Steak & Seafood
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Fish Friday and Seafood Suppers

29 seafood dinners for Lent and every week of the year



Beer-battered fish and chips, New England baked haddock, crab cakes and fried clams; baked and broiled fish; 30-minute tilapia, scallops and salmon bowls; tuna noodle casserole, shrimp and grits, clam chowder and cioppino; and famous restaurant classics like Lobster Newburg, Baked Boston Scrod and Clams Casino.

Free to download and share. Every recipe, with more photos and tools, is at steakandseafood.com.

Recipes

FISH FRY CLASSICS

1. Beer-Battered Fish and Chips
2. Fried Whole-Belly Clams
3. Crab Cakes with Lemon Remoulade
4. Fish Tacos with Lime Cabbage Slaw
5. Air Fryer Fish Tacos

BAKED AND BROILED FISH

6. New England Baked Haddock
7. Baked Stuffed Fillet of Sole
8. Broiled Fish with Sour Cream
9. Lemon Herb Baked Salmon
10. Salmon in Foil with Lemon Dijon
11. Sheet Pan Cod with Tomatoes and Olives

DINNER IN 30 MINUTES OR LESS

12. Lemon Butter Tilapia
13. Shrimp Scampi and Pasta
14. Pan-Seared Sea Scallops with Lemon Butter
15. Baked Shrimp with Garlic Parmesan Crumbs
16. Salmon Rice Bowls

CASSEROLES, STEWS AND CHOWDERS

17. Tuna Noodle Casserole
18. Shrimp and Grits
19. New England Clam Chowder
20. New England Fish Chowder
21. Cioppino (San Francisco Seafood Stew)
22. Linguine with Clams (Linguine alle Vongole)

FAMOUS RESTAURANT SEAFOOD

23. Baked Boston Scrod
24. Lobster Newburg
25. Lobster Savannah
26. Lobster Stew (JFK's Locke-Ober Favorite)
27. Clams Casino
28. Shrimp de Jonghe
29. Shrimp Remoulade (New Orleans Shrimp Arnaud)

Beer-Battered Fish and Chips

Total 1 hr 15 min · 4 servings · steakandseafood.com/beer-battered-fish-and-chips.htm



INGREDIENTS

Chips

- 2 pounds russet potatoes, peeled and cut into 1/2-inch-thick sticks
- Vegetable or canola oil, for deep frying
- Salt

Fish

- 1 1/2 pounds skinless cod or haddock fillets, cut into 4 pieces
- 1/4 cup all-purpose flour, for dredging
- Salt and pepper

Beer batter

- 1 cup all-purpose flour
- 1/4 cup cornstarch
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1/2 teaspoon paprika
- 1 cup very cold beer (a lager or pale ale)

For serving

- Lemon wedges
- Malt vinegar
- Tartar sauce

INSTRUCTIONS

1. **Soak the potatoes.** Rinse the potato sticks in cold water, then soak them in a bowl of cold water for 20 minutes. Drain and pat them very dry with towels.
2. **First fry.** Heat 2 to 3 inches of oil in a heavy pot to 325°F. Fry the potatoes in batches until soft and pale, about 5 minutes. Drain them on a rack set over paper towels.
3. **Make the batter.** Whisk the flour, cornstarch, baking powder, salt and paprika in a bowl. Just before frying the fish, whisk in the cold beer until the batter is smooth and about as thick as pancake batter.
4. **Fry the fish.** Raise the oil to 375°F. Pat the fish dry, season with salt and pepper, and dredge in the 1/4 cup of flour. Dip each piece in the batter, let the extra drip off, and lower it into the oil away from you. Fry 2 at a time until deep golden and the fish reaches 145°F, about 4 to 6 minutes, turning once. Drain on the rack.
5. **Second fry.** With the oil at 375°F, fry the chips again in batches until crisp and golden, 2 to 3 minutes. Drain and salt them right away.
6. **Serve.** Serve the fish and chips hot with lemon wedges, malt vinegar and tartar sauce.

TIPS

- Keep the batter cold: make it just before frying, and keep the beer in the refrigerator until you need it.
- Use a deep-fry thermometer and let the oil come back to temperature between batches; oil that is too cool makes greasy fish.
- Club soda or seltzer works in place of beer.
- Peanut oil is a classic frying oil too, if no one at the table has a peanut allergy.

Fried Whole-Belly Clams

Total 30 min · 4 servings · steakandseafood.com/fried-clams.htm



INGREDIENTS

- 1 pound shucked whole-belly soft-shell clams, drained
- 1 cup evaporated milk
- 1 cup corn flour (finely ground cornmeal)
- 1/2 cup all-purpose flour
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- Vegetable oil, for frying
- Tartar sauce and lemon wedges, for serving

INSTRUCTIONS

1. **Soak.** Soak the clams in the evaporated milk for 10 minutes.
2. **Heat the oil.** Heat 2 inches of oil to 375°F in a heavy pot.
3. **Dredge.** Mix the corn flour, flour, salt and pepper. Lift the clams from the milk and toss in the coating, shaking off the excess.
4. **Fry.** Fry in small batches 1 to 2 minutes, until golden and crisp. Drain on a rack and sprinkle with salt.
5. **Serve.** Serve hot with tartar sauce and lemon.

TIPS

- Food safety: before cooking, discard any clams or mussels with cracked shells or that stay open when tapped; after cooking, discard any that did not open.
- Shucked whole-belly clams are sold by the pint at New England fish markets.
- Clam strips can be fried the same way.

Crab Cakes with Lemon Remoulade

Total 1 hr · 8 crab cakes, 4 servings · steakandseafood.com/crab-cakes.htm



INGREDIENTS

Crab cakes

- 1 pound lump crabmeat, picked over for bits of shell
- 1/3 cup mayonnaise
- 1 large egg
- 1 tablespoon Dijon mustard
- 1 teaspoon Worcestershire sauce
- 1 teaspoon seafood seasoning
- 1 tablespoon fresh lemon juice
- 2 tablespoons chopped fresh parsley
- 2 green onions, finely chopped
- 3/4 cup finely crushed saltine crackers (about 18 crackers)
- 3 tablespoons butter
- 2 tablespoons vegetable oil

Lemon remoulade

- 1/2 cup mayonnaise
- 1 tablespoon Dijon mustard
- 1 tablespoon fresh lemon juice
- 1 tablespoon chopped capers
- 1 tablespoon finely chopped dill pickle or pickle relish
- 1 teaspoon hot sauce
- 1/4 teaspoon paprika

INSTRUCTIONS

1. **Mix the binder.** In a large bowl, whisk together the mayonnaise, egg, mustard, Worcestershire sauce, seafood seasoning, lemon juice, parsley and green onions.
2. **Fold in the crab.** Add the crabmeat and cracker crumbs and fold gently with a spatula until just combined. Try to keep the lumps of crab whole.
3. **Shape.** Divide the mixture into 8 portions, about 1/3 cup each, and shape into patties about 3/4 inch thick. Set them on a parchment-lined plate or sheet pan.
4. **Chill.** Cover and refrigerate for at least 30 minutes and up to 1 hour. This firms the cakes so they hold together.
5. **Make the remoulade.** Stir together all of the remoulade ingredients and refrigerate until serving.
6. **Fry.** Heat the butter and oil in a large nonstick skillet over medium heat until the butter foams. Cook the crab cakes, in batches if needed, for 3 to 4 minutes per side, until deep golden and hot in the center. Turn them gently with a thin spatula.
7. **Serve.** Drain briefly on paper towels and serve hot with the remoulade and lemon wedges.

TIPS

- To freeze: cool it quickly, pack it in airtight containers or freezer bags, and freeze up to 3 months. Thaw overnight in the refrigerator and reheat to 165°F.
- Pasteurized lump crabmeat from the refrigerated seafood case works well and is easier to find than fresh.

Fish Tacos with Lime Cabbage Slaw

Total 30 min · 8 tacos, 4 servings · steakandseafood.com/fish-tacos.htm



INGREDIENTS

Lime cabbage slaw

- 3 cups finely shredded green or red cabbage
- 1/4 cup chopped fresh cilantro
- 2 green onions, thinly sliced
- 2 tablespoons fresh lime juice
- 1 tablespoon olive oil
- 1/4 teaspoon salt

Chipotle sauce

- 1/2 cup sour cream
- 2 tablespoons mayonnaise
- 1 tablespoon fresh lime juice
- 1 chipotle pepper in adobo sauce, minced, plus 1 teaspoon of the sauce
- Pinch of salt

Fish

- 1 1/2 pounds cod or haddock fillets, about 1 inch thick
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon garlic powder
- 3/4 teaspoon salt
- 2 tablespoons vegetable oil

To serve

- 8 small corn tortillas
- 1 avocado, sliced
- Lime wedges

INSTRUCTIONS

1. **Make the slaw.** In a bowl, toss the cabbage, cilantro, green onions, lime juice, olive oil and salt. Let it stand for at least 10 minutes while you cook.
2. **Make the sauce.** Stir together the sour cream, mayonnaise, lime juice, chipotle, adobo sauce and salt.
3. **Season the fish.** Mix the chili powder, cumin, smoked paprika, garlic powder and salt. Pat the fish dry and sprinkle the spice mix over both sides.
4. **Cook the fish.** Heat the oil in a large skillet over medium-high heat until it shimmers. Cook the fish for 4 to 5 minutes per side for 1-inch fillets, until browned and the flesh flakes easily, 145°F inside. Break it into large flakes.
5. **Warm the tortillas.** Heat the tortillas in a dry skillet for about 30 seconds per side, or wrap them in foil and warm in a 350°F oven for 10 minutes.
6. **Assemble.** Fill each tortilla with fish, slaw, avocado and a drizzle of chipotle sauce. Serve with lime wedges.

TIPS

- Any firm, mild white fish works: cod, haddock, pollock, mahi-mahi or tilapia.
- Corn tortillas tear less if you use two per taco.
- For a milder sauce, use half a chipotle pepper or leave it out and add a pinch of smoked paprika.

Air Fryer Fish Tacos

Total 30 min · 4 servings (8 tacos) · steakandseafood.com/air-fryer-fish-tacos.htm



INGREDIENTS

Fish

- 1 1/2 pounds cod fillets, cut into 1-inch strips
- 1/2 cup all-purpose flour
- 2 eggs
- 1 1/2 cups panko bread crumbs
- 1 teaspoon chili powder
- 1 teaspoon kosher salt
- Cooking spray

Slaw and crema

- 3 cups shredded cabbage
- 2 tablespoons lime juice
- 1/4 cup chopped cilantro
- 1/2 cup sour cream
- 1 chipotle pepper in adobo, minced
- 1 tablespoon lime juice, for the crema
- Pinch of salt

For serving

- 8 small corn or flour tortillas, warmed
- Lime wedges and sliced avocado, for serving

INSTRUCTIONS

1. **Make the slaw and crema.** Toss the cabbage with 2 tablespoons lime juice, the cilantro and a pinch of salt. Stir the sour cream, chipotle and 1 tablespoon lime juice together.
2. **Coat the fish.** Heat the air fryer to 400°F. Dredge the cod in flour, dip in beaten egg, then press into panko mixed with the chili powder and salt.
3. **Air fry.** Lay the fish in a single layer, mist with cooking spray and cook 8 to 10 minutes, turning once, until golden and the fish flakes and reaches 145°F.
4. **Assemble.** Fill the warm tortillas with fish, slaw and a drizzle of crema. Serve with lime and avocado.

TIPS

- Haddock, pollock or mahi-mahi work in place of cod.
- Use corn tortillas and gluten-free panko for a gluten-free version.

New England Baked Haddock

Total 30 min · 4 servings · steakandseafood.com/new-england-baked-haddock.htm



INGREDIENTS

Fish

- 1 1/2 pounds skinless haddock fillets
- 1 tablespoon butter, melted, for the dish
- 1 tablespoon fresh lemon juice
- Salt and pepper

Cracker crumb topping

- 1 sleeve (about 35) round butter crackers, crushed
- 4 tablespoons butter, melted
- 2 tablespoons chopped fresh parsley
- 1 clove garlic, minced
- 1/2 teaspoon grated lemon zest
- 1/4 teaspoon paprika

For serving

- Lemon wedges

INSTRUCTIONS

1. **Heat the oven.** Heat the oven to 400°F. Brush a baking dish with the tablespoon of melted butter.
2. **Season the fish.** Pat the haddock dry, lay it in the dish in one layer, and season with salt, pepper and the lemon juice.
3. **Make the crumbs.** In a bowl, toss the crushed crackers with the 4 tablespoons of melted butter, the parsley, garlic, lemon zest and paprika until the crumbs are evenly moistened.
4. **Top and bake.** Press the crumbs over the fish. Bake until the crumbs are golden and the fish flakes easily and reaches 145°F, about 15 to 20 minutes, depending on thickness.
5. **Serve.** Serve hot with lemon wedges.

TIPS

- Cod, hake or pollock work the same way.
- Thin fillets cook faster; fold the thin tail ends under so the pieces are an even thickness.
- Crush the crackers in a zipper bag with a rolling pin; leave a few bigger pieces for crunch.
- Leftovers reheat best in a 350°F oven so the topping stays crisp.

Baked Stuffed Fillet of Sole

Total 50 min · 20 rolled fillets · steakandseafood.com/baked-stuffed-sole.htm



INGREDIENTS

- 20 fillets of sole
- 1 1/2 cups crushed Ritz Crackers
- 4 tablespoons dried parsley
- 1/2 cup sharp cheddar cheese, grated
- 2 to 3 cloves of fresh garlic
- 2 medium onions, grated
- 1 stick butter or margarine, plus more to dot

INSTRUCTIONS

1. **Mix the crumbs.** Mix and toss together the crackers, parsley and cheddar.
2. **Cook the aromatics.** Saute the garlic and onions in the butter until the onions look soft and transparent.
3. **Make the stuffing.** Toss the onion mixture into the cracker mixture and mix well.
4. **Stuff and roll.** Put about 1 tablespoon of the stuffing in the center of each fillet. Roll up like a jelly roll and insert a toothpick to hold it together.
5. **Bake.** Place a small piece of butter on each piece of fish. Arrange on a baking sheet with sides and bake 15 to 20 minutes in a 350°F oven.

TIPS

- Fish is done at 145°F, when it is opaque and flakes easily with a fork.
- Remind guests about the toothpicks.

Broiled Fish with Sour Cream

Total 30 min · Serves 4 · steakandseafood.com/broiled-fish-sour-cream.htm



INGREDIENTS

- 4 whitefish or red snapper fillets
- 4 teaspoons lemon juice
- 1/4 cup seasoned bread crumbs
- 1/2 cup sour cream
- Garlic powder
- Onion powder
- Salt and pepper

INSTRUCTIONS

1. **Arrange.** Arrange the fish skin side down in a broiling pan without a rack.
2. **Season.** Sprinkle 1 teaspoon of lemon juice over each fillet, then a layer of crumbs.
3. **Top.** With a knife, spread the sour cream over the bread crumbs. Sprinkle lightly with garlic powder, onion powder, salt and pepper.
4. **Broil.** Broil 15 to 20 minutes, or until browned and the fish flakes easily. Serves 4.

TIPS

- Keep the pan 6 inches or more from the broiler so the topping browns while the fish cooks through.
- Fish is done at 145°F, when it is opaque and flakes easily with a fork.

Lemon Herb Baked Salmon

Total 24 min · 4 servings · steakandseafood.com/lemon-herb-baked-salmon.htm



INGREDIENTS

- 4 (6 ounce) skin-on salmon fillets, about 1 inch thick
- 3 tablespoons butter, melted
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 tablespoon Dijon mustard
- 1 tablespoon fresh lemon juice
- 1 teaspoon finely grated lemon zest
- 2 tablespoons chopped fresh dill, or 2 teaspoons dried
- 3/4 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1 lemon, thinly sliced

INSTRUCTIONS

1. **Heat the oven.** Preheat the oven to 400°F (200°C). Line a rimmed baking sheet with foil or parchment and brush it lightly with oil.
2. **Dry the salmon.** Pat the fillets dry with paper towels and set them on the pan skin side down, leaving space between them.
3. **Make the lemon butter.** In a small bowl, whisk together the melted butter, olive oil, garlic, mustard, lemon juice, lemon zest, dill, salt and pepper.
4. **Season.** Brush or spoon the butter mixture evenly over the tops and sides of the fillets. Lay a slice or two of lemon on each one.
5. **Bake.** Bake for 12 to 15 minutes, until the salmon flakes easily at the thickest point. Cook it to 145°F, the USDA and FDA safe minimum for fish. Some cooks take salmon out at 125°F to 130°F for a moister center, but that is below the federal safe minimum.
6. **Serve.** Let the salmon rest for 2 minutes. To serve it without skin, slide a thin spatula between the skin and the flesh and lift the fillet off. Spoon the pan juices over the top.

TIPS

- Thinner fillets, about 3/4 inch, are done in 10 to 12 minutes. Fold a thin tail piece underneath so it cooks evenly.
- Parsley, tarragon or chives can replace the dill.
- For a light crust, sprinkle the tops with a tablespoon of panko before baking.

Salmon in Foil with Lemon Dijon

Total 33 min · 2 packets · steakandseafood.com/salmon-in-foil.htm



INGREDIENTS

- 1 pound salmon (or trout) fillets
- 1 tablespoon oil
- 1 1/2 tablespoons fresh lemon juice
- 1 1/2 teaspoons Dijon mustard
- 1 1/2 tablespoons minced parsley

INSTRUCTIONS

1. **Make the sauce.** Whisk the oil, lemon juice and mustard together.
2. **Portion.** Cut the fillets in half and place each half in the center of a piece of foil about 12 inches square.
3. **Sauce.** Pour half of the lemon-mustard mixture over each portion and sprinkle with the parsley.
4. **Seal.** Seal the fish in a foil envelope by pulling up the sides of the foil and folding the edges together.
5. **Bake.** Bake in a preheated 450°F oven for 15 to 18 minutes, until the salmon is cooked completely. Serve one packet per person.

TIPS

- Sandra's tip: the packets may be prepared earlier in the day and kept in the refrigerator for several hours. Take them out half an hour before baking.
- The parsley is listed but not placed in her method; sprinkling it over the fish before sealing works well.
- Fish is done at 145°F, when it is opaque and flakes easily with a fork.

Sheet Pan Cod with Tomatoes and Olives

Total 35 min · 4 servings · steakandseafood.com/sheet-pan-cod-tomatoes.htm



INGREDIENTS

- 4 cod fillets (6 ounces each)
- 2 pints cherry tomatoes
- 1/2 cup pitted Kalamata olives
- 2 tablespoons capers, drained
- 3 cloves garlic, sliced
- 3 tablespoons olive oil
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1 lemon
- 1/4 cup torn fresh basil

INSTRUCTIONS

1. **Heat the oven.** Heat the oven to 400°F.
2. **Roast the tomatoes.** Toss the tomatoes, olives, capers and garlic with 2 tablespoons oil and 1/2 teaspoon salt on a rimmed baking sheet. Roast 12 minutes, until the tomatoes start to burst.
3. **Add the cod.** Nestle the cod among the tomatoes, brush with the remaining oil and season with the rest of the salt and the pepper. Roast 10 to 14 minutes, until the fish flakes easily and reaches 145°F.
4. **Finish.** Squeeze the lemon over the pan and scatter with basil.

TIPS

- Halibut, haddock or hake work just as well.
- Thinner fillets cook in as little as 8 minutes; check early.

Lemon Butter Tilapia

Total 15 min · 4 servings · steakandseafood.com/lemon-butter-tilapia.htm



INGREDIENTS

Fish

- 4 tilapia fillets (about 1 1/2 pounds)
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon paprika
- 1/4 cup all-purpose flour
- 1 tablespoon olive oil
- 1 tablespoon butter

Lemon butter sauce

- 3 tablespoons butter
- 2 cloves garlic, minced
- 3 tablespoons fresh lemon juice
- 1 tablespoon capers, drained (optional)
- 1 tablespoon chopped fresh parsley

INSTRUCTIONS

1. **Season.** Pat the fillets very dry. Season with the salt, pepper and paprika, then dust lightly with flour and shake off the extra.
2. **Sear.** Heat the oil and 1 tablespoon of butter in a large skillet over medium-high heat. Cook the fillets until golden, about 2 to 3 minutes a side, until the fish flakes easily and reaches 145°F. Move them to a warm plate.
3. **Make the sauce.** Lower the heat to medium. Melt the 3 tablespoons of butter in the skillet, add the garlic and cook 30 seconds. Add the lemon juice and capers, scrape up the browned bits and simmer 1 minute. Stir in the parsley.
4. **Serve.** Spoon the lemon butter over the fish and serve right away.

TIPS

- Cook in two batches if the fillets do not fit in one layer; crowding steams the fish instead of browning it.
- Flounder, sole or thin cod fillets work the same way.
- For a gluten-free version, skip the flour; the fish will be a little less golden but just as good.

Shrimp Scampi and Pasta

Total 30 min · 4 servings · steakandseafood.com/shrimp-scampi-pasta.htm



INGREDIENTS

- 1 3/4 cups defatted chicken broth
- 2 tablespoons chopped garlic
- 4 tablespoons chopped shallots
- 4 tablespoons chopped Italian parsley
- 1/2 pound dry angel-hair pasta
- 1 pound peeled and deveined shrimp, tail shells left on
- Freshly ground black pepper to taste

INSTRUCTIONS

1. **Boil the water.** Bring a large pot of water to a boil for the pasta.
2. **Make the broth.** Combine the broth, garlic and 3 tablespoons each of the shallots and parsley in a large saucepan. Bring slowly to a simmer and cook 2 minutes.
3. **Cook the pasta.** Add the pasta to the boiling water and cook according to the package directions.
4. **Cook the shrimp.** Add the shrimp to the broth, stir well and cook for 2 1/2 to 3 1/2 minutes, or until the shrimp are cooked through. Add the remaining shallots.
5. **Serve.** Drain the pasta and divide it evenly among large shallow plates. Arrange the shrimp over the pasta and spoon the broth sauce over the shrimp. Sprinkle with pepper, garnish with the remaining parsley and serve immediately.

TIPS

- Shrimp are done when they turn pink and opaque and curl into a loose C shape.
- Angel-hair pasta cooks in just a few minutes, so start the shrimp as soon as the pasta goes in.

Pan-Seared Sea Scallops with Lemon Butter

Total 18 min · 4 servings · steakandseafood.com/seared-scallops.htm



INGREDIENTS

Scallops

- 1 1/2 pounds large dry-packed sea scallops (about 16 to 20)
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 2 tablespoons vegetable or canola oil
- 1 tablespoon unsalted butter

Lemon butter sauce

- 3 tablespoons unsalted butter
- 2 cloves garlic, minced
- 1/4 cup dry white wine or chicken broth
- 2 tablespoons fresh lemon juice
- 1 tablespoon chopped fresh parsley

INSTRUCTIONS

1. **Trim.** Pull off the small, tough side muscle from each scallop if it is still attached. It peels away easily with your fingers.
2. **Dry thoroughly.** Spread the scallops on a double layer of paper towels, cover with more towels and press gently. Let them sit for 10 minutes so the surface dries completely.
3. **Season.** Just before cooking, season both flat sides with the salt and pepper.
4. **Heat the pan.** Heat the oil in a large stainless-steel or cast-iron skillet over medium-high heat until it shimmers and just begins to smoke.
5. **Sear the first side.** Add the scallops one at a time in a single layer, leaving space between them. Work in two batches if needed. Do not move them for 1 1/2 to 2 minutes, until a deep golden crust forms and they release easily from the pan.
6. **Finish.** Turn the scallops, add 1 tablespoon butter to the pan and cook 1 to 1 1/2 minutes more, until the sides are opaque and the centers are still slightly translucent. Move them to a warm plate.
7. **Make the sauce.** Lower the heat to medium. Add 3 tablespoons butter and the garlic and cook for 30 seconds. Pour in the wine and simmer, scraping up the browned bits, until reduced by about half, 1 to 2 minutes.
8. **Serve.** Take the pan off the heat and stir in the lemon juice and parsley. Spoon the sauce over the scallops and serve right away.

TIPS

- Buy scallops labeled dry or dry-packed. Wet-packed scallops are treated with a solution that makes them release water and steam instead of searing.
- Crowding the pan is the most common mistake. If the scallops touch, they steam.
- Overcooked scallops turn rubbery, so take them off while the centers still look slightly translucent.

Baked Shrimp with Garlic Parmesan Crumbs

Total 30 min · 4 servings · steakandseafood.com/baked-shrimp.htm



INGREDIENTS

- 3 tablespoons butter, melted
- 1 1/2 pounds raw shrimp, peeled and deveined
- 1/2 cup seasoned dry bread crumbs
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1/2 teaspoon dried parsley
- 3 cloves garlic, minced
- 1/4 cup grated Parmesan cheese

INSTRUCTIONS

1. **Heat the oven.** Preheat the oven to 400°F (200°C) with a rack in the center.
2. **Dry the shrimp.** Peel and devein the shrimp if they are not already cleaned. You can leave the tails on for presentation. Pat the shrimp dry with paper towels so the topping crisps instead of steaming.
3. **Butter the dish.** Pour the melted butter into a 2-quart oval casserole or baking dish. Add the shrimp and turn them in the butter until coated, then spread them out in an even layer.
4. **Mix the topping.** In a small bowl, stir together the bread crumbs, onion powder, garlic powder, paprika, dried parsley, minced garlic and Parmesan cheese.
5. **Top the shrimp.** Sprinkle the crumb mixture evenly over the shrimp, covering as much of the surface as you can.
6. **Bake.** Bake for 10 to 15 minutes, until the shrimp are pink and opaque all the way through and the topping is golden. Large shrimp take closer to 15 minutes; medium shrimp may be done in 10.
7. **Serve.** Serve hot, spooning some of the garlic butter from the bottom of the dish over each portion.

TIPS

- Do not overbake. Shrimp go from tender to rubbery in a few minutes, so start checking at 10 minutes.
- Lemon wedges and chopped fresh parsley are a good finish if you have them.
- For extra crunch, run the dish under the broiler for the last minute, watching it closely.

Salmon Rice Bowls

Total 35 min · 4 servings · steakandseafood.com/salmon-rice-bowls.htm



INGREDIENTS

Salmon

- 1 1/2 pounds skinless salmon fillet, cut into 4 pieces
- 3 tablespoons soy sauce
- 1 tablespoon honey
- 1 teaspoon grated fresh ginger
- 1 clove garlic, grated
- 1 teaspoon toasted sesame oil

Bowls

- 4 cups cooked rice, warm
- 1 English cucumber, sliced
- 1 avocado, sliced
- 1 cup shelled edamame, thawed
- 1 carrot, shredded
- 2 green onions, sliced
- 1 tablespoon sesame seeds

Creamy sriracha sauce

- 1/4 cup mayonnaise
- 1 to 2 teaspoons sriracha
- 1 teaspoon fresh lime juice

INSTRUCTIONS

1. **Glaze the salmon.** Heat the oven to 400°F and line a sheet pan with foil. Whisk the soy sauce, honey, ginger, garlic and sesame oil. Set the salmon on the pan and brush it with half the glaze.
2. **Bake.** Bake until the salmon flakes easily and reaches 145°F, about 12 to 15 minutes. Brush with the remaining glaze in the last few minutes.
3. **Make the sauce.** Stir together the mayonnaise, sriracha and lime juice.
4. **Build the bowls.** Divide the rice among 4 bowls. Add a piece of salmon, broken into large flakes if you like, and arrange the cucumber, avocado, edamame and carrot around it. Drizzle with the sriracha sauce and sprinkle with green onions and sesame seeds.

TIPS

- Use leftover or day-old rice, warmed, to make this even faster.
- For gluten-free bowls, use tamari in place of soy sauce.
- Swap the salmon for shrimp: toss them with the glaze and bake about 6 to 8 minutes.
- Pickled ginger or a little kimchi on the side adds a nice tang.

Tuna Noodle Casserole

Total 55 min · 6 servings · steakandseafood.com/tuna-noodle-casserole.htm



INGREDIENTS

Casserole

- 12 ounces wide egg noodles
- 3 tablespoons butter
- 8 ounces mushrooms, sliced
- 1 small onion, finely chopped
- 3 tablespoons all-purpose flour
- 1 1/2 cups chicken or vegetable broth
- 1 1/2 cups milk
- 1 cup shredded cheddar cheese
- 2 (5-ounce) cans tuna, drained and flaked
- 1 cup frozen peas
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Topping

- 3/4 cup panko bread crumbs
- 2 tablespoons butter, melted
- 1/4 cup grated Parmesan cheese

INSTRUCTIONS

1. **Cook the noodles.** Heat the oven to 375°F and butter a 9 x 13-inch baking dish. Cook the noodles in salted water 2 minutes less than the package says, then drain.
2. **Make the sauce.** Melt the butter in a large skillet over medium heat. Cook the mushrooms and onion until the mushrooms are browned, about 7 minutes. Stir in the flour for 1 minute, then whisk in the broth and milk and simmer, stirring, until thickened, about 5 minutes. Stir in the cheddar until melted, and season with the salt and pepper.
3. **Combine.** Fold the noodles, tuna and peas into the sauce and spread it in the baking dish.
4. **Top and bake.** Toss the panko with the melted butter and Parmesan and sprinkle it over the top. Bake until bubbling and golden, about 20 to 25 minutes. Let it stand 5 minutes before serving.

TIPS

- Undercook the noodles slightly; they finish softening in the oven.
- Tuna packed in olive oil adds more flavor; drain it well.
- Assemble up to a day ahead without the topping; add the topping and bake about 10 minutes longer from cold.
- Add a handful of chopped spinach or a squeeze of lemon for brightness.

Shrimp and Grits

Total 45 min · 4 servings · steakandseafood.com/shrimp-and-grits.htm



INGREDIENTS

Cheese grits

- 4 cups water (or half water, half milk)
- 1 teaspoon salt
- 1 cup stone-ground or old-fashioned grits
- 2 tablespoons butter
- 1 cup shredded sharp cheddar cheese
- Black pepper

Shrimp

- 4 slices bacon, chopped
- 1 pound large shrimp, peeled and deveined
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon salt
- 1/2 small green bell pepper, diced
- 3 cloves garlic, minced
- 1/2 cup chicken broth
- 1 tablespoon fresh lemon juice
- 3 green onions, sliced

INSTRUCTIONS

1. **Cook the grits.** Bring the water and salt to a boil in a saucepan. Whisk in the grits, lower the heat and simmer, stirring often, until thick and creamy, about 20 to 25 minutes for old-fashioned grits (follow the package for stone-ground). Stir in the butter and cheddar and season with pepper. Cover to keep warm.
2. **Crisp the bacon.** Meanwhile, cook the bacon in a large skillet over medium heat until crisp. Lift it out and leave about 2 tablespoons of drippings in the pan.
3. **Cook the shrimp.** Toss the shrimp with the paprika, cayenne and salt. Cook the bell pepper in the drippings for 2 minutes, add the shrimp and garlic, and cook just until the shrimp are pink and opaque, about 2 minutes a side.
4. **Make the pan sauce.** Add the broth and lemon juice and scrape up the browned bits, simmering for 1 minute. Stir in the bacon and most of the green onions.
5. **Serve.** Spoon the grits into bowls and top with the shrimp and pan sauce. Sprinkle with the remaining green onions.

TIPS

- Stir the grits often and add a splash of hot water if they get too thick before the shrimp are ready.
- Do not overcook the shrimp; they turn rubbery fast. Take them off the heat as soon as they curl into a C.
- For a richer dish, cook the grits in half milk and half water.
- Andouille sausage can stand in for the bacon.

New England Clam Chowder

Total 1 hr · 6 servings · steakandseafood.com/new-england-clam-chowder.htm

INGREDIENTS

- 4 slices bacon, chopped
- 1 medium onion, diced
- 2 ribs celery, diced
- 2 cloves garlic, minced
- 3 tablespoons all-purpose flour
- 3 (6.5 ounce) cans chopped clams, drained, juice reserved
- 1 (8 ounce) bottle clam juice
- 1 1/2 pounds Yukon Gold potatoes, peeled and cut into 1/2-inch cubes
- 1 bay leaf
- 1/2 teaspoon dried thyme
- 1 1/2 cups whole milk
- 1 cup heavy cream
- Salt and black pepper to taste
- 2 tablespoons chopped fresh parsley
- Oyster crackers, for serving

INSTRUCTIONS

1. **Cook the bacon.** In a large Dutch oven or soup pot over medium heat, cook the bacon, stirring, until crisp, 6 to 8 minutes. Move it to a paper towel with a slotted spoon. Leave about 2 tablespoons of fat in the pot; add a little butter if there is less.
2. **Soften the vegetables.** Add the onion and celery and cook, stirring, until soft, 6 to 7 minutes. Stir in the garlic and cook 30 seconds.
3. **Make the roux.** Sprinkle the flour over the vegetables and stir constantly for 1 to 2 minutes to cook out the raw taste.
4. **Add the clam juices.** Slowly whisk in the reserved juice from the clams and the bottled clam juice until smooth.
5. **Simmer the potatoes.** Add the potatoes, bay leaf and thyme. Bring to a boil, then reduce the heat, cover and simmer for 15 to 18 minutes, until the potatoes are tender.
6. **Add the dairy.** Stir in the milk and cream and heat gently until steaming. Do not let the chowder boil once the dairy is in.
7. **Add the clams.** Stir in the clams and cook for 2 to 3 minutes, just until heated through.
8. **Season and serve.** Remove the bay leaf. Taste before adding salt, since the clams and bacon are salty, then season with pepper. Ladle into bowls and top with the bacon, parsley and oyster crackers.

New England Fish Chowder

Total 50 min · 8 servings · steakandseafood.com/fish-chowder.htm



INGREDIENTS

- 2 1/2 pounds of haddock, skinned fillets
- 2 pounds of peeled raw potatoes, cut in 1/2-inch cubes
- 1 medium onion
- 1 stick of margarine
- 2 (14 ounce) cans of evaporated milk

INSTRUCTIONS

1. **Cook the potatoes.** Cover the potatoes, in 1/2-inch cubes, with water and boil until soft.
2. **Brown the onion.** In a large frying pan, dice the onion and saute it in the margarine until lightly browned.
3. **Check the fish.** Examine the fish and try to remove all the bones. You can use tweezers to pull out any bones.
4. **Cook the fish.** Add the fish to the potatoes and continue to simmer for about 10 minutes, until the fish is white and flakes easily.
5. **Finish.** Add the onions and any juice with them, then add the evaporated milk and stir. It is not necessary to boil the soup. Just stir and serve.

TIPS

- Cod or pollock can replace the haddock.
- Like most chowders, it tastes even better the next day. Reheat gently without boiling.

Cioppino (San Francisco Seafood Stew)

Total 1 hr 10 min · 6 servings · steakandseafood.com/cioppino.htm



INGREDIENTS

Broth

- 1/4 cup olive oil
- 1 large onion, chopped
- 1 fennel bulb, chopped (optional)
- 6 cloves garlic, minced
- 1/2 teaspoon red pepper flakes
- 2 tablespoons tomato paste
- 1 1/2 cups dry white wine
- 1 (28 ounce) can crushed tomatoes
- 3 cups seafood or chicken broth
- 1 bay leaf
- 1 teaspoon dried oregano
- Salt and black pepper

Seafood

- 1 pound littleneck clams, scrubbed
- 1 pound mussels, scrubbed and debearded
- 1 pound large shrimp, peeled and deveined
- 1 pound firm white fish, such as halibut or cod, cut into 2-inch pieces
- 1 cooked Dungeness crab, cracked (optional)
- 1/4 cup chopped fresh parsley
- Sourdough bread, for serving

INSTRUCTIONS

1. **Build the base.** Heat the oil in a large pot over medium heat and cook the onion and fennel 8 minutes. Add the garlic and pepper flakes and cook 1 minute, then stir in the tomato paste.
2. **Simmer the broth.** Add the wine and simmer 3 minutes. Add the tomatoes, broth, bay leaf and oregano and simmer 20 minutes. Season with salt and pepper.
3. **Add the shellfish.** Add the clams, cover and simmer 5 minutes. Add the mussels and crab, if using, cover and cook 3 minutes.
4. **Add the fish and shrimp.** Nestle in the fish and shrimp, cover and simmer 4 to 5 minutes, until the fish flakes, the shrimp are opaque and all the shells have opened. Discard any that stay closed.
5. **Serve.** Sprinkle with parsley and serve in large bowls with sourdough bread.

TIPS

- The broth can be made a day ahead; reheat and add the seafood just before serving.
- Use any mix of firm fish and shellfish you like.

Linguine with Clams (Linguine alle Vongole)

Total 1 hr 5 min · 4 servings · steakandseafood.com/linguine-with-clams.htm



INGREDIENTS

- 3 dozen littleneck or Manila clams, scrubbed
- 2 tablespoons salt, for purging
- 1 pound linguine
- 1/3 cup extra-virgin olive oil
- 6 cloves garlic, thinly sliced
- 1/4 teaspoon red pepper flakes
- 3/4 cup dry white wine
- 2 tablespoons unsalted butter
- 1/3 cup chopped fresh parsley
- Lemon wedges, for serving

INSTRUCTIONS

1. **Purge the clams.** Soak the clams in cold water with the salt for 30 minutes so they release sand. Lift them out and rinse. Discard any with cracked shells or that stay open when tapped.
2. **Cook the pasta.** Boil the linguine in well-salted water until 2 minutes short of al dente. Reserve 1 cup of the pasta water and drain.
3. **Steam the clams.** While the pasta cooks, warm the oil in a large, deep skillet over medium heat. Add the garlic and pepper flakes and cook until the garlic is pale gold. Add the wine and clams, cover and cook 5 to 8 minutes, until the clams open. Discard any that stay closed.
4. **Finish in the pan.** Add the linguine to the skillet with a splash of pasta water and toss over high heat for 2 minutes, until the pasta is al dente and coated. Stir in the butter and parsley.
5. **Serve.** Serve right away with lemon wedges.

TIPS

- Do not let the garlic brown; it turns bitter.
- Two 6.5-ounce cans of chopped clams with their juice can stand in; add them at the end just to heat through.

Baked Boston Scrod

Total 25 min · 4 servings · steakandseafood.com/baked-boston-scrod.htm



INGREDIENTS

Fish

- 1 1/2 pounds thick cod or haddock fillet, cut into 4 pieces
- 2 tablespoons unsalted butter, cut into small pieces
- 1/4 cup dry white wine
- Salt and black pepper, to taste

Topping

- 3/4 cup fresh bread crumbs
- 3 tablespoons unsalted butter, melted
- 1 tablespoon chopped fresh parsley
- 1 teaspoon grated lemon zest
- Lemon wedges, for serving

INSTRUCTIONS

1. **Heat the oven.** Heat the oven to 400°F.
2. **Prepare the fish.** Pat the fillets dry, season them with salt and pepper and set them in a baking dish. Pour the wine around them and dot the fish with the butter pieces.
3. **Make the topping.** Toss the bread crumbs with the melted butter, parsley and grated zest, and press the crumbs over the top of the fish.
4. **Bake.** Bake 12 to 15 minutes, until the crumbs are golden and the fish flakes easily and reaches 145°F in the thickest part. Serve with lemon wedges and the buttery pan juices.

TIPS

- Ask for the freshest white fish of the day; that is the whole idea of scrod. Cod, haddock or pollock all work.
- Make fresh bread crumbs by pulsing day-old white bread in a food processor.
- Boiled red potatoes and a green vegetable are the traditional Boston sides.

Lobster Newburg

Total 25 min · 4 servings · steakandseafood.com/lobster-newburg.htm



INGREDIENTS

Lobster

- 1 pound cooked lobster meat, cut into bite-size chunks
- 3 tablespoons unsalted butter
- 1/4 cup dry sherry

Sauce

- 1 cup heavy cream
- 3 large egg yolks
- Pinch of ground nutmeg
- Pinch of cayenne pepper
- Salt, to taste

To serve

- 4 slices white bread, toasted and cut into triangles
- Paprika, for sprinkling

INSTRUCTIONS

1. **Warm the lobster.** Melt the butter in a large saucepan over medium-low heat. Add the lobster and stir gently until warmed through, about 3 minutes. Add the sherry and simmer 1 minute.
2. **Thicken the cream.** Whisk the cream and egg yolks together, pour them into the pan and cook over low heat, stirring constantly, until the sauce thickens enough to coat a spoon, 4 to 5 minutes. Do not let it boil, or the yolks will curdle.
3. **Season.** Season with the nutmeg, cayenne and salt.
4. **Serve.** Spoon the lobster over the toasted bread triangles and sprinkle with paprika.

TIPS

- Keep the heat low once the yolks go in, and stir the whole time; the sauce should reach 160°F and thicken without simmering.
- Shrimp, scallops or crab work the same way; Newburg sauce is good with any shellfish.
- For a party, keep it warm in a chafing dish and serve with rice or puff pastry shells.

Lobster Savannah

Total 45 min · 2 servings · steakandseafood.com/lobster-savannah.htm



INGREDIENTS

Lobster

- 2 cooked lobsters, about 1 1/2 pounds each

Sauce

- 3 tablespoons unsalted butter
- 1 cup sliced mushrooms
- 1/2 green bell pepper, finely diced
- 2 tablespoons diced pimientos
- 2 tablespoons all-purpose flour
- 1 cup half-and-half
- 2 tablespoons dry sherry
- 1/4 teaspoon paprika
- Salt and black pepper, to taste

Topping

- 1/4 cup grated Parmesan cheese
- 2 tablespoons dry bread crumbs
- Lemon wedges, for serving

INSTRUCTIONS

1. **Prepare the lobsters.** Heat the oven to 400°F. With a heavy knife, split each lobster in half lengthwise. Remove the tail and claw meat, cut it into bite-size pieces and keep the shells for filling; discard the stomach sac.
2. **Cook the vegetables.** Melt the butter in a skillet over medium heat. Add the mushrooms and bell pepper and cook until tender, about 5 minutes. Stir in the pimientos.
3. **Make the sauce.** Sprinkle in the flour and stir for 1 minute. Whisk in the half-and-half and simmer, stirring, until thick and smooth. Stir in the sherry and paprika and season with salt and pepper.
4. **Fill the shells.** Fold the lobster meat into the sauce and spoon it into the four shell halves on a baking sheet. Sprinkle with the Parmesan and bread crumbs.
5. **Bake.** Bake 10 to 12 minutes, until bubbling and golden on top. Serve with lemon wedges.

TIPS

- Buy the lobsters already steamed at a good fish counter to save time, or boil them yourself 10 to 12 minutes.
- No shells? Bake the filling in buttered ramekins or a small gratin dish instead.
- The sauce can be made a few hours ahead; reheat it gently before folding in the lobster.

Lobster Stew (JFK's Locke-Ober Favorite)

Total 25 min · 4 servings · steakandseafood.com/jfk-lobster-stew.htm



INGREDIENTS

- 1 pound cooked lobster meat, cut into large pieces
- 4 tablespoons unsalted butter
- 2 tablespoons dry sherry
- 2 cups whole milk
- 2 cups light cream
- Salt and white pepper, to taste
- Paprika, for sprinkling
- Oyster crackers, for serving

INSTRUCTIONS

1. **Warm the lobster.** Melt the butter in a heavy pot over medium-low heat. Add the lobster meat and cook gently, stirring now and then, until the butter turns pink and the lobster is warmed through, about 5 minutes.
2. **Add the sherry.** Stir in the sherry and let it bubble for 1 minute.
3. **Add the milk and cream.** Pour in the milk and cream and heat slowly, stirring, until steaming hot. Do not let it boil, or the milk can curdle. Season with salt and white pepper.
4. **Serve.** Ladle into warm bowls, sprinkle with paprika and serve with oyster crackers.

TIPS

- For the deepest flavor, cool the stew, refrigerate it overnight and reheat it gently the next day.
- Keep the heat low once the milk goes in; lobster stew should never boil.
- Refrigerate leftovers within 2 hours and eat them within 2 days.

Clams Casino

Total 40 min · 24 clams · steakandseafood.com/clams-casino.htm



INGREDIENTS

Clams

- 24 littleneck clams, scrubbed
- Rock salt or crumpled foil, for the baking sheet

Topping

- 4 slices bacon, finely chopped
- 2 tablespoons unsalted butter
- 1/4 cup finely diced red bell pepper
- 1/4 cup finely diced green bell pepper
- 1 small shallot, minced
- 2 cloves garlic, minced
- 1/2 cup panko bread crumbs
- 2 tablespoons grated Parmesan cheese
- 1 tablespoon chopped fresh parsley
- Lemon wedges, for serving

INSTRUCTIONS

1. **Open the clams.** Put the clams and 1/2 cup water in a large pot, cover and steam over high heat just until the shells open, 4 to 6 minutes. Discard any that stay closed. When cool enough to handle, twist off the top shells and loosen each clam in its bottom shell.
2. **Crisp the bacon.** Cook the bacon in a skillet over medium heat until crisp. Lift it out, leaving the fat in the pan.
3. **Cook the peppers.** Add the butter, peppers, shallot and garlic to the pan and cook until soft, about 3 minutes. Off the heat, stir in the panko, Parmesan, parsley and bacon.
4. **Top.** Heat the broiler. Spread rock salt on a rimmed baking sheet and nestle the clams in it so they sit level. Spoon the topping over the clams.
5. **Broil.** Broil 5 to 6 inches from the heat for 3 to 5 minutes, until golden and sizzling. Serve hot with lemon wedges.

TIPS

- Buy clams the day you cook them, keep them cold and uncovered, and discard any with cracked shells or that do not close when tapped.
- The topping can be made a day ahead and refrigerated; the clams can be steamed and topped a few hours ahead.
- Oysters work the same way.

Shrimp de Jonghe

Total 35 min · 4 servings · steakandseafood.com/shrimp-de-jonghe.htm



INGREDIENTS

Shrimp

- 1 1/2 pounds large shrimp, peeled and deveined
- 1/4 cup dry sherry

Garlic crumb crust

- 1/2 cup (1 stick) unsalted butter, softened
- 3 cloves garlic, minced
- 2 tablespoons chopped fresh parsley
- 1/2 teaspoon paprika
- Pinch of cayenne pepper
- 1/2 teaspoon salt
- 1 cup fresh bread crumbs
- Lemon wedges, for serving

INSTRUCTIONS

1. **Heat the oven.** Heat the oven to 400°F and grease a shallow 2-quart gratin or baking dish.
2. **Arrange the shrimp.** Spread the shrimp in the dish in a snug single layer and pour the sherry over them.
3. **Make the crust.** Mash the butter with the garlic, parsley, paprika, cayenne and salt, then work in the bread crumbs until evenly moistened. Scatter it over the shrimp.
4. **Bake.** Bake 15 to 18 minutes, until the shrimp are pink and opaque and the crumbs are golden. Serve hot with lemon wedges.

TIPS

- Fresh bread crumbs from a day-old French or white loaf make the best crust; dry crumbs turn sandy.
- Shrimp are done when they turn pink and opaque and curl into a loose C; a tight O means overcooked.
- Serve with crusty bread to mop up the garlic butter.

Shrimp Remoulade (New Orleans Shrimp Arnaud)

Total 1 hr 25 min · 6 servings · steakandseafood.com/shrimp-remoulade.htm



INGREDIENTS

Shrimp

- 2 pounds large shrimp, peeled and deveined
- 1 lemon, halved
- 2 tablespoons kosher salt, for the cooking water

Remoulade

- 1/2 cup vegetable oil
- 1/4 cup Creole or whole-grain mustard
- 2 tablespoons white wine vinegar
- 1 tablespoon prepared horseradish
- 1 tablespoon sweet paprika
- 1 teaspoon Worcestershire sauce
- 1/4 teaspoon cayenne pepper
- 2 green onions, finely chopped
- 1 celery rib, finely chopped
- 2 tablespoons chopped fresh parsley

To serve

- 3 cups shredded iceberg lettuce

INSTRUCTIONS

1. **Make the remoulade.** Whisk the oil, mustard, vinegar, horseradish, paprika, Worcestershire and cayenne until smooth. Stir in the green onions, celery and parsley. Cover and refrigerate at least 1 hour.
2. **Boil the shrimp.** Bring a large pot of water to a boil with the lemon halves and kosher salt. Add the shrimp and cook just until pink and opaque, 2 to 3 minutes.
3. **Chill.** Drain the shrimp and plunge them into ice water to stop the cooking. Drain well, pat dry and refrigerate until cold.
4. **Serve.** Toss the shrimp with the remoulade and serve over the shredded lettuce.

TIPS

- Creole mustard is spicy and coarse-grained; whole-grain Dijon is the best substitute.
- The remoulade keeps, covered and refrigerated, for up to 5 days and only gets better.
- Keep the dressed shrimp cold and serve within a few hours.