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To prepare a Cajun Seafood Recipe use Seafood Base and your favorite Cajun Seasoning - preferably not salt-first. About the Recipes Heidi & David. Page 16 Page 1 TABLE OF CONTENTS SEAFOOD BASE Bayou Shrimp & Scallop Muddle 2 Gulf Coast Shrimp Pasta Salad 2 Chesapeake Bay Seafood Rolls 3 Seafood Soup with Cilantro 3 Seafood Puffs 4 Irish Seafood Chowder 5 Seafood & Artichoke Chowder 6 Seafood ...

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### **Seafood Week**

EASY AND DELICIOUS JAPANESE RECIPES Katsu Curry KiMpira Rice Burger Shirataki Spaghetti with Mushrooms Umeshu Sparkling Jelly SAKE COCKTAILS CLASSIC SEAFOOD FUTO MAKI OSHIZUSHI METHODS 1. Heat the 1 tbsp of oil in a large saucepan, fry the onion and carrot over a medium heat until softened. Add the water, bring to the boil, reduce the heat and simmer for 10 minutes. Remove from the heat then ...

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1 All the recipes in this guide have step-by-step advice to help you bake beautifully. Remember the three golden rules: 1. Read the recipe through before you start.

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