

From the Forgotten Coast

A Collection of Seafood Recipes

By

Gus & Ruth Ann Winchester

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The Forgotten Coast

The Forgotten Coast is the name commonly used to refer to a quiet section of Florida coastline bounded on the West by Mexico Beach, St. Joe Beach and Port St. Joe. Going East you come to Cape San Blas, Indian Pass, and The City of Apalachicola on the banks of the Apalachicola River. Continuing east you come to Eastpoint, St. George Island, Carrabelle, Lanark Village, St. Teresa, and Alligator Point in Franklin County, FL. As you cross the Ochlockonee River on Highway 98 you enter Wakulla County, FL and Ochlockonee Bay, Panacea, Live Oak Island, Shell Point and St. Marks. This portion of Florida was indeed "forgotten" during the period when much of North Florida's coastline was developed and subsequently over-developed. This prompted a local group to create their own brochure and map and call this area the Forgotten Coast. The Forgotten Coast is a special place today, more for what has been preserved than for what has been developed. Pristine bays, sugar white beaches, coastal marshlands, estuaries rich with sea life, and barrier islands with impressive dune formations...this is what the Forgotten Coast has to offer.



The Authors

Gus and Ruth Ann have been connected to the Forgotten Coast for over 25 years. In the beginning they came to fish and relax. They kept their boat at the Moorings Marina in Carrabelle, Florida where they came and relaxed, fished and enjoyed the leisure life of the area. Being on the Forgotten Coast led them to keep trying to find different ways to prepare the seafood that was abundant.

Upon retirement, they bought a home and moved to Carrabelle Beach permanently.

Gus has always enjoyed cooking, he likes to explore and expand on recipes. Ruth Ann has been the one to test Gus's explorations in cooking.

Gus's Canadian Club and Ginger Ale Dissertation

Ruth Ann loves whatever I cook, not so much because I am such a GREAT cook, but because *I COOK* and *SHE* doesn't have to cook. When I cook, I smoke fish, and fowl, prefer shish-kabobs and steaks on the grill (turn them only once), and that sort of thing, but the most important ingredient for all of my cooking, the true secret of my considerable culinary is the *Canadian Club and Ginger Ale's* I drink while I cook.

Far too little credit is given the *Canadian Club and Ginger Ale*. It was invented by the Canadians and accounts in large part for the longevity and power of the country of Canada for so long.

The ginger ale provided the fizz; the slice of lime thwarted the scurvy that cursed the English sailor or "limey" as he came to be called, and the Canadian Club purified the drink. A *Canadian Club and Ginger Ale* is a little like a medicine chest. Look at me; strong as an ox. But a *Canadian Club and Ginger Ale* must be made right, and it rarely is. The very best plan is to start with ginger ale ice cubes. The most obvious problem with keeping a tray of ginger-ale ice cubes, however, is the constant danger of some kid dropping one in the Kool-Aid. Tastes terrible.

If you don't have ginger-ale ice cubes, freeze an orange juice container of ginger-ale in the deep freeze for a couple of days so it is as cold as you can get it. This sort of maxi-cube will last longer than a bunch of small ones.

The Canadian Blend has to be frozen, too. Always keep Canadian Blend in the freezer. Canadian Club is best Segrans is pretty good, but frankly I think a good ginger ale is more important than a quality Canadian Blend. I like Schweppes Ginger Ale and it should be thoroughly chilled, too.

I prefer by far and away to use a slice of real lime—a generous slice—than concentrated, bottled, or what-evered lime. The lime slice should be thrown into the drink so you can contemplate its subtle greens in the clearness of the

Canadian Club-and Ginger Ale. It's as close as most of us will get to swimming off the CALYPSO. A ***Canadian Club and Ginger Ale*** for cooking should be served in a container large enough that it can not be easily misplaced—at least a pint, preferably a quart and it should be clear glass. **NEVER** drink ***Canadian Club and Ginger Ale*** through a straw. The ice cube and lime should bang up against your nose; it's part of the ***Canadian Club and Ginger Ale*** experience.

Make sure that you tell a friend or spouse to check now and then to see if you are burning supper.

See, **Cooking isn't so tough!**

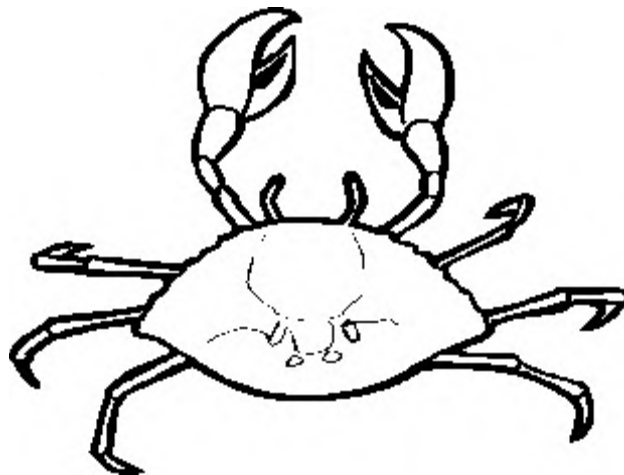


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CRABS

CRABS

Basic Sauteed Soft Shell Crabs

Soft crabs (thaw if frozen)

All purpose flour seasoned with salt & pepper

Clarified butter or butter & olive oil combined

Lightly dredge the crabs in seasoned flour. Saute in hot pan with butter or butter & oil. Cook about 3 minutes each side or until lightly browned. Remove from pan and serve at once.

Try these great additions to the basic saute recipe:

* Before cooking crabs, saute 1 clove garlic in the pan for 1-2 minutes. Remove from pan just before adding crabs.

* After crabs are sauteed, de-glaze pan with the juice from one lemon or lime or small amount of wine. Pour over the crabs.

* Saute 1/3 cup slivered almonds in pan after removing crabs. Sprinkle golden almonds over crabs.

* After sauteeing crabs, add Meuniere Sauce to pan with cooked crabs. Bring to boil, reduce heat and simmer 5 minutes. (Meuniere Sauce: 1/4 cup melted butter, 1/4 cup lemon juice, 1/4 cup Worcestershire sauce).



Blue Crab Boil

24 live Blue Crabs	½ c. Swamp-fire Seafood Boil
1 ½ gallons water	1/3 c. salt
1 lemon – sliced	Melted butter
1 med. onion – sliced	

Plunge crabs into boiling seasoned (onion, lemon, Swamp-fire seasoning, & salt) water. Boil 20 minutes or till bright orange. Drain. Remove digestive tract and sponge under rear of body. Serve with melted butter.

Blue Crab Jambalaya

1 pound Blue Crab Meat	1 can tomatoes (1 lb. 13 oz.)
½ c. bacon – chopped	1/4 c. rice – uncooked
½ c. onion – chopped	1 T Worcestershire sauce
½ c. celery – chopped	½ tsp. salt
½ c. green bell pepper, chopped	1 dash pepper

Remove any remaining shell or cartilage from crab meat. Fry bacon until lightly brown. Add onion, celery, and green pepper; cook until tender. Add tomatoes, rice and seasoning. Cover and simmer for 20 to 25 minutes, or until rice is tender, stirring occasionally. Add crab meat, heat

