

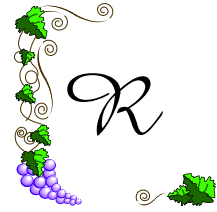
Seafood

Crab Cakes

Servings: 8 small or 4 large cakes

**Allow time to refrigerate the cakes after you shape them so that they will hold together when you cook them.*

1. Heat in a small skillet over medium heat: **2 tablespoons butter or olive oil**
2. When the butter foam has subsided or the oil is hot, add:
¼ cup minced scallions
1 Tablespoon minced red bell pepper
1 teaspoon minced garlic
3. Cook, stirring, until the scallions are tender but not browned, about 10 minutes. Set aside. Gently mix in a large bowl:
1 pound lump crabmeat, picked over for shells and cartilage
1 egg, lightly beaten
¼ cup mayonnaise
1 Tablespoon Dijon mustard
¼ teaspoon ground red pepper
Salt and black pepper to taste
1 teaspoon crab boil seasoning
¼ cup chopped parsley and dill
2 Tablespoons fresh bread crumbs
1 Tablespoon of lemon juice
Lemon Zest
4. Add the sautéed vegetables and mix well. Place on a plate:
1 to 2 cups fresh bread crumbs, toasted
5. Shape the crab mixture into 8 small or 4 large cakes. One at a time, coat each cake in the bread crumbs, pressing lightly to make sure the crumbs adhere. Place the cakes on a rack or on a plate lined with wax paper. Refrigerate for 1 to 2 hours.
6. Heat in a large skillet over medium heat:
¼ cup butter (1/2 stick) or ¼ cup Clarified Butter or vegetable oil
7. When the fat is hot, add the cakes without crowding- cook them in 2 batches if necessary. Adjust the heat so that the fat is sizzling but not burning the bread crumbs, and cook, turning the cakes until both sides are nicely browned. Smaller cakes need a total of 8 to 10 minutes, larger ones 12 to 15 minutes. If cooking in batches, keep the finished cakes warm in a 300°F oven while you complete the cooking. Serve hot with:
Lemon wedges, Aioli, flavored mayonnaise or Salsa Fresca



Seafood

Grouper Florentine

Servings: 2

Ingredients:

6 ounces grouper cut in ¼ inch cubes
5 ounces Florentine sauce
¼ ounce Parmesan cheese, grated
½ ounce clarified butter
1 sprig parsley
1 lemon wedge

1. Place grouper chunks in shell casserole.
2. Top with Florentine sauce.
3. Just before cooking, top with cheese and drizzle with clarified butter.
4. Cook in hot oven for 15 minutes or until grouper is flaky.
5. Garnish with parsley and lemon wedge.

Florentine Sauce:

½ cup milk
1 ounce roux (equal amounts of melted butter and flour)
½ cup cooked spinach, chopped
Season with granulated garlic
Salt and pepper

Florentine Sauce:

1. In a sauce pan, bring milk to scalding.
2. Stir in roux with wire and reduce heat to simmer and cook 3-5 minutes, stirring frequently.
3. Remove from heat and add spinach and season.

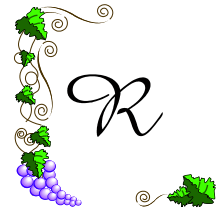
Trey's Baked Grouper Parmigiano

Servings: 2

Ingredients:

Butter
Two 8-ounce grouper fillets
½ cup mayonnaise
½ cup freshly grated Parmesan
3 teaspoons fresh lemon juice
1 tablespoon minced fresh dill
Black pepper
½ teaspoon paprika

1. Preheat the oven to 350°
2. Butter a baking dish
3. Place the group fillets in the dish
4. In a small bowl, whisk together the mayonnaise, Parmesan, lemon juice, dill and pepper to taste and spread this over the fish.
5. Sprinkle with paprika and bake for 10 minutes, or until just cooked through.



Seafood

Oyster Dressing

Servings: 8 cups

Total Time: 1 ¼ hours

Ingredients:

Fry:

6 strips thick-sliced bacon, diced

Sauté in 1 stick unsalted butter:

2 cups celery, diced

1 cup leeks, sliced

Add; Stir in:

7 cups stale white bread, cubed

2 ½ cups chicken broth

2 cups fresh-shucked oysters (about 40)

1 T. minced fresh sage

1 T. minced fresh parsley

1 T. minced fresh thyme

1 t. kosher salt

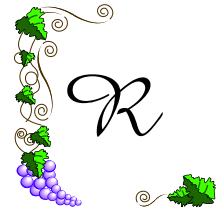
¼ t. cayenne

Whisk Together; Add to Bread:

2 eggs

½ cup heavy cream

1. Preheat oven to 375°; coat a 9 x 13" baking dish with nonstick spray
2. Fry bacon in a large sauté pan over medium heat until crisp; about 5 minutes. Transfer to a paper towel lined plate; pour off drippings.
3. Sauté celery and leeks in butter in the same sauté pan over medium heat until soft, about 5 minutes.
4. Add bread, toss to combine, and then stir in broth, oysters, reserved bacon, herbs, and seasonings. Bring to a boil, reduce heat to medium-low, and simmer until liquids are absorbed. Remove pan from heat.
5. Whisk eggs and cream together, then gradually add to bread mixture. Transfer to prepared dish and bake until set, about 45 minutes.



Seafood

Oysters Rockefeller

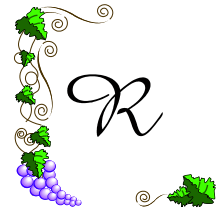
Servings: 6

Ingredients:

- 1 (10-ounce) package frozen chopped spinach, thawed and well drained
- 1 cup Italian-seasoned breadcrumbs
- ¼ cup butter or margarine, melted
- ¼ cup grated Parmesan cheese
- 2 large eggs, lightly beaten
- 1 garlic clove, minced
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon hot sauce
- 2 dozen oysters on the half shell, drained
- 6 slices bacon, each cut crosswise into 4 pieces

Directions:

Combine first 9 ingredients. Place oysters in shells on a backing sheet. Spoon spinach mixture onto oysters; top with bacon. Bake at 350° for 15 minutes. Broil 5 ½ inches from heat 3 minutes.



Seafood

Cumin-Roasted Potatoes with Caviar and Smoked Salmon

Servings: 24

Ingredients:

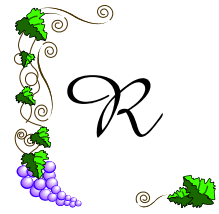
2 lemons
½ cup water
4 teaspoons coarse kosher salt
¼ cup fresh lemon juice
¼ cup extra-virgin olive oil
½ cup crème fraiche or sour cream
1 teaspoon (packed) minced fresh dill
1 teaspoon (packed) minced fresh cilantro
2 tablespoons olive oil, divided
1 ½ teaspoons coarsely crushed cumin seeds
12 fingerling potatoes, halved lengthwise (about 14 ounces)
3 ounces thinly sliced smoked salmon, cut into ½ inch by 2 ½ inch strips
1 ounce caviar
Small fresh dill sprigs

Directions:

Using vegetable peeler, remove peel (yellow part only) from lemons. Simmer peel, ½ cup water, and 4 teaspoons kosher salt in heavy small saucepan over medium-high heat to low and simmer until liquid is reduced to 2 tablespoons and peel is tender, stirring occasionally, about 10 minutes. Transfer peel with liquid to jar. Add lemon juice and extra-virgin olive oil.

Refrigerate at least 1 day and up to 1 week.

Drain peel, mince. Stir crème fraiche, minced dill, cilantro, and 1 tablespoon minced peel in small bowl. Cover and chill at least 2 hours and up to 8 hours.



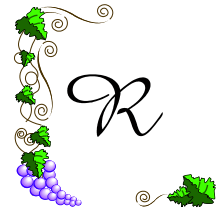
Seafood

Shrimp & Grits

Ingredients:

1 cup grits (quick) or we recommend Yellow Stone-Ground Grits
½ cup butter (1 stick)
3 cups chicken broth
1 lb. shrimp, peeled and deveined
2 cans cream of shrimp soup (or cream of mushroom as substitute)
1 ½ cups half & half
1 small onion
1 red bell pepper
1 teaspoon salt
2 tablespoons olive oil
6 slices of bacon
Parsley

1. Cook bacon until approximately 3/4th done. Cut into small pieces. Set aside.
2. Mix chicken broth, butter and salt. Stir in grits. Cook 7-12 minutes stirring often. Stir in half & half. Simmer 8 minutes, stirring often. Set aside. ** if using Yellow Stone-Ground Grits cooking time will be longer- cook until creamy.
3. Cook onion and pepper in olive oil until done. Add shrimp and cook until pink. Add soup and serve over grits.
4. Top with bacon pieces and garnish with parsley.



Seafood

Sesame and Wasabi-Crusted Tuna Cubes

Preparation Time: 10 minutes

Cook Time: 5 minutes

Makes about 40

Ingredients:

Ginger and Soy Dipping Sauce:

2 cm x 2 cm ($\frac{3}{4}$ inch x $\frac{3}{4}$ inch) piece of fresh ginger, cut into julienne strips

2 tablespoons Japanese soy sauce

2 tablespoons mirin

1 teaspoon wasabi paste

$\frac{1}{4}$ teaspoon sesame oil

Tuna Cubes:

600 g (1 $\frac{1}{4}$ lb) fresh tuna steaks

1 teaspoon wasabi powder

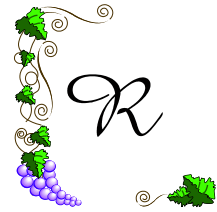
$\frac{1}{3}$ cup (50g/ 1 $\frac{3}{4}$ oz) black sesame seeds

$\frac{1}{4}$ cup (60ml/2 fl oz) oil

1. To make the dipping sauce, place the ginger, Japanese soy sauce, mirin, wasabi paste, and sesame oil in a small bowl and mix together well. Set aside until needed.
2. Cut the tuna into 2 cm ($\frac{3}{4}$ inch) cubes using a very sharp knife. Put the tuna cubes in a large bowl. Add the combined wasabi powder and black sesame seeds to the bowl and toss well until the tuna cubes are evenly coated in powder and seeds.
3. Heat a wok over high heat, add half the oil and swirl to coat. Add half the tuna and cook, tossing gently, for 1-2 minutes, or until lightly golden on the outside but still pink in the middle. Drain on crumpled paper towels and repeat with the remaining oil and tuna. Arrange the tuna cubes on a platter with the dipping sauce in the centre and serve with toothpicks so that your guests can pick up the cubes.

Variation: The tuna cubes are also very nice served with a chilli and lime dipping sauce instead of the ginger and soy one in the recipe. To make the dipping sauce, dissolve 2 tablespoons grated palm sugar or soft brown sugar in a small bowl with 2 tablespoons lime juice. Add 1 tablespoon fish sauce and 1 seeded and finely chopped fresh red bird's eye chilli. Mix together well. This sauce will keep in the refrigerator for 2-3 days.

**The dipping sauce will keep in the refrigerator for up to 1 week, but the tuna is best if cooked no more than 3 hours in advance.*



Seafood

Stuffed Flounder

Ingredients:

Fresh Flounder Filets
Seafood Seasoning
Paprika
Cracked Black Pepper
Capers
White Wine
Fresh Orange
Old Bay Seasoning (optional)

Crab Cake Stuffing

Heat in a small skillet over medium heat

2 tablespoons of butter or olive oil

When the butter foam has subsided or the oil is hot, add:

1/4 cup minced scallions

(1 tablespoon minced red bell pepper)

1 teaspoon minced garlic

Cook, stirring, until the scallions are tender

but not browned, about ten minutes. Set aside. Gently mix

In a large bowl:

1 pound lump crabmeat, picked over for shells and cartilage

1 egg, lightly beaten

1 Tablespoon Dijon mustard

(1/4 teaspoon ground red pepper)

Salt and Black Pepper to taste

(1 teaspoon crab boil seasoning)

1/4 cup chopped parsley and dill

2 Tablespoons fresh bread crumbs

1 Tablespoon lemon juice

Lemon Zest

Directions:

Prepare Crab Cake Stuffing.

Next, lightly season filets with seafood seasoning and cracked black pepper. Stuff filets with Crab Cake Stuffing and secure with a toothpick. Lightly grease a Pyrex dish with Pam and place stuffed filets in dish. Then sprinkle paprika and capers over the top (Old Bay seasoning optional) of the filets. Pour 1/4 cup of white wine in the Pyrex dish (enough to cover the bottom). Bake uncovered for 25 minutes on 375°. After 25 minutes broil the filets long enough to brown the paprika (be very careful not to over cook the filets). Slice the orange and drizzle fresh juice over the top of each filet. Serve Stuffed Flounder with orange slices on top.



Seafood

Stuffed Shrimp

Ingredients:

6 count big Prawn Shrimp
Crab Cake Stuffing

Crab Cake Stuffing

Heat in a small skillet over medium heat

2 tablespoons of butter or olive oil

When the butter foam has subsided or the oil is hot, add:

1/4 cup minced scallions

(1 Tablespoon minced red bell pepper)

1 teaspoon minced garlic

Cook, stirring, until the scallions are tender but not browned, about ten minutes. Set aside.

Gently mix

In a large bowl:

1 pound lump crabmeat, picked over for shells and cartilage

1 egg, lightly beaten

1 Tablespoon Dijon mustard

(1/4 teaspoon ground red pepper)

Salt and Black Pepper to taste

(1 teaspoon crab boil seasoning)

1/4 cup chopped parsley and dill

2 Tablespoons fresh bread crumbs

1 Tablespoon of lemon juice

Lemon Zest

Directions

Prepare Crab Cake Stuffing. Slice shrimp and stuff with Crab Cake Stuffing. Bake at 350-375° until shrimp turns a light pink.



Seafood

Stuffed Mushroom Caps

Ingredients:

Mushroom Caps
Olive Oil
Crab Cake Stuffing

Crab Cake Stuffing

Heat in a small skillet over medium heat

2 tablespoons of butter or olive oil

When the butter foam has subsided or the oil is hot, add:

¼ cup minced scallions

(1 Tablespoon minced red bell pepper)

1 teaspoon minced garlic

Cook, stirring, until the scallions are tender but not browned, about ten minutes. Set aside.

Gently mix

In a large bowl:

1 pound lump crabmeat, picked over for shells and cartilage

1 egg, lightly beaten

1 Tablespoon Dijon mustard

(1/4 teaspoon ground red pepper)

Salt and Black Pepper to taste

(1 teaspoon crab boil seasoning)

¼ cup chopped parsley and dill

2 Tablespoons fresh bread crumbs

1 Tablespoon of Lemon Juice

Lemon Zest

Directions

Prepare Crab Cake Stuffing. Remove center of mushroom caps and baste on each side with olive oil. Bake at 375° for approximately five minutes to soften mushrooms. Stuff mushroom caps with Crab Cake Stuffing and broil to brown stuffing.



Seafood

Chilean Sea Bass with Sun Dried Tomato Tapenade

Ingredients:

8 to 10 Chilean Sea Bass Filets
Dried Seafood Seasoning
36 kalamata olives, pitted
27 sundried tomatoes, oil packed, chopped
¾ cup fresh parsley, chopped
½ cup tomato paste
3 tsp. balsamic vinegar
3 tsp. fresh thyme, chopped
3 cloves garlic, minced fine
3-4 tsp capers

Directions:

1. Lightly coat sea bass in olive oil. Season both sides of filets with dried seafood seasoning.
2. Combine remaining ingredients in food processor. Using Pulse button, process until finely chopped and season with salt and pepper. (Tapenade can be prepared ahead of time and kept refrigerated for up to one week.)
3. Grill Sea Bass at medium heat on both sides until done but not overcooked. Remove from grill and place in a Pyrex dish. Spread tapenade over each filet. Bake at 325° until topping is warm.

Serve immediately over bed of wilted spinach leaves.



Seafood

Mixed Fish

**The fish listed is just a suggestion. Please note that other fish can be substituted if desired.*

Ingredients:

Mahi Mahi

Salmon

Tuna

Scallops

Shrimp

Angel Hair Pasta

3 to 4 cloves of crushed garlic

1 tablespoon Fresh Dill

1 tablespoon Fresh Parsley

White Wine

Lemon Juice

Lobster Stock (or Seafood Stock)

1 to 2 cans of Cream of Shrimp Soup

Salt and Pepper

1. Cover bottom of sauce pan with virgin olive oil.
2. Add crushed garlic, fresh dill, fresh parsley, white wine, lemon juice, lobster stock, salt and pepper. Whisk in 1 to 2 cans of Cream of Shrimp Soup.
3. Simmer for 40 minutes to an hour (add different ingredients to taste).
4. Grill Fish (with olive oil and seasoning of choice- do not over cook)
5. Take fish off of grill and cut into 2x2 inch squares.
6. Place fish in sauce pan. Let fish simmer in sauce for 10 to 15 minutes.
7. Make a side dish of Angel Hair Pasta.
8. Place mixed fish over the pasta and spoon sauce over the top-serve.



Seafood

Macadamia Nut Crusted Mahi Mahi

Ingredients:

2 ounces macadamia nuts
4 ounces plain bread crumbs
6 (6 ounce) Mahi Mahi fillets (make sure skin is removed)
4 ounces butter
2 ounces shallots, diced
4 cups chicken stock
4 ounces pineapple, rough chopped
4 ounces papaya, rough chopped
4 ounces mango, rough chopped
(or 2 to 3 Tablespoons of Mango Chutney)

1 tablespoon shredded coconut
2 habanero peppers, seeded
Salt and pepper to taste
White sugar to taste
*If fruit is not ripe add sugar to taste.

Risotto Ingredients

2 Tablespoons of butter
2 Tablespoons of olive oil
½ cup finely chopped onions
3 cups of Chicken Stock

Directions:

1. Preheat oven to 375 degrees F (190 degrees C).
2. In a food processor or blender, pulse together macadamia nuts and breadcrumbs until finely ground. Pour nut mixture onto a plate, and coat fish fillets on both sides.
3. Heat butter in a large skillet over medium heat. Fry fillets on both sides until nuts are golden brown. Remove to a baking pan.
4. Add shallots to skillet, and cook until translucent. Stir in chicken stock. Mix in pineapple, papaya, mango, coconut, and habanero peppers. Season with salt, pepper, and sugar to taste. Simmer until sauce is thick, about 30 minutes. Use a submergible blender to puree fruit. Reserve sauce in a pan over low heat.
5. Bake Mahi Mahi in preheated oven about 10 minutes, until internal temperature reaches 140 degrees F.
6. While Mahi Mahi is baking- heat 2 Tablespoons of olive oil and 2 Tablespoons of butter in a large skillet. Sauté ½ cup of finely chopped onions till translucent.
7. Add one cup of Risotto and cook for 2 minutes.
8. Add one cup of chicken stock and cook until absorbed. Repeat this process until you have added three cups of chicken stock.
9. Add Risotto to the bottom of a plate (about 1 inch thick) place Mahi Mahi on top and cover with sauce. Add a fresh orange slice on top of fish for decoration.

Side Dish Suggestions:

Asparagus sautéed in olive oil, lemon juice and garlic salt and
Caramelized carrots



Seafood

Grilled Shrimp

1. Marinate Shrimp in olive oil, garlic, green onions, salt and pepper for 4 or 5 hours.
(OR marinate shrimp in melted butter, lemon juice, fresh dill and Old Bay seasoning)
2. Grill



Seafood

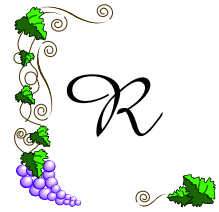
Pasta with Shrimp and Sweet Vermouth And Creamy Tomato Sauce

Ingredients:

3 Tablespoons Olive Oil
1 pound large fresh shrimp peeled
½ pound of Angel Hair Pasta
3 large garlic gloves
½ tsp of Dried Oregano
¼ cup fresh chopped Parsley
½ cup sweet red Vermouth
1-14oz can of diced tomatoes drained
¾ cup Heavy Cream
1 large Lemon
½ cup Fresh Grated Parmesan Cheese
¼ tsp of pepper
Salt

Directions:

1. Heat oil in a 12 inch skillet on med/high heat.
2. Add garlic (using a garlic press), Oregano, salt and pepper.
3. Add Shrimp and cook till shrimp turns pink
4. Stir in Vermouth and Diced Tomatoes
5. Add Cream until sauce thickens
6. Squeeze a fresh lemon (deseeded) over sauce
7. Serve over Angel Hair pasta and top with fresh grated Parmesan Cheese.



Seafood

Gabby's BBQ Shrimp

Ingredients:

Large Shrimp (Prongs) peeled and devained
Can of Green Chili peppers
Shredded Mozzarella cheese
Bacon
BBQ Sauce

Directions:

1. Butterfly shrimp
2. Mix green chili peppers and shredded mozzarella cheese
3. Insert green chili pepper/mozzarella cheese mixture into the shrimp.
4. Wrap shrimp in bacon
5. Close shrimp and secure with a toothpick
6. Grill on Medium heat (indirect heat)
7. Rub favorite BBQ sauce on Shrimp and serve



Seafood

Pasta with Sausage, Shrimp and Peperoncini **Recipe Featured in Bon Appetit Magazine**

Ingredients:

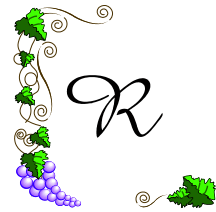
1 tablespoon olive oil
1 pound spicy Italian sausages, casings removed
½ cup sliced peperoncini plus 1 cup liquid from jar
½ cup chopped shallots
2 garlic cloves, chopped
1 teaspoon smoked paprika
1 teaspoon dried thyme
1 teaspoon dried oregano
1 teaspoon dried basil
¼ teaspoon cayenne pepper
1 24-ounce jar marinara sauce
¾ cup heavy whipping cream
1 pound uncooked large shrimp, peeled, deveined
8 ounces penne pasta
3 tablespoons grated Asiago cheese
Sliced fresh basil (for garnish)
Additional grated Asiago cheese

Directions:

Heat oil in heavy large pot over high heat. Add sausage; cook until browned, breaking into pieces, about 4 minutes. Add peperoncini, shallots, and next 6 ingredients; cook until shallots are tender, stirring often, about 5 minutes. Add peperoncini liquid; stir until most of liquid is absorbed, about 1 minute. Add Marinara, cream, and shrimp. Cook until shrimp are cooked through, stirring often, about 5 minutes.

Meanwhile, cook pasta in another large pot of boiling salted water until just tender but still firm to bite, stirring often. Drain, reserving ½ cup pasta cooking liquid.

Transfer pasta and 3 tablespoons cheese to pot with sauce; stir to incorporate, adding reserved cooking liquid by tablespoonfuls to thin if sauce is too thick. Transfer to bowl. Sprinkle with basil and additional cheese.



Seafood

Shrimp Stir Fry Mediterranean

Ingredients:

Yield: 8 servings.

2 lbs. shrimp, cleaned and deveined
¼ cup white wine
1 tbsp. cornstarch
½ tsp. leaf basil, crumbled
¼ tsp. leaf oregano, crumbled
½ lb. Italian sausage
½ lb. eggplant, cut into 1" cubes (2 c.)
1/3 c. water
2 tsp. olive oil
1 sweet green pepper, cored, seeded & cut into 1/4" strips
½ med. size onion, cut into ¼" strips
1 clove garlic, finely chopped
1 (14oz) can Italian style plum tomatoes, coarsely chopped with liquid
¼ c. oil cured black olives, pitted

Directions:

Combine shrimp, wine, cornstarch, basil and oregano in medium size bowl. Cover and refrigerate for 1/2 hour. Remove casings from sausage. In large non-stick skillet over medium high heat, break sausage up into smaller pieces with wooden spoon. When almost cooked, remove with slotted spoon from bowl, reserving liquid and add shrimp to skillet. Cook, stirring for 4 minutes or until shrimp is pink. Remove shrimp with slotted spoon to colander to drain excess oil.

Add eggplant and 1/3 cup water to skillet. Cover and cook over medium high heat for 5 minutes or until vegetables are soft. Add tomatoes and liquid, olives, sausage and eggplant. Bring to boiling over medium heat, lower heat, simmer, stirring occasionally, about 5 minutes or until sauce is thickened. Serve stir fry on a bed of lettuce or orzo pasta.