

FAVORITE MARDEN FAMILY RECIPES

Baked Nova Scotia Fish Fillets – serves 2

easy and delicious, from a Lunenburg cookbook

1 ½ lb Haddock or Cod fillets
6 Tbsp. butter ¾ cup tomato ketchup
3 Tbsp. chopped onion ¾ cup hot water
1 ½ tsp. salt , ½ pepper Grated cheese and parsley

Place fish in shallow baking pan. Sprinkle cheese over top. Mix butter, onion, salt, pepper, parsley, ketchup and hot water. Pour over fish and bake at preheated 350 degrees for 30 minutes.

Sole with Banana – serves 2

wonderful and different with minimal preparation

4 x 4 oz. pieces of sole ¼ tsp. curry powder
2 ripe bananas ¼ cup sliced almonds
1 cup grapefruit juice 2 tsp. butter
¼ cup *Captain Marden's Cracker Crumbs*

Peel and ½ bananas. Roll sole around ½ banana and place in oven proof casserole. Add grapefruit juice. Top with crumbs, curry and almonds. Dot with butter. Bake in preheated 400 degree oven for 20 minutes.

Salmon Fillets & Onion Blossom Horseradish Dip

Salmon Fillets Captain Mardens's Cracker Crumbs
Rothschild's Onion Blossom Horseradish Dip

Salmon can be baked, broiled or grilled with a layer of dip and a light covering of crumbs.

Baked Fish with Creamy Dill Sauce – serves 2

1 lb sole
½ cup mayonnaise 1 tsp lemon juice
½ cup sour cream 1 tsp dill
salt and pepper 1 tsp chives
paprika 2 Tbsp. *Captain Marden's Cracker crumbs*

Butter baking dish. Sprinkle fish with lemon juice, salt & pepper. Mix mayonnaise, sour cream, dill and chives. Spread over fish. Cover with crumbs and paprika. Bake 400 degrees for 20 minutes.

Lobster or Crabmeat Savannah – serves 4

1 lb lump crabmeat or 1 lb lobster meat
1/3 cup dry sherry 1 red pepper, chopped
½ cup light cream 3 slices soft white bread torn
½ cup mayonnaise 4 Tbsp. melted butter or margarine
juice of one lemon 1 tsp Worcestershire sauce
½ cup Captain Marden's Cracker Crumbs 1/8 tsp pepper
½ cup mild cheddar cheese

Marinate crab meat/lobster meat in sherry overnight. Preheat oven to 350 degrees. Combine red pepper, bread, butter, cream, mayonnaise, lemon juice, Worcestershire sauce and pepper. Gently stir in crabmeat/lobster with sherry and cheese. Pour all into a greased casserole dish and cover with cracker crumbs (dot with butter if desired) Bake uncovered 25 minutes.