

April 29, 2010

Good morning to all of our beloved friends and clients and I hope you have taken the opportunity to blame all of your recent bad decisions on the full moon...I have.

Now remember our covenant to not judge each other...but when I told my family that I was leaving to pronounce my undying love for the slightly bruised but somehow beautifully accessible Sandra Bullock they seemed more hysterical with hilarity than grief. I know...who wants to be the rebound guy but compared to that malcontent grease monkey Jessie James, her next logical step would be to fall for a loveable half Lebanese fish monger with a passion cutting for fish and long walks on the beach. Well needless to say based on my dislocated shoulder I don't want to be with anyone whose bodyguard is so insensitive to a stranger bearing roses and cold water lobster tails. I hope you enjoy today's recipes

This Weekends Take-Out Specials

Shark Steak Sandwich with Sweet Peppers and Onions \$6.95 add a soup for a \$1.00

Panko Crusted Calamari with the best damn Marinara Sauce \$5.95

Stuffed Crabmeat Shrimp Platter

With Cole Slaw and a small salad with your choice of Rice Pilaf, French Fries or Roasted Vegetables

\$13.95 Holy Carp!

From the North: Georges Bank Flounder, New Bedford Cod and Grey Sole, Silver Hake, Blackfish(Tau-Tog), Dry Dayboat Sea Scallops, Mako Shark, Whiting, Sushi Grade Fluke, Swordfish, Maine Jonah Crab Claws, Skate, Prince Edward Island Mussels, Uni(Sea Urchin Roe), Real Maine Steamers

From the South: Bluefish, American Red Snapper, Red Grouper, Last of the Season Stone Crab Claws, Soft Shell Crabs, Mahi Mahi, Sushi Grade Ahi Tuna(See Recipe Below), Fresh Florida Rock Shrimp, Golden Tilefish

From the Pacific Northwest : Wild Alaskan Ivory and Jumbo Troll King Salmon, Sablefish(Black Cod), Fresh Plump Shucked Oysters

From the Waters of the World: Portuguese Sardines, Branzini and Durato, New Zealand Cockles(See Recipe Below), Hamachi(Yellow-Tail)

For All the Lovely Folks Who Attend the Stockton if There is Any Seafood you Would Like Brought Down Please Call the Main Line(908-735-5121) and We Will Be More Than Happy to Bring it to You. We Will Also Send Platters, Oven Ready-Food, and Cooked Food(that can be easily reheated)

Cavatelli with Cockles and Broccoli Rabe

Cavatelli and Cockles wasn't that a 70's cop show? Cavatelli the street hardened detective with an uncle in the Mob and Cockles the voluptuous barmaid with psychic powers who helps this, break all the rules, officer solve food related murders. And let's not forget the, thick as minestrone soup, sexual tension this unlikely couple battled with...you know this should be a show and I'll cast myself as Cavatelli...sorry I got caught up.

Ingredients to serve 4

6 tablespoons extra virgin olive oil

2 lbs of Cockles in their shells. You can also use with great success, Manila Clams, Little Necks, or Mussels

1 fillet of anchovy, finely chopped

1 tablespoon capers, finely chopped

3 garlic cloves garlic finely chopped

1 14 ounce can of Italian tomatoes chopped

Half a teaspoon oregano
1 good pinch of crushed red pepper
1 to 2 bunches of Broccoli Rabe stemmed and cleaned; you can also use broccoli but don't remove stems
1 lb of frozen or fresh Cavatelli Pasta
Handful of fresh parsley, finely chopped
Salt

How it's Done

Clean the cockles under cold running water, rinsing off any sand and discard any that have broken shells
Heat the olive oil in a pan. Add the anchovy, capers and garlic, and sweat. Add the chopped tomatoes, oregano, crushed red pepper. Bring sauce to a boil and add Cockles. Stir well, partially cover with a lid and cook on a medium heat for about 10 to 15 min or until cockles are opened.
Meanwhile, bring salted water to a boil and add cleaned Broccoli Rabe and cook for 3 minutes then add Cavatelli and cook the pasta until almost al dente.
Remove the opened Cockles (keeping a few in their shells to garnish) and discard the shells. Discard any cockles that haven't opened. Return the shelled cockles to the sauce.
Drain the pasta, reserving a little of the pasta water, and place it in the tomato and cockle sauce. If the sauce is too thick, add some pasta water. Continue to cook the pasta in the sauce until it is al dente.
Serve immediately, sprinkled with the parsley and garnished with a few of the unshelled cockles. Oh yeah, by the way Scarlett Johansson would of course play Cockles...grrr.

Grilled Tuna on a Baby Spinach salad with a Creamy Harissa Dressing

I truly miss the days when it was cool to hail from an Arabic country. I used to get the ladies by saying hummus in the proper dialect. Well this dish takes me back to when being dark and swarthy didn't mean a full cavity search at the airport...stay garlicky fellow travelers
Serves 4

Ingredients

4 each 6 to 8 ounce Tuna Steaks about 1 inch thick. You can also use with great success, Swordfish, Shark, Mahi, Cobia, or Red Drum
1 teaspoon grated lemon zest
About 1 tbsp. olive oil
3/4 teaspoon salt, divided
3/4 teaspoon black pepper
1/2 teaspoon smoked paprika, we have it at Metro
1/2 teaspoon ground cumin
1/2 medium red onion, peeled, halved crosswise, and thinly sliced into half-moons
1 cup Lebni or Greek style yogurt
About 2 teaspoons of Harissa Paste, available at Metro
1 tablespoon chopped mint, plus more for garnish
2 teaspoons freshly squeezed lemon juice
8 cups loosely packed baby Spinach
1 cup 2-in.-long carrot matchsticks (1 medium carrot)
1/2 red bell pepper, very thinly sliced lengthwise into strips
1/4 cup sliced, pitted calamata olives

How it's done

Whisk lemon zest, olive oil, 1/2 tsp. salt, 1/2 tsp. pepper, the smoked paprika, and cumin together in a small bowl. Put Tuna steaks in a large, wide bowl and add marinade, rubbing all over Tuna to coat. Cover and chill at least 30 min and up to 1 hour. Meanwhile, rinse onion and dry it with paper towels this is to take some of the sulfur effect away from the onion and not overpower the dish.

Prepare a gas or charcoal grill for medium heat (you can hold your hand 1 to 2 in. above cooking grate only 4 to 5 seconds). Lay Tuna on well-oiled grate and cook, turning once, 2

minutes per side for rare, 4 to 5 for medium rare. Transfer Tuna steaks to a cutting board, tent with foil, and let rest 2 minutes.

Meanwhile, whisk Lebni, harissa, 1 tbsp. mint, remaining 1/4 tsp. salt and 1/4 tsp. pepper, and the lemon juice together in a small bowl. Slice Tuna on the diagonal across the grain into 1/2 in.-thick strips.

In a large bowl, toss together Spinach, carrot, bell pepper, onion, and olives with 1/2 cup dressing until just coated.

Divide salad among 4 plates and top with Tuna. Drizzle remaining dressing over salads, dividing evenly, and garnish with remaining mint. Feel free to racial profile anyone hot who's begging for a "pat down" with olive oil.

April 27, 2010

Good morning to all of our beloved friends and clients, thank you for all of the support we received for our first oyster tasting last week,

To all who could not attend it was like a Roman orgy, but with nice jeans rather than togas. We tasted 10 varieties that took us on a journey around North America, without baggage fees. Bravo! To those fellow travelers who took the walk of shame to their cars the next morning...just kidding...or am I, we are talking oysters. In other news, renovations at the new Metro are on schedule for the moment and thankfully I have mastered the ancient art of thumb sucking should any new snags arise. We will have updated pictures later in the week. I hope you enjoy today's recipes.

Take Out Specials

Homemade Fish Cake sandwich with lettuce tomato and spicy Mayonnaise and Manhattan clam chowder \$5.95

Grilled Shrimp Platter with Cole slaw

And a choice of French Fries, Rice Pilaf or Oven Roasted Veggies \$9.95

From the North: Fluke Fillet, New Bedford Cod and Grey Sole Fillet, Dry Dayboat Sea Scallops(See Recipe Below), Maine Sea Bass, Nova Scotia Halibut, Monkfish, Swordfish, Tautog(Blackfish), Wild Rhode Island Little Neck Clams

From the South: American Red Snapper, Pink Grouper, Soft-Shell Crabs, Sushi Grade Ahi Tuna, Fresh Virginian Crabmeat

From the Pacific Northwest: Jumbo California Uni(Sea Urchin Roe), Wild Alaskan Troll King Salmon(See Recipe Below), Manila Clams, Peale Passage and Kumamoto Oysters

From the Waters of the World: Branzini, New Zealand Cockles, Hamachi(Yellow-Tail)

From Sustainable Seafood Sources: Nova Scotia Organic Salmon(See Recipe Below), Musky Hatchery Trout, Catfish, Costa Rican Tilapia Fillet, Artic Char

Sautéed Scallops with Lemon Scented Orzo

I know what you're thinking, how come we never dance in the middle of the week. Well one reason may be your dance moves scare the kids and warrant 911 calls from adult onlookers or possibly dinner just doesn't have a good dance beat. Well problem solved, this little Mediterranean inspired gem will have your loved ones hoofing and smashing plates like real Cretans... "Yasas!"

Serves 4

Ingredients

1 ½ to 2 pounds of Dry Sea Scallops muscle strap removed. A Dry Sea Scallop is one that is not processed with any preservatives. You will never get a processed Scallop at Metro.

Salt

1-1/2 cups dried orzo (about 9 oz.)

2 Tbs. extra-virgin olive oil

1 small yellow onion, finely chopped

Freshly ground black pepper

½ cup dry white wine

1 14 ounce can of artichoke hearts drained and quartered

1/2 cup oil-packed sun-dried tomatoes, drained and thinly sliced

3 Tbs. Lebni or Greek Style Yogurt

3 Tbs. fresh lemon juice

3 Tbs. coarsely chopped fresh basil

How it's done

Bring a large pot of well-salted water to a boil. Add the orzo and cook according to package timing until al dente. Drain well. Sprinkle the Scallops with salt and pepper and heat 1 tablespoon of the olive oil in a large non stick skillet over medium heat. When oil is hot sauté the scallops for about 4 to 5 minutes total and transfer to warm plate. Next add the other tablespoon of oil to the pan and add the onion, 1/2 tsp. salt, and 1/8 tsp. pepper and cook, stirring often, until deep golden brown, 7 to 8 minutes. Remove the skillet from the heat and add the white wine. Return the skillet to the heat and stir well, scraping up any browned bits from the bottom. Add the artichoke hearts and sun-dried tomatoes and cook just until tender and heated through, 2 to 3 minutes more. Off the heat, gently bring scallops back in the pan. Transfer the hot orzo to a large bowl and toss with the Lebni and lemon juice. Add the scallop artichoke mixture, 2 Tbs. of the basil, and salt and pepper to taste. Toss gently to combine. Spoon into bowls, garnish with the remaining 1 Tbs. basil, and serve. Oh yeah...don't forget to dance before you eat to avoid stomach cramps.

Salmon Pan Roast with Herb Peppercorn Butter

Some of our fellow travelers have suggested to me that butter is not an essential ingredient to achieve culinary greatness. I would like to respond to these folks by inviting them to hitch a ride on the next space station mission and get out of my sight...you don't deserve the spiritual healing powers of those magical bars of gold.

Serves 4

Ingredients

½ stick of unsalted Butter

2 teaspoons chopped fresh parsley

2 teaspoons of chopped Dill or Basis

2 teaspoons of Chives or Scallions green only

1 garlic clove, minced

½ teaspoon of ground pepper you can also use mixed ground peppercorns

1/2 teaspoon grated lemon peel

1 tablespoon olive oil

4 each fillets of Salmon skin off. You can also use with great success, Halibut, Mahi, Artic Char, Cobia, or Red Drum

How it's done

Preheat oven to 400°F. Mash butter, parsley, dill, chives, garlic, 1/2 teaspoon ground peppercorns, and lemon peel in small bowl. Season both sides of the fish fillets to taste with salt.

Heat oil in heavy large ovenproof skillet over medium-high heat. Add Salmon to skillet flesh side down. Cook until browned, about 3 minutes. Turn Salmon over and transfer to oven. Roast until just cooked through, about 10 minutes longer. Transfer Salmon to plates. Add seasoned butter to same skillet. Cook over medium-high heat, scraping up browned bits, until melted

and bubbling. Pour butter sauce over Salmon and serve. I think I finally get why some cultures worship the cow...hey that beautiful bovine is responsible for butter...thanks Elsie.

April 22, 2010

Good morning to all of our beloved friends and clients and may I be the first to wish you a most festive Earth Day,

Far be it from your humble fish monger to dictate your day, but we here at Metro are honoring sweet Mother Earth with a full day of green extreme.

First if you have never brushed your teeth with baking soda, brother, say good bye to minty fresh and hello to sandy mouth. And forget about Birkenstocks and hemp pants....I'm proud to boast my entire outfit is made from spun homemade mulch. No need for cologne here just the sweet smell of musky cedar. I hope you can make it today for the granola eating contest...it should be a hoot. Enjoy the recipes

Take out Specials for the Weekend

Soft-Shell Crab Sandwich with Lettuce, Tomato and Tarter \$7.99

Grilled Blackened Red Fish Platter with a Choice of Rice, Fries or Roasted Veggies \$10.99

From the North: Swordfish, Fluke Fillet, New Bedford Cod Fillet, Dry Dayboat Sea Scallops, Silver Hake(See Recipe Below), Last of the Season Nantucket Bay Scallops, Halibut, Jonah Crab Claws, Whiting, Blackfish(Tau-Tog), Maine Sea Bass, Steamers and Whole Belly Clams for frying, Monkfish, Wild Rhode Island Little Neck Clams, Skate, New Bedford Sole Fillet, Uni(Sea Urchin Roe)

From the South: Mahi Mahi, American Red Snapper, Grouper, Red Drum(Redfish) Fillet, Blue Crab Cocktail Claws and Lump Meat, Sushi Grade Ahi Tuna, Wild Caribbean Hopper Pink Shrimp, Fresh Hand-cleaned(yes the same hands that write this email) Squid, Live Soft-Shell Crabs, Fresh-Never-Frozen Jumbo Shrimp

From the Pacific Northwest : Wild Alaskan Jumbo Troll King Salmon, Wild Alaskan Ivory King Salmon, Sablefish(Black Cod)

From the Water of the World: Fresh-Never-Frozen Chilean Sea Bass, Hamachi(Yellow-Tail), Branzini, Cockles, Manilas

From Sustainable Seafood Sources: Organic King Salmon, Artic Char, Tilapia, Catfish, Musky Hatchery Trout, Prince Edward Island Mussels

For Those Yearning an Aphrodisiacal Banquet We Have Brought in One of Our Largest Array of Oysters Ever

East Coast: Flowers (Oyster Bay Harbor , New York)

West Coast: Pebble Beach (Hood Canal , Washington State)

Pemaquid (Hog Island , Maine)

Peale Passage (Shelton , Washington State)

Fisher's Island (Fisher's Island , New York)

Kumamoto (Humbolt Bay , California)

Beau Soleil (New Brunswick , Canada)

Apalachicola (Apalachicola , Florida)

Bailey's (Delaware Bay , Delaware)

Sweet Necks (Martha's Vineyard , Massachusetts)

St Simon (New Brunswick , Canada)

For Cold Soup Lovers Our Homemade Gazpacho is Back and Better than Ever!!

Sicilian Pan Seared Hake

Serves 4

You are casually flipping through the channels and then it happens...the triffecta, God Father is playing on AMC. Yeah, I know, you own it, but like an Italian moth to a flame you fall in to hours of delicious Sicilian salaciousness. Well this recipe is kind of like that feeling but not as violent

Ingredients

6 tablespoons Extra Virgin Olive Oil

4 each 6 to 8 ounce portions of Hake. You can also use with great success, Cod, Snapper, Red Drum or Grouper fillet

1 Spanish onion diced

Salt and pepper to taste

2 celery stalks diced

4 tablespoons toasted Pine Nuts

4 tablespoons of raisins

1 ½ tablespoons honey preferably something wild and local...kind of like your humble fish monger at happy hour

½ bunch Dill roughly chopped

2 tablespoons red wine vinegar

1 bunch chives roughly chopped

How it's done

Heat a little extra virgin olive oil in a non stick pan.

Place the fish gently in the pan, flesh side down

When olive oil begins to shimmer, cook about 3 minutes then gently turn and cook about 3 minutes on the second side.

Remove the fillets and place on a warm platter.

Be very careful not to overcook the fish as it has very delicate flesh.

Next add 2 tablespoons more of the olive oil to the pan and sauté onions with a little salt.

Cook to soften, do not brown. Next add the celery and another tablespoon of oil and sauté for about 1 minute. Then add the pine nuts, raisins, honey, dill, red wine vinegar and chives.

Grind some fresh pepper over the fish.

Spoon the sauce over the fish, stare intensely at your love ones and say, "it's not personal, just dinner" serve immediately

Grilled Spice Rubbed Mahi with Sweet Potato Salad

Serves 4

The first thing you want to do is set up some traffic cones and signs stating "Caution Flavor Explosions in progress no cell phone use permitted" All you need next is a hot grill and your hard hat...tight fitting shirt is optional.

Ingredients

3 garlic cloves

1 1/2 teaspoons salt

1 1/2 teaspoons paprika

1 1/2 teaspoons ground cumin

1 1/2 teaspoons ground coriander

1 teaspoon black pepper

1/2 teaspoon ground cinnamon

1 pinch of allspice

1 tablespoon olive oil

1 ½ to 2 pounds of Skinless Mahi Fillet. You can also use with great Success Sword Fish, Mako Shark, Cobia, Red Drum or Hamachi (Yellow Tail)

Grilled Sweet Potato Salad(See Recipe Below)

How it's done

Mince garlic and mash to a paste with kosher salt. Stir together spices in a bowl, then stir in garlic and oil until a paste forms. Pat Mahi fillets dry, then rub all over with paste. Marinate fish in a sealed large plastic bag, in the refrigerator for about 30 min

Bring fish to room temperature, about 30 minutes.

While fish comes to room temperature, prepare charcoal grill or preheat your gas grill. Note you can also use a ridged grill pan if the weather does not permit. Grill Fish on lightly oiled grill rack, uncovered, turning over once, and 4 to 6 minutes total. Place equal amounts potato salad on four plates and top with Fish fillet and garnish with lime wedges.

Grilled Sweet Potato Salad

Note: Can be made an hour in advance

Ingredients

For the Vinaigrette

2 tablespoons Cilantro leaves chopped

3 tablespoons fresh lime juice

1 teaspoon Dijon mustard

1 teaspoon salt

1/3 cup Olive oil

For the Salad

1 ½ pounds of Sweet potatoes skinned and quartered long ways

½ teaspoon salt

2 tablespoons olive oil

1 small sweet red bell pepper chopped

½ small red onion sliced very thin (shaved)

½ cup of pitted calamata olives sliced in half

How it's done

Whisk together first 4 ingredients of vinaigrette and then gradually whisk in olive oil and set vinaigrette aside

In 2-quart saucepan, place in sweet potato quarters and add enough water just to cover potatoes. Add 1/2 teaspoon salt. Cover and heat to boiling; reduce heat to low. Cook covered about 10 to 12 minutes or until potatoes are just tender; drain and let the potatoes cool slightly; next lightly toss potatoes with 2 tablespoons of the olive oil

Grill potatoes for about 5 to 8 minutes or until golden brown. Transfer grilled potatoes to a large bowl toss with sweet peppers, red onion, olives and vinaigrette.

April 20, 2010

Good morning to all of our beloved friends and clients and I would love to share my abundance of gratitude for internet experts.

While perusing my home page this morning I was enlightened to find the 9 most harmful ingredients found in processed foods. The list is as follows: Artificial Coloring, Sweeteners, and Flavorings...ok. Benzoate Preservatives and Brominated Vegetable oil...now I'm getting hungry. High Fructose Corn Syrup, MSG, Olestra, and Hydrogenated and Partially Hydrogenated Oils...really even the partial. By the way if any of you did not know that these ingredients were harmful please also avoid consuming bird droppings and any gum found under a desk. I hope you enjoy today's recipes; none of these ingredients are present.

From the North: Nova Scotia Hard-Shell Lobsters Have Come Down in Price!(call store for information), Dry Dayboat Sea Scallops, Maine Steamers, Swordfish, Halibut, Prince Edward Island Mussels, Flounder Fillet, Cod Fillet, Maine Sea Bass, New Bedford Grey Sole

From the South: Red Snapper (See Recipe Below), Sushi Grade Ahi Tuna, Florida Stone Crab Claws, Wild Hopper Pink Shrimp, Grouper(See Recipe Below), Blue Crab Cocktail Claws, Carolina Grey Tile

From the Pacific Northwest: Wild Troll King Salmon, Fresh Shucked Washington State Oysters

From the Waters of the World: Branzini, Cockles, Hamachi(Yellow-Tail), Durato

From Sustainable Seafood Sources: Costa Rican Tilapia Fillet, Catfish, Musky Hatchery Trout, and Organic Irish Salmon

Seared Snapper and Pine Nut Butter with Sautéed Garlic Spinach

I'm sorry, did you say you have no time to cook...but you just spent the last 2 hours facebook stalking your high school classmates...let go of the mouse and let's get in the kitchen to start living.

Ingredients

4 each 6 to 8 ounce portion of Red Snapper. You can also use with success, Flounder, Grouper, Barramundi, Catfish or even Artic Char fillet.

Salt and freshly ground pepper

2 teaspoons flour

1 tablespoon olive oil

2 tablespoons butter

1/4 cup pine nuts or coarsely chopped walnuts

1 tablespoon flat leaf parsley

Sautéed Garlic Spinach see recipe below

How it's done

Season Snapper fillets with salt and pepper on both sides then sprinkle with flour. Heat a large non stick skillet over medium-high heat. When the pan is hot add olive oil, tilting pan to coat with oil. Cook fish for 3 to 4 minutes per side or until fish flakes easily. Transfer fish to platter and keep warm.

Reduce skillet heat to medium and add butter to skillet. When butter begins to melt, stir in pine nuts. Cook for 30 to 60 seconds or until butter is melted and pine nuts are lightly toasted (do not let butter burn). Finally spoon butter and pine nut mixture over fish fillets serve with spinach. Sprinkle with parsley. Oh, and just to let you know the lucky folks who were hot in high school still are and most of the guys are hair impaired and thicker.

Sautéed Garlic Spinach

2tablespoons olive oil, divided

6 garlic cloves, very thinly sliced

10 ounces fresh baby spinach leaves

Add olive oil to large skillet or wok. Add garlic; stir 1 minute. Add 1/3 of spinach; toss with tongs until spinach begins to wilt. Add remaining spinach in 2 additions; stir just until beginning to wilt. Season with salt and pepper. Divide spinach among plates and serve with Snapper.

Sumac Roasted Grouper Fillet with Scallion Mash Potatoes

When some folks talk about comfort food, it's usually a "how to" manual to correctly clog your arteries. This gorgeous dish incorporates flavorful Middle Eastern seasoning with tradition dishes that make you comfortable in your own skin with the fact you're not wearing stretch pants.

Ingredients

Olive oil for brushing pan and fish

2 pounds Grouper fillet skinned. You can also use with great success. Snapper, Halibut, Cod, or even Tilapia

1 teaspoon Sumac (a lovely tangy almost lemon like spice from the middle east and of course you can find it at Metropolitan Seafood and Gourmet...and nowhere else!...just kidding about the last part)

1/2 teaspoon dried basil

1/2 teaspoon salt

2 tablespoons butter

1/4 teaspoon ground cumin

1 lime, juiced

Scallion Mash Potatoes, recipe below

How it's done

Preheat your oven to 400° degrees. Lightly brush roasting pan with some olive oil.

Arrange the Grouper fillets skin-side down. Brush lightly with olive oil and sprinkle with the Sumac, basil and salt. Roast 10 to 12 minutes or until the fish is just opaque and flakes when tested with a fork.

Meanwhile, melt the butter in a small skillet over medium-low heat. Cook, swirling constantly, just until the butter begins to brown. Add the cumin and lime juice and continue to cook, swirling 1 minute longer.

Remove the Grouper fillets from the oven... Drizzle the cumin-lime butter over the fish and serve with the Scallion Mash Potatoes. You don't have to serve this dish with the mash potatoes but if you do you just sealed the "sexiest weekday chef of the year" award.

"I would like to thank Mark from Metro Seafood...that loveable Jester of the...."

Scallion Mash Potatoes

6 tablespoons (3/4 stick) butter

2 garlic cloves, minced

2 teaspoons grated lemon peel

1/2 cup of thinly sliced Scallions green part only

2 pounds russet potatoes, cut into 1-inch pieces

1/4 cup of Lebni or Greek Yogurt...you can find Lebni at Metro Seafood and Gourmet

2 tablespoons of milk if necessary

How it's done

Melt 3 tablespoons butter in heavy small skillet over medium heat. Add garlic and sauté 1 minute. Mix in lemon peel, then scallions. Set aside.

Cook potatoes in large pot of boiling salted water until tender, about 20 minutes. Drain. Return potatoes to pot and mash. Add scallion mixture, Lebni and remaining 3 tablespoons butter and mash together. If potatoes are too thick, you can add the milk. Season with salt and pepper.

April 15, 2010

Good morning to all of our beloved friends and clients and in case you live somewhere in Middle Earth let me be the first to tell you the world is coming to an end.

Forget about paying your taxes and by all means have a cocktail at work. Also, if you're looking for the just the right thing to say to that special someone who you've admired from afar...May I suggest a line from the immortal Marvin Gaye "let's get it on"...there's a volcano brewing in Iceland for the love of Pete!

That stated the New Metropolitan Seafood and Gourmet is still being constructed and I'm told we are about 10 weeks away....coming soon we will have videos showing the progress.

[To all of the lovely folks who attend the Stockton Farmer's Market there will be an Oyster Tasting with Mark Drabich featuring](#)

[Oysters from Metropolitan Seafood and Gourmet](#)

[Wines from Phillip's Fine Wines](#)

[Olives and French Feta from Chettie's Exotic Mushrooms](#)

[The event will take place on Thursday April 22 between 6p.m. and 8p.m. at the Stockton Market located at 19 Bridge Stockton NJ. The price is \\$35.00 per guest. To sign up simply reply back to this email with the number of guests, reservations are required.](#)

[Call the store for further information. 908-735-5121](#)

Although We Carry a Large Variety of Fish Too Numerous to List these are this Weekend's FEATURED SEAFOOD SELECTIONS:

From the North: Nova Scotia Hard-shell Lobsters have COME DOWN IN PRICE!! call for information, Flounder Fillet, Cod, Halibut, Dry Dayboat Sea Scallops, Swordfish, Jonah Crab Claws, Little and Top Neck Clams, Nantucket Bay Scallop (Last of the Season!), Maine Steamers, Grey Sole, Maine Sea Bass (See Recipe Below), Whiting, Skate, Tau-Tog (Blackfish), Silver Hake, Monkfish and Monkfish Liver (Foie Gras of the Sea)

From the South: Florida Rock Shrimp, Sushi Grade Ahi Tuna, Mahi Mahi, Soft Shell Crabs, Blue Crab Cocktail Claws, Fresh Florida Stone Crab Claws(Last of the Season!), American Red and Pink Snapper, Grey Tilefish(See Recipe Below)

From the Pacific Northwest : Sablefish(Black Cod), Wild Ivory and Troll King Salmon

From the Waters of the World: Cockles, Fresh-Never-Frozen Chilean Sea Bass, Hamachi(Yellow-Tail), Branzini, Durato, Sardines

From Sustainable Seafood Sources: Catfish, Tilapia, Musky Hatchery Trout, Organic Salmon, Prince Edward Island Mussels

This Weekend's Featured Oyster Include

East Coast: Pemaquids (Hog Island , Maine)

West Coast: Kumamoto (Humbolt Bay , California)

Beau Soleil (New Brunswick , Canada)

Peale Passage (Shelton Bay , Washington St.)

Pine Island (Oyster Bay Harbor , N.Y.)

Sweet Necks (Katama Bay , Martha's Vineyard)

St. Simon (New Brunswick , Canada)

Sautéed Tilefish with Fava Beans and Cilantro

Serves 4

This dish demonstrates the benefits our community can experience by allowing a half Lebanese fish monger to live among us. If you don't mind the goat smell it's truly exotic...not the dish, the fish monger

Ingredients

4 each 6 to 8 ounce Tilefish fillets skinned. You can also use Snapper, Grouper, Halibut, or **Tilapia fillet**

½ cup of flour for dredging fish in

2 15oz cans of Egyptian fava beans (Fhool) rinsed and drained. Where the heck can I get those....Metro of course, they have it all.

1 onion, peeled and finely chopped

2 cloves of garlic, peeled and crushed

1 small hot red pepper of your liking seeded and finely chopped. You can also use a jalapeño if that is what you have. (Love the pepper you're with)

½ inch piece of root ginger, peeled and finely chopped or grated

1 teaspoon ground cumin

3tbsp olive oil, plus some extra for sautéing the tilefish

2 teaspoons tomato paste

1 ½ cups vegetable stock. Do they have that at Metro...you bet, straight shooter

2 Tablespoons of fresh chopped Cilantro leaves

Salt and freshly ground black pepper

Fresh lemon wedges for serving

How it's done

Meanwhile in a medium skillet heat olive oil and gently cook the onion, garlic, hot pepper and ginger with the cumin for 3-4 minutes or until soft. Add the tomato paste, fava beans and vegetable stock, bring to the boil, season and simmer with a lid on for 15 minutes. Remove the lid, add the cilantro and simmer for another 2-3 minutes, or until most of the liquid has evaporated.

Season the tilefish fillets and lightly flour them, shaking off the excess flour. Heat about a tablespoon of olive oil in a non-stick pan and sauté the fillets, for about 4 minutes on each side or until fish is opaque

The fava beans can be served hot or room temperature. Spoon them on to plates and serve the Tilefish on top. Make sure to provide your guests with lemon wedges and please forgo your camel impression...it's just not funny when everybody is sober.

Grilled Sea Bass with a Sweet Pepper Salsa

Serves 4

If you are trying to get caught doing something excellent try this scenario on for size..."grrr you really know how to wield that knife"... "why thank you Miss" then pretend you don't feel your guests optically undressing you as you grill.

Ingredients

2 tablespoons extra-virgin olive oil
2 medium red onions, finely diced
2 large red bell peppers, seeded and cut into chunks
2 large yellow bell peppers, seeded and cut into chunks
3 cloves garlic, finely chopped
10 basil leaves, cut into chiffonade (cut into ribbons crosswise)
6 Roma (Plum) tomatoes, seeded and coarsely chopped
Salt and pepper

4 each 6 to 8 ounces portions of Black Sea Bass skin on and scaled. This dish will also work well with Snapper, Branzini, or Durato fillet. If you use Chilean Sea Bass have the skin removed and double the cooking time.

How it's done

Prepare charcoal or preheat gas grill to high. Make sure to brush grill grates clean from your last shindig.

Heat the oil in a large skillet over medium-high heat. Add the onions and peppers and cook over high heat for 4 minutes. Stir in the minced garlic and basil, cook for 30 seconds, and then add the plum tomatoes. Simmer 15 minutes, or until thickened. Remove from heat and season with salt and pepper to taste.

Season both sides of fillet with salt and pepper and brush lightly with olive oil. Place the Sea Bass fillets on the grill, flesh side down and cook through, about 2 to 3 minutes per side.

Meanwhile, divide the pepper salsa evenly among 4 warmed dinner plates and mound loosely in the center of each plate. Arrange the fish over each mound of salsa and serve immediately before someone throws their keys at you and you make the best bad decision you ever made.

April 13, 2010

Good morning to all of our beloved friends and clients and with the glorious sunshine we've been enjoying comes the annoying reminder that we are going have to eventually expose some of our "crate kept" winter flesh.

Please don't get me wrong I would love nothing better than to be "ripped" for swim season, however I'm afraid the only thing I'll be tearing is a groin muscle if I'm not careful. That stated, today's recipes reflect a lighter more whimsical side of your humble fish monger as we, together, join hands in becoming our more "Oprah" selves.

From the North: Swordfish, Maine Sea Bass, Nova Scotia Halibut Fillet, Cod Fillet, Flounder, Monkfish, New Bedford Grey Sole, Dry Sea Scallops, Littleneck Clams

From the South: Florida Red Snapper, Pink Snapper, Red Snapper, Sushi Grade Ahi Tuna, Grouper, Hopper Pink Shrimp(See Recipe Below), Blue Crab Cocktail Claws

From the Pacific Northwest : Wild Alaskan Troll King and Ivory Salmon, Fresh Shucked Oysters

From the Waters of the World: Cockles, Branzini, Turbot, Hamachi

From Sustainable Seafood Sources: Artic Char, Musky Hatchery Trout, Tilapia(See Recipe Below), Catfish, Organic Scottish Salmon

Sautéed Shrimp Salad with White Beans

Serves 4

If this dish were any healthier it would do sit ups for you. And if you're trying to get into your Speedo for swim season you probably need surgery. Sorry I'm just calling the balls and strikes here.

Ingredients

1 ½ pounds of medium size shrimp cleaned and deveined tails off. Call Metro ahead of time, we do this for free and with love

1 15 ounce can of white beans (Cannellini)

4 ounces or more of baby arugula

4 Tablespoons extra-virgin olive oil

4 ounces white wine

1 clove of garlic thinly sliced

½ small white onion thinly sliced

1 sweet red bell pepper

Salt and fresh ground pepper

Extra extra-virgin olive oil to serve

How it's done

Drain the canned beans and rinse well. Wash and spin dry arugula. Season Shrimp with salt and pepper and Heat two tablespoons of olive oil in a heavy frying pan. Add the shrimp and sauté for about 2 to 3 minutes or until shrimps turn pink. Transfer shrimp to warm bowl and deglaze pan with white wine and reduce to 1 Tablespoon. Add wine reduction to shrimp and cover.

Cut the pepper in half and discard seeds and internal ribs. Cut the flesh into small strips.

Heat the remaining two tablespoons of olive oil in a frying pan, and add the drained beans, garlic, onion and pepper strips. Gently heat through until the vegetables have started to soften. Add the arugula leaves to the pan, season, and cook for a minute or until the arugula has wilted.

Add the shrimp and toss gently through the beans. Serve on a large platter or divide between four shallow pasta bowls. Drizzle with extra-virgin olive oil to serve. If you want to look good in your Speedo immediately, do what I do. Have about four glasses of wine, don your Speedo, take off your glasses and check yourself...this really smoothes the rough edges.

Tilapia with a Pan Seared Grape Tomato Salad

Serves 4

By the time it takes you to unload your daily burdens on your loved ones ears you could already be on your second glass of wine with this delectable and time warping recipe.

Ingredients

3 tablespoons olive oil, divided

1 ½ to 2 pounds of Tilapia fillet. You can also use Catfish, Snapper, Grouper or even Mahi

6 large garlic cloves, thinly sliced lengthwise

2 pints grape tomatoes

1 Tablespoon of balsamic vinegar

6 large thyme sprigs

½ red onion thinly sliced

1 cup coarsely torn basil leaves

How it's done

Heat 1 tablespoon oil in a 12-inch none stick skillet over medium-high heat until it shimmers.

Meanwhile, pat fillets dry and sprinkle with kosher salt and a 1/2 teaspoon pepper.

Sear fillets 2 at a time, turning once, until well browned, about 5 to 6 minutes for each batch.

Transfer fillets to warm serving platter. (Do not clean skillet) While fillets are resting, pour off oil from skillet. Add remaining 2 tablespoons oil and heat over medium-high heat until it shimmers, then sauté garlic until golden, about 2 minutes. Transfer with a slotted spoon to a plate. Add tomatoes and thyme to hot oil (be careful;

oil will spatter), then lightly season with salt and pepper and cook, covered, stirring

occasionally, just until tomatoes begin to wilt, about 2 minutes then add balsamic vinegar, red onions and stir in any juices from the fish platter, then scatter basil over tomato salad and spoon over fillets. Hello...dinner and salad are done all you need now is a piece of bread and your bad ass attitude because you just made dinner in 20 min. Strike 70's muscle pose...you deserve it.

April 8, 2010

Good morning to all of our beloved friends and clients and for those alabaster skinned travelers who thought they had the green light to expose your bloodless pasty hides...Hello! You're scaring the kids Casper ...throw on some bronzer for the love of Pete. In other news, the final permit process hurdle has been cleanly cleared by your humble fishmonger and construction will resume full speed ahead...I'm sure we will have some other flaming hoops to jump through but your friendship and support are truly inspirational to me....thank you and I hope you enjoy today's recipes.

[For all of our friends in Stockton we will be there Saturday and Sunday. And remember if there is anything you know you would like\(fish, platters, dry goods\) just give us a call at our Clinton location\(908-735-5121\), and it will be brought down for you.](#)

From the North: Halibut, Swordfish, Cod, Skate, Monkfish, Sea Scallops, Flounder, Little Neck Clams, Whiting, Hake, Haddock, Nantucket Bay Scallops, Jonah Crab Claws, Steamers, Whole Belly Clams for frying, Grey Sole, Jumbo Mussels from Rhode Island

From the South: Pink Snapper, Grouper, Tuna, Fresh Stone Crab Claws, Wild Hopper Pink Shrimp, Rock Shrimp, Soft Shell Crabs, Mahi Mahi, Blue Crab Cocktail Claws and Crab Meat

From the Pacific Northwest : Wild Alaskan Troll King Salmon(See Recipe Below), Sablefish(Black Cod), Fresh Shucked Oysters

From the Waters of the World: Fresh-Never-Frozen Chilean Sea Bass, Hamachi(Yellow-Tail), Dover Sole, Turbot, Branzini and Durato, Sardines, Manilas, Cockled

From Sustainable Seafood Sources: Tilapia, Artic Char, Catfish, Musky Hatchery Trout, Organic Atlantic Salmon(See Recipe Below), Mussels

TAKE OUT SPECIAL OF THE WEEK: Grilled Salmon over Roasted Vegetables

And This Weekend's Oyster Selection Includes

East Coast: Sweet Necks (Martha's Vineyard , Mass.)

West Coast: Peale Passage (Shelton , Washington State)

Pemaquids (Hog Island , Maine)

Kumamoto (Humbolt Bay , California)

Pine Island (Oyster Bay Harbor , New York)

Blackberry Point (Prince Edward Island , Canada)

St Simon (New Brunswick , Canada)

Beau Soleil (New Brunswick , Canada)

Spicy Grilled Seafood with a Char Grilled Red Pepper Salsa

(Great for a Mixed Seafood Grill)

To those tigers out there whose palate is searching for something with a little excitement and dare I say a tad more heat, try this dish...it's a lot cheaper than a divorce lawyer Tiger. Oh!

You shameless cornball Mark

Serves 4

Ingredients

1 large Red bell pepper (sweet), cut in half and seeded
Olive oil for brushing
2 tablespoons of your favorite Cajun, Creole or Blackening Mix and if you make your own...share the recipe
4 each 6 to 8 ounce portions of your favorite firm fleshed fish such as; Mahi, Swordfish, Tuna, Salmon, Shrimp, Scallops, Sea Bass, Snapper or Grouper. Seriously this one's very versatile...kind of like a blue blazer
1 ripe avocado, halved, pit removed, peeled, cut into ½ inch pieces
2 scallions sliced diagonally into thin pieces
1 tablespoon chopped fresh dill
1 tablespoon fresh lemon juice
1 Tablespoon extra virgin olive oil
Mix Field Greens for Serving
Lime wedges, to serve

How it's done

Preheat a grill to medium-high. Lightly brush your Red Pepper with olive oil. Cook on grill for 5 minutes each side or until tender. Set aside for 10 minutes to cool. Cut into ½ inch pieces; you don't have to peel the pepper for this dish. When the pepper is off the grill turn your gas grill to high heat

Meanwhile, place your spice mix on a plate. Brush your fish with olive oil and turn fish in plate to coat with spice mix. Brush your grill clean to remove any tasty bits from your last grilling excursion. Then cook the fish on the grill for 5-6 minutes each side or until the fish flakes when tested with a fork. (Note: if your are using tuna for this dish 3 minutes per side should achieve rare)

Combine the red pepper, avocado, scallions, dill, lemon juice and oil in a bowl then season with salt and pepper.

Divide the mixed field greens among four plates. Top with grilled fish and spoon over your salsa creation. Garnish with lime wedges and your new found respect for guys like Paul Newman, who, when bored don't run around, but create an awesome salad dressing.

Grilled Salmon and Fennel with Lebanese olive oil Potato Puree

In case anyone is wondering how old your friendly neighborhood fishmonger is, truth be told I'm 72...and my secret is Lebanese olive oil. It's a two step process, one of course is the partaking of this sacred oil in such dishes as this recipe, the second is an olive oil rinse cycle in the shower...it keeps you shiny

Serves 4

Ingredients

For the Salmon

4 each 6 to 8 ounce Salmon fillets with skin on. You can also use Halibut, Grouper, Swordfish or Artic Char (if using Char cut grilling time in half)

2 teaspoons of Fennel seeds lightly toasted in a non-stick pan and ground in a spice mill or coffee grinder

Salt and pepper

1 large Fennel bulb trimmed and cleaned, sliced into long ¼ to ½ inch slices...this works best on a mandoline or a sharp knife

Olive oil for brushing

For Potato Puree

2 lb large boiling potatoes

1 tablespoon plus 1/2 teaspoon salt

1/3 cup Extra Virgin Lebanese Olive Oil (This is a fruity not peppery tasting oil, kind of like Charles Nelson Riley)

1/4 teaspoon black pepper

2 tablespoons of Scallion Greens

How it's done

For the Potato Puree

Peel and quarter potatoes. Put potatoes and 1 tablespoon salt in a 3-quart pot and cover with cold water by 1 inch. Bring to a boil, covered with lid, then reduce heat and simmer, partially covered, until potatoes are very tender, 20 to 25 minutes. While potatoes are cooking preheat your grill to med high setting.

When the potatoes are done, reserve 1 cup cooking water, then drain potatoes in a colander and return to pot. Add olive oil, pepper, scallions, and remaining 1/2 teaspoon salt, and 1/2 cup cooking water and mash with a potato masher or fork. Keep covered with towel while grilling salmon.

For the Salmon and fennel

Season both sides of your Salmon fillets with salt, pepper and fennel powder.

Next season fennel slices with salt and pepper and brush both the fish and the fennel with olive oil. Grill the fish, flesh side down, 4 to 5 min per side or until desire doneness. Also grill the Fennel along side of the fish for about 3 to 4 minutes per side or until cooked but firm to the bite. To serve divide potato puree into four plates and place salmon fillet onto and garnish with grilled fennel. Gents this is an excellent opportunity to offer your guests your famous olive oil rub down.

April 2, 2010

Good morning to all of our beloved clients and friends and may you bloom like a forsythia in what promises to be a glorious weather weekend.

Sorry for the flowery non sequitur I think I might be slipping into a self induced Reese's Peanut Butter Cup coma...which I'm sure you all know is the gateway drug to Cadbury eggs...oh sweet belly, please be gone.

To those of our precious clients in observance I would like to wish a peaceful and joy filled Easter.

We are still taking orders for Saturday pick-up at our Clinton location as well as the Stockton Farmers Market...We will be closed at both location Easter Sunday. Please call the store for Shrimp Cocktail orders or any other seafood or gourmet delights. Thank you again and I hope you enjoy today's recipes.

These are but a few of the select items we will have this weekend, feel free to call the store for our total inventory.

From the North: Grey Sole, Sea Scallops, Fluke, Mako Shark, Swordfish, Cod Fillet, Nantucket Bay Scallops, Jonah Crab Claws, Silver Hake, Skate, Monkfish, Whiting, Rhode Island Little Neck Clams, Prince Edward Island Mussels, Nova Scotia Hard-shell Lobsters

From the Pacific North West : Wild Alaskan Ivory King and Troll King Salmons, Wild Alaskan Steelhead Salmon, Sablefish(Black Cod), Fresh Shucked Oysters

From the South: Pink Grouper, Red Snapper, Sushi Grade Ahi Yellow-fin Tuna, Florida Stone Crab Claws, Blue Crab Cocktail Claws and Jumbo Lump Meat, Mahi Mahi(See Recipe Below), Shad Fillet, and Roe

From the Waters of the World: Sardines(See Recipe Below), Fresh-Never-Frozen Chilean Sea Bass, Red Mullet, Dover Sole, Turbot, Branzini and Durato, Cockles, Wild Hopper Pink Shrimp
From Sustainable Seafood Sources: Barramundi, Musky Hatchery Trout, Catfish, Tilapia, Organic Atlantic Salmon

This weekends House Smoked Fish Selection: Scallops(See Recipe Below), Mahi Mahi, Hamachi, Chilean Sea Bass, Sablefish(Black Cod), Monkfish, Shrimp, Swordfish, Tuna, Trout, Whiting, Peppered Bluefish, Catfish, Shad Fillet and Shad Roe, Salmon(Kippered), Nova Scotia Salmon(Traditional) and Scottish Salmon(Slightly Smokier than Nova), Branzini and Durato, Barramundi, and Pompano

And Remember, We'll Smoke Anything You Like, Just Give Us Two Days Advance Notice

Pesto Scented Mahi Mahi with an Oregonato Crust

This recipe is a prime example why we never should have let those Italians into this country they try to make everything more delicious with special love and spices...seriously though, any fish prepared for this recipe will be honored.

Serves 4

Ingredients

For the Pesto

1 bunch basil, leaves only, cleaned and thoroughly dried
1/2 cup grated fresh Parmesan cheese
1/2 tablespoon pine nuts
2 cloves garlic, peeled
1/4 teaspoon salt
3 tablespoons extra-virgin olive oil

For the Fish

1 ½ pounds Mahi cut into 4 portions. You can also use Halibut, Snapper or even Salmon; make sure the fillets are skinned.
1 cup panko (Japanese Bread Crumbs)
1/4 cup finely chopped fresh Italian parsley
1 tablespoon dried oregano
1 teaspoon salt
1/4 tablespoon freshly ground black pepper
1/4 teaspoon paprika
2 tablespoons extra-virgin olive oil

How it's done

Pulse basil, cheese, nuts, garlic, and salt in a food processor until combined. While the machine is running slowly add the olive oil and allow it to emulsify. Spoon into a bowl and set it aside.

In a small non-reactive pan lightly toast the pine nuts over medium heat until golden brown, set aside.

Preheat the oven to 400°.

In a separate bowl, combine the panko with the parsley, oregano, salt, pepper, and paprika. Pat fish fillet with paper towels to dry thoroughly. Next place fish fillet in a 1-inch deep baking dish in a single layer. Slather the fish with the pesto, making sure to coat all sides. Sprinkle the pesto coated fish with the panko crumb mixture, and then drizzle with olive oil to ensure browning.

Place in the oven for 15 to 18 minutes or until the fillets are cooked through and the crust is golden. Serve immediately and often.

Smoked Scallop Risotto

If I could choose my method of leaving this marvelous blue marble called Earth, I would choose to be submersed in warm risotto and drown in ecstasy.

Serves 4 for a main course or 8 as a first course

Ingredients

1 ½ quarts fish stock
4 tablespoons of unsalted butter
2 tablespoons olive oil
1 small onion, finely chopped
2 cloves of garlic, finely chopped
1 16 ounce box of Arborio (Risotto) Rice
2 glasses of dry white wine
salt and freshly ground black pepper

4 ounces freshly grated Parmesan cheese

½ pound of smoked scallops cut into ½ inch slices (of course we smoke our own Scallops at Metro...but if you don't care for Scallops you can also use our Smoked: Mahi, Hamachi, Salmon or even Tuna...yes that was a shameless self promotion.

1 large handful of baby arugula

How it's done

Heat the stock and keep as hot as possible. In a separate pan heat the olive oil and 2 tablespoons of the butter, add the onions, garlic and fry slowly for about 15 minutes without coloring; add the rice and turn up the heat.

Allow the rice to lightly fry, keep stirring it to avoid sticking to the bottom of your pan. When the rice looks translucent add the wine; keep stirring and try not to cry when this perfume arrives at your nostrils! When the wine has cooked into the rice, add a ladle of hot stock. Turn down the heat to a simmer so the rice doesn't cook too quickly on the outside. Keep adding ladles of stock, stirring the creamy starch out of the rice. Allow each ladle of stock to be absorbed before adding the next.

Bring the smoked scallops to room temperature while making risotto

Taste the rice when you have a little stock left in the pan to check if it is cooked. Carry on adding stock until the rice is soft but with a slight bite. Check the seasoning carefully but allow for the salt within the smoked scallops. When you have added the last ladle of stock and the rice is cooked add your smoked scallops. Be careful not to break up the scallops when stirring the risotto.

Remove from the heat and add the remaining 2 tablespoons of butter and Parmesan. Stir in the arugula leaves; place a lid on the pan and allow rest for a few minutes.

This is the most important part of making the perfect risotto, as this is when it becomes creamy like it should be.

Pasta with Sardines and Artichokes

As you may know Sardines are one of the "Greenest" foods you can eat based on their sustainability. But what you might not know is that they are a powerful aphrodisiac or are at least to this fish monger...I'd jump your bones if you made this for me.

Serves 4

Ingredients

1 9 oz package of frozen artichoke hearts (thawed and patted dry) or 1 small can of hearts

1/2 cup extra-virgin olive oil

2 garlic cloves, thinly sliced

1 pint grape tomatoes, halved

Salt and freshly ground pepper

1 pound fettuccine or linguine

1 tablespoon chopped parsley

1 pound of fresh Sardines butter flied and boned (This is a job for a Metro Seafood Specialist...and it's free to have done)

How it's done

Slice artichoke hearts thinly and set aside.

In a large, deep skillet, heat 1/4 cup plus 2 tablespoons of the oil until shimmering. Make sure the artichokes are patted dry. Add the artichokes to the skillet and cook over high heat, stirring occasionally, until lightly browned in spots and barely tender, about 3- 4 minutes. Add the garlic and cook, stirring, until lightly browned, about 2 minutes. Add the tomatoes and a generous pinch of salt and pepper and cook over low heat, smashing the tomatoes, until the artichokes are tender, about 5 minutes.

Meanwhile, in a large pot of boiling salted water, cook the pasta until al dente. Drain the pasta, reserving 3/4 cup of the cooking water.

Add the pasta and the cooking water to the skillet and simmer, tossing, until the liquid is nearly absorbed, about 2 minutes. Stir in the parsley.

In a large, nonstick skillet, heat the remaining 2 tablespoons of olive oil until shimmering. Season the fish with salt and pepper and add to the skillet, skin side down. Cook over high

heat, turning once, until crisp and cooked through, about 5 minutes. Transfer the pasta to a large platter and arrange the fish on top, skin side up. Serve right away. Note: you have been cautioned to be wary of bone jumping...I've seen it happen even elderly aunts and uncles have been know to be consumed by this phenomenon

April 1, 2009

Good morning to all of our beloved friends and clients and good news, grapes tighten your skin and fish helps reduce acne.

So if you desire to have the skin of an eighteen year old and avoid the unsightly adult pimple sprouts pray that you will be drained by a vampire and join the ranks of night stalkers
But if you just want to feel a little sexier have a glass of wine and a piece of fish and oh yeah maybe some good bread.

I hope you enjoy today's easy recipes and thank you as always for allowing us to serve.

From the North: Maine Sea Bass, Halibut(See Recipe Below), Swordfish, Cod(See Recipe Below), Monkfish, Grey Sole, Flounder(See Recipe Below), Dayboat Sea Scallops(Try Them Smoked!)

From the South: Red Snapper(See Recipe Below), Golden Tilefish, Mahi Mahi, Sushi Grade Ahi Tuna, Blue Crab Claws and Lump Meat, Wild Hopper Pink Shrimp

From Sustainable Seafood Sources: Barramundi, Tilapia(See Recipe Below), Trout, Catfish(See Recipe Below), Artic Char, Organic Atlantic Salmon

From the Waters of the World: Fresh-Never-Frozen Chilean Sea Bass, Hamachi, Branzini and Durato, Cockles

From the Pacific North West : Sablefish(Black Cod), Wild Alaskan Steelhead Salmon

To those of our clients in observance, may we send you wishes for a sweet Passover.
And to all of our lovely Patrons we are now taking orders for this Easter Weekend for all of your Appetizer dreams and desires: Smoked Fish, Shrimp Cocktail Platters, Crab Cakes, and Crab Claws etc.

Remember to both our Stockton and Clinton friends we will be closed Easter Sunday...but of course anything you pick up on Saturday will be gorgeous for at least 2 full days.

Oven Roasted Snapper with an Herbed Lebni (Yogurt) Sauce

Serves 4

This dish plays with subtle Middle Eastern flavors like Major Nelson's flirtatious advances towards Barba Eden in "I Dream of Jeannie"...and dream I did...where in Alibaba is that damn bottle?

Ingredients

4 each 6 to 8 ounce portions of Red Snapper. You can also use Tilapia, Maine Sea Bass, Grouper or Durato fillet

1 cup coarsely chopped fresh cilantro

1 lime juice only

1/2 cup heavy cream

1 tablespoon chopped peeled fresh ginger

1 tablespoon chopped seeded jalapeño chili

1/2 cup Lebni a yogurt cheese sold at Metro Seafood. You can also use Greek style yogurt

How it's done

Preheat oven to 400°F. Arrange Snapper fillet in a glass baking dish single layer and flesh side up; sprinkle with salt and pepper. Puree cilantro, lime juice, cream, ginger and chili in blender. Add yogurt and just blend in. Season sauce with salt and pepper to taste; Next spoon sauce over fish and place in oven and bake for 18 to 20 minutes or until fish is opaque in color. Serve with couscous, a tossed salad, and the fantastical hopes that you may just find that Jeannie bottle some day. And for the ladies...please stop trying to stuff one of your Metro Seafood Specialists into your personal dream bottles.

Panko Crusted Fish Sticks with a Dilled Mayonnaise

You know what we haven't done in a while honey...what's that sweetie...make out at the dinner table in front of guests...yeah I used to love that...you know what would put me in the mood, some hot oil and fish from Metro...consider it done.

Serves 4

Ingredients

For the fish sticks

1 ½ to 2 pounds of a mild white fish such as Flounder, Cod, Tilapia, Hake, Catfish, Haddock, or Even Red Snapper skinned removed

¾ cup Corn Starch

Salt and freshly ground black pepper

1 cup of panko breadcrumbs

3 Eggs

1 ½ cups or more of canola or vegetable oil for frying

For the dill mayonnaise

1 cup of mayonnaise

3 tablespoons of fresh Dill finely chopped

1 tablespoon Lime juice

Salt and freshly ground black pepper

How it's done

For the fish fillets, cut the fish fillets in half lengthways, and then slice each fillet in half into about four long strips on the diagonal. You are basically making it look like a real fish stick. Place the corn starch into a shallow bowl and season with salt and freshly ground black pepper. Place the panko into another shallow bowl, and beat the eggs together in a third bowl. Dip each fish stick first into the seasoned corn starch, coating it well, then into the beaten egg and finally the panko.

Place your fish sticks on wax paper you may layer them and keep in the fridge for a couple of hours. Pour the vegetable oil into a deep, heavy-based saucepan and heat until a small cube of bread sizzles and turns golden when dropped into it. If you have a candy thermometer it should read 350°. Carefully place the sticks into the hot oil and deep fry for about two minutes, or until crisp and golden-brown. Remove from the oil with a slotted spoon and drain on kitchen paper.

For the dill mayonnaise

For the dill mayonnaise, place the mayonnaise and chopped dill into a small bowl and mix well. Stir in some lime juice and season, to taste, with salt and freshly ground black pepper.

To serve, place the fish sticks onto serving plates with a dollop of the dill mayo. Make sure you applied your Bert's Beeswax lip balm for the plan is coming to fruition.