

Bethel Cookbook

Broiled Salmon Steaks

6 salmon steaks (½" thick)	1 ½ tsp. prepared mustard
2 Tbs. oil	½ tsp. lemon juice
½ stick butter or margarine	Salt and pepper
1 ½ tsp. tarragon	6 lemon wedges

Brush both sides of fish with oil and place in a shallow oven dish. Let stand 30 minutes. Melt 2 Tbs. of butter and preheat broiler. Cream together 2 tsp. butter, tarragon, mustard, lemon juice, salt, and pepper. Brush melted butter over each steak and sprinkle with salt and pepper. Broil for 3 minutes, turn, brush the other side and broil another 3 or 4 minutes. Serve on warm dishes. Place 1 tsp. prepared butter on each steak. Garnish with lemon wedges.

Barbara Stiles

Grouper Sandwiches

Debone grouper and cut into slabs.

Batter grouper with:

2 Tbs. flour, 2 Tbs. vinegar, 2 Tbs. water mixed together. (Will look like pancake batter.)

Fry in small amount of oil. Serve on hamburger buns with lettuce, tomato, and mayonnaise.

Pat Singletary

Bethel Cookbook

Salmon Salad on the Half Shell

3 California avocados	1 ½ Tbs. lemon juice
Lettuce	1 small clove of garlic, minced
1 15-oz. can salmon, chilled	1/8 tsp. dry mustard
2 Tbs. sliced green onion	¼ tsp. salt
2 Tbs. sliced celery	Dash of pepper
½ cup oil	1 ½ tsp. minced parsley

Halve, pit and peel avocados. Arrange on lettuce-lined plates. Drain salmon; separate into chunks. Toss salmon lightly with green onion and celery. Fill avocados with salmon mixture. Combine remaining ingredients in jar with tight fitting lid; cover. Shake jar vigorously. Drizzle over salmon mixture.

Judy Abbott

Microwave Scalloped Oysters

Power: High

Time: 10 ½ minutes

1 pt. oysters (fresh or frozen)	½ cup melted butter
¼ cup chopped celery	2 Tbs. chopped onion
1 Tbs. chopped parsley	1 Tbs. garlic juice
1 Tbs. lemon juice	½ tsp. salt
1/8 tsp. pepper	¾ cup milk
2 cups cracker crumbs	½ cup grated cheese

Drain oysters. Combine butter, celery, onions, parsley, garlic juice, lemon juice, salt, and pepper in 1 ½ qt. casserole dish. Cover and microwave 4 minutes. Set aside. Microwave oysters 2 ½ minutes in small bowl. Drain. Add oysters, milk and 1 ½ cup cracker crumbs to mixture. Combine remaining crumbs and cheese and sprinkle on top. Microwave on high for 4 minutes.

Pat Singletary

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Salmon Croquettes

16 oz. can drained salmon
1 Tbs. grated onion
1 Tbs. lemon juice
1 cup soft bread crumbs or mashed potatoes

Mix well, then add 1 cup thick white sauce. Mix well and chill.

To make white sauce:

6 Tbs. oleo	1 tsp. salt
8 Tbs. flour	¼ tsp. pepper
2 cups milk	

Melt oleo, add flour, salt, and pepper, stir until well blended. Gradually stir in milk, stirring constantly until thick and smooth.

To coat, beat 1 egg and 1 Tbs. water slightly. Dip croquette into egg, then bread crumbs then egg and bread crumbs again. Let stand a while before frying. Thin balance of white sauce with milk and serve with croquettes. Serve 4.

Mildred Plate

Jambalaya

2 cups canned tomatoes w/ juice	1 chopped green pepper
1 ½ cups slightly undercooked rice	2 stalks celery chopped
2 cups cooked and diced chicken or turkey	1 cup sliced fresh mushrooms
1 cup chopped onion	12 oz cooked shrimp
½ tsp. pepper	2 tsp. season salt
	pinch garlic powder

Combine all ingredients in covered casserole dish. Mix well. Bake at 375° for 1 hour, stirring occasionally. Serves 6. Only 175 calories per serving.

Carl and Cee Merritt

Bethel Cookbook

Tuna Casserole

1 or 2 cans tuna
1 can mushroom soup
Potato chips

Crush potato chips in hands. Butter casserole, put layer of crushed potato chips on bottom of casserole, then layer of tuna, and a layer of mushroom soup, another layer of chips. Then repeat layers ending with layer of potato chips on top. Add some water to what is left in can and pour over top. Bake 20 to 30 minutes in 350° oven.

Mildred Plate

Fish Gumbo

1 stick butter
1 med. bell pepper chopped
Salt and pepper to taste

1 med. onion chopped
1 tsp. garlic salt

Combine in Dutch oven and sauté.

Add:

1 large can chopped tomatoes
1 link smoked sausage (cut into slices)
½ cup Worcestershire sauce

1 small can tomato paste
¼ cup lemon juice

Cook on simmer for 1 hour.

Add:

1 lb. fish (grouper, deboned & snapper, catfish) cut into 1" cubes
1 can shrimp (or use ½ lb. fresh shrimp)
1 can crab meat (or use ½ lb. fresh crab meat)

Cook on medium heat for 10 minutes. Serve over cooked white rice.

Pat Singletary

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Tuna Casserole

1 cup mayonnaise
1 can tuna
1 can cream of chicken or mushroom soup
small jar pimiento
Noodles
Bell pepper
Onion
Celery

Cook noodles about half done. Mix all other ingredients. Stir in noodles. Bake at 350° until done. You may cover with cheese.

Judy Abbott

Seafood Pasta Salad

½ cup mayonnaise
¼ cup Kraft "zesty" salad dressing
¼ cup grated Parmesan cheese
2 cups corkscrew noodles (cooked and drained)
8 oz imitation crab meat (in chunks)
1 cup broccoli flowerettes (lightly cooked)
1 cup chopped tomatoes
¼ cup green (spring) onion slices

Mix together and chill. Add black pepper to taste.

Mac McElvar

Bethel Cookbook

Fried Fish

2 to 3 lbs. Fish	½ tsp. pepper
2 ½ cups yellow cornmeal	1 egg
1 ½ Tbs. salt	1 cup milk

Cut fish into pan-size pieces. Mix egg and milk in bowl for batter. Dip fish in egg batter and roll in mixture of meal, salt, and pepper. Deep fry in hot grease until browned.

Cee Merritt

Tuna Cheese Puffs

½ cup cream of mushroom soup	½ cup blender-grated cheddar cheese
1 7-oz. can tuna, drained	1 Tbs. chopped green peppers
32 saltines	1 Tbs. pimiento strips
¼ tsp. salt	¼ tsp. paprika

In covered blender, blend soup, tuna, pimiento strips, green peppers, and seasonings at low speed to a course paste. As necessary, stop motor; push ingredients toward blades with rubber spatula.

Spread paste on crackers. Sprinkle with cheese. Arrange on baking sheet. Broil about 3 inches from heat source until cheese browns. 32 puffs.

Cee Merritt

Bethel Cookbook

Key West Shrimp

1 ¾ lbs. large shrimp
2 12-oz. cans of beer
2 Tbs. Old Bay seasoning

Key Lime Mustard:

¾ cup mayonnaise
4 Tbs. Key Lime juice
Salt and pepper to taste

Rinse shrimp and drain. Pour beer into large pan; add seasoning. Bring to a boil, add shrimp. As soon as beer mixture boils, remove shrimp. Serve with Key Lime Mustard.

Calories: 144, Fat: 2g, Cholesterol: 144mg, Sodium: 1,111mg.

Pat Singletary