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Seafood Ideas and Recipes



Seafood Ideas and Recipes

Seafood is such a very common word, uttered by almost every people in the whole world. But did you know that the word “seafood” has long been a part of the ancient tradition? Yes, seafood has been an important source of food since the earliest age of human civilization.

Many people love to prepare and eat seafood, whether cooked or raw. This is perhaps due to the reason that seafood is one of excellent sources of top-quality protein. It is rich in minerals, some vitamins, and contain low amount of fats, cholesterol and sodium. If we will put it generally, seafood can be considered as one of the most balanced foods on earth.

There is more to seafood than its being a primary source of protein, minerals and vitamins. We can't deny the fact that such kind of food tastes better than poultry and other meats. They can be eaten raw or cooked, and no matter what your preference is, seafood is easy to prepare. They can even be easily stored with proper techniques and procedures.

Speaking of seafood preparation and storage, I have mentioned below some of the most helpful tips on preparing and storing foods from the sea, such as squid, crabs, mussels, shrimps, and a lot more. Note all these tips as these can help you prepare and store your foods in a proper way while you are thinking about what recipe to make out of these sources.

Okay, let's start.

How to Handle Your Catch?

So you've got squid, scallops, mussels, clams, oysters, and perhaps a cuttlefish in your table. Well, if you have all of these kinds and you want to prepare them for your enjoyable cooking adventure with that excellent seafood recipe in hand, then I bet you'd like to know how to prepare seafood easily before you throw them off to fire. Consider the following simple tips:

Preparing Squid: To prepare squid, try to pull off the head and the tentacles attached to it. Pull out the quill shaped bone from the hood cavity, and start cutting off the head containing the eyes and beak. Discard these parts. Pull off the purple skin to show off the white body, then rinse well and drain. Leave the hood intact with the flaps attached to the stuffing. Pull off the flaps as gentle as possible if you want to slice the hood into rings, such that in calamari. Chop the tentacles or leave them intact. You can do either of the two according to your squid recipe.

Mussels Preparation: Mussels are bivalve mollusks that live attached to rocks in intertidal areas. With such nature, it's no wonder that mussels are shelled. So when preparing this seafood, clean the mussels first under a running water by using a stiff brush. Scrape the shell with knife to remove any dirt or marine growth. Tug the beard toward pointed end to remove, but you can use it whole as directed in your mussel recipe. In case you want to open it, just put it in a bowl of warm and salted water. They will just start to open. Once they begin to open, insert point of knife between the shells and slice it toward the pointed end. You can also open this seafood by heating them shortly in a microwave oven. If your recipe directs to just leave the mussel half open, then just remove the top shell, and if the meat is only required, remove the mussel entirely.

Opening and Cleaning Scallops: To open the shell, hold the scallop with its flat shell on top. Look for small opening and insert the tip of the knife. Run it across the roof of the shell. Once opened, separate the shells and pull the membrane away. Discard this part, as well as the black stomach parts. Leave the remaining white meat and wash it under cold water. Dry. Remove the thick

white muscle around the outer edge of the scallop and throw it away. If directed by your scallop recipe, separate the orange coral from the white meat.

Preparing Oysters: To clean the shells, scrub the oysters under a running water. Place them flat side up on a board and press onto end the opposite hinge. You can use a cloth to protect your hand. Then insert the tip of a knife next to the hinge. Push firmly and pry the shells apart. Discard the top shell and rinse the oyster lightly in a bowl of cold water. Do this to remove the grit and the fragments on the shell. You can also loosen the meat from the bottom shell and turn it over if you want a better presentation.

So you've learned how to prepare some kinds of seafood. Well, the next step for you to learn now is how to store such kind of seafood. The steps are pretty simple, and this just takes minutes for you to complete. Here's how.

How to Store Your Catch?

In the first place, it is very important for you to know that when considering seafood, it is best to cook it fresh within two days of purchase. However, since this may not always be possible as some households prefer to store the foods more than that usual days, here are some suggestions for you to note. Understand these steps to help you store your seafood the proper way.

Storing Live Seafood: In case you've bought live oysters, mussels, clams and other edible mollusks, place them in the refrigerator. Place them in a shallow bowl with a wet paper towel draped over them.

Storing Fresh Shucked Seafood: The proper way to store fresh shucked clams, mussels, oysters and other shellfish is to place them in their own container and keep them in refrigerator. Surround the container with ice, for best results.

It is worth noting that the proper way to handle and store seafood is to take the steps with caution. It is important to handle all of them with care. The reason for this is pretty simple – seafood that developed punctures and bruises will spoil more rapidly. So if you want them to stay fresh for a longer period, make them free from bruises and punctures. Clean and scrub them under cold water if possible.

Seafood Recipes

The steps for preparing and storing seafood are already given. I bet this time, you are excited to know what recipes are available to prepare for your catch. Well, note in the first place that there are thousands of seafood recipes available in stock today. Each seafood lover even has his or her own recipe, perhaps. Probably, you yourself have already developed your own seafood recipe. But if you want something new or something fresh like your own catch, then I found no reason for you not to consider the following recipes I have compiled for you. However, before you consider these simple ideas, note that these recipes are taken from a number of resources available on the web. If you want to find out more, then don't worry. I have provided references for these seafood recipes, after all.

Here are some of the best options I've found:

Oyster Recipes

Oysters Parmesan

What you'll need:

¼ cup of chicken broth

2 tablespoons of olive oil
1 and ½ cups of bread crumbs
2 teaspoons of minced garlic
¼ cup of fresh parsley, chopped
48 shucked oysters
1/3 cup of freshly grated Parmesan cheese

Procedure:

Prepare the oven. Preheat it to about 400 degrees Fahrenheit. Heat the broth and oil in a large skillet over medium heat. Ready the garlic and bread crumbs. Add them and cook, while stirring them constantly for three minutes or until the liquid has dissolved. Stir in parsley and remove from heat. Coat a shallow baking dish with vegetable cooking spray. Apply and spread 2/3 of bread crumb mixture in a dish and top it with oysters. Then, blend parmesan with the remaining bread crumbs and sprinkle over the oysters. If done, bake it for ten minutes. You can also do this until the crumbs turned golden brown in color. Serve it immediately.

Note that this seafood recipe can actually make up to 24 servings. Oops! I took this recipe from *CooksRecipes.com*.

Here's another great one:

Oyster Stew

Ingredients:

½ cup of butter
1 cup minced celery
3 tablespoons minced shallots
1 quart half-and-half cream
2 (12 ounce) containers fresh shucked oysters, undrained

Salt and ground black pepper
1 pinch of cayenne pepper

Directions:

In a large skillet, melt the butter over medium heat. Cook the celery and shallots until they become tender. Pour half-and-half into a large pot over a medium-high heat. Blend the butter, celery and shallot mixture and stir continuously. If the mixture reached its boiling point, add the oysters and their liquid into the pot. Season it with salt, pepper and the cayenne pepper. Again, stir continuously until the oysters curl at the ends. Once the oysters curled, turn off the heat and serve the dish.

This recipe is also mentioned at AllRecipes.com, so you can find the same recipe there. And, if you want to find some more, just visit the site.

Squid Recipes

Squid Calamari

Ingredients:

3 cups of vegetable oil
¼ cup of all-purpose flour
1 teaspoon salt
1 teaspoon dried oregano
½ teaspoon ground black pepper
12 squid, cleaned and sliced into rings
1 lemon, cut into wedges

Procedure:

Preheat the oil to 365 degrees Fahrenheit. You can use a deep frying pan or pot for it. Mix the flour together with the salt, oregano and black pepper in a medium size mixing bowl. Dredge the squid through the flour and spice the mixture. Place squid in oil for two to three minutes or until it turned brown. Dry the squid on paper towels. Serve with the lemon wedges.

Santiago's Stuffed Squid

Ingredients:

1 pound squid
8 ounces of peeled and deveined shrimp
8 ounces of orange roughy fillets
1 tomato, seeded and chopped
1 quartered small onion
½ cup of olive oil
½ teaspoon of salt
¼ teaspoon of paprika
3 tablespoons of dry white wine
1 slice of white bread
4 slices of lemon, for garnish

Directions:

Preheat the oven up to 350 degrees F. Clean squid, remove tentacles, outer skin and spine. Rinse well in cold water and let drain on paper towels. Chop shrimp coarsely. Flake orange roughy fillets and combine with the shrimp. Sprinkle the blend with ¼ teaspoon salt. Blot the squid with paper towel to remove any water. Use a small spoon to pack each squid with shrimp mixture, leaving 1 inch unfilled at the bottom. Secure the open end with a toothpick and place the glass baking dish. Repeat until the filling is gone. Cut any extra squid into rings and spread over the stuffed squid. Add tomato, olive oil, onion, ¼ teaspoon of salt,

paprika, wine and break in a blender or food processor and puree. Pour the blend over the stuffed squid. If done, cover the dish with aluminum foil and bake in the oven for about 1 hour. Remove the foil and bake for another 30 minutes. Garnish it with lemon wedges and serve warm.

Note that the above mentioned squid recipes are taken at AllRecipes.com. The latter is actually a Spanish squid recipe.

Mussel Recipes

Thai Style Mussels

Ingredients:

2 pounds of bearded mussels
2 tablespoons of Vietnamese or Thai fish sauce
2 cans of coconut milk
2 tablespoons of finely chopped fresh ginger
2 tablespoons of chopped cilantro
2 teaspoons of ground red Thai pepper

Procedure:

Prepare the bearded mussels. Make sure to discard the mussels that are gaping open or those that will not attempt to stay closed. Saute coconut milk, fish sauce, ginger, and pepper on medium high until the sauce thickens. Add mussels and cook for 5 to 6 minutes or until the mussels open and meats are not translucent. Stir the mussels into sauce and sprinkle it with chopped cilantro. Serve with crusty bread or steamed rice.

Note: This recipe is adopted from *PennCoveShellfish.com*.

Mussels Mariniere

Ingredients:

8 to 10 quarts of mussels in shell

3 ribs of chopped celery

2 medium sliced onions

¼ cup of chopped fresh parsley

1 large clove garlic

1 large sliced lemon

2/3 cup of water

Procedure:

Clean the mussels first and set aside. Place celery, chopped onions, parsley, garlic, lemon and water to a large kettle. Cover the kettle and cook for about 15 minutes. Add the mussels. Cover and cook for about 15 minutes or until the mussels are open. Prevent sticking by shaking the kettle a few times. Remove and discard the unopened mussels. Serve in broth.

This simple recipe can serve up to 6 people. Also, this is highlighted in About.com under the southern food section.

Scallop Recipes

Alaska Baked Scallops in Shell

Ingredients:

1 pound scallops

4 tablespoons heavy cream

4 teaspoons fine dry bread crumbs

4 teaspoons melted butter

4 scallop shells

Directions:

Place four or five scallops in each of four greased scallop shells and season to taste with salt and pepper. Add one tablespoon of cream to every shell. Put 1 teaspoon of bread crumbs and 1 teaspoon of melted butter on top. Bake for about 450 degree Fahrenheit for about 10 minutes.

This recipe which is featured in FishermansExpress.com can serve up to 4 people.

Cajun Scallops

Featured in AAA-Recipes.com, this seafood recipe requires you to have the following:

1 pound of bay scallops

½ cup of softened butter

¼ cup of Cajun spice

Directions:

Preheat the oven to 350 degrees Fahrenheit. Place the butter into a 13 x 9-inch baking pan. Spread the scallops even in the dish and sprinkle it with Cajun spice. Bake for five minutes and not longer than that. Serve.

There are a lot more worth noting seafood recipes available out there on the web. But for certain reasons, only a few of those recipes are included here. But I am not discouraging you to look for more. In fact, you can search through the net if you want. Finding seafood recipes is so easy, after all. Perhaps all you need to

have is enough time, interest and effort. If you are a seafood lover and want to learn something new, then do your search online. You'll be surprised to know how much recipes and seafood ideas you can find.

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