



SALAD AND SEAFOOD

DARREN SCALLION

Salad and Seafood
The Basics

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The Basic

- 1 head romaine lettuce
- 1 large tomato or pack of cherry tomatoes
- 1 large cucumber
- ¼ sliced onion
- 2 large carrots

Wash all ingredients well, chop romaine and place in large bowl. Chop tomato or just add cherry tomatoes, peel and slice cucumber, break sliced onion parts into rings and peel and slice carrots, add all to lettuce.

Serve with bread and top with your favorite dressing.

The Brianna Blend

- 1 romaine lettuce head
- 1 bag dried apples
- 1 bag dried cranberries
- 1 small bag chopped walnuts
- 1 bottle raspberry vinaigrette

Wash and chop lettuce, place in bowl. Mix in apples, cranberries and walnuts. Cover with raspberry vinaigrette. serve with bread and fish.

Chopped salad

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- 1 iceberg lettuce head
- 1 pack bean sprouts
- 1 pack alfalfa sprouts
- 1 large tomato
- 1 purple onion
- 1 cucumber
- 1 pack feta cheese
- 1 can red kidney beans

Wash all ingredients except for the cheese. Chop lettuce and place in large bowl. Spread alfalfa and bean sprouts over top. Peel, slice and separate onion and cucumber and add to bowl. Chop or slice tomato and add to bowl. Rinse and drain beans and add to bowl. Top with cheese and add your favorite dressing.

The Chef

- 1 Romaine Lettuce Head
- 1 Green Leaf Lettuce Head
- 3 Hard Boiled Eggs
- 1 Sharp Cheddar Cheese 8oz
- $\frac{1}{4}$ Purple Onion
- $\frac{1}{2}$ cup Bacon Bits
- 1 Pack Bean Sprouts

Wash lettuce then chop and mix in bowl, peel and slice eggs and spread over lettuce. Grate cheese and add to the lettuce, slice and separate onion into rings and add to salad. Spread bean sprouts and bacon bits and serve with favorite dressing and bread.

Cucumber and Tomatoes



3 cucumbers

3 tomatoes

1 pack feta cheese

1 bottle Italian dressing

Wash cucumbers and tomatoes, peel cucumbers. Slice cucumbers and tomatoes in rings then cut in half. Mix with feta cheese and dressing. Serve with your favorite crackers, Ritz, Triskets etc.

Rossi's Cob salad

- 1 Large Romaine lettuce head
- 2 Tomatoes
- 8 oz. Ham
- 8 oz. Turkey
- 8 oz. Sharp Cheddar cheese
- 8 oz. Monterrey Jack cheese
- 2 Hard-boiled eggs
- 1 cup Bacon Bits

Wash and chop Romaine lettuce and tomatoes, mix in bowl. Section off 4 sections in bowl, cube ham and turkey and place in 1 section each. Cube cheeses and place in last 2 sections. Peel and slice eggs and place over meats and cheeses. Spread bacon over all sections and serve with your favorite dressing.

The Salad Treat

1 lb. Red Grapes
1 lb. Green Grapes
6 Granny Smith Apples
1 lb. Chopped Walnuts
1 extra-large Cool Whip

Rinse fruit and pat dry, peel, core and slice apples. Mix in large bowl all fruit, nuts and cool whip. Serve as snack or dessert.

Avocado Snack Salad

8 Ripe avocados

8 oz. cashews

$\frac{1}{4}$ cup chopped yellow onion

$\frac{1}{4}$ cup chopped celery

1 tsp. salt

1 tsp. pepper

Scoop out avocado and smash in medium bowl, add cashews, onion, celery, salt and pepper. Mix well and with tortilla chips.

The Waldorf



- 1 tsp. Honey
- ½ lemon, juiced
- 1 cup chopped Walnuts
- 2 Granny Smith apples
- 3 Stalks Celery
- ½ cup Mayonnaise
- ¼ cup Yogurt
- 1 tsp. Sugar
- 2 tbsp. Chopped Scallions
- 2 cups Red Grapes

Wash, core and chop apples. Clean and chop celery, mix all ingredients in large bowl.
Serve as salad or dessert.

Sweet, Smooth, Crunchy Great!

Mexican Shrimp Cocktail

2 Large Tomatoes, Chopped

1 Bunch Cilantro

1 Bunch Green Onions

2 Large Jalapeños, chopped

¼ cup Chopped Garlic

1 Large can Tomato Sauce

1 tsp. Salt

1 tsp. Pepper

3 lbs. Large Shrimp, peeled, cooked, deveined

Tortilla Chips

Mix all except shrimp and chips in large bowl, Clean
rinse the shrimp and mix with salsa mixture. Refrigerate
3 hours to allow shrimp to take in all the flavors and serve
with chips.

The Macaroni

4 cups Elbow Macaroni

2 tbsp. Mustard

1 ½ cup Mayonnaise

¼ cup Dill Pickle Juice

2 tbsp. Season Salt

Boil macaroni until tender and strain. Mix mustard, mayo, pickles and pickle juice in bowl add seasoning. Fold in macaroni, refrigerate and serve.

Summertime Crunch

2 lbs. Strawberries

2 cans Sliced Peaches in heavy syrup

16oz. bag Walnut halves

Rinse and cut top off strawberries, slice into quarters.
with strained peaches and fold in walnuts when ready
serve so they don't get soft.

Sweet, mild fruit mix with a little crunch, Great snack
dessert salad.

EZ Pico

2 Jalapeños

1 large Onion

1 medium Tomato

½ bunch Cilantro

Chop up all ingredients until almost minced. Mix all in bowl stir and use as garnish for any fish or meat.

Waldorf Dressing



1 cup Mayonnaise
1 cup unflavored yogurt
1 tbsp. Lemon Juice
1 tbsp. Sugar
 $\frac{1}{4}$ tsp. Salt

Mix all together with whisk, pour in bottle and refrigerate for 2 hours before mixing with salad.

Miss Liss Blue Cheese Dressing



2 cups Mayonnaise
1 cup crumbled blue cheese
½ cup light Whipping Cream
½ tsp. sea salt
¼ tsp. black pepper
4 tbsp. Sour Cream

Mix all except blue cheese with whisk till creamy.
Fold in blue cheese with spoon.
Pour into jar and refrigerate.

Italian Rossi Dressing

2 tbsp. Garlic Powder
1 tbsp. Onion Powder
1 tbsp. dried Oregano
1 tsp. Black Pepper
 $\frac{1}{2}$ tsp. Thyme
1 tsp. Sweet Basil
 $\frac{1}{2}$ tsp. Celery Salt
1 tbsp. Salt
1 tbsp. dried, chopped Red Bell Pepper
1 cup Vinegar
3 cups Canola oil
 $\frac{1}{4}$ cup water

Mix all dry ingredients in bowl with whisk. In a jar place all liquid then add dry mix and shake.

Jalapeño Lime Shrimp

5 lbs. extra-large uncooked Shrimp

4 cups lime juice

4 large diced jalapeños

½ cup cooking oil

3 tbsp. steak seasoning

Rinse, shell and de vein shrimp. In 2 gallon Ziploc bag or large covered bowl place the lime juice, oil, jalapeños, and seasoning. Add all shrimp and refrigerate overnight. Grill and serve with salad, rice and cornbread.

Salmon Roll

2 long Salmon slices
8 oz. Pepper Jack cheese
 $\frac{1}{4}$ cup chicken seasoning
Butchers twine
 $\frac{1}{2}$ cup melted butter
2 tsp. sweet basil

Lay both Salmon slices on a cookie sheet, butter and s
one side. Then turn over butter and shred cheese on
remaining side and sprinkle basil on top. Roll and tie
butchers twine, bake at 350 for 15 minutes. When coo
slice in circle pieces, Serve with yellow saffron rice.

Mahi Mahi

2 Lemons Juiced

2 tbsp. Basil

1 tsp. Salt

1 tsp. Pepper

2 orange slices cut in circle slices

½ cup olive oil

8 pcs. Mahi Mahi



Mix all juices, oil and seasonings in large Ziploc bag, place mahi mahi in bag and mix well. Place in refrigerator for 2 hours, grill with orange slices on top for 15 minutes. Serve with rice and veggies.

Yummy Shark Steak

1 cup chopped Cilantro
1/4 cup Steak Seasoning
1/2 cup Lime Juice
2 chopped Jalapeños
1/4 cup Olive Oil
2 Shark Steak 6 oz. each

Place shark and all ingredients in a Ziploc bag and refrigerator for 3 hours. Grill until done and serve with baked potatoes.

Baked Tilapia

1/2 cup Butter
2 tbsp. Garlic Powder
2 tbsp. Basil
1/2 tsp. Kosher Salt
8 Tilapia

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Place tilapia on a tray and coat with butter and sprinkle all seasonings over fish. Grill until done, serve with grilled zucchini and rice.

Chipotle Tuna Steak

1 chopped jalapeño
½ cup chopped red onion
¼ cup garlic powder
1 cup cilantro
2 cup chipotle mayonnaise
¼ cup olive oil
¼ cup steak seasoning
4 tuna steaks

Mix all ingredients except for the mayo in a Ziploc bag with tuna, shake and let set overnight in refrigerator. Place tuna on a grill or baking dish and cover with mayo and cook until done about 20 mins.
Serve with salsa, beans and rice with tortillas.

Ceviche

1 lb. Shrimp
1 lb. tuna
4 cups lime juice
2 cups Pico de Gallo
2 avocado
1 tsp. garlic salt



Chop shrimp and tuna into small pieces and soak in 2 cups of the lime juice for 1 hour in refrigerator. Now mix in Pico and garlic with last 2 cups of lime juice.
Serve in bowl with avocado slices and tortillas.

Mango Mahi

4 ripe mangos
4 cups mango juice
3 tbsp. steak seasoning
2 tbsp. sweet basil
8 pcs mahi mahi

In a blender put 3 cups of mango juice and 2 cut up mangos with all the seasonings and blend. In a 2 gallon Ziploc bag place the mahi mahi and the mango blend and let set for 2 hours then grill till done. In a blender place 1 cup mango juice and last 2 mangos and blend to use for a topping on the mahi mahi. Serve with grilled veggies and brown rice.

Almond Trout

3 cups melted butter (salted)

1 cup almond slices

2 lg. lemons

1 tsp. salt

1 tsp. pepper

4 trout fillets

Salt and pepper the trout and grill, as it grills baste with butter.

After grilling baste with butter and sprinkle with almond slices. Serve over long grain wild rice and veggies.

Pan Seared Rainbow Trout and Mushrooms

1 tsp. garlic
1 tsp. salt
1 tsp. pepper
1 tsp. basil
2 cups sliced mushrooms
3 cups butter
4 rainbow trout filets

In a large frying pan place 2 cups of butter and heat, place all filets in pan and season one side only with all seasonings. After 3 minutes flip and sear for 3 more minutes.

In a small frying pan place 1 cup butter and mushrooms heat till brown and glazed. Place Trout on a bed of brown rice and top with mushrooms and side of your favorite veggie.

Shark and Shrimp Kabob

- 1 lb. large Shrimp
- 1 ½ Shark Steak
- 2 yellow squash
- 1 lg. yellow onion
- 2 bell pepper any color or mixed
- 1 cup lemon juice
- 1 tbsp. steak seasoning
- 1 pack wood spears

Rinse, peel and devein the shrimp and place in a bowl.
Clean the shark and cut in 2 inch cubes and place in a bowl,
cut all veggies in large chunks.

On a wood spear place shrimp, shark and veggies in any
pattern offsetting the fish and veggies, season each as
finished and grill as they grill baste with lemon juice.

Catfish Fry

2 lbs. Catfish filet

2 cups fish fry

1 cup coarse corn meal

1 gal buttermilk

Soak fish in buttermilk overnight in a large bowl. Dip wet fish in the fry mix and cover well, place in hot frying pan until golden brown about 4-6 min depending on the heat. Serve with tartar sauce and fries.

Fish and Chips

2 lbs. Cod fillets
4 cups Tempura batter
1 qt. sweet Buttermilk
½ cup Tartar sauce
1 lb. French Fries
1 16oz beer

In a large bowl pour the tempura batter and the beer until thick consistency. Dip the cod in the buttermilk then in the batter and straight into a very hot frying pan. Cook until golden brown 6-8 minutes.

Serve with tartar sauce and fries.

Cilantro Tilapia

2 cups chopped cilantro
8 pcs Tilapia
1 cup lemon juice
1 cup orange juice
½ cup chopped green onion
1 dozen corn tortillas
3 cups salsa
1 cup Pico de Gallo

Put cilantro, onions, juices and tilapia in a gallon Ziploc bag and let set overnight. Grill tilapia and serve with salsa and Pico with tortillas.

Fish Tacos

1 bag tortilla chips
1 lb. red snapper or tilapia
1 cup Pico
2 cups shredded red cabbage
8 oz. shredded cheddar cheese
12 corn tortillas
Salt
Pepper
3 avocados

Bake the fish at 350 for 15 mins after don't crumble in a bowl mix cheese, Pico and cabbage together. Soft fry tortillas so they are firm and not hard. Scoop out avocado in a small bowl and mash till creamy add salt and pepper to taste. Stuff tortillas with fish mixture and top with cheese and serve with rice and avocado and chips.

Garlic Scallops



1 lb. scallops

1 cup butter

$\frac{1}{4}$ cup minced garlic

2 tbsp. basil

In a skillet melt butter and mix in garlic and bring to a sizzle. Drop in scallops and pan sear till done flipping them in the garlic butter, sprinkle basil on top when finished. Serve on a bed of brown rice and veggie of choice.

Bacon wrapped Lobster and Sirloin

4 Lobster Tails

2 lb. Sirloin Steak

1 lb. Bacon

Salt and pepper

Remove lobster from shell why raw and cut into chunks,
Cut steak into chunks and wrap all with bacon use
toothpicks to hold bacon on and sprinkle with salt and
pepper. Place on cookie sheet and bake at 350 for 20
minutes.

Serve with melted butter, baked potatoes and salad.

Shrimp and Scallop Salad

- 2 lb. Shrimp (peeled and deveined)
- 2 lb. Scallops
- 1 lb. Zucchini
- 2 jars of your favorite spaghetti sauce
- 1 lb. angel hair pasta
- 2 tbsp. steak seasoning
- 2 tbsp. butter

Rinse shrimp and scallops and season with steak seasoning and place in skillet with butter and slow sear. Steam the zucchini slices until tender and mix in shrimp and scallops, add sauce. Boil pasta until tender, strain and top with vegetable and meat mixture. Serve with fresh bread or rolls and a salad.

Parmesan Tilapia

4 cups parmesan cheese
2 cups buttermilk
1 tbsp. steak seasoning
6 Tilapia filets
2 cups bowtie pasta
 $\frac{1}{4}$ cup basil
 $\frac{1}{4}$ cup butter

Dip tilapia into the buttermilk and cover with parmesan cheese and place on a cookie sheet and bake in oven at 350 for 20 mins until golden brown. Boil pasta till tender and strain pasta and mix with butter and basil. Serve tilapia over a bed of bowtie pasta with a side of salad.

Tuna Mac

3 cans of tuna in water
4 cups of elbow macaroni
2 cups Velveeta cheese softened
 $\frac{1}{4}$ cup butter

Boil macaroni until tender, strain and mix with butter and cheese until creamy. Open and strain the tuna and mix in tuna and serve with garlic bread and a salad.

Basic Fish Grill

¼ cup oil

¼ cup water

½ cup steak seasoning

2 lbs. of your favorite fish filet or steak

8 oz. mushrooms

4 zucchini (2 green, 2 yellow)

1 lg. yellow onion

6 bell peppers (2 of each color)

Wooden kabobs

Place fish in lg Ziploc bag with oil, water and seasoning and mix. Let set in fridge for 2 hours. Cut all vegetables except for onion in large chunks for kabobs and put all vegetables on the kabob sticks mixing a variety on each. Grill fish and vegetables to tender and done, serve with a fresh salad.

Fish Nuggets

2 lbs. cubed cod
2 packs any kind of fish fry
3 lbs. French fries
4 eggs beaten

Dip the cod in the egg, then in the fish fry. Fry in oil until golden brown. Fry or bake the French fries, and serve with lemon, tartar sauce and ketchup.



Lemon Pepper Salmon

4 lg Salmon filets
3 cups lemon juice
 $\frac{1}{4}$ cup black pepper
Salt
3 lemons cut in half

Mix juice, pepper and a dash of salt and salmon in a Ziploc bag, set in refrigerator overnight. Grill on high for about 3 minutes each side and baste with squeezed lemon and serve with wild rice.

Shrimp Po Boy

2 lb. cleaned and deveined shrimp
2 cups shredded cabbage
1 cup lemon juice
1 tbsp. garlic powder
2 tbsp. steak seasoning
½ cup mayonnaise
4 medium hoagie rolls

In a large Ziploc bag mix lemon juice, garlic, shrimp and let set for 1 hour. Place shrimp on a pan and sprinkle with steak seasoning and bake at 350 for 15 minutes. Mix cabbage and mayonnaise in a small bowl.

Place shrimp on a sliced hoagie roll and top with cabbage and enjoy.

Lobster Mac & Cheese

2 med. lobster tail
2 cups elbow macaroni
2 cups white queso cheese
1 cup shredded mozzarella
¼ cup heavy cream

Steam or butter baste the lobster, then chop into small cubes. Boil macaroni until tender and strain, in a small sauce pan heat on low the heavy cream, mozzarella and white queso once creamy mix with the macaroni and lobster. Serve with bread and vegetables.

Dictionary

Baste: to moisten with liquid during cooking, using a spoon or bulb baster, most often for oven pot roasts and broiled meats and fish.

Bind: to thicken the liquid of a soup, gravy or stew with a starch such as flour or cornstarch, or with egg yolks.

Blanch: to place in boiling water for a given amount of time and then cold water, for the purpose of partially cooking or peeling.

Blend: to combine ingredients of all different textures such as butter and sugar, a gentler mixing than beating.

Braise: to sear or brown in fat, then cook slowly covered, with a minimum liquid, on stove or in oven.

Breading: a coating of flour and/or crumbs used on foods that are to be fried. Beaten egg or milk may be used to help adhere the coating

Fold: to gently combine a lighter mixture such as a beaten egg white with a heavier mixture such as a cream sauce or cake batter. To do this place the heavier mixture over the lighter. Cut down the middle of both with a rubber spatula and draw spatula toward you, turning mixture over as you do so. Continue around the bowl in this fashion.

Julienne: food is cut into very thin, long matchstick strips.

Knead: to work with dough by pushing it with the heel of your hand, folding it over and repeating until it has reached degree of smoothness.

Marinate: to soak food, usually meat or fish that will add to its flavor or make it more tender.

Roux: A mixture of fat and flour sautéed together and then added together and then added to liquid to thicken it.

Steam: to cook in steam by placing food in a covered, perforated container over boiling water.

Substitutions

Tbsp. cornstarch= 2 tbsp. flour
1 square chocolate= 3 tbsp. cocoa plus 1 tbsp. butter
1 tsp. baking powder= $\frac{1}{4}$ baking powder plus $\frac{1}{2}$ tsp. cream of tartar
1 cup milk= $\frac{1}{2}$ cup evaporated milk plus $\frac{1}{2}$ cup water
1 cup sweet milk= 1 cup buttermilk plus $\frac{1}{2}$ tsp. baking soda

Can sizes

6 oz.= $\frac{3}{4}$ cup
8 oz.= 1 cup
46 oz.= $5 \frac{3}{4}$ cups

Measures

3 tsp. equal to 1 tbsp.
2 tbsp. equal to $\frac{1}{8}$ cup
4 tbsp. equal to $\frac{1}{4}$ cup
5 $\frac{1}{3}$ tbsp. equal to $\frac{1}{3}$ cup
8 tbsp. equal to $\frac{1}{2}$ cup
12 tbsp. equal to $\frac{3}{4}$ cup
14 tbsp. equal to $\frac{7}{8}$ cup
16 tbsp. equal to 1 cup

1 cup = 8 oz.
1 cup = $\frac{1}{2}$ pint

2 cups= 1 pint
4 cups= 1 quart
4 qt.= 1 gallon
8 qt.= 1 peck
4 pecks = 1 bushel

Spices and Herb

Allspice: pickling, gingerbread, holiday baking, pork and ham and squash dishes.

Anise: cakes, cookies and bread

Basil: Italian dishes, vegetables, meats, tomato salads and sauces.

Bay leaves: Grilled fish, marinades, meat stews and soups.

Cayenne pepper: Egg dishes, cream sauces, cheese dishes and spreads.

Chives: Fresh or dried are excellent in dips, salads, garnishing for potatoes.

Cinnamon: Toast, tea, coffee, fruit desserts and pies.

Cloves: Ham, apple desserts, spiced tea

Dill: cucumber salads, salmon, sauce for boiled beef, chicken or fish.

Garlic: used in French, Italian, Spanish and Chinese recipes, excellent in dressings and dips

Ginger: Broiled chicken, pot roast, peach desserts, barbeque sauces and holiday baking

Nutmeg: Rice and sweet puddings, spinach, mushrooms.

Paprika: Meat and poultry goulashes, broiled fish and decorative toppings

Sage: Pork, poultry or onion stuffing's, sausage, meat

Savory: string beans, cabbage, salad dressing, and beans

Thyme: clam chowder, meat and vegetable soups and stews and egg dishes