

Diana's Gourmet Cioppino

Serves 2

olive oil	1 teaspoon oregano
3 small white onions, finely chopped	2 small red peppers, crushed
1 green pepper, finely chopped	1 pound seafood and fish (reserve liquid), shells removed from shrimp
3 large garlic cloves, minced	clam broth
1 14-ounce can Petit Ready Cut tomatoes	salt, pepper
1 8-ounce can tomato sauce	lemon juice
½ teaspoon sugar	2 tablespoons cilantro, chopped

Sauté onions, pepper and garlic in oil. Add tomatoes, tomato sauce, sugar oregano, peppers and reserve fish liquid. Simmer uncovered for 10 minutes or until thick. Sauté seafood in olive oil; add to sauce. Add clam broth to desired consistency. Add lemon juice, salt and pepper to taste. Garnish with cilantro.

***Deep Fried Scallops**

Serves 4

1 1/2 pounds sea scallops, rinsed and
dried, side muscle removed
3/4 cup milk
1 cup flour
1 teaspoon salt
1/8 teaspoon nutmeg

1/4 teaspoon pepper
2 eggs
4 tablespoons milk
1 1/2 cups seasoned crumbs
tartar sauce

Dip scallops in the following order:

1. Milk
2. Flour, salt, nutmeg, pepper
3. Eggs and milk, beaten together
4. Seasoned crumbs

Let set for 20 minutes unrefrigerated. Deep fry at 355-degrees in batches for 2 to 3minutes or until browned. Drain on paper towels. Serve with tartar sauce.

***Shrimp Scampi**

Serves 4

1 1/2 pounds shrimp, shelled and dried
4 tablespoon butter
1/4 cup olive oil
2 tablespoons shallots
2+ teaspoons garlic, mashed
salt and pepper
lemon juice
minced parsley
warm, crusty bread

Sauté shrimp, garlic and onions in butter and oil for 3 minutes. Season, garnish and serve with bread to soak up the sauce.

Beach Sticks

Serves 4

Alton Brown

1 1/2 pounds, day old, cod or other thick,
white fish, at room temperature, cut into
2x4- inch pieces, bones removed
1 quart of vegetable oil for deep frying
2 cups flour
1 tablespoon baking powder

1 teaspoon kosher salt
Optional: 1/4 teaspoon cayenne pepper
dash Old Bay Seasoning
1 bottle brown beer or ale, cold
cornstarch for dredging
tartar sauce and malt vinegar

In a bowl, whisk together flour, baking powder, salt, cayenne pepper and Old Bay seasoning. Whisk in beer until batter is completely smooth and free of any lumps. Refrigerate for 15 minutes. (Batter can be made up to 1 hour ahead of time.)

Heat oil to 350-degrees. Maintain this temperature or higher throughout cooking. Lightly dredge fish in cornstarch. Shake off excess. Working in small batches, dip fish into batter and immerse into hot oil. When batter is set, turn pieces of fish over and cook until golden brown, about 2 minutes. Drain fish on roasting rack. Serve with tartar sauce and malt vinegar.

***Ceviche**

Serves 8-10 as a first course

1 cup bay scallops
1 cup halibut, cubed
1 cup fresh lime juice
1 cup diced peeled tomato
1/4 cup sliced green onion
1/4 cup olive oil
1 tablespoon dry white wine
1 tablespoon chili sauce

1 tablespoon white vinegar
1 cup tomato juice
1/4 teaspoon oregano
8 pitted green olives, sliced
salt, pepper
1/2 cup small shrimp, cooked
1 1/2 tablespoons minced parsley
Optional: corn chips

Place scallops and halibut in glass dish. Add lime juice to cover. Let stand at room temperature for 3 hours.

Mix tomato, green onion, oil, wine, vinegar, chili sauce, tomato juice, oregano, olives and salt and pepper to taste. Drain fish (save liquid) and rinse in water, then drain well. Add fish to sauce along with shrimp. Add back 1 to 2 tablespoons reserved lime juice
Chill.

Serve in individual bowls topped with parsley. Serve with corn chips.

***Salmon Steaks Escargots**

Serves 8

Garlic-Herb Butter

1/2 pound butter, softened
2 tablespoons finely chopped shallots
2 teaspoons finely chopped garlic
4 tablespoons finely chopped parsley
salt and pepper

Fish

8 salmon steaks, cut 1" thick each
weighing 8 ounces
1/2 cup butter, melted
salt and pepper

Cream butter until fluffy. Stir in the remaining garlic/herb butter ingredients, salt and pepper to taste. Preheat broiler for 15 minutes. Dry salmon. Brush both sides with melted butter. Broil them with top surface 3 to 4-inches from heat for 4 to 5 minutes on each side; basting with remaining butter. Do not overcook or the salmon will taste strong. Salt and pepper steaks to taste.

Spread garlic-herb butter over steaks and serve remainder separately in sauceboat.

Fish Kebabs

Serves 4

1/2 pound large shrimp, shelled
1/2 pound salmon steak, cut into 1" pieces
1/4 pound sea scallops, side muscle removed
1/4 pound haddock, cut into 1" pieces
1/2 pound bacon
4 tablespoons butter, melted
1 teaspoon Beau Monde spice

Preheat grill for 10 minutes on high. Skewer fish with strips of bacon twisted among the pieces. Mix Beau Monde into melted butter; baste the fish. Grill on medium-high about 3 minutes per side.

Crabmeat Imperial

Serves 4

1 pound crabmeat	1/2 teaspoon horseradish
4 tablespoons butter	1 teaspoon salt
2 tablespoons flour	1 cup half & half or cream
1 tablespoon parsley, minced	1 tablespoon sherry
1-2 tablespoons minced bell pepper, sautéed	1/8 teaspoon nutmeg
1 to 2 tablespoons pimento	Parmesan cheese, shredded
1/4 teaspoon dry mustard	

Melt butter, add flour and stir. Add milk and heat to thicken, stirring constantly. Off heat, add all remaining ingredients except Parmesan. Pour into buttered casserole or individual shells. Sprinkle with Parmesan cheese.

Bake 400-degrees until sauce bubbles, about 10 to 20 minutes.

Teriyaki Salmon

Serves 4

1 ½ pounds fresh salmon fillets, at least 1-inch thick

Marinade:

1/2 cup soy sauce

1 tablespoon sugar

2 teaspoons minced ginger root

2 teaspoons lemon juice

1 garlic clove, minced

2 tablespoons sherry

olive oil

Mix together all marinade ingredients. Marinate the salmon covered at room temperature, for about 1 hour, occasionally turning the fish.

Preheat both sides of barbecue on high for 10 minutes.

Prick holes in piece of heavy foil. Oil the skin side of the salmon and put skin side down on the foil. Turn off one side of the barbecue and turn the other side to low. Put the fish on the “off” side. Grill, lid down, for 9 to 10 minutes, without turning over, or until the flesh is still lightly dark pink in the center for medium rare. Do not overcook or the salmon will taste strong.

Boil marinade until reduced by ½ and thickened. Add Sugar to taste. Lightly brush over salmon and serve.

***Coquilles Saint-Jacques A La Parisienne**
(Scallops with Mushrooms in White Wine Sauce)

<u>Serves 4</u>	<u>Serves 6</u>	<u>Serves 8</u>
1 1/2 cups chicken stock	2 1/4	3
1 1/2 cups dry white wine	2 1/4	3
3 shallots, sliced	4 1/2	6
3 celery tops with leaves	4 1/2	6
4 2-inch parsley sprigs	6	8
1 bay leaf	1 1/2	2
10 whole peppercorns	15	20
2 pounds sea scallops, sliced 1/2-inch thick	3	4
3/4 pound mushrooms, sliced	1 1/4	1 1/2
	<u>Serves 6</u>	<u>Serves 8</u>

Sauce:

4 tablespoons butter	6	8
5 tablespoons flour	7 1/2	10
3/4 cup milk	1 1/4-	1 1/2
2 egg yolks	3	4
1/4 to 1/2 cup cream	3/4	1
drops lemon juice		
white pepper		
1/4 cup imported Swiss, grated	1/4+2 tbsp	1/2

Remove the side muscle from the scallops. If they are very large, slice them 1/2 to 3/4-inch thick.

In heavy saucepan, bring stock, wine, shallots, celery, parsley, bay leaf and peppercorns to boil. Simmer uncovered 20 minutes. Strain bouillon through sieve into 12-inch enameled skillet. Rinse and drain scallops. Add scallops and

mushrooms; cover and simmer 5 minutes. Transfer scallops and mushrooms to large bowl and cover. Quickly boil remaining bouillon down to 1 cup, (1 1/2 cups, 2 cups).

Sauce: In enameled saucepan, melt butter. Off heat, stir in flour. Return to low heat and cook, stirring, for 1-2 minutes. Remove pan from heat and slowly pour in reduced bouillon and milk, whisking constantly. Return to high heat and cook, stirring with whisk. When it boils, reduce heat and let simmer slowly for 1 minute. Mix yolks and cream together in small bowl and stir into it 2 tablespoons (3 tablespoons, 4 tablespoons). of hot sauce. Add 2 tablespoon (3, 4 tablespoons) more, then whisk now heated egg yolk mixture into remaining sauce. Over medium heat, bring sauce to boil, stirring constantly then simmer for 30 seconds. Remove from heat and season with lemon juice, salt and pepper. Sauce should coat spoon fairly thickly; if too thick, thin with more cream.

With bulb baster, draw up and discard any juices that may have accumulated under scallops and mushrooms. Pour in 2/3 sauce and stir together gently. Butter scallop shells and set on baking sheet. Spoon scallop mixture into shells. Mask with remaining sauce and sprinkle with cheese.

Bake in top third of oven for 10-15 minutes or until sauce bubbles. Slide under broiler for 30 seconds to slightly brown the cheese.

Harvest Seafood Chowder

Serves 6

2-2/3 cups clam juice or fish stock	1 1/2 stalks celery, cut into 1-inch pieces
1 1/2 cups white wine	2 large tomatoes, diced
1/4 teaspoon thyme	3 medium red potatoes
1/4 teaspoon salt	1 1/2 cups half-and-half
3 tablespoons parsley, plus extra for garnish	3/4 tablespoon corn starch
2 slices bacon	3/4 pound cod
1 large garlic clove, minced	1 1/2 ounces each: raw shrimp in the shell, sea scallops and raw clams
9 ounces onion, cut into 1-inch pieces	

Discard the side muscle from the scallops; set aside. Remove the shrimp shells and add them to a sauce pan along with clam juice, wine thyme and salt. Bring to a boil; then reduce heat to simmer while you prepare the vegetables.

To the bowl of a food processor, add the parsley, garlic, celery and onions; pulse-chop 4 to 6 times. Cut bacon crosswise into ½-inch pieces. Sauté bacon until crisp. Remove bacon from pan with a slotted spoon; set aside. Sauté onion mixture in bacon oil.

Peel potatoes; cut half crosswise, then into quarters lengthwise. Stand upright in feed tube of the food processor and slice with medium pressure.

Wisk cornstarch with half-and-half. Add onion-bacon mixture, potatoes and half-and-half to stock. Boil, then simmer, covered, until potatoes are very tender, stirring occasionally, about 5 minutes. In a blender, puree ½ of the potato mixture with the half-and-half. Stir the mixture back into pot and continue simmering.

Cut the cod into 1-inch pieces; cut shrimp in half, cut scallops into ¾ -inch pieces. Add the fish to soup with the diced tomatoes and simmer gently for 5 minutes. Serve hot garnished with additional parsley.

Shrimp Swiss Sandwiches

Serves 4

1 pound cooked shrimp, well drained
and chopped

1 - 8 ounce can crushed pineapple,
drained

2 large green onions, finely sliced

2-3 stalks celery, minced

6 to 8 tablespoon mayonnaise
juice of 1/2 lemon

1/4 teaspoon curry powder

8 slices Jarlsberg Swiss cheese

4 English muffins, halved

Press excess liquid from the crushed pineapple. Mix together, shrimp, pineapple, green onions and celery.

Mix together mayonnaise, lemon juice and curry powder. Add shrimp to the mayonnaise mixture and mix well.

Scoop mixture onto English muffin halves. Top each with a slice of cheese. Broil until cheese is melted and slightly brown. Turn off oven and close oven door. Let warm another 5 minutes or until hot throughout.

Tuna Cheddar Sandwiches

Serves 4

2 large cans tuna in water, well
drained and flaked
1 - 8 ounce can crushed pineapple,
drained
2 large green onions, finely sliced

6 to 8 tablespoon mayonnaise
juice of 1/2 lemon
8 slices cheddar cheese
4 English muffins, halved

Mix together, tuna, pineapple, and green onions.

Mix together mayonnaise and lemon juice; add to tuna mixture and mix well.

Scoop mixture onto English muffin halves. Top each with a slice of cheese. Broil until cheese is melted and slightly brown, about 5 minutes. Turn off oven and close oven door. Let warm another 5 minutes or until hot throughout.

Hawaiian Fish Marinade

Serves 4

1 large garlic clove
1-inch fresh ginger, peeled and coarsely chopped
1/3 cup light soy sauce
1 1/2 tablespoons sugar
1 1/2 tablespoons sherry
1/4 teaspoon sesame oil
4 fish steaks

Puree all the ingredients except the fish in a blender or food processor. Place fish in plastic bag; pour in the marinade.

Note: Fish will stick to the barbecue grate unless it is well oiled.

Sautéed, Broiled or Grilled Fish

Cook fish 5 minutes per side per 1-inch thickness of fish.

***Poached Salmon Served Hot or Cold**

Serves 2

Sauce:

1/4 cup lemon-flavored low-fat
yogurt
2 tablespoons sour cream
2 teaspoons minced green onion or
fresh dill
1/8 teaspoon salt

Fish:

2 salmon fillets

Poaching Liquid:

1 can chicken broth or enough to just
cover salmon in the baking dish
1/4 cup sliced green onions
Optional: 1 carrot, peeled and thinly
sliced
1 lemon, sliced 1/4-inch thick
1/4 teaspoon pepper

Sauce: Combine sauce ingredients; mix well and set aside.

Poaching Liquid: Combine all poaching liquid ingredients in microwave casserole dish. Cover and microwave on High for 8 to 11 minutes or until mixture begins to boil.

Fish: Meanwhile, remove salmon skin and discard. Remove bones from spine of salmon with pliers or tweezers. Remove the lemon slices from the hot poaching liquid. Place salmon in the hot liquid. If one end is thinner than other, fold it under until salmon has a uniform thickness. Put lemon slices on top of the salmon. Cover and microwave on High for 3 to 4 minutes, rotating dish if necessary. Let stand for 2 to 3 minutes before serving.

To Serve Hot (winter): Remove salmon from dish with slotted spatula and put on serving plate. Top with sauce. Suggestions: Serve salmon on bed of wilted and drained fresh, baby spinach or steamed shredded cabbage.

To Serve Cold (summer): Remove the salmon from the poaching liquid. When the liquid has cooled, return the salmon to the poaching liquid and refrigerate for at least 4 hours or overnight. Serve as above. Suggestion: Serve salmon on bed of thinly sliced, uncooked, fresh, baby spinach.

Curried Fish and Rice

Serves 4

2 tablespoons salad oil
1 cup sliced green onions including
tops
1 large red bell pepper, finely
chopped
1 tablespoon minced ginger

2 teaspoons curry powder
1 ½ cup plain yogurt or light coconut
milk
1 ½ pounds cod, snapper or rock fish;
rinsed and patted dry
salt & pepper
cooked rice

Sauté onions and pepper in 1 tablespoon oil for about 8 to 10 minutes. Add ginger and curry powder and cook, stirring, for 1 more minute. Transfer vegetables to a large bowl and stir in yogurt.

Heat 1 tablespoon oil in sauté pan over medium-high heat. Add fish and sauté, turning once, until the fish just begins to flake. Remove from heat; flake the fish and stir in the yogurt mixture. Add salt and pepper to taste. Serve over rice.

Sea Bass with Ginger

Serves 2

$\frac{3}{4}$ to 1 pound sea bass fillets
2 tablespoons orange juice
4 tablespoons low salt soy sauce

2 tablespoons finely shredded ginger
1 teaspoon grated orange peel
orange wedges

Cut each fillet in half horizontally almost all the way through; lay flat. On both sides of each fillet, make crosswise cuts all the way through at 1-inch intervals, cutting toward center and leaving about a 1-inch-wide strip uncut at center. Rinse and pat dry.

Arrange fish in 9 x 13-inch glass dish. Drizzle with orange juice and soy sauce, and sprinkle with ginger and orange peel. Cover loosely with plastic wrap and microwave on high for 2 minutes. Let stand, covered, for 3 minutes. Test for doneness. Serve with orange wedges.

Shrimp Fajitas

Makes 4 servings

1 pound shrimp, shelled and cut into thirds
1 cup lightly packed chopped cilantro leaves
1 clove garlic, minced
1 jalapeno pepper, seeded & finely chopped
1/3 cup lime juice

4 flour tortillas
1 tablespoon salad oil
2 large green bell peppers, thinly sliced
1 large onion, thinly sliced
1/2 cup plain nonfat yogurt
Garnish: salsa, sour cream, cilantro

Stir together shrimp, cilantro, garlic, jalapeno and lime juice. Let stand at room temperature for 20 minutes.

Sauté in oil: bell peppers and onion until limp, about 8 to 10 minutes. Remove vegetables and keep warm. Add shrimp mixture to pan; Sauté for 3 minutes. Mix the vegetables with the shrimp and reheat. Drain and reserve 1 tablespoon of the

liquid and mix with the yogurt. Heat the tortillas individually in the microwave, for about 25 seconds on High or covered for 15 minutes in 350- degree oven. Spoon shrimp mixture onto centers of the hot tortillas, top with about 1 tablespoon of the yogurt sauce and roll up. Serve with salsa, sour cream and cilantro

***Great Western Crab Cakes**

Makes 4 servings

Note: See “Sauces for Crab Cakes”

1/3 cup mayonnaise

2 large eggs

1/2 cup thinly sliced green onions
1/4 cup *each* minced red bell pepper and thinly sliced celery

2 tablespoons Dijon mustard

1 clove garlic, minced

1/8 teaspoon cayenne

1 pound fresh cooked crab meat

1/3 cup seasoned breadcrumbs

Panko

olive oil

butter

choose a sauce

In large bowl combine mayonnaise, eggs, green onions, bell pepper, celery, mustard, garlic and cayenne; stir until well combined. Pat crab dry on paper towels, then gently fold into mayonnaise mixture. Fold in breadcrumbs. Mold 3 ounce cakes in variable measuring cup with plunger. Pat Panko crumbs on top, bottom and sides of cakes; refrigerate at least 30 minutes.

Melt 2 teaspoons butter and 2 tablespoons olive oil in nonstick frying pan over medium-high heat. Cook the cakes in two batches until bottoms are lightly browned, about 2 minutes. With a wide spatula, carefully turn cakes over; cook to brown other sides, about 2 minutes more. Transfer cakes to a cooking tray; cover and refrigerate. Just before serving, preheat oven to 350-degrees and bake crab cakes 20 to 30 minutes, or until insides are firm.

Prosciutto-Wrapped Sea Bass with Wine-Cream Sauce

4 Servings

1 cup whipping cream	8 teaspoon whole grained Dijon mustard
1 cup bottled clam juice	4 thin slices prosciutto
1 cup dry white wine	2 tablespoon butter
1 tablespoon chopped fresh thyme	fresh thyme sprigs
4 sea bass fillets	

Combine cream, clam juice, wine and chopped thyme in heavy med. Saucepan over med-high heat. Boil until reduced to 1 cup, about 20 minutes. Remove saucepan from heat.

Sprinkle fish fillets lightly with salt and pepper. Spread 2 teaspoons mustard over each fillet. Wrap 1 slice prosciutto around each fillet. (*Sauce and fish can be prepared 1 day ahead. Cover separately and refrigerate.*)

Preheat oven to 375-degrees. Melt butter in heavy large ovenproof skillet over high heat. Add fish to skillet and sauté until prosciutto is golden, about 2

minutes per side. Transfer skillet to oven and cook until fish is opaque in center, about 8 to 10 minutes. Transfer fish to platter (do not clean skillet). Tent fish lightly with foil.

Add sauce to same skillet and boil until reduced to sauce consistency, scraping up any browned bits, about 3 minutes. Spoon sauce over fish. Garnish with thyme sprigs and serve.

***Salmon with Lemon and Chive Cream Sauce**

4 Servings

¾ cup bottled clam juice	1 tablespoon chopped chives
1/3 cup dry white wine	4 center-cut skinless salmon fillets.
¼ cup finely chopped shallots	ground nutmeg
1 tablespoon dry vermouth	2 tablespoons butter
½ cup whipping cream	whole chives
1 tablespoon fresh lemon juice	

Combine clam juice, wine, shallots and vermouth in sm. Saucepan. Boil until liquid is reduced to 1/3 cup. Add cream; boil until sauce coat spoon, about 2 minutes. Add lemon juice. Strain sauce; return to saucepan. Add chopped chives. Season with salt and pepper.

Place salmon on work surface. Using sharp knife, cut salmon in half lengthwise. Then cut each strip on deep diagonal (almost parallel to work

surface) into ½ inch-thick scallops. Sprinkle salmon scallops with salt and pepper. Sprinkle lightly with nutmeg.

Melt butter in large nonstick skillet over med.-high heat. Working in batches, add salmon to skillet; cook until just opaque in center, about 1 minute per side.

Bring sauce to boil. Spoon sauce in center of dinner plates. Place salmon scallops atop sauce. Garnish with whole chives.

Stir-Fried Scallops and Asparagus

Serves 4

1 pound bay scallops, rinsed and patted dry

½ cup white wine vinegar

1 tablespoon sugar

1 teaspoon hot oil

1 tablespoon low-salt soy sauce

1 tablespoon sesame oil

1 pound asparagus, remove tough ends, cut diagonally into 1-inch pieces

1 clove garlic, minced

1 tablespoon fresh ginger, minced

9 ounces thin spaghetti, cooked

Boil asparagus until just tender. Immediately submerge in cold water. Drain on paper toweling.

Stir together wine vinegar, sugar, hot oil and soy. Set aside.

Heat sesame oil in large skillet over high heat. Add garlic, ginger and scallops. Cook, stirring 2-3 minutes. Add asparagus and wine mixture, stirring just until sugar is dissolved. Remove from heat. Serve on top of spaghetti.

San Diego Fish Tacos

blackened cod, mahi mahi, or catfish, sautéed and flaked
thin corn tortillas (2 per taco), moistened and heated in microwave for 15 to 20
seconds on High
cabbage, very thinly shredded
salsa
green onion, chopped
Tartar sauce
Cholula Mexican hot sauce
garnish: lime wedges, sour cream

***Volcano Charred Ahi**

Serves 4

1 pound ahi steaks, about 1 ½-inch thick
4 tablespoons butter
Paul Prudhomme's Blackened Redfish Magic

Soy Lime Dipping Sauce: Mix all together and adjust seasoning.

½ cup soy sauce
2 tablespoons rice vinegar
2 tablespoons fresh lime juice
1 teaspoon wasabi

Mango Relish: Mix all together

1 ripe mango coarsely diced
3 tablespoons green bell pepper diced fine
3 tablespoons red bell pepper, diced fine
3 tablespoons cilantro, chopped
1 ½ tablespoons rice vinegar
salt and pepper to taste

Volcano Charred Spiced Ahi: Dip ahi in butter. Sprinkle with blackening spice. Char all sides in very hot cast-iron pan, about 1 minute per side. Slice against the grain and serve with dipping sauce and Papaya Relish.

***Ahi Tartare or Hawaiian Poke**

Serves 4

1 pound ahi steaks

2 tablespoons fresh lime juice

1 teaspoon wasabi

Soy Lime Dipping Sauce: Mix all together and adjust seasoning.

½ cup soy sauce

2 tablespoons rice vinegar

2 tablespoons green onion, thinly sliced

1 English cucumber, thinly sliced
garnish: chopped cilantro

Dice ahi into ½-inch pieces; stir in Soy Lime Sauce and green onion. Refrigerate at least 2 hours or overnight. Refrigerate 4 small wine glasses. Remove ahi mixture and glasses from the refrigerator. Line glasses with cucumber slices. Spoon in the ahi mixture. Line the top edge of the glass with thinly sliced cucumber to create a decorative edge. Garnish with cilantro.

Quick Shrimp Pad Thai

Serves 2

2 tablespoons vegetable oil, divided
1 teaspoon hot oil
1 egg, beaten
½ pound raw shrimp (peeled) or
diced pork cubes
4 ounces wide, dried rice noodles
1/3 cup coarsely chopped Spanish,
roasted peanuts
4 scallions, chopped
1 large clove garlic, minced
1 recipe Pad Thai Sauce
2 cup bean sprouts, rinsed
garnish: cilantro, lime wedges and
chopped peanuts

Pad Thai Sauce:

2 tablespoons fish sauce
1 tablespoon sugar
2 tablespoons white vinegar
½ teaspoon paprika
¾ teaspoon salt
pepper to taste
cayenne to taste

Soak noodles in hot water for 30 minutes; drain. Mix all sauce ingredients.

Heat a 12-inch, non-stick fry pan (with high sides) with 1 tablespoon vegetable oil. Add egg; scramble lightly, about 20 seconds. Add shrimp or pork. Stir fry until cooked thorough. Add 1tablespoon vegetable oil and 1 teaspoon hot oil. Add rice noodles; stir-fry 2 to 4 minutes, until tender but firm. Add scallions, garlic, peanuts and sauce; stir-fry about 1 minute. Stir in bean sprouts. Add salt, pepper and cayenne to taste

Serve with lime wedges, cilantro and chopped peanuts.

Gourmet Shrimp Pad Thai

Serves 4

Cook's Magazine

2 tablespoons tamarind paste
¾ cup boiling water
3 tablespoons fish sauce
1 tablespoon rice vinegar
3 tablespoons sugar
¾ teaspoon cayenne pepper
¼ cup peanut oil
8 ounces wide rice noodles
2 large eggs
¼ teaspoon salt
1 pound + shrimp, peeled
3 cloves garlic, minced
1 medium shallot, minced (3 T

2 tablespoons dried shrimp, chopped
fine
2 tablespoons chopped Thai salted
preserved radish
6 tablespoons chopped roasted
unsalted peanuts
3 cups bean sprouts
5 medium scallions, green parts
only, sliced thin on a sharp diagonal
¼ cup loosely packed cilantro
leaves
lime wedges

1. Soften tamarind paste in boiling water. Press through sieve. Stir in fish sauce, rice vinegar, sugar, cayenne and 2 tablespoons oil into tamarind liquid and set aside.
2. Cover rice noodles with hot tap water in large bowl; soak about 20 minutes. Drain and set aside. Beat eggs and 1/8 teaspoon salt in small bowl; set aside.
3. Heat 1 tablespoon oil in large nonstick skillet over high heat until just beginning to smoke. Add shrimp and sprinkle with remaining 1/8 teaspoon salt; cook, tossing occasionally, until shrimp are opaque and browned about the edges, about 3 minutes. Transfer shrimp to a plate and set aside.
4. Off heat, add remaining 1 tablespoon oil to skillet and swirl to coat; add garlic and shallot, set skillet over medium heat, and cook, stirring constantly, until light golden brown, about 1 1/2 minutes. Add eggs to skillet and stir vigorously with wooden spoon until scrambled and barely moist, about 20 seconds. Add

noodles and dried shrimp and salted radish to eggs; toss with 2 wooden spoons to combine. Pour fish sauce mixture over noodles, increase heat to high and cook tossing constantly, until noodles are evenly coated. Scatter $\frac{1}{4}$ cup peanuts, bean sprouts, all but $\frac{1}{4}$ cup scallions, and cooked shrimp over the noodles. Continue to cook, tossing constantly, until the noodles are tender, about 1 $\frac{1}{2}$ minutes.

5. Transfer noodles to serving platter, sprinkle with remaining scallions, 2 tablespoon peanuts, and cilantro. Serve immediately, passing lime wedges separately.

Shrimp and Asparagus in Black Bean Sauce

Serves 2

Choy of Cooking

½ pound fresh asparagus, broccoli
or Chinese peas
1 tablespoon fermented black beans,
soaked in water and drained
2 tablespoon minced green onion
2 garlic cloves
½ teaspoon fresh ginger, sliced
1 tablespoon soy sauce
½ teaspoon sesame oil

8 ounces peeled shrimp
½ cup chicken stock
salt and pepper
steamed rice or cooked noodles

1 tablespoon brown sugar
2 teaspoon cornstarch
2 teaspoon cold water
1 tablespoon peanut oil

Trim asparagus and cut stalks in ½-inch diagonal slices. Mash beans, garlic and ginger. Stir in green onion, soy sauce, sesame oil and sugar. Mix cornstarch and cold water; set aside.

In a large nonstick skillet, heat 2 teaspoon oil and stir-fry shrimp 2 minutes until pink; remove to plate. Heat remaining 1 teaspoon oil and stir-fry asparagus. Stir in bean mixture and shrimp. Add stock and heat quickly. Stir in cornstarch paste a little at a time to thicken. Adjust seasonings. Serve over steamed rice or noodles.

Salmon with Martini Sauce

Serves 4

Bon Appetit

2 cups dry vermouth
¼ cup minced shallots
2 teaspoons coarsely crushed
juniper berries
1 teaspoon coarsely crushed green
peppercorns
1 8-ounce bottle clam juice
¾ cup heavy whipping cream
3 tablespoons butter

2 teaspoons olive oil
4 6-ounce skinless boneless salmon
scallops, cut ½-inch thick
¼ cup sliced pimiento-stuffed green
olives
2 tablespoons dry gin
2 tablespoons fresh lemon juice
2 teaspoons cornstarch
4 scallop shells, if you have them
1 tablespoon chopped fresh chives

Combine vermouth, shallots, juniper berries, and peppercorns in heavy small saucepan. Boil until liquid is reduced to ¼ cup, about 12 minutes. Add clam juice and boil until reduced by half, about 8 minutes. Add cream and boil

until mixture is reduced to $\frac{3}{4}$ cup, about 8 minutes. Add butter 1 tablespoon at a time, whisking until melted before adding more. Strain sauce through fine-meshed strainer. Return sauce to saucepan (Can be made 2 hours ahead and kept at room temperature.) (Note: If the sauce is too thin, then add the cornstarch as follows otherwise omit it.) Whisk cornstarch with gin and lemon juice. Whisk gin mixture into the sauce; stir in the olives. Re warm the sauce and season with salt and pepper to taste.

Heat oil in heavy large skillet over medium-high heat. Sprinkle salmon with salt and pepper. Add salmon to skillet and sauté about 1 minute per side.

Place salmon in scallop shells. Drizzle with sauce. Garnish with chives.

***Parmesan Halibut**

Serves 2

½ to ¾ pound fresh halibut, about 1-inch thick

¼ cup flour

¼ cup parmesan, finely grated

2 tablespoons cornmeal

½ teaspoon salt

buttermilk

vegetable oil

Rinse fish and pat dry with paper towels. Mix together flour, Parmesan, cornmeal and salt. Dip fish in buttermilk. Press flour mixture onto fish.

In large non-stick fry pan, heat oil on medium heat. Fry fish 5 minutes on each side or 5 minutes per side per inch thickness of fish.) If fish is browned but not cooked enough, finish in microwave 30 to 60 seconds or in oven at 350-degrees.

***Seared Ahi Steaks with Wasabi-Green Onion Mayonnaise**

Serves 2

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¼ cup mayonnaise	1 tablespoon soy sauce
1 tablespoon minced green onions (white and green parts)	1 tablespoon rice vinegar
½ teaspoon wasabi paste	2 ahi steaks, about 1 to 1 ½ -inch thick
2 tablespoons teriyaki sauce	vegetable oil

Wisk first 3 ingredients in small bowl to blend, adding more wasabi paste if desire; set aside.

Wisk teriyaki sauce, soy sauce and rice vinegar in small bowl to blend. Marinate tuna steaks at room temperature for 30 minutes, turning occasionally.

Rub a cast iron pan with a little oil and heat on high for 5 to 10 minutes. Drain tuna steaks and pat dry. Sear steaks about 1 minute per side. Top each with a dab of wasabi mayonnaise and serve.

***Oven Roasted Hot Orange-Dungeness Crab**

Serves 2

Bon Appetit, February 2005

Note: This dish is yummy but very messy. You probably don't want to serve it to company.

2 tablespoons butter

3 tablespoons olive oil

2 tablespoons minced garlic

1 tablespoon minced shallot

1 teaspoon dried crushed red pepper

2 large Dungeness crabs, cooked, cleaned, and cracked, about 4 ½ pounds

1 tablespoon chopped fresh oregano, divided

1 tablespoon fresh parsley, divided

1 cup blood orange juice or regular orange juice, divided

1 ½ teaspoon finely grated blood orange peel or regular orange peel

Preheat oven to 500-degrees.

Prepare the Crab: For each crab, remove legs. Crack middle section into two pieces.

Melt butter with oil in heavy large oven proof skillet over medium-high heat. Stir in garlic, shallot, and dried crushed red pepper. Add crabs, sprinkle with salt and pepper. Sprinkle ½ tablespoon chopped oregano and ½ tablespoon chopped parsley over crabs. Stir to combine; add ½ cup orange juice. Place skillet in oven and roast crabs until heated through, stirring once, about 12 minutes.

Using tongs, transfer crabs to platter. Add ½ cup orange juice and peel to same skillet; boil until sauce is reduced by about half, about 5 minutes. Pour sauce into individual serving dishes. Sprinkle with remaining oregano and parsley and serve.

Serving Suggestions: Serve with crusty sourdough bread, slaw or green salad.

***Diana's Grilled Quick-Cured, Smoked Salmon**

Serves 2

barbecue with a double burner
1 pound fresh, wild salmon, about
1 to 1 ½ inch thick, skin on
3 medium garlic cloves peeled and
pressed

onion powder, kosher salt, brown
sugar, olive oil
1 cup wood chips

Remove bones from salmon. Oil the skin side. Spread garlic on the flesh side; lightly sprinkle with onion powder, salt and brown sugar. Let cure at room temperature for 1 hour. Put 1 cup dry wood chips cast iron container. Place the container on one side of the grill, close to the center. Oil the other side of the grill.

Preheat both sides to 500-degrees, about 15 minutes, or until you see smoke. Add the salmon to the oiled grill side and cover with a large lid that will also cover the wood chip container. Close the BBQ lid. Turn off the burner on the

salmon side and turn the other burner to its lowest setting; maintaining 400-degrees. Cook 9 to 10 minutes or until the center of the flesh is still somewhat dark pink for medium rare. Do not turn the fish. Do not overcook or the salmon will taste strong. Serve immediately.

Pancetta-Wrapped Roasted Halibut

Serves 2

Matthew Card

1 pound halibut fillets, 1-inch thick, skinned and cut into 2-equal pieces
Kosher salt and pepper
1 ½ teaspoons minced fresh thyme
½ pound thinly sliced pancetta
2 lemon wedges

Adjust oven rack to middle position Place a cast-iron skillet in the open and preheat (convection-broil) to 475-degrees.

Season each fillet liberally with salt, pepper and thyme. Wrap fillets with slices of pancetta.

Remove roasting pan from oven and place fish fillets, at least 2 inches apart. Roast until pancetta has crisped and fish is opaque and beginning to flake, about 10 to 15 minutes. Serve immediately accompanied by lemon wedge.

***Ahi Burgers with Red Onion**

Makes 2 burgers

2 ahi steaks, cut into 1-inch cubes	2 good quality hamburger buns
2 tablespoons pickled ginger, minced	2 leaves of lettuce
2 medium garlic cloves, minced	¼ cup mayonnaise
1 tablespoon soy sauce	wasabi to taste
1 tablespoon olive oil	1 large red onion, cut into ½-inch slices, brushed with olive oil and salted
salt and pepper	

Preheat cast iron skillet on high for 5 to 10 minutes. Mix wasabi and mayonnaise to taste. Lightly toast buns and spread with mayonnaise mixture. Top one side with lettuce leaf. Set aside.

In a non-stick pan, sauté onion slices for about 7 minutes per side, until somewhat softened. Add onion slices on top of lettuce leaves. Set aside.

To food processor bowl add ahi cubes, ginger, garlic, soy sauce and olive oil. Mix using about 8 to 10 on-off pulses until ahi is coarsely ground. Taste and adjust seasonings as desired. Roll mixture into 2 balls and flatten into thick patties; baste both sides with olive oil. Sear patties in cast iron pan 1 minute per side. (The patties should be raw in the middle.) Serve on the prepared buns.

Drunken Alaskan King Crab Legs

Serves 6

4 pounds Alaskan king crab legs, cut into lengths to fit the steaming pan.
3 bottles premium light ale
3 lemons, cut in quarters
1 head garlic, split in half
melted butter for serving

With sharp, heavy-duty kitchen scissors, cut up the side of each crab shell section. This will make it easy to remove the shell at the table.

In large roasting pan add ale, lemons and garlic. Make a steamer by inserting a rack. Cover the pan and bring the liquid to a boil. Add crab legs and cover. Steam for 5 minutes (these crabs are always sold pre-cooked). Serve with melted butter.

Sautéed Scallops with Tomato-Onion Relish

Serves 4 as main course

Gourmet

½ cup finely chopped red onion

1 teaspoon sugar

¾ teaspoon salt

2 tablespoons chopped fresh dill

2 large Roma tomatoes, seeded and
chopped

1 ½ pounds sea scallops, remove
side muscle

4 teaspoons red-wine vinegar

vegetable oil

Soak onion in 1 cup water with ½ teaspoon salt 15 minutes, then drain. Stir together onion, tomato, vinegar, sugar and remaining ¼ teaspoon salt and let stand 20 minutes. Drain relish in a sieve, discarding liquid. Stir in dill.

Pat scallops dry and season with salt and pepper. Sauté, turning once, until just cooked through, 2 to 3 minutes per side, depending on their thickness.

Serve scallops with relish to the side.

***Dungeness Crab in Mango Coconut Red Curry Broth**

Serves 3, (See History following recipe)

Chef Enrique Sanchez

Vegetable oil	1 stalk lemon grass, peeled and cut into ½-inch pieces
3 ½ ounces rice stick noodles	½ teaspoon fish sauce
2 cups water	1 can coconut milk
1 ¾ teaspoons sugar	4 ounces peeled and diced fresh ripe mangoes
1 tablespoon clam base or chicken base	8 ounces Dungeness crab meat
2 tablespoons rice vinegar	3 tablespoons fresh basil cut in chiffonade
2 tablespoons lime juice	3 tablespoons green onions, sliced on the bias
1 tablespoon lemon juice	
3 teaspoons red curry paste (add more)	
1 ½-inch knob, fresh ginger, peeled and thinly sliced	

Line a large plate with paper towels and set aside. Add 2 inches of oil to a deep-sided stock pot. Heat oil to 400-degrees. Break up the rice stick noodles and drop a handful at a time into hot oil, and as soon as they puff up, pull them out with slotted spoon and place into paper toweling.

In a large saucepan whisk together 2 cups hot water with sugar and chicken base. Then whisk in the rice vinegar, lime juice, lemon juice and red curry paste, ginger, lemon grass and fish sauce. Bring mixture to a boil and then reduce heat to a simmer. Add coconut milk; when it returns to a simmer, remove the lemon grass and ginger. Simmer for 20 minutes.

In serving bowls, place equal amounts of mangoes and rice stick noodles. Ladle soup over the top and garnish with crab, basil and green onion.

History: This recipe, created by Chef Enrique Sanchez at Local Ocean Café in Newport, Oregon, was the winner in the 2009 Great Newport Seafood Cook-off in the professional chef category.

Newport Crab Imperial]

Serves 4

1 pound Dungeness crab meat
2 tablespoons finely chopped celery
2 tablespoons finely chopped green onion
4 tablespoons finely chopped red pepper
4 tablespoons mayonnaise
3 to 4 tablespoons lemon juice
2 teaspoons Worcestershire
1 ½ tablespoons finely chopped parsley
2 tablespoons unsalted butter melted
4 tablespoons Panko (seasoned)
Few drops Tabasco

Preheat oven to 400-degrees. Combine all ingredients except butter and Panko. Butter scallop shells and fill with mixture. Combine Panko and melted butter; sprinkle over top. Bake about 10 minutes.

Tandoori Fish with Mango and Baby Spinach Salad

Serves 4

The Oregonian

1 ½ pounds cod, about 1-inch thick
4 tablespoons fresh lime juice,
divided
1 ½ teaspoons paprika
1 teaspoon cayenne pepper
Kosher salt
½ teaspoon turmeric or curry
powder
1 ½ teaspoons minced garlic
1 ½ teaspoons finely chopped fresh
ginger
2 tablespoons plain Greek-style
yogurt
2 tablespoons vegetable oil

2 tablespoons chopped fresh mint
leaves
1 ripe mango, peeled and cut into ½-
inch dice
4 cups baby spinach leaves
4 teaspoons chopped fresh cilantro
assortment of Indian condiments
such as tamarind and mango
chutney
nan (Indian bread)

Cut out the fish bones and cut remaining fish into 4 pieces. In a medium bowl, whisk 3 tablespoons lime juice, paprika, cayenne, 1 teaspoon salt, turmeric or curry powder, garlic ginger and yogurt. Gently stir the fish in yogurt marinade and pour all into a zip-lock, plastic bag; refrigerate at least 45 minutes or up to 2 hours.

Up to 1 hour ahead, add into a small mixing bowl the remaining tablespoon of lime juice, the oil, ¼ teaspoon salt and the mint; whisk well. Add the diced mango and toss to coat well. Leave sit at room temperature.

When ready to cook fish, arrange an oven rack at center position and preheat oven to 425-degrees. Remove fish from marinade and arrange in a lightly oiled shallow baking dish. Bake until fish is opaque and flakes easily, about 10 to 12 minutes. Remove from the oven.

To finish the salad, add spinach to a large bowl, pour in mango dressing and toss. Serve fish garnished with cilantro with the salad to the side. Serve a selections of Indian condiments such as tamarind chutney and mango chutney and nan.

Chile-Crusted Tuna Tacos

Serves 3

Gourmet Magazine

1 cup orange juice
1 tablespoon pureed chipotle in adobo
1 tablespoon white vinegar
1 ½ teaspoon each: ground coriander, ground cumin, chili powder, black pepper,
kosher salt
1 pound sushi-grade tuna steak
2 tablespoons olive oil
14 small thin corn tortillas
1 cup matchstick (1/8-inch thick) pieces of peeled jicama
¼ cup coarsely chopped fresh cilantro
2 tablespoons fresh lime juice
1 firm-ripe avocado
1 tablespoon lemon juice
1 cup loosely packed arugula, coarse stems discarded

Bring orange juice, chipotle puree and vinegar to a boil in a heavy saucepan. Reduce heat and simmer, stirring occasionally, until reduced to a generous 1/3 cup, 15 to 20 minutes. Remove from heat, cool and transfer to a small bowl.

Stir together coriander, cumin, chili powder, black pepper and kosher salt in a shallow bowl. Brush tuna on all sides with 1 tablespoon oil, then coat all sides evenly with spice mixture.

Toss jicama with cilantro, lime juice, remaining tablespoon oil and salt and pepper to taste in a small bowl; set aside. Halve, pit and peel avocado, then cut into 1/2-inch thick slices into a small bowl. Toss with lemon juice; set aside.

Set out all the prepared dishes above for a buffet.

Wrap tortillas in foil and heat in a 350-degree oven for 15 minutes or until hot.

Heat a large cast iron skillet on high for 5 to 10 minutes. Rub some olive oil into the skillet with paper towels. Sear the tuna about 1 to 1 1/2 minutes per side, depending on thickness of the steaks. The tuna should be rare in the center.

Have each guest make their own taco: 1) 2 heated corn tortillas, 2) arugula, 3) jicama, 4) avocado, 5) tuna sliced 1/4 inch thick, 6) drizzle of chipotle sauce evenly over tuna . Roll up tacos to enclose filling.

Fish Curry

Serves 4

1 pound thick fish fillets: red snapper, cod, rock cod (add ½ pound for leftover tacos)

2 tablespoons lime juice

2 tablespoons olive oil

1 onion, finely chopped

2 garlic cloves, mashed

1 ½ pounds canned diced tomatoes, drained

1 bay leaf

½ teaspoon dried oregano

2 tablespoons large capers

16 pitted green olives, halved

2 jalapeno peppers, seeded and diced

Preheat oven to 325-degrees.

Arrange the fish fillets in a single layer in a shallow baking dish. Season with salt and pepper, drizzle with lime juice and set aside.

Heat oil in a large, non-stick fry pan and sauté onion until soft. Add garlic and sauté 30 seconds or until fragrant. Add the tomatoes and cook for about 10 minutes until the mixture is thick and flavorful. Stir the mixture from time to time.

Stir in the bay leaf, oregano, capers, olives and chilies; pour over the fish. Bake until fish is done, about 10 to 20 minutes depending on the thickness of the fish..

Fish Veracruz

Serves 4

1 pound thick fish fillets: red snapper, cod, rock cod (add ½ pound for leftover tacos)
2 tablespoons lime juice
2 tablespoons olive oil
1 onion, finely chopped
2 garlic cloves, mashed
1 ½ pounds canned diced tomatoes, drained
1 bay leaf
½ teaspoon dried oregano
2 tablespoons large capers
16 pitted green olives, halved
2 jalapeno peppers, seeded and diced

Preheat oven to 325-degrees.

Arrange the fish fillets in a single layer in a shallow baking dish. Season with salt and pepper, drizzle with lime juice and set aside.

Heat oil in a large, non-stick fry pan and sauté onion until soft. Add garlic and sauté 30 seconds or until fragrant. Add the tomatoes and cook for about 10 minutes until the mixture is thick and flavorful. Stir the mixture from time to time.

Stir in the bay leaf, oregano, capers, olives and chilies; pour over the fish. Bake until fish is done, about 10 to 20 minutes depending on the thickness of the fish..

Goan Fish Curry

Serves 4

2 tablespoons vegetable oil, divided
1 teaspoon mustard seeds
1 small onion, chopped
1 1-inch piece of cinnamon stick
1 ¾-inch knob fresh ginger, peeled
and mashed
7 large gloves garlic, pressed
1 to 3 red chiles, soaked for 20
minutes\
3 tablespoons plus 1 cup water,
divided
1 teaspoon ground cumin
2 teaspoons ground coriander
½ teaspoon turmeric

½ teaspoon garam masala
2 medium tomatoes, pureed
1 ⅔ cups coconut milk
1 pound firm white fish fillets, cut
into large cubes
salt and black pepper

Heat 1 tablespoon vegetable oil in a large nonstick saucepan. Add the mustard seeds and, once they are popping, turn the heat down and add the onion and cinnamon. Sauté until golden, about 8 minutes.

Meanwhile, make a fine paste of the ginger, garlic and chiles with 3 tablespoons water. Add this to the cooked onions along with the cumin, coriander, turmeric and garam masala. Cook until reduced, about 2 minutes. Add the tomato and ½ cup water; cook until completely reduced, about 10 minutes. Stir in the coconut milk and remaining ½ cup water, bring to a gently simmer and cook about 5 minutes.

Meanwhile, Heat 1 tablespoon vegetable oil in a large nonstick skillet. Sauté the fish until it begins to flake, about 5 minutes. Add the fish to the coconut milk. Taste and adjust the seasoning. Serve.

Sicilian Tuna

Gourmet Today Cookbook

Serves 4

Marinade:

2 tablespoons olive oil
2 tablespoons fresh lemon juice
3 anchovy fillets, mashed
1 garlic clove, pressed
2 teaspoons fresh oregano, finely
chopped
4 (6-ounces) albacore steaks, 1-inch
thick

2 ripe tomatoes, ¼-inch diced
¼ cup Kalamata olives, pitted and
coarsely chopped
3 tablespoons small capers, drained
3 tablespoons basil chiffonade
1 tablespoon fresh lemon juice

Equipment: 2 cast iron skillets or
comparable

Sauce:

2 tablespoons olive oil
2 celery ribs, ¼-inch diced
3 celery leaves, coarsely chopped

Marinade: Whisk together all marinade ingredients and combine with tuna in a sealable bag. Let stand at room temperature, turning occasionally, 30 minutes to 1 hour.

Sauce: Heat oil in a non-stick skillet over medium-high heat. Add diced celery (not celery leaves) and cook stirring, until tender, about 5 minutes. Stir in tomatoes, olives and capers and cook until sauce is slightly thickened, about 5 minutes. Mash lightly with a potato masher. Add some water or broth if sauce appears too thick. Remove from heat and stir in basil, lemon juice and salt and pepper to taste.

Remove tuna from marinade and shake off any excess. Lightly oil skillets and heat over medium-high heat until smoking. Sear tuna, turning once for a total of 3 to 4 minutes. Spoon sauce over tuna, sprinkle with celery leaves and serve.

Grilled Albacore Kebabs with Hosin Sauce

Serves 2

Hosin Sauce:

2 tablespoons soy sauce

1 tablespoon black bean paste or 2
tablespoons black bean sauce (omit
garlic below)

1 ½ teaspoon brown sugar or
molasses

1 teaspoon white vinegar

pinch garlic powder

1 teaspoon sesame oil

¼ teaspoon Chinese chili sauce

black pepper to taste

½ to ¾ pound albacore

cooked rice (1 cup water, ½ cup
white rice) or deep fried rice
noodles

olive oil

½ red pepper sliced thinly and cut
across on the diagonal

½ onion sliced crosswise

½ cup snap peas, cut across on
diagonal

Hosin Sauce: Whisk together all ingredients.

Sauté pepper, onion and snap peas in olive oil. Add salt to taste.

Cut albacore into 2-inch pieces and skewer. Grill 1 ½ minutes per side (1 ½ to 2 minutes total for oven broiler). Baste with Hosin sauce after turning.

Serve: In a shallow bowl, layer rice, vegetables and albacore. Pour remaining sauce over all.

Linguine with Tuna, Capers and Raisins

Serves 2

Gourmet (Dec 2005) adapted

4 ounces dried linguine

1-2 tablespoons citrus flavored olive oil

½ cup chopped onions

1 large garlic clove, minced

3 to 4 anchovies, rinsed and chopped

2 tablespoons olive oil

¼ teaspoon salt

¼ teaspoon pepper

6-8 ounces canned tuna in olive oil, drained, or ahi steak cut ¼" thick in

½" cubes, seared

3 tablespoons capers, drained

¼ cup + 2 tablespoons golden raisins

¼ cup parsley, chopped

½ cup cherry tomatoes, quartered

Cook the pasta in boiling salted water. Reserve $\frac{1}{4}$ cup pasta-cooking water. Drain the pasta and return to pot with citrus olive oil.

Sauté onions in olive oil until golden, 6 to 8 minutes. Stir in salt, pepper, garlic and optional anchovies; sauté until fragrant. Stir in raisins, capers, reserve cooking liquid and tuna until heated throughout. Add tuna mixture to pasta, tossing to combine. Add additional salt and pepper if needed. Serve immediately garnished with parsley and tomatoes.

Cod Fillets with Potatoes

Serves 4

3 tablespoons olive oil
1 ½ pounds russet potatoes, sliced into ¼-inch-thick rounds
3 garlic cloves, minced
salt and pepper
4 (6-ounce) skinless cod fillets, 1 to 1 ½-inch thick
3 tablespoons unsalted butter, cut into ¼-inch pieces
12 sprigs fresh thyme
1 lemon, sliced thin

Adjust oven rack to lower-middle position and heat to 425-degrees. Brush large rimmed baking sheet with 1 tablespoon oil.

Toss potatoes with remaining 2 tablespoons oil and garlic; season with salt and pepper. Shingle potatoes into 4 rectangular piles of 3 rows each, about 4 by

6-inches in size. Gently push rows together so potatoes form a cohesive pile. Roast potatoes until spotty brown and just tender, about 30 minutes.

Cut out bones from fillets, if any. Pat dry with paper towels and season with salt and pepper. Place each fillet on top of each potato pile. Top fish with butter pieces, 3 thyme sprigs and lemon slices. Continue to bake fish and potatoes until fish flakes apart, about 10 minutes.

Slide a wide spatula underneath potatoes and fish, gently transfer to individual plates and serve.

Ellyn Goodrich's Alaskan Halibut and Salmon Gefilte Fish

Serves 24

Gefilte Fish:

1 tablespoon Crisco
1 ½ pounds halibut fillets, skinned and boned
1 pound salmon fillets, skinned and boned
½ pound smoked white fish
3 tablespoons vegetable oil
3-4 medium Spanish onions, diced
4 large eggs, separated
1 cups cold water
6 tablespoons matzoh meal
1 tablespoon salt, or to taste

2 teaspoons freshly ground white pepper
1 tablespoons sugar
1 tablespoon fresh lemon juice
2 tablespoons snipped dill, plus more for garnish
2 medium carrots, peeled
prepared red horseradish for serving

Red Horseradish:

2 large red beets
1 medium horseradish root, washed, peeled and finely grated (save extra)

½ to ¾ cup white vinegar or just
enough to be absorbed by the
mixture
1 tablespoon sugar
Salt & pepper to taste

Gefilte Fish: Preheat the oven to 325°F. Grease a 12-cup muffin tin with the margarine.

Cut the fish into large chunks. Using a food processor, finely grind each fish type individually; do not puree. Heat the oil in a large frying pan, and sauté the onions over medium-low heat until soft and transparent. Let cool.

Whip egg whites with electric mixer to medium peaks; scrape into a large bowl. Add fish to the mixer bowl along with onions, egg yolks, 1 cups of cold water, matzoh meal, salt, white pepper, sugar and lemon juice. Beat in the electric mixer at medium speed, using a paddle attachment, for about 10 minutes. Add the dill, and grate in the carrots; mix well. Pour the mixture into the bowl with the egg whites and fold gently. Adjust seasoning to taste.

Spoon the mixture into the greased muffin tin, about 2 ½ ounce per depression. Smooth the top with a spatula, and cover with foil. Place a large pan filled with water which is almost boiling and comes at least halfway up the sides of the muffin tin.

Bake in the oven for 30 minutes or until the center is solid. Cool for 10 minutes. Unmold onto a large tray and brush tops with olive oil. Cover with plastic wrap and refrigerate for several hours or overnight. Garnish with dill and serve with red horseradish.

Red Horseradish: Wash beets; cover each with foil. Bake at 350-degrees for 1 hour to 1 ¼ hour or until somewhat soft. Cool. Finely grate beets in food processor. Set aside in a medium bowl. Finely grate horseradish and mix into beets. Add vinegar (as much as it will absorb), salt pepper and sugar gradually to taste. Refrigerate overnight in tightly covered container. (As the ingredients meld overnight, the horseradish will become milder.) Taste again and correct seasoning as desired.

Braised Salmon (Tofu) with Tomato & Coconut Sambal

Serves 4

4 salmon fillets or soft tofu	7 ounces cherry tomatoes, cut into halves
2 tablespoons olive oil	1 cup light coconut milk
1 shallot, thinly sliced	1 ½ tablespoons lime juice
1 garlic clove, thinly sliced	½ teaspoon salt
1-inch piece ginger, peeled and grated	¼ teaspoon pepper
1 teaspoon ground cumin	10 mint leaves, rolled and very thinly sliced
2 teaspoons red curry paste	

Sauté shallot, garlic, ginger and cumin for 2 minutes. Add curry paste and continue stirring for 2 more minutes. Add tomatoes, coconut milk, lime juice, salt and pepper. Cook for 2 to 3 minutes. Place salmon over sauce; spoon some sauce over salmon and cover. Continue cooking for 4-5 minutes or until fish flakes easily. Adjust seasoning if needed. Garnish with mint leaves.

Shrimp and Pineapple Skewers

Serves 4

6 tablespoons honey

3 tablespoons soy sauce

3 tablespoons rice vinegar

1+ pound large shrimp, peeled

½ pineapple, cut into 1 ½-inch pieces

2 bunches scallions (white and light-green only), cut into 2-inch pieces

Heat grill to medium-high and lightly oil. Whisk together honey, soy sauce and vinegar.

Thread shrimp, pineapple and scallions onto skewers. Grill until shrimp begin to turn opaque, about 2 minutes. Brush with sauce, flip and brush again. Grill until shrimp are pink and pineapple and scallions are lightly charred, about 2-3 minutes. Baste again before serving.

Shrimp & Vegetable Tempura

Serves 2

Alton Brown

Tempura:

3 ½ ounces unbleached cake flour

3 ½ ounces [white rice](#) flour

1 ½ quarts [vegetable oil](#)

1 large egg, beaten

5 ounces cups cold seltzer water

¼ cup vodka

sweet potato, peeled and cut into 1/8-inch thick slices

Kosher salt

fresh [green beans](#), trimmed

(try thick onion rings)

1/2 pound shrimp, peeled

Ice

Dipping Sauce:

½ cup soy sauce

2 tablespoons sake or chicken broth

½ tablespoon mirin

Whisk the cake flour and [rice flour](#) together in a medium glass or metal bowl. Set aside.

Heat the vegetable oil in a 5-quart [Dutch oven](#) over high heat until it reaches 375 degrees F on a deep-fry thermometer.

Once the temperature reaches 365 degrees F, whisk the egg, [seltzer water](#) and vodka, in a medium mixing bowl. (Note: If doubling the recipe, mix half the ingredients at a time, leaving the seltzer liquid in the refrigerator.) Pour the liquid mixture into the flour mixture and whisk to combine, about 10 to 15 seconds. Some lumps may remain. It should be the consistency of pancake batter. If not, add more of the flour mixture. Set the bowl in a larger bowl lined with ice.

Dip the [sweet potatoes](#) into the batter using tongs, drain for 2 to 3 seconds over the bowl, and then add to the hot oil. Adjust the heat to maintain between 375 and 400 degrees F. Fry 6 to 8 pieces, at a time, until puffy and very light golden, about 1 to 2 minutes. Remove to a [cooling rack](#) lined with 3 layers of paper towels set over a half sheet pan. Sprinkle with salt, if desired. (Note: Tempura may be held in a 200 degree F oven for up to 30 minutes, though texture is compromised.) Repeat the same dipping and frying procedure with the green beans, onion and shrimp.

