

TRIO OF SEAFOOD TREASURES FROM A SEA CAPTAIN'S WIFE

Shortly after sunup on a bright New England morning in early spring of 1867, a mythical ship took a mythical trip with a mythical crew aboard. On this voyage, Lucy, the Captain's wife, an avid recipe collector, wrote a series of letters to her cousin, Sarah, who remained in New Bedford. From these letters, the United States Department of the Interior's Bureau of Commercial Fisheries has captured all the romance and glamour of this century-old trip to the whaling grounds in announcing a new collection of kitchen-tested recipes for today's busy homemaker.

Are your menus winter weary? The trio of seafood treasures, fresh from the sparkling waters of the Gulf, is certain to bring the spring to your dining room.



Key West Shrimp Salad stars America's favorite seafood. The shrimp are combined with an assortment of crisp vegetables and a taste-tingly marinade, then chilled just long enough for the flavors to mingle. This imaginative salad will win showers of praise for the busy hostess.

KEY WEST SHRIMP SALAD

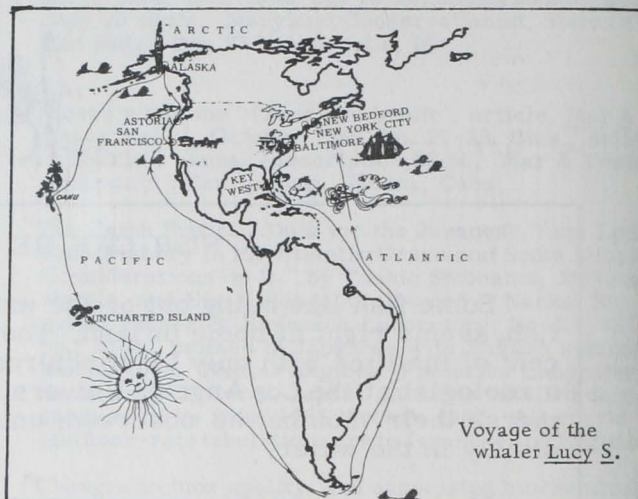
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| 1 lb. cooked, peeled, cleaned shrimp, fresh or frozen | ¼ cup chopped onion |
| or | ¼ cup chopped green pepper |
| 4 cans (4½ ozs. each) shrimp | 1 tablespoon chopped pimiento |
| 1 can (1 lb.) cut green beans, drained | Marinade |
| 1 cup sliced raw cauliflower | Lettuce |
| 1 cup sliced celery | |

Thaw frozen shrimp or drain canned shrimp. Rinse canned shrimp with cold water. Cut large shrimp in half. Combine all ingredients except lettuce. Cover and let stand in refrigerator for at least 1 hour. Drain. Serve on lettuce. Serves 6.

Marinade

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| ½ cup vinegar | ¼ teaspoon salt |
| 1 tablespoon sugar | Dash pepper |
| ½ teaspoon celery seed | ¼ cup olive or salad oil |

Combine vinegar, sugar, and seasonings. Add oil gradually, blend thoroughly. Makes ¾ cup marinade.



Voyage of the whaler Lucy S.

Florida Snapper Delight presents the colorful deep-water specialty of the South. The succulent snapper fillets are basted with fresh orange juice; highlighted with soy sauce; then broiled to a tender, juicy perfection.

FLORIDA SNAPPER DELIGHT

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| 2 lbs. snapper fillets or other fish fillets, fresh or frozen | 1 tablespoon soy sauce |
| ⅓ cup frozen orange juice concentrate | 1 teaspoon salt |
| ¼ cup butter or margarine, melted | Dash pepper |

Thaw frozen fillets. Cut into serving-size portions. Combine remaining ingredients and mix thoroughly. Place fish, skin side up, on a well-greased broiler pan and brush with sauce. Broil about 3 inches from source of heat for 4 to 5 minutes. Turn carefully and brush with sauce. Broil 4 to 5 minutes longer, basting occasionally, until fish flakes easily when tested with a fork. Serves 6.

A new flavor note is added to the delicate goodness of crab meat in this unusual recipe, Crab Pineapple Imperial.

CRAB PINEAPPLE IMPERIAL

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| 1 lb. king crab meat or other crab meat, fresh or frozen | ½ teaspoon Worcestershire sauce |
| or | 3 drops liquid hot pepper sauce |
| 3 cans (6½ or 7½ ozs. each) crab meat | 6 large pineapple slices, drained |
| ¼ cup mayonnaise or salad dressing | ⅔ cup fine corn flake crumbs |
| 1 teaspoon chopped pimiento | 1 tablespoon melted fat or oil |
| ½ teaspoon salt | ¼ cup fine corn flake crumbs |

Thaw frozen crab meat. Drain crab meat. Remove any remaining shell or cartilage from crab meat. Flake the crab meat. Combine mayonnaise, pimiento, and seasonings. Add to crab meat and mix lightly. Dip both sides of pineapple slices in crumbs. Place in a well-greased baking dish, 12 x 7½ x 2 inches. Place ¼ cup crab mixture on top of each pineapple slice. Combine fat and crumbs; sprinkle over top of crab mixture. Bake in moderate oven, 350° F., for 20 to 25 minutes or until crumbs are lightly browned. Serves 6.