

# Summer Seafood Salads: Cool Meal For Hot Days

Seafood salads are incredibly versatile, showing up at lunch and dinner, as a first or main course, chilled or hot, simple or fancy, light or substantial.

Seafood salads are generally easy to prepare, but also lend themselves to more time-consuming congealed and molded presentations.

The N.C. State University Seafood Lab at Morehead City offers these tips for handling seafood: buy fresh, quality products, keep well chilled, marinate in refrigerator only, handle gently, do not overcook, serve immediately.

The lab, a cooperative program of the Cooperative Extension Service and UNC Sea Grant College Program Advisory Services, provided the first four recipes; the fourth came from a popular cookbook by the Moore Memorial Hospital Auxiliary.

Whether a combination or specialty salad, you'll find any of these a popular addition to your summer menu.

## Shrimp-Crab-Tomato Salad

1½ C. cooked shrimp  
1 C. cooked crabmeat  
¼ C. thin French dressing  
1 C. chopped celery  
1 medium tomato, peeled and chopped  
3 hard-cooked eggs, chopped  
Salt and white pepper to taste  
½ C. mayonnaise  
2 T. lemon juice  
Lettuce

Shell, devein and cut shrimp into pieces. Pour ¼ cup French dressing over shrimp and refrigerate until ready to use. Pour remaining dressing over crabmeat and refrigerate. Just before serving time, combine all other ingredients with shrimp and crabmeat. Mix mayonnaise and lemon juice and toss with salad mixture. Serve on lettuce with additional tomato wedges and slices of hard-cooked egg. Serves 6 to 8.

## Spring Crab Salad

1 lb. backfin crab meat  
2 pineapples, cut in half lengthwise, center scooped out  
1 C. chopped pineapple

¼ C. chopped fresh parsley  
¼ C. chopped walnuts  
1 medium apple, sliced 1/4-inch, then halved (optional)  
2 T. fresh lemon juice (optional)  
Lettuce leaves

## Celery Seed Dressing

¼ c. cider vinegar  
¼ C. salad oil  
¾ T. confectioner's sugar  
¼ t. salt  
¼ t. paprika  
¼ C. chopped onion  
¼ C. chopped pineapple  
¼ T. celery seed

In medium bowl, combine crab meat, pineapple, parsley and walnuts and toss gently. Cover apples with lemon juice. Line pineapple halves with lettuce. Mound one-fourth crab mixture on each lettuce bed. Arrange apple slices around crab mixture. Refrigerate until ready to serve.

To make dressing, combine all ingredients in blender and liquefy. Serve chilled in separate bowl. Serves 6.

## Tossed Seafood Salad

¼ C. cooked shrimp  
¼ C. cooked crabmeat  
4 T. salad oil  
2 T. lemon juice  
Salt and pepper to taste  
1 t. grated onion  
Pinch of dry mustard  
¼ C. sour cream  
¼ C. sliced stuffed olives  
2 small tomatoes, chopped  
3 C. shredded lettuce, well drained

Combine salad oil, lemon juice, salt, pepper, onion, mustard and sour cream in small bowl; beat well. Combine remaining ingredients in a salad bowl. Add sour cream mixture and toss to mix well. Serve immediately. If allowed to stand, lettuce will become wilted and salad will contain excess liquid. Serves 6.

## Scallop Saffron Salad

3 C. cooked scallops, cut into small pieces  
1 C. cooked, cubed potatoes  
1 C. cooked green peas  
1 C. mayonnaise  
2 T. lime juice

¼ t. powdered saffron, mixed with 1 T. water  
¼ t. salt  
¼ t. pepper  
Dash hot pepper sauce  
2 T. minced onion  
1 t. prepared mustard  
1½ C. salad greens, cut up  
Ripe olives and tomatoes  
Fresh parsley, chopped  
Combine scallops, potatoes and peas; chill. Mix mayonnaise and lime juice and stir in saffron mixture. Add salt, pepper, hot sauce, onion and mustard, and mix well.

Toss greens, scallops, potatoes and peas lightly with the dressing. Chill well. Garnish with olives, tomatoes and parsley. Serve with hot French bread. Serves 6 to 8.

## Shrimp Salad Mousse

1 can condensed tomato soup  
3 3-ounce packages cream cheese (or lower calorie neufchatel)  
2 T. gelatin  
¼ C. cold water  
1 C. mayonnaise  
2 cans shrimp, drained and sprinkled with 1 T. lemon juice, or equiv-

alent in fresh, cooked, chopped shrimp

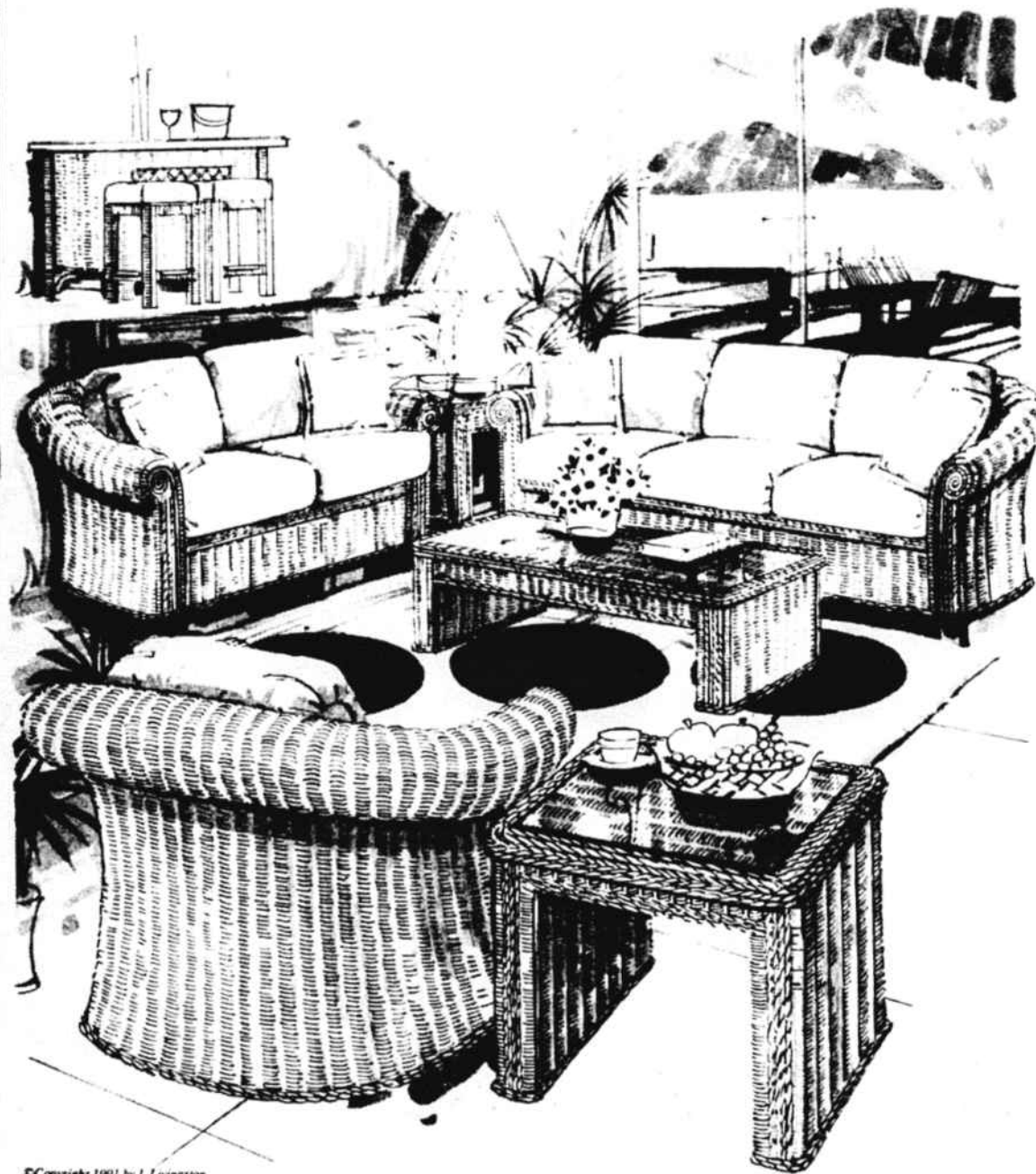
1½ C. chopped celery, onions and green peppers

Bring soup to boil in saucepan. Add cream cheese and beat until smooth. Dissolve gelatin in ¼ cup cold water and add to tomato soup mixture. Cool; beat again. Add mayonnaise, shrimp and vegetables. Pour into oiled mold and chill. Serve on lettuce. You may substitute one 7½-ounce can of tuna for the shrimp. Serves 6 to 8.

—A Cookbook of Pinehurst Courses

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