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Maine Clambake Barbecue Style

6 dozen Maine steamer clams
6 medium Maine baking potatoes
6 medium onions
6 ears of corn, in the husks
6 live Maine lobsters (1 pound each)
Rockweed (optional)
Lemon wedges
Melted butter or other fat

Wash clam shells thoroughly. Wash potatoes and cut off ends. Peel onions. Remove corn silk from ears of corn and replace husks. Cut 12 pieces of cheesecloth and 12 pieces of heavy-duty aluminum foil, 18 x 36 inches each. Place 2 pieces of cheesecloth on top of 2 sheets of foil. Place 12 clams, a lobster, potato, onion, ear of corn, and rockweed on cheesecloth. Tie the cheesecloth up over the food. Pour 1 cup water over the package. Bring edges of foil together and seal tightly. Make 6 packages. Place packages on a barbecue grill about 4 inches from hot coals. Cover with hood or aluminum foil. Cook for 1 hour or until potatoes are cooked, turning every 15 minutes. Serve with lemon wedges and melted butter. Serves 6.

Pollock Barbecue

2 lbs. pollock fillets	¼ cup brown sugar
1 cup chopped onion	3 tbsp. vinegar
¼ cup melted fat	1 tbsp. mustard (dry)
1 can tomatoes	1 tsp. salt
(1 lb. 12 oz.)	

FROZEN FILLETS MUST BE THAWED. Cut fish into pieces about 1-inch square. Fry onion in fat until well-cooked. Add rest of the ingredients to frying pan and cover and cook slowly for 15 minutes or until fish flakes easily. Serve the barbecue over red kidney or pinto beans and rice. Serves 6.

Fillet of Sole Papiotte

1-6 to 8 oz. flounder fillet	dash of dry mustard
2 tablespoons cream of celery soup	dash of nutmeg
2 tablespoons water	salt and pepper
¼ cup mushrooms	

Place flounder fillet in center of a 1 foot square of aluminum foil. Sprinkle with salt and pepper. Blend soup and water with nutmeg, mustard and mushrooms and place on fish. Bring two sides of paper together and fold over twice. Turn ends up so juice won't run out. Place on a baking pan and cook 20 to 30 minutes at 400°. Serves one.

NOTE: Original "papiotte" was a 1 foot square of brown paper well oiled in center. But aluminum foil is much easier to handle and much less "smelly" to bake. To serve several people, make a packet or multiply ingredients and cook in a covered casserole.

Baked Maine Lobster Deluxe

4 fresh Maine lobsters	2 egg yolks
3 small fresh Maine lobsters	1 cup lobster stock
2 tablespoons butter	1 cup small toasted bread cubes
½ cup cream	2 tablespoons sherry

Drop lobsters into kettle of boiling salted water — boil 10 minutes. Set 4 large lobsters to one side, belly up so juice does not run out of shell. Remove meat from 3 small lobsters. Cook shells with celery, parsley and seasoning for 15 minutes — strain. This gives you your lobster stock. In double boiler melt butter, add cream, yolks of eggs — stir as this thickens; add lobster stock. Cook until the consistency of cream sauce. Remove from fire, add lobster meat and toasted bread cubes, sherry.

Next split your large lobsters. Remove intestinal vein, stomach and liver, cut under-shell from tail so meat will show, crack large claws, fill body cavity with dressing — be generous — sprinkle with bread crumbs. Bake in hot oven 500° F. for 10 minutes — set under broiler to brown crumbs if needed. Can be fixed all but cooking in oven several hours before ready to serve. Serve with melted butter. Serves 4.

Boiled State of Maine Lobster

Place live Maine lobsters in a kettle of briskly boiling salted water. Boil rapidly for twenty minutes for 1¼ pound lobsters, longer for larger sized ones. Remove from the water and wipe dry. Then place each lobster on its back, split lengthwise with a heavy knife and crack the large claws. Serve whole lobster with a side dish of melted butter.

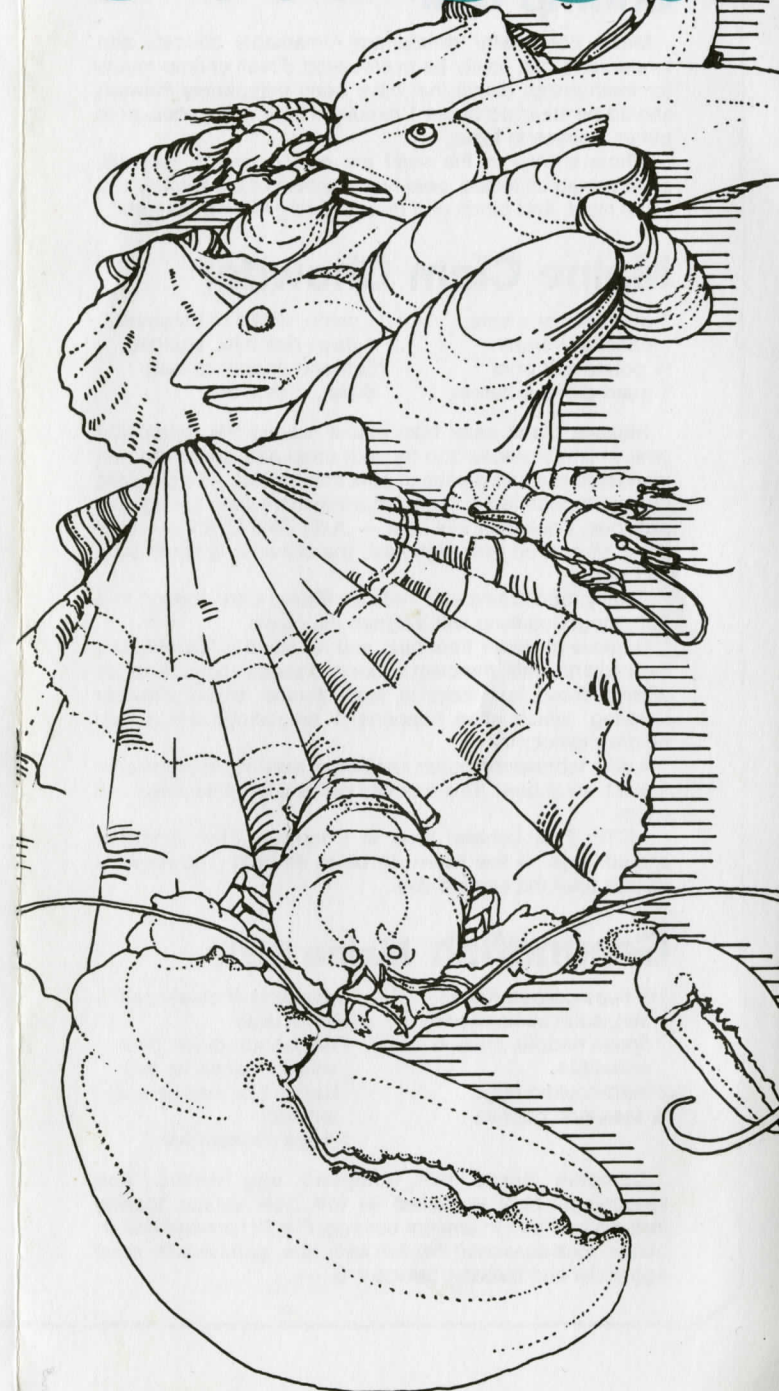
Baked Maine Scallops

Wash fresh scallops quickly in cold water. Drain and dry well. Remove the hard piece from each one, which is on the side. Wipe carefully, roll in flour. Put in greased pan. Fill to about ½ the depth of scallops with rich milk. Dot with butter, salt and pepper to taste. When baked about ½ hour in medium oven (350° F.) turn each and brown on other side.

These are very rich and good. Do not cook in too hot oven or the milk will curdle and be unsightly.

RECIPES FROM MAINE

Seafood



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Seafood Dishes from Maine



Shrimp Boil

Maine cold water shrimp are remarkably delicate and tender, and can easily be overcooked. Fresh shrimp meats (or fresh-frozen meats that have been completely thawed) should be steamed about 1 minute in their own juices, or in butter. Season to taste.

Whole shrimp in the shell are easily peeled. To peel, simply snap off heads, peel first segment of tail shell, grasp tip of meat, and pinch end of tail, gently forcing out meat.

Maine Clam Chowder

1 quart Maine clams, canned or fresh	1 onion, diced or chopped
1/4 pound salt pork	1 quart rich milk, scalded
1 quart diced potatoes	Salt and pepper to taste
	Butter, if desired

Remove black parts from clams, saving the liquor. Cut pork in small pieces and fry until crisp and golden brown, then remove small pieces of pork from the fat. Add potatoes and onion, with just enough hot water to be seen through the potatoes. Cook over low heat — JUST SIMMERING — until done. (If cooked over high heat, the chowder is apt to stick and burn.)

Finally, add clams and cook 2 minutes after coming to a boil; longer cooking will toughen the clams.

Remove chowder from heat and let stand a few minutes, then add hot milk, the clam liquor and seasoning to taste. By adding these last there is less chance of the chowder curdling, which often happens if seasonings are added before the hot milk.

Add 1 tablespoon butter just before serving, or place a bit in each soup bowl. This quantity yields 6 large servings or 8 small.

NOTE: Like Lobster Stew or Chowder, Clam Chowder should "age" a few hours, to be at its best. The flavor is always finer the second day.

Groundfish Maine Style

1 1/2 cups cooked flaked fish, such as haddock, finnan haddie, codfish or halibut	Sprinkling of celery salt
2 hard-cooked eggs	Salt to taste
1/4 teaspoon paprika	Pork fat and diced pork scraps (bacon fat and bacon bits may be sub- stituted)
	2 cups cooked rice

Combine flaked fish, chopped egg whites, and seasonings. Heat in melted fat with pork scraps, tossing frequently in pan to prevent burning. Pile hot cooked rice on platter, toss seasoned hot fish over rice, garnish with riced egg yolks and parsley. Serves 4-6.

Baked Maine Ocean Perch Fillets in Tomato Sauce

Season 1 1/2 pounds fresh or frozen Ocean Perch fillets. Place in shallow, greased baking pan. Then mix together 4 tbsp. melted margarine or butter, 1 tsp. salt, 1/4 cup of water, 1 bay leaf, 1/4 tsp. pepper, dash of sage, 1 can tomato sauce.

Pour sauce over fish. Bake, basting occasionally, in moderate oven (350° F.) 35-40 minutes, or until fish is tender. Serves 4.

Holiday Planked Pollock

Clean and bone a pollock weighing about 4 pounds. Dry thoroughly. Season the inside with mixture of salt and pepper, and rub entire fish with softened butter substitute.* Place fish on a buttered or oiled preheated plank, skin side down. Bake in a moderately hot oven (375° F.) 30 minutes, basting frequently with melted fat. Remove plank from oven and make a border of seasoned and mashed potatoes around the edge of the plank by using a pastry bag and tube. Fill in the space between edge of fish and potato border with baked stuffed tomatoes, small mounds of hot cooked stringbeans and cauliflower. Place the plank under the broiler or in a very hot oven just long enough to lightly brown the potato border. Remove from oven, garnish with parsley and lemon and serve from plank.

(Top the mounds of cauliflower with Hollandaise sauce or pour a little melted butter, blended with lemon juice, over cooked vegetables.)

*COOKING TIP: Never salt the OUTSIDE of a fish before baking. As with fowl, rub seasonings inside. One-fourth teaspoon pepper may be mixed in melted fat used to brush the outside. If desired, sprinkle 1 tablespoon grated onion over fish before baking. Pre-heat oven and plank.

Quoddy Fish Chowder

1/4 lb. salt pork, cubed	3 onions, sliced
4 cups of diced raw potatoes	1 can evaporated milk (13 oz.) or 1 cup rich milk, scalded
1 teaspoon salt	1 tablespoon butter
3 lbs. of fresh skinned haddock with bones in it	1/4 teaspoon pepper

Fry the salt pork out in the pot in which the chowder is to be made. Remove fried pork, put into the pot the onions, potatoes and half the salt. Cover with hot water and cook until potatoes are tender, but not broken. Cut the fish into three pieces, and in a separate dish simmer it in boiling water to which the remaining 1/2 teaspoon salt has been added. (This is to keep the fish from breaking up.) When the fish is cooked, remove the bones, keeping it in as large pieces as possible. Then put fish and strained fish stock (for flavor) into heated chowder dish. Add milk, butter and pepper. Serves 5.

Baked Fish Turbot

Most any type of fish may be used in this baked dish — cusk, cod or haddock are particularly good.

Make a rich medium white sauce. Add two and one-half cups of cooked flaked fish. Pour into a greased casserole and cover with buttered crumbs. Bake one-half hour in a moderate oven (375° F.)

For added flavor, sprinkle grated cheese over the top before baking.

Broiled Mackerel with Mustard Paste

3 lb. mackerel	Juice of 1 lemon
1 tablespoon salad oil	1 lemon, sliced
1 tablespoon butter	Parsley to garnish

If fish is large, split in middle of back; if small, broil whole. Season well by rubbing with salt and pepper mixed with a little salad oil. Broil on rack. Brown well on both sides. Before removing from broiler, spread with Mustard-Parsley paste and run under broiler to melt. Place in hot dish, garnish with parsley and sliced lemon. Butter fish nicely and pour juice of lemon over it. Serve at once.

MUSTARD-PARSLEY PASTE. Cream one teaspoon prepared mustard with 2 tablespoons butter; add 2 tablespoons finely chopped parsley, and 2 tablespoons lemon juice. Spread on broiled fish, sprinkle with paprika.

Scallops and Fish Casserole

1/2 lb. scallops	1 can frozen shrimp soup
1/2 lb. haddock fillets	1 small can evaporated milk
1 small onion, diced	1 small can pimiento
2 stalks celery, diced	seasonings to taste
1/2 green pepper, diced	

Simmer peppers, onions and celery in butter until tender. Cut fish in 3 or 4 pieces, place on top of onion mixture. Cover and simmer about 5 minutes. Cut scallops in 2 or 3 pieces. Add to pan and cook 5 minutes. Add milk, defrosted shrimp soup, pimiento and seasonings. Pour into greased casserole. Cool, cover and refrigerate over night. Sprinkle top with buttered crumbs. Bake 30 to 40 minutes at 350°. Makes 4 or 5 servings.

NOTE: It's that little rest in the refrigerator that makes the difference — blends flavors and makes this one of the most delectable concoctions yet!