

SEAFOOD & FISH

BAKED SALMON

4 x (2 1/2 oz) salmon steaks
Vegetable cooking spray
2 tb Lemon juice

1/2 ts Dried whole dill weed
1/2 ts Dried parsley flakes
1/2 ts Pepper

1. Rinse steaks thoroughly in cold water; pat dry with paper towels.
 2. Place steaks in a shallow baking pan coated with cooking spray; brush with lemon juice.
 3. Sprinkle evenly with dill weed, parsley, and pepper.
 4. Bake at 350 degrees F. for 25 to 35 minutes or until fish flakes easily when tested with a fork.
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SUSHI / CALIFORNIA ROLLS

Sticky Rice	1/2 cup	1 cup	1 1/2 cup	2 cup	4 cup
Water	3/4 cup	1 2/3 cup	2 1/3 cup	3 1/2 cup	7 cups
Rice Vinegar	1.25 tbsp	2.5 tbsp	3.75 tbsp	5 tbsp	10 tbsp
Rice Vinegar	18.75 ml	37.5 ml	56.25 ml	75 ml	150 ml

1. Rinse rice under cold water.
2. Combine rice, water, vinegar in a saucepan and cover
3. Bring to a boil, reduce heat and simmer for 17 minutes
4. Remove from heat and let stand for 3 minutes

Notes for California rolls:

- warm rice is best
- Leave a 1" space on end for wrapping
- Use a serrated knife for cutting
- Use a thin layer of rice
- Horseradish powder: 2 tsp powder/2tsp water
- Vacuum seal, uncut, don't freeze, use for camping

Notes for Sushi Party:

- 50 mats, for 200+ slices
- 9 cups of rice, 3 batches of 3
- 2 pkg of crab
- 2 cans of tuna, 1 can of salmon
- 3 avocados, 2 cucumber
- Toasted sesame seed

TUNA MELTS

Bread

Tuna

Mayo

Cheese

1. Mix drained tuna with mayo
 2. Spread on bread
 3. Top with grated cheese
 4. Bake in oven or in microwave until cheese melts
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TUNA SURPRISE

Bread

Tuna

Mushroom Soup

Peas

Becky Hammond

1. Warm tuna, soup and peas on stove
 2. Serve on toast
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SALMON CAKES

Ingredients here

1. Steps here

PORK

*CORN CHOWDER

1 small onion
2 stalks of celery
2 tbsp flour
4 cups milk

½ tsp pepper
½ tsp salt
½ cup ham
1 can cream corn
1 can peaches and cream corn
2 boiled potatoes, cubed

1. Saute onion and celery
 2. Add flour and mix
 3. Add milk gradually.
 4. Add remainder of ingredients.
 5. Bring to a boil, stirring often, then let simmer until you are ready to eat.
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*CREAMY BACON CORN CHOWDER

2 large carrots, chopped
1 large onion, chopped
4 potatoes, chopped
2 14-16oz cans of corn (drained) OR
one small 10-12oz bag of frozen corn
2 14-16oz cans of creamed corn
4 cups of water OR chicken broth
1 lb bacon, cooked and crumbled

½ teaspoon thyme
1 teaspoon dried parsley
½ teaspoon garlic powder
salt & pepper to taste

1 12oz can of evaporated milk
2 tablespoons cornstarch
3 tablespoons of butter (optional)

1. Place everything except for the evaporated milk, cornstarch and butter or margarine into the slow cooker.
2. Add just enough water or chicken stock to cover the ingredients.
3. Cook on high 5 hours or low 7-8 hours until vegetables are softened.
4. Combine cornstarch and evaporated milk. Stir into slow cooker along with butter 30 minutes before serving,
5. Taste and adjust seasoning with salt and pepper to taste.

CREAMY HAM AND PASTA

3½ cup uncooked rotini

1 cup frozen peas

6 oz turkey ham, sliced thin and cut into strips

6 oz light cream cheese

½ cup skim or 1% milk

1. In a large saucepan, cook pasta to desired doneness
 2. Add frozen peas to the last 6 minutes of cooking time
 3. Add the ham to the last 1 minute of cooking time
 4. Drain and return to pan
 5. In a small bowl with a wire whisk, combine the softened cream cheese and milk
 6. Stir into pasta
 7. Cook and stir over medium-low heat 1-2 minutes or just until thoroughly heated.
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THE BEST PORK RIBS

Pork ribs (any variety)

1 bottle barbeque sauce (I Prefer Sweet Baby Rays, but any will do)

1 c. Orange Juice

1. Mix together Barbeque Sauce and orange juice.
2. Lay ribs in a baking pan and pour BBQ mixture over the top. The ribs should be nearly submerged in the BBQ mix.
3. Cover pan with foil and set oven to 250. Cook for approx. 3 hrs (depending on amount of meat).
4. Remove from pan and serve. The meat will be juicy and delicious and it should literally fall right off the bone. If you cook them this way they are EXCELLENT but it's nearly impossible to eat them with your hands.

Serve with roast vegetables, garlic bites, corn and a salad