

Seafood Supper with a Southern Twist

Written by Debbi Covington

Tuesday, 12 July 2016 11:55 - Last Updated Wednesday, 13 July 2016 07:42



Life's a beach! Although you may not be able to actually transport your dinner party to the ocean, you can create the ambiance of the beach for your guests. Scatter sand around a centerpiece décor of driftwood, shells and other beach treasures. Decorate your dining table with twinkle lights and candles. Crank up some beach music on the stereo. You can almost feel the ocean breeze! (Photography by Paul Nurnberg.)

Shrimp Waldorf Salad

The original Waldorf salad was created at the Waldorf Astoria Hotel in New York in the late 1890's. It was considered the height of sophistication. This version features shrimp.

2 pounds medium shrimp, peeled and deveined

½ cup mayonnaise

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1/3 cup buttermilk

1 tablespoon fresh lemon juice

1 teaspoon dried tarragon

1 teaspoon Dijon mustard

2 Fuji apples, cored and diced

2 cups red seedless grapes, halved

1½ cups diced celery

½ cup slivered almonds, toasted

Sea salt

Freshly ground black pepper

Romaine lettuce

1 tablespoon snipped fresh chives

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Cook the shrimp in boiling water until just pink; drain and cool. In a medium bowl, whisk mayonnaise, buttermilk, lemon juice, tarragon and mustard. Cut the shrimp into ½-inch pieces; place in a large bowl with apples, grapes, celery and almonds. Toss with enough dressing to coat ingredients. Season, to taste, with salt and pepper. Serve the salad on a bed of romaine lettuce leaves. Garnish with chopped chives. Serves 8 to 10.

Salmon with Cream Sauce Dijon

Gorgeous fish when whole, king, sockeye and coho are choice wild fish, available from



spring through fall. Atlantic salmon, only available farm raised, is notable for its consistent quality, but is not as flavorful as the wild varieties. Use tweezers to remove any stray pin bones, which run down the center of the salmon fillets, before cooking.

½ cup sour cream

¼ cup dry white wine

1 cup heavy whipping cream

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1 tablespoon minced onion

1 tablespoon Dijon mustard

¼ cup all-purpose flour

White pepper

Dried dill weed

1 (1½-pound) salmon fillet, skin removed

3 tablespoon capers, drained

In a small bowl, combine first 8 ingredients until well blended. Preheat oven to 350 degrees. Lightly grease a medium baking dish. Place salmon in baking dish. Pour cream sauce evenly over salmon. Bake, uncovered, for 30 to 40 minutes or until fish is easily flaked with a fork. Garnish with capers before serving. Serves 4 to 6.

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Mixed Wild & White Rice Pilaf is a dish that has a hint of fruity sweetness thanks to the addition of dried fruit. It's a great side dish for a seafood meal.



Shrimp & Crab Cakes are a classic Southern dish. They are made with fresh shrimp and crab, breaded, and fried. They are a great side dish for a seafood meal.



Debbi Covington is a food writer and photographer. She has written for several food magazines and websites. She is currently working on a cookbook about Southern seafood.