

# SAUCES

## MUSTARD SAUCE

2 tablespoon butter	3/4 cup whipping cream
1 tablespoon minced shallot	2 teaspoons Dijon mustard
1 clove garlic, minced	salt and pepper
1/4 cup beef stock	lemon juice
2 tablespoons brandy	

In a small saucepan, melt butter over medium-low heat. Add shallot and garlic; cook 30-60 seconds or until softened. Add beef stock and brandy. Increase heat to high; bring to a boil and cook for 2-3 minutes or until liquid is reduced by half.

Stir in whipping cream and cook about 3 minutes or until thickened. Remove from heat; stir in mustard. Season with salt, pepper and lemon juice to taste. Keep warm until serving time. (This sauce cannot be chilled and reheated.) Makes about 1/2 cup.

## BARBECUE SAUCE

1-28 oz. can tomato sauce	1 tablespoon Worcestershire sauce
3/4 cup ketchup	1 teaspoon dry mustard
1/2 cup cider vinegar	1/2 teaspoon cinnamon
1/2 cup molasses	1/2 teaspoon allspice
1 pkg. onion soup mix	1/4 teaspoon ground cloves

Combine all ingredients in a large pot and simmer 1/2 hour at least. (The longer the better.) Makes 6 cups. Can be frozen in small containers for later use.

## QUICK BEARNAISE SAUCE

2 tbs. white wine or vermouth	1 tbs. minced shallot or onion
2 tbs. tarragon or white wine vinegar	pinch pepper
2 tbs. chopped fresh tarragon or 1 tsp. dried tarragon	4 egg yolks
	1/4 tsp. salt
	3/4 cup butter

In a small saucepan, bring wine, vinegar, tarragon, shallot and pepper to a boil. Boil rapidly until reduced to 2 tablespoons. Remove from heat. In a food processor or blender, combine egg yolks, salt and vinegar mixture and process for 2 seconds to blend thoroughly.

In a small saucepan, melt butter and heat until sizzling but not browned. With food processor running, add a few drops of sizzling butter, then add butter in a steady stream and process until blended. Serve warm or at room temperature. Makes about 1 cup.



## COMPANY AND PRODUCT INFORMATION

John Schifano is the owner of Futures food Products. John has been in the food industry for over 25 years, working towards the goal of ultimate perfection in quality and availability of all natural fresh and frozen gourmet foods.

Futures food Products delivers to seasonal fishing and hunting resorts, camps, restaurants and the general public.

Our Premium Angus Beef is aged between 28 and 47 days, depending on the cut, and is free of hormones or chemical additives.

Through customer demand, we have created, listed and made available a good selection of Exotic and Game Meats. For products that are not included on our list, we order in and custom-size products on demand for our customers.

We have a select list of unique finger foods and appetizers that are oven ready. For the sweet tooth, we have home made gelato and many other desserts to choose from.

All meat and fish products are hand-cut and portioned on demand, daily, and are individually vacuum packaged to prevent freezer burn and extend shelf life. Futures food Products selects the best local products and imports some of the finest meats, fish and seafood from around the world. Our gourmet entrees are prepared by hand for dining rooms and steak houses across North America. ingredients and cooking instructions are either on the label or on individual packaging.

# SEAFOOD RECIPES

## BASIC WAYS OF COOKING FISH (Canadian Rule)

DON'T OVERCOOK! This is the most important advice to be given about the cooking of fish. Excess cooking will only dry it out and make it flavorless. Fish is naturally tender. It should be cooked just to firm the flesh.

All fish, either fillets, steaks or whole fish, should be cooked according to **Canadian Rule: Measure the fish at its thickest point – its depth, not across the fish – and cook it exactly 10 minutes per inch. If fish is 1/2-inches thick, cook 5 minutes; if it is 1-inch thick, cook 10 minutes; if it is 1-1/2 inches thick, cook 15 minutes; etc. This is foolproof and eliminates all that testing and flaking and the fish looks prettier as a result. The Canadian Rule applies to every sort of preparation – baking, broiling, braising, sautéing, frying, poaching and steaming.** If the fish you are using is still frozen, double the time – 20 minutes per inch of thickness, plus or minus any fraction thereof. **The Canadian Rule does not apply to shellfish.**

The following recipes can be used with any of our various fish fillets i.e. orange roughly, sole or trout fillets.

## FISH FILLETS

### OVEN FRYING

This method is a favorite because it renders a crisp fish without the odor, calories or cleanup of deep fat frying. It is faster than baking and very easy. The best pieces to use are whole fish, dressed, fillets, or steaks. You do not have to turn the fish with this method of cooking.

#### Basic Oven Fried Fish

2 lbs. fish fillets	1 cup dry bread crumbs
1 tbs. salt	or cracker crumbs
1 cup milk	1/4 cup melted butter or margarine

Cut fillets into serving size portions. Add salt to milk. Dip fillets into milk, then into crumbs. Place in a single layer in a buttered baking dish. Drizzle butter evenly over fillets. Bake at 500°F for 10 minutes per inch of thickness (see the Canadian Rule). Baste lean fish after 5 minutes. Makes 4 to 6 servings.

### BAKED FISH IN WHITE WINE

3 to 3-1/2 lbs. firm white fish	dry white wine
1/2 medium onion, sliced	2 tbs. brandy
3 shallots, minced	2 tbs. flour
1 cup sliced mushrooms	2 tbs. soft butter
1 tbs. lemon juice	dash cayenne
salt and pepper to taste	parsley (optional)
pinch <b>each</b> nutmeg and clove	lemon slices (optional)

Dry fish with paper towels. Butter a large baking dish and arrange fish in it. Separate onions into rings. Scatter over fish. Combine shallots, mushrooms, lemon juice, salt, pepper, nutmeg and cloves. Sprinkle over fish and onions. Almost cover the fish with wine. Bake at 425°F 10 minutes per inch of thickness (see Canadian Rule). Remove from oven. With a baster, remove all cooking liquid to a small saucepan. Reduce liquid over high heat to 1-14 cups. Warm brandy in a ladle. Light it carefully. Pour flaming brandy into reduced liquid. Stir mixture constantly over medium heat. When thick, add cayenne and pour over fish. Garnish with parsley and lemons. Makes 8 servings.

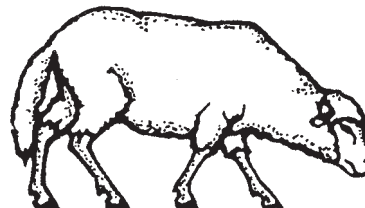
# LAMB

## LAMB CHOPS A LA GREQUE

Combine and boil:

- 1 can (19 oz.) tomatoes
- 2 celery stalk pieces chopped
- 2/3 cup onion, chopped
- parsley
- 1/4 teaspoon cinnamon
- 1/4 teaspoon allspice

Simmer 15-20 minutes to blend flavours. Brown 16-20 lamb chops on both sides and arrange in a single layer in a shallow baking dish. Pour sauce over lamb chops. Combine 1 pkg. (10 oz.) frozen baby lima beans and 1 cup of olives cut in half. Spread over lamb chops. Sprinkle with 3/4 cup feta cheese. Cover and bake for 1 hour. Garnish with lemon slices. Makes 4-6 servings.



## MEDALLIONS OF LAMB WITH ROSEMARY

- 10 lamb chops
- 1/2 cup dry red wine
- 1 tablespoon vegetable oil
- 2 cloves garlic, minced
- 1-1/2 teaspoon chopped fresh rosemary or
- 1/2 teaspoon dried rosemary
- 2 tablespoons butter
- 2 tablespoons green onion, chopped
- 1/2 cup lamb or beef stock
- 2 tablespoons butter
- salt and pepper to taste

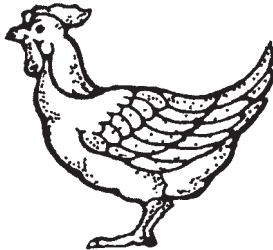
Place lamb chops in a shallow dish. Combine wine, oil, garlic and rosemary. Pour over meat and marinate for 1-2 hours in the refrigerator. Be sure to turn frequently. Remove meat, reserving marinade and pat the meat dry with paper towels. In a large skillet, melt 2 tablespoons of butter over medium high heat; cook meat for about 3 minutes on each side or to desired doneness (lamb is best when still pink inside). Remove meat and keep warm. Pour off all but 1 tablespoon of fat from pan; add onions and sauté for 1 minute or until soft. Strain reserved marinade and add to pan along with stock. Over high heat, reduce sauce slightly; add any juices that have accumulated around lamb chops. Whisk in 2 tablespoons butter; season to taste with salt and pepper. Strain sauce if desired.

# CHICKEN

## BONELESS CHICKEN BREAST IN A CREAM SAUCE

6 portions boneless chicken breasts  
poached and cut into bite size pieces  
2 tablespoons butter  
1 tablespoon flour  
2 tablespoons fresh parsley, chopped finely  
3-4 green onions, chopped finely  
1 garlic clove, chopped finely  
salt and pepper  
grated nutmeg  
1 egg yolk, beaten  
1/2 cup heavy cream  
2 tablespoons fresh lemon juice

Melt butter in a heavy saucepan. Stir in the flour, parsley, green onions, garlic, salt, pepper and a pinch of nutmeg. Cook gently over low heat for a few minutes. Mix the egg yolk with the cream and gradually stir into the mixture in the saucepan. Continue stirring until the sauce has a consistency that will coat the spoon. Add the chicken breast pieces and lemon juice, stir until heated through, then serve. Can be served with rice or noodles. Serves 4.



## CHICKEN WITH LEMON & HERBS

1 cup chopped fresh mint, dill and parsley in about equal amounts  
2 cloves garlic, chopped  
6 boneless chicken breasts  
salt and pepper to taste  
2 lemons, sliced  
4 tablespoons sweet butter

Preheat the oven to 350 degrees F. Mix herbs and garlic together in a small bowl. Arrange each chicken breast on a piece of tinfoil and season with salt and pepper. Sprinkle herb and garlic mixture over them. Arrange lemon slices on the chicken, dot with butter and seal the packets. Set on a baking sheet and bake in the middle of the oven for 30 minutes. Transfer to plates and open packets at the table.

# FISH FILLETS

## GOLDEN FILLETS

Children love fish prepared this way.

1-1/2 to 2 lbs fillets	1/2 tsp. garlic salt
1/4 cup butter	1/4 tsp. fine herbs
1/2 cup dried bread crumbs	1/2 cup mayonnaise
1/4 cup Parmesan cheese	fresh parsley (optional)
	lemon wedges (optional)

Rinse and pat fish dry with paper towels. Cut into 4 or 5 pieces. Add butter to a shallow baking dish. Place in 350°F oven to melt. Mix crumbs, cheese, salt and herbs. Spread mayonnaise on one side of the fish. Roll mayonnaise side in crumb mixture. Repeat on other side of fish. Remove baking dish from oven and arrange fish in a single layer. Turn over to coat with melted butter. Sprinkle leftover crumbs on top. Bake at 425°F for 10 minutes per inch of thickness (see Canadian Rule). Garnish with chopped parsley. Serve with lemon wedges. Makes 4 to 5 servings.

## FISH FILLET PARMESAN

1-1/2 to 2 lbs. fillets	1 tbs. chives
1/2 tsp. salt	1/4 cup fine dry bread crumbs
pepper to taste	paprika
3/4 cup sour cream	watercress (optional)
1/2 cup grated Parmesan cheese	

Wash and pat fillet dry with paper towels. Arrange in greased baking pan. Sprinkle salt and pepper over fish. Mix sour cream with cheese, chives and crumbs. Spread over fish. Dust with paprika. Bake at 450°F for 10 minutes per inch of thickness (see Canadian Rule). Garnish with watercress. Makes 4 servings.

## FILLET OF FISH ALMANDINE

1 lb. fillet of fish	1/2 tsp. salt
6 tbs. butter	dash pepper
1/4 cup sliced almonds	1 tbs. lemon juice
1/3 cup flour	1 tbs. finely chopped parsley

Pat fillets dry with paper towel. Melt 4 tbs. butter in a small skillet. Sauté almonds until lightly browned. Set aside. Season flour with salt and pepper. Dredge fillets in seasoned flour. Melt remaining 2 tbs. butter in large skillet over medium-high heat. Add fillets and fry about 2 to 3 minutes or until the first side is golden brown. Turn and fry the additional minutes necessary to total 10 minutes per inch of thickness (see Canadian Rule). Remove fillets to a heated ovenproof platter and place in warm oven. Return almonds to heat. Add lemon juice and stir until mixture boils. Spoon over fillets. Sprinkle with parsley. Makes 4 serving.

# FISH FILLETS

## CRUSTY FILLETS WITH SWEET-SOUR SAUCE

1 lb. of fillet	1 tbs. evaporated milk
1 cup fine buttery cracker crumbs	1/4 tsp. salt
1/2 cup flaked coconut	1/4 cup cooking oil
1 egg, beaten	Sweet-Sour Sauce

Thaw fish if frozen. Cut in serving size portions. Mix cracker crumbs and coconut. Combine eggs, milk and salt. Dip fish in egg mixture. Shake off excess and coat well with cracker-coconut mixture. Heat 2 to 3 tablespoons oil in a 12-inch frypan. Fry fillets, a few at a time, over moderate heat for 10 minutes per inch of thickness (see Canadian Rule). Turn fillets only once. Drain on paper towels and place in warm oven while frying remaining fillets. Serve with Sweet-Sour Sauce. Makes 2 to 3 servings.

**Sweet-Sour Sauce** – Combine 1/2 cup apricot or plum preserves, 1/4 cup each catsup and light corn syrup, 2 tablespoons lemon juice and 1/4 teaspoon ginger in a small saucepan. Simmer over low heat 2 to 3 minutes. Serve with Coconut-Crusted Sole. Makes about 1 cup sauce.

## BROILED FILLETS WITH TANGERINE SAUCE

1 lb. white fish fillets	1 tbs. tangerine or orange juice
salt and pepper	1 tbs. butter or margarine, melted

Thaw fillets if frozen. Place in a single layer in a well-greased baking pan. Combine melted butter with juice. Brush over fish. Sprinkle with salt and pepper. Broil fish 10 minutes per inch of thickness (see Canadian Rule). Baste once during broiling with pan juices. Arrange fish on a warm serving platter. Serve with Tangerine Sauce. Makes 2 to 4 servings.

**Tangerine Sauce** – Sauté 1/4 cup sliced almonds in 2 tbs. butter. Mix 1 tbs. cornstarch with 1/2 cup tangerine or orange juice in a 1 quart saucepan. Add 2 tbs. **each** white wine, apple jelly and lemon juice. Cook, stirring, until mixture thickens. Add a dash of hot pepper sauce, pinch of salt, 1/2 tsp. grated tangerine or orange rind, 1 tangerine or orange, peeled and cut into small pieces, and the sautéed almonds and butter. Heat and serve with broiled fillets. Makes 1 cup.

## MICROWAVE'S MARVELOUS FISH

This is a perfect recipe for cooking any kind of fish fillets.

1 lb. fish fillets	2 tbs. fresh lemon juice
4 tbs. butter or margarine	1/2 tsp. salt
1 tbs. chopped fresh parsley	dash pepper

Thaw fish if frozen. Measure butter into a microwave safe dish big enough to hold the fish in a single layer. Microwave at 50% power for 2 minutes or until melted. Blend 1 tbs. of the parsley with melted butter. Dip each fillet in the parsley-butter sauce coating both sides. Arrange fillets with thick sides toward the outside of the dish. Pour lemon juice evenly over fillets. Sprinkle with salt and pepper and remaining 1 tbs. parsley. Cover tightly with plastic wrap. Microwave at 100% power 6 to 8 minutes or until fish flakes easily with a fork. Let rest covered 4 minutes before serving. Makes 2 to 3 servings.

# CHICKEN

## BROILED CHICKEN BREASTS SESAME

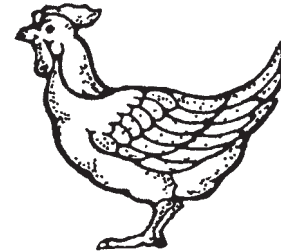
6-8 portions boneless chicken breasts  
sesame seeds

### MARINADE

1/4 cup oil  
1/4 cup soy sauce  
1/4 cup dry white wine  
1 teaspoon dried tarragon  
1 teaspoon dry mustard

Mix together the oil, soy sauce, white wine, tarragon and mustard, and marinate the chicken breasts in the mixture for 2-3 hours.

Broil the boneless chicken breasts over a medium charcoal fire for 4-5 minutes on each side, basting with the marinade 2 or 3 times. Remove from the barbecue and brush with the marinade and then roll them in the sesame seeds until they are well coated. Return chicken breast to the barbecue for a minute or 2 to brown the seeds. Serve with plain butter rice. Serves 3-6.



## CHICKEN BREASTS IN GARLIC SAUCE

6-8 portions boneless chicken breast  
4 tablespoons butter  
1 clove garlic, crushed  
1 medium onion, sliced  
2 slices bacon, chopped  
1/2 cup mushrooms, sliced  
1/2 teaspoon dried basil  
salt and pepper to taste  
1 cup heavy cream  
garnish with toasted almonds.

Melt the butter in a casserole dish (stove top safe). Stir in the garlic, onion, bacon, mushrooms, basil, salt and pepper. Cover and cook for 5 minutes. Arrange the chicken on top of the vegetable; cover and bake in oven for 15 minutes at 350 degrees F. Pour the cream over the chicken; sprinkle with almonds. Serves 4.



# VEAL

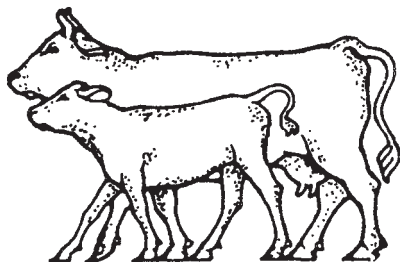
## WIENER SCHNITZEL

6-8 portions veal cutlets  
salt and pepper  
1 cup all purpose flour  
3 eggs, beaten with 1 teaspoon vegetable oil  
3 cups dry bread crumbs **or** 6 cups fresh bread crumbs  
3 tablespoons butter  
3 tablespoons vegetable oil  
6 pieces lemon wedges

On waxed paper pound the veal cutlets into even thinner slices; season lightly with salt and pepper.

Place flour in one dish, egg mixture in another and bread crumbs in a third. Dip veal into flour, shake off excess. Dip into egg mixture; allow excess to drip off. Press into bread crumbs. Place on rack or waxed paper and refrigerate if time allows.

In a large skillet, heat butter and oil; cook veal (in batches if necessary) over medium-high heat for 3-5 minutes on each side or until golden brown and crisp. Drain on paper towels if necessary. Serve with lemon wedges.



## PEAS AND VEAL PAPRIKA

10 portions veal cutlets  
2 tablespoons cooking oil  
1-1/4 cups hot water  
1 tablespoon butter  
1 medium onion diced  
1 clove garlic crushed  
1 teaspoon paprika  
1 teaspoon salt  
1/4 teaspoon pepper  
1/3 cup celery, sliced thinly  
1/3 cup mushrooms, sliced  
1/4 teaspoon basil  
1 pound baby peas  
1 tablespoon flour  
3/4 cup sour cream

Brown the veal cutlets in oil for about 3 minutes total time. Add the hot water and simmer, covered for 10 minutes. Just before the meat is done, in a separate pan sauté the celery, mushrooms and basil in the butter for about 3 minutes. Add the peas, cover and heat. When meat is done place in a serving platter and keep warm. Blend 1 tablespoon of flour into drippings and add 1/3 cup of the liquid from peas. Heat and stir. Remove from heat and blend in the sour cream. Pour over the veal cutlets and top with the peas. Serves 4-5.

# SHRIMP

## SHRIMP NEWBURG

This is a delicious way to use leftover lobster, shrimp, crab or scallops.

4 tbs. butter	dash of nutmeg
2 cups diced, cooked shrimp	3 egg yolks, beaten
1/4 cup dry sherry	1 cup cream or milk
1/2 tsp. paprika	salt and white pepper to taste
4 large puff pastry shells ( from your grocer's frozen foods department), <b>or</b> 8 slices toast, butter.	

In top of double boiler, melt butter. Stir in the crab. Cook until warm, about 3 minutes. Add sherry. Cook 2 minutes. Add paprika and nutmeg. Over medium heat, add egg yolks and cream. Stir constantly until thickened. Add salt and pepper. Fill pastry shells, or serve over toast. Makes 4 servings.



## SHRIMP MORNAV

You may prepare this ahead of time and simply pop it under the broiler for a few minutes when you are ready to serve it.

1 lb. shrimp, cooked, shelled and deveined <b>or</b> 1/2 lbs. frozen large shrimp, defrosted	2 tbs. flour
2 tbs. butter	1/3 cup cream
	1 cup chicken broth
	1/4 cup shredded Swiss cheese
	1/4 cup grated Parmesan cheese

Prepare shrimp. Melt butter over medium-high heat. Add flour. When bubbly, stir in cream. Add broth. Slowly stir in Swiss cheese. When thick, add shrimp. Divide into four ramekins or baking shells. Top with Parmesan cheese. Broil four inches from heat until bubbly hot and lightly browned. Makes 4 servings.

## SHRIMP ALLA ROMANA

Use the largest available shrimp and serve with crusty bread to soak up the marvelous garlic butter.

20 to 24 shrimp or scampi tails	1 tbs. lemon juice
3/4 cup butter	1 tbs. Worcestershire sauce
2 cloves garlic, minced	dash cayenne pepper
4 shallots, <b>or</b> 1/2 cup green onion, thinly sliced	1 tbs. fresh chopped parsley
	1/4 cup dry white wine.

Melt butter. Add garlic and onions. Stir in lemon juice, Worcestershire sauce, cayenne, parsley and wine. Place shrimp on a heat-proof platter or broiler pan. Pour 1/2 of the garlic butter mixture over the shrimp. Broil five inches from heat for 3 minutes. Turn shrimp over, pour remaining garlic butter mixture over, and broil 3 minutes longer. Allow shrimp to marinate 2 minutes before serving. Makes 4 servings.

# SHRIMP

## CHINESE SHRIMP AND CHICKEN

If you have any leftover chicken, try this low calorie dish.

2 tbs. butter	2 cups diced, cooked chicken
1-1/2 cups diagonally sliced celery	1 tbs. cornstarch
1/4 cup finely chopped onion	2 tbs. soy sauce
1 lb. shrimp	1 cup chicken broth
1 cup sliced, fresh mushrooms	2 cups bean sprouts, or 2 cups fresh chopped spinach

Melt butter in skillet over medium heat. Add celery and onion. Cook 2 minutes. Add shrimp and mushrooms. Cover and cook 2 minutes. Add chicken. Remove pan from heat. Mix together cornstarch, soy sauce and broth. Return pan to heat. Add sauce and cook over medium-high heat until thickened and clear. Add sprouts. Cook 1 minute. Serve immediately. Makes 6 servings.

## CHINESE SHRIMP SALAD

Prepare the salad and dressing the day before. Add the fried noodles just before serving. To stretch for 10 to 12 servings, add more pineapple and a larger can of noodles.

1/2 lb shrimp, drained	1 can (8-1/4 oz.) pineapple cubes, drained
4 eggs, hard boiled and sliced	1 cup mayonnaise
3/4 cup celery, chopped	1/4 cup red wine vinegar
1/4 cup chopped green pepper	1 can (3 ozs.) fried Chow Mein Noodles or rice noodles
1/2 cup sliced green onion with tops	
lettuce	

Mix shrimp, eggs, celery, green pepper, onions and pineapple. Mix together mayonnaise and vinegar. Pour over mixture. Refrigerate overnight. Just before serving add noodles and toss gently. Serve on lettuce leaves. Makes 8 servings.

## FOIL-BARBECUED SHRIMP

2 lbs. shrimp	1 clove garlic, minced
6 tbs. butter or margarine	1/2 tsp. salt
1/2 cup snipped parsley	dash pepper
3/4 tsp. curry powder	

Thaw shrimp. In a saucepan melt butter, stir in parsley, curry powder, garlic, salt and pepper. Add shrimp; stir to coat. Divide shrimp mixture equally among six 12x18-inch pieces of heavy-duty foil. Fold foil around shrimp, sealing the edges well.

Grill foil-wrapped shrimp packages over hot coals about 8 minutes. Turn and grill 7 to 8 minutes more or till done. Serve in foil packages, if desired. Makes 6 servings.

# PORK

## TERIYAKI PORK KEBOBS

2 pounds pork tips  
1/3 cup soy sauce  
2 tablespoons packed brown sugar  
2 tablespoons vegetable oil  
2 tablespoons dry sherry or saki  
1 teaspoon ginger  
1 clove garlic, minced  
1-19 oz. can pineapple chunks

In a measuring cup stir together; soy sauce, sugar, oil, sherry, gingerroot and garlic until sugar has dissolved. Pour over 2 pounds of pork tips and toss to coat. Cover and refrigerate for at least 2 hours or overnight, stirring occasionally. Remove from refrigerator 1 hour before cooking. Drain off marinade and reserve. Alternately thread meat and pineapple onto long oiled skewers, being careful not to pack tightly together or the pork will not cook through. Barbecue on greased grill over medium-high heat turning and brushing frequently with reserved marinade. Cook for 15-20 minutes or until pork is no longer pink in the center. Do not overcook.

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# VEAL

## VEAL SCALLOPS IN MUSTARD-CREAM SAUCE

10 portions veal cutlets  
4 tablespoons sweet butter  
2 tablespoons vegetable oil  
6 green onions, chopped  
salt and pepper to taste  
1/3 cup dry white wine  
1/3 cup mustard (your personal favorite)  
1/2 cup heavy cream  
1 large tomato, peeled, seeded, chopped

Melt butter and oil together in a large skillet. Add the green onions and cook over low heat for 5 minutes, without browning. Raise the heat, add the veal cutlets for 2 minutes per side; do not overcook, and do not worry if they do not actually brown. Remove them from the skillet and keep warm. Add the wine to the skillet and bring it to a boil. Cook until the mixture is reduced to a few syrupy spoonfuls. Whisk in the mustard and the heavy cream and boil for 2 minutes. Taste sauce and correct seasoning. Arrange veal cutlets on a serving platter or on individual plates and spoon over them. Sprinkle with chopped tomato and serve immediately.

# PORK

## PORK CHOPS WITH BLACK CURRENT PRESERVES

This recipe calls for a tart and chunky black current preserve.

1/4 cup black current preserve  
1-1/2 tablespoons prepared Dijon style mustard  
6 portions pork chops thick  
salt and pepper to taste  
1/3 cup white vinegar  
garnish with watercress (optional) or parsley

Mix preserves and mustard together in a small bowl and set aside. Heat a nonstick skillet, just large enough to hold the pork chops comfortably, and brown them lightly on both sides. Season with salt and pepper to taste and spoon the current and mustard mixture evenly over them. Cover, reduce the heat and cook for 20 minutes or until they are done. Place the chops on a serving platter and keep them warm in the oven. Remove the excess fat from the skillet. Add the vinegar, set pan over medium heat and bring the juices to a boil, stirring and scraping up any brown bits. When the sauce is reduced by about one third, pour it over the pork chops and serve immediately.

## PORK CHOPS AND SCALLOPED POTATOES

4 portions pork chops  
1 tablespoon cooking oil  
2 tablespoons sherry  
1 can cream of mushroom soup  
1/2 cup sour cream  
1/4 cup water  
2 tablespoons chopped parsley  
4 cups potatoes, thinly sliced  
2 onions, sliced  
4-6 mushrooms, sliced

In a skillet, brown the pork chops on both sides. Remove from skillet and set aside. Deglaze the pan with the sherry. Add the onions and mushrooms and cook for about 2 minutes. Remove from heat and blend in the soup, sour cream, water and parsley. In a 2 quart casserole dish alternate layers of the soup mixture and potatoes, that have been sprinkled with salt and pepper. Top with the pork chops, cover and bake at 375 degrees F for 1-1/4 hours.

## BEER 'N HONEY BARBECUED RIBS

Marinate 4 racks of baby back ribs in  
3 cups of beer  
1 cup honey  
2 tablespoons lemon juice  
2-1/2 teaspoons salt  
1-1/2 teaspoons dry mustard  
2 teaspoons ginger  
1-1/2 teaspoon nutmeg

For 3 hours, turning frequently. Barbecue, basting with marinade.

You can precook ribs in an oven for an hour at 300 degrees F turning every 15 minutes and finish on barbecue.

# LOBSTER

## LOBSTER BISQUE

1-1/2 lb. lobster tails	1 med. grated onion
1/2 cup butter	2 tbs. snipped parsley
1/2 cup flour	1/4 tsp. celery salt
2 quarts milk	1 tsp. salt
1/8 tsp. white pepper	1/4 tsp. nutmeg
1 cup heavy cream	

Parboil frozen lobster by dropping into boiling water. When water reboils, drain immediately and drench with cold water. Peel and dice lobster meat. In large saucepan, melt 1/2 cup butter and blend in 1/2 cup flour, stirring constantly. Separately, heat 2 qts. of milk just to boiling point, then gradually add to flour mixture, stirring constantly to keep smooth. Add grated onion, snipped parsley, celery salt, salt, nutmeg and pepper. Cook very slowly, stirring frequently, until bisque thickens a little. Add diced lobster meat and cook for 3 minutes longer. Do not let boil. Stir in heavy cream. Serve piping hot. Yield: 8 servings.

## LOBSTER THERMIDOR

1-1/2 lb. lobster tails	1 tbs. ketchup
1/8 lb. butter	1/2 tsp. Worcestershire sauce
3 tbs. flour	1/2 tsp. salt
1/8 cup cream	1-1/2 tsp. paprika
1/3 cup milk	1-1/2 tsp. finely chopped
1-1/2 tbs. finely chopped onion	parsley
1-1/2 tbs. finely chopped celery	1-1/2 tsp. lemon juice
1-1/2 tsp. butter	1/4 cup toasted bread crumbs
1 tsp. dry mustard	4 pastry shells

Parboil frozen lobster by dropping into boiling water. When water reboils, drain immediately and drench with cold water. Peel and chop lobster meat fine. Melt butter in saucepan, blend in flour, add cream and milk and cook until thickened, stirring constantly. Sauté onion and celery in 1/2 tablespoon butter and add to cream sauce, together with all other ingredients except bread crumbs. Add lobster meat. Heat thoroughly, all together. Fill pastry shells with lobster mixture, sprinkle tops with bread crumbs. Dot with butter and put under broiler for a few minutes until bread crumbs are golden brown.

## LOBSTER LOUIS IN AVOCADO HALVES

1 egg yolk	4 large stuffed green olives,
2 tsp. prepared mustard	chopped (1/4 cup)
1/2 tsp. Worcestershire sauce	salt and pepper
2 tsp. red wine vinegar	1-1/2 lb. lobster tails
1/2 cup vegetable oil	4 ripe avocados
1 tbs. chili sauce	lettuce leaves
1/4 cup finely chopped	2 hard-cooked eggs,
scallions, including green part	sliced (optional)

Parboil frozen lobster meat by dropping into boiling water. As soon as water reboils, drain immediately and drench with cold water. Peel and slice lobster meat into bite size pieces. Put the yolk in a mixing bowl and add mustard, Worcestershire sauce and vinegar. Beat with a wire whisk. Add the oil gradually, beating rapidly. When thickened and smooth, add chili sauce, scallions and olives. Mix well and season to taste with salt and pepper. Put lobster in mixing bowl and add half the sauce. Mix gently. Split avocados in half and discard the pits. Pile equal portions of the lobster into avocado halves. Spoon the remaining sauce over. Serve on a bed of lettuce leaves. Garnish the lobster filling with egg slices, if desire, or trimmed scallions. Makes 4 servings.

# LOBSTER

## LOBSTER NEWBURG

1-1/2 lb. lobster tails	1 can (4 oz.) sliced mushrooms, drained
3 tbs. butter or margarine	salt
5 tbs. flour	cayenne
1-1/2 cups light cream	12 slices white bread; crusts trimmed, toasted.
3 tbs. dry sherry	
2 egg yolks	

Parboil frozen lobster by dropping into boiling water. When water reboils, drain immediately and drench with cold water. Peel and cut into 1/2 inch crosswise pieces. Melt butter and stir in flour. Gradually stir in cream and sherry. Cook over low heat stirring constantly until mixture bubbles and thickens. Gradually beat hot sauce into egg yolks. Return to pan and cook over low heat until sauce is smooth and thickened. Stir in lobster pieces and mushrooms. Season to taste with salt and cayenne. Heat thoroughly. Serve mixtures over toast, cut into triangles. Yield: 6 servings.

## LOBSTER AND POTATOES NORMANDY

1-1/2 lobster tails	1 tsp. salt
3 cups cooked potatoes, sliced	1/2 tsp. pepper
2 tbs. butter	1/4 cup drained capers
2 tbs. flour	1/2 lb. grated cheddar cheese
2 cups milk	

Parboil frozen lobster by dropping into boiling water. As soon as water reboils, drain immediately and drench with cold water. Peel and cut meat into crosswise slices. Arrange potato slices and lobster slices alternately in layers in greased 2 qt. casserole. Melt butter, stir in flour and add milk gradually. Cook over low heat, stirring constantly, until smooth and thickened. Add salt, pepper and capers. Stir cheese into hot sauce and continue cooking until cheese is melted. Pour sauce over lobster and potatoes. Bake at 375°F for 20 minutes. Yield: 6 servings.

## LOBSTER SALAD WITH POPPY SEED DRESSING

1 lb. cooked lobster tails  
2 qts. small pieces romaine lettuce  
1 11-oz. can mandarin orange sections, drained  
3/4 cup thinly sliced celery  
1/2 cup slivered almonds  
Poppy Seed Dressing (recipe follows)

Peel and cut lobster meat into 1/2 inch pieces. Combine lobster, romaine, mandarin orange sections, celery, and almonds; mix well. Make Poppy Seed Dressing, pour over salad, and toss carefully. Makes 6 servings.

### POPPY SEED DRESSING

3/4 cup oil	3/4 tsp. dry mustard
1/4 cup white vinegar	3/4 tsp. salt
1/4 cup honey	2-1/5 tsp. poppy seeds

In a blender, combine oil, vinegar, honey, mustard, and salt; mix well. Add poppy seeds and blend again. Makes about 1 cup.

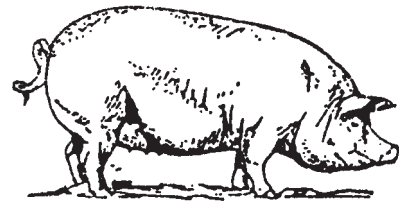
# PORK

## PORK LOIN ROAST

1 cup ketchup  
1/2 cup water  
1/4 cup wine vinegar  
2 tablespoons cooking oil  
2 tablespoons minced dried onion  
2 tablespoons Worcestershire sauce  
1 tablespoon brown sugar  
1 teaspoon mustard seed  
1 teaspoon dried oregano, crushed  
1 bay leaf  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1/4 teaspoon chili powder  
1 pork loin roast

For sauce, in a saucepan combine ketchup, water, wine vinegar, oil, onion, Worcestershire sauce, brown sugar, mustard seed, oregano, bay leaf, salt, pepper and chili powder. Bring to boiling; reduce heat. Simmer the sauce uncovered, 20 minutes; remove bay leaf.

Place pork loin roast on barbecue grill (the side that is off), insert a meat thermometer near centre of roast. Lower hood. Grill for 1 - 1-1/4 hours or until meat thermometer registers 170 F degrees for well done. Brush with sauce frequently during the last 30 minutes of grilling. Makes approximately 4-6 servings.



## PORK ROAST FLORENTINE STYLE

1 pork roast  
1 sprig fresh rosemary  
1 garlic clove, slivered  
3 whole cloves  
salt and pepper to taste  
1/2 cup water

With a sharp knife, make slits in the meat and insert small tufts of rosemary and slivers of garlic. Stick cloves of garlic into the meat, season with salt and pepper, and place it in a roasting pan with the water. Roast in a preheated (350°F) oven, basting occasionally, until the water has almost disappeared and the meat is done (about 1 hour). Remove the pan and serve hot or cold.



# BEEF

## BEER BEEF KABOBS

1 pound tender tips  
1-1/2 cup beer, light or dark  
1/4 cup onion, diced  
2 tablespoons cooking oil  
1 teaspoon salt  
1 teaspoon curry powder  
1/2 teaspoon ground ginger  
dash garlic powder  
large whole mushrooms  
green pepper squares

Place tender tips in a shallow dish. Combine beer, onion, oil, salt, curry powder, ginger and garlic powder; pour over beef tips. Marinate 3 hours at room temperature.

Drain meat, reserve marinade. Using 3-4 skewers, thread meat alternately on skewers with mushrooms and pepper pieces. Cook kabobs on barbecue over medium high heat, for 7-8 minutes; brush with a little of the reserved marinade. Turn once for 3-4 minutes more cooking, brushing often with reserved marinade.



## STEAK AND SHRIMP KABOB

1/2 pound frozen shrimp  
1/2 cup ketchup  
1/4 cup water  
1/4 cup finely chopped onion  
1 tablespoon brown sugar  
3 tablespoons lemon juice  
2 tablespoons cooking oil  
2 teaspoons prepared mustard  
2 teaspoons Worcestershire sauce  
1/2 teaspoon chili powder  
1 package tender tips  
2 zucchini, cut diagonally into 1" pieces  
2 small onions, cut into wedges  
1 green pepper or sweet red pepper cut into squares  
6 cherry tomatoes

Thaw shrimp. For sauce, in a small saucepan combine the ketchup, water, chopped onion, and brown sugar. Stir in the lemon juice, cooking oil, prepared mustard, Worcestershire sauce and chili powder. Simmer the sauce uncovered, 10 minutes, stirring once or twice.

Meanwhile, on 6 skewers thread tender tips alternately with shrimp, zucchini pieces, onion wedges and pepper squares.

Grill kabobs over medium-hot coals to desired doneness; allow 15-17 minutes for medium-rare meat. Turn the kabobs often and brush with sauce. Garnish the end of each skewer with a cherry tomato before serving.

# LOBSTER

## LOBSTER STEW

4-5 lobster tails  
salt and pepper  
1 onion chopped  
2 tbs. flour

1/2 cup butter or margarine  
3 cups canned tomatoes  
1 bay leaf  
3 sweet potatoes, peeled and cubed

Parboil frozen lobster by dropping into boiling water. When water reboils, drain immediately and drench with cold water. Peel and cut into 1" crosswise slices. Melt butter and sauté onion until golden. Sprinkle with flour. Add tomatoes, bay leaf and potatoes. Stir to blend. Cover and simmer until potatoes are tender. Remove bay leaf. Add lobster meat and simmer another 5 minutes. Season to taste with salt and pepper. Yield: 6 servings.



## LOBSTER MORNAY

You may prepare this ahead of time and simply pop it under the broiler for a few minutes when you are ready to serve it.

1/2 lb.  
lobster tails  
2 tbs. butter  
2 tbs. flour

1/3 cup cream  
1 cup chicken broth  
1/4 cup shredded Swiss cheese  
1/4 cup grated Parmesan cheese

Melt butter over medium-high heat. Add flour. When bubbly, stir in cream, add broth. Slowly stir in Swiss Cheese. When thick, add lobster. Divide into four ramekins or baking shells. Top with Parmesan cheese. Broil four inches from heat until bubbly hot and lightly browned. Makes 4 servings.

## LOBSTER CANTONESE

1-1/2 lb. lobster tails  
3 slices bacon  
1 clove garlic, minced  
1 cup water  
1 tbs. cornstarch

1 tbs. soy sauce  
4 scallions  
3 eggs, beaten  
salt

Thaw lobster meat. Peel and cut into 2" pieces. Cut bacon into 1" pieces and sauté lightly together with minced garlic. Add lobster and cook over low heat 1 minute, turning the lobster while it cooks. Add water, cover and simmer 2 minutes. Mix cornstarch with soy sauce. Add to lobster mixture and stir gently until sauce thickens. Cut up scallions and add. Just before serving, quickly stir in beaten eggs. Add salt to taste. Yield: 6 Servings.

# HALIBUT

## CANTONESE SAUCE

### CANTONESE SAUCE

1/4 cup dry white wine      1 teaspoon sesame oil  
1/2 tsp. black soy sauce

### FISH

1 teaspoon minced fresh gingerroot  
grated zest of 1 orange      2 medium cucumbers, sliced horizontally, for garnish  
4 green onions, minced      1/4 cup minced fresh cilantro (coriander), for garnish  
4 halibut fillets      4 green onions, cut into 1-1/2 inch slivers, for garnish  
Peanut oil for lubricating fish and greasing grill      grated zest of 1 orange, for garnish

1. *Make sauce:* Mix together wine, soy sauce, and sesame oil in a small bowl. Cover sauce and set aside.

2. *Grill Halibut:* Mix together ginger, zest of 1 orange, and green onions. Brush fish with oil and sprinkle with ginger mixture. Arrange halibut fillets on a prepared grill. Cook for 5-6 minutes. Turn fish over with a spatula and continue cooking 2-3 minutes, depending on thickness of fish, until fish begins to flake when tested with a fork. Place halibut on platter and drizzle sauce over fish. Decorately arrange cucumbers, cilantro, onions and zest of 1 orange over fish. Serve hot or cold. Yield: 4 servings.

## LEMON MAYONNAISE

1 egg plus 1 egg yolk, room temperature      1/2 teaspoon salt  
3 tablespoons fresh lemon juice      big pinch cayenne pepper  
1 cup salad oil      finely grated zest of 1 lemon

### FISH

Oil for lubricating fish and greasing grill  
4 halibut fillets, each 1 inch thick

1. *Make mayonnaise:* Pit egg and yolk in container of food processor or blender along with lemon juice, 2 tablespoons of the oil, salt, cayenne pepper, and lemon zest. Blend for a few seconds. With machine on, add remaining oil as slowly as possible in a very thin (less than 1/8 inch thick) but steady stream. When all oil has been added, mayonnaise will be thickened. Transfer to serving bowl.

2. *Grill halibut fillets:* Oil halibut fillets liberally on both sides. Place halibut fillets on oiled grill for about 5 minutes on each side or until fish flesh has turned white. Watch carefully and do not overcook. Serve fillet with lemon Mayonnaise. Yield: 4 servings.

## TABASCO-BUTTERMILK MARINADE

4 cups buttermilk      4 halibut fillets,  
1 tbsp. Tabasco sauce      cut 1 inch thick  
salt      oil for greasing grill

1. *Marinate halibut:* Mix buttermilk and Tabasco sauce together. Pierce each halibut fillet in several places on both sides with the tines of a fork.

2. Lay a large plastic bag inside a bowl and open the top. Pour marinade into plastic bag, then add fillets. Close bag with twister seal and place in refrigerator for 3 hours.

3. *Grill halibut:* At serving time, remove from marinade and place halibut on oiled grill over ashen coals. Cook about 5 minutes on each side or until halibut begins to flake when tested with a fork. Salt slightly and serve immediately. Yields: 4 servings.

# BEEF

## RIB EYE STEAKS WITH POTATOES & GREEN BEANS

4 rib eye steaks  
2 tablespoons Dijon mustard  
1 clove garlic, crushed  
1/2 teaspoon dried rosemary  
salt and pepper to taste

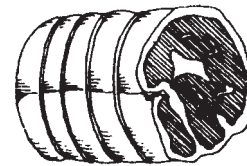
### POTATOES & BEANS

3-4 new potatoes, skin on  
2 tablespoons butter  
4 oz. green beans  
4 tablespoons butter  
salt and pepper to taste

Combine mustard, garlic, rosemary, salt and pepper. Rub into steaks. Set aside.

Meanwhile, boil potatoes in salted water until 3/4 cooked. Drain and cool slightly. Peel and slice thickly. Blanch green beans in salted water for about 3 minutes. Drench with cold water and hull ends. Melt butter for potatoes in a large heavy pan. Sauté potato slices until golden on both sides. Season with salt and pepper. Add beans and additional butter. Reduce heat and simmer about 4 minutes.

While potatoes and beans are simmering; grill or pan fry steaks to desired degree of doneness. Serves 4.



## RANCH ROAST

1-2 lb. ranch roast  
1-1/2 tablespoons tomato sauce  
1-1/2 teaspoon soft brown sugar

Season the roast with salt and pepper. Put in a roasting pan and cook at 350 degrees F for 40 minutes. Spread tomato sauce and brown sugar over the top and return to the oven for 20 minutes or until the meat thermometer registers 150 degrees F.

# MEAT RECIPES

Since barbecuing is a dry heat, a sauce is always a good idea for such products as roasts, pork, chicken or lamb.

Try to keep flames to a minimum, to prevent needless charring of the product. Charring may look effective but it detracts from the flavour of the meat if overdone.

You may use a little oil to prevent the product from sticking to the grill, but just a little. If you are using a marinade or a sauce this won't be required.

Keep the flipping of your steaks to a minimum, as it only serves to drive the juices out of the meat faster. If your product is at room temperature before grilling, a good rule of thumb when cooking a steak or an item of similar thickness is to turn the steak when some juices form on the top. The more juice on top, the more well done the meat will be.

If you have a double burner barbecue and you are doing a roast, try leaving one side of the grill on and put your roast on the side that is turned off. Leave the lid down. This cooks the same as an oven (for timing purposes).

## OVEN ROASTING

Use a thermometer! If you don't have one, buy one! Even the professionals have been known to use one on occasion.

When it comes to determining the oven temperature it is up to you, use method you are most comfortable with. If in doubt, - consult your cookbook.

## PAN FRYING

When pan frying any unbreaded meat, remember that those juices left in the pan after cooking are a wealth of untapped flavour. Deglazing your pan with wine, beer, water or a soup stock makes an excellent base for all sorts of sauces. (to deglaze means to add a liquid to the juices left in the pan after cooking and allowing the liquid to boil down to a thick consistency.)

To keep your stress level at a tolerable state don't try a new recipe for that special event. Try it first on some understanding people, like your family. They may be critical but you know you have a captive audience; they will always be back.

# SCALLOPS

## SCALLOPS NEWBURG

This is a delicious way to use leftover lobster, shrimp, crab or scallops

4 tbs. butter	1 cup cream or milk
2 cups diced, cooked scallops	salt and white pepper to taste
1/4 cup dry sherry	4 large puff pastry shells
1/2 tsp. paprika	(from your grocer's frozen
dash of nutmeg	foods department), or
3 egg yolks, beaten	slices toast, buttered

In top of double boiler, melt butter. Stir in the scallops. Cook until warm, about 3 minutes. Add sherry. Cook 2 minutes. Add paprika and nutmeg. Over medium heat, add egg yolks and cream. Stir constantly until thickened. Add salt and pepper. Fill pastry shells, or serve over toast. Makes 4 servings.

## COQUILLES ST. JACQUES

This is a classic.

1-1/2 lbs. bay scallops	1/4 cup butter
3/4 cup dry white wine or	6 tbs. four
chicken broth	dash white pepper
1 bay leaf	1/4 tsp. nutmeg
1/2 tsp. salt	1 cup light cream
1-1/2 cups thinly sliced	2 tbs. butter, melted
fresh mushrooms	1 cup soft bread crumbs
2 tbs. green onion	

Thaw scallops. Place in sauce pan with wine and bay leaf. Simmer about 2 minutes, until scallops turn white. Remove scallops. Pour wine poaching liquid from saucepan into measuring cup. Add enough broth to liquid to bring the two up to the one cup mark. Sauté mushrooms and onions in 1/4 cup butter until tender. Stir in flour, pepper and nutmeg. Blend until flour is absorbed. Add reserved poaching liquid and cream. Stir until thick. Add scallops. Warm over low heat. Do not boil, or mixture will curdle and scallops will toughen. Butter 6 baking shells, ramekins, or custard cups (6 ozs.). Divide mixture evenly among containers and fill. Add bread crumbs to remaining 2 tablespoons of butter. Sprinkle over top of scallop mixture. Bake at 400°F. About 5 to 7 minutes, until lightly browned.

## HERB FRIED SCALLOPS

Crisp on the outside, tender in the middle. These delicate morsels will melt in your mouth.

1 lb. bay scallops	1/2 tsp. dried herbs (thyme,
2 eggs	tarragon, dill and parsley)
1 tbs. lemon juice	vegetable oil
1 cup fine dry bread crumbs	Tartar sauce

Clean and rinse scallops. Cut large ones in half. Dry completely on paper towels. Beat eggs well. Add lemon juice. Mix your choice of herbs with bread crumbs. Dip scallops in crumbs, in egg mixture, then in crumbs again. Heat 1/4-inch of oil in frying pan. Fry coated scallops about 3 minutes on each side, until golden. Drain on paper towels. Serve immediately with Tartar sauce. Makes 4 servings.

# SEAFOOD SAUCES

## MUSTARD SAUCE

Serve with any fried seafood    1 tbs. Dijon mustard  
1/2 cup mayonnaise                1 tbs. vinegar  
Combine ingredients. Make 1/2 cup.

## HERB BUTTER SAUCE

3 tbs. tarragon vinegar            1 tbs chopped chervil  
2 tsp chopped shallots           or parsley  
1/4 cup butter                      1/4 tsp. thyme  
1 tbs. chopped chives            1/8 tsp. fennel seed  
Combine vinegar and shallots in a saucepan. Bring to a boil.  
Add remaining ingredients. Serve with cooked fish. Makes 1/2 cup.

## CUCUMBER SAUCE

3 large cucumbers                1 cup mayonnaise  
2 tsp salt                          1/2 tsp. dill  
1 cup sour cream or               1 tbs. vinegar  
unflavored yogurt                dash garlic powder  
Peel, halve and seed cucumbers. Chop very fine. Mix with salt. Chill at least two hours. Drain well. Add remaining ingredients. Chill. Makes 3-1/2 cups.

## TARTAR SAUCE

1/2 cup each mayonnaise        1 tsp. lemon juice  
and sour cream                   few drops Tabasco  
1 tbs. each finely chopped stuffed green olives, sweet pickle,  
onion, capers and parsley  
Mix all ingredients and chill 30 minutes. Makes 1-1/2 cups.

## QUICK HOLLANDAISE SAUCE

When you are in a hurry this is a great recipe to remember. It is the perfect embellishment for many fish. It is somewhat lighter and fluffier than the traditional version.

1/2 cup butter (stick)            1/4 tsp. salt  
3 egg yolks                        1/4 tsp. dry mustard  
1 tbs. lemon juice                pinch cayenne pepper  
Heat butter to bubbling in a small pan. Watch carefully. Don't allow to burn. Place egg yolks, lemon juice, salt, mustard and pepper in blender. Cover and turn on low speed for three seconds. With blender still operating remove cover and add bubbling butter in a steady stream. When all has been added, turn off blender. Serve immediately or keep warm over hot water. Makes about 1 cup.

## BASTING SAUCE

A piquant sauce for basting your favorite pan fried, broiled or baked fish.

4 tbs. butter, melted              1/2 tsp. seafood seasoning  
4 tbs. lemon juice                1/2 tsp. salt  
4 tbs. catsup  
Mix all ingredients. Makes 3/4 cup.

## SEAFOOD COCKTAIL SAUCE

A perfect "topper" for any fresh shellfish.  
1/2 cup catsup or chili sauce    1 tsp. worcestershire sauce  
1 tbs. diced onion                dash Tabasco sauce,  
2 tbs. lemon juice                if desired  
2 tsp. horseradish                salt to taste  
Combine all ingredients. Chill at least 1 hour before serving. Makes 4 servings.

# MEAT RECIPES

First, some helpful hints in the preparation and cooking of our fine meat products.

All meat products are properly aged, trimmed and portioned to help you prepare a meal with ease and get you rave reviews.

**USE YOUR MEAT THERMOMETER AND GUIDE FOR BEST RESULTS.**

## COLD WATER DEFROSTING

### COLD WATER

Place the individual product in cold water while it is still sealed in its original plastic wrap. This allows the juices and flavour to remain in the products.

### DEFROSTING SEAFOOD AND/OR FISH

Using cold water mix granulated (rock form) sea salt. Place frozen seafood or fish in mixed cold water for 35-60 minutes or until thawed.

Lobster tail defrosting instructions. Thaw tails in mixed cold water for 35-60 minutes, can not be defrosted for longer than it takes to thaw.

### REFRIGERATION (RECOMMENDED)

Take the product out of the freezer and put it in the refrigerator at least 24 hours before cooking time. While this is a longer time period, the extra time to defrost gives the product time to adjust without destroying enzymes and structure.

N.B. for best results, your products should be at room temperature before cooking.

## COOKING METHODS

### BARBECUING

Barbecuing is like making a martini. They say that if you are lost in the desert all you need is a shaker, vodka and vermouth. Once you start mixing the martini someone will be looking over your shoulder telling you how much vermouth to put in.

Barbecuing is much the same, someone always has a better way. So with that in mind here are some helpful hints.

### LIGHT THE BARBECUE WITH THE LID UP

With the lid down, let the barbecue warm up for at least 15 minutes - longer in the winter (yes, you can barbecue in the winter and you will be amazed at how little free advice you will receive.) This allows the grill to get hot and to give the even sear marks that enhance the appearance of your meal.