

Seafood Recipes

Fresh Shrimp Salad

Serves 4 as a first course or sandwich filling, 2 as a light lunch

- 1 pound large (21-25) count shrimp, peeled and deveined
- 2 tablespoons mayonnaise
- 2 tablespoons sour cream
- 1 tablespoon finely minced fresh tarragon
- 1 teaspoon fresh lemon juice
- 1 teaspoon tarragon vinegar
- ¼ cup finely diced celery
- ¼ cup finely minced scallions
- 1 teaspoon coarse or kosher salt
- ½ teaspoon freshly ground white pepper

In a medium stockpot over high heat, bring 4 quarts abundantly salted water to a rolling boil. Add the shrimp and cook until just pink, about 5 minutes.

Immediately transfer to a colander and run under cool water to stop the shrimp from cooking any further (only takes several seconds; shrimp should still be slightly warm when dressed). Shake the colander to drain any excess water.

In a small bowl, mix together mayonnaise, sour cream, and tarragon. Set aside.

In a medium mixing bowl, toss the warm shrimp with the lemon juice and vinegar. Stir in the celery and scallions. Add the mayonnaise mixture, salt, and pepper and toss to coat. Cover and refrigerate until ready to serve. Taste to correct seasoning.

You can serve the shrimp on greens, in a split-top roll, or on a soft roll. Add a nice dill pickle slice and a cold beer and relax and enjoy.

NO FILLER CRAB CAKES

Makes approximately four cakes

Ingredients:

1 pound jumbo lump crab meat
1 teaspoon Worcestershire sauce
Freshly squeezed juice from ¼ lemon (1 teaspoon)
1 teaspoon powdered mustard
1 teaspoon Old Bay seasoning
2 scallions, white and light-green parts, finely chopped
¼ cup chopped flat leaf parsley
½ chopped Jalapeno – size depends on how hot you want it
1 egg
½ cup good quality mayonnaise
1 tablespoon chopped cilantro – optional
3 – 4 tablespoons canola oil for cooking

Spread out the crab meat on a baking sheet and go through it carefully to pick out and discard any bits of shell or cartilage. Take care to leave the lumps intact as much as possible. Transfer the picked over crab meat to a large bowl.

Add the Worcestershire sauce, lemon juice, mustard, Old Bay, scallions, parsley, jalapeño and cilantro to the bowl. Use a flexible spatula or your clean hands (better) to gently fold the mixture without breaking up the lumps of crabmeat. Beat the egg in a separate bowl, then add the mayonnaise to the egg mixture and mix well. Gently fold into the crab mixture until thoroughly incorporated.

Set a strainer inside a large bowl, fill the strainer with the crab cake mixture and cover it with plastic wrap; refrigerate for at least several hours or up to overnight. Remove from the refrigerator and discard the liquid in the bowl.

To form the crab cakes, take approximately ¼ of the mixture and place it into a 3-inch round biscuit cutter on a parchment lined baking sheet; gently press the crab meat into the cutter to form a crab cake. Remove the mold and repeat with the remaining crab mixture. You should have 4 fairly firm crab cakes when done.

Cover and refrigerate until ready to cook. Note: the crab cakes can be formed several hours in advance.

Place a baking sheet in a pre-heated 200-degree oven. Pour some oil into a skillet over medium heat until the oil shimmers. Carefully place 2 of the crab cakes in the skillet and cook undisturbed for 3 to 4 minutes, until the bottoms are well browned. Use a large, thin spatula to turn the cakes over; cook for 3 more minutes on the second side, just until they are browned. Transfer them to the oven to keep warm while you cook the remaining crab cakes. Serve warm and enjoy!

Fish Fillet Baked in a Paper Case

1 center cut piece of salmon or one salmon steak
½ small cucumber, sliced
4 lemon slices
Several very thin slices of onion
Some julienne carrot
4 tbsp. dry white wine or Vermouth
Sprigs of fresh dill to garnish

For the yogurt hollandaise:

½ cup low fat plain yogurt
1 tsp lemon juice
2 egg yolks
1 tsp Dijon mustard

Salt and pepper

Preheat the oven to 350-degrees. Cut out a heart shape from nonstick parchment paper, about 8 x 6 inches

Place the vegetables in the center of one side of the paper heart. Place the fish on top of the veggies and garnish with the sliced lemon. Sprinkle with the wine

and close the packages by turning the edges of the paper and twisting to secure. Put the packages on a baking sheet and cook for 15 minutes.

Meanwhile make the hollandaise. Beat together the yogurt, lemon juice and egg yolks in a double boiler or bowl placed over a saucepan; cook over simmering water, stirring for about 15 minutes, or until the sauce is thickened. The sauce will become thinner after 10 minutes, but will thicken again.

Remove from the heat and stir in the mustard then season to taste with salt and pepper. Open the fish package, garnish with a spring of dill and serve accompanied with the sauce.

GRILLED SCALLOPS WITH SWEET POTATO RELISH AND YELLOW PEPPER SAUCE

12 Large Sea Scallops
½ Cup diced Sweet Potato
½ Cup Diced Red Onion
½ Cup Diced Green Pepper
½ Cup Diced Red Pepper
½ Cup Dices Zucchini
½ Cup Chicken stock
1-1½ Tablespoons Butter
3 Tablespoons Semolina
Yellow Pepper Sauce
Flat Leaf Parsley for Garnish

Sweat the potato, onion, and peppers in a little olive oil. Add a little stock, then Zucchini. Sweat to almost dry; add more stock, if necessary, to keep mixture moist. When all vegetables are soft, remove from heat and stir in the butter. Set Aside.

Pat the scallops dry. Dip the scallops, one side only, in Semolina. Fry in butter over medium high heat, 1 - 2 minutes for first side, turn and then fry for 1 - 2 minutes on second side. Note: You want a nice brown crust on the tops and bottoms, with the middle still white.

To make Yellow Pepper Sauce, roast two yellow peppers; place in paper bag to steam. Peel the skins off the peppers then puree' in a blender till smooth. Pass through a fine mesh strainer and refrigerate till needed.

To Serve –Place three small mounds of the relish on each plate. Top each with a scallop. Decorate plate with Yellow Pepper Sauce. Garnish with flat leaf parsley.

JACK DANIELS MARINATED SALMON

¼ cup Jack Daniels Bourbon
¼ cup soy sauce
¼ cup or a little less of brown sugar
Salmon – steaks or fillets

Place the first three ingredients into a plastic or non-reactive container and add the salmon. Mix to ensure that the entire fish is covered with the marinade.

Keep refrigerated for 1 or 2 days, turning often to ensure even marinating.

Cook the fish at 375-degrees for 30 minutes or till fish flakes when tested with a fork or grill till fish flakes. Note: I cook mine on non-stick foil, both in the oven and on the grill, easy clean-up.

Number of servings depends on the amount of fish used.

Mahi-Mahi with Macadamia Nut Crust

1 10 ounce mahi-mahi fillet (1 inch thick) skinned, halved crosswise
½ cup fresh squeezed lime juice
1/3 cup Panko*
¼ Cup chopped macadamia nuts
1 teaspoon minced fresh cilantro
1/8 teaspoon salt
4 tablespoons (1/2 stick) unsalted butter, melted

Place the mahi-mahi in a shallow glass baking dish. Pour the lime juice over and marinate, refrigerated, at least 1 hour, turning the fish over occasionally. Do not marinate over 1 ½ hours or the juice will start to “cook” the fish.

Preheat the oven to 350 – degrees. Combine the Panko and the next 3 ingredients in a small bowl. Mix in 2 tablespoons of melted butter; season generously with pepper.

Remove the fish from the original glass baking dish and set aside while you rinse the dish and towel dry it. Now pour the remaining 2 tablespoons butter into the baking dish and return the fish to the dish, turning it to coat it with the melted butter. Spoon the Panko mixture on top of the fish fillets, dividing evenly. Press the topping gently to adhere to the fish. Bake in the preheated oven until the fish is cooked through, about 20 minutes. Transfer to plates and serve with a little green salad on the side and maybe a few lemon and/or lime slices for the fish.

SHRIMP DIANE

1½ pounds jumbo tiger prawns, shelled and deveined – reserve the shrimp shells
2/3 cup shrimp stock
¾ cup unsalted butter
¼ cup scallions, minced
¾ teaspoon kosher salt

½ teaspoon garlic, minced, about 1 good size clove
½ teaspoon cayenne pepper
¼ teaspoon white pepper
¼ teaspoon black pepper
¼ teaspoon basil
¼ teaspoon thyme
¼ teaspoon oregano
¾ pound button mushrooms, cleaned and sliced
¼ cup parsley, minced

To make shrimp stock: Peel and devein shrimp, saving shells. (Place prepped shrimp in the refrigerator for later use) Place shells with 1½ cups water in small saucepan and bring to a boil. Reduce heat to medium and cook for 10 minutes; strain and reserve.

Heat ½ cup butter in a skillet over a moderate heat; add scallions, salt, garlic, cayenne, white and black pepper, basil, thyme and oregano. Add mushrooms, shrimp stock, parsley and remaining butter. Simmer for 2 – 3 minutes until mushrooms are cooked.

Add shrimp and continue to cook till shrimp turn pink – 2-3 minutes and are nicely done. Remove from heat.

Serve over white rice, thin pasta or sautéed spinach – serves four

DILL – STUFFED SHRIMP WITH BAKED LEMON

2 Lemons
4 heaping tablespoons sugar
24 large shrimp
4 tablespoons freshly snipped dill or fennel fronds
1 tablespoon minced garlic
3 tablespoons extra virgin olive oil
Salt and cayenne to taste

Preheat the oven to 450-degrees. Preheat a grill pan.

Cut the pointed tips from the lemons, just enough so they'll sit flat. Cut the lemons in half, then place them, flesh sides up, in a baking pan; sprinkle with sugar. Bake for about 10 minutes, until the sugar melts and the pulp is soft.

Meanwhile, peel the shrimp; slice each one almost in half through their fronts to make a hinged shrimp that looks like this:). Mince the dill and sprinkle it over the insides of the shrimp. Close the shrimp.

Mix the garlic and oil. Brush on the shrimp, then sprinkle with salt and a pinch of cayenne.

Grill or broil the shrimp until done, 2 to 3 minutes per side. Serve with the baked lemons, squeezing some of the lemon juice over the shrimp.

Serves 4

FISHERMAN'S SEAFOOD PASTA

Serves 4 - 5

Freezer Meal –Can prepare and freeze

½ cup onions chopped

2 teaspoons garlic, minced

4 teaspoons olive oil

2/3 cup green bell peppers, chopped

1 cup zucchini, chopped

1 26 oz jar spaghetti sauce

1 tablespoon basil, fresh, chopped (or 1 tsp dry)

¾ pound shrimp, small, peeled & de-veined

¼ pound bay scallops

8 ounces crab meat (or imitation crab) cut into chunks

1 tablespoon red wine (optional)

4 to 5 ounces pasta, your choice

Prepare the pasta, slightly al dente, according to the package directions. Cool in water bath and drain. Set aside, oiling lightly, if necessary

In a large skillet cook onions, bell peppers, and garlic in oil for 2 minutes. Add zucchini and shrimp, cook for 2 minutes longer, stirring often. Add the crab, scallops and spaghetti sauce. Bring to a boil; reduce the heat and simmer, very low, for 20 minutes. Cool. Note: If using precooked shrimp, add them the last 10 minutes of the cooking time since they will already be cooked and you do not want to overcook them.

Recipe makes 4 1&1/2 cup servings or 5 – 1 cup servings. Place 2 ounces of the pasta in either 4 or 5 freezer and microwave safe containers. Top with the appropriate amount of seafood sauce for each container with pasta. Cover, label, and freeze.

Reheating instructions: Thaw in the refrigerator overnight. When ready, heat in the microwave on 70% power for 3 to 5 minutes, or until hot throughout.

SMOKED SALMON CHEESECAKE WITH TRADITIONAL CONDIMENTS

1 lb. cream cheese
½ lb. smoked salmon
½ cup half & half
Pinch sea salt
Pinch white pepper

Traditional condiments:

Capers
Sliced or diced cucumber
Sliced scallion or red onion
Diced tomato
Diced sweet pickle – gherkins
Lemon wedge

To make the cheesecake unwrap and bring the cream cheese to room temperature, about 20 to 25 minutes. Chop smoked salmon slightly. Don't chop too much, it will fall apart when blending. Put cheese and salmon in kitchen aid mixer (or cream by hand with rubber spatula), and slowly add half and half to thin out for easy handling. Blend until smooth on medium speed. If you would like to mold, lay plastic wrap in your favorite mold or small spring form pan and spray with Pam or vegetable oil. Refrigerate a little to set and un-mold. I like the rustic look to just spoon it out on the center of a platter with condiments all around. Serve with toast points, rye or dark bread.

THAI STIR-FRY SHRIMP IN ENDIVE CUPS

½ pound medium – medium/large shrimp, raw, shelled and deveined
2 whole small green onions, minced – white and green
2 tablespoons finely minced ginger
4 large heads Belgian endive – leaves separated to form cups
2 tablespoons flavorless cooking oil

Wok Sauce:

2 tablespoons chopped fresh cilantro springs
2 tablespoons oyster sauce
2 tablespoons dry sherry
1 tablespoon dark sesame oil
2 teaspoons hot sauce or Asian Chile Sauce
½ teaspoon sugar
½ teaspoon cornstarch

Cut the shrimp crosswise into rounds, about three or four per shrimp depending on size, refrigerate until needed, covered. Combine the green onions and the ginger and refrigerate. Cut ends of endive, separate leaves and refrigerate. In a small jar, add all the sauce ingredients, shake well and refrigerate.

At serving time, place a wok or sauté pan over high heat until hot. Add the cooking oil and roll it around the sides of the wok. When the oil just begins to smoke, add the shrimp. Stir-fry the shrimp. As soon as the shrimp turn white (about 45 seconds), add the green onions and ginger. Shake the sauce several times then add it to the stir-fry. Stir and toss until the sauce glazes the shrimp. Slide the stir-fry onto a serving platter and surround the shrimp with the endive cups and serve at once.

Grilled Salmon Cobb Salad

Serves 4 to 6

3 hardboiled eggs, peeled and sliced
1 pound piece of skinless (center cut) Salmon, wild if possible
½ teaspoon grated lemon zest, plus the juice of 1 lemon
3 tablespoons white wine vinegar
½ large shallot, chopped
Fresh tarragon
½ cup extra-virgin olive oil (Note: I used ¼ cup EVO and ¼ cup Avocado Olive Oil)
Vegetable oil spray for cooking corn, greens, and avocado
2 heads romaine lettuce, halved lengthwise
2 Avocados, halved, pitted and peeled
2 ears corn, shucked
1 cup fresh basil, torn
½ cup roughly chopped fresh dill
1½ cups cherry tomatoes, halved (Note: I used red, orange and yellow)
Chopped Fresh parsley for topping
Kosher salt and freshly ground black pepper to season

Drizzle the salmon with juice of ½ a lemon and season generously with salt and pepper; set aside for 10 minutes.

Make the dressing: Combine the juice of the remaining ½ lemon in a small bowl with the lemon zest, vinegar, shallot and tarragon; whisk to combine. Gradually whisk in the olive oil until combined; season with salt and pepper. Set aside.

Preheat your grill; brush the grates with the vegetable oil. Lightly spray the lettuce, avocados and corn with vegetable and/or olive oil spray. Grill the vegetables, turning until well-marked, about 2 minutes for the lettuce and avocados and 5 to 6 minutes for the corn; transfer to a cutting board.

Meanwhile grill the salmon, turning once, until just cooked through, 6 to 8 minutes. Transfer to cutting board and let rest 5 minutes.

Roughly chop the lettuce, discarding the core; transfer to a large platter. Add the basil and dill and toss. Cut the kernels off the corn and chop the avocado and salmon. Arrange the corn, tomatoes, hard-boiled egg slices, salmon and avocados in rows over the salad; season with salt and pepper. Just prior to serving, drizzle with the dressing and top with the parsley.

Roasted Salmon with Lemon, Thyme and a Honey-Mustard Glaze

One bunch fresh Thyme sprigs
1 (3-pound) skin-on Salmon fillet, pin bones removed (about ½ fish)
¼ cup country Dijon mustard
2 Tablespoons honey
1 teaspoon white wine vinegar
2 teaspoons fresh thyme leaves
1 teaspoon kosher salt
½ teaspoon freshly ground black pepper
1 lemon, thinly sliced plus more for presentation

Preheat oven to 450-degrees.

Line a rimmed baking sheet with parchment paper. Arrange thyme sprigs in a long row down the center of the parchment. Place the salmon, skin side down, on top of the row of thyme sprigs.

Combine mustard, honey, and vinegar in a bowl. Brush this mixture evenly over the top of the salmon. Sprinkle salmon with 2 teaspoons of separated thyme leaves, salt and pepper. Arrange the thinly cut lemon slices over the salmon.

Bake salmon at 450-degrees in center of oven 26 minutes or until desired degree of doneness. Serve hot or at room temperature.

Carefully remove roasted salmon from pan using two spatulas and place on a flat serving dish. Garnish with lemon slices and some fresh herbs around the fish.