

Sensational seafood delicious in salad or grilled

See related story on Taste front.

CRAB SALAD NICIOISE

1 pound green beans, cut into 2-inch lengths
4 medium boiling potatoes (about 1 1/4 pounds)
1/2 cup olive oil
1/4 cup white wine vinegar
1 tablespoon thinly sliced chives or green onion
1/4 teaspoon salt
1/4 teaspoon pepper
6 cups torn butter lettuce (leaves) (1 head)
3/4-1 pound crabmeat or shrimp meat or crab-flavored sun-dried
1/4 cup small ripe black olives
1 cup cherry tomatoes, halved
Cook potatoes in boiling water 30 minutes or until tender; drain, cool

10 minutes. Cut potatoes into 1-inch chunks and place in a shallow dish. Cook beans in boiling water 10 minutes or until tender; drain and cool 10 minutes. Add to potatoes. Combine oil, vinegar, chives, salt and pepper in small jar with tight fitting lid. Shake well and pour 1/4 over potatoes and beans. Refrigerate, covered, 2 hours or up to 24 hours, stirring occasionally.

To serve, arrange lettuce on 4 plates and spoon potato bean mixture on top. Divide crabmeat among the plates and garnish with olives and tomatoes. Drizzle remaining dressing on top. Yield 4 servings. Serve with crusty French bread.

KABOBS OF SALMON SPIRALS AND SHELLFISH

1/4 pound salmon fillets, skinned

4 sprigs fresh dillweed
1 medium zucchini
1 medium-sized yellow bell pepper
1/2 pound sea scallops or medium shrimp
1/2 cup lime juice
1 tablespoon reduced-calorie margarine, melted
2 teaspoons Dijon mustard
1 teaspoon chopped fresh dillweed
cucumber dill sauce (recipe below)

Cut salmon into strips 5 inches x 1 1/2 inches. Place a sprig of dillweed on each strip. Curl each salmon strip to form a spiral; secure with a toothpick and set aside.

Cut zucchini in half lengthwise, then cut diagonally into 1/4 inch pieces; set aside. Cut pepper into

quarters; remove seeds and stem. Cut each piece in half. Thread one salmon spiral (remove toothpick) with scallops and/or shrimp, zucchini and peppers alternating onto 4 skewers. Place skewers in a large, shallow dish.

Combine lime juice and the next 3 ingredients; mix well and pour over kabobs. Cover and refrigerate 30 minutes.

Remove kabobs from marinade; set aside. Coat a grill with vegetable cooking spray. Place kabobs on grill 4 inches to 5 inches from hot coals. Grill, brushing kabobs with marinade and turning once, just until scallops are milky and opaque and salmon begins to flake when tested with a fork, allowing 4 to 5 minutes on each side.

CUCUMBER DILL SAUCE

1/2 8 oz. package light cream cheese
1 tablespoon nonfat plain yogurt
2 teaspoons lime juice
1 1/2 teaspoons Dijon mustard
1/4 teaspoon paprika
3 tablespoons seeded, finely chopped cucumber, well drained
2 tablespoons chopped fresh dillweed

Combine the first 5 ingredients in a bowl; beat until smooth. Fold in cucumber and dillweed. Cover and refrigerate until needed.

FISH FILLETS WITH GREEN TOMATO SALSA

1 pound catfish or snapper, orange roughy, flounder,

cod, sole or pollock, cut into 4 serving pieces
1/2 cup prepared chunky salsa
2 tomatoes or green tomatoes, chopped (about 1 1/2 cup)
1 tablespoon chopped fresh cilantro or Chinese parsley
2 teaspoons lime juice
1/4 teaspoon ground coriander

Pat fish dry with paper towels. Arrange in an 8-inch square glass baking dish so that pieces are toward the sides of dish. Combine salsa, tomatoes, cilantro, lime juice and coriander. Spoon mixture over fish. Cover with vented plastic wrap. Rotating dish midway through cooking, microwave on high 3 to 4 minutes, or just until fish flakes when tested with a fork. Serve on a heated tortilla garnished with sprigs of cilantro. Yield 4 servings.

Shuck your fears, discover the flavor of oysters

See Larry Jones' column on Taste front.

OYSTER BISQUE

1 pint oysters, in liquid
4 cups milk
1/4 onion, sliced
4 sprigs parsley
1 bay leaf
1/2 cup chopped celery
1/2 cup butter or margarine
1/2 cup flour
1 1/2 teaspoons salt
dash fresh ground pepper, preferably white

Drain oysters; reserve liquid. Chop oysters, set aside. Combine milk, onion, parsley and bay leaf in a saucepan. Scald milk. Cook celery in a small amount of butter or margarine until tender. Add to milk mixture. Melt butter or margarine in a second saucepan. Blend in flour, salt and pepper and make roux. Strain milk mixture through a sieve and stir into flour mixture. Cook over medium heat, stirring constantly, until thickened. Add oysters with liquid. Heat through but do not boil.

Serves 6-8.

OYSTERS ROCKEFELLER

18 large raw oysters
2 cups spinach, cooked and well drained
1/2 cup chopped onion
1 tablespoon chopped parsley
1/4 teaspoon celery salt
dash salt and pepper
3 drops Tabasco sauce
1/4 cup soft bread crumbs
3 tablespoons butter or margarine

Open oysters; remove from shells.

Place shell halves on a bed of rock salt in a large, oblong baking dish.

Place an oyster or half of one in each shell. Put spinach, onion, parsley, salt, pepper, tobacco in a food processor or blender and blend until well chopped. Stir in bread crumbs and saute in butter or margarine for 5 minutes. Spoon over oysters. Bake at 400 degrees for 10 minutes or until oysters are heated throughout and hot.

Serve with lemon slices.

OYSTER STUFFING

4 quarts toasted bread cubes, about 32 slices
1 cup butter or margarine
1 cup chopped celery
1 1/2 cups chopped onion
1 quart oysters with liquid
1/2 cup milk
1 teaspoon powdered sage
2 teaspoons salt and dash pepper

Measure bread crumbs into a very large bowl. Melt 1/2 cup of the butter or margarine and cook celery and onions over medium heat until soft

and tender. Pour over bread cubes. Heat remaining butter and margarine in a large skillet and add oysters with liquid. Heat for 1 minute, remove oysters and our liquid from skillet over bread cube mixture. Chop oysters coarsely, combine with bread cube mixture along with sage, milk, salt and pepper. Mix well. Stuff lightly into turkey, cornish hen or chicken. Bake until cooked throughout, depending on size of bird used. Makes enough stuffing to stuff a 12-15 pound bird.

Golden Mushroom's Chef Steve shares walleye saute recipe

See Chef's Secrets on Taste front.

WALLEYE (PICKEREL) SAUTE WITH HAZELNUT CRUST

Walleye fillets, about 8 oz. per serving, skinless
Roasted and skinned hazelnuts, finely ground, mixed with fresh white bread crumbs, equal amount as

hazelnuts
beaten eggs with a little milk
salt, pepper
flour
clarified butter

Preheat a large skillet or two to medium hot. Season fish with salt and pepper, dust with flour. Dip fish in "egg wash" and then in

crumb hazelnut mixture, coating evenly on both sides. Shake excess off.

Pour about 1/4" of clarified butter into skillet and place fish in. Over moderate heat brown gently on one side and turn over. Brown gently on other side, drain all butter from

skillet (for transfer fish to a sheet pan) and place fish in 350 F. oven for about 5 minutes (depending on thickness), until done.

LEEK AND RASPBERRY VINEGAR SAUCE

1 cup white and pale end of leek, sliced

2 tablespoons butter, melted
1/4 cup clam juice
1/4 cup heavy cream
salt
white pepper
3 tablespoons raspberry vinegar

In a heavy bottom, stainless steel saucepan gently saute leeks till

transparent. Add clam juice and cream, bring to boil, reduce fire to very low simmer, cover and braise about 15 minutes. Place in a blender, add seasoning and vinegar. Puree smooth. Taste and correct if necessary. To serve, spill sauce on plates, place fish on top. Makes enough sauce for 6 servings.



Superior Fish Co.

"House of Quality"

"Let The Seashore Come to Your Door"

NEW ZEALAND FILLETS ORANGE ROUGHY

Reg. \$5.49

\$4.99 lb.

With Coupon*

Not Valid With Any Other Discount or Coupon Expires 7-11-92

Fresh Fillets LAKE WHITEFISH

50¢ OFF per pound

With Coupon*

Not Valid With Any Other Discount or Coupon Expires 7-11-92

Fresh Daily Homemade SEAFOOD SALAD

50¢ OFF per pound

With Coupon*

Not Valid With Any Other Coupon or Discount Expires 7-11-92

5th Annual SEAFOOD COOKING DEMONSTRATION

by Chef Roger Sutton of THE PEABODY'S

Saturday July 11th

Free Samples Free Recipes 10 AM - 12 Noon

Make sure to visit our wine tasting display

Our Fresh Seafood is flown in daily from all the waters of the world and processed at our 16,000 square foot facility, "Michigan's Most Modern Seafood Store"

SUPERIOR FISH CO.

House of Quality

Serving Metro Detroit for over 50 Years

FREE Recipes

309 E. Eleven Mile Rd. • Royal Oak • 541-4632 MON.-FRI. 8-6; SAT. 8-1

PRICES GOOD TUES. JULY 7 THRU MON., JULY 13

Fresh Approach

QUALITY

MEATS, PRODUCE & DELI

35243 Grand River • Farmington

In the Drakeville Plaza across from Bob Saks • PHONE 442-2160

★ Shop & Save With Us Everyday! ★



100% GENUINE FRESH GROUND SIRLOIN

\$1.99 lb.

IN THE DELI... KRABUS

HONEY BAKED HAM

\$3.99 lb.



FRESH TENDER GREEN BEANS

66¢ lb.

FROZEN TENDER CORNISH GAME HENS

24-OZ. AVG.

88¢ lb.

PREVIOUSLY FROZEN 2-LB. AVG. BABY BACK RIBS **\$2.99** lb.

DOLE FRESH COLE SLAW OR SALAD MIX 1-LB. BAG **99¢**

CRISP FRESH ZUCCHINI SQUASH **48¢** lb.

MARCUS JAMES WINES

1.5 LITER BOT.

CHARDONNAY • CABERNET • WHITE ZINFANDEL • MERLOT

\$6.59

NEW ITEM! REG. OR WHEAT SAMUEL ADAMS LAGER 6-PACK 12-OZ. BOTS.

\$5.49

HOT HOUSE TOMATOES

77¢ lb.

JUMBO JUICY PEACHES

77¢ lb.