



# “How can I bring beach flavor to the dinner table?”

RACHEL REHWINKEL AUSTIN, TEXAS

Step away from the store-bought fish sticks, and try one of these speedy seafood suppers, all sure to please guests to the gills

## 1 FRY UP SOME CRABMEAT Crunchy Crab Cakes

**MAKES:** 8 servings **HANDS-ON TIME:** 23 min. **TOTAL TIME:** 25 min.

**TRY THIS SIDE:** Toss together 1 (5-oz.) package arugula; 1 pt. grape tomatoes, halved; 2 Tbsp. fresh lemon juice; 2 Tbsp. olive oil; and 1/2 tsp. salt. Serve immediately.

- 1 (16-oz.) package fresh lump crabmeat, drained
- 4 large lemons, divided
- 1 (4-oz.) jar diced pimiento, well drained
- 2 green onions, chopped
- 1 large egg, lightly beaten
- 2 Tbsp. mayonnaise
- 1 tsp. Old Bay seasoning
- 2 tsp. Dijon mustard
- 1 cup panko (Japanese breadcrumbs), divided
- 1/4 cup canola oil

1. Pick crabmeat, removing any bits of shell.
2. Grate zest from 2 lemons to equal 2 tsp.; cut lemons in half, and squeeze juice into a measuring cup to equal 1/4 cup. Stir together lemon zest and juice, pimiento, and next 5 ingredients until well blended. Gently fold in crabmeat and 1/2 cup breadcrumbs.
3. Shape mixture into 8 patties. Dredge patties in remaining 1/2 cup breadcrumbs.
4. Cook half of patties, in 2 Tbsp. hot oil in a large nonstick skillet over medium heat, 2 minutes on each side or until golden brown; drain on a wire rack. Repeat procedure with remaining oil and patties.
5. Cut remaining 2 lemons into wedges. Serve crab cakes with lemon wedges.

## 2 TURN ON THE OVEN Barbecue Shrimp

**MAKES:** 6 servings **HANDS-ON TIME:** 10 min. **TOTAL TIME:** 35 min.

*In New Orleans, this dish is a staple on restaurant menus.*


**TRY THIS SIDE:** While the shrimp are baking to perfection, you can add some frozen Texas toast to the oven. Bake 6 slices according to package directions, and use the bread to sop up the rich buttery sauce.

- 1 1/2 lb. unpeeled jumbo raw shrimp (21/25 count)
- 1 large lemon, cut into wedges
- 1 (0.7-oz.) envelope Italian dressing mix
- 1/2 cup melted butter
- 1/2 cup loosely packed fresh flat-leaf parsley

1. Preheat oven to 425°. Place shrimp and lemon in a 13- x 9-inch baking dish. Stir together dressing mix and butter. Pour butter mixture over shrimp, stirring to coat.
2. Bake, covered, at 425° for 25 to 30 minutes or just until shrimp turn pink, stirring once.
3. Remove shrimp mixture from oven, and sprinkle with parsley. ➔

## Introducing the New and Improved Quick-Fix Suppers—Online!

What's for supper? Get quick and easy solutions from Southern Plate author and blogger Christy Jordan in our NEW how-to video series.

 [southernliving.com/quickfix](http://southernliving.com/quickfix)

### HERE'S WHAT YOU'LL FIND

#### EVERY DAY

- Daily time-saving tips

#### EVERY WEEK

- Meal ideas with Christy Jordan

#### ANYTIME!

- Hundreds of recipes, ideas, and tips for family suppers
- Quick fixes for chicken, beef, pasta and more





### 3 WRAP IT IN A TORTILLA

## Poblano Fish Tacos

**MAKES:** 6 servings **HANDS-ON TIME:** 22 min. **TOTAL TIME:** 40 min.

**TRY THIS TWIST:** Top with crumbled queso fresco (fresh Mexican cheese) for a tasty variation.

- 1 large poblano pepper
- 1/2 English cucumber, coarsely chopped
- 1 cup grape tomatoes, quartered
- 2 Tbsp. chopped red onion
- 1 garlic clove, minced
- 1/2 tsp. salt
- 3 Tbsp. fresh lime juice, divided
- 4 Tbsp. olive oil, divided
- 1 Tbsp. mango-lime seafood seasoning
- 1 1/2 lb. grouper or other firm white fish fillets
- 12 (6-inch) fajita-size corn tortillas, warmed
- Lime wedges

**1.** Preheat grill to 350° to 400° (medium-high) heat. Grill pepper, covered with grill lid, 3 to 4 minutes or until pepper looks blistered, turning once. Place pepper in a large zip-top plastic freezer bag; seal and let stand 10 minutes to loosen skins. Peel pepper; remove and discard seeds. Coarsely chop.

**2.** Combine pepper, cucumber, next 4 ingredients, 2 Tbsp. lime juice, and 2 Tbsp. olive oil in a bowl.

**3.** Whisk together seafood seasoning and remaining 1 Tbsp. lime juice, and 2 Tbsp. olive oil in a large shallow dish or zip-top plastic freezer bag; add fish, turning to coat. Cover or seal, and chill 5 minutes, turning

once. Remove fish from marinade, discarding marinade.

**4.** Grill fish, covered with grill lid, 3 to 4 minutes on each side or just until fish begins to flake when poked with the tip of a sharp knife and is opaque in center. Cool 5 minutes. Flake fish into bite-size pieces.

**5.** Serve fish and salsa in warm tortillas with lime wedges.

**NOTE:** We tested with Weber Mango Lime Seafood Seasoning.

### 4 FIRE UP THE GRILL

## Grilled Grouper with Watermelon Salsa

**MAKES:** 4 servings **HANDS-ON TIME:** 21 min. **TOTAL TIME:** 21 min.

**TRY THIS TWIST:** For a sandwich option, serve fish and salsa in pita pockets.

- 4 (4-oz.) grouper fillets
- 1 tsp. freshly ground pepper
- 1 tsp. salt, divided
- 3 Tbsp. olive oil, divided
- 2 cups chopped seedless watermelon
- 1/4 cup chopped pitted kalamata olives
- 1/2 English cucumber, chopped
- 1 small jalapeño pepper, seeded and minced
- 2 Tbsp. minced red onion
- 2 Tbsp. white balsamic vinegar

**1.** Preheat grill to 350° to 400° (medium-high) heat. Sprinkle grouper with pepper and 1/2 tsp. salt. Drizzle with 2 Tbsp. olive oil.

**2.** Grill fish, covered with grill lid, 3 to 4 minutes on each side or just until fish begins to flake when poked with the tip of a sharp knife and is opaque in center.

**3.** Combine chopped watermelon, next 5 ingredients, and remaining 1/2 tsp. salt and 1 Tbsp. olive oil. Serve with grilled fish.

### 5 BOWL 'EM OVER

## Spicy Shrimp Noodle Bowl

**MAKES:** 4 servings **HANDS-ON TIME:** 15 min. **TOTAL TIME:** 20 min.

**TRY THIS TWIST:** Add additional fresh cilantro and a squeeze of lime juice for extra flavor.

- 1 (8.2-oz.) package teriyaki-flavored Asian-style noodles
- 2 (14.5-oz.) cans chicken broth
- 1 lb. peeled and deveined, medium-size raw shrimp (31/40 count)
- 1/4 cup spicy Szechuan sauce
- 2 cups shredded napa cabbage
- 1 cup fresh snow peas, trimmed and cut into 1-inch pieces
- 3/4 cup shredded carrots
- 1/4 cup loosely packed fresh cilantro leaves
- 3 green onions, thinly sliced

**1.** Cook noodles according to package directions; drain.

**2.** Stir together flavor packet from noodles and chicken broth in a 3-qt. saucepan. Bring to a boil; add shrimp, and cook 3 minutes. Stir in Szechuan sauce and next 3 ingredients. Cook 2 minutes. Stir in noodles, cilantro, and green onions.

**NOTE:** We tested with Annie Chun's All Natural Asian Cuisine Teriyaki Meal Starter and House of Tsang Szechuan Spicy Stir Fry Sauce. **SL**



### Vanessa's Seafood Tips

**Test Kitchen Specialist Vanessa Rocchio, who created these easy, delicious meals, shares some pointers.**

- Avoid fish that smells fishy. Fresh fish should not have an odor.

- Choose shrimp that are firm in texture, and avoid any that have dark spots.

- If purchasing shrimp with shells, make sure the shells are tightly intact.

- Fresh seafood is best stored packed in ice.