



SAVORY SEAFOOD

OYSTER STEW

Ingredients:
 1 onion, chopped
 6 T. butter
 2 tsp. minced garlic
 6 cup whole milk
 1 pint (2 cans) oysters - do not drain
 1/4 tsp. red pepper flakes
 1/4 tsp. paprika
 1 tsp. parsley
 1/4 tsp. Tabasco sauce

METHOD

Sauté onion and garlic in butter. Stir in undrained oysters. Cook at medium heat about 5 minutes until oysters curl at the edges. Stir in milk, red pepper flakes, paprika, parsley, and Tabasco sauce. Heat to serving temperature. Serve with oyster crackers.

Jane Ham, Rapid City

GRILLED SALMON

Ingredients:
 1 1/2 lbs. salmon fillet cut into 6 slices
 2 tbsp. olive oil extra virgin
 1 lemon or lime (juice of)
 1 tsp. smoked paprika
 1 tsp. garlic powder
 1 tsp. onion powder
 1 tsp. salt
 Ground black pepper to taste

METHOD

In a small bowl, add olive oil, lemon juice, smoked paprika, garlic and onion powders, salt, pepper. Whisk to combine. In a shallow flat dish with edges, lay salmon slices and brush with marinade. Marinate from 10 minutes to 24 hours. Longer marinating time, more flavorful salmon. Preheat grill to 450-500. Clean grill and oil grates with oil-soaked paper towel to avoid salmon sticking to the grill. Place salmon on the grill skin side up, close the lid and grill for 4-5 minutes. Check with spatula – if salmon has grill marks and comes off easy, flip it. Cook uncovered for another 3-4 minutes or until thermometer reads 125 degrees for medium rare or 140 for medium. Serve hot or cold on top of salad, mango salsa, guacamole, brown rice or quinoa. ifoodreal.com

SHRIMP AND SAUSAGE JAMBALAYA

Ingredients:
 12 ozs. fully cooked andouille sausage, cut to 1/2-inch slices
 12 ozs. uncooked shrimp (31-40 per lb.), peeled and deveined
 1 med. green pepper, chopped
 1 med. onion, chopped
 2 celery ribs, chopped
 3 garlic cloves, minced
 2 tsps. Creole or Cajun seasoning (paprika, with cayenne pepper, oregano, dried sweet basil)
 1 can (14-1/2 ozs.) fire-roasted diced tomatoes, drained
 1 cup uncooked "instant" rice
 1 can (8 ozs.) tomato sauce
 1/2 cup chicken broth
 3 green onion sprigs chopped

METHOD

Preheat oven to 425°. In a large bowl, combine all ingredients. Divide mixture among six greased 18x12-inch pieces of heavy-duty foil. Fold foil around mixture and crimp edges to seal, forming packets; place on a baking sheet. Bake until shrimp turn pink and rice is tender, 20-25 minutes. Use caution when opening packets as they will be steamy. Consider adding jalapenos to taste and/or some chopped pineapple to cool the palate. Try serving for breakfast or brunch with sumptuous eggs and biscuits.

Shannon Collins/Taste of Home

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 2022. All entries must include your name, mailing address, phone number and cooperative name.