cajun spices

Cut everything up, except shrimp and put into large pot. Bring to boil and simmer 35-50 minutes until desired consistency. Add shrimp towards the end of cooking time. Stir and continue cooking until the shrimp is done. Serve with crusty French bread. Serves 8.

Jeff Clark
Coastal Ecology

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 South Mississippi Style” (September 2000) is a publication of the Mississippi Department of Marine Resources, funded through the Mississippi Seafood Marketing Program.



Shrimp and Crab Casserole

1 lb. cooked Mississippi Gulf shrimp
1 lb. Mississippi Gulf white lump crab meat
1 c. mayo
1/2 c. bell pepper, finely chopped
1/2 c. onion, finely chopped
1/2 c. celery, finely chopped
1/2 tsp. salt
1/4 tsp. pepper
1 tsp. Worcestershire sauce
1 tsp. paprika
1/2 c. seasoned or battered bread crumbs

Cook shrimp in microwave. Place bell pepper, onion and celery in a 2-cup measuring cup. Cover with wax paper and cook on high for two minutes. Combine all ingredients. Sprinkle top with bread crumbs. Heat on high in microwave for 6-8 minutes. Turn once at 1/2 time.

Tina Shumate
Coastal Ecology



Seafood Casserole

- 1 lb. Mississippi Gulf shrimp (boiled and peeled)
- 1 lb. Mississippi Gulf crab meat
- 1 c. mayonnaise
- 1 tbsp. sherry
- 1 tbsp. Worcestershire sauce
- 1/2 tsp. dry mustard
- 4 green onions, chopped
- 8 oz. fresh spinach
- 8 oz. mushrooms, sliced
- 8 oz. Swiss cheese
- 1 1/2 pack Ritz crackers, crushed
- 1 stick butter, melted

Line greased baking dish (9 x 13) with fresh spinach. Mix shrimp, crab, onions, mayo, sherry, dry mustard and Worcestershire sauce. Put mixture on top of spinach. Slice cheese and put on top of mixture. Next, cover with sliced mushrooms. Melt butter and mix with crushed crackers. Spread cracker mixture over mushrooms, and bake at 350 degrees for 30-40 minutes.

Irvin Jackson
Management Operations



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 Act**
- **Geographical Information Systems and Data Management**
- **Wetlands Permitting and Federal Consistency**
- **Dredging and Beach Renourishment**



Seafood Gumbo

6 chicken leg quarters
2 lbs. smoky sausage
1 whole stalk celery (diced)
1 large bell pepper
1 large onion
1 can diced tomatoes
1 can diced rotel (hot)
One 6 oz. can tomato paste
5 lbs. unpeeled Mississippi Gulf shrimp
1 lb. Mississippi Gulf claw crab meat
2 cans chicken giblet gravy
File
Tabasco to taste
Salt and pepper to taste
1 bag of cut okra
1 1/2 to 2 c. flour
Roux (see below)

(Roux) Use cast iron pan if possible. Add 3/4 c. oil. Heat oil until hot. Add 1 1/2 to 2 c. flour to oil. Stir constantly until real good and brown. Let cool.

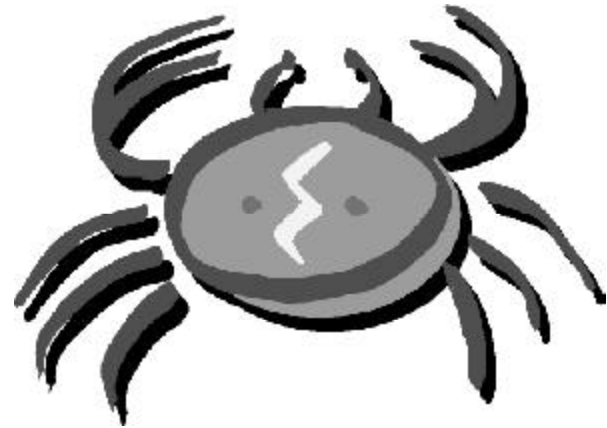
Cut okra into small pieces. Put 1 tbsp. oil in pan. Saute okra for a few minutes. In large broiler pot, add chicken and cover with water. Add sausage, celery, onion, bell pepper, tomatoes, rotel and paste. Boil until chicken is tender, and add okra. Remove chicken, let cool and debone. Cut the chicken into small bite-sized pieces. Add giblet gravy and cooled roux to the pot, stirring while adding. Let simmer 30 minutes, stirring often. Add peeled shrimp, crab meat and chicken. Cook 15 minutes. Add file to taste. Serve over rice.

Linda McCarthy
Administrative Services

constantly stirring. When mixture is completely blended, turn heat off and set aside.

Bring hen stock to a boil; slowly add roux mixture, stirring constantly. The roux will thicken the stock, more water can be added until you reach the liquid consistency you prefer. Add seasonings and cooked meat and cook on medium heat for 30-45 minutes. The final step is to add the oysters and the file. Add oysters, with oyster liquor if possible. More water can be added if mixture becomes too thick. Add salt, pepper and filet. Cook on low heat for an additional 30 minutes.

Sherry Edwards
Administrative Services



Crab Recipes



Papa's Christmas Gumbo

Seasoning:

2 large onions
1 celery stalk
2 large bell peppers
1 clove garlic
2 green onions
1/4 c. file
salt and pepper to taste

Roux:

3/4 c. plain flour
1/3 c. vegetable oil

Meat:

1 large baking hen
2 pints Mississippi Gulf oysters
1 1/2 lb. ham
1 1/2 lb. Cajun sausage (andouille is best)

The secret to cooking this gumbo is time, and a lot of it. The day before, cut seasonings, onions, celery, bell peppers, garlic and green onions. Put hen in a large gumbo pot and cover with water (3-4 inches over chicken). Cook on a slow boil until tender, usually 4-5 hours. Remove chicken and reserve liquid chicken stock. If you are planning to complete the recipe the following day, put chicken and liquid in refrigerator.

In a frying pan, cook seasonings slowly until tender and set aside. Chop meat, cooked hen, ham and sausage and fry slowly for about 10 minutes and set aside.

Make roux by putting flour in a frying pan with deep sides on very low heat. Stir the flour constantly with spatula to prevent scorching. When flour is golden brown, add cooking oil slowly,



Biloxi Crab Cakes

1 lb. Mississippi Gulf jumbo lump or backfin crab meat
3 slices white bread
1 tbsp. mayonnaise (light)
1 tbsp. Dijon mustard
2 tsp. Old Bay seasonings
1 tbsp. snipped parsley (optional)
1 egg
Vegetable oil (for frying)
Tartar sauce, mustard or cocktail sauce

Beat the egg in a bowl. Remove the crusts from the bread and break the slices into small pieces. Add to the egg. Mix in the mayonnaise, Dijon mustard, Old Bay seasonings and parsley. Beat well. Place the crab meat in a bowl and pour the egg mixture over the top. Gently toss or fold the ingredients together, taking care not to break up the lumps of crab meat. Form the cakes by hand or with an ice cream scoop into 8 mounded rounds about 3 inches in diameter and 3/4-inch thick. Do not pack the mixture too firmly. The cakes should be as loose as possible, yet still hold their shape. Place the cakes on a tray or platter covered with wax paper. Cover and refrigerate for at least one hour before cooking.

Pour oil into a heavy skillet to a depth of about 1 1/2 inches. Heat the oil and fry the crab cakes, a few at a time, until golden brown (about 4 minutes on each side). Remove with a slotted utensil to paper towels to drain.

Or broil the cakes: Slip them under a preheated broiler until nicely browned, turning to cook evenly, about 4 to 5 minutes each side. **Or saute:** Heat a small amount of clarified butter or olive oil, or a combination, in a skillet and saute the cakes, turning several times, until golden brown, about 8 minutes total cooking time. Serve at once, with tartar sauce, mustard or cocktail sauce on the side. Serves 6.

**Iris Lofland
Marine Fisheries**



Crab Meat Quiche

- 1 c. sour cream
- 1 c. coarsely shredded Swiss cheese
- 3 eggs, slightly beaten
- 1/4 tsp. Worcestershire sauce
- 3/4 tsp. salt
- 1 c. flaked fresh Mississippi Gulf crab meat **or**
- 1 small can crab meat drained and flaked
- 1 c. uncooked rice
- 1 9-inch pastry shell (pre-baked for 10 minutes)
- 1 3-1/2 oz. can French fried onions

Combine sour cream, eggs, Worcestershire sauce and salt. Stir in cheese, crab meat, rice and onion. Pour into pastry shell. Bake 55-60 minutes in 300 degree oven or until custard is set and knife inserted in middle comes out clean. Serve hot. Serve as an appetizer. Serves 8.

Marcia Garcia
Coastal Ecology



Other Favorites



Shrimp Etouffee

1 lb. peeled Mississippi Gulf shrimp
1 chopped onion
1 chopped bell pepper
1/2 clove garlic
1 stick of butter
1 can of cream of mushroom soup
Paprika
Seasoning to taste
Your favorite rice

First, cook the rice. Then, melt stick of butter in medium sauce pan. Add chopped onion, chopped bell pepper and minced garlic. Saute on medium heat for about 30 minutes. Add a teaspoon of paprika and season to taste (with every other spice in the cabinet). Add cream of mushroom soup and one cup of water. On medium heat, stir occasionally until the sauce turns brown. You can add flour or water to thicken or thin the consistency. Again, add teaspoon of paprika, and season to taste. Once you have a good brown sauce, turn up heat to med./high, and throw in shrimp. When shrimp are cooked, turn off heat, cover and let stand for about 10 minutes. Serve over cooked rice.

Jude LeDoux
Marine Fisheries



Stuffed Mushrooms with Crab Meat

12 medium mushrooms (shucked and cleaned)
1 tbsp. minced onions
1 tbsp. minced celery
1 c. Mississippi Gulf crab meat
1/4 c. mayonnaise
salt to taste
white pepper to taste
paprika

Combine the onions, celery, crab meat, mayonnaise, salt and pepper to make the crab meat filling.

Remove stems off the mushrooms and fill the crab mixture into the mushroom caps. Bake mushrooms at 350 degrees for 5-10 minutes. Top with hollandaise sauce and finish for one minute in the oven. Sprinkle paprika over the mushrooms for presentation.

Kathreen Bosico
Coastal Ecology



Crab Bisque

1 tsp. finely chopped onion
2 tbsp. butter, not margarine
Sprig of parsley
1 1/2 to 2 cups finely chopped Mississippi Gulf crab meat
2 tbsp. flour
2 c. half and half
2 c. chicken broth or stock
salt
cayenne pepper

In heavy saucepan, melt butter over low heat. Add onion and parsley and cook slowly until onion is yellow. Add crab meat and cook, stirring slowly for about 5 minutes. Stir in flour. Add chicken stock. Simmer for 20 minutes and remove parsley. Add half and half and heat slowly. Make sure not to boil. Season with salt and cayenne. Great with garlic bread and salad. Serves 4-6.

Marcia Garcia
Coastal Ecology



Shrimp Spaghetti

Two 14.5 oz. cans diced tomatoes
Two 8 oz. cans tomato sauce
One 10 oz. can diced Rotel and green chilies
1 medium sized jar Prego spaghetti sauce
5 lbs. unpeeled Mississippi Gulf shrimp
1/2 lb. salt meat (cut small)
1 large onion
1 medium bell pepper
1 tsp. chopped garlic
1 tsp. sugar
1/2 c. water (more or less)
Salt and pepper to taste
Tabasco to taste
2 tbsp. oil

Peel shrimp. Add all ingredients from cans in large sauce pan. Cut salt meat in small pieces and fry in oil until light brown. Add onions, and saute for about 2 minutes. Add to sauce, and cook for about 1 hour. Then, add shrimp, and cook 30 minutes longer. Serve over your favorite pasta.

Linda McCarthy
Administrative Services



Rotel Shrimp/Chicken

- 1 small whole chicken or pieces to equal (boiled and deboned). Save broth
- 1 1/2 to 2 lbs. peeled Mississippi Gulf shrimp
- One 8 oz. pack thin spaghetti (cooked and drained)
- 1 can cream of mushroom soup
- 2 cans Rotel diced tomatoes
- 1 small can sliced mushrooms (drained)
- 1 small can English peas (drained)
- 1 small onion (diced)
- 3 stalks celery (cut small)
- 12 oz. bag mild cheddar cheese

Mix all ingredients together in a large baking pan. Bake for 30-45 minutes at 350 degrees. Remove from oven, top with the cheddar cheese, let cheese melt and serve.

Linda McCarthy
Administrative Services



Crab Meat Dip

- 1 stick butter
- 1 small bunch green onions, chopped
- 1 pt. cream
- 1/2 c. parsley, chopped
- 2 tbsp. flour
- Salt and pepper
- 1/2 lb. Swiss cheese, grated
- 1 tbsp. sherry
- 1 lb. white Mississippi Gulf crab meat

Melt butter in heavy pot and saute onions and parsley. Blend in flour, cream and cheese until cheese is melted. Add other ingredients, and gently fold in crab meat.

Pat Daughdrill
Administrative Services



Crab Lasagna

1 box of lasagna noodles
1 tbsp. oil
pinch of salt
2 c. Mississippi Gulf crab meat
2 cans cream of shrimp soup
1 c. chopped onion
2 c. cream style cottage cheese
1 beaten egg
1 tsp. salt
1/2 tsp. pepper
Fresh tomato slices
1 c. shredded cheddar cheese

Cook noodles in boiling salted water with oil added. Mix the crab meat and soup, heat and set aside. Mix onion, cheese, egg and spices in separate bowl. Grease 9 x 13 pan. Layer noodles, 1/2 cheese mixture, noodles, all shrimp and crab meat mixture, noodles and rest of cheese mixture. Bake 350 degrees for 50-55 minutes. Remove from oven and sprinkle with one cup cheddar cheese. Add fresh tomato slices. Return to oven until cheese is well melted. Let stand 5-10 minutes before cutting. Can be made the day before, but do not put tomatoes on until ready to serve. Serves 12.

Marcia Garcia
Coastal Ecology



Shrimp Dip

1 lb. Mississippi Gulf shrimp (boiled, peeled and chopped)
2 tbsp. chopped green onions
8 oz. Philadelphia cream cheese
1 c. mayonnaise
1/2 tsp. garlic powder
1 tsp. Worcestershire sauce
1 tsp. Tabasco

Mix all of the above and serve with crackers or bread.

Michaela Hill
Tidelands Office



Shrimp Creole

5 lb. Mississippi Gulf shrimp, cleaned and deveined
1/2 c. butter (1 stick)
2/3 c. flour
2 (14-oz.) cans tomato sauce with tomato bits
2 1/2 c. chopped onion
1 large bell pepper (chopped)
1 c. chopped celery
3 1/2 c. hot water
1 tsp. dried thyme
2 bay leaves
4 tsp. sugar
2 cloves garlic, minced
4 tsp. salt
2 tsp. cayenne pepper
1 tsp. black pepper
Dash of Tabasco sauce
1/4 c. chopped parsley
Hot cooked rice

Saute shrimp in butter in a large skillet for 5 minutes or until pink. Remove shrimp from pan; add flour and brown lightly; add onion, bell pepper and celery, and saute until tender, about 5 minutes. Add tomato sauce, water, thyme, bay leaf, sugar, garlic, salt, peppers and Tabasco sauce. Stir well and simmer, covered, for 30 minutes, stirring occasionally. Add shrimp and cook 10 minutes longer. Add parsley just before serving. Serve over hot rice. Serves 12-15.

Corky Perret
Marine Fisheries Director



Fish Recipes



Shrimp and Artichoke Heart Linguine

1 lb. linguine
1 1/2 tbsp. olive oil
1/2 c. red onion (minced)
3/4 c. white wine
1 lb. medium Mississippi Gulf shrimp
1 1/2 c. heavy cream
12 oz. marinated artichoke hearts, drained
4 oz. sliced mushrooms, drained
1 1/2 oz. sun dried tomatoes, chopped
3 tbsp. fresh lemon juice

Boil four quarts of water for each pound of dry linguine; add 1 tbsp. olive oil and 1 tsp. of salt, if desired. Add linguine and slowly return to a boil. Cook, uncovered, approximately 10-12 minutes, or until tender, stirring occasionally. Avoid overcooking. Remove from heat and drain.

Saute red onion in the olive oil and let cook for 1 minute. Add white wine and lemon juice, simmer mixture until it coats the back of a spoon. Add shrimp and cook until it is done. Add cream, artichoke hearts, mushrooms and sun dried tomatoes. Season with garlic and Italian seasoning to taste. Let simmer for another 2-3 minutes. Serve over linguine and garnish with freshly grated Parmesan cheese. Serves 6-8.

Jan Boyd
Coastal Ecology



Leah's Meatless Pasta

- 2 leeks, chopped
- 1 bundle of scallions, chopped
- 10-12 spears asparagus, chopped in quarters
- 8 oz. button mushrooms, quartered

Saute ingredients in 2 tbsp. olive oil. Add salt and pepper to taste. Add 1/2 c. white wine to finish. Serve over angel hair pasta.

Can add grilled or sauteed Mississippi Gulf shrimp.

Leah Bray
Coastal Ecology



Red Fish Court bouillon

- 1 Mississippi Gulf Red Fish
- 1 large or 2 small cans Tomato Paste
- 1 large can stewed tomatoes
- 1 large or 2 small cans tomato sauce
- 1 large green (bell) pepper
- 2 stalks celery
- 1 large onion
- 1/2 c. dried parsley flakes
- 2 tbsp. garlic powder, or 3 may be added
- 2 tbsp. onion powder
- 1/2 c. sugar
- Salt and pepper to taste
- 1/2 c. Mazola or Crisco oil
- About 2 c. water, more or less

COOK over medium heat. In large saucepan, add onions, celery, green pepper and oil. Ingredients must just start to get clear. Then, add tomato paste, sauce, tomatoes and water. Then, add sugar, salt and pepper to taste. Add garlic powder, onion powder, parsley flakes and cook about one hour on low, just a slow bubbly boil.

Cut all red off the fish. Then, put the fish in large and deep baking pan, salt and pepper the fish, put some potatoes around this, add sauce that has already been cooking over this. Bake 2 1/2 to 3 hours at 375 degrees.

Remaining sauce may be frozen for spaghetti or for some more fish later. Sauce will keep a long time.

Linda McCarthy
Administrative Services



Greek Style Red Snapper

- 2 lbs. Mississippi Gulf Red Snapper fillets
- 1 large red onion, thinly sliced
- 2 tsp. oregano leaves
- 4 tbsp. lemon juice
- 1 large tomato, cored and chopped
- 1/2 c. crumbled Feta or Blue cheese

Place fish in a lightly oiled baking dish. Lay onions over fish and sprinkle with oregano and lemon juice. Mix together parsley and tomatoes and spread over fish. Then, sprinkle with cheese. Cover tightly with foil and place in a preheated 350-degree oven for 25 to 30 minutes or until fish flakes easily with a fork. Serves 4.

Barbara Synowicz
Coastal Ecology



Shrimp and Pea Salad

- 1 c. fresh boiled Mississippi Gulf shrimp, chopped OR
- 1 can shrimp pieces
- 1 can small green peas, drained
- 1/2 small onion, minced
- 1 c. chopped, mild cheddar cheese
- 2 heaping tbsp. mayonnaise

Combine all ingredients, and add salt and pepper to taste. Great served on bed of lettuce. Garnish with red pepper or pimiento. Serves 4.

Marcia Garcia
Coastal Ecology



Eggplant Casserole with Shrimp

- 1 lb. Mississippi Gulf shrimp (boiled and peeled)
- 3 eggplants, peeled and diced
- 4 green onions, chopped
- 1 yellow onion, chopped
- 2 stalks celery
- 8 oz. cheddar cheese, cubed
- 1 can cream of chicken soup
- 8 oz. ham, diced
- 2 eggs
- 1 1/2 packs Ritz crackers, crushed

Boil eggplant and drain. Saute onions and celery. Mix all ingredients, salt and pepper to taste. Bake at 350 degrees for 45-60 minutes.

Irvin Jackson
Management Operations



Basic Charcoal Broiled Fish

- 6 Mississippi Gulf fish steaks
- 1/2 c. melted butter
- 1 tsp. pepper
- Juice of one large lemon
- 2 tbsp. Worcestershire sauce
- 1 tsp. soy sauce
- 1 tsp. garlic powder

Skin the fish and cut into steaks about 1 to 1 1/2 inches in thickness. Then prepare a basting sauce of butter, Worcestershire sauce, pepper, lemon juice, garlic powder and soy sauce. Broil slowly over a low charcoal fire, brushing often with the marinade.

This recipe is great for preparing king mackerel, cobia (lemonfish) or shark.

Dr. Fred Deegen
Deputy Director



Red Fish Court bouillon

- 2 large Mississippi Gulf red fish fillets (or any firm fish)
- 1/2 tsp. black pepper
- 1/4 tsp. cayenne pepper
- 1 c. onions, chopped fine for real Cajun flavor
- 1/2 c. celery, chopped fine
- 2 garlic cloves, minced
- 3 large tomatoes, peeled and quartered (or 1 lb. can of tomatoes)
- 1/3 c. butter
- 1/3 c. flour
- 3 c. water
- 1 tsp. salt
- 2 c. rice (cooked), hot

In a deep skillet or dutch oven, mix the butter and flour together over low heat to form a roux (a thick, smooth, bubbly mixture). Add the onions, celery and garlic, and saute until tender. Add the tomatoes, salt, pepper, cayenne and water. Simmer, covered for 20-30 minutes. Add fillets and cook until tender and flaky, 15-20 minutes. Serve on a bed or rice. Serves 4.

The amount of cayenne used here is set for a mildly hot taste. It can be increased up to a full teaspoon for the full nuclear version!

Russell Doucet
Administrative Services



Shrimp Jambalaya

- 1/2 stick oleo
- 1 onion
- 1/2 bell pepper
- 1 bulbgarlic
- green onions
- parsley
- 1/2 lb. ham or sausage
- 8 oz. chicken broth
- 1 can stewed tomatoes
- 1 small can mushrooms
- 1 small bottle pimientos
- salt and pepper
- 1 lb. Mississippi Gulf shrimp
- 1 c. Uncle Ben's Rice

Use black iron pot. Bring water to a boil, adding all ingredients. Put heat as low as it will go. Cover pot, and cook 30-45 minutes. Don't open pot.

Corky Perret
Marine Fisheries Director



Spicy Italian Barbecue Shrimp

2 sticks butter
2 lbs. Mississippi Gulf shrimp (in shells)
1 onion, sliced
1 c. celery
1/2 tsp. red pepper
1 tbsp. dried Italian dressing
1 tsp. Tabasco sauce
3 lemons, sliced
2 tbsp. Worcestershire sauce
1/4 c. sherry
salt and pepper

Melt butter, add shrimp in shells and cook on medium heat on stove until shrimp turn pink. Add all other ingredients and cook until shrimp loosen from shell (about 10 minutes). Do not over-cook. Serve with hot French bread. Serves 6.

Jan Boyd
Coastal Ecology



Roger's Fish for Any Occasion

1 or 2 Mississippi Gulf fish fillets (grouper, mullet or trout)
lemon slices
lemon-pepper seasoning

Place the fillets on aluminum foil. Cover with lemon slices. Sprinkle fillets with lemon-pepper seasoning. Seal foil and bake in 350-degree oven for about 30 minutes. Serves 2-4, depending on size of the fillets.

This is also good cooked on the grill!

Roger Colwell
Administrative Services



Snapper and Grouper Marinade

Mississippi Gulf Snapper and Grouper

1/4 c. olive oil

1/4 c. fresh squeezed lemon juice or 1/2 c. balsamic vinegar

2 tbsp. soy sauce

* also good with the following combination:

2 tbsp. olive oil

2 tbsp. lemon juice

2 tbsp. soy sauce

Marinate fish for 30 minutes. Place fish in grilling cage. On gas grill, cook 11 minutes on low. Flip and cook 11 minutes on the other side. Delicious!

Peter Hoar

Grand Bay National Estuarine Research Reserve



Acadian Peppered Shrimp

4 lbs. medium or large Mississippi Gulf shrimp (in the shells)

1 lb. butter

1/2 c. lemon juice

2 tsp. fresh basil, chopped

2 tsp. cayenne pepper

2 tsp. fresh oregano, chopped

5 garlic cloves, minced

1 bay leaf, crumbled

1/2 c. black pepper, finely ground

1 pinch of salt

Melt butter in a large deep dish frying pan or iron skillet over low heat. When melted, raise the heat and add all ingredients except the shrimp. Cook until browned to a rich mahogany color, about 8-12 minutes. Add the shrimp, stirring and turning to coat well with the seasoned butter. Cook until the shrimp have turned a rich deep pink, about 6-8 minutes. Serve the shrimp in their shells, peeling them at the table.

Tim Blocker
Coastal Ecology



Eggplant and Shrimp

2 medium to large eggplants
2 lb. small peeled Mississippi Gulf shrimp
1 box seasoned bread crumbs
1 box unseasoned bread crumbs
1/2 pack of saltine crackers (crushed)
2 medium onions
1 large green (bell) pepper
5 stalks celery
5 cloves garlic
salt and pepper to taste
cayenne pepper to taste

Peel and boil eggplant until tender. Drain really well and mash with a clean hand. Cut up onion, green pepper and celery into chopped-like size (small), put into sauce pan, cover with water and cook until tender. Add garlic and shrimp, and cook 5 more minutes. Place bread crumbs and crackers in a large baking dish; add mashed eggplant, other seasonings and shrimp to bread crumbs. Use as much liquid from seasonings on bread crumbs until it's good and moist. Add a little more water if needed. Add cayenne now if desired. Bake at 350 degrees for about 1 to 1 1/2 hour until golden brown on top.

Linda McCarthy
Administrative Services



Smoked Fresh Salmon

1-2 lbs. fillet of fresh salmon
1 pkg. fresh baby dill weed
2 tbsp. large grain sea salt
1 tbsp. garlic powder
1/2 tbsp. rosemary
1/2 tbsp. fresh ground pepper

To prepare: Completely wash the salmon fillet. Lightly oil a piece of aluminum foil and place the salmon skin side down on the foil. Rub in sea salt, being careful not to tear the meat of the salmon. Sprinkle garlic, rosemary and pepper evenly over the fillet. (Measurement amounts are approximate, so use more or less as your tastes dictate.) Chop the dill weed and remove the large stems. Sprinkle fresh dill over the salmon. (Dill will have a somewhat strong flavor, so don't overdo it!)

To smoke: It is preferred that smoking be done over an indirect heat source (like a Pit Master Deluxe Smoker Grill), but if this is not possible, set your grill to its highest rack setting, and use low heat (no more than 175 degrees). Place large dry hickory chunks over the coals. (Remember, these will also produce heat.) It is recommended that fish be smoked using hickory wood, as most other woods will leave a somewhat bitter aftertaste in the fish. Once the wood is smoking (a fairly heavy smoke for the first 45-60 minutes), place the salmon on the grill and cover the grill to capture the smoke. Average cooking (smoking) time is 3 hours per pound at 150 degrees. Salmon is done when the meat is a nice golden brown and flakes with a fork without excessive moisture in the meat. Be careful not to overcook the salmon, as it will get too dry! Once it's done, remove from grill and serve either hot or cold.

Terry Owens
Management Operations



Grandma's Salmon Cakes

1 can pink salmon, drained well
2 eggs
flour
cooking oil

Mix egg with salmon in a medium-sized bowl. Put flour into another bowl. Put one large spoonful of salmon mixture into floured hand. Sprinkle flour on the mixture with other hand and gently pat, forming a cake, coating lightly with flour on both sides. Drop into hot cooking oil. Cook until brown on both sides. Drain on paper towels and serve. Serves 2.

Susan Perkins
Management Operations



Shrimp Quiche

1 deep dish pie crust
9 oz. boiled, seasoned Mississippi Gulf shrimp
1 1/4 c. grated Swiss cheese
1/4 c. finely chopped onion
3 eggs, beaten
1 tbsp. lemon juice
1 tsp. chives
3/4 tsp. garlic salt
1 tsp. salt
1/8 tsp. pepper
1 1/4 c. evaporated milk

Boil small shrimp in crab/shrimp boil; peel and set aside. Preheat oven to 450 degrees, and follow directions on pie crust package for thawing. Prick bottom of pie crust with fork. Bake on a cookie sheet for approximately 5 minutes. Remove crust from oven. Distribute shrimp over bottom of pie crust. Sprinkle cheese and onions liberally over shrimp. Beat together eggs, milk, lemon juice and seasonings. Pour mixture over shrimp and return to oven for 15 minutes. Reduce oven to 350 degrees and bake until top is golden brown. Mmm....good. Serves 4.

Dr. Fred Deegen
Deputy Director



Salmon Loaf

1 large can pink salmon (drain, remove bones and skin)

3 eggs

Salt and pepper to taste

Tabasco sauce to taste

1 small onion (chopped)

Italian bread crumbs

Mix salmon, eggs, onion and bread crumbs until firm (loaf-like).
Bake at 350 degrees for 30 minutes. You can also put into patties
and fry in oil.

Linda McCarthy
Administrative Services



Speckled Trout Almondine

3 whole Mississippi Gulf speckled trout or 6 fillets
1/2 lb. sliced almonds
2 tbsp. butter
juice of 1/2 lemon
milk
onion

Soak the fish in small quantity of milk which has been seasoned with salt, pepper and about 1 tsp. of onion, scraped. After soaking, the fish should be rolled in flour and fried in deep fat.

Brown almonds in the melted butter until they are golden brown. Add the lemon juice to the butter sauce just before serving, spooning some of the almonds over individual servings of the fish.

Corky Perret
Marine Fisheries Director



Shrimp Recipes



Angels on Horseback

Drain and dry 24 Mississippi Gulf oysters. Wrap each oyster in 1/2 slice of raw bacon, and fasten with a toothpick. Dust with salt, pepper and paprika to taste. Brown very quickly on all sides in a hot frying pan or a chafing dish, or under the flame of the broiling oven. Serve on small rounds of buttered brown bread.

For oyster club sandwich, serve three Angels on Horseback on a slice of buttered toast.

Scott Gordon
Shellfish Coordinator



Oyster Recipes



Italian Oysters

1 doz. Mississippi Gulf oysters
3/4 c. oil
2 cloves garlic
1 c. Italian bread crumbs
4 tbsp. melted butter or oleo
2 tbsp. lemon juice
2 tsp. Worcestershire sauce or steak sauce
grated Parmesan cheese

Butter a 9-inch pie plate. Drain oysters. Put oil in a dish and squeeze garlic into oil. Dip oysters into oil, roll in bread crumbs and place in buttered pie plate. Dribble melted butter, lemon juice and Worcestershire sauce over top and then sprinkle with Parmesan cheese. Bake in 450-degree oven for 15-20 minutes. Serves 2.

Corky Perret
Marine Fisheries Director



Oysters Rockefeller

8 medium Mississippi Gulf oysters (shucked and cleaned)
3 strips diced bacon
2 tbsp. diced onions
1/4 lb. spinach leaves
1/4 cream sauce
salt to taste
white pepper to taste
pinch of nutmeg

Cream sauce:

Flour as needed
1 c. milk (or half and half)
1 stick melted butter

Add flour and milk to melted butter, mixing these ingredients until a creamy texture is reached.

Saute bacon in a sauce pan until crispy, add onions and cook until tender. Add spinach and other ingredients to make your spinach filling. Place the spinach mixture in the shell. Top with the oysters and bake at 350 degrees for 5-10 minutes. Top with hollandaise sauce and finish for 1 minute in the oven. Sprinkle paprika over the oysters before serving.

Kathreen Bosico
Coastal Ecology



Marinated Oysters

2 doz. Mississippi Gulf oysters and their liquor
1/4 c. wine vinegar
1/4 c. shallots, minced
1 tsp. freshly cracked pepper
1 tbsp. Tabasco
1/4 c. tomato, chopped
1 tbsp. fresh coriander (cilantro or dill or parsley, or 1 tsp. dill weed)
1/4 c. virgin olive oil

Put oysters in a glass bowl. Mix vinegar and shallots, pepper, tomato, Tabasco and herbs thoroughly. Drizzle in oil and pour over oysters. Chill thoroughly and serve.

Corky Perret
Marine Fisheries Director



Oysters Snookie

Wash and drain Mississippi Gulf oysters. Dry thoroughly with a paper towel. Place oysters very close together in a buttered casserole dish.

Add the following ingredients:

Worcestershire sauce (generously)
Lemon juice
Dash of Tabasco
Salt and pepper to taste
Onion salt and garlic powder
1 green onion, chopped
Parmesan cheese

Coat thoroughly with Italian bread crumbs and dab with butter.

Bake at 400 degrees for 40 minutes or until crust is golden brown and most of liquid is absorbed. Oysters may be prepared ahead and refrigerated until ready to bake.

Pat Daughdrill
Administrative Services



Oysters Mosca

4 doz. Mississippi Gulf oysters
1 c. bread crumbs
1 stick butter
1 large onion, chopped
1/2 bulb garlic
1/2 tsp. thyme
3/4 tsp. oregano
2 tbsp. parsley
1/4 tbsp. red pepper
Salt and pepper to taste

Saute butter, onions, garlic; add other seasonings. Add oysters. Saute until they begin to curl. Stir in bread crumbs. Add oyster liquid if needed. Place in baking dish. Sprinkle Parmesan cheese on top. Bake 20 minutes in 350-degree oven.

Corky Perret
Marine Fisheries Director