



PRESIDENT'S MESSAGE

Well, we're in our "winter" weather patterns, a bunch of nice days and a few cold days with blustery northwest winds. But, timed properly the fishing can be great. That time is usually just before the cold front hits. The experts, our guides, tell us that's the time to fish but during and immediately following the front the fish are finicky. Then it's time to tie some flies. And, speaking of tying flies, we'll resume the tying program in January probably on Saturday mornings unless we get other suggestions.



The schedule will be posted later.

We've had some excellent speakers. The quality presenters, Capt. Rick DePaiva and Capt. Pete Greenan will be followed by Rusty Chinnis, a renowned writer, photographer and incidentally, an expert fly fisher in local and far flung waters. Don't miss his presentation. More great speakers are being contacted for dates in 2009. We're excited at the prospects.

The first club function of the New Year is family BBQ and picnic. This fun social event is planned for January 21 at the Eagle Club. I repeat, this is a fun family social outing so members are encouraged to bring the family.

Don't forget the Don Coleman Invitational outing being sponsored by the Suncoast Fly Fishers at Ft. De Soto Park December 20. Past events have been a smashing success. If you haven't already done so please contact Tony Saviano to sign up. They need a head count for food requirements.

A new slate of officers and directors are needed for 2009. Without these folks the club can't function. The requirements are not burdensome or very time consuming so call me or Pete Greenan for details. The club needs volunteers.

Dues for 2009 can be paid anytime now. In consideration of the current economic situation there will be no increase. The bargain rates will remain in effect for all the benefits the club will offer (more are planned) next year. Avoid the rush; send in your dues now.

NEXT MEETING

Tuesday, November 25th. Our speaker will be **Rusty Chinnis**, expert fly fisherman, photojournalist, & founder and 1st president of Sarasota BayWatch. Rusty will give a Power Point presentation on **fly fishing for bonefish in the Bahamas** during the winter.



BIO: Rusty Chinnis is a State Certified General Contractor who has been a

fly fishing writer and photographer for close to two decades. Rusty lives on Longboat Key and is a Contributing Editor to Fly Fishing in Saltwaters magazine and is the Outdoors Editor of the Anna Maria Island.

Rusty is a FFF Certified and Orvis Endorsed Group Fly Casting Instructor. Rusty was the founder and first President of the Manatee Chapter of the Florida Conservation Association, and a Co-Founder of the Sister Keys Conservancy. Rusty served as President and Chairman of the Board of The Florida Outdoor Writers Association and is a member of the Outdoor Writers Association of America.

He is currently President of Sarasota Bay Watch a 501c (3) environmental organization committed to preserving the health of Sarasota Bay through education and citizen participation.





Capt. Rick Grassetto congratulating Brent Wilson



Capt. John Hand, President Bob Parker and Bill Hopper



A handsome group indeed. Left to Right Orvis Rep Robert Bryant, Orvis Senior Product designer Steve Hemkens, Dusty Sprague and Capt. Jamie Allen.

2008 MCFF/CCA Fall Fly Fishing Challenge Results

Fly Angler Division- open to all fly anglers except for licensed captains and guides

1st Place-Mike Kmon, Sarasota, FL
221 pts.

2nd Place-Brent Wilson, Sarasota, FL
91.25 pts.

3rd Place-Steve Gibson, Sarasota, FL
63 pts.

4th Place-Justin Hamblet, Sarasota, FL
50.5 pts.

5th Place-Brad Pederson, Bradenton, FL
47.5 pts.

6th Place-Frank Bush, Hartsville, SC
18.5 pts.

Open Division-for guides, licensed captains or anyone fishing with a licensed captain and any other fly angler that wishes to compete

Grand Champion (Slam consisting of largest snook, redfish and trout)

Walter Hamm, Sarasota, FL
70.25"

Snook Division-Total inches
Leigh West, Tampa, FL
44.5"

Redfish Division-Total inches
Capt. Austin Lowder, Placida, FL
166"

Trout division-Total inches
Capt. Bryon Chamberlin, Land O'Lakes, FL
180.25"



Capt. Rick Grassetto with Mike Kmon, Sarasota, FL Winner of the Fly Angler division

BOAT SHARING

One of the objectives of MCFF is to encourage our membership to fly fish as often as possible. The club recognizes that every member does not own a boat or have access to one. With that in mind, we have initiated a program that will help resolve this problem. Listed below are members that are willing to share their boats with other members for fishing trips. If you are a member that wishes to take advantage of this opportunity, please contact one of those listed. .

Also, we feel that if you do share a boat, it would be appropriate to share expenses.

If you would like to put your name on the list, send your info to patbeckw@comcast.net for inclusion. If you want to go fishing, call a member on the list.

Rick Schwartz

941-966-6434. 18' Sea Pro Bay. Prefer to fish weekdays from S. Sarasota to Charlotte Harbor. Fly and spin.

Ron Whiteley

941-697-548-1453 17' Maverick HPX tunnel. Times and places you like to fish. Yes, Fly.

Roger Williams

941-748-5477. 16 foot Scout boat. Manatee River and Terra Ceia Bay. Weekdays only. Spin or Fly.

Phillip Waguespack

941-474-5209. 18' Shoal Cat. Fish weekends mostly. Charlotte Harbor, Lemon Bay. Fly.

Dick Phinney

941 697-8421, gphinney@comcast.com.

Dick has a 22ft. Scout.

Preston Jones

941-729-3306: jonesp018@yahoo.com: Lower Tampa Bay, Terra Ceia Bay, Northern Sarasota Bay including Anna Maria Sound or anywhere else. Fly only.



RANDOM THOUGHTS FROM THE TYING BENCH

By Don Coleman

TYING AND FISHING STREAMERS –

Streamer flies should be tied to *represent* baitfish. They should present a vague impression of food—something alive, something moving. *Imitation* is best achieved by the way a fly is worked in front of a fish. A fly does not have to look like food; it just has to act like food. Size and the illusion of life are more important than fly pattern.

There is more to fly fishing than just throwing a fly out there and stripping it back—copying spin fishers. A fly rod is much more versatile. If fish are feeding on the drift, a Dead Drift, a Wet Fly Swing, or a “Greased Line” Swing—which Ken Abrames says “transcends fly fishing as a sport and moves it into the realm of art”—should be considered. The strip retrieve is at its best when fish are not feeding on the “drift” in a current line or when there is little or no current. The only retrieve you can use with intermediate, sinking tip or sinking fly lines is the strip retrieve. Only floating lines allow you to mend your line in current and surf and take advantage of the versatility of a fly rod and traditional fly fishing techniques.

THE GREEN AND GOLD -- This wonderful bend-back pattern was developed by Leigh West of the Tampa Bay Fly Fishing Club. Leigh usually ties this pattern on a 2/0 standard length saltwater hook. Here are Leigh’s own words, “This fly is easy to tie and it’s virtually weedless and maintenance free. It doesn’t resemble any type of baitfish, and is a more subdued attractor pattern. It just happens to look right in place over the grass flats and yellow sand pot holes in our area. The Flashabou sides give the fly a lot of flash and movement, even when worked slowly. This fly works well on redfish, snook, and trout. Scale down the proportions and hook size for winter/clear water situations and for tailing redfish.” Leigh considers it an alternative to a gold spoon. It is tied as a bendback with all of the components of the wing tied in immediately behind the hook eye. Here is how to tie Leigh’s Green and Gold:

Debarb and sharpen and bend the hook. Then wrap on a gold flashabou body and overwrap with vinyl rib or 20 pound clear monofilament.

Cont’d page 6

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tsaviano@verizon.net

CALENDAR

November 25 - Monthly Meeting - Twin Lakes Park

November 27 Happy Thanks-
giving



December 20 - Don Coleman
Invitational - Ft. DeSoto Park, Sponsored by the Sun-
coast Fly Fishers

Steve Gibson
PH: 941-379-2839

EMAIL: steve@kayakfishingsarasota.com
www.kayakfishingsarasota.com

Capt. Rick Grasset
PH: 941-923-7799

MAIL: snookfin@aol.com
www.snookfin-addict.com
www.flyfishingflorida.net

Capt. Pete Greenan
PH: 941-232-2960
923-6095

EMAIL: captpete@floridaflyfishing.com
www.floridaflyfishing.com

Capt. Bobby Hillbrunner
PH: 941-751-6635
320-9791

EMAIL: fishnflyer@earthlink.net

Capt. Tony Petrella
PH: 941-496-4289

EMAIL: tightloops@peoplepc.com
www.tightloopsflyfishing.com

Capt Mark Phelps,
PH: 843-475-1274

EMAIL: shorethangcharter@hotmail.com
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Capt. Terry Frankford
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C - 228-7802

EMAIL: terry.franford@verizon.net

Capt. Al White
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C 941-830-1375

EMAIL: bocaonthefly@yahoo.com
www.bocaonthefly.com

Capt. Ray Markham
PH 941-723-2655
C 941-228-3474

EMAIL: Flatback@tampabay.rr.com

Capt. John Hand
PH 239-842-7778

EMAIL: tomatoesjh@yahoo.com
www.redfishlandingguideservice.com

Capt Steve Warren
PH 941-302-4544

EMAIL: martybw7@comcast.net
www.summertime.qpg.com

Capt. Rick Depaiva
PH 1-239-246-8726

EMAIL: flynutt@aol.com
www.saltwaterflyfishing.org

Bend Back Cont'd from pg 10

Lead wire needs to be tied in along the shank

behind the bend. If you are covering the shank of the hook with some type of material, extend the materials one-third of the way up the hook's gape; this will disguise the hook completely once the wing is added.

Craig Smothers
www.flyfishdoc.com

Capt. Rick Grasset's Fly Fishing Forecast for December 2008

This is a good month for reds, snook and trout on the flats and snook around lighted docks and bridge fenders at night. You might also find good action in the coastal gulf for Spanish and king mackerel, little tunny, bluefish and tripletail depending on weather and water temperature. Trout season remains closed this month in the south zone (south of the Pinellas-Pasco county line) and snook season closes, so handle those species gently.

You'll find **snook** around lighted docks and bridge fenders in the ICW during December. Fish peak tidal flows for the best action. Snook are binge feeders, filling their bellies when the tide is moving the strongest and relaxing when the tide is slack. You should also find them in backcountry areas and in rivers and creeks. They may venture onto shallow flats on warm, sunny afternoons to feed. Snook feed on different baits in the ICW, on the flats and in rivers, creeks and canals. Generally speaking they feed on smaller baits at night around lighted docks and bridge fenders, so small white flies like my Snook Minnow (a.k.a. Grass Minnow) work well. In other area, they usually feed on slightly larger baits. Be observant of the bait that they are feeding on or that is present in those areas and try to duplicate it. Clouser, Deceivers and Enrico Puglisi style baitfish patterns are good choices on the flats and in rivers and creeks.

Reds and trout are more tolerant of cool water than snook and they will be active on shallow flats this month. Reds may tail in Gasparilla Sound on the negative low tides on either side of the full moon on Dec. 12th and the new moon on Dec. 27th. You can target tailing reds with flies that suspend or sink slowly, like my Flats minnow fly. Cast close to the fish when it is tailing and wait for the tail to disappear (when the fish is facing horizontal) and twitch your fly slightly. You'll want weed guards on your flies when targeting tailing reds. As the tide rises, reds will spread out and feed along mangrove shorelines. You may find trout in potholes when the tide is low and they will also spread out on shallow flats as the tide rises. Following a cold front, trout may seek deeper water of creeks, canals and docks. You'll also find snook around docks, although they won't be as concentrated during the day as they may be at night. You might also find **flounder, mangrove snapper, jacks and sheepshead** around docks. Clouser flies are ideal for fishing potholes or around docks. The lead eyes will get the fly down in deeper water and the jigging action of the fly when it is stripped triggers strikes. Remember

that both snook and trout are closed this month so handle them gently.

In the coastal gulf, we might still have action with **Spanish and king mackerel, bluefish and little tunny**. Look for surface activity (diving birds and baitfish being forced out of the water by predators) to indicate their presence. Once you've found them, you can cast flies to catch them. I like to use Ultra Hair Clouser flies tied on long shank hooks (Mustad #34011) when targeting toothy fish. I tie the material about ½ way back on the shank, so that the exposed hook shank helps keep sharp teeth away from your leader. I also epoxy the thread and load the fly with flash. Fish will often chew all the flash out of a fly before they destroy it making it less effective. You'll need to add wire ahead of your fly, lure or bait when targeting mackerel. Sometimes I use 60-pound fluorocarbon instead of wire when fish are shying away due to wire. In the absence of fish on the surface, go to one of the many artificial reefs and drift or anchor over the structure to find fish that aren't showing on the surface. You'll want to fish deeper, so fast sinking fly lines (300 or 350-grain) and weighted flies to get them down in the water column will work best.

You might also find **Spanish mackerel and blues** on deep grass flats in Sarasota Bay or in Big and New Pass. I prefer to cast Ultra hair Clouser flies on intermediate or intermediate sink tip fly lines when fishing these areas. Cast ahead of the drift on deep grass flats to locate fish or drift and cast perpendicular to the drift in the passes.

December is usually a good fishing month. I usually let weather and the fish tell me where and when to fish. Go with what is working best. I like to fish the coastal gulf during early December when conditions allow it. Little tunny are one of my favorite fish to catch with a fly and we have had some great action for them in early December in past years. Whatever you choose to do, **remember to always limit your kill, don't kill your limit!**

Tight Lines,
Capt. Rick Grasset
Snook Fin-Addict Guide Service, Inc.
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(941) 923-7799
E-mail snookfin@aol.com
www.flyfishingflorida.net and www.snookfin-addict.com

Wing the fly with alternating layers of gold flashabou and soft brown or olive bucktail. Use two sparse layers of bucktail with the first layer being 1 1/3 times the hook length and the second layer 1 2/3 times the hook length. Top the fly with a generous (as large as preceding layers combined) amount of peacock herl twice the length of the hook. Tie in lateral lines with several strands of gold flashabou. Then build a brown thread head and whip finish.

MYSTERIES — I would not like to live in a world without mysteries. Nor would I like to think that there is nothing else for me to learn beyond what I have personally experienced.

MAXIMS: Keep your mind on the fly you are fishing, not in your fly box.
Size and the illusion of life are more important than fly pattern.
The core of fly fishing is line handling.
Read the morning paper for the "Truth," then go fishing to get the taste of it out of your mouth. —Ed Zem

QUICK SHRIMP BENDBACK



FLY OF THE MONTH

A Quick Shrimp Bendback

Materials:

Hook: Mustad 30007 size #2-#1/0
Body: Olive/black variegated chenille
Eyes: Gold beadchain or weight with .10-.25 lead wire
Thread: Brown Flymaster+ 3/0
Wing: yellow, olive, and brown bucktail
Flash: gold flashabou
Misc: Dave's Fleximent

The only hard part of this fly is properly bending the hook. **DO NOT OVERBEND!**(see other article on page 10). Start with the hook in the vice bend up, hook point down. Thread the entire shank of the hook going one-third of the way up the hook's gape. Now thread back to the bend you have created. Just behind the bend, tie in the beadchain eyes or lead wire. In the case of the wire, tie it back all the way along the back of the shank to one-third up the gape of the hook. Starting with the thread in the back of the gape, tie in the chenille. Thread forward to just ahead of the hook's bend. Lay a glue base all along the thread to the bend. Wrap the chenille forward (away from yourself over the top) until you have covered the shank to the hook's bend. X-wrap the beadchain if you have them. Tie off the chenille and trim. You now have a completed fly body.

The wing is a blend of colors. Turn the fly over in the vice, attaching it at the middle of the hook's gape above the chenille. Start with the yellow bucktail (not too much—go sparse). Tie in the yellow bucktail extending it beyond the hook about one and a half times. Next, tie in the olive bucktail just a bit shorter than the yellow (again—sparse). Next, top the other colors with brown bucktail, again slightly shorter (and again—sparse). Finish the wing with eight to ten strands of gold flashabou doubled over the thread. Whip finish and glue. Done!

There are a million variations!

Craig Smothers
www.flyfishdoc.com

A ROUGH DAY ON THE WATER IS STILL A GOOD DAY.

On October 25th I had the pleasure of hosting Cynthia and Fred Dunayer, who had won the raffle at the September meeting. It started out as a cool windy morning. The fish were staging at the mouth of the Little Manatee River. However, they were uncooperative. Cynthia had a few short strikes from snook around the mangroves but no real takes.

We take what nature gives us, so we used it as an opportunity to work on casting in windy situations. We poled through the mangrove islands at the mouth of the river searching for that one hungry fish which we didn't find. It was a beautiful day except for the windy conditions. It was a pleasure to watch Cynthia improve her casting ability throughout the day.

I enjoyed sharing the day and my small piece of the world with Cynthia and Fred. I hope they continue on this journey of the shallow water fly fishing world.

Thanks to Cynthia and Fred for sharing their day with me and supporting the MCFE Club.

Get On the Water ---
Bend a Rod,
Capt. John Hand

CONNETQUOT STATE PRESERVE

For those of you who are unaware, the NY State DEC has decided to close the hatchery on Long Island at the Connetquot State Preserve. The historic, educational, and financial impact on the park will be catastrophic. Please write the DEC Commissioner and ask that the Hatchery remain open.

DEC Commissioner Grannis
New York State department of Environmental Conservation
625 Broadway
Albany, NY 12233-1011

CASEY KEY ANGLERS NEW HOURS

SHOP HOURS are back on the winter schedule:
Monday, Wednesday, Friday and Saturday 10am to 5pm
Tuesday and Thursday 10am to 8pm
Sunday noon to 4pm

FREE FLY TYING CLASSES

Tuesday and Thursday 6pm to 8pm

FREE CASTING CLASSES with FFF Master CCI

Dusty Sprague and FFF CCI Capt. Tony Petrella at the shop:

Nov. 30 1pm to 3pm	Feb. 15 1pm to 3pm
Dec. 21 1pm to 3pm	Mar. 15 1pm to 3pm
Jan. 18 1pm to 3pm	Apr. 19 1pm to 3pm

FREE SEMINARS at Casey Key Anglers & Outfitters
6pm to 8pm:

Dec. 9: Successful Saltwater Tactics
Jan. 13: Snook Day and Night
Feb. 10: Redfish Strategies
Mar. 10: Spanish, Tunny and More
Apr. 14: Tarpon!

DON'T FORGET: Gift Certificates for shop merchandise and guided charters are perfect for the angler in your life all year long!

NOMINATING COMMITTEE SLATE

The Nominating Committee recommends the following slate of officers for 2009/2010

President - Bob Parker
Vice President - Evan Jones
Secretary - open
Treasurer - open
Director-at-Large - Greg Huffman
Director-at-Large - Roger Williams
Director-at-Large - Ryan Miller

Nomination can be made to;
Pete Greenan - captpete@floridaflyfishing.com or 941 232 2960

Election will take place at our next stated communication. Nominations may also be taken from the floor.

Pete Greenan- chairman, Nominating Committee



LEFTY'S TIPS

Lefty Kreh has allowed us to print tips from his book "Lefty's 101 FlyFishing Tips".

ANNOUNCEMENTS

Someone at the November meeting will have the winning raffle ticket for another guide trip donated to the club by Captain John Hand of Ruskin. Previous winners have reported a thoroughly pleasant time spent fishing with and learning from John. When the fish have been temporarily uncooperative expert casting tips are offered. Capt. John has recently earned Master certified casting instructor status with the Federation of Fly Fishermen so any of his tips are particularly valuable

In addition to the Master casting instructor certification John is now an approved Orvis fly fishing guide. And that's not easy to achieve either. We thank Captain John Hand for his continued valuable support of MCFE in helping us meet our goals.



Casting Tip Cont'd

practice accuracy and if you have room, distance as well. Keeping the outfit rigged up and hanging in the garage or house will make it easy to grab it and practice a few minutes each day. If you practice ten to twenty minutes a day, three or so times a week you will be amazed at the improvement you'll see.

by Dusty Sprague

50 CARRY YOUR ROD BEHIND YOU



After you break your first rod walking through the woods, you learn never to carry it in front of you again. Always walk with the rod behind you. Be sure, too, to keep the leader and line tight against the rod to prevent it from snagging on brush

CASTING TIP

Practice Makes Perfect.

The single most important factor in learning to cast or improving your casting is practice. You simply cannot buy skill, it comes only with time and effort on your part, but, surprisingly not a lot of either is required to become proficient with a fly rod. It's important to practice correctly. If you practice wrong, as Gary Borger once said, it will just make you perfectly wrong. If you don't know how to make a good cast, get some solid instruction, from someone who is a good instructor. The Federation of Fly Fishers Certified or Master Casting Instructors in your area can provide the help you need. After you know how to practice correctly rig up a rod, line, leader and yarn fly and use it on the grass to

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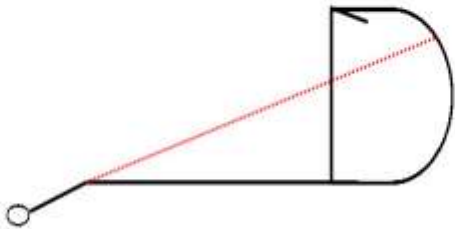
VERSATILE BEND BACK

We're coming into winter. Winter means extreme low tides and lower average tides. The sea grasses which were in the deeper water this summer are now exposed. Cooler water brings the fish up into these shallow grasses to warm up. Shallow water means spookier fish and an abundance of grasses to snag up your flies.

Low water means a change in your fishing strategies. First, fishing shallow means you don't need (heavily) weighted flies. Second, you need a stealthier (quiet) presentation. Third, fish are more likely feeding on crustations, or smaller bait fish. Forth, you need a fly which doesn't bring in more grass than fish. The obvious choice is the bendback...

The bendback is a versatile player. It can be dressed to look like a shrimp, crab, or baitfish. It can be dressed with any of your favorite materials or colors. Most patterns can be tied quickly. Its profile and build makes for quick and quiet presentations. Weight can be added with lead wire, bead chain eyes, small dumbbell eyes, or not at all. And best of all, it is inherently weedless when properly dressed.

A properly bent hook. Notice that the plain of the bend meets the back of the gape of the hook. If it is over-bent beyond the point of the hook, hooking the fish is impossible; the angle with which the hook travels doesn't allow for the hook point to dig into the fishes mouth.



It is important to bend the hook properly. The angle of the bend is much different on a long shank hook verses a short shank hook. There has to be enough room on the front portion of the bend to allow you to tie in the wing materials without crowding the hook eye. Bead chain and barbell eyes need to be tied in slightly behind the bend.

Cont'd page 4

MEMBERSHIP BENEFITS



- **Monthly Meetings**
- **Raffles**
- **Boat Sharing**
- **Fly Casting Instruction**
- **Fly Tying Instruction**
- **Fishing Reports**
- **Newsletter**
- **Web Page**
- **Club Outings and trips**
- **Membership in Federation of Fly Fishers**
- **Full Library of books and DVD's for Fly Fishing**





November 2008
Officers and Board of Directors

Mangrove Coast Fly Fishers
 P.O. Box 3792
 Sarasota, FL 34230-3792

**BOARD MEMBERS****OFFICE****PHONE****EMAIL**

Robert Parker	President	320-2400	2bobprkr@gmail.com
John A Freeman III	Past President	228-5938	john.a.freeman@smithbarney.com
Pete Greenan,	Past President /Publicity	923-6095	Captpete@floridaflyfishing.com
David Shugol	First Vice President	752-4281	davids0328@aol.com
TBA	2nd V.P / Retail Liaison	-----	
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Tony Saviano	Outings Coordinator	727-0501	tsaviano@verizon.net
Roger Williams,	FFF Liaison	748-5477	rogerinke@aol.com
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Greg Huffman,	Web Site Liaison	926-9416	glhuffman@aol.com
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Steve Warren,	Guides Liaison	302-4544	marty7@mindspring.com
Bobby Hillbrunner	State Fisheries Liaison	320-9791	fishflyer@earthlink.net
Rick Smith	Scholarship Chairman	954-4040	rdsmith@cslcpa.com
Pat Beckwith	Newsletter Editor	914-1742	patbeckw@comcast.net

MCFF Club Website: <http://www.mangrovecoastflyfishers.com>

MCFF Email List & Chat: <http://groups.yahoo.com/group/MCFF/>

MCFF Mission: To promote saltwater fly fishing and conserve, protect and restore Florida's coastal fisheries and habitats.

Meetings are on the fourth Tuesday of the month 7:00 p.m. at Twin Lakes Park in Sarasota, FL. The Board of Directors meet on the second Wednesday of each month.

The deadline for submission of material for the newsletter is the second Friday of the month that you want the article published

MEMBERSHIP APPLICATION

Name/s _____ Date _____

Address _____

City _____ State _____ Zip _____

Telephones (_____) _____

E-Mail (club use only) _____

Mail Check payable to:
Mangrove Coast Fly Fishers ,
P.O. Box 3792
Sarasota FL, 34230

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Federation of Fly Fishers

Individual	\$65	_____
Family	\$80	_____
Senior	\$45	_____
MCFF only	\$30	_____



MANGROVE COAST FLY FISHERS
P. O. BOX 3792 SARASOTA, FL. 34230-3792

**Meeting location:
Twin Lakes Park
Green Building - Right door**



RECIPE OF THE MONTH

Ron's Sea Scallops with Apples
Ingredients:

- 2 lbs of large sea scallops
- 1.5 Cups of rice. (Any type you like)
- 3 Apples. (Any type you like)
- 12 ounces of Crab Meat
- 1 Lb of Small Salad Shrimp
- 2 Tablespoons of Fresh Sweet Basil
- 2 Tablespoons of Fresh Rosemary
- 2 Tablespoons of fresh Sage
- 2 Tablespoons of Butter
- 2 Tablespoons of Olive Oil
- 1 Medium Onion
- 2 Sweet Bell Peppers
- 3 Cups of Apple Juice
- 1 Cup of White Wine (Pinot Grigio is nice)
- 1 Package of Hollandaise Mix
- 1 Lime
- A Large Skillet Pan
- A small pot, 1 qt
- A medium, 2 qt pot

Chop the herbs into small pieces, about one quarter inch.

Chop the peppers and onions into about one quarter to one half inch pieces.

Core and peel the apples, cut into about one quarter to one half inch pieces.

Place the rice, apple Juice and one of the chopped apples in the medium pot and bring to a boil. Let simmer until rice is done.

Place the Olive Oil, butter, herbs, peppers, onion, Crab Meat, Shrimp and two of the chopped apples in the skillet on medium heat. Stir and add Scallops and white wine. Cook until the Scallops are done, about 5 minutes.

Remove the Scallops and set aside.

Prepare the Hollandaise in the small pot according to package directions, squeeze the juice from the lime and add the juice to the mix.

When the rice is ready place it on a large platter, top it with the Scallops.

Increase the heat on the skillet until the mixture begins to thicken, add wine as needed. Stir in the Hollandaise and pour over the Scallops and Rice.

Serve with a fruity white wine, Ballet of Angels is a good choice. Serves 6