

Gather all ingredients and wash, cut, and measure all vegetables. In a large frying pan or wok, melt and mix the margarine, sesame oil, and ginger. Cut the fish into small pieces and fry - do not over-cook. Remove fish only from the pan and set aside in a separate dish. Stir-fry the broccoli, peppers, and mushrooms in the oil mixture from which you just removed the fish. When the vegetables are done, add the scallions and bean sprouts and mix them into the vegetables. Add and mix the water chestnuts and chicken broth. Then add and mix slightly the cashews and fish. Serve over a bed of rice and add noodles & soy sauce to taste. Enjoy!

Submitted by: G. Terry Steenburg
Pennsauken

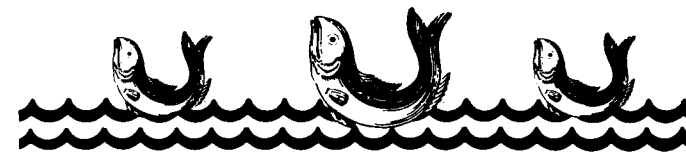


Jersey Fresh Seafood

Fillet it,
saute it,
bake it,
cake it,
broil it,
foil it,
fry it,
but try it.



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New Jersey's Fabulous Winning Finfish Recipes



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New Jersey's Fabulous "Fishing for Compliments" Recipe Winners

Hooked on New Jersey seafood? Why not try these prize winning recipes selected by a panel of food experts in New Jersey's fabulous "Fishing for Compliments" recipe contest. New Jersey boasts some of the finest amateur chefs and seafood in the country and this contest provided a forum for New Jersey's non-professional chefs to submit their favorite seafood recipe using locally caught finfish and shellfish. An enormous number of recipes were submitted from residents all over the state and although it was a difficult decision, our panel of food judges selected five lucky winners. The five winners of New Jersey's Fabulous "Fishing for Compliments" recipe contest include Samantha L. Drab of Cherry Hill for her Mackerel Pate, Dolores Hay of Mount Holly for her Seawind Moussaka, Terry Steenburg of Pennsauken for his Monkfish Oriental, Jerry Goldrich of Egg Harbor for Jerry's Jersey Stew, and Alex DeSantis, Sr., for his Jersey Fresh Seafood and Linguine Salad.

Sample these delicious prize winning recipes and catch the taste of Jersey Fresh seafood.

Mackerel Pate

1-1 1/2 lbs. Atlantic mackerel
4 slices fresh lemon
1 1/2 tsp. mix herbs (also known as Italian seasoning)
2 ozs. fresh breadcrumbs (about 3 slices)
2 Tbs. lemon juice
2 tsp. mayonnaise
1 tsp. margarine or butter, melted
2 Tbs. chopped parsley
Pepper and salt to taste

Preheat oven to 400°F. Wrap mackerel loosely in foil with the lemon slices and mixed herbs, place in an overproof dish, and bake 30 minutes. Remove from oven, unwrap foil and discard lemon slices and herbs. Drain and reserve the juices. Remove skin and bones from fish. Mash the fish with the breadcrumbs, lemon juice, mayonnaise, melted margarine or butter, chopped parsley, and enough of the reserved fish juices to give a moist but firm consistency. Add pepper and salt to taste. Press into small serving dishes, and decorate with lemon slices and parsley sprigs if desired. Chill (covered) until required. Serve with Melba toasts. Serves 2

Notes:

1. This can be served as an appetizer or with salad as a lunch dish.

2. As an alternative to serving the pate in the dishes, unmold it on to individual plates after chilling (ungarnished) and surround it with finely shredded lettuce or white cabbage, or sliced cucumber; garnish the pate with lemon slices, parsley sprigs, or cucumber slices.

3. Recipe can be doubled for 4 persons; keep the amount of added fish juices the same as for the above recipe.

Submitted by: Samantha L. Drab
Cherry Hill

Monkfish Oriental

An exciting and healthy main dish that serves six. For best results, all vegetables should be from New Jersey farms and gardens!

1 lb. monkfish (or scallops - fresh from New Jersey waters, of course!)
1/4 lb. margarine or butter
4 Tbs. sesame oil
1 Tbs. ground ginger
2 cups bite-size pieces of fresh broccoli
2 fresh sweet red bell peppers, cut into strips
1 cup of sliced fresh mushrooms
1 cup of chopped scallions
2 cups of fresh bean sprouts
1 cup of dry-roasted cashews
1-8 oz. can of sliced water chestnuts, undrained
1 cup of chicken broth
4 cups of prepared fluffed brown rice
1 container of chow mein noodles
1 bottle of soy sauce