

# 'No-See Seafood' Is For Everyone

BY MARJORIE MEGIVERN

Recipes and cooking tips for the visually impaired is a "visionary" idea, but a new cookbook just published for this purpose would be valuable in every kitchen.

"No-See Seafood" was prepared by Frank Thomas, an extension seafood specialist at North Carolina State University, and Sally Moore, home economist at the Governor Morehead School, the state school for the blind and visually impaired.

The purpose was to provide seafood consumer information for this special segment of the population, with recipes and instructions in large print, braille or read on cassettes.

The authors carefully avoided recipes calling for deep frying or broiling, cooking methods that could lead to painful accidents. Instead, baking or range-top cooking is employed.

All recipes were tested by students and alumnae of the Governor Morehead School.

Scanning the recipes, any sighted person with a healthy appetite would develop hunger pangs and want to put on an apron and head for the kitchen.

Consider Grouper Parmesan, ready in 30 minutes, and mouth-watering with sour cream, hot sauce, lemon juice and parmesan.

Consider, also, an elegant appetizer like Coquilles Saint Jacques, a low-calorie crab-asparagus casserole, and marinated shrimp and vegetable salad.

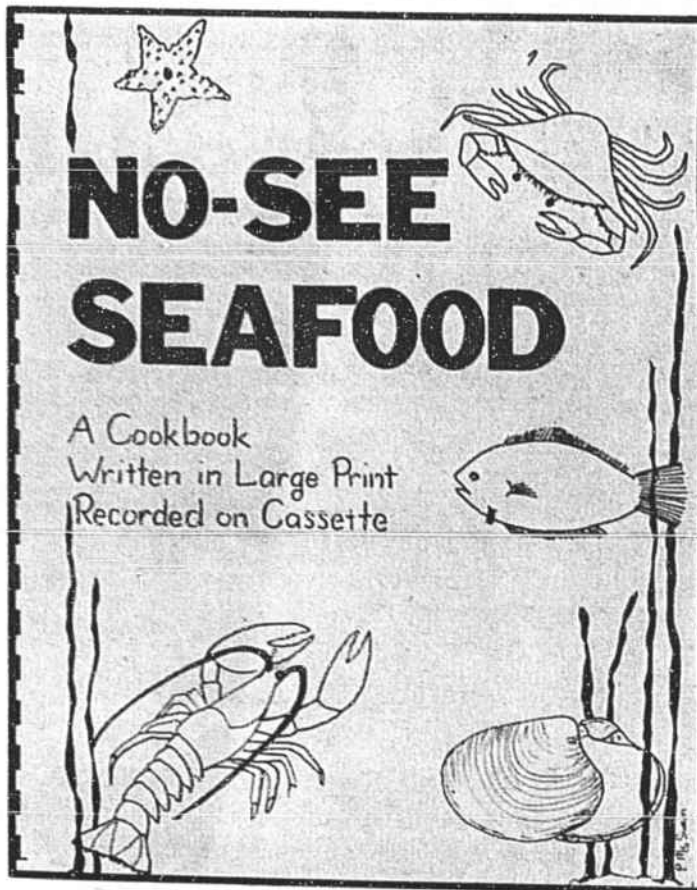
An introductory section discusses the nutritive value of fish, describes the forms of fresh fish found in the market, and offers tips on how to buy seafood that is fresh, frozen or canned. Storing and thawing techniques are also included, as well as garnishes and other preparation information.

And the loose-leaf binder, as well as the plastic-coated cover, make this a practical cookbook for someone whose hands are busy with shrimp.

Below are recipes for the above-mentioned delicacies, taken from this cookbook. And if you know someone who is visually impaired, you might want to steer them to the publication that is just for them. "No-See Seafood" can be ordered for \$5.00 from Mid-Atlantic Fisheries Development Foundation, 2200 Somerville Road, Annapolis, Md. 21401.

### Grouper Parmesan

- 2 lbs. skinned grouper fillets
- 1 C sour cream
- ¼ C grated parmesan cheese
- 1 T bottled lemon juice
- 1 T finely-chopped onion



- ½ t salt
- 5 drops hot sauce
- paprika
- 1 T chopped parsley

Line a 12x8x2-in. baking dish with aluminum foil; grease foil with softened butter. Rinse fillets and cut into serving-size portions. Place in prepared baking dish in a single layer. In a small mixing bowl, mix together sour cream, parmesan cheese, lemon juice, finely-chopped onion, salt, and hot sauce. With the back of a spoon, spread the mixture over the grouper and shake paprika over top. Bake at 350 degrees 25 to 30 min., or until fork tender. Rinse, pat dry and chop parsley. Using fingers, evenly cover cooked fish with parsley. Six servings.

### Crab-Asparagus Casserole

- ½ lb. crab meat
- 1 10-oz. can cut asparagus spears, drained
- ¼ C sliced almonds
- ¼ C chopped celery
- ¼ C low calorie mayonnaise
- 1 T fresh lemon juice
- ½ C freshly grated cheddar cheese
- paprika

Place asparagus in a well-greased one-qt. round baking dish. Flake crab meat and remove any pieces of shell. Combine crab meat, almonds, celery, mayonnaise and lemon juice. Spread crab mixture over

asparagus. Top with cheese and sprinkle with paprika. Bake at 400 degrees, 15-20 min. or until heated thoroughly and cheese is melted. Four servings.

### Marinated Shrimp And Vegetable Salad

- ½ lb. shrimp, peeled and deveined
- 1 t vinegar
- ¼ C plus 2 T water
- ¼ t salt
- 1 large carrot, peeled and sliced ¼ in. thick
- ½ small head cauliflower, broken into flowerets
- ½ pkg. frozen green beans, thawed
- ¼ C thinly-sliced celery
- 2 T sliced green onion
- ¼ C reduced-calorie Italian salad dressing

Fill 2-qt. saucepan half full of water, add vinegar, and bring to a boil. Add shrimp, reduce heat, and

cook 2 to 3 min. In a 1-qt. saucepan, combine water and salt; bring to a boil. Add carrots, cauliflower, and green beans. Cover and reduce temperature to medium heat. Cook 10 to 13 min., or until vegetables are crisp-tender; drain. In a 1-qt. mixing bowl, combine cooked vegetables, celery, and green onion. Salt lightly to taste. Add shrimp and dressing. Toss lightly. Cover and chill thoroughly. Five to six servings.

### Coquilles Saint Jacques

- ½ C water
- ½ t lemon juice
- ¼ t salt
- 1 lb. scallops
- 2 T butter
- 2 T chopped onion
- ¼ C sliced mushrooms
- 2½ T flour
- 1-8 t pepper
- ¾ C half-and-half
- ½ C grated Swiss cheese
- ¼ C white wine
- 1½ t lemon juice
- 1½ chopped parsley
- 1 pkg. rock salt
- 10 large or 24 small sea shells

Combine water, lemon juice and salt in medium saucepan, and bring to a boil. Add scallops and simmer, covered, for about six min. or until tender.

Melt 2 T butter in a medium saucepan, add onion and mushrooms, and saute about five min. or until tender. Remove from heat and stir in flour and pepper until well blended. Stir in half-and-half gradually, then bring to boil, stirring constantly. Reduce heat and simmer until thick. Add cheese and stir until melted. Remove from heat. Stir in wine, 1½ t lemon juice and parsley; add drained scallops.

To stabilize shells, cover a baking sheet (one with sides) with rock salt; place shells on salt, and fill with scallop mixture.

Mix bread crumbs and melted butter and sprinkle on scallops.

While oven is cold, move oven shelf to top level. Turn on broiler and allow to heat for five min. Place shells under broiler, and heat until you begin to smell the browning bread crumbs, about two min. Fills 10 large, 24 small shells.

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