



Oyster Stew

4 T butter *

2 T flour

½ cup chopped celery *

2 cups milk or heavy cream

½ cup of white wine *

2 dozen oysters – keep liquid *

Salt *

Pepper *

Garlic *

1 T dried parsley (fresh would be better) *

½ t of lime juice

Optional – ½ pound of sliced mushrooms *In a large pan, melt butter, stir in flour and keep stirring for 4-5 minutes.

Add celery and cook 2 minutes.

Add milk and oyster liquid and season.

Simmer liquid for 3 – 4 minutes.

Add the oysters garlic and parsley.

Simmer not boil for 4 minutes.

Pesto with white wine steamed fish medley.

Pesto grilled fish medley.Pick two to three of your favorite raw seafood and veggies.

For example I love scampies *, salmon *, grape tomatoes and zucchini.In a bowl mix together ¾ cup of white wine ** with 2 to 3 tablespoons of pesto *,

toss in your favorite seafood & veggies and place in a foil tent.Make sure it is sealed tightly.Place on a hot grill and let cook for 15 minutes.Tear open the foil and serve with your favorite rice.