

Quick Cooking



BAKED COD WITH CRUNCHY LEMON-HERB TOPPING

30-Minute Supper



SAUTÉED FISH FILLETS WITH FRESH ITALIAN BREAD CRUMBS

30-Minute Supper



SHRIMP AND SCALLOP SKEWERS WITH HOISIN-GINGER SAUCE

30-Minute Supper



SIZZLING GARLIC SHRIMP

BAKED COD WITH CRUNCHY LEMON-HERB TOPPING

SERVES 4

Haddock, halibut, or bluefish fillets are good alternatives to cod. If some of the fish pieces are very thin, fold them in half to make thicker pieces. If you like, substitute dill or basil for the parsley.

- 1 **tablespoon unsalted butter**
- 24 Ritz crackers, crushed into coarse crumbs (about 1 cup)**
- 2 **tablespoons minced fresh parsley**
- 3 **tablespoons mayonnaise**
- 2 **small garlic cloves, minced**
- 1 **teaspoon grated zest plus 1 tablespoon juice from 1 lemon**
- 4 **skinless cod fillets (about 2 pounds)**
- Salt and pepper**
- Lemon wedges for serving**

1. Adjust oven rack to middle position and heat oven to 450 degrees. Grease baking sheet with butter. Toss cracker crumbs and 1 tablespoon parsley together in medium bowl. Mix remaining 1 tablespoon parsley, mayonnaise, garlic, lemon zest, and lemon juice together in small bowl.
2. Pat fish dry with paper towels, then season with salt and pepper. Place on buttered baking sheet, spacing pieces about 1/2 inch apart. Brush tops and sides of fish with mayonnaise mixture, then press cracker crumbs into mayonnaise.
3. Bake until crumbs are golden brown and fish flakes apart with fork, about 15 minutes. Serve with lemon wedges.

COOK'S COUNTRY

SAUTÉED FISH FILLETS WITH FRESH ITALIAN BREAD CRUMBS

SERVES 4

Use 3/4- to 1-inch-thick pieces of fish, each weighing about 6 ounces. This will allow you to cook all four pieces in one batch.

- 1/4 **cup packed fresh parsley**
- 2 **garlic cloves, minced**
- 1 **slice hearty white sandwich bread, torn into 1-inch pieces**
- 4 **tablespoons olive oil**
- 1 **teaspoon grated zest and 3 tablespoons juice from 2 lemons**
- Salt and pepper**
- 1/2 **cup all-purpose flour**
- 4 **boneless, skinless thick white fish fillets (see note above)**
- 1/4 **cup water**
- 3 **tablespoons unsalted butter**

1. Process parsley and garlic in food processor until minced. Add bread and pulse into fine crumbs. Cook crumbs with 1 tablespoon oil in large nonstick skillet over medium-high heat until browned, about 5 minutes. Stir in zest and season with salt and pepper. Transfer mixture to small bowl and wipe out skillet.
2. Place flour in shallow dish. Pat fish dry with paper towels, season with salt and pepper, dredge in flour, and shake to remove excess flour. Heat remaining 3 tablespoons oil in skillet over medium-high heat until shimmering. Cook fish, without moving, until golden brown, 3 to 4 minutes. Flip and cook until thickest part of fillets flakes easily, 2 to 3 minutes.
3. Transfer fillets to serving plate and tent with foil. Reduce heat to medium, add lemon juice and water, and use wooden spoon to scrape browned bits from bottom of pan. Simmer until thick and syrupy, about 4 minutes. Pour in accumulated juices from fish, whisk in butter, and adjust seasonings. Pour sauce over fish and sprinkle tops with seasoned crumbs. Serve.

COOK'S COUNTRY

SHRIMP AND SCALLOP SKEWERS WITH HOISIN-GINGER SAUCE

SERVES 4

You will need four to six 10-inch bamboo skewers for this recipe. Feel free to use all shrimp or all scallops, if desired. Sea scallops often come with a tendon that should be removed before cooking; see page 31 for more information.

- 1/2 **cup hoisin sauce**
- 1/2 **cup rice vinegar**
- 1/4 **cup soy sauce**
- 1/4 **cup minced fresh cilantro**
- 2 **tablespoons light brown sugar**
- 2 **teaspoons minced fresh ginger**
- 1 **garlic clove, minced**
- 1 **pound extra-large shrimp (21 to 25 count), peeled and deveined**
- 1 **pound sea scallops, tendons removed (see note above)**
- Vegetable oil spray**
- Salt and pepper**

1. Adjust oven rack 6 inches from broiler element and heat broiler. Line bottom of broiler pan with foil and fit with slotted broiler-pan top.
2. Combine hoisin sauce, vinegar, soy sauce, cilantro, brown sugar, ginger, and garlic in bowl. In separate bowl, toss shrimp and scallops with 1/4 cup hoisin mixture.
3. Thread shrimp and scallops onto skewers and arrange on broiler-pan top. Spray skewers with vegetable oil spray, then season with salt and pepper. Cover exposed end of skewers with sheet of aluminum foil and broil, flipping skewers halfway through cooking, until shrimp are pink and scallops are just cooked through, 4 to 6 minutes. Serve, passing remaining hoisin mixture at table.

COOK'S COUNTRY

SIZZLING GARLIC SHRIMP

SERVES 4

Serve this dish with crusty bread and a salad.

- 1 1/2 **pounds large shrimp, peeled and deveined**
- Salt and pepper**
- 1/4 **cup extra-virgin olive oil**
- 6 **garlic cloves, sliced thin lengthwise, plus 1 clove minced**
- 1 **red bell pepper, seeded and diced**
- 1/4 **teaspoon red pepper flakes**
- 1/4 **cup dry sherry**
- 2 **tablespoons chopped fresh parsley**
- 2 **tablespoons unsalted butter, softened**
- 1 **tablespoon lemon juice, plus lemon wedges for serving**

1. Pat shrimp dry and toss with 1/4 teaspoon salt and 1/4 teaspoon pepper in medium bowl.
2. Cook oil and sliced garlic in large skillet over medium heat, stirring often, until garlic is golden and crisp, 3 to 4 minutes. Using slotted spoon, transfer garlic to small bowl. Add bell pepper and pepper flakes to skillet and cook until bell pepper is soft, about 3 minutes. Increase heat to high, add shrimp, and cook until edges turn pink, about 1 minute. Flip shrimp, add sherry, and simmer until shrimp are just cooked through, about 1 minute. Using slotted spoon, transfer shrimp to serving platter.
3. Add minced garlic, parsley, butter, and lemon juice to skillet and simmer until thickened, about 1 minute. Adjust seasonings, pour sauce over shrimp, and scatter browned garlic chips on top. Serve with lemon wedges.

COOK'S COUNTRY