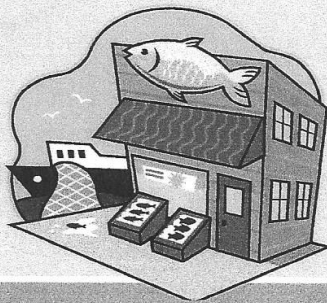




ALISO-LAZIO FISH  
FAMILY RECIPES

EDITED BY THE GIRLS

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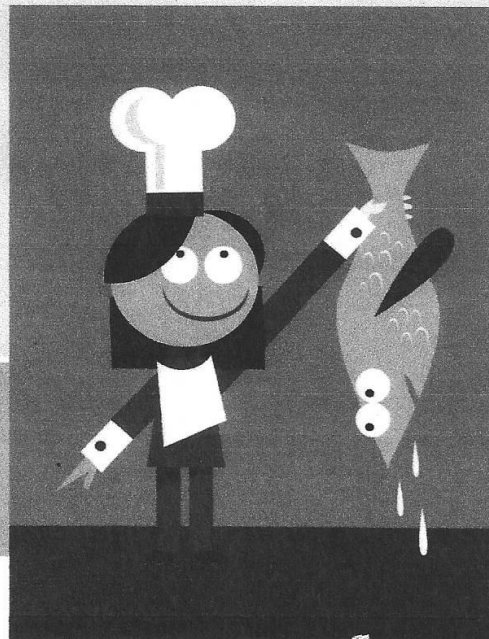
"The Girls" as we are often referred to at the Alioto Lazio Fish Company would like to share with you a few of our family seafood recipes.

Generation after generation of Alioto-Lazio women have prepared the fish caught from the oceans across the world by their fishermen.

We still do today. It makes us happy to give our families delicious seafood dinners.

Thank you for letting us be part of your family meal.

INTRODUCTION





## CALAMARI SALAD

## Ingredients

- 2 lb cleaned tubes/tentacles
- Boiling water
- 1 tbl salt
- 1 clove garlic chopped
- 1 bay leaf
- 1 cup celery diced
- 1/3 cup sliced black olives
- ¾ cup Italian dressing
- ½ cup cabbage optional
- 2 hard boiled eggs optional

### Directions

Add salt, garlic, bay leaf and squid to boiling water.

Cover and simmer for 10-15 minutes until tender.

**Drain and rinse in cold water**

**Drain.**

Cut tubes into  $\frac{1}{4}$  rings.

Cut tentacles into ½ inch pieces.

Combine celery, olives, dressing, squid and optional ingredients.

Cover and refrigerate for 3 hours.

## CALAMARI MARINARA SAUCE

## Ingredients

- 2 lb squid
- 1 clove garlic chopped
- 2 tbl olive oil
- ½ tsp salt
- 1 can whole tomatoes
- 2 cans tomato sauce
- 2 tbl Italian herbs
- 1 chopped onion
- ¼ cup brandy/bourbon, optional
- 2 cup mushroomms sliced
- 1 cup white wine

### Directions

*Saute chopped onions, garlic, and herbs until golden brown.*

*Add mushrooms to saucepan and cook 2 min more.*

*Optional – For more flavor  
add the brandy/bourbon .*

*Add squid to the saucepan  
and cook for 5 min.*

*Add tomato sauce and stir.*

*Cover and simmer for 10 min  
until squid is tender.*

*If too thick add wine to sauce.*

*Serve over spaghetti*



## Ingredients

- 2 whole cooked crabs
- 24 clams
- 3 cups white wine
- 1/3 cup olive oil
- 1 chopped onion
- 1 chopped green pepper
- 2 lbs fresh tomatoes  
chopped
- Or 16 oz can whole  
tomatoes
- 1 tsp pepper
- 1 tsp Italian herbs
- 2 lb snapper or halibut  
cut up
- ¾ lb scallops
- ¾ lb prawns
- ¼ cup brandy/bourbon
- 1 can tomato sauce 8 oz

### Directions

Remove legs, claws, body from crabs

Wash and scrub clams..

Place the clams in pan with 1 cup wine and steam covered for 5 min or until clams open.

Remove clams from shell.

Save the clam/wine juice.

Heat oil in large pot.

Saute onion, garlic, pepper, and herbs for 5 min.

Add bourbon/brandy for flavor.

Add tomatoes, tomato sauce, remaining wine, and clam juice.

Simmer for 20 min.

Add fish, scallops, prawns, and crab.

Simmer for 5 min. DO NOT STIR.

Add the clams and heat for 2 minutes.

## Ingredients

- 3 oz cream cheese
- softened
- ½ cup crabmeat
- 1 egg lightly beaten
- 1 tbl mayonnaise
- 2 tbl Italian herbs
- 2 tbl grated Romano
- cheese
- Pepper
- 4 french rolls
- Cheddar cheese optional

### Directions

Preheat the broiler.

Combine the ingredients and blend well.

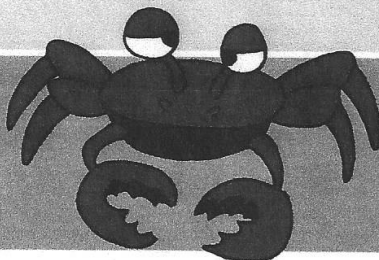
Cut the rolls in half.

Broil one half.

Spread topping on other half and broil until bubbly.

Could spread on slices of bread and use for appetizer.

## DUNGENESS CRAB



## BAKED HALIBUT

### Ingredients

- 2 Halibut fillets
- ½ cup breadcrumbs
- Olive oil
- ¼ cup grated cheese
- 1 tsp basil
- 1 tsp parsley
- 1/8 tsp pepper
- ½ cup white wine/sherry or mushroom soup

### Directions

Make a paste with breadcrumb, oil, cheese, herbs, and pepper.  
Spread paste on top of each fillet.  
Place in baking pan.  
Pour wine/sherry/mushroom soup over top of fillets.  
Add more liquid during cooking.  
Bake for 30 min at 325 degrees.

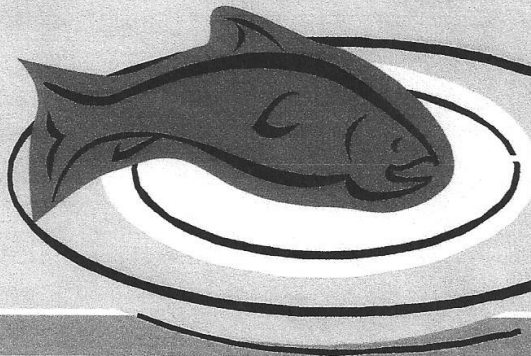
## BAKED SOLE

### Ingredients

- ½ lb sole per person
- 2 tbl oil
- 1 cup white wine
- 1 lemon
- 1 tsp Italian herbs
- 1/2 tsp salt
- ¼ tsp pepper
- Minced garlic optional
- Grey Poupon mustard optional

### Directions

Combine wine, lemon juice, seasoning and optional ingredients together.  
Cover baking pan with oil.  
Place fish fillets in pan and cover with wine mixture.  
Bake at 375 degrees for approximately 15 min depending on thickness.



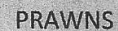
SOLES



## Ingredients

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Mix red onion, vinegars, oil, salt, pepper, and herbs in mixing bowl. Shell and devein prawns if not already done. Pour marinade over prawns and refrigerate for 2 hours. Skewer or place on grill. Barbecue until prawns turn pink. Remove immediately to prevent overcooking.



## Ingredients

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Combine oil, vermouth, soy sauce, ginger, garlic, pepper, and herbs. Marinate the prawns and scallops for 45 min. Alternate the seafood on brochette sticks. Barbecue turning and basting with marinade for about 5 min or until cooked.

## BARBECUED SALMON

### Ingredients

- Salmon fillets
- Marinade
- 1 cup apple cider vinegar
- ¼ cup olive oil
- 1 clove garlic minced
- 2 tsp pepper
- 1 lemon sliced
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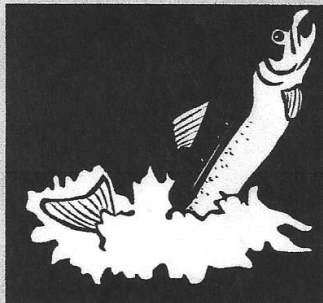
### Directions

Mix together marinade.  
Pour over salmon fillets for 1-2 hours.  
Barbecue.

## MARINADE IDEAS FOR COOKING SALMON

- Olive oil, soy sauce, Dijon Mustard
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Wasabi



SALMON



## Ingredients

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### Directions

Mix all the ingredients together. Add more ingredients according to your taste. Then add shrimpmeat and mix thoroughly.

## Ingredients

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### Directions

Melt butter until frothy.  
Sprinkle with flour, cook and stir  
for about 3 min.  
Gradually add cream, soup, and  
Gruyere cheese and ¼ cup  
Romano cheese.  
Cook until cheeses are melted.  
Add salt and pepper to taste.  
Add shrimp and keep warm.  
Pour remaining Romano cheese  
over prepared fish dish and  
broil.



SHRIMPMEAT

### Ingredients

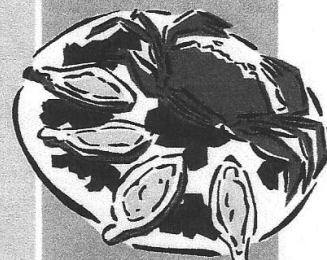
- 8 sandab fillets
- 1 cup milk
- 1egg beaten
- 1 tbl Italian herbs
- 1 tsp garlic salt
- ½ tsp pepper
- Olive oil
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**Directions**

Dip sanddabs in mixture of egg, milk, salt, pepper, and herbs.

Roll fish in flour.

Saute slowly in heated oil until golden brown.



### Ingredients

- . 1 lb Dungeness
- . Crabmeat
- . 8 oz tomato sauce
- . 1 yellow onion chopped
- . 4 celery stalks chopped
- . 3 tbl melted butter
- . 2 beaten eggs
- . ¼ tsp black pepper

**Directions**  
Mix all the ingredients together.  
Fill individual clam shells or a pie pan with the crabmeat.  
Bake at 350 degrees for 30 min.

## SPECIALS