

## 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 3 minutes 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

Note: 2017: Chris, Ruby, Nolie: 1 ½ pounds; Corey's family: 2 ½ pounds

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: ¼ teaspoon cayenne pepper  
dash Old Bay Seasoning

17 ounces brown beer, IPA or pilsner,  
cold or club soda

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 tablespoon white vinegar
1 cup halibut, cubed	1 cup tomato juice
1 cup fresh lime juice	1/4 teaspoon oregano
1 cup diced peeled tomato	8 pitted green olives, sliced
1/4 cup sliced green onion	salt, pepper
1/4 cup olive oil	1/2 cup small shrimp, cooked
1 tablespoon dry white wine	1 1/2 tablespoons minced parsley
1 tablespoon chili sauce	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  $\frac{1}{2}$  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)

Serves 4

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

Serves 6

2 1/4  
2 1/4  
4 1/2  
4 1/2  
6  
1 1/2  
15  
3  
1 1/4

Serves 8

3  
3  
6  
6  
8  
2  
20  
4  
1 1/2

Serves 6

Serves 8

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 cups white wine

1/4 teaspoon thyme

1/4 teaspoon salt

3 tablespoons parsley, plus extra for garnish

2 slices bacon

1 large garlic clove, minced

9 ounces onion, cut into 1-inch pieces

1 1/2 stalks celery, cut into 1-inch pieces

2 large tomatoes, diced

3 medium red potatoes

1 1/2 cups half-and-half

3/4 tablespoon corn starch

3/4 pound cod

1 1/2 ounces each: raw shrimp in the shell, sea scallops and raw clams

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.

## 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.

## **\*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

¾ 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. Refrigerate at least 30 minutes. Mold crab mixture using 1/3 cup variable measuring cup with plunger. Very gently, 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

1/3 cup dry white wine

¼ cup finely chopped shallots

1 tablespoon dry vermouth

½ cup whipping cream

1 tablespoon fresh lemon juice

1 tablespoon chopped chives

4 center-cut skinless salmon fillets.

ground nutmeg

2 tablespoons butter

whole chives

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.

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## 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**

Note: See Beef Tacos for crispy shell.

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  
cilantro  
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

Cook noodles as directed on package; drain (They may stick together.)  
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

$\frac{3}{4}$  cup boiling water

3 tablespoons fish sauce

1 tablespoon rice vinegar

3 tablespoons sugar

$\frac{3}{4}$  teaspoon cayenne pepper

$\frac{1}{4}$  cup peanut oil

8 ounces wide rice noodles

2 large eggs

$\frac{1}{4}$  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

$\frac{1}{4}$  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

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.

1 tablespoon brown sugar

2 teaspoon cornstarch

2 teaspoon cold water

1 tablespoon peanut oil

8 ounces peeled shrimp

½ cup chicken stock

salt and pepper

steamed rice or cooked noodles

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

Bon Appetit, July 2004

¼ cup mayonnaise

1 tablespoon minced green onions  
(white and green parts)

½ teaspoon wasabi paste

2 tablespoons teriyaki sauce

1 tablespoon soy sauce

1 tablespoon rice vinegar

2 ahi steaks, about 1 to 1 ½ -inch  
thick

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

Notes: First, preheat oven to 500-degrees for 30 minutes. One hour prep for 2 people.

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

2 tablespoons butter	1 tablespoon chopped fresh oregano, divided
3 tablespoons olive oil	1 tablespoon fresh parsley, divided
2 tablespoons minced garlic	1 cup orange juice, divided
1 tablespoon minced shallot	1 orange, grated
1 teaspoons dried crushed red pepper	
1 large or 2 medium Dungeness crabs, cooked, cleaned, and cracked, about 4 ½ pounds	

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; simmer until sauce is reduced by about half, about 5 minutes. If too thick, add more orange juice. 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 with Tomato-Onion Relish**

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

### Tomato-Onion Relish:

½ cup finely chopped red onion  
¾ teaspoon salt  
2 large Roma tomatoes, seeded and  
chopped  
4 teaspoons red-wine vinegar  
1 teaspoon sugar  
2 tablespoons chopped fresh dill

Adjust oven rack to middle position Place a cast-iron skillet in the open and preheat (convection-broil) to 450-degrees.

Season each fillet liberally with salt, pepper and thyme. Wrap fillets with single-layer 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, or until internal temperature reaches 130-degrees. Serve immediately accompanied by lemon wedge.

Tomato-Onion Relish: 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 and chill.

## **\*Ahi Burgers with Red Onion**

Makes 2 burgers

2 ahi steaks, cut into 1-inch cubes  
2 tablespoons pickled ginger,  
minced  
2 medium garlic cloves, minced  
1 tablespoon soy sauce  
1 tablespoon olive oil  
salt and pepper

2 good quality hamburger buns  
2 leafs of lettuce  
¼ cup mayonnaise  
wasabi to taste  
1 large red onion, cut into ½-inch  
slices, brushed with olive oil and  
salted

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

¾ teaspoon salt

2 large Roma tomatoes, seeded and chopped

4 teaspoons red-wine vinegar

1 teaspoon sugar

2 tablespoons chopped fresh dill

1 ½ pounds sea scallops, remove side muscle

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, pepper and a little sugar for browning. Then toss with cornstarch and sugar for browning. Sauté in oil, turning once,

until just cooked through, 2 to 3 minutes per side depending on their thickness, to about 135-degrees.

    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 1/2-inch pieces |
| 3 1/2 ounces rice stick noodles                         | 1/2 teaspoon fish sauce                                  |
| 2 cups water  | 1 can coconut milk                                       |
| 1 3/4 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 1/2-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

Serves 4

Gourmet Today Cookbook

### 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

### Sauce:

2 tablespoons olive oil

2 celery ribs, 1/4-inch diced  
3 celery leaves, coarsely chopped  
2 ripe tomatoes, 1/4-inch diced  
1/4 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

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.

## Ahi 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  
1 teaspoon white vinegar  
pinch garlic powder  
1 teaspoon sesame oil  
¼ teaspoon Chinese chili sauce  
black pepper to taste

½ to ¾ pound ahi steak  
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.

Heat cast-iron skillet. Sear whole ahi steak 1/2 to 1 minute per side. Baste with Hosin sauce after turning. Slice.

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 1/4" thick in 1/2" 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:

1 cup finely chopped peeled raw beets, about 2 large red beets  
12 ounces horseradish root

¾ cup white vinegar or just enough  
to be absorbed by the mixture

1/3 cup sugar  
1/2 teaspoon 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 and peel horseradish. Finely shred with food processor. Remove about 1/4 to a covered container. Fit processor with metal blade. Add vinegar, beets and sugar to horseradish. Process until almost smooth, scraping down sides of bowl occasionally, about 5 minutes. Mix in salt. Place horseradish sauce in a tightly covered container and chill 1 to 10 days. Just before serving, add additional horseradish and salt to taste. Pour off any vinegar that may have settled to the bottom.

## **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 with Mustard-Lime Sauce

Serves 4

### Mustard-Lime Dipping Sauce:

1/2 cup mayonnaise

2 tablespoons spicy brown mustard

1 teaspoon fresh lime juice

1 teaspoon honey

1 teaspoon light brown sugar

1/2 teaspoon English mustard

powder

1/2 teaspoon Worcestershire sauce  
hot sauce to taste

1+ pound large shrimp, peeled  
1/2 pineapple, cut into 1 1/2-inch  
pieces

olive oil for basting

salt and pepper

Sauce: Mix together all ingredients. Add salt to taste. Set aside.

Shrimp: Heat grill to medium-high and lightly oil. Thread shrimp and pineapple onto skewers. Baste with oil and a sprinkle of salt. Grill until shrimp begin to turn opaque, about 3 minutes. Flip and grill 3 minutes on the other side. Remove from grill and sprinkle with pepper. Serve with sauce.

## 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 soda 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  
Optional: ginger, garlic, green onion

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 soda 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.

## Smoked Trout

Serves 2+

1 whole trout, cleaned without head  
1 1/2 tablespoon shredded alder  
stovetop smoker  
olive oil  
salt and pepper  
fresh lemon or lime juice

Set up smoker with alder and foil. Baste fish with olive oil and put on smoker rack. Set burner to high heat. When you see smoke, turn burner to medium heat and begin timing.

After 15 to 20 minutes, gently pull on dorsal fin. If it comes out easily and meatless, then proceed. Otherwise, smoke an additional 2 minutes and try again.

Put fish on its side on cutting board. Gently pull out all fins and their attached bones. Gently peel back the skin on one side--like turning the page of a book--to reveal the flesh.

Look for the "line" that goes from the head to the tail end. With the tines of a fork, gently pull the flesh away on both sides of the line to reveal the backbone. Gently lift the backbone off the flesh with the fork. (If flesh has adhered to the bones, you cooked it too long). Remove any other bones you see or feel.

Salt and pepper the flesh and return fish to the smoker for an additional 5 to 10 minutes. Serve with fresh lemon or lime juice.

See Video

<https://www.youtube.com/watch?v=bcmy2ze54-s>

## **Shrimp and Black Bean Salad with Cilantro, Cumin, and Lime**

Serves 4

Kalyn

1 pound cooked shrimp, pat dry

1 can (15 ounces) black beans,  
rinsed

1/4 cup sliced green onion, sliced

1 red bell pepper, seeds removed  
and chopped in pieces about 1/2  
inch square

1/2 cup coarsely chopped cilantro

1 teaspoon ground cumin

1 teaspoon ground chili

generous pinch salt

### **Dressing Ingredients:**

1/2 cup neutral flavored oil

3 tablespoon fresh squeezed lime

1/2 cup finely chopped cilantro

2 teaspoon Cholula

Rinse black beans in colander until no more foam appears, then drain well. Pat dry with paper towels if beans look very wet.

In food processor with steel blade, pulse together oil, lime juice, 1/4 cup chopped cilantro, Cholula, cumin, chili powder, and salt about 1 minute, until cilantro is finely chopped and ingredients are well combined. Mix dressing with beans and shrimp and let marinate in refrigerator one hour or as long as you can.

Add green onion, chopped red bell pepper, and chopped cilantro to shrimp and black bean mixture.

## Fish in Parchment

Serves 2

*The South Beach Diet Quick & Easy Cookbook*

Note: Parchment burned: reduce temperature or use foil.

½ cup patio tomatoes, quartered 1 large tomato, diced

salt and pepper to taste

1 tablespoon lemon juice

2 pieces parchment, 15-inches square

2 fresh fish fillets, halibut, cod, salmon or rock fish, 4 to 6-ounces each, about 1-inch thick

2 tablespoons olive tapenade in olive oil

2 pieces kitchen string

Arrange rack in lower third of oven and heat to 425°F.

Divide tomato equally onto the center of each piece of parchment paper; season lightly with salt and pepper. Remove bones from fish and season lightly

on both sides with salt and pepper; place 1 piece on top of each mound of tomatoes. Spread 1 tablespoon of tapenade on top of each piece of fish, then drizzle each with lemon juice. Gather up sides of parchment over fish and tie each piece closed with kitchen string, leaving as much air inside the packets and around the fish as possible.

Place packets on a baking sheet and bake until fish is cooked through, about 13 minutes. Transfer packets to plates and serve, snipping string and opening at the table.

## Gourmet Shrimp Scampi with Spaghetti

Serves 4

*Cook's Illustrated*

Notes: Extra-large shrimp (21 to 25 per pound) can be substituted for jumbo shrimp. If you use them, reduce the cooking time in step 3 by 1 to 2 minutes.

3 tablespoons salt  
2 tablespoons sugar  
1 ½ pounds shell-on jumbo shrimp (16 to 20 per pound), peeled, deveined, and tails removed, shells reserved  
2 tablespoons extra-virgin olive oil  
1 cup dry white wine  
4 sprigs fresh thyme

6 ounces spaghetti  
3 tablespoons lemon juice  
1 teaspoon cornstarch  
8 garlic cloves, sliced thin  
4 garlic cloves, minced  
½ teaspoon red pepper flakes  
¼ teaspoon pepper  
(continued)

6 tablespoons unsalted butter,  
divided

1 tablespoon chopped fresh parsley

1. Dissolve salt and sugar in 1 quart cold water in large container. Submerge shrimp in brine, cover, and refrigerate for 15 minutes. Remove shrimp from brine and pat dry with paper towels.
2. Heat 1 tablespoon oil in 12-inch skillet over high heat until shimmering. Add shrimp shells and cook, stirring frequently, until they begin to turn spotty brown and skillet starts to brown, 2 to 4 minutes. Remove skillet from heat and carefully add wine and thyme sprigs. When bubbling subsides, return skillet to medium heat and simmer gently, stirring occasionally, for 5 minutes. Strain mixture through colander set over large bowl. Discard shells and reserve liquid (you should have about 2/3 cup). Wipe out skillet with paper towels.
3. Spaghetti: Cook the spaghetti al dente; drain and return to pot off heat. Stir in 2 tablespoons butter; cover and set aside.
4. Combine lemon juice and cornstarch in small bowl. Heat remaining 1 tablespoon oil, garlic, pepper flakes, and pepper in now-empty skillet over

medium-low heat, stirring occasionally, until garlic is fragrant and just beginning to color at edges, about 3 minutes. Meanwhile, in a separate part of the same skillet, cook the minced garlic in a little olive oil until fragrant; add to the spaghetti and toss.

5. In the same skillet, add reserved wine mixture, increase heat to high, and bring to simmer. Reduce heat to medium, add shrimp, cover, and cook, stirring occasionally, until shrimp are slightly underdone, 4 to 6 minutes. Add lemon juice–cornstarch mixture, and cook until slightly thickened, 1 minute. Remove from heat and whisk in butter and parsley until combined.

6. Reheat the spaghetti. Serve the shrimp and sauce over the spaghetti.

## Maui Shrimp

Serves 2

### Sauce:

4 tablespoons sesame oil  
1/4 cup + 2 tablespoons minced shallots  
2 large Roma tomatoes  
1/4 cup lemon juice  
2 tablespoons ketchup  
2 tablespoons chili sauce  
2 tablespoons marsala

salt  
1 lime zested  
optional: Chinese chili and sugar  
12 ounces shrimp, shelled  
2 tablespoons Sweet Marsala  
2 teaspoons salt  
1 egg white  
2 tablespoons corn starch  
vegetable oil for deep frying

Sauce: Place tomato in boiling water for one minute. Transfer to cold water and peel the skin with your fingers. Remove the seeds and mince. In a sauce pan, heat the sesame oil on medium high heat. Saute the shallots for a few

minutes; add the minced tomato. Cook together for 5 minutes stirring from time to time until the tomato loses its shape. (You may need to mash the tomatoes with a potato masher.) Add a little of the lime zest and taste for seasoning. Turn down the heat to keep the sauce warm.

Shrimp: Heat the oil on high until it reaches 375-degrees. Place the shrimp in a bowl. Massage with salt and marsala. Whisk the egg white until bubbles appear; whisk in corn starch. Deep fry the shrimps, about 4 at a time for 3 to 4 minutes depending on the size of the shrimp. Drain on paper towels.

Rice Noodles: Fry about a small handful of rice noodles per serving until they puff up. Drain on paper towels.

To Serve: Place the sauce in bowls. Top with shrimp. Add the noodles to the side.

## **Shrimp Fajitas or (Tostada)**

Serves 4--Notes: 45 minutes prep from start to finish. Most of recipe, however, can be made ahead.

Zest of 1 lime (2 teaspoons)  
¼ cup fresh lime juice  
Salt and pepper  
2 ground cumin  
1 tablespoon adobo sauce from  
canned chipotles in adobo  
¼ cup plus 3 tablespoons extra-  
virgin olive oil  
4 large garlic cloves, minced  
1 ½ pounds medium or  
large shrimp, shelled and deveined  
1 large red or yellow onion, halved  
and sliced

1 red bell pepper, seeded and sliced  
1/4-inch thick  
1 jalapeño or 2 serrano chiles,  
remove most of the seeds and pulp,  
minced  
1 large zucchini, halved lengthwise  
and sliced  
1 cup fresh or frozen corn  
kernels(from 1 large ear of corn)  
¼ cup chopped cilantro  
1 romaine heart, sliced crosswise  
(continued)

8 large flour tortillas or (1 bag tortilla strips)

Salsa

Queso fresco, for sprinkling

In a small bowl, combine lime zest and juice, 1/2 teaspoon salt, 1 teaspoon ground cumin, the adobo sauce, 1/4 cup olive oil and half the garlic. Set aside.

Heat a large, heavy skillet over medium-high heat and add 2 tablespoons oil. When oil is hot, add onions and cook, stirring often, until they soften and begin to color, 3 to 4 minutes. Stir in bell pepper and chile and cook, stirring often, until peppers begin to soften, 3 to 4 minutes.

Stir in zucchini and corn, and turn heat to medium. Add remaining garlic, cumin and salt to taste. Cook, stirring often, until the zucchini is tender and peppers are nicely seared, softened and beginning to caramelize, 5 to 8 minutes.

Pour in 2 tablespoons marinade and scrape bottom of pan with wooden spoon to deglaze. Stir in half the cilantro. Taste and adjust seasoning. Set aside. **Can be made ahead to this point.**

**In the Oven** - Wrap a stack of five or fewer tortillas in a packet of aluminum foil and put it in a pre-heated 350° oven for 15-20 minutes, until heated through. You can do multiple packets of five tortillas each all at the same time.

Season shrimp with salt and pepper and place in a resealable bag. Pour in marinade and seal bag. Move shrimp around to coat well, place bag in a bowl and refrigerate for 30 minutes. Flip bag over periodically to redistribute marinade. Transfer shrimp, with marinade, to a bowl. Remove shrimp from marinade and blot briefly on paper towels. Reserve marinade.

Arrange lettuce on a platter. Heat remaining 1 tablespoon oil over medium-high heat in a large, heavy skillet, preferably cast-iron, or a wok. Add shrimp and let sear; when they begin to turn pink, after about 1 minute, add drained marinade. Cook, stirring, until cooked through, 3 to 4 minutes. Using tongs, transfer shrimp from pan to platter. Turn up heat, reduce liquid in pan by half, and pour over shrimp.

(Toss vegetables with tortilla strips). Arrange vegetables on platter with shrimp. Sprinkle with remaining cilantro and serve, with warm tortillas, salsa and crumbled queso fresco.

## **Marinated and Sautéed Shrimp**

Serves 4-- Note: See recipe above "Shrimp Fajitas or Tostada"

Zest of 1 lime (2 teaspoons)

¼ cup fresh lime juice

Salt and pepper

2 ground cumin

1 tablespoon adobo sauce from  
canned chipotles in adobo

¼ cup plus 3 tablespoons extra-  
virgin olive oil

2 large garlic cloves, minced

1 ½ pounds medium or  
large shrimp, shelled and deveined  
1 tablespoon olive oil

In a small bowl, combine lime zest and juice, 1/2 teaspoon salt, 1 teaspoon ground cumin, the adobo sauce, 1/4 cup olive oil the garlic. Set aside.

Season shrimp with salt and pepper and place in a resalable bag. Pour in marinade and seal bag. Move shrimp around to coat well, place bag in a bowl and refrigerate for 30 minutes. Flip bag over periodically to redistribute

marinade. Transfer shrimp, with marinade, to a bowl. Remove shrimp from marinade and blot briefly on paper towels. Reserve marinade.

Heat remaining oil over medium-high heat in a large, heavy skillet, preferably cast-iron. Add shrimp and let sear; when they begin to turn pink, after about 1 minute, add drained marinade. Cook, stirring, until cooked through, 3 to 4 minutes. Using tongs, transfer shrimp from pan to platter. Turn up heat, reduce liquid in pan by half, and pour over shrimp. Serve.

## **Basil Vinaigrette For Fish**

Yields 1 cups, Moira Hodgson

1 cloves garlic, peeled

1/4 cup extra-virgin olive oil

Juice 1/2 lime

1 medium shallots, minced

About 1/2 cup loosely packed basil leaves

10 cherry tomatoes, quartered

Kosher salt and freshly ground pepper to taste

Simmer the garlic cloves in boiling water for 10 minutes. Remove and drain.

Chop finely.

Whisk the oil, garlic, lime juice and shallots. Chop the basil and add with the tomatoes. Mix thoroughly and season with salt and pepper to taste. Serve over fish.

## Steamed Mussels

Serves 4

America's Test Kitchen

Discard any mussel with unpleasant odor or with cracked or broken shell. Serve with toasted garlic bread.

- 1 tablespoon olive oil
- 6 garlic cloves, minced
- 1/4 teaspoon red pepper flakes
- 1 cup dry white wine
- 3 sprigs fresh thyme
- 2 bay leaves
- 4 pounds mussels, scrubbed and debearded
- 1/4 teaspoon salt
- 3 tablespoons unsalted butter
- 2 tablespoons minced fresh parsley

Adjust oven rack to low position and heat to 500-degrees. Heat oil, garlic and pepper flakes in large roasting pan over medium heat; cook, stirring constantly, until fragrant, about 30 seconds. Add wine, thyme and bay leaves and bring to boil. Cook until wine is slightly reduced, about 1 minutes. Add mussels and salt. Cover pan tightly with foil and transfer to oven. Cook until most mussels have opened, 15 to 18 minutes.

Remove pan from oven. Push mussels to sides of pan. Add butter to center and whisk until melted. Discard thyme and bay leaves, sprinkle parsley over mussels and toss to combine. Serve immediately.

## Hot Honey Shrimp

2 servings

Alec Cohen, NY Times

1 rounded tablespoon honey  
1/4 teaspoon cayenne  
1/2 teaspoon grated lime zest  
1/2 teaspoon freshly grated ginger  
1 garlic clove, mashed with 1/4  
teaspoon kosher salt

1/4 teaspoon ground black pepper  
1 pound cleaned extra-large shrimp,  
patted very dry with paper towels  
1 tablespoon very cold butter, cubed  
1 tablespoon chives or scallion  
greens, finely chopped, for serving  
Mayonnaise, for serving (optional)

Heat oven to 500 degrees.

In a medium bowl, combine honey, cayenne, lime zest, ginger, garlic, salt and pepper. Toss in shrimp to coat. Marinate at least 4 hours. Spread shrimp on a large rimmed baking sheet and dot with butter. Salt lightly. Roast until shrimp is pink and opaque, but before the edges have started to curl, about 5 to 7 minutes. OR skewer and grill on barbecue. Sprinkle generously with fresh lime juice and toss with jalapeños and chives or scallions. Serve with mayonnaise if you like.

## Lobster Rolls

Yield: 4 servings

Deen Brothers

Notes: One 2 pound lobster yields about 6 ounces meat

1 1/2 pounds lobster meat, cooked

1/2 cup mayonnaise

3 tablespoons freshly squeezed

lemon juice

2 inner celery stalks and leaves,

finely chopped

2 tablespoons chopped fresh parsley  
leaves

Salt and pepper

4 rolls, split and lightly toasted

Melted butter, for brushing

Remove the meat from the lobsters, chopping any large chunks into bite-size pieces. In a bowl, combine the lobster meat, mayonnaise, lemon juice, celery, parsley, and salt and pepper to taste.

Place lobster salad in refrigerator for 5 to 10 minutes. This allows the salad to absorb the flavorings.

Brush cut sides of the rolls with melted butter and fill with the lobster salad.

## Broiled Fish With Lemon Curry Butter

Serves 4

Alec Cohen

4 tablespoons unsalted butter  
4 garlic cloves, finely grated or minced  
1 ½ tablespoons minced thyme leaves  
1 ½ teaspoon curry powder  
1 ½ teaspoon grated ginger  
¼ teaspoon fine sea salt, more as needed

¾ teaspoon finely grated lemon zest  
Ground black pepper, to taste  
4 (6-ounce) blackfish, flounder or hake fillets  
Fresh lemon juice, for serving  
Dill fronds or fresh parsley, for serving

Heat the broiler. In a small saucepan over medium heat, melt butter. Stir in garlic, thyme, curry powder, ginger and 1/4 teaspoon salt; heat until fragrant, about 1 minute. Stir in lemon zest.

Season fish with salt and pepper and place on a rimmed baking sheet. Pour sauce over fish and broil until fish is flaky and cooked through, about 5 minutes. Top with a squeeze of lemon juice and fresh dill, and serve.

## Sea Scallops With Brown Butter, Capers and Lemon

Serves 4

Alex Witchel

1 ½ (12 large scallops) to 2 pounds sea scallops, rinsed and muscle removed

Sea salt

freshly ground black pepper

¼ cup olive oil

white wine for deglazing

3 tablespoons unsalted butter

1 tablespoon finely chopped shallot

2 tablespoons salt-packed capers, rinsed of excess salt

Juice of half a lemon or less to taste

⅓ cup (packed) flat-leaf parsley leaves, finely chopped

Pat scallops dry with paper towels, and season lightly with salt and pepper. Heat a large sauté pan or nonreactive skillet over medium-high heat, and add oil. After 30 seconds, add scallops; do not crowd pan, work in batches if necessary.

Sauté scallops until well browned, about 3 minutes, then turn and cook other side or until 135-degrees. When second side is dark golden, transfer scallops to a platter; cover and keep warm.

Return sauté pan to heat; add a little wine to deglaze and then reduce. Add the butter, and cook until it begins to foam and turn golden. Add shallot and capers, sauté for 1 minute, then add lemon juice (being careful to avoid sputtering butter) and chopped parsley.

To serve, place 3 scallops on each of 4 warmed plates. Spoon butter, shallots and capers over scallops, and serve.

## Crab Pasta With Snap Peas and Mint

Serves 2 to 3

NY Times

fine sea salt, as needed  
4-5 ounces fresh linguine or spaghetti  
2 tablespoons unsalted butter, to taste  
1 cup sliced sugar snap peas  
2 scallions, whites and greens (both light and dark) thinly sliced  
 $\frac{1}{8}$  teaspoon red chili flakes, more to taste  
zest of  $\frac{1}{2}$  lemon, finely grated  
8 ounces crab meat, preferably lump, patted dry on paper towels  
 $\frac{1}{3}$  cup torn mint leaves  
1  $\frac{1}{2}$  teaspoons lemon juice, more to taste  
freshly ground black pepper  
extra-virgin olive oil, for serving  
flaky sea salt, for serving

Bring a large pot of heavily salted water to a boil. Add pasta and boil 2 to 3 minutes. Reserve 1 cup pasta water, then drain. Add pasta back to the dry pot and mix in 1 tablespoon butter. Set aside off heat.

Boil 3/4 cup pasta water in a large skillet over medium heat; reduce to 1/2 cup. Wisk in butter, then stir in snap peas, scallions, chili flakes and a pinch of salt. Cook for 1 to 2 minutes, until peas are tender. Stir in lemon zest and mix well.

Add drained pasta to the pan along with crab, 1/3 cup mint, the lemon juice and black pepper. Toss, adding more pasta water if the mixture looks dry, until warmed through. Remove from heat and serve topped with remaining mint, a drizzle of oil, more lemon if you'd like, and a sprinkle of flaky sea salt.

Optional Additions: try adding 1 minced garlic clove and/or top with coarsely grated Parmesan cheese.

## Swordfish Piccata

Gabrielle Hamilton, NY Times Cooking

Serves 2

1 ½ pounds swordfish steak, cut into ¾ to 1-inch slabs

Salt and pepper

½ cup cake flour

1/8 teaspoon cornstarch

2 tablespoons olive oil

5 tablespoons butter, divided

1 tablespoon finely minced shallot

⅓ cup dry white wine

1 tablespoons capers

Juice of 1/2 lemon plus

1 tablespoon minced parsley

lemon wedges (optional)

Season the swordfish gently but evenly on both sides with salt and pepper. Whisk together the flour and cornstarch. Dredge the fish in the flour mixture, patting off any excess.

In a cast-iron or nonstick skillet, heat olive oil until just smoking over medium-high heat. Add in 1 tablespoons of the butter until melted.

Place the swordfish in the pan and cook, turning once, until browned on both sides, about 3-5 minutes each side. Transfer the swordfish to a warm plate, and remove any excess fat from the sauté pan.

While the pan is still hot, melt 2 tablespoon of butter, sweat the shallots and cook until soft and cooked through, being careful not to brown. About 30 seconds. Deglaze the pan with the white wine, and reduce by half. Add the capers and lemon juice, and cook for 1 minute.

Take the pan off the heat and add in the remaining 2 tablespoons of butter, 1 tablespoon at a time, swirling the pan continuously to emulsify the butter.

Spoon the sauce over the fish, and garnish with parsley and lemon wedges.

## Five Spice Shrimp with Red Pepper

Serves 4

1 ½ pounds large shrimp, peeled and deveined

Salt

1 tablespoon granulated sugar

½ teaspoon five-spice powder

1 tablespoon soy sauce

2 tablespoons sake or sherry

¼ cup cornstarch

2 pounds baby bok choy or regular bok choy

3 tablespoons vegetable oil

1. Rinse the shrimp with cold water and pat dry with paper towels. Spread shrimp out in one layer. Sprinkle lightly on both sides with salt, sugar, then five-spice powder.

2 large bell peppers

1 tablespoon grated fresh ginger

1 teaspoon grated fresh garlic

¼ teaspoon cayenne or crushed red pepper flakes

1 teaspoon sesame oil

1 teaspoon sesame seeds, toasted

¼ cup slivered scallions, for garnish

Cilantro sprigs, for garnish

Lime wedges, for garnish

2. Transfer shrimp to a large bowl and drizzle with soy sauce and rice wine. Sprinkle with cornstarch and gently toss shrimp with hands or spoons until well coated (you may need to use more cornstarch). Toss shrimp lightly in sieve to remove excess cornstarch. Leave to marinate for 15 minutes (or cover and keep refrigerated up to 2 hours).
3. Bring a large pot of salted water to the boil. Add bok choy and simmer until just tender, 1 to 2 minutes for baby bok choy or 3 minutes for regular. Drain and arrange on a large serving platter. Keep warm.
4. Just before cooking, toss shrimp one again in cornstarch and remove excess. Set a large cast-iron pan or heavy skillet over high heat and add vegetable oil. When oil is hot, add the shrimp in a single layer. (Work in batches if necessary to avoid crowding.) Let shrimp brown nicely on one side, about 1 minute, then turn with tongs and finish cooking the second side. Transfer cooked shrimp to the platter of blanched bok choy, placing on top of greens.
5. Add red pepper strips to oil in wok, sprinkle lightly with salt and cook about 1 minute, until softened, then add ginger, garlic, cayenne and sesame oil. Let mixture sizzle briefly, just until fragrant, then carefully spoon it over shrimp.

6. Sprinkle with sesame seeds; garnish with slivered scallions, cilantro and lime wedges and serve.

## **Bouillabaisse With Orange Zest and Fennel**

Serves 6 to 8 servings Mark Bittman, NY Times Cooking

Note: I used black cod, true cod, sea scallops cut in half and mussels.

1 tablespoon olive oil

2 medium onions, roughly chopped

Zest of 2 navel or other oranges

2 teaspoons fennel seeds

1 dried chile, or cayenne to taste

1 28-ounce can of diced tomatoes, including juice

1 to 1 ½ pounds monkfish, catfish, or blackfish, cut into 1-inch cubes

1 1/2 pounds hard-shell (littleneck) clams, cockles or mussels, well washed

1 to 1 ½ pounds shrimp or scallops, cut into bite-size pieces if necessary

1 to 1 ½ pounds cod or other delicate white-fleshed fish, cut into 6 large chunks

1 tablespoon minced garlic

1 cup roughly chopped parsley

Put olive oil in a casserole or large saucepan over medium heat. Add onions and cook, stirring occasionally, until softened, about 5 minutes. Add zest, fennel and chili, and cook for about a minute. Add tomatoes, and turn heat to medium-high. When mixture boils, reduce heat to medium, and cook 10 to 15 minutes, stirring occasionally, until it becomes sauce-like.

Add all fish ingredients. Bring to a boil, stir gently, cover and simmer about 10 minutes. (If mixture is very thick, add a cup or so of hot water.)

Stir in garlic, and cook 1 minute more. Stir in parsley and serve, with crusty bread.

## Salmon Burgers

Serves 4

Mark Bittman, NY Times Cooking:

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### Salmon Patties:

1 ½ pounds skinless,  
boneless salmon  
2 teaspoons Dijon mustard  
1 to 2 tablespoon minced dill  
½ cup Panko  
1 tablespoon capers, drained  
Salt and freshly ground black  
pepper  
2 tablespoons olive oil

### Hamburger Buns:

4 large hamburger buns  
mayonaise (optional: wasabi to  
taste)  
4 pieces of lettuce  
4 slices red onion, lightly cooked  
4 to 8 dill or butter pickles  
Lemon wedges

Salmon Patties: Cut the salmon into 1-inch chunks, and put about a quarter of it into the container of a food processor, along with the mustard. Turn the

machine on, and let it run -- stopping to scrape down the sides if necessary — until the mixture becomes pasty.

Add the shallots and the remaining salmon, and pulse the machine on and off until the fish is chopped and well combined with the puree. No piece should be larger than a quarter inch or so; be careful not make the mixture too fine.

Scrape the mixture into a bowl, and by hand, stir in the bread crumbs, capers and some salt and pepper. Shape into four burgers. (You can cover and refrigerate the burgers for a few hours at this point.)

Place the butter or oil in a 12-inch nonstick skillet, and turn the heat to medium-high. When the butter foam subsides or the oil is hot, cook the burgers for 1 to 2 minutes a side, turning once. Be careful not to overcook.

Assembly: Lightly toast the buns. Spread with mayonnaise (optional: mixed with wasabi). On one half of the bun place salmon burger. On the other half place lettuce, onion and pickles. Garnish plate with lemon wedges.

## Bonne Femme Sauce for Fish

Serves 4

1/2 cup shallots, minced very fine  
and sauteed

1/2 cup fresh parsley, minced and  
divided

1/2 cup dry white wine

8 ounces bottled clam juice or fish  
stock

2.5 tablespoons butter

2.5 tablespoons flour

2 tablespoons crème fraîche or  
heavy cream

Kosher salt and white pepper

lemon juice to taste

shredded Swiss or Gruyere

Set the sauce pan with wine, clam juice, shallots and ¼ cup parsley over high heat and boil until mixture is reduced to about 1 cup

While the juices boil, make a roux with butter and flour. Cook over medium heat, whisking constantly, for about 2 minutes; do not allow it to color. Take roux off heat and allow it to cool for about a minute.

Add the reduced baking juices to the roux, place pan over medium heat, and whisk until the mixture thickens, about 30 seconds. Thin the sauce with crème fraîche or heavy cream (sauce should be thick but pourable). Stir in lemon juice, salt and pepper to taste.

Pour sauce over fish and sprinkle with the rest of the minced parsley. Option: Top with a thin layer of shredded cheese such as Swiss or Gruyère and place under broiler until cheese lightly browns. Serve with crusty bread.

## Okonomiyaki--Vegetable and Shrimp Pancakes

Serves 2-3

Ivy Manning

### Pancakes:

1 cup flour  
1 teaspoon baking powder  
1 teaspoon sugar  
½ teaspoon salt  
½ teaspoon pepper  
1 cup chicken or vegetable broth  
2 eggs  
1 cup shredded cabbage  
1 small carrot, peeled and shredded

½ to 1 cup bean sprouts  
2 scallions, thinly sliced  
½ to 1 cup raw shrimp, peeled and chopped  
olive oil

### Okonomi Sauce:

2 tablespoons ketchup  
1 tablespoon Worcestershire sauce  
1 teaspoon soy sauce  
1 teaspoon brown sugar

Pancake: Preheat oven to 225-degrees. In medium bowl, whisk flour, baking powder, sugar, salt and pepper. In small bowl, whisk broth, eggs. Add wet ingredients to dry and whisk until smooth. Mix in cabbage, carrot, bean sprouts, scallions and shrimp. Set aside.

Sauce: Combine all ingredients in small bowl and set aside.

Heat oil in 12-inch nonstick skillet over medium heat. Add half the batter mixture and distribute evenly in pan. Cook until edges are set and bottom is lightly browned, 4 minutes. Flip pancake and cook on second side for 4 minutes. Transfer to baking sheet and keep it warm in oven. Cook the second pancake. Place pancakes on dinner plates and drizzle sauce. Serve immediately.

## Cumin-Roasted Salmon with Cilantro Sauce

Yields 3 to 4 servings

By Alison Roman

### Sauce:

1 cup cilantro, tender leaves and stems, chopped

¼ cup finely chopped chives (from about 1/2 bunch)

1 garlic clove, very finely chopped

1 tablespoon distilled white vinegar

¼ cup olive oil

Kosher salt and ground black pepper

### Salmon:

1 ¾ teaspoons ground cumin

½ teaspoon smoked paprika

2 tablespoons olive oil

Kosher salt and ground black pepper

1 ¼ pounds skin-on salmon fillet

1 lemon, cut into wedges, for serving

Make the sauce: Combine cilantro, chives, garlic, vinegar and olive oil in a medium bowl. (Alternatively, pulse the ingredients in a food processor until you've reached the desired consistency.) Season with salt and pepper, and set aside.

Roast the salmon: Heat oven to 350 degrees. Combine cumin, paprika and olive oil in a small bowl, and season with salt and pepper.

Season salmon with salt and pepper and place in a baking dish or on a rimmed baking sheet. Drizzle salmon with spiced olive oil mixture, transfer to the oven, and roast until fish is opaque and just cooked through, 15 to 18 minutes.

Remove salmon from oven and spoon cilantro sauce over the top. Serve with lemon wedges on the side.

## Coconut-Miso Salmon Curry

Serves 4

Kay Chun, NY Times Cooking

3 tablespoons safflower or canola oil

1 medium red onion, halved and sliced 1/2-inch thick (about 2 cups)

1 (2-inch) piece fresh ginger, minced (about 4 tablespoons)

6 garlic cloves, thinly sliced

zest of one lime

Kosher salt and black pepper

1/4 cup white miso

1 can unsweetened, full-fat canned coconut milk

1 (1 1/2-pound) salmon fillet, cut into 2-inch pieces

5 to 10 ounces baby spinach (about 5 packed cups)

1 tablespoon fresh lime juice, plus lime wedges for serving

Steamed rice, such as jasmine or basmati, for serving

1/4 cup chopped fresh basil

1/4 cup chopped fresh cilantro

In a large pot, heat 2 tablespoons oil over medium. Add onion, ginger and garlic and season with salt and pepper. Cook, stirring occasionally, until softened, about 3 minutes. Add miso and cook, stirring frequently, until miso is lightly caramelized, about 2 minutes.

Add coconut milk, lime zest and 1 cup water and bring to a boil over high heat. Cook until liquid is slightly reduced, about 5 minutes. Stir in salmon, reduce the heat to medium-low and simmer gently until just cooked through, about 4 minutes. Turn off heat and stir in spinach and lime juice. If using boy choy, simmer with salmon for 1 minute.

Divide rice among bowls. Top with salmon curry, basil and cilantro. Serve with lime wedges for squeezing on top.

## Crispy Rice with Shrimp, Bacon and Corn

Serves 2

Genevieve Ko, NY Times Cooking

8 ounces peeled and deveined shrimp, patted very dry

Kosher salt and ground black pepper

3 strips bacon

olive oil as needed

1 ear corn

½ jalapeno, minced

1 clove garlic, mashed

3 tablespoons diced red onion

1/2 cup grape tomatoes

1 1/2 cups rice cakes, broken up)

garnish: cilantro, lime juice, crispy bacon

Heat a heavy skillet over medium-low heat. Add bacon and cook turning to evenly brown until crisp. Drain the bacon on paper towels, leaving as much liquid as possible in the skillet.

Season shrimp with salt and pepper. Increase the heat to high; add the shrimp and sear until brown, 1 to 2 minutes per side. Transfer to a plate.

Cut off the corn kernels. Cut the tomatoes in half.

If necessary, add some olive oil to the skillet, Turn the heat to medium-high and add the corn, red onion, garlic, jalapeno and a pinch of salt to the skillet. Cook, stirring, until the onion is transparent.

Add the crispy rice and stir until well-mixed and heated through, about 3 minutes. Reheat the shrimp with a squeeze of lemon juice.

Remove from the heat and divide the rice mixture among two bowls, scattering the tomatoes, shrimp and accumulated juices on top of each. Garnish with chopped cilantro and crumbled bacon.

## Gourmet Fish Tacos

4 to 6 servings

Craig Lee, NY Times Cooking

Note: 2 tacos per person, 1 ¼ lbs fish for light eaters with 2 sides

See end for complete Mexican Dinner

2 medium tomatoes, seeded and diced

1 small red onion, peeled and diced

1 clove garlic, minced

½ cup roughly chopped cilantro

1 jalapeño, seeded and diced

¼ cup mayonnaise

½ cup sour cream

2 limes, 1 halved and 1 cut into wedges

Kosher salt

Freshly ground black pepper

to taste: canned chipotle pepper, finely chopped

½ cup flour

1 ½ teaspoons chili powder

½ cup milk

¼ cup peanut oil

Pat of butter

1 pound flounder or any firm white-fleshed fish, cut across the grain of the flesh into strips about 1/2 inch wide by 3 inches long

(continued)

12 medium fresh corn tortillas, very  
lighted heated

1 cup finely shredded green  
cabbage

Salsa: In a medium bowl, combine the tomatoes, onion, garlic, cilantro and jalapeño (if using).

Cream Sauce: In a small bowl, whisk the mayonnaise and sour cream until combined. Season to taste with the halved lime, salt, pepper and chipotle.

Flour Coating: In a medium bowl, mix together the flour, chili powder and 1 1/2 teaspoons each of kosher salt and black pepper. Pour the milk into another medium bowl, and place the fish into it.

Fish: Pour 1/4 cup of the peanut oil into a 12-inch frying pan and place over medium-high heat until it shimmers and is about to smoke. Remove the fish pieces from the milk bath and dredge them lightly through the flour mixture, shaking to remove excess. Add the butter to the pan. Place some fish pieces in the oil, without crowding them, and cook until deep golden brown on one side, 1 to 2 minutes. Turn carefully and cook for 1 to 2 minutes more. Remove to a

warmed, paper-towel-lined plate and sprinkle with salt. Repeat with the remaining fish.

Tortillas: Meanwhile, lightly grease a skillet with a drizzle of oil and set over medium heat. Heat the tortillas, one or two at a time, until they are soft and hot. Keep them warm, wrapped in a dish towel. Best right off the skillet.

Assembly: Fill each tortilla with 2 to 3 pieces of fish, browned side up, followed by salsa and a pinch of cabbage. Drizzle with the cream sauce. Serve 2 to 3 tacos per person, with lime wedges.

Menu Suggestions: Margaritas, guacamole with Scoops, gourmet tacos, black bean salad, Mexican rice

## Egg Foo Yung

Makes 2 8-inch omelets. Serves 2 as a main course

Oregonian

### Gravy:

1 ½ tablespoons peanut oil  
1 ½ tablespoons flour  
optional: 1 teaspoon curry powder  
1 teaspoon black bean garlic sauce  
1 ½ teaspoon soy sauce  
1 cup chicken broth

### Omelets:

1 ½ cups bean sprouts  
2 stalks green onion, finely chopped  
1 cup thinly shredded Napa cabbage  
½ cup shitake mushrooms, diced  
¼ cup sweet (tiny) shrimp  
½ teaspoon kosher salt  
1/8 teaspoon white pepper  
4 to 5 eggs, beaten  
peanut oil for frying  
garnish: chopped green onion

Preheat oven to 250-degrees.

Gravy: heat oil in small pot until it shimmers. Sprinkle in flour (and curry powder) and stir with a whisk. Add chicken broth, black bean sauce and soy sauce. Whisk to combine. Let sauce come to a simmer whisking occasionally as it thickens. Remove from heat, cover and set aside.

Omelets: In a large bowl, combine bean sprouts, onion, cabbage, mushrooms, shrimp, salt and pepper. Stir in eggs. Set aside.

Heat ½ cup peanut oil in an 8-inch non-stick skillet over medium heat until it shimmers. Pour about 1 cup egg mixture into center of pan and spread it like a pancake. Turn heat to medium low. Fry until slightly browned, about 1 to 2 minutes. Carefully flip and cook another 1 to 2 minutes. Transfer to paper toweling to absorb excess oil. Slide omelet to a cookie sheet and put in the oven. Repeat with remaining mixture.

Reheat gravy. Arrange omelets on serving plates and spoon gravy. Top with green onions.

## Brothy Cod with Peas and Mushrooms

Serve 4

Kay Chun, NY Times Cooking 4

3 tablespoons extra-virgin olive oil  
½ small yellow onion, thinly sliced  
(about 1/2 cup)  
3 garlic cloves, thinly sliced  
2 tablespoons minced fresh ginger  
6 ounces fresh shiitake mushrooms,  
stemmed and sliced 1/4-inch thick  
(about 2 cups)

Kosher salt and black pepper  
1 cup pearl couscous  
1 (8-ounce) bottle clam juice  
1 ½ pounds skinless cod fillet, cut  
into 1 1/2-inch pieces  
1 cup thawed frozen peas  
¼ cup chopped scallions

In a large pot or Dutch oven, heat 2 tablespoons oil over medium. Add onion and cook, stirring occasionally, until softened, about 3 minutes. Add garlic and ginger, and cook, stirring, until fragrant, 1 minute.

Add mushrooms and the remaining 1 tablespoon oil, and season with salt and pepper. Cook, stirring occasionally, until lightly golden, about 3 minutes. Add couscous and stir until lightly toasted, about 2 minutes.

Add clam juice and 5 cups water, and bring to a boil over high heat. Reduce heat to medium and simmer until couscous is al dente, about 10 minutes.

Add cod and peas and bring back to a simmer. Cook, stirring occasionally, until fish is flaky and and cooked through and couscous is tender, about 5 minutes longer. Stir in scallions and season with salt and pepper.

Divide cod, vegetables and couscous across bowls, and top off with remaining broth. Serve warm.

#### Notes:

I found the broth a little lacking so added a teaspoon of miso paste. Seemed a good add.

Use the clam juice as well as two cups of Dashi Bonito stock (from powder). Everyone in the family loved it. It would also be good with some added greens.

I added 2 tbsp dashi, 2 tbsp miso and a dash of soy sauce to augment the flavor. Really nice recipe for a healthy and quick meal.



## **Pan-Seared Fish with Spinach and Lemon Pepper Aioli**

Serves 4

Marsh Skeele, NY Times Cooking

### For the Aioli:

½ cup good quality mayonnaise

2 tablespoons Dijon mustard

2 tablespoons lemon juice

½ teaspoon grated lemon zest

1 large garlic clove, minced

½ teaspoon kosher salt

¼ teaspoon freshly cracked black pepper

### For the Fish:

4 (8 ounce) pieces white fish (skin on sablefish, cod, sea bass)

1 tablespoon olive oil

Salt and pepper, to taste

### For the Spinach:

2 bunches of, spinach, cut in 2-inch pieces

3 tablespoons olive oil

2 garlic cloves, minced

¼ teaspoon red pepper flakes

2 tablespoons lemon juice

Salt and pepper, to taste

Aioli: Combine all ingredients in a food processor, blender, or by hand with a whisk. Set aside.

Fish: Heat 1 tablespoon olive oil over medium-high heat in a large, preferably non-stick, skillet. Season fish generously with salt and pepper. Cook skin-side down 5 minutes until skin is golden brown and crisp. Gently turn fish and cook another 2-3 minutes. (Total cooking time is 10 minutes per inch.)

Spinach: Adjust heat to medium, and add 3 tablespoons olive oil to the same skillet. Quickly sauté garlic and red pepper flakes, approximately 30 seconds, until fragrant. Add spinach to the pan and season with salt and pepper. Use tongs to move the spinach around the pan to wilt evenly. Add lemon juice just before serving.

To Serve: Spread a bed of spinach on the plates and top with a serving of fish. Spoon a wide swath of aioli across the fish pieces.

## **Fish Milanese**

Serves 4

Kay Chum, NY Times Cooking

¼ cup all-purpose flour  
2 large eggs, beaten  
1 cup plain bread crumbs  
Salt and black pepper  
½ teaspoon dried oregano  
4 (5- to 6-ounce) flounder fillets (or other thin white fish fillets)  
6 tablespoons unsalted butter  
5 tablespoons neutral oil, such as safflower or canola

2 tablespoons minced shallot  
¼ teaspoon minced garlic  
2 tablespoons lemon juice, plus lemon wedges for serving  
2 tablespoons chopped fresh parsley  
1 tablespoon capers, plus 1 tablespoon caper brine  
1 avocado, halved, pitted, peeled and cut into wedges (optional)

Place flour, eggs and bread crumbs in three separate shallow bowls, and season each with salt and pepper. Crumble the oregano with your fingertips and add to the bread crumbs; mix well.

Season fish with salt. Working with one piece at a time, dredge in flour (shake off excess), dip in egg (shake off excess) then dredge in bread crumbs, pressing to adhere. Transfer to a large plate.

In a 12-inch nonstick skillet, melt 1 tablespoon of the butter in 1 tablespoon of the oil over medium heat. Add 2 fillets and cook until golden underneath, about 3 minutes. Flip fish and cook until golden on the second side and cooked through, 2 minutes longer. Transfer to a large paper towel-lined plate, and season with salt. Wipe out skillet. Repeat with 1 tablespoon of the butter, 1 tablespoon of the oil and the remaining fish.

Wipe out skillet and melt the remaining 4 tablespoons butter over medium-low heat. Add shallot and cook, stirring occasionally, until shallot is softened and butter is golden brown, about 2 minutes. Stir in the garlic until fragrant, 30 seconds. Add the remaining 3 tablespoons oil, plus the lemon juice, parsley, capers and caper brine, and mix well. Transfer the brown-butter vinaigrette to a small heatproof bowl, and season with salt and pepper.

Divide the fish, arugula and avocado among plates, and drizzle with the brown-butter vinaigrette. Serve with lemon wedges.

## Soy-Glazed Salmon Bowl

Serves 4

### For the Sauce:

3 tablespoons neutral oil, such as safflower or canola  
½ teaspoon minced garlic  
⅓ cup low-sodium soy sauce  
⅓ cup mirin  
3 tablespoons granulated sugar  
¼ teaspoon black pepper  
¼ teaspoon kosher salt (Diamond Crystal), plus more for seasoning

### For the Bowl:

Cooked short-grain rice

1 (1 1/2-pound) skinless salmon fillet  
Pickled ginger  
English cucumbers, halved crosswise and cut lengthwise into thin spears  
1 to 2 avocados, pitted and thinly sliced  
Toasted seaweed sheets, cut into matchsticks  
Green onion, cut thinly on the diagonal

For the Sauce: In a small saucepan, heat 2 tablespoons of the oil over medium. Stir in garlic until fragrant, 30 seconds. Add soy sauce, mirin, sugar, black pepper and ¼ teaspoon salt, and bring to a simmer. Reduce heat to medium-low and cook, stirring occasionally, until sauce is reduced by about a third and has thickened slightly, 10 to 15 minutes. Set aside. You should have about ½ cup sauce.

For the Salmon: Cut the salmon into 1 ½-inch cubes. Coat the salmon with oil and sprinkle lightly with salt. Sauté briefly, about 1 to 2 minutes per side. (The salmon should still be pink in the middle.) Transfer the salmon to a large plate and baste with some of the sauce.

Assembly: For each bowl, add in order the rice, salmon, ginger, strips of avocado and cucumber. Drizzle the remaining sauce. Garnish Nori strips and green onion.

## One-Pot Chermoula Shrimp and Orzo

Yield: 2 servings

By Nargisse Benkabbou

### FOR THE CHERMOULA

1 large lemons  
3/4 cup finely chopped cilantro  
3/4 cup finely chopped flat leaf  
parsley  
3 tablespoons olive oil  
2 garlic cloves, peeled and finely  
chopped  
1 1/2 teaspoons paprika  
3/4 teaspoon ground cumin

3/4 teaspoon fine sea salt, plus more  
to taste

3/4 teaspoon granulated sugar

### For the Orzo and Shrimp

3/4 tablespoon unsalted butter  
3/4 tablespoon olive oil  
1 1/2 cup orzo  
2 1/4 cups vegetable stock  
3/4 pound peeled and deveined  
medium to large shrimp

Make the chermoula: Finely grate the zest from both lemons and set aside for serving, then, into a medium bowl, squeeze 2 tablespoons lemon juice. Stir in the cilantro, parsley, olive oil, garlic, paprika, cumin, salt and sugar and set aside until ready to use. (You can keep the chermoula in a sealed container in the fridge for up to 5 days.)

Prepare the orzo and shrimp: Heat the butter and olive oil in a large pot over medium-high until the butter is melted. Add the orzo and keep stirring until the orzo is lightly golden, about 3 minutes.

Add in the chermoula and stock and bring to a boil. Reduce the heat to low and cover the pot. Cook, stirring occasionally, until orzo starts to soften, about 10 minutes. If it looks like the orzo is too dry, add a couple of tablespoons of water to the pan.

Stir in the shrimp and cover the pot again until the shrimp and the orzo are both cooked through and most of the liquid has evaporated, 4 to 6 minutes more. Taste and adjust the seasoning with salt if necessary.

Serve immediately, topped with the grated lemon zest.

