
CITRUS SCALLOPS

1/2 cup dry white wine
8 ounces sea scallops
1 tablespoon grated lemon rind
1 tablespoon grated orange rind
2 teaspoons orange-flavored liqueur
1 teaspoon cornstarch
1 teaspoon margarine
1/4 teaspoon sugar

salt

toasted sesame seeds

Grease cooking rack. Place rack and wine in 4- or 6-quart pressure cooker. Place scallops on rack. Sprinkle scallops with 1 teaspoon each of the lemon and orange rinds. Close cover securely. Place regulator on vent pipe. Cook 1 minute at 15 pounds pressure with regulator rocking slowly. Cool cooker at once. Remove scallops and keep warm. Remove rack. Mix liqueur and cornstarch. Stir into wine in pressure cooker. Cook and stir until sauce boils and thickens. Stir in margarine, sugar and remaining 2 teaspoons each lemon and orange rinds. Season to taste with salt. Spoon sauce over scallops. Sprinkle with sesame seeds.

LINGUINE WITH CALAMARI SAUCE

1/2 Cup Fish Stock
2 Tbls Olive Oil
2 Cloves Garlic, Minced
1/2 tsp. Salt
1 LB Cleaned Squid, Cut Into 1/4" Rings
- Cooked Linguine

Combine the fish stock, oil, garlic and salt in the pressure cooker. Heat to boiling. Add the parsley and squid. Close the cover securely. Place the pressure regulator on the

vent. Cook at 15 POUNDS for 1 minute - start timing when the pressure regulator begins to rock. Immerse in or under cold running water to stop the cooking immediately. Serve the squid and sauce over linguine cooked according to package directions

SAUCED SCALLOPS

1/2 Cup Dry White Wine

1 Pound Sea Scallops

1/2 Cup Whipping Cream

1/2 Cup Tomato, Chopped

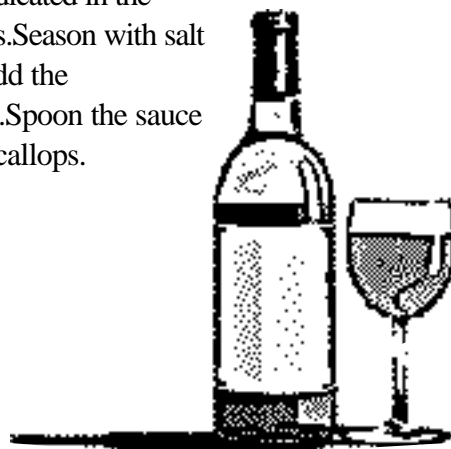
1 tsp. Anise Seeds, Crushed

1/4 tsp. Sugar

- Salt

1 tsp. Margerine

1 Cup Reduced Sauce (See Instructions) Place the cooking rack in the pressure cooker. Add the wine. Place the scallops on the rack. Close the cover securely. Place the regulator on the vent. Cook at 15 POUNDS for 2 minutes - start timing when the pressure regulator begins to rock. Immerse the pressure cooker in or under running cold water. Remove the scallops and the rack. Set the scallops aside - keep them warm. Stir the cream, tomato, anise seeds and sugar into the remaining wine. Bring to a boil. Reduce heat to a rapid simmer. Simmer, uncovered, until the sauce is reduced to the amount indicated in the ingredients. Season with salt to taste. Add the margarine. Spoon the sauce over the scallops.



LOUISIANA CHICKEN AND SEAFOOD GUMBO RECIPE

½ teaspoon dried thyme
3 tablespoons oil or margarine
2 onions, coarsely chopped
1 pound chicken breast meat, cubed
½ pound ham, cut into quarter- or half inch
cubes
1 (13 or 14 oz.) can stewed tomatoes, with
juice
1 pound fresh or frozen okra, cut into ¼ inch
slices
2 pounds raw shrimp, shelled and deveined
1/8 teaspoon cayenne pepper
4 cups chicken stock
4 cups water
¼ cup minced fresh parsley
1 bay leaf
3 cloves garlic, minced
1 pound crab meat
cooked long grain white rice

In open cooker, melt butter/oil and sauté the
onion until soft and golden but not brown.
Remove with slotted spoon and drain on paper
towel. Add ham and chicken cubes and
brown, stirring. Return onion to cooker and
add okra, stock, water, tomatoes with their
liquid, thyme, bay leaf, cayenne pepper,
parsley and garlic. Close lid and bring to
pressure. Lower heat and cook for 20
minutes. Remove from heat and open lid.
Add the shrimp and crab meat and cook
gently with lid off a few minutes just until the
shrimp turn pink. Check seasoning and add
salt and pepper if necessary. Serve over hot
cooked long grain white rice. 10 servings.

HADDOCK IN CHEESE SAUCE

2 tablespoons margarine
2 tablespoons flour
1/2 teaspoon salt
pepper
1 cup skim milk
2 cup grated processed American cheese
2 pounds haddock fillets
1 1/2 cups water

Melt margarine in saucepan. Stir in flour, salt,
and pepper. Gradually stir in milk, cooking
until smooth and thick. Stir in cheese. Place
haddock fillets in metal bowl
which will fit loosely in cooker. Pour cheese
sauce over fillets. Cover bowl firmly with
aluminum foil. Pour water into cooker. Place
bowl on rack in cooker. Close cover
securely. Place pressure regulator on vent
pipe and cook 5 minutes with pressure
regulator rocking slowly. Cool cooker at
once.

SALMON STEAKS

1 medium onion, sliced in rings
2 lg salmon steaks, approx. 1 inch thick
1/2 cup dry white wine
1/4 teaspoon salt
1/8 teaspoon pepper
1 lemon, sliced
1/2 cup water

Put trivet in cooker. Add water and wine.
Sprinkle salt and pepper on fish and place on
trivet. Arrange lemon slices over fish,
reserving four lemon slices for garnish. Close
cooker. Bring to full pressure on high heat.
Reduce heat and cook for 6 minutes.
Remove cooker from heat. Release pressure
immediately, discard onion & lemon. Garnish
fish with reserved lemon slices.

JAMBALAYA

16 ounces smoked ham hocks (450 gm)
4 cups water (944 ml)
4 bay leaves
1-3/4 pounds uncooked shrimp in their shells (800 gm)
2 cups boiling water (472 ml)
1 teaspoon extra light olive oil with a dash of sesame oil (15 ml) 1 onion, peeled and chopped
2 garlic cloves, peeled and chopped
1/2 cup chopped celery (118 ml)
1 tablespoon no-salt tomato paste (15 ml)
8 ounces lean ham steak (225 gm)
1 teaspoon fresh thyme (5 ml)
1/8 teaspoon whole cloves (.6 ml)
1/2 teaspoon fresh cayenne pepper (2.5 ml) (more if your tongue is asbestos) 1-1/2 cups uncooked Louisiana long grain rice (354 ml), rinsed 1 (28 ounce) can Italian plum tomatoes (794 ml), drained and roughly chopped 1/4 cup fresh chopped parsley (59 ml) Cover the ham hocks with cold water. Bring to a boil and cook 5 minutes. Remove the hocks and discard the water. Place the blanched ham hocks into 4 cups (944 ml) of fresh water, add the bay leaves and simmer 1 hour, or pressure cook for 20 minutes. Remove the ham hocks, strain and reserve liquid. Cut lean meat in shreds and discard all fat and bone. Return the reserved liquid to the saucepan and reduce to 2 cups (472 ml) to make a ham hock stock. Skim off any surplus fat. Cook the shrimp in 2 cups (472 ml) boiling water for 3 minutes. Remove the shrimp and pour the liquid into the ham hock stock. Put the cooked shrimp directly into ice water; peel, devein and slice in half lengthwise. Put the shells into the ham hock stock and continue cooking until reduce to 3 cups (708 ml) - about 25 percent reduction. In a large sauté pan, heat the oil and fry the onion,

garlic and celery. After 2 minutes, add the tomato paste and cook 1 minute. Heat caramelizes the tomato paste into a deep brown color. Called the "Maillard reaction," this adds both color and depth of taste, so essential when a lot of fat is removed from a recipe. Cut the ham steak into bite sized cubes and add to vegetables with the shredded ham hock meat. Place the thyme, cloves and cayenne pepper into a coffee bean grinder or a small food mill. Grind the spices to create a wonderfully fragrant powder. Put half the mixture in the ham hock stock and half in the vegetables. Remove the shrimp shells from the stock. Cook the rice in 3 cups (708 ml) of the ham hock stock for about 20 minutes, or until all the liquid has been absorbed. Never stir the rice while cooking - it can break its texture into a mush. Combine the cooked rice with the vegetables and ham. Add the tomatoe and the shrimp. Stir in the arslay and a scattering of the chopped thyme. Now taste it...add more cayenne pepper if everyone likes it hot and spicy. Serve it hot!



FISHERMAN'S WHARF CIOPPINO

12 mussels
2 large cloves garlic
1 medium onion, 5-6 oz.
1 large stalk celery
2 tablespoons olive oil
1 cup dry white wine
3 medium tomatoes, peeled and seeded
1 can (15 or 16 oz.) tomato sauce
1 bottle (8 oz.) Clam juice
1/2 teaspoon dried thyme
1/2 teaspoon dried marjoram
1/2 teaspoon sugar
1/4 teaspoon crushed red pepper flakes
8 oz. firm fleshed fish, such as red snapper, cut in 1 1/4 inch chunks
4 oz. bay scallops
12 large shrimps, peeled
1 small red pepper, diced fine
1/2 cup minced fresh herbs, such as parsley, cilantro, or basil
Salt and freshly ground pepper to taste
1 cup water

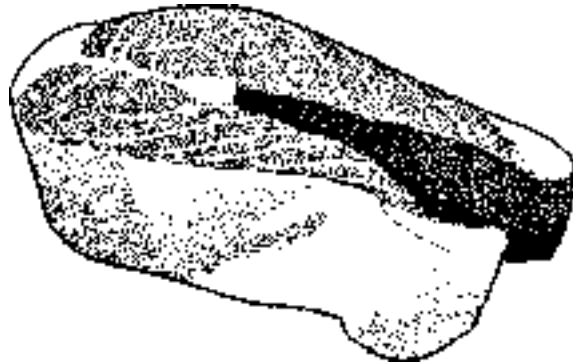
Pull the beards from the mussels. Put the mussels in a bowl of cold salted water to soak while you proceed with the soup. Discard any mussels that open during soaking. Mince the garlic and onion. Dice the celery. Heat oil in the pressure cooker. Add garlic, onion and celery, and cook until they begin to soften, 3 to 4 minutes. Add wine and boil over high heat for a minute. Add water. Dice the tomatoes and add them to the pressure cooker along with tomato sauce, clam juice, thyme, marjoram, sugar and red pepper flakes. Close pressure cooker and bring up to full pressure. Reduce heat to stabilize pressure and cook for 5 minutes. Release pressure. Drain the mussels well and put them in the pressure cooker along with the fish, scallops, shrimp and red pepper. Close the pressure cooker and bring up to pressure for 1

minute. Release pressure. The mussels should be open and the fish should be opaque. Stir in the minced herbs and season with salt and pepper to taste.

SALMON OR TUNA LOAF

1/2 cup Cooked rice
1/2 cup Toasted bread crumbs—mixed with 2 tbsp. melted butter
1 Eggs—beaten
1/2 teaspoon Salt
1/2 teaspoon Celery salt
1/8 teaspoon Pepper
1 tablespoon Parsley—chopped
1 tablespoon Onion—chopped
1 tablespoon Pimiento—chopped
1 cup Flaked canned tuna OR salmon
2 cups Water

Combine ingredients in order given except the water. Pack in greased heatproof mold. Pour water in cooker and place mold on rack in cooker. Pressure cook at 15 lbs. pressure for 30 minutes. Reduce pressure with cool water. Serves 4.



RISOTTO WITH SHRIMP AND SWISS CHARD

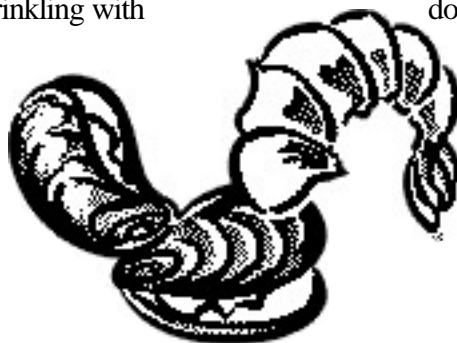
1 small onion
1 clove garlic, minced
2 tbs olive oil
1 1/2 cups Arborio rice
4 1/2 cups chicken broth
1/2 cup white wine
1 tsp salt
1/4 tsp pepper
1 cup grated parmesan cheese
1/2 pound shelled and cooked shrimp
6-8 leaves Swiss Chard, shredded, blanched*
and chilled

In six quart pressure cooker, heat the olive oil and add the garlic and onion. Stir until wilted. Add rice and stir until all grains are coated with oil. Add the 1/2 cup of wine (or chicken broth) and stir until almost absorbed. Add 4 cups of the chicken broth (reserving 1/2 cup), salt and pepper. Place lid on pressure cooker and bring up to pressure. As soon as pressure is reached, reduce heat and time for 5 minutes. Remove from heat and use the quick release method to reduce pressure. Carefully remove the lid and place the cooker back on over low heat. Taste. Mixture should be creamy in texture and rice should be firm. If additional cooking time is needed, stir an additional minute or two over low heat, adding more chicken broth if necessary. Fold in cheese, shrimp, and Swiss Chard. Serve immediately, sprinkling with additional grated cheese.

PAELLA

1/2 Chicken cut in medium-sized chunks
Shrimp or prawns
1/4 cup tomato paste (or puree)
1-2 cloves garlic
A pinch of saffron (or: paprika or yellow food coloring)
1 cup short-grain rice
1 3/4 cups hot "shrimp water"
Green beans and/or lima beans
1/4 cup olive oil
Salt

Lightly cook green beans (or limas) in salted water. Peel shrimp. Boil the shells (only the shells) in salted water to make the "shrimp water". Brown chicken pieces and garlic in hot olive oil; Add tomato paste, cook over high heat until it begins to stick. Reduce heat, add rice, green beans, saffron, and shrimp. Mix well, add "shrimp water". Cover pressure-cooker and raise to high heat. When pressure is up, reduce to low heat, and cook for exactly 8 minutes. Remove from heat, leave in cooker for 10-12 minutes, uncover and serve with a nice Spanish wine. Notes and comments: Don't scrimp on olive oil or salt - both are important for the right taste. Don't over cook - the rice should be "al dente" (but not too hard) You can use a variety of meats (or fish) as alternatives. Possible vegetables include peas and artichokes - which can blacken the rice, but are just great. If you don't use shrimp, substitute vegetable water for "shrimp water".



TAHITIAN SWORDFISH

1/4 cup fresh basil (chopped)
2 small cloves garlic
1 piece fresh ginger, about 3/4
inch cube
2 strips orange zest
2 strips lime zest
1/3 cup vegetable oil
4 1/2 tablespoons seasoned
rice vinegar
2 tablespoons orange juice
1/4 teaspoon crushed red
pepper
Salt to taste
4 Swordfish steaks, about 1/2
inch thick
Fresh basil springs for garnish
Vegetables of your choice
1 cup water

Mince basil, garlic, ginger, orange zest and lime zest in a food processor or by hand. Mix with the oil, vinegar, orange juice, red pepper flakes and salt to taste. Transfer to a large plastic food bag and add the swordfish. Seal the bag and turn it over several times so the fish is well coated. Refrigerate at least 4 hours or overnight. Transfer the fish and marinade to the cooker. Add water. Close pressure cooker and bring up to full pressure. Reduce heat to stabilize pressure and cook for 3 minutes. Release pressure immediately. The fish should be firm but not hard. Add more time if necessary, taking care not to overcook the fish. Spoon the marinade over the fish and garnish with sprigs of basil. Pull the beards from the mussels. Put the mussels in a bowl of cold salted water to soak while you proceed with the soup. Discard any mussels that open during soaking.

SHRIMP IN SPICY MARINADE

1 1/2 lbs large shrimp, peeled and deveined
1 1/2 cups orange juice
1 tsp fresh lemon or lime juice
1 tsp finely minced or grated orange zest
1 tsp finely minced or grated lime zest
1 tsp ground cumin
1 tsp salt
1 tsp ground cinnamon
1/2 tsp cayenne pepper
1 tsp red hot

Combine all ingredients in pressure cooker, bring To high pressure and cook for 1 minute. Remove from heat and let pressure fall on its own. Remove cover and cool for 30 minutes. Cover cooker and chill shrimp and cooking liquid in cooker in refrigerator for 30 minutes. Remove shrimp from sauce and scoop onto a platter or over ice. If desired serve with cocktail sauce.



STEAMED LOBSTER IN BEER

The beer add a mild flavor to seafood and this recipe works well for shrimp, oysters and clams.

1 lobster tails

1 cup flat beer

Place beer in cooker, add lobsters on a trivet and bring to pressure. Reduce heat to maintain pressure and cook for 10 minutes. Reduce pressure quickly under cold water. Serve lobster with garlic-butter.

SAUCED SCALLOPS

1/2 Cup Dry White Wine

1 Pound Sea Scallops

1/2 Cup Whipping Cream

1/2 Cup Tomato, Chopped

1 tsp Anise Seeds, Crushed

1/4 tsp Sugar

- Salt

1 tsp Margerine

1 Cup Reduced Sauce (See Instructions)

Place the cooking rack in the pressure cooker. Add the wine. Place the scallops on the rack. Close the cover securely. Place the regulator on the vent. Cook at 15 POUNDS for 2 minutes - start timing when the pressure regulator begins to rock. Immerse the pressure cooker in or under running cold water. Remove the scallops and the rack. Set the scallops aside - keep them warm. Stir the cream, tomatoe, anise seeds and sugar into the remaining wine. Bring to a boil. Reduce heat to a rapid simmer. Simmer, uncovered, until the sauce is reduced to the amount indiciated in the ingredients. Season with salt to taste. Add the margerine. Spoon the sauce over the scallops. Yields 4 Servings

BOUILLABAISSE

1/3 Cup Olive Oil

2 Medium Onions, Chopped

1/2 Cup Green Bell Pepper, Cored, Seeded & Chopped

2 Cloves Garlic, Minced

1/2 tsp Parsley, Minced

35 oz Canned Plum Tomatoes, Peeled & Chopped, w/Their Liquid

2 Cups Dry Red Wine

1 Bay Leaf

1/2 tsp Basil

1 tsp Oregano

1 Lb Shelled Medium Shrimp, Deveined but w/Tail

1 Lb Sea Bass, Striped Bass or Scrod Fillets, Cut Into 2"x2 1/2" Pieces

6 Cherrystone or Little Neck Clams

- Salt - Pepper

Thoroughly scrub the clams. Heat the oil in the pressure cooker. Saute the onions, green bell pepper and garlic until golden brown. Add all the remaining ingredients. Close the cover securely. Place the pressure regulator on the vent. Cook at 15 POUNDS for 3 minutes - start timning when the pressure regulator begins to rock. Let cool normally. Remove the cover. Season with salt and pepper. Serve hot.



NEW ENGLAND FISH CHOWDER

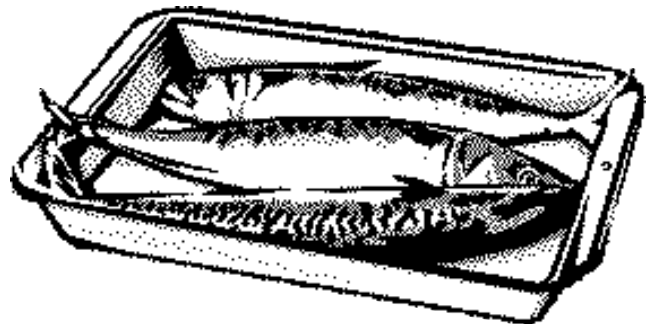
2 tablespoons butter or oil
1 large onion -- finely chopped
3 stalks celery -- finely chopped
1 lb potatoes, peeled, cut in 1/2" cubes
1 lb firm-fleshed white fish fillets(like cod) --
cut in 1 1/2" chunks
2 cups fish stock
or
clam juice
1 cup cold water
1 bay leaf
1/2 teaspoon dried thyme
1 cup milk (up to 1 1/2) -- * see note
1 cup fresh or frozen corn kernels -- thawed
salt -- to taste
white or black pepper -- to taste
Optional Garnish: butter -- cut into pats
serves 4

*Make it as rich as you like by stirring in either milk, half and half, or heavy cream at the end. You can also gild the lily by floating a pat of butter on top of each portion. Heat the butter in the cooker. Saute the onions until soft, about 2 to 3 minutes. Toss in the celery, carrot, and potatoes, and saute an additional minute. Add the fish chunks, stock (watch for sputtering oil), water, bay leaf, and thyme. Lock the lid in place and over high heat bring to high pressure. Adjust the heat to maintain high pressure and cook for 4 minutes. Reduce the pressure with a quick release method. Remove the lid, tilting it away from you to allow any excess steam to escape. Remove the bay leaf and stir in the milk, corn, parsley, and salt and pepper to taste. Simmer until the corn is cooked and the chowder is hot. Transfer to a serving tureen or individual bowls and top with additional butter, if desired.

MACKEREL IN FOIL

one medium sized mackerel
1 teaspoon whole grain mustard
1 tablespoon gooseberries
1 teaspoon chopped fresh fennel
1 tablespoon flaked almonds
Clean and wash the mackerel.

Fillet by opening up the fish, laying it open side down on a slab and running your thumb down the backbone. This will remove most of the bones. Spread the cavity of the mackerel with whole grain mustard. Then place as many gooseberries as will fit in the cavity. Take a piece of foil large enough to enclose the fish. Place the fish in the middle, sprinkle with the flaked almonds and fennel and then fold the foil to seal above the fish. Add several whole peeled cloves of garlic inside each fish. These will bake to a soft mash and can be spread during eating. This recipe works well in a pressure cooker: cook under high pressure for 4 minutes.



SALMON MOUSSE

It makes a lovely presentation to mold the mousse in a fish-shaped mold. Invert onto a platter. Unmold by wrapping hot towels around bottom of mold. Cut a cucumber into very thin slices and use the slices to cover the fish in rows resembling the scales of a fish.

Use pimento-stuffed olives for eyes. 1 envelope unflavored gelatin

1/3 cup lemon juice

1/4 cup butter or olive oil

3 shallots, minced

1 cup bottled clam juice

1 bay leaf

1 teaspoon salt

1/4 teaspoon white pepper

1 teaspoon dill weed

1 pound salmon steaks, 1 inch thick

1 tablespoon sherry

1/2 cup sour cream

1/2 cup mayonnaise

Lemon slices to garnish

Dark bread or crackers

Soften gelatin in lemon juice in a small bowl and set aside. In a pressure cooker, melt butter. Add shallots and sauté over medium heat until softened. Stir in clam juice, bay leaf, salt, pepper, and dill, mixing well. Place salmon steaks in clam liquid. Secure lid. Over high heat, develop steam to medium-high pressure. Reduce heat to maintain pressure and cook 3 minutes. Release pressure according to manufacturer's directions. Remove lid. Place salmon steaks on a platter, reserving cooking liquid. Remove bay leaf. Remove skin and bones from salmon and discard. Combine salmon, cooking liquid, dissolved gelatin, sherry, sour cream, and mayonnaise in a food processor or blender. Blend until smooth. Pour into a

6-cup mold or serving bowl. Refrigerate, covered with plastic wrap, overnight or at least 6 hours. Unmold on a serving plate if desired. Garnish with lemon slices and serve with hearty dark bread, cut into triangles, or crackers. Cook's Note: Salmon Mousse can be made up to 2 day ahead.

SANTA MARIA FISH SOUP

650 grs. of grouper

1 onion

1 dl of olive oil

20 grs of lard

1 spoon of tomato paste

1,5 dl of water

630 grs of potatoes

250 grs of home bread overnight

1 leaf of mint

some parsley

salt

Cut the fish in slices and salt. Make a fried sauce as for stews with the onion, parsley, tomato paste, olive oil and lard. When the onion is soft add the water, the potatoes cut into slices and the fish. Place the bread in a bowl with the mint and pour the juice over.

The fish and the potatoes are served on the side.

