

5 Seafood Recipes for Summer Dinners

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Salmon Melts

1 can (about 15 oz) salmon, drained and flaked

1 tsp fresh lemon juice

1 tsp fresh dill, chopped

1 tsp fresh parsley, chopped

1/3 cup mayonnaise (preferably reduced fat)

1 cup strong cheese of your choice, grated

4 English muffins, halved

Salt and black pepper

In a bowl, mix the salmon with the lemon juice, mayonnaise, parsley, dill and season with salt and pepper. Stir in ½ cup of cheese.

Arrange English muffins on a baking sheet and place under the broiler for a few minutes, until slightly toasted. Spread the salmon mixture equally on the muffin halves, sprinkle with the remaining cheese and place under the broiler until the cheese is melted.

Serve immediately!

Shrimp Rice with Spinach

- 1 tbsp vegetable oil
- 3 cloves garlic, crushed
- 1 onion, finely chopped
- 1 1/3 cups long-grain rice
- 2 2/3 cups vegetable stock
- 1 tsp lemon rind, grated
- 3 cups fresh spinach, coarsely chopped
- 1 tsp dried dill
- 1 tbsp lemon juice
- 1 lb shrimp

Heat the vegetable oil in a large skillet. Add the onion and sauté for about 4-5 minutes, until tender. Then add the garlic and sauté for a further few minutes. Season with salt and pepper. Pour in the rice, stock and add the lemon juice. Stir well.

Bring rice to a boil, immediately turn down the heat and cover. Simmer for about 15 minutes or until the liquid has been absorbed by the rice. Stir in the spinach, dill and lemon juice, mix well. Again cover the mixture and allow to cook for a few minutes until the spinach is wilted. Stir in the shrimp and cook until the shrimp are cooked through and hot.

Serve immediately.

Lemony Fried Fish Dinner

- 1 tbsp lemon juice
- ½-1 tsp lemon rind, grated
- 2 cloves garlic, pressed
- 1 tbsp vegetable oil
- 1 tsp margarine/butter
- 1 lb white fish fillets

Mix together the lemon juice, garlic and lemon rind.

Heat the vegetable oil and melt the butter in a large skillet. Add the fish, brush with the lemon mixture and cook each side for about 5 - 10 minutes, or until the fish is no longer opaque and flakes easily with a fork.

Serve immediately with new potatoes and a tossed salad.

Scrumptious King Prawn Kebabs

1 lb raw king prawns

1 tsp sesame oil

1 tbsp vegetable oil

1 tbsp tamari sauce

1 tbsp lemon juice

2 tbsp sweet chili sauce

6 cherry tomatoes, washed

8 oz white button mushrooms, wiped clean

Wooden skewers (soaked in water for at least 30 minutes before using them to prevent them from burning)

Peel the prawns, devein, but leave the tails on.

In a large bowl, mix together the lemon juice, sweet chili sauce, oils and tamari sauce. Add the prawns and allow to marinate for at least 30 minutes.

Thread the prawns on the skewers together with mushrooms and cherry tomatoes. Brush with the remaining marinade and cook on a preheated BBQ until cooked through, about 6 - 8 minutes.

Scallops with Lime

12oz scallops (ideally smaller ones)

2 tbsp fresh dill, chopped

1 tbsp fresh parsley, chopped

2 fresh limes, juiced

½ cucumber, peeled and diced

2tsp olive oil

Salt and pepper

In a saucepan, bring the lime juice and scallops to a boil. Season well. Reduce heat and simmer for a few minutes (about 3 minutes), until the scallops are cooked.

Remove the scallops from the heat and allow to cool. Stir in the herbs, cucumber and oil. Arrange in a serving bowl, cover and chill for a few hours in the fridge.

Serve with crusty bread and extra lime.

This makes a delicious summer starter or light lunch.