½ pound bay, calico or sea scallops
Lime wedges for serving

Combine honey, oil, lime juice, lime peel and hot pepper sauce. Pat scallops dry with paper towel and add to marinade. Marinate, stirring occasionally, up to 1 hour or cover and refrigerate, stirring occasionally, up to 24 hours. Preheat broiler. Arrange scallops and marinade in single layer in 2 individual broiler-proof dishes or scallop shells. Broil 4 inches from source of heat 4 to 7 minutes, depending on size of scallops, or until opaque throughout and lightly browned. Serve with lime wedges and, if desired, hot, crusty French bread to soak up the juices. Makes 2 servings. Recipe can be doubled, tripled or halved.

Scallop and Shrimp Kabobs

½ pound sea scallops
½ pound large raw shrimp, peeled and deveined
3 tablespoons olive oil
3 tablespoons lemon juice
2 large cloves garlic, minced
3 tablespoons minced parsley
¼ teaspoon dried basil, crushed
⅛ teaspoon pepper
½ pound mushrooms

Pat scallops and shrimp dry. Combine olive oil, lemon juice, garlic, parsley, basil and pepper to make marinade. Add shellfish and marinate 30 minutes to 1 hour, stirring occasionally. Alternate scallops, shrimp and mushrooms on skewers without crowding. Brush with marinade. Broil or grill 4-inches from source of heat for 4 minutes. Turn skewers, brush with marinade and continue to cook about 3 minutes longer or until scallops and shrimp are opaque; do not overcook. Serve with rice pilaf if desired. Makes 4 servings.

Note: For even cooking, select scallops and shrimp of approximately the same size or cook scallops and shrimp on separate skewers.

Shellfish Potpourri

¼ cup minced shallots or onions
3 tablespoons margarine or butter
2 cups dry white wine
1 small bay leaf
3 sprigs parsley
¼ teaspoon dried thyme
1 pound small squid, cleaned and prepared (instructions follow) or 1 small live lobster
½ pound large raw shrimp, peeled and deveined with tail intact
½ to 1 pint shucked oysters
2 dozen mussels, scrubbed and debearded
1 dozen littleneck clams, scrubbed
¼ cup chopped parsley
Freshly ground black pepper
Lemon wedges and/or melted margarine or butter for serving

Saute shallots in margarine in large kettle until tender. Add wine, bay leaf, parsley sprigs and thyme. Bring to boil for 3 minutes. Add lobster, cover and boil 3 minutes. Add remaining seafood and reduce heat. Cover and simmer gently 8 to 10 minutes or until mussels and clams open, oysters and shrimp are opaque and squid is tender or lobster is bright red. Do not overcook. Transfer seafood to heated tureen or soup plates. Strain cooking liquid through cheesecloth and pour over seafood. Sprinkle with chopped parsley. Season with pepper. Serve with lemon wedges and/or melted margarine or butter for dipping. Accompany with garlic bread if desired. Makes 6 servings. Recipe can be halved.

To prepare squid: Rinse squid. Cut off tentacles ¼ inch behind point where they are attached to the head, so that they remain in a ring. Squeeze out and discard the inedible beak. Rinse, drain and reserve tentacles. Feel inside the mantle (body sac) for the thin transparent quill. Firmly grasp quill and attached viscera; remove and discard. Peel off the speckled skin covering the mantle. Rinse mantles thoroughly and drain; blot dry. Cut mantles crosswise into ½ inch rings.

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Pasta Primavera

3 tablespoons oil
1 cup broccoli florets
1 cup sliced asparagus or frozen peas, thawed
1 cup thinly sliced carrots
1 medium zucchini, halved or thinly sliced
¼ cup sliced green onion
½ teaspoon dried thyme
½ teaspoon dried basil
¾ to 1 pound crabmeat or crab-flavored surimi*, chunk style
1 cup half-and-half
8 ounces linguine or fettuccine, cooked according to package directions, drained and hot
Freshly ground black pepper
Grated Parmesan cheese for serving (optional)

Heat oil in large skillet over medium-high heat. Saute vegetables 2 to 3 minutes or until crisp tender. Add herbs and surimi; saute 1 to 2 minutes. Add half-and-half; heat to boiling. Gently toss with pasta in large bowl. Season to taste with pepper. Serve with Parmesan cheese if desired. Makes 4 to 6 main dish servings. Recipe can be halved.

* Surimi is a blended seafood product found in supermarket freezer and refrigerator cases.

Jersey Fresh Seafood

Fillet it,
saute it,
bake it,
cake it,
broil it,
foil it,
fry it,
but try it.

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Seafood FOR THE GOOD LIFE

TASTE • VARIETY • HEALTH

A Basic Introduction to Shellfish With Recipes

JERSEY FRESH FROM THE GARDEN STATE

New Jersey Department of Agriculture
Fisheries Promotion Program

Everyone Loves Shellfish

Whether it is shrimp, crab, scallops, clams, mussels, oysters or lobster, just about everyone loves one kind of shellfish or another. It is a versatile and adaptable food and it comes in an infinite variety.

Never before has the consumer had so much choice when it comes to selecting shellfish for the table. Besides the local catch, other varieties are shipped from many parts of the United States as well as abroad. Modern methods of refrigeration and transportation have made it possible to eat shellfish at any time of the year and in every region of the country, not only at seaside.

Buying Fresh Shellfish

The many kinds of shellfish available today share certain common characteristics that indicate freshness. Look for the following signs of freshness when buying shellfish.

- A sea breeze odor.
- Tightly closed shells for clams, mussels and oysters. If the shells gape slightly, tap them with a knife. They should close; discard any that do not.
- Leg movement for live crabs and lobsters. They will not be very active if they have been refrigerated, but they should move at least a little bit. Another sign of life is that the tail of a live lobster curls tightly under its shell when it is picked up. Discard any crabs or lobsters that do not show these signs of life.
- A mild odor for freshly shucked scallops and oysters. The smaller bay and calico scallops are usually creamy white, though there may be some normal light tan or pink coloration. The larger sea scallops are also generally creamy white, though they may show some normal light orange or pink color.
- A clear, slightly milky or light grey liquid surrounding freshly shucked oysters. Oysters are usually creamy white but there are color variations depending on the variety.
- A mild odor and firm meat for shrimp.

Buying Frozen Shellfish

Frozen shellfish should be packaged in a close-fitting moisture-proof package that is intact at the time of purchase. Select packages from below the load line of the freezer case.

Frozen prepared shellfish, such as crab cakes or breaded shrimp, clams or oysters should be frozen solid with no signs of freezer burn, such as discoloration or drying, on the surface and no objectionable odor.

How Much Shellfish To Buy

An average serving of shellfish is 3 to 4 ounces. How much to buy, though, depends on the form it comes in. Here is a handy guide to the quantity to buy for each person:

Crab, cooked meat—¼ pound
Crabs, live—1 to 2 pounds
Lobster, cooked meat only—⅓ pound
Lobster, whole—1 to 2 pounds
Mussels, in the shell—12 pieces
Oysters and clams, shucked—¼ pint
Oysters and clams, in the shell—6 pieces
Oysters and clams, breaded—4 to 6 pieces
Scallops, shucked—¼ pound
Shrimp, cooked and peeled—¼ pound
Shrimp, unpeeled—½ pound
Shrimp, breaded—4 to 6 pieces
Squid, cleaned—¼ pound
Squid, whole—½ pound

Storing Shellfish In The Refrigerator

All seafood is highly perishable, shellfish included. Its storage life depends upon proper handling, whether the shellfish is live, frozen or thawed, or freshly cooked.

Seafood stored in the refrigerator should be kept at a temperature as close to 32°F as possible. Some additional guidelines for storing different kinds of shellfish in the refrigerator follow.

- Store shrimp and shucked shellfish in a leak-proof bag or covered jar.
- Squid and freshly shucked clams have a shelf life of 1 to 2 days.
- Shrimp and scallops have a shelf life of about 2 to 3 days.
- Freshly shucked oysters have a shelf life of 5 to 7 days.
- Store live shellfish in a shallow dish covered with damp towels or paper towels. Never put live shellfish in water or in an airtight container, where they would suffocate and die.
- Mussels and clams in the shell should be used within 2 to 3 days; oysters in the shell, from 7 to 10 days. Some shells may open during storage. If so, tap them. They will close if alive; if not, discard immediately.
- Live lobsters and crabs should be cooked the same day they are purchased.
- Refrigerate leftover cooked shellfish dishes as you would any other leftovers. Use within 2 or 3 days.

Storing Shellfish In The Freezer

Frozen seafood can be stored in the freezer for up to six months depending upon the form it comes in. Generally speaking, the longer raw shellfish is stored in the freezer, the greater the loss of flavor, texture and moisture.

Freezing shellfish in the home freezer will not improve quality; it only maintains it, at best; use frozen shellfish within 3 to 6 months.

Cooking Shellfish

The main point to remember when cooking shellfish is not to overcook it. If shellfish is cooked too long, it becomes tough and dry and loses much of its flavor.

Some shellfish and surimi (a blended seafood product made of crab or shrimp-flavored fish) are already cooked when purchased. Heat precooked shellfish or surimi to the desired temperature without cooking them further.

Cook raw shellfish, shucked or in the shell, very lightly. You can actually see when they are done:

- Raw shrimp turn pink and firm. Depending on the size, it takes from 3 to 5 minutes to boil or steam 1 pound of medium size shrimp in the shell.
- Shucked shellfish, such as clams, mussels and oysters, become plump and opaque. The edges of the oysters start to curl. Overcooking causes them to shrink.
- Clams, mussels and oysters in the shell open. Remove them as they open and continue cooking until all are done.
- Scallops turn milky white or opaque and firm. Depending on the size, scallops take 3 to 4 minutes to cook through.
- Boiled lobster turns bright red. Allow 5 to 6 minutes per pound, starting to time the lobster when the water comes back to the boil.

* * *

A few recipes using shellfish, alone or in combinations with other ingredients, follow. Use them to begin building your own repertoire of nutritious shellfish dishes that are easy to make and bound to please.

Broiled Scallops With Honey-Lime Marinade

2 tablespoons honey
1 tablespoon oil
4 teaspoons lime juice
¼ teaspoon grated lime peel
Dash hot pepper sauce