

## AND SEAFOOD, TOO

## Mission Cookbook Offers Ethnic Variety

Recipes recently compiled by parishioners and friends of St. Brendan's Catholic Mission in Shalotte reflect the rich and varied heritage represented by the membership of this fast-growing, young church.

From John Zaku's Fettucine Carbonara Ala Zak to Leona Bonk's Polish Kriscitki fried pastries, "Sharing Recipes" offers a delightful difference. "Rhymes and bits of memorabilia" collected by editor Helen Spengler interlaced through the recipes add a personal warmth to the collection.

However, of most interest to visitors to the South Brunswick Islands will be recipes using locally-available seafood. These range from Ted Pulton's Italian Clam Sauce served over linguine to Catfish Dish contributed by Father Martin Carter, director of black ministries for the Diocese of Raleigh.

Proceeds from "Sharing Recipes" benefit the building program. Copies may still be available at \$5.75 each from St. Brendan's Catholic Mission, P.O. Box 911, Shalotte, NC 28459. The mission is located in temporary quarters about three miles south of Shalotte on U.S. 17.

A sampler of St. Brendan's seafood recipes follows:

## CRAB PIE

- 1 baked pie crust, cooled
- 3 eggs, beaten
- Sour cream, 8 ounces
- 1 C. sharp cheese, grated
- 1 C. French-fried onion rings, crushed
- 1 small can crabmeat or equivalent fresh crabmeat

Mix all ingredients with the sour cream; pour into cooled pie crust and bake at 350 degrees for 25 minutes or until lightly browned.

—Dennie Lou Williams

## CREAMY CRAB &amp; BROCCOLI SOUP

- 1 lb. crabmeat
- 1 vegetable bouillon cube
- 1 C. boiling water
- 1/4 C. chopped onion
- 1/4 C. butter
- 2 T. flour
- 1 t. salt
- 1/4 t. celery salt
- One-eighth t. pepper
- 4 drops Tabasco sauce
- 1 quart milk
- 1 lb.-oz. pkg. chopped frozen broccoli, cooked
- Parsley for garnish

Dissolve bouillon cube in water. In a 4-quart saucepan, cook onion in butter until tender. Blend in flour and seasonings. Add milk and bouillon gradually and cook over medium heat, stirring constantly until mixture thickens enough to coat the spoon. Add crabmeat and cooked broccoli; heat, but do not boil. Garnish with parsley before serving. NOTE: Soup improves upon standing. Let mixture cool to room temperature, then refrigerate. Reheat slowly, but do not let come to a boil.

—Bernice Zander

## ITALIAN CLAM SAUCE

- 2 T. crushed and finely chopped garlic
- 2 6-oz. cans minced clams, including juice, or equivalent
- 10-oz. bottle of clam juice
- Oregano to taste
- 6 oz. olive oil
- Chopped parsley

Combine all ingredients and simmer 30 minutes. Serve over linguini. A tossed salad and Italian or French bread complete the meal.

—Ted Pulton

## CATFISH DISH

- 1 lb. catfish fillets
  - 1/4 C. oil
  - 1 C. hot barbecue sauce
  - 1/2 C. celery, cut up small
  - 1/4 C. onion, diced
  - 4 cloves garlic, minced
  - 1/2 C. flour
  - 1 16-oz. can tomato puree
  - 1/2 C. green pepper, chopped
  - 1/4 C. parsley, chopped
  - Basil and oregano to taste
- Cut fish into bite-size pieces. Coat with flour; cook in hot oil five to seven minutes, until lightly browned.

Turn once. Stir in remaining ingredients; cover. Simmer 30 minutes, stirring occasionally. Serve with hot, cooked rice. Makes six to eight servings.

—Rev. Martin A. Carter, S.A.

## VEGETABLE STUFFING

- 1/2 C. melted butter

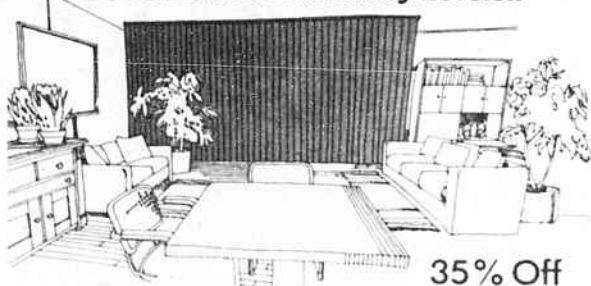
- 1/2 C. finely grated carrot
- 1/2 C. finely chopped onion
- 1/2 C. finely chopped mushrooms
- 1/2 C. finely snipped parsley
- One-eighth t. pepper
- 1/2 C. fine dry bread crumbs, or more
- 1 egg, beaten

- 1 T. lemon juice
- 1 t. salt

Mix all ingredients together; pack lightly in fish before baking. This makes enough for eight servings. Can be used as a side dish. Freezes very well.

—Walter Daniels

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