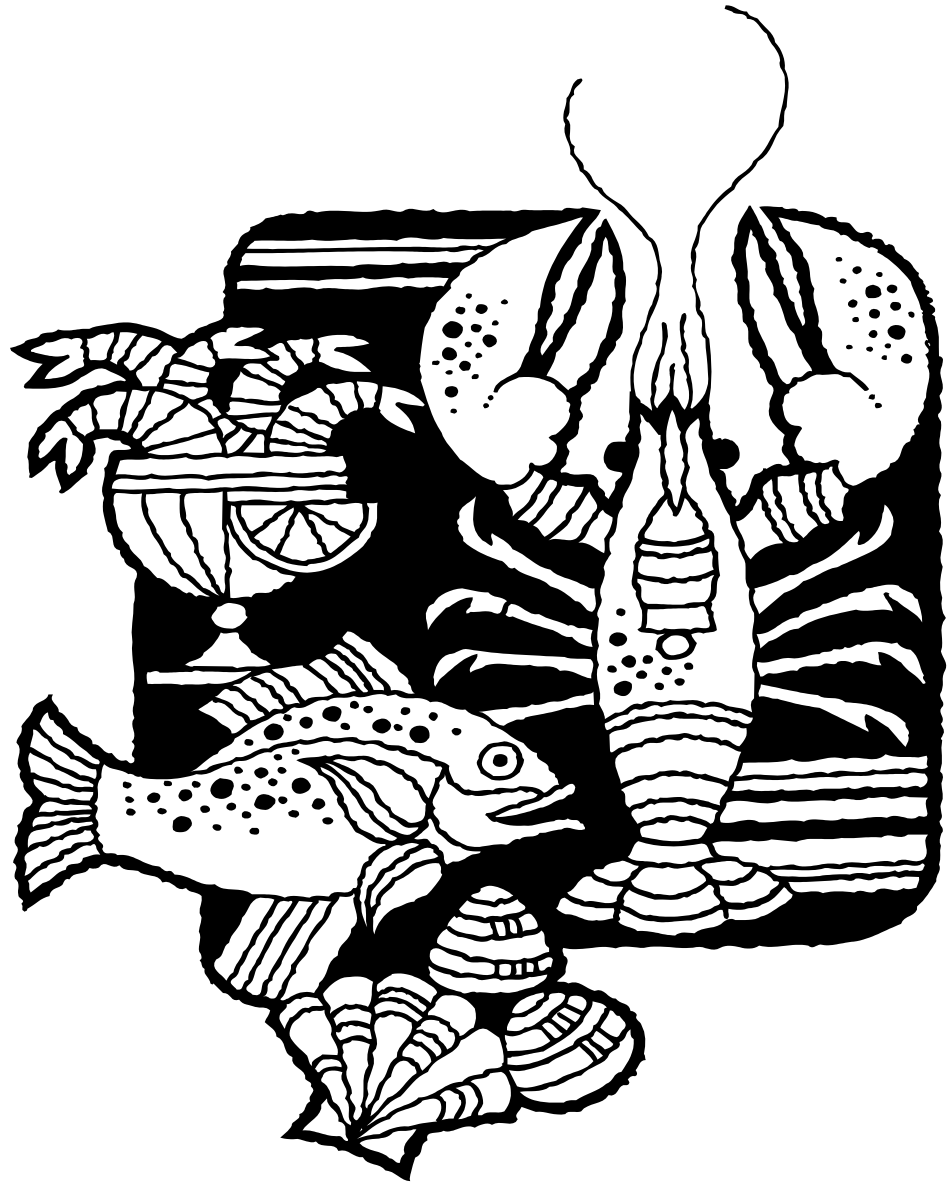


## **Seafood**

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### **Sweet and Sour Tuna**

1 #2 can pineapple chunks  
1 chicken bouillon cube  
1 cup hot water  
¼ cup sugar  
2 Tbl. Cornstarch  
2 Tbl. Vinegar  
1 Tbl. Soy sauce  
Dash of pepper  
2 cups green pepper cut in ½" strips  
2 6-oz. cans tuna, drained, in chunks

Drain pineapple juice into skillet.  
Add bouillon cube, water, sugar, cornstarch (dissolved in cold water); heat, stirring constantly, until mixture thickens. Add pineapple chunks, green pepper strips, and tuna. Heat through, about 5 minutes, stirring occasionally. Serve over chow mein noodles or rice.

### **Tuna Noodle Casserole**

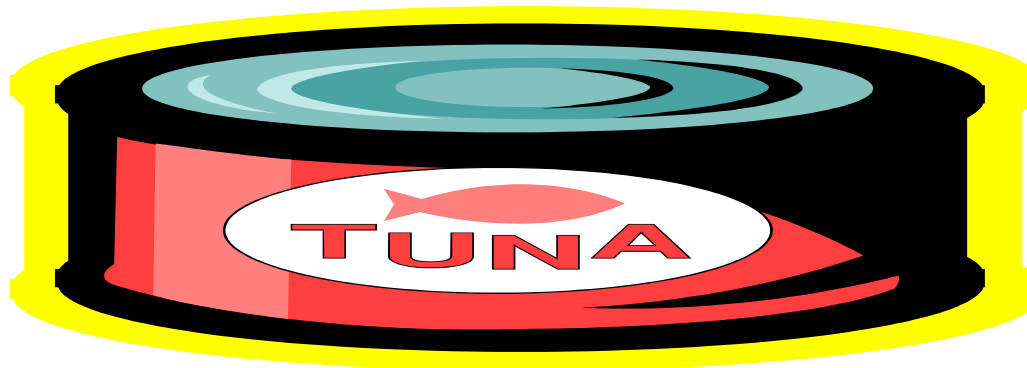
6 oz. (3 ½ cups) medium noodles  
1 can cream of mushroom soup  
½ cup mayonnaise  
½ cup milk  
1 7-oz. can tuna, drained  
1/3 cup onion, freshly chopped  
1 tsp. salt  
1 cup shredded mild cheese

Cook noodles until tender; drain. In the same pot used for noodles, add soup stirring until smooth; add mayonnaise and mix. Add milk gradually. Add remaining ingredients; add noodles and coat. Put mixture into 1 ½-qt. casserole dish. Sprinkle with topping. Bake in 425° for 20 minutes.

#### **Topping:**

2 slices bread (crusted bread works great)  
Shredded cheese

Break bread into small pieces and put in blender while turned on. Blend until bread is in tiny pieces. Mix with cheese and sprinkle on casserole.



### **Sue's Marinated Shrimp**

¼ cup finely chopped parsley  
¼ cup finely chopped shallots or scallions  
3 Tbl. Dijon mustard  
¼ cup white wine vinegar  
¼ cup red tarragon vinegar  
½ cup olive oil  
½ tsp. salt  
Black pepper to taste  
2 lbs. cooked and cleaned shrimp

Mix all ingredients together.  
Add two pounds cooked and cleaned shrimp.  
Refrigerate for at least 2 hours.

### **Prawns With Garlic and Tomato**

16 large prawns or 20 medium shrimp  
1 cup canned crushed Italian-style or whole tomatoes  
¼ cup olive oil  
4 garlic cloves, finely chopped  
¾ cup dry white wine (or apple juice)  
1 Tbl. Chopped parsley  
Salt and freshly ground pepper to taste  
8 thick slices Italian bread

### **Prawns Peasant-Style**

4 medium tomatoes  
1 ½ lbs. prawns  
¼ cup olive oil  
3 or 4 garlic cloves, chopped  
3 Tbl. Dry unflavored breadcrumbs  
About 1 cup dry white wine (or apple juice)  
2 Tbl. Chopped parsley  
1/3 small red or green hot pepper, finely chopped, or  
small pinch cayenne pepper  
Salt to taste

Peel, seed and dice tomatoes. Shell and devein prawns and wash under cold running water. Pat dry with paper towels. Heat oil in a large skillet. Add garlic and sauté over medium heat until garlic begins to color. Add breadcrumbs and mix well. Stir in wine or juice. When wine is reduced by half, add diced tomatoes, parsley, hot pepper and prawns. Season with salt and mix well. Cook uncovered over medium heat 8 to 10 minutes, stirring a few times during cooking. If sauce looks too dry, add a little more wine. Place in a warm dish.

Shell and devein prawns or shrimp; wash under cold running water. Pat dry with paper towels. Press tomatoes through a food mill or sieve to remove seeds. Heat oil in a large skillet. Add garlic and prawns or shrimp. Sauté over medium heat until garlic and prawns or shrimp are lightly colored. Stir in wine. When wine is reduced by half, add tomato pulp. Cook 2 to 3 minutes if using shrimp and 4 to 6 minutes if using prawns. Stir several times during cooking. Add parsley and season with salt and pepper. Toast bread until golden on both sides. Place prawn or shrimp mixture in a warm dish. Serve immediately with toasted bread.

### **Sichuan Spicy Shrimp** – Yan Can Cook Inc.

Marinade:

2 Tbl. Soy sauce  
2 tsp. Sesame oil  
1 tsp. cornstarch  
 $\frac{3}{4}$  lb. Boneless, skinless chicken breast  
 $\frac{3}{4}$  lb. Shrimp, deveined

Sauce:

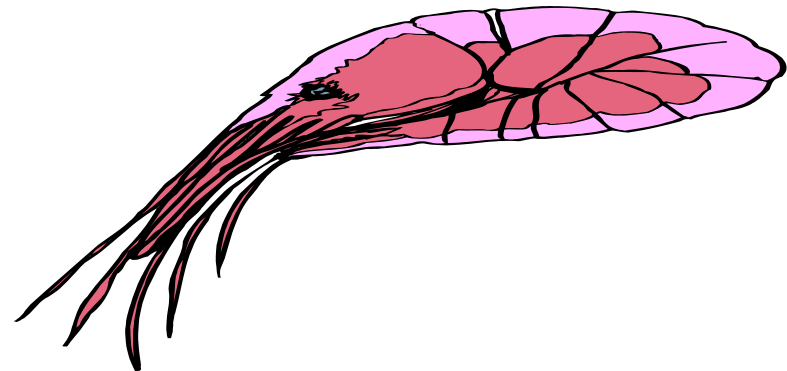
$\frac{1}{3}$  cup chicken broth  
2 Tbl. Rice vinegar or red wine vinegar  
1 Tbl. Soy sauce  
1 tsp. sesame oil  
2 tsp. sugar  
1 tsp. cornstarch  
2 Tbl. Cooking oil  
 $\frac{1}{2}$  small red onion, sliced  
1 dried red chili  
1 zucchini, thinly sliced  
 $\frac{3}{4}$  cup unsalted roasted peanuts

Combine marinade ingredients in a small bowl. Add chicken; stir to coat. Let stand for 15 minutes. Place a wok or wide frying pan over high heat until hot. Add oil and swirl to coat sides. Toss in a sliced onion; cook, stirring, until soft and translucent. Add chicken; stir-fry for 1 minute or until chicken turns pink. Add chili and zucchini; cook and toss for 30 seconds. Add sauce; bring to a boil until sauce thickens slightly. Add shrimp; cook slightly until shrimp is cooked through. Add peanuts; toss for 30 to 45 seconds.

### **Garden Zucchini and Shrimp**

$\frac{1}{3}$  cup butter or margarine  
2 cups (2 med.) sliced  $\frac{1}{4}$ " zucchini  
 $\frac{1}{4}$  cup chopped fresh parsley  
20 medium fresh or frozen raw shrimp, shelled, deveined, rinsed  
 $\frac{1}{2}$  tsp. dill weed  
 $\frac{1}{4}$  tsp. salt  
2 Tbl. Chopped onion  
1 Tbl. Lemon juice  
 $\frac{1}{2}$  tsp. minced fresh garlic  
Hot cooked rice

In 10" skillet melt butter over medium heat (3 to 6 minutes). Stir in remaining ingredients except rice. Cook over medium heat, stirring occasionally, until shrimp turn pink and zucchini is crisply tender (5 to 8 minutes). To serve, spoon shrimp with zucchini and butter sauce over hot cooked rice.



## **Art's Red Shark**

1 ½ lb. Shark (Swordfish or halibut can be substituted)  
3 Tbl. Olive oil  
¼ tsp. salt  
1 tsp. minced garlic

### Red Sauce:

¼ cup tomato puree  
1 Tbl. Lemon juice  
2 tsp. Worcestershire sauce  
½ cup chicken broth  
¼ tsp. dried thyme leaves

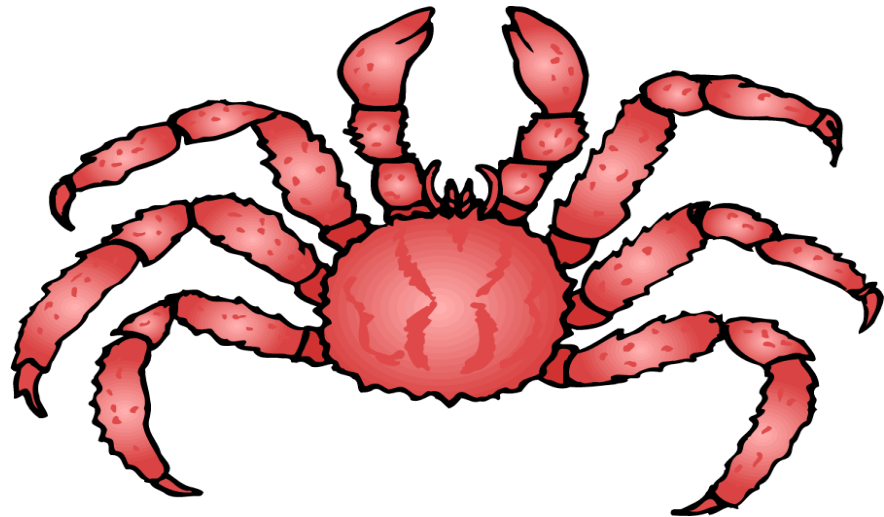
½ cup dry breadcrumbs  
½ cup shredded sharp Cheddar cheese  
2 Tbl. Olive oil

Cut the shark into serving pieces. In a flat dish, combine the oil, salt and garlic. Coat the shark with mixture. Let stand 15 minutes. Combine the red sauce ingredients in a small saucepan. Bring to a boil; set aside. On a plate, combine the breadcrumbs and cheese. Coat both sides of the shark with crumbs. Place in a buttered baking dish that is just large enough to hold the fish in one layer. Drizzle the fish with the olive oil. Bake, uncovered, at 450° for 10 minutes. Spoon half of the sauce over the fish. Bake about 5 minutes longer until fish flakes easily. Serve with extra sauce, if desired.

## **Crab Things**

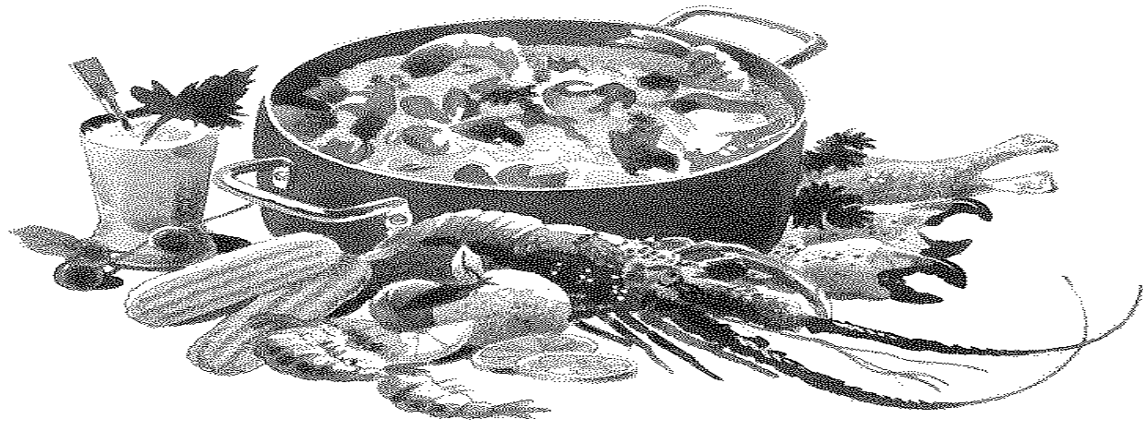
1 lb. Imitation crab, broken up into small pieces  
½ lb. Swiss cheese, grated  
4 scallions, chopped up  
3 dashes Worcestershire sauce  
1 tsp. lemon juice  
½ tsp. curry powder  
Salt and pepper to taste  
2 cans buttermilk biscuits  
Mayonnaise

Mix all ingredients, except biscuits; use just enough mayonnaise to hold mixture together. Divide each biscuit into 3 parts and place crab mixture on each. Bake at 375° until golden brown, about 10 minutes.



## **Skillet Jambalaya**

1 cup water  
10  $\frac{3}{4}$  oz. can chicken broth  
1 Tbl. Chili powder  
 $\frac{3}{4}$  tsp. salt  
 $\frac{1}{2}$  tsp. paprika  
 $\frac{1}{2}$  tsp. pepper  
2 Tbl. Vegetable oil  
1 tsp. minced fresh garlic  
1 cup uncooked long grain rice  
1 10-oz. pkg. frozen deveined large shrimp, thawed, drained  
 $\frac{1}{2}$  lb. Fresh or frozen fish fillets, thawed, drained  
2 medium ripe tomatoes, cut into 1" pieces  
1 medium green pepper, cut into 1" pieces  
1 cup chopped fresh parsley  
1 10-oz. pkg. frozen peas, thawed, drained



In 10" skillet stir together water, chicken broth, chili powder, salt, paprika, pepper, oil and garlic. Bring to a full boil. Stir in rice. Cover; cook over medium low heat for 15 minutes. Stir in remaining ingredients except onions, parsley and peas. Continue cooking, uncovered, until liquid is absorbed and rice is tender (10 to 15 minutes). Stir in remaining ingredients. Continue cooking until heated through (4 to 5 minutes).