

Super Seafood Recipes

Sheet Pan Fish and Chips

1/4 cup buttermilk	1 tablespoon oil
5 teaspoons OLD BAY® Seasoning, divided	1/4 cup flour
1 pound cod fillets, cut into 4x2-inch pieces	1 egg
2 large russet potatoes, cut into wedges (about 1-1/2 pounds)	1 cup cornflake crumbs
	McCormick® Tartar Sauce

Preheat oven to 450 degrees. Mix buttermilk and 1 teaspoon of the OLD BAY in large resealable plastic bag. Add fish, then seal the bag. Refrigerate for 20 minutes. Toss potatoes and oil into large bowl. Sprinkle with another 2 teaspoons of OLD BAY; toss to coat evenly. Spread potatoes in single layer on foil-lined 15x10x1-inch baking pan that has been sprayed with no-stick cooking spray. Bake 25 minutes, turning potatoes halfway through. Remove pan from oven. Push potatoes to outside edge of the pan. Set aside. Place flour in a shallow dish. Beat egg, another 1 teaspoon of OLD BAY and 1 teaspoon water in a separate shallow dish. Mix cornflake crumbs and remaining 1 teaspoon OLD BAY in another shallow dish. Remove fish from the buttermilk mixture, allowing excess to drip off into bag. Coat fish in flour, shaking off excess flour. Dip in egg mixture, then press into the cornflake mixture until evenly coated. Discard any remaining flour, egg and cornflake mixtures. Place fish on a wire rack in center of pan with the potatoes. Bake 15 minutes or until fish is golden brown and flakes easily with a fork and potatoes are tender. Serve fish with potatoes and tartar sauce, if desired.

www.mccormick.com

Salmon Cheese Balls

1 16 oz. can of salmon	1 T. salt
8 oz. cream cheese	1 T. lemon juice
1 T. chopped onion	1 T. horseradish

Mix all ingredients together and shape into individual balls. Roll balls in chopped pecans and serve with crackers. Chill before and after shaping into a ball.

Denene Miles, Doland, SD

Shrimp Fettuccine with Pesto

15 extra large shrimp	comes in gluten free variety)
6 cloves of garlic	2-6.7 oz. jars of basil pesto
Extra virgin olive oil	Finely shredded parmesan cheese
12 oz. box of fettuccine (also	

Peel and chop garlic until finely diced. In large saute pan, pour a couple of tbsps. of extra virgin olive oil. Add shrimp (shelled and wiped dry with a paper towel). Cook until orange and slightly browned on each side (2-3 minutes per side). Add garlic and cook until light brown (do not over cook or garlic becomes bitter). Put on plate. Fill saute pan 3/4 full with cold water and bring to a rolling boil. Add entire box of pasta and cook 12 minutes. Stir to make sure pasta has separated. Drain in colander. Put the pasta, shrimp and garlic back into the saute pan. Add two jars of pesto sauce. Cook until heated. When serving, add parmesan cheese on top. Serves 4-6. Shrimp & Garlic with Cocktail Sauce: Prepare shrimp and garlic as directed above. Cool. Serve with cocktail sauce.

Sue Nipe, Sioux Falls, SD

Parmesan Baked Salmon

1/4 c mayo	4 salmon fillets
2 T. Parmesan Cheese	2 t. lemon juice
1/8 t. ground red pepper (cayenne)	10 crackers, crushed

Mix the mayo, cheese and pepper. Place salmon on foil on a cooking sheet. Drizzle with lemon juice. Top with cheese mixture. Sprinkle on cracker crumbs. Bake at 400 for 15 minutes. Then enjoy!

Julie and Jared Frank, Sioux Falls, SD

Please send your favorite beverage recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in December 2021. All entries must include your name, mailing address, telephone number and cooperative name.