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DISCLAIMER: Allserv, Inc. assumes no responsibility for the accuracy or flavor of the recipes contained in this booklet or supplied in other formats. We have reduced many of the recipes from restaurant quantities to family size and strive for the best possible results. We have prepared and personally tested over 90% of the recipes we include with your orders and made adjustments we felt necessary. Thank you and HAPPY COOKING!!



&



Chef's Recipes

For



Shrimp, Crab

&

Lobster Base



About the Recipes

We hope you enjoy these recipes.
Most are chef-developed for restaurants.
Remember, they are only a guide.

MAKE THEM YOUR OWN!!

If there's an ingredient you dislike, **replace it**.

If there's one you really like, **add more**.

Substitute any ingredients with similar ingredients you have on hand.

Cutting down on fat? **Substitute** a "fat-free" cooking spray for butter or oil, "Fat-Free" Half & Half, (Land O' Lakes) for regular, Evaporated Skim Milk for heavy cream, skim milk for whole milk etc.

Soften Bases in **water instead of oil** before rubbing on meats, poultry or fish to season.

Replace mayonnaise or sour cream in dips, sandwiches or pastas with "Fat-Free" varieties, then **add great flavor** with Bases.

Some recipes call for Minor's Sauce/Soup Thickener or "Dry Roux®". **Substitute** any of the following:
a) Classic roux in equal amounts of butter and flour

HAPPY COOKING !!
Heidi & David



Chef's Secrets For Delicious Results

- A) **ADD MORE FLAVOR LESS SALT;** replace salt with 2 to 3 times amount of Base. (e.g. omit 1 tsp. salt; replace with 2 to 3 tsp. Base.) Bases are highly concentrated; **USE LEVEL MEASUREMENTS.**
- B) Add Bases to your favorite homemade salad dressing (e. g. Lobster Caesar Dressing)
- C) Blend Base into any recipe easily by dispersing in any liquid called for in the recipe; i. e., water, milk, eggs, mayonnaise ...
- D) To enhance soup stock: Add 1 Tbsp. Base per quart of water. For full flavored stock or broth: see directions on container.
- E) Rice, grains, beans, vegetables: Add 2 tsp. Base to every 2 cups water before cooking.
- F) For cooked rice, beans, grains or vegetables: Add ½ tsp. per cup as a seasoning or as a finishing touch to flavor. Dissolve in small amount of water first, stir or toss.
- G) Marinades made easy: Add Base to olive oil, red wine vinegar, garlic & black pepper. Use 1 tsp. Base per cup of marinade.
- H) Fully seasoned rubs: Add 1 Tbsp. Base & choice of herbs to ½ cup oil. Rub on skin &/or fish before grilling, broiling or sauteing to replace salt.
- I) A flavorful baste: Combine 2 tsp. Base with ¼ cup oil for each lb. of seafood. Baste throughout cooking process.
- J) Breading: Mix Base with seasoned breading mixture at 2 tsp. per pound of seafood using an electric mixer and coat.
- K) Sandwiches, dips & appetizers: Blend 1 tsp. Base per cup of mayonnaise or 1 tsp. per 8 oz. sour cream or cream cheese.
- L) Pasta Sauce: Add 1 tsp. per cup for enhanced flavor. (e. g. Shrimp Alfredo Sauce)
- M) Compound butters: Blend 1 tsp. per ½ cup softened, unsalted butter. Add herbs of choice.
- N) Poaching: Add 1 Tbsp. Base per quart of water with an acid such as wine, lemon juice or vinegar to retain fish juices. Do not allow liquid to boil when poaching. Boiling will toughen fish.
- O) Roasting: Season with Base & oil. Cook at high temp. for short time, then lower temp for longer time. This allows meat to caramelize on the outside for flavor, while remaining tender & juicy inside.
- P) Crab Cakes: Add base to ground crab before grilling or sauteing at 2 tsp. per pound.
- Q) Potatoes: Mashed/ Twice Baked: 1½ to 2 tsp. Base (Lobster, Shrimp) per lb.
- R) Bread & Rolls: Omit salt. Add 1 Tbsp. Base per every 4 cups flour.
- S) Stuffing: Disperse ½ tsp. Base (in liquid) per cup of stuffing. Be sure stuffing is cool before stuffing fish. Never stuff raw fish until ready to cook.
- T) Pizza crust: Dilute any flavor Base in olive oil, add Parmesan cheese & herbs of choice and brush on prior to baking.
- U) EGGS - Add ¼ tsp. Base dissolved in 1 tsp. water to scrambled eggs, egg whites or egg substitutes, omelets or quiche to replace salt. Try lobster, crab, shrimp- any flavor.

Table Of Contents

CRAB

| | |
|--|----|
| Chesapeake Bay Corn Chowder | 2 |
| Chesapeake Bay Seafood Rolls | 3 |
| Crab Puffs | 3 |
| Crab Quiche Florentine | 4 |
| Mid-Atlantic Crab & Pumpkin Bisque | 10 |
| Pesto Crab Salad | 10 |
| Roasted Red Pepper Dipping Sauce | 10 |
| She-Crab Soup | 12 |
| Spicy Crab Soup | 13 |
| Spicy Carolina Crab Cakes | 13 |
| Roasted Red Pepper Dipping Sauce | 13 |
| Rainbow Trout with Fish Sauce Imperial | 14 |
| White Caribbean Crab Chili | 14 |

SHRIMP

| | |
|--|----|
| Bayou Shrimp & Scallop Muddle | 2 |
| Shrimp Puffs | 3 |
| Elegant Shrimp Sauce | 4 |
| Tarragon Vinaigrette | 4 |
| Gulf Coast Shrimp Chowder | 5 |
| Louisiana Seafood Gumbo | 8 |
| Shrimp Creole | 8 |
| Oregon Shrimp Salad | 9 |
| Sauteed Shrimp with Citrus Hollandaise | 11 |
| Shrimp Bisque | 12 |
| Spicy Shrimp | 15 |
| Seafood Soup with Cilantro | 15 |

LOBSTER

| | |
|-------------------------------------|----|
| Lobster Flavored Mayonnaise | 3 |
| Irish Seafood Chowder | 5 |
| Lobster Bisque Senegalese | 6 |
| Lobster Broth Oriental | 6 |
| Lobster Newburg | 6 |
| Lobster Sauce for Fish | 7 |
| Lobster Spread with Cucumber Slices | 7 |
| Minor's Lobster Bisque | 7 |
| Oregon Shrimp Salad | 9 |
| Pasta with Lobster Sauce | 9 |
| Sherried Lobster Alfredo Sauce | 9 |
| Seafood & Artichoke Chowder | 11 |
| Shrimp Fried Rice | 12 |

| | |
|----------------|----|
| Chef's Secrets | 16 |
|----------------|----|

Bayou Shrimp & Scallop Muddle

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

In sauce pot over med-high heat, saute salt pork or bacon until evenly browned. DO NOT drain fat. Add onions, carrots and peppers. Saute 2-3 minutes. Add flour; stir until well blended. Cook over medium heat 2-3 minutes, stirring constantly. Add water, potatoes and Base. Heat to boiling over med-high heat, stirring occasionally. Reduce heat; gently boil until potatoes are tender, 10-12 minutes, stirring occasionally. Add shrimp, scallops, nutmeg, white pepper and red pepper sauce; gently boil 2-3 minutes, stirring occasionally. Serves 4

Chesapeake Bay Corn Chowder

| | | |
|-------|--------|---|
| 3 | Slices | Bacon -- diced small |
| 1 | Tbsp | Butter Or Margarine |
| 3/4 | Cup | Onion -- diced small |
| 1/4 | Cup | Celery -- diced small |
| 1/4 | Cup | Green Pepper -- diced small |
| 1/4 | Cup | Red Bell Pepper -- diced small |
| 3 | Cups | Hot Water |
| 1/4 | Cup | Crab Base |
| 2 | Cups | Hot Whole Milk |
| 3/4 | Cup | Crab Meat |
| 1 3/4 | Cups | Frozen Corn |
| 1 3/4 | Cups | Creamed Corn |
| 1 1/2 | Cups | Potatoes -- diced medium |
| 1 1/2 | Tsps | Old Bay® Seasoning |
| 1/8 | Tsp | Worcestershire Sauce |
| | Dash | Fresh Ground White Pepper -- to taste |
| | Dash | Hot Red Pepper Sauce -- to taste |
| 1 | Cup | Whole Milk |
| 3/8 | Cup | Minor's Sauce/Soup Thickener (Dry Roux®) |

Saute bacon until browned, apx. 7 minutes. DO NOT drain fat. Add butter and heat until melted. Add vegetables and saute over medium heat 2-3 minutes. Add water, Crab Base, 1st amount of hot milk, crab, potatoes, frozen and creamed corn, mixing well. Heat to boiling over med-high heat. Reduce heat and gently boil for apx. 10 minutes, stirring occasionally, until potatoes are cooked al dente. Whisk in Old Bay®, Worcestershire, pepper, pepper sauce, 2nd amount of milk and Dry Roux®, until smooth. Gradually pour into boiling liquid, stirring constantly. Heat to boiling over med-high heat, stirring occasionally. Reduce heat and gently boil for 2 minutes, stirring occasionally. Serves 12

Spicy Shrimp

| | | |
|-------|--------------|--|
| 1/2 | Cup | Safflower Or Corn Oil |
| 1/3 | Cup | Onion -- Minced |
| 1 | Tbsp | Garlic -- Minced |
| 1 | Tbsp + 1 Tsp | Fresh Ginger Minced or 1/2 Tsp. Ground Water |
| 1/2 | Cup | Shrimp Base |
| 1 | Tsp | Tabasco Sauce |
| 1 1/2 | Pounds | Large Unshelled Shrimp (About 45) |

Combine water, Shrimp Base, and ginger (if ground) to make broth, set aside. Heat 1/4 cup oil until hot in a wide saucepan. Saute onion, stirring constantly, until it starts to brown, apx. 6 minutes, do not burn. Add garlic and fresh ginger and saute, stirring often, apx. 5 minutes. Add broth mixture and Tabasco and boil 30 seconds. Turn off heat; stir in remaining oil. Add shrimp, tossing to coat. Allow to stand at room temperature for 20 minutes or refrigerated and covered for up to 3 hours. Stir occasionally. Remove from refrigerator 30 minutes before serving. Cook shrimp, covered, over med-high heat (in same pan) stirring often; recovering pan until just cooked through apx. 5-7 minutes. Season with Tobasco. Serve with crusty bread for dipping. Serves 4

Seafood Soup With Cilantro

| | | |
|-------|-------|--|
| 3 | Tbsp | Olive Oil |
| 24 | Large | Shrimp, -- Peeled & Deveined |
| 1 | Cup | Carrots -- Chopped |
| 1 | Cup | Leeks -- Chopped |
| 1 | Cup | Onion -- Chopped |
| 1 1/2 | Cups | Dry White Wine |
| 4 1/2 | Cups | Water |
| 2 | Tbsps | Shrimp Base |
| 3/4 | Bunch | Fresh Cilantro |
| 3/4 | | Vanilla Bean -- Split - Lengthwise |
| 2 | | Bay Leaves |
| 6 | Ozs | Baby Green Beans -- Trimmed & Halved |
| 6 | Ozs | Asparagus, Trimmed & Cut In 3" Lengths |
| 6 | Ozs | Snow Peas -- Trimmed |
| 1 1/4 | Cups | Green Onions -- Chopped |
| 12 | | Sea Scallops -- Cut Horizontally In 1/2 Fresh Cilantro -- Chopped For Garnish |

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

Pan Fried Rainbow Trout with Fish Sauce Imperial

| | | |
|------|-----------|--|
| 11 | Ozs | Water |
| ¼ | Container | Minor's Hollandaise Concentrate |
| 1 | Tsp | Tarragon vinegar |
| ¼ | Tsp | Dried tarragon |
| Dash | | Fresh Ground Black Pepper |
| 1 | Tsp | Crab Base |
| ¼ | Cup | Sour Cream |
| 2 | Tbsps | Mayonnaise |
| 2½ | Tbsps | Horseradish |
| 1½ | Tsps | Capers -- finely diced |
| 1½ | Tsps | Lemon Juice |
| ¼ | Cup | Lemon Juice |
| 1/8 | Tsp | Salt |
| 1/8 | Tsp | Worcestershire Sauce |
| Dash | | Fresh Ground White Pepper |
| 4 | Pounds | Rainbow Trout Fillets |
| 1½ | Cups | All-Purpose Flour |
| ½ | Cup | Vegetable Oil as need for saute |

Bring water to rapid boil. Turn off heat and immediately add Hollandaise Concentrate, Crab-Base, tarragon vinegar, tarragon, and black pepper. Whisk until smooth and thickened. Add sour cream, mayonnaise, horseradish, capers and 1st amount of lemon juice. Mix with whisk until well blended. Set aside and keep hot. Combine ¼ cup of lemon juice, salt, Worcestershire and pepper. Season fillets. Dredge in flour. In saute pan, add oil and heat to 325°F. Saute until fillets are golden brown on one side. Turn over; place in preheated oven at 350°F until fish flakes easily with fork, apx.10 minutes. Serve Sauce over trout. Serves 10

White Caribbean Crab Chili

| | | |
|-----|---------------|---|
| ¼ | Cup | Butter |
| 1 | Small | Yellow Onion -- Diced |
| ¼ | Cup | Flour |
| 1 | Tbsp | Dry Jerk Seasoning Blend (Unsalted) |
| 3 | Cups | Water |
| 1 | Tbsp + ½ Tsp. | Crab Base |
| 2/3 | Cup | Heavy Cream |
| 1 | Cup | Black Eyed Peas (Or Choice Of Beans) |
| 7 | Ozs | Fresh Or Canned Crab Meat |
| | | Fresh Ground Black Pepper -- To Taste |
| | | Flour Tortillas -- Cut In Wedges |
| | | Fresh Parsley Or Dill Chopped For Garnish |

Dissolve Crab Base in water to make stock and set aside. Melt butter in pan over medium heat. Add onions, flour and jerk seasoning to make a roux. Stir constantly 3-4 minutes or until roux is a light golden brown. Whisk in small amounts of crab stock until no lumps remain. Reduce heat and allow mixture to simmer 20-25 minutes. Do not boil. Add cream and black-eyed peas; simmer 5-10 minutes more. Add crab and heat through. Season to taste with pepper and add herbs. Serve hot. For garnish heat ¼" vegetable oil in frying pan over med-high heat. Fry tortillas until golden. Drain on paper towels; sprinkle with salt or jerk seasoning. Serves 2

Chesapeake Bay Seafood Rolls

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

In large mixing bowl, dissolve yeast in warm water. Add sugar, milk, shortening, Crab Base, 1 egg and 1cup of flour. Use mixer with dough hook on low speed; mix until combined, about 2 minutes. Add remaining flour, dry mustard and celery seed. Beat until dough is smooth and velvety, about 5 minutes. If dough is sticky, add flour 1 Tbsp. at a time until dough is smooth and elastic. Place dough in lightly greased large bowl, turning to coat both sides. Cover with damp towel. Let rise in warm place (80-85°F) until it doubles in bulk, 1-1½ hours. Punch dough down and shape into 18 rolls, knots or twists. Place on greased baking sheet. Cover with wax paper and damp towel. Let stand 15 minutes. Beat 2nd egg and 2 Tbsp. of water together in small bowl until foamy. Brush egg wash on rolls. Let rise in warm place (80-85°F) until they double in bulk, about 1 hour. Bake at 400°F 20 minutes or until golden brown. Recipe has not been tested by Allerv. Serves 9

Crab or Shrimp Puffs

| | | |
|-----|--------|----------------------------------|
| ¾ | Cup | Mayonnaise |
| 2 | Tsps | Crab Base |
| ¼ | Cup | Flaked Crab Meat -- drained well |
| 1 | Tbsp | Lemon Juice |
| 1/8 | Tsp | Ground Red Pepper |
| 2 | | Egg Whites |
| 48 | Slices | Party Rye Bread |

In medium mixing bowl, combine mayonnaise, Crab Base, crab meat, lemon juice and red pepper. Mix until well blended. Beat egg whites until stiff. Fold into crab mixture. Spoon ½ Tbsp of the mixture on each bread slice. Place on lightly greased baking sheet. Broil until lightly browned, about 5 minutes. Serve immediately. For Shrimp Puffs - substitute 1 cup finely chopped shrimp and 2 tsps. Shrimp Base. Serves 48

Lobster Flavored Mayonnaise

| | | |
|---|------|----------------------------------|
| 2 | Cups | Mayonnaise |
| 1 | Tbsp | Lobster Base |
| 1 | Tbsp | Onion -- chopped fine |
| 1 | Tbsp | Fresh dill weed* -- chopped fine |
| 1 | Tbsp | Fresh lemon juice |
| 1 | Tbsp | Sauterne wine |

Combine all ingredients, mixing well with whisk. Chill. NOTE: Adjust ingredients to suit your own taste. *Dried dill weed may be used in place of fresh at ½ measure or to taste. Serves 16

Crab Quiche Florentine

| | | |
|-----|---------|--|
| 1 | Tbsp | Butter Or Margarine |
| 1 | Cup | Fresh Mushrooms -- sliced 1/8" thick |
| 1/2 | Cup | Onions -- diced small |
| 1/3 | Package | Frozen Chopped Spinach -- thawed and drained |
| 1/4 | Cup | Dry Sherry |
| 1 | Tbsp | Crab Base |
| 1/4 | Tsp | Fresh Ground White Pepper |
| 1 | Cup | (4 Oz.) Swiss Cheese -- shredded |
| 1/2 | Cup | Crabmeat -- flaked |
| 1 | Cup | Half And Half |
| 4 | | Eggs |

In a large skillet melt butter over medium heat. Add mushrooms and onions; saute 5-7 minutes. Stir in spinach, sherry, Crab Base and pepper. Heat to boiling over medium heat, stirring constantly. Reduce heat and gently boil until liquid evaporates, apx. 5 minutes then set aside. Bake pie shell on a baking sheet at 375°F for 8 minutes. Spoon mixture evenly into pie shell. Sprinkle cheese and crab over the mixture. In a medium bowl, with a wire whisk, beat half & half and eggs until well blended. Pour into the pie shell and bake at 375°F until sharp knife inserted in center comes out clean, 45-50 minutes. Let stand 5 minutes before serving warm with fresh fruit & rolls. Serves 6

Elegant Shrimp Sauce

| | | |
|-------|-------|----------------------|
| 2 | Tbsps | Butter Or Margarine |
| 1/4 | Cup | All-Purpose Flour |
| 1 1/3 | Cups | Hot Water |
| 1 | Tbsp | Shrimp Base |
| 1/8 | Tsp | Paprika |
| 1/2 | Cup | Half And Half -- Hot |
| 1 | Tbsp | Sauterne Wine |

In a 1 qt saucepan, melt butter over medium heat. Blend in flour with whisk and stir until well blended, evenly cooked and bubbly, 2-3 minutes. Remove from heat. Add water, Shrimp Base and paprika, mixing well. Heat to boiling over medium heat, stirring constantly. Boil and stir for 1 minute, until thickened. Add half & half and wine, mixing well. Heat to simmer, stirring often. Serve hot over poached fish and garnish with shrimp. Yield 2 cups

Tarragon Vinaigrette

| | | |
|-----|-------|--|
| 1 | Cup | Vegetable Oil |
| 1/2 | Cup | Distilled White Vinegar -- or to taste |
| 2 | Tbsp | Lemon Juice |
| 2 | Tsps | Shrimp Base |
| 1 | Clove | Garlic (mashed) |
| 1/2 | Tsp | Dijon Mustard |
| 1/4 | Tsp | Dried Leaf Tarragon |

In mixing bowl, combine all ingredients. Stir vigorously with wire whisk. Chill. Stir well before serving over crisp greens topped with cooked chilled shrimp or white fish. Yield 1 3/4 cup

Spicy Crab Soup

| | | |
|-----|---------------|---------------------------------|
| 2 | Tbsp | Margarine Or Butter |
| 3/4 | Cup | Green Peppers -- diced medium |
| 1/2 | Cup | Leeks -- thin sliced |
| 1/3 | Cup | Red Bell Pepper -- diced medium |
| 1/3 | Cup | Onions -- diced medium |
| 2 | Cups | Water |
| 1 | Tbsp + 1 Tsp. | Crab Base |
| 1/2 | Cup | Crushed Tomatoes In Puree |
| 1/2 | Cup | Potatoes -- diced medium |
| 1/3 | Cup | Lump Crabmeat |
| | Dash | Ground Mace |
| | Dash | Old Bay Seasoning |
| | Dash | Hot Red Pepper Sauce |

In sauce pot, melt butter over med-high heat. Add peppers, leeks and onions and saute 5-7 minutes. Add water, Crab Base, tomatoes, potatoes, crab, mace, Old Bay® and pepper sauce. Heat to boiling over med-high heat. Reduce heat; gently boil until potatoes are tender, 10-12 minutes, stirring occasionally. Serves 5

Spicy Carolina Crab Cakes

| | | |
|-----|------|--------------------------------|
| 1/4 | Cup | Mayonnaise |
| 1 | Tbsp | Crab Base |
| 1/2 | Tsp | Ground Cumin |
| | Dash | Ground White Pepper |
| | Dash | Hot Red Pepper Sauce |
| 3 | Cups | Lump Crabmeat |
| 1/2 | Cup | Bread Crumbs - Plain |
| 1 | | Egg -- beaten |
| 1 | Tbsp | Fresh Cilantro -- chopped fine |
| 1/2 | Cup | Yellow Corn Meal |
| 1/3 | Cup | (Apx.) Vegetable Oil |

In a mixing bowl, blend mayonnaise, Crab Base, cumin, pepper and pepper sauce. Add crab, bread crumbs, eggs and cilantro, mixing well. Form 12 patties, no more than 1/2" thick. Press into corn meal, lightly coating both sides. In saute pan, heat oil as needed to med-high. Saute until golden brown, apx. 5 minutes per side. Drain on paper towel. Serve with Roasted Red Pepper Dipping Sauce. Serves 6

Roasted Red Pepper Dipping Sauce:

| | | |
|-------|------|-------------------------------------|
| 2/3 | Cup | Canned roasted red peppers, drained |
| 1/4 | Cup | Onions, diced medium |
| 2 | Tbsp | Hot water |
| 1 1/2 | Tbsp | Crab Base |
| 1 | Tbsp | Lemon juice |
| 3/4 | Tsp | Garlic powder |
| 1/4 | Tsp | Onion powder |
| 2 | Cups | Sour cream |
| 1/3 | Cup | Horseradish, drained |

In a food processor, puree peppers, onions, water, Base, lemon juice, garlic and onion powder until smooth. Add sour cream and horseradish. Blend until smooth. Chill. Serve with Spicy Carolina Crab Cakes.

She-Crab Soup

| | | |
|-----|-------|--|
| 3 | Tbsps | Butter or Margarine |
| 1/3 | Cup | All-Purpose Flour |
| 2 ¾ | Cups | Hot Water |
| 2 | Tbsps | Crab Base |
| 1/8 | Tsp | Paprika |
| | Dash | Ground Mace |
| 1 | Cup | Half And Half -- hot |
| 2 | Tbsps | Pale Dry Cocktail Sherry |
| | | Cooked Crab Meat Or Hard Cooked Egg Yolk for Garnish |

In saucepan melt butter over medium heat. Blend flour; stir with wire whisk until well blended, evenly cooked and bubbly, 2-3 minutes. Remove from heat. Add water, Base, paprika and mace, mixing well. Heat to boiling over medium heat, stirring constantly. Boil and stir 1 minute. Reduce heat; simmer 7 minutes, stirring often. Add half & half and wine, mixing well. Heat to simmering, stirring often. Serve hot and garnish. Serves 4

Shrimp Fried Rice

| | | |
|-------|------|---|
| 1 1/3 | Cups | Hot Water |
| 1 | Tsp | Lobster Base |
| ½ | Cup | Long Grain White Rice |
| 1 | Tbsp | Butter Or Margarine |
| ½ | Cup | Fresh Mushrooms -- finely chopped |
| ¼ | Cup | Celery -- finely chopped |
| ¼ | Cup | Scallions -- finely chopped |
| 4 | Ozs | Shrimp -- deveined, peeled diced medium |
| 2 | | Eggs |
| ½ | Tsp | Lobster Base |
| ½ | Tsp | Soy Sauce |

In a 2 qt. saucepan, bring water and 1 tsp. Base to a boil. Stir in rice; cover and simmer 20 minutes. Remove from heat and set aside. In a large skillet melt butter. Add mushrooms, celery, scallions and shrimp. Saute and stir for 3 minutes. In a small mixing bowl, beat the eggs and a ½ tsp. of Base with wire whisk, until well blended. Add to the skillet, cooking until eggs are done, apx. 3 minutes. Add rice and soy sauce, mixing well. Serve hot. Serves 5

Shrimp Bisque

| | | |
|----|-------|---|
| ½ | Cup | Minor's Sauce/Soup Thickener (Dry Roux®) |
| ½ | Cup | Lukewarm Water |
| 3 | Cups | Hot Water |
| 3 | Tbsps | Shrimp Base |
| ¼ | Tsps | Paprika |
| 1¾ | Cups | Half And Half -- Hot |
| 1½ | Tbsps | Sauterne Wine |

In a 2 qt. saucepan blend Dry Roux® with lukewarm water until smooth with wire whisk. Add water, Shrimp Base and paprika, stirring well. Heat to boiling over medium heat, stirring constantly. Boil and stir 1 minute. Reduce heat and simmer 10 minutes, stirring often. Add half & half and wine, mixing well. Heat to simmering, stirring frequently. Serve hot garnished with baby shrimp. Serves 5-6

Gulf Coast Shrimp Chowder

| | | |
|-----|--------------|--------------------------------|
| 3 | Tbsp | Bacon -- diced small |
| 1 | Tbsp | Butter Or Margarine |
| 3 | Tbsp | Onion -- diced small |
| 2 | Tbsp | Celery -- diced small |
| 2 | Tbsp | Green Peppers -- diced small |
| 2 | Tbsp | Red Bell Pepper -- diced small |
| 2 | Tbsp | All-Purpose Flour |
| 1 | Cup | Hot Water |
| 1 | Cup | Hot Whole Milk |
| 1 | Tbsp + 2 Tsp | Shrimp Base |
| 2/3 | Cup | Frozen Corn |
| 2/3 | Cup | Cream Style Corn |
| ½ | Cup | Potatoes -- diced medium |
| | Dash | Worcestershire Sauce |
| | Dash | Fresh Ground White Pepper |
| | Dash | Hot Red Pepper Sauce |
| ½ | Cup | Shrimp 70/90 Count |

In a sauce pot, saute bacon over med-high heat until evenly browned, 5-7 minutes. DO NOT drain fat. Add butter, onions, celery, green and red peppers; saute 2-3 minutes. Add flour; stir until well blended. Cook over medium heat 2-3 minutes, stirring constantly. Add water, milk, Shrimp Base, frozen and cream style corn, potatoes, Worcestershire, white pepper and red pepper sauce. Mix until well blended. Heat to boiling over med-high heat; reduce heat; gently boil until potatoes are tender. 7-8 minutes, stirring occasionally. Add shrimp; gently boil 3-5 minutes, stirring occasionally. Serves 5

Irish Seafood Chowder

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

Dissolve Lobster Base in water for broth and set aside. In a saucepan, melt butter and saute vegetables until tender-crisp. Add wine and reduce. Add flour and make a roux. Mix in lobster broth and cream; simmer about 20 minutes. Add fish, mustard seed and basil; cook 5 minutes more. Adjust seasonings and serve. *Jim adds smoked salmon for a richer, stronger tasting soup. Use any fish or vegetable combination desired. Serves 4

Lobster Bisque Senegalese

| | | |
|----|--------|-----------------------------|
| 6 | Tbsps | Butter |
| 2 | Stalks | Celery |
| ½ | Medium | Onion -- diced |
| 2 | Cloves | Garlic -- minced |
| 6 | Tbsps | Flour |
| | Pinch | Cayenne Pepper |
| 2 | Tsps | <u>Minor's Chicken Base</u> |
| 2 | Tbsps | <u>Lobster Base</u> |
| 1½ | Tsps | Curry Powder |
| 5 | Cups | Hot Water |
| 1 | Cup | Half And Half -- warmed |
| 3 | Tbsps | Pale Dry Sherry |

In saucepan, melt butter, add celery, onions and garlic and saute until transparent. Stir in flour and cayenne pepper, cook slowly for 15 minutes. In a sauce pot, add Bases and curry powder to hot water; blend well. Stir in sauteed vegetables. Bring to a boil, stirring constantly. Reduce heat and simmer slowly for 15 minutes. Add warm Half & Half and sherry. Cooked lobster or surimi lobster may be added. Yield 8 cups

Lobster Broth Oriental

| | | |
|----|---------------|--|
| 1 | Cup Total | Carrots, Green Onions, Radishes, Celery, Bean Sprouts and Snow Peas -- julienned |
| ½ | Tbsp | Butter Or Margarine |
| 1 | Tbsp + 1 Tsp. | <u>Lobster Base</u> |
| 1¼ | Quarts | Warm Water |
| 2 | Tbsp + 1 Tsp. | Pale Dry Cocktail Sherry |

Saute vegetables over medium heat until shiny & aroma is noted. Remove from heat; set aside. In saucepan, add Base to water; bring to boil. Reduce heat and simmer 2 minutes. Add vegetables to broth. Finish with wine. Serve hot. Variation: Add additional vegetables, a julienne of wonton or egg roll wrappers for garnish. Yield 1 ½ Qt

Lobster Newburg

| | | |
|----|---------------|--|
| 3 | Tbsps | Butter or Margarine |
| ¼ | Cup + 2 Tbsps | All Purpose Flour |
| 1¼ | Cups | Hot Water |
| 1 | Tbsp | <u>Lobster Base</u> |
| | Dash | Ground Red Pepper |
| 1 | Cup | Heavy Whipping Cream -- hot |
| ½ | Tbsp | Butter Or Margarine |
| 8 | Ozs | (2) Lobster Tails, Cooked & Drained -- cut in ½" pieces |
| 2 | Tbsps | Pale Dry Cocktail Sherry |

In a 3 qt. saucepan, melt butter over medium heat. Add flour and whisk until well blended, evenly cooked and bubbly, 2-3 minutes. Remove from heat. Stir in water, Base and red pepper, mixing well. Bring to a boil, stirring constantly. Boil and stir for 1 minute, until thickened. Stir in hot cream, mixing well and set aside. In a large skillet, melt butter over medium heat. Add lobster and saute 2-3 minutes, until hot. Add sauce and sherry, mixing gently. Serve hot over toast points, buttered rice or in pastry shells. Serves 4

Sauteed Shrimp With Citrus Hollandaise

| | | |
|-----|-----------|--|
| 1 | Cup | Water |
| ½ | Container | <u>Minor's Hollandaise Concentrate</u> |
| ½ | Cup | Orange Juice |
| ½ | Cup | Grapefruit Juice |
| 1½ | Tbsp | <u>Shrimp Base</u> |
| 1/8 | Cup | Triple Sec Liqueur |
| 1 | Tbsp | Lemon Juice |
| ¼ | Cup | Butter Or Margarine |
| 2 | Pounds | Shrimp -- peeled & deveined |
| 1 | Cup | Grapefruit Sections |
| 3/8 | Cup | Orange Sections |

In a sauce pot, combine water, Hollandaise Concentrate, Base, Triple Sec, grapefruit and orange juice; mix well. Heat to boiling over med-high heat, stirring constantly. Set aside; keep hot. In sauce pot, melt butter over med-high heat. Add shrimp; saute 2-3 minutes, stirring constantly. Add prepared hot Hollandaise Sauce; stir until well blended. Add grapefruit and orange sections. Stir VERY gently. Serve over angel hair pasta. Serves 10

Seafood & Artichoke Chowder

| | | |
|-----|------|---|
| ½ | Cup | Artichoke Hearts (Drain-Reserve Juice) -- julienned |
| ¼ | Cup | Margarine Or Butter |
| ½ | Cup | Mushrooms -- diced medium |
| ¼ | Cup | Onions -- diced medium |
| 1/8 | Tsp | Garlic -- minced |
| | Dash | Ground Red Pepper |
| ½ | Cup | All-Purpose Flour |
| 2 | Cups | Hot Water |
| 1/3 | Cup | Reserved Artichoke Juice |
| 1½ | Tbsp | <u>Lobster Base</u> |
| ¼ | Cup | Shrimp 70/90 Count |
| 2 | Tbsp | Bay Scallops |
| 2 | Tbsp | Lump Crabmeat |
| ¾ | Cup | Half And Half |
| 2 | Tbsp | Pale Dry Cocktail Sherry |

In sauce pot, melt butter over med-high heat. Add mushrooms, onions, garlic and red pepper. Saute 3-5 minutes. Add flour; stir until well blended. Cook over medium heat 2-3 minutes, stirring constantly. Add water, Lobster Base, artichokes with juice and seafood. Mix until well blended. Heat to boiling over med-high heat; reduce heat; gently boil 3 minutes, stirring occasionally. Add half & half and sherry. Heat to boiling over med-high heat; stirring constantly. Reduce heat and gently boil 2 minutes, stirring occasionally. Serves 6

Mid-Atlantic Crab & Pumpkin Bisque

| | | |
|-------|---------------|--|
| 2 | Cups | Water |
| 1 | Tbsp + 2 Tsp. | Crab Base |
| 1/2 | Tsp | Old Bay Seasoning |
| 1/8 | Tsp | Hot Red Pepper Sauce |
| | Dash | Fresh Ground White Pepper |
| | Dash | Ground Mace |
| 3/4 | Cup | Half And Half |
| 1/3 | Cup | Lump Crabmeat |
| 1/4 | Cup | Canned Unseasoned Solid Pack pumpkin |
| 1 1/2 | Tbsp | Dry Sherry |
| 3/4 | Tsp | Slivered Almonds -- crumbled |
| 1/2 | Cup | Butternut Squash, cooked -- diced medium |
| 1/3 | Cup | Lobster, Cooked -- diced medium |
| 1 1/2 | Tsp. | Fresh Parsley -- chopped |

In sauce pot, combine water, Crab Base, Old Bay®, pepper sauce, pepper and mace; mix well with whisk. Heat to boiling over med-high heat for 1-2 minutes. Add half & half, crab, pumpkin, sherry and almonds; mix well. Reduce heat; gently boil 5 minutes, stirring occasionally. Add squash, lobster and parsley. Gently boil 1 minute, stirring occasionally. Serves 5

Pesto Crab Salad

| | | |
|-------|-------|---|
| 1 1/2 | Cups | Olive Oil |
| 3 | Tbsps | Fresh Lemon Juice |
| 1 | Tbsp | Crab Base |
| 1/4 | Cup | Fresh Grated Parmesan Cheese |
| 1/8 | Cup | Pine Nuts, Slivered Almonds Or Walnuts -- Chopped |
| 1/8 | Cup | Dried Sweet Basil |
| 3/4 | Tsp | Garlic Powder |
| 1/8 | Tsp | Fresh Ground Black Pepper |
| 1/4 | Cup | Frozen Chopped Spinach -- squeezed dry |

Pesto Dressing: Combine ingredients in processor or blender at high speed until smooth. Chill; mix well before serving.. Serve over pasta or Crab Salad - See below. Yield 2 cups

Crab Salad

| | |
|-----|--|
| 1/2 | Head iceberg lettuce or desired variety,rinsed, dried & torn bite-size |
| 1 | Small bunch red leaf lettuce, rinsed, dried & torn bite-size |
| 2 | Small tomatoes, rinsed, dried & cut in wedges |
| 1 | Small cucumber, rinsed, dried & sliced 1/8" thick |
| 2 | 6 oz. pkgs. canned or frozen crabmeat, thawed & drained well |

Toss vegetables in large bowl. Place 1 cup chilled greens in individual salad bowls. Sprinkle each with 3 Tbsp. crabmeat and top with 3 Tbsp. Pesto Dressing

Lobster Sauce For Fish

| | | |
|-------|-------|--------------------------|
| 2 | Tbsps | Butter |
| 1/4 | Cup | All-Purpose Flour |
| 1 1/2 | Cups | Hot Water |
| 1 | Tbsp | Lobster Base |
| 1/2 | Cup | Cream -- hot |
| 1 | Tbsp | Pale Dry Cocktail Sherry |

Melt butter over low heat. Blend in flour with wire whisk. Stir over low heat for 1-2 minutes, until bubbly and well blended. Remove from heat and add hot water gradually, mixing well. Stir in Base. Heat to boiling, stirring constantly. Boil and stir 1 minute. Add hot cream and dry sherry, mixing well. Hold over hot water until ready to serve. Yield 2 cups

Lobster Spread with Cucumber Slices

| | | |
|-----|--------------|----------------------------------|
| 12 | Ozs | Cream Cheese -- room temperature |
| 1 | Tbsp + 1 Tsp | Lobster Base |
| 1/4 | Tsp | White Pepper |
| 2 | Ozs | Lobster or Crab-- finely chopped |
| | Dash | Worcestershire Sauce |
| | Dash | Tabasco Sauce |
| 1 | Tbsp | Lemon Juice |
| 1/2 | Tsp | Dried Pimentos |
| 1/4 | Cup | Green Peppers -- diced |
| 1 | Tbsp | Sherry |
| 1 | | Cucumber -- sliced 1/8" thick |

Combine all ingredients thoroughly. Place in a serving dish with cucumbers arranged around outside. Garnish with parsley or watercress. Serve as hors d'oeuvres. Serves 8-12

Minor's Lobster Bisque

| | | |
|-------|---------------|---|
| 1/2 | Cup | Minor's Sauce/Soup Thickener (Dry Roux®) |
| 1/2 | Cup | Lukewarm Water |
| 2 1/4 | Cups | Hot Water |
| 1 | Tbsp + 2 Tsps | Lobster Base |
| | Dash | Ground Red Pepper |
| 1 1/4 | Cups | Half And Half -- hot |
| 2 | Tbsps | Pale Dry Cocktail Sherry |

In saucepan, blend Dry Roux® with warm water until smooth, using wire whisk. Add hot water, Base and red pepper, mixing constantly. Boil and stir 1 minute. Reduce heat and simmer slowly for 10 minutes, stirring often. Add Half & Half and sherry mixing well. Heat to simmering, stirring often. Serve hot, garnished with chopped cooked lobster, chopped fresh parsley or chives. Serves 8

Louisiana Seafood Gumbo

| | | |
|-------|---------------|-----------------------------------|
| 1/4 | Cup | Rice |
| 2/3 | Cup | Water |
| | Dash | Salt |
| 2 | Tbsps | Butter Or Margarine |
| 1/2 | Cup | Andouille Sausage -- diced medium |
| 3/4 | Cup | Onions -- diced medium |
| 3/4 | Cup | Green Pepper -- diced medium |
| 1/2 | Cup | Celery -- sliced medium |
| 1 | Tsp | Garlic -- minced |
| 1/4 | Cup | All-Purpose Flour |
| 3 | Cups | Hot Water |
| 2 | Tbsps + 1 Tsp | Shrimp Base |
| 2 1/4 | Tsp | Worcestershire Sauce |
| 1/4 | Tsp | Hot Red Pepper Sauce |
| 1/8 | Tsp | Ground Red Pepper |
| 1/8 | Tsp | Fresh Ground Black Pepper |
| 1/4 | Cup | Water |
| 3/4 | Tsp | Gumbo File |
| 1/2 | Cup | Or To Taste Shrimp 70/90 Count |
| 1/3 | Cup | Frozen Okra -- sliced |
| 1/3 | Cup | Or To Taste Lump Crabmeat |
| 1/4 | Cup | Or To Taste Bay Scallops |

Cook rice per pkg directions; set aside. In sauce pot melt butter. Add sausage, onions, green pepper, celery and garlic. Saute 5 minutes. Add flour; stir until well-blended. Cook for 2-3 minutes, stirring constantly. Add 1st amount of water, Shrimp Base, Worcestershire, pepper sauce, red and black pepper. Mix until well blended. Heat to boiling over med-high heat; reduce heat and gently boil 3 minutes, stirring occasionally. In small bowl blend water and gumbo file with whisk. Gradually pour into boiling liquid, stirring constantly. Heat to boiling over med-high heat; reduce heat and gently boil 3 minutes, stirring occasionally. Add seafood and okra. Mix well. Heat to boiling; reduce heat, gently boil 3 minutes, stirring occasionally. Add rice, mixing well. Gently boil 1 minute, stirring occasionally. Serves 6

Shrimp Creole

| | | |
|-----|-------|---------------------------------------|
| 1 | Tbsp | Vegetable Oil |
| 2 | Tbsps | Butter Or Margarine |
| 1 | Cup | Green Peppers -- Sliced 1/4" X 1" |
| 1 | Cup | Celery -- Sliced 1/4" Thick |
| 2/3 | Cup | Onions -- Sliced 1/4" X 1" |
| 1 | Pound | Shrimp -- Peeled & Deveined |
| 1 | Cup | Fresh Mushrooms -- Sliced 1/4" Thick |
| 1 | Cup | Hot Water |
| 2 | Tbsps | Shrimp Base |
| 1 | Can | (14.5 Oz.) Stewed Tomatoes -- Chopped |
| 1 | Can | (6 Oz.) Tomato Paste |
| 1/2 | Tsp | Hot Red Pepper Sauce |
| 1/4 | Tsp | Garlic Powder |
| 1/8 | Tsp | Ground Thyme |

In a 3 qt. sauce pan, heat oil and butter over medium heat. Add green peppers, celery and onions. Saute and stir 2-3 minutes. Add shrimp and mushrooms. Saute and stir 2-3 minutes. Add remaining ingredients. Heat to simmering over medium heat. Reduce heat and simmer 5 minutes, stirring occasionally. Serve hot over rice. Serves 5

Oregon Shrimp Salad

| | | |
|-----|-------|---|
| 1 | Pound | Small Shrimp |
| 1 | Cup | Celery -- diced |
| 1/4 | Cup | Green Onions -- minced |
| 1/4 | Cup | Red Bell Pepper -- diced |
| 2 | | Hard Cooked Eggs -- diced |
| 1/4 | Cup | Frozen Peas |
| 3/4 | Cup | Mayonnaise |
| 1 | Tsp | Lobster or Shrimp Base |
| 2 | Tbsps | Fresh Lemon Juice |
| | Dash | White Pepper |
| | Dash | Dry Mustard |
| | | Lettuce, Fresh Pear, Melon, Apple or Grapes |
| | | Lemon Wedges -- for garnish |

Combine celery, onions, peppers, eggs, peas and shrimp. Blend mayonnaise, Base, lemon juice, white pepper and mustard well. Add to shrimp mixture. Chill. Arrange lettuce on plate, put spoonful of salad on top. Arrange fruit & lemon wedges around salad. Serve with melba toast. Serves 8

Pasta with Lobster Sauce

| | | |
|-----|--------|---|
| 1 | Pound | Fettucine or spaghetti cooked per pkg. directions |
| 5 | Tbsps | Butter or margarine |
| 1 | Medium | Garlic clove -- finely minced |
| 1/2 | Cup | All-purpose flour |
| 2 | Cups | Hot water |
| 2 | Tbsps | Lobster Base |
| 2 | Cups | Half and half -- hot |
| 2 | Tbsps | Pale dry cocktail sherry |

In a 2 qt. saucepan, melt butter over medium heat. Saute and stir garlic 1 minute. Blend in flour with wire whisk. Stir over medium heat until well blended, evenly cooked and bubbly, 2-3 minutes. Remove from heat. Add water and Base, mixing well. Heat to boiling over medium heat, stirring constantly. Boil and stir 1 minute, until thickened. Add half & half and sherry, mixing well. Heat to simmering, stirring often. Yields 8 cups

Sherried Lobster Alfredo Sauce

| | | |
|-------|-----|--------------------------|
| 1 | Cup | Heavy Cream |
| 1 1/2 | Tsp | Lobster Base |
| 1/8 | Tsp | Ground Black Pepper |
| 1/4 | Cup | Grated Parmesan Cheese |
| 1 1/2 | Tsp | Pale Dry Cocktail Sherry |

In 2 qt. saucepan, combine cream, Base and pepper. Simmer 2-3 minutes, stirring constantly. Add cheese and sherry; stir until well blended. Serve with seafood over pasta. Serves 3