



Dumbarton United Methodist Church

# Seasonings of the Spirit

## Seafood

Flounder Rollups  
Coastal Coconut Prawns  
Scallops  
Scallops a la Quinn  
Bourbon St. Shrimp  
Shrimp Creole Cole  
Shrimp Tarragon  
Tuna Bunnies  
Admiral Byrd's Fillet of Whale



## FLOUNDER ROLLUPS

Debbie Woodcock

1½ lb. frozen or fresh flounder, boned  
package of frozen broccoli or asparagus

Mix:

can of cream of celery soup  
1/4 c. mayonnaise  
1 T. lemon juice

Cook vegetable, wrap spears with flounder; bake in glass baking dish for 20 minutes at 350° F. Pour sauce over and bake another 15 minutes.

## COASTAL COCONUT PRAWNS

Susan Gilpin

1 coconut  
2 T. each oil and butter  
3 lb. prawns or shrimp (raw)  
1/4 c. chopped onions  
1/3 c. sliced mushrooms  
1/4 c. soy sauce  
1/4 c. white wine  
1/4 lb. tomatoes, seeded and chopped  
salt and pepper

Split the coconut in half and remove the meat. Cut it into small strips. Place strips in hot oil and butter and saute them until golden brown. Remove from the pan and set aside. Peel, devein & wash the prawns or shrimp. Saute them with chopped onions for 3 to 4 minutes. Add the remaining ingredients and cook 5 minutes. Season and serve.

## SCALLOPS

Melissa Blackmer

1 lb. scallops  
1-2 tsp. oil  
1/4 to ½ c. white wine  
1 small onion, chopped  
ginger powder  
1-2 cloves garlic, minced

bread crumbs  
Parmesan cheese

Clean scallops; put in pie plate or casserole with oil; add wine, onions and seasonings according to taste. Top with bread crumbs and cheese. Bake in hot oven about ½ hour or broil until lightly browned.

### **SCALLOPS A LA QUINN**

Jim Quinn

1 lb. scallops  
2 T. sweet butter  
2 to 3 cloves garlic  
fresh ground pepper  
1 tsp. fresh chives  
3 T. fresh grated Parmesan cheese  
1 tsp. fresh parsley  
juice of ½ lemon  
paprika  
1/4 c. heavy cream  
1/4 c. dry sherry  
1 T. cornstarch

In skillet, melt butter and saute garlic. Add scallops and stir around, turning often. Cook just until they look white (bay scallops will cook in a minute or two, sea scallops will take longer). Leaving liquid in the skillet, remove scallops with a large spoon to a warmed small oval casserole or other dish, and keep dish warm. Reduce liquid for several minutes. Add lemon, herbs, spices, and cream. Mix sherry with cornstarch and stir in to thicken. Pour over casserole. Sprinkle Parmesan and paprika on top and brown under broiler.

### **BOURBON STREET SHRIMP**

Nanette Rutsch

1/4 c. butter  
6 mushrooms, sliced  
1 can cream of shrimp soup  
1 c. sour cream  
1 tsp. soy sauce  
1/4 tsp. pepper  
1½ lb. shrimp, cooked

Melt butter and saute mushrooms. Stir in soup, sour cream, soy sauce and pepper. Cook, stirring until smooth. Fold in shrimp and heat until bubbly. Serve over toast slices or rice.

### SHRIMP CREOLE COLE

Nancy Holland

1/4 c. bacon fat  
1 8-oz. can tomato sauce  
2 c. onion, chopped  
1 6-oz. can tomato paste  
1 c. green pepper, chopped  
1 c. bottled clam juice  
1/2 c. scallion, chopped  
3 1/2 lb. shrimp  
2 garlic cloves, minced  
1/2 c. parsley  
1 T. salt  
1 T. lemon juice  
1 T. thyme  
1 tsp. tabasco  
1/2 tsp. pepper  
2 bay leaves  
1 1-lb. can plum tomatoes

Melt fat and add onion, celery, pepper, bay leaves, scallion, garlic, salt, thyme and green pepper. Cook approximately 20 minutes. Add the tomatoes, tomato sauce and paste, and clam juice and simmer 1 hour. Cool mixture, chill covered. Discard bay leaves. Heat mixture over moderate heat and add shrimp. Cook 5 minutes, until shrimp is pink. Stir in parsley, lemon juice and tabasco. Serve over rice or noodles. Serves 6.

### SHRIMP TARRAGON

Debbie Woodcock

2 T. butter or margarine, melted  
3 T. flour  
1 10-3/4 oz. can cream of shrimp soup, or 1 10-3/4 oz. can cream of celery soup  
½ c. chicken broth  
1/4 c. Sauterne  
4 tsp. lemon juice  
½ tsp. each of seasoned pepper, salt and onion powder  
1/4 tsp. tarragon  
1 lb. peeled deveined raw shrimp  
or 2 to 3 c. cooked crab meat or lobster. Frozen shrimp can be used, too.  
pimiento rice (see recipe in Vegetables section)

Blend butter and flour until smooth. Slowly add soup, broth, Sauterne, lemon juice and seasonings. Cook, stirring constantly until thickened. Add shrimp and cook 5 to 10 minutes longer. Serve over pimiento rice. Sprinkle with fresh parsley.

### **TUNA BUNNIES SANDWICH**

Mike McIntyre

*--This dish is always served during the Rose Bowl game--*

Make tuna fish salad with tuna fish, celery, chopped hardcooked eggs, diced American or Swiss cheese, mayonnaise. Spread tuna salad on sandwich (hamburger) buns. Wrap each sandwich with aluminum foil and bake at 325° F. oven for about 15 minutes. Serve with apple slices, small pickled onions, sweet gherkins and potato chips.

### **ADMIRAL BYRD'S FILLET OF WHALE**

Nancy Milton

1 whole whale  
20 gallons white wine  
14 lb. parsley  
20 lb. pimiento (chopped very fine)  
paprika, salt and pepper to taste

Remove fat from whale (takes 3 to 6 weeks). Sell whale fat to Hudson Bay Company. Slice remaining meat into 1/4-inch slices, 3x3-inches. Cover with white wine and let stand for 68 hours. Remove from wine and add parsley and pimiento. Roll inside meat and secure with large bamboo skewers. Place in covered pan in 1 inch of water. Steam 13 hours. Serves 1,200.