

April 29, 2009

Good afternoon to our beloved friends and clients who like me took this delicious weekend weather as an excuse to fortify my self image,

Well besides the general feelings of "summer breeze" euphoria, there is one major benefit to the bounty of sunshine. Now if you possess the body of an Adonis, you won't get the fact that tanned flesh and I mean fat, looks a whole heck of a lot better than white skin and I mean fat. So for those kind souls who shared their heartfelt concerns of my withering ego based on my self deprecating comments, fear not it looks like I dropped ten pounds...and may I say I feel damn sexy. Thanks Mr. Sunshine! Also wearing bronzed faces and basking in the glow of plentiful ocean harvest are the sea-faring folks who hunt down our dinner.

Don't forget to check out today's recipes below!

From the North: The New Bedford Scrod (small cod) and Skate fillet will be an easy and delectable way to get you out of the kitchen in hurry. Also with the versatility of an actor/singer the Monkfish fillet feels just as comfortable on the grill or in a sauté pan

From the South: Florida Red Snapper and jaw-dropping Ahi Tuna(see below recipe) will have you hitting fast forward button and start your summer weekend post haste.

From Sustainable Seafood Sources: If you're looking for all the sultriness of Salmon with a mild personality and cost effectiveness of the fish next store be sure to bring some Artic Char (see recipe below) home for a grilling treat. The Idaho Farm Raised Trout will transform any hum dinner gathering to a sophisticated soiree with cost conscious charm.

From the North West : Along with Kumamoto Oysters the Wild Troll King Salmon has all the unctuous flavor and textures to make you forget about the other white meat.(I had to throw it in somewhere)

Thank you for allowing me to send you this email...let me know if you like the recipes.

Grilled Tuna and Caper and Sweet Pepper Dressing

This one's easy and can be used on any grilled fish. If you like your tuna rare, grill peppers first and then keep warm in foil, then grill tuna for about 2 to 3min per side.

Makes 4 servings

Ingredients:

3/4 lb sweet red, yellow or orange peppers

2 (3/4-lb) sushi-grade tuna steaks (1-inch thick)

1 1/4 teaspoons salt

1 teaspoon black pepper

1 1/2 tablespoons fresh lemon juice

1/2 teaspoon Dijon mustard

1/4 cup olive oil

1 1/2 tablespoons small capers in brine, rinsed, drained and chopped

2 tablespoons chopped fresh flat-leaf parsley

Directions:

Prepare gas grill for cooking over direct high heat.

While grill heats, cut peppers lengthwise into quarters, discarding stems and seeds. Trim ends so that quarters lie flat.

Sprinkle tuna all over with 1 teaspoon salt and 1/2 teaspoon pepper. Cook tuna and peppers on lightly oiled grill rack, turning over once, until tuna is pink only in center and peppers are just

tender, 4 to 6 minutes total (peppers may take longer than tuna). Transfer tuna and peppers as cooked to a serving plate.

Meanwhile, whisk together lemon juice, mustard, and remaining 1/4 teaspoon salt and 1/2 teaspoon pepper in a small bowl, then add oil in a slow stream, whisking until emulsified.

Whisk in capers and parsley.

Serve tuna topped with peppers and caper dressing.

Grilled Artic Char with Lime Butter

Serves 4

Ingredients:

1/2 cup (1 stick) unsalted butter, melted

1/4 cup lime juice

salt to taste

1 teaspoon Black pepper

3 dashes hot sauce (Tabasco , Frank 's your call)

4 8oz -ounce Artic Char fillets

Lime wedges

Directions:

Combine first 5 ingredients. Place Char in glass baking dish. Pour ¾ of lime butter over. Let Char marinate while preparing barbecue or preheating broiler.

Prepare barbecue (medium-high heat) or preheat broiler. Cook Char until just opaque, brushing with lime butter marinade occasionally, about 3 to 4 minutes per side. Transfer to plates.

Brush with any reserved lime butter. Serve immediately with lime wedges.

April 23, 2009

Good Morning to all of our beloved friends and clients and may I wish for you an abundance of dirt under your fingernails for the celebration that is Earth Day,

I personally recognize the hallowed day by refraining from contaminating the earth's water supply and thus discontinuing the bourgeois practice of daily showers. And although like an aged cheese, to some I might seem a tad pungent for their pallet, I know Mother Earth herself is beaming for her filthy son. Sorry...that image even grossed me out. Well at least we must give thanks to the stewards of the blue for procuring the oceans treasures.

From the Waters of the World: There is no greater merriment for your global tastes than these varieties Red Mullet (see below recipe) Portuguese sardines and Durato.

From the South: The Florida Stone Crab Claws will have you have you looking at the ocean in amorous ways never dreamed of. If you're looking for more reasons to high five the good earth, let yourselves enjoy the Mahi Mahi the North Carolina Red Drum or Grouper.

From the Northwest: Throwing down a tambourine beat to keep the festivities going are such flavorful items as Wild Alaskan Sturgeon (see recipe below), and those Birkenstock wearing peaceniks Ivory and Troll King Salmon.

From the North: The mighty Atlantic will definitely be showing up to the party to decorate your taste buds with finned gifts of Haddock, John Dory, Halibut and Trap Squid.

As always thank you and feel free to stop by and admire nature's nautical bounties with us. I hope you enjoy the recipes!

Grilled Red Mullet

The flavor of this fish is mild with slight shellfish overtones

2 servings

Ingredients

6 medium sized fresh Red Mullet

1/2 handful coarse sea salt

2 baking potatoes like russets

2 red bell peppers

1/4 cup extra virgin olive oil plus a separate 1/4 cup

1/8 cup white wine vinegar

1/2 Spanish onion, thinly sliced

2 garlic cloves, thinly sliced

Salt and white pepper

Directions:

Scale and gut the Red Mullet (I personally would have one of the hot Metro Fish mongers do this job). Wash the Red Mullet under cold, running water and pat dry with paper towels. Lightly salt the Red Mullet with coarse sea salt and refrigerate. Meanwhile, boil 2 potatoes until a knife is easily inserted. Drain and cool.

Roast 2 red bell peppers over an open flame until charred. Place in a bowl and cover it with plastic to allow it to steam for approximately 20 minutes. Remove the plastic and peel and seed the peppers.

Cut peppers into 3-inch wide strips and combine in bowl with 1/4 cup of olive oil, 1/8 cup white wine vinegar, onion, and garlic. Season with salt and pepper, to taste.

Preheat a grill.

Place the Red Mullet on a hot grill. Cut potatoes in half lengthwise and place on the grill. When the Red Mullet are done on first side about 3min , flip them over, and give the potatoes a quarter turn to create the grill marks finish with another 3 min on the grill you can leave the grill lid down.

Place 3 Red Mullet on each plate with 2 potato halves and some red pepper salad. For decoration and extra flavor, sprinkle with some thinly sliced onions and garlic over the Red Mullet and drizzle with remaining olive oil.

Grilled Sturgeon in a Cilantro and lime marinade with a Avocado Mayonnaise

This one has all the best elements of south western cooking

Makes 6 Servings

Ingredients:

Avocado mayonnaise see recipe below

1 cup thinly sliced green onions

3/4 cup (packed) cilantro leaves

3 tablespoons extra-virgin olive oil

3 tablespoons fresh lime juice

1 1/2 tablespoons grated lime peel

1 1/2 tablespoons brown sugar

1 tablespoon coarsely chopped seeded jalapeño chili

6-8-ounce Sturgeon, Shark, Sword or Mahi fillets

1 cup hickory smoke chips, soaked in water 30 minutes, drained

Directions:

Blend first 7 ingredients in processor until almost smooth. Season with salt and pepper. Pour marinade into 13x9x2-inch glass baking dish. Add fish, turning to coat. Cover and refrigerate 2 hours, or let stand at room temperature 1 hour, turning fish twice.

Prepare barbecue (medium high heat). Place smoke chips in 8x6-inch foil packet with open top to side. Set packet atop coals closer to the side of the grill area, about 5 minutes before grilling. Grill fish until cooked through, basting often with marinade, about 4-6 minutes per side. Lid down.

Serve fish with avocado mayonnaise.

Avocado Mayonnaise

Makes about 1 1/2 cups

Ingredients:

1 1/2 large avocados, pitted, quartered

5 tablespoons mayonnaise

1 tablespoon fresh lime juice

3/4 teaspoon hot pepper sauce (such as Tabasco)

Directions:

Puree all ingredients in blender, scraping down sides occasionally. Season with salt and pepper. (Can be made 4 hours ahead. Cover; chill.)

April 21, 2009

Good morning to all the weary culinary slaves trying to ignite an appetite passion for those they lovingly serve,

I hope you, like me, got outside at least one of the glorious days this past weekend. If during this weekend you were able to hold onto a grudge and or just maintain a somewhat crummy mood..Bravo! Your powers of stick-to-itiveness are far superior to the rest of the mere mortals you commune among. May I suggest a nice simple meal, a glass of wine, and maybe a mug of lighten up! Well at least the good fortune of the ocean's huntsmen will continue the warm glow of delicious meals for the dreary days ahead.

From the North West: The Alaskan Troll King Salmon(see recipe below) and the wild Black Cod (Sable Fish) are still able to impress even the most jaded gourmets with there untamed flavors and seductive texture.

From the South: The American Red Snappers are back and allow you to express your cooking with a true sense of patriotic bipartisanship

From the North: We are still seeing day boats landing impressive Halibut (see recipe below) catches despite choppy seas. Along with the New Bedford Cod fillet which is stellar we also will be cutting some mild and very versatile Skate Fillet.

From Sustainable Seafood Sources: The Barramundi has been a very popular item to stir up your culinary forbidden side with its endless preparation options. Our store cut Tilapia fillet will take a cute dish to new levels of voluptuousness.

As always many more items from the briny deep to pant over.

Thank you as always and I hope you enjoy the recipes!

Seared Halibut with Young green Beans with a white wine sauce

Makes 4 servings

Ingredients:

1 pound young green beans also call haricots verts

Four 7-ounce Halibut, Snapper or Grouper fillets, each approximately 1 inch thick

Coarse salt and freshly ground pepper to taste

2 tablespoons olive oil

1/4 dry white wine

2 tablespoons fresh lemon juice, or to taste

1/2 cup unsalted butter

5 scallions, white part only, finely sliced on the bias

1 tablespoon capers, drained and rinsed
¾ pint of grape tomatoes or 1 large Jersey tomato diced

Directions:

In a pot of boiling salted water set over high heat, cook the green beans for 3 to 4 minutes, until tender. Drain and place them in the center of a large, warm serving platter. Cover and keep warm.

Season the fish on both sides with salt and pepper. In a 12-inch sauté pan, heat the oil over medium-high heat. Cook the fish for about 3 minutes, until lightly browned. Turn, reduce the heat to medium, and cook about 4 minutes longer, until the fish is opaque in the center and browned on both sides. Put the fish on the platter with the beans and cover to keep warm.

Pour off any oil in the pan and add the wine and lemon juice. Raise the heat to high and deglaze the pan by scraping up any browned bits with a wooden spoon. Cook until the sauce reduces by half, about 2 minutes. Reduce the heat and stir in the butter, a piece at a time, to enrich and flavor the sauce. Add the scallions, capers, and tomato. Season with salt and pepper, and pour over the fish on the platter. Serve immediately.

This one's not light but what the heck...have fruit for dessert.

Grilled Chile-Lime Salmon

Makes 4 generous servings

Ingredients:

7 medium garlic cloves

2 tablespoons salt

¼ cup fresh lime juice

2 tablespoons olive oil

1 ¾ teaspoons sugar

1 ¼ teaspoons ground chipotle chili

2 (1-lb) Salmon fillets with skin you can use farm raised or wild you can even use Artic Char fillets

Directions:

Mince garlic and mash to a paste with salt using a large heavy knife.

Stir together garlic paste, lime juice, oil, sugar, and chipotle chili in a small bowl until sugar is dissolved.

Make sure your friendly Metro fish monger removes all pin bones from the fish. Then pat fish dry and place, skin side down, on a plastic-wrap-lined large tray.

Rub Chile mixture all over flesh side of fish, then wrap plastic around fish and marinate at cool room temperature 15 minutes.

While fish is marinating, prepare grill for moderately high heat. That mean you can only hold your hand over the grill for about 2 to 3 seconds

To cook fish using a gas grill: Lightly oil grill rack, then put fish, skin side down, on rack above shut-off burner and grill, covered with lid, 4 minutes. Using 2 metal spatulas loosen skin from grill rack and turn fish over. Grill fish, covered with lid, until just cooked through, 3 to 5 minutes more, then loosen from grill rack with spatulas and transfer to a clean platter.

If desired, lift skin from fish with tongs and cook skin directly over a burner, uncovered, turning over occasionally, until lightly browned and crisp, 1 to 2 minutes, and then serve over fish.

April 16, 2009

Good morning to all the lovely folks who will hopefully be drinking in the gorgeous weekend ahead,

I don't know about you but I'm a tad scared with the thought of a single layer of clothing. I unfortunately caught a glimpse of myself in the mirror with just a white t-shirt on and

instinctively reached for my trusty harpoon to pierce the mighty Moby Dick...call me Ishmael. Ahab himself and the other insane people who choose to make their livelihood at sea have once again earned their salt...thank you, you nuts.

From the South: Your grill will blush with anticipation when you tempt the flames with any of these southern offerings; Mako Shark from North Carolina , Bay Snapper (Sheephead) and Jumbo Soft Shell Crabs from Florida and some ravishing Ahi Yellow fin Tuna from the Gulf of Mexico.

From the North: One of the feature Oysters this week "Flowers" from Pine Island NY will start your weekend on a briny high note. Welcome back to the original steam clam, real Steamers from Ipswich Maine. You Red Sox fans will know them as whole belly clams. Lastly the Day Boat Jumbo Halibut, Monkfish and Skate will make you throw flower necklaces around a cow's neck and worship the beast for its calming disposition.

From the Waters of the World: If its culinary Fish Noir you crave without the confusing subtitles you will find ease of culinary translation and tasty plots with this group arriving on the tarmac.

From Holland: Dover Sole; From New Zealand Pink Snapper

From the waters of the Mediterranean: Sardines, Branzini and Durato.

From Sustainable Seafood Sources: Off the rugged coast of Maine , Barramundi are farmed responsibly in open ocean pens and boast a sweet and firm flesh. Can't decide between sushi or searing, allow the Hamachi (Yellow Tail) to let you explore your wild culinary side. The Duo of New Zealand Cockles tossed with pasta will illicit the on plate chemistry and passion of a Tom Hanks and Meg Ryan diner experience. Pull the shades for this combo.

From the North West Pacific: Ok here's the picture-you start with Kumomoto Oysters on the half shell with maybe a squeeze of lime and finish with Grilled Wild King Salmon maybe a glass of pinot....good night Mrs. Calabash wherever you are.

Thank you very much for stopping by and please know that there is plenty more seafood at the store.

Linguine with Herbed Clam Sauce

Serves 2

Ingredients:

1/2 cup chopped shallot
¼ tsp crushed red pepper
2 garlic cloves forced through a garlic press
3 tablespoons extra virgin olive oil
1 pat unsalted butter
2 tablespoons all-purpose flour
1/3 cup dry white wine
2 lbs. Cockles or Manila clams or 18 little neck clams
1/4 cup minced flat parsley leaves
1 Tablespoon chiffonade basil (cut in thin strips from the width-wise)
Salt and pepper to taste
1/2 pound linguine

Directions:

In a deep skillet cook the shallot, crushed red pepper and the garlic in the olive oil and butter over moderate heat, stirring, until they are pale golden, add the flour, and cook the mixture, stirring, for 1 minute. Stir in the wine, and add the clams cover and let steam for about 6 minutes or until clams have opened completely. Stir in the parsley, the basil, and salt and

pepper to taste and keep the sauce warm. In a kettle of salted boiling water boil the linguine until it is al dente, drain it, and in the skillet toss it with the clam sauce.
For a slight variation add ¼ cup of your favorite marinara sauce to make your own rosé sauce

Marinated Grilled Fish Steaks (Break out your nunchuks this one is Asian)

Serves 4

Ingredients:

3/4 cup teriyaki sauce
3 tablespoons soy sauce
2 tablespoons firmly packed brown sugar
1 tablespoon dry white wine
1 tablespoon rice vinegar
1 tablespoon canola or vegetable oil
1 teaspoon Asian(toasted) sesame oil
3 garlic cloves, minced
a 1-inch piece fresh gingerroot, peeled and chopped fine
2 scallions, chopped fine
a pinch dried hot red pepper flakes, or to taste
Four 8-ounce shark, tuna, halibut or swordfish fillets
This is also great with shrimp or scallops or a kind stranger

Directions:

In a large shallow dish stir together all ingredients except fish until combined well and add fish. Marinate fish, covered and chilled, turning occasionally, about 1 hour no more than 2 hours. Prepare grill.
Grill fish on an oiled rack set 5 to 6 inches over glowing coals about 5 minutes on each side for medium-rare, or until desired doneness.

April 14, 2009

Thank you for voting on the "how to" videos, it looks like we will be rolling sushi next week!

Good morning to all of our beloved friends and clients,

Was it just me who let out the big "BooYah!" for the incredible achievements of our Navy Seals? Way to go...taking back Capt. Richard Phillips from the Somali pirates and letting us feel collectively proud about our brave service personnel. On a less spectacular note it looks like Mel Gibson will be back on the silver screen as an aging alcoholic womanizing bigot in the highly anticipated "Brokeheart". Inside sources say Gibson has the character nailed. I can't wait! The other heroes this past week battling the unrelenting winds in the north Atlantic are the fierce fighting fishermen of the world.

From the North: Hailing from near by the Kennedy compound Haddock and Skate fillet will ward off any hostile takeovers from a boring chicken breast. If it's the open grill that calls you, bring along the grill faring talents of Swordfish and Halibut, to insure safe passage to your delectable port of call

From the South: When it's necessary to extract your families culinary delights from unfriendly dinners the brave southern team of Pompano, Black Grouper and Stone Crab Claws take on this type of operation with great talent and professionalism.

From Sustainable Seafood Sources: Organic Farm Raised Scottish Salmon and Icelandic Artic Char are the anchors to settle any culinary mishaps posed by chopping appetites. In the

gastronomic engine room keeping all voyages of flavor running smoothly are the always resourceful Catfish and Tilapia (See Recipe Below for Both Fish)

From the Waters of the World: Showing all the prowess and "take command" attitude of our illustrious Navy, Wild King Salmon and Sable Fish will overcome any perils facing a endangered gourmand.

As always there's more fish to fawn over at the store.
Thank you so much.

Baked Tilapia with Tomato Caper Sauce

Makes 4 servings

Ingredients:

For sauce

- 2 tablespoons olive oil
- 1 medium onion, finely chopped
- 1 cup finely chopped fennel bulb (sometimes called anise)
- 1 garlic clove, thinly sliced
- 1 (14 1/2-oz) can diced tomatoes including juice
- 1/4 cup dry white wine
- 2 tablespoons capers, rinsed and drained
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper

For Tilapia

- 1/2 cup fine dry bread crumbs
- 3 tablespoons unsalted butter, well softened
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 4 (6-oz) pieces of Tilapia, Snapper, or Flounder
- 2 tablespoons dry white wine

How it's done

Preheat oven to 425°F.

Directions:

Make sauce

Heat oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then sauté onion and fennel, stirring, until golden, about 8 minutes. Add garlic and sauté, stirring, 30 seconds. Add tomatoes and wine and simmer briskly until liquid is reduced by one third, about 5 minutes. Stir in capers, salt, and pepper, then transfer to a 2-quart shallow baking dish

Prepare Fish:

Stir together bread crumbs, butter, salt, and pepper with a fork until combined. Season Tilapia with salt and pepper, then place fish flesh side up on top of sauce. Gently press bread crumbs on top of the tilapia

Drizzle wine carefully around fish into sauce (not over fish) and bake in middle of oven until fish is just cooked through, 20 to 25 minutes.

Southwestern Catfish with Peppers and Onions

This one is a little spicy....don't be afraid, remember when you switched from yellow mustard to Dijon ?

Serves 4

Ingredients:

- 4 6-8 ounce catfish fillets
- All purpose flour
- 2 1/2 tablespoons vegetable oil
- 1 medium onion, sliced

1/2 large red bell pepper, thinly sliced
1/2 large green bell pepper, thinly sliced
2 1/2 tablespoons of fresh lime juice
1 tablespoon chopped drained canned pickled jalapeño chilies
2 tablespoons of fresh cilantro for garnish

Directions:

Season fish with salt and pepper. Dust lightly with flour. Heat 2 tablespoons oil in heavy medium skillet over medium-high heat. Add fish to skillet. Cook until golden brown and just opaque in center, about 4 minutes per side. Transfer fish to plates. Add 1/2 tablespoon oil, onion and bell peppers to same skillet. Sauté until crisp-tender, about 4 minutes. Add lime and jalapeño. Stir 1 minute. Season mixture with salt and pepper. Spoon over fish. Garnish with fresh cilantro.

April 10, 2009

Good afternoon to all of our beloved friends and clients,

In light of recent news events I feel obliged to tamper with my usual newsletter and express my thoughts of hope and healing for our human brethren in Italy and the courageous captain being held hostage, Mr. Richard Phillips. It is of course during these times that we so cherish the truly simplest treasures, family and true friends. So on behalf of myself and the entire staff at Metro I would like extend a wish of voracious health and sweetness during this holiday time.

Some of the outstanding offerings for this weekend will be:

From the North: Nova Scotia Halibut , Skate fillet, Day boat monk fish, Day boat Jumbo Sea Scallops (see recipe below), Bagaduce Oysters(Maine), Ivory King Salmon (incredible white flesh)

From the South: Pompano, Rock Shrimp, Mahi Mahi, Soft Shell Crabs (see recipe below)

From the West: Sable fish (Black Cod)

From the Sustainable Seafood Sources of the World: Artic Char, Taylor Bay Scallops in the Shell, Catfish Fillets (it's also great on the grill!)

Imports: Sardines (Portuguese), Dover Sole, Branzini, Durato, Manila Clams

Pan-Seared Scallops with Sundried Tomato Butter and Warm Spinach Salad

*This recipe makes more sundried-tomato butter than you need for the Scallops – use the leftover butter on fish, grilled shrimp, steak and other loved ones

Makes 4 first-course servings

Ingredients:

For sundried-tomato butter:

½ cup sundried tomatoes packed in oil
1 stick (1/2 cup) unsalted butter at room temperature
1/4 teaspoon salt

For salad:

1 piece thick cut bacon cut into ¼ inch strips
2 cups loosely packed baby spinach (1 ounce)
1 cup loosely packed watercress sprigs (3/4 ounce), coarse stems discarded
1 teaspoon fresh lemon juice
1 teaspoon fresh lime juice
1/2 teaspoon minced garlic
1/8 teaspoon salt

1 1/2 tablespoons extra-virgin olive oil

For Scallops:

8 Jumbo Scallops with straps removed

1 tablespoon vegetable oil

Directions:

Make sundried-tomato butter:

In a food processor puree the sundried tomatoes along with butter, salt, and a pinch of pepper. Then transfer to a sheet of wax paper or parchment paper and roll into a log about 1 inch thick. Twist ends of paper to enclose butter and chill until firm, at least 30 minutes

Prepare salad ingredients:

Cook bacon in a 10-inch heavy skillet over moderate heat, stirring occasionally, until browned and crisp, 8 to 12 minutes. Transfer with a slotted spoon to paper towels to drain. Discard bacon fat or reserve for another use.

Toss together spinach and watercress in a medium bowl.

Put oven rack in middle position and preheat oven to 400°F.

Whisk together lemon juice, lime juice, garlic, salt, and a pinch of pepper in a medium bowl. Whisk in olive oil.

Cook Scallops

Pat Scallops dry and season with salt and pepper. Heat oil in cleaned 10-inch skillet over high heat until hot but not smoking, then sear Scallops, turning over once, until golden brown and almost cooked through, about 3 min per side. Transfer to a plate.

Finish cooking and assemble:

Whisk vinaigrette and toss greens with just enough vinaigrette to coat, then add bacon, tossing to combine. Divide salad among oven proof plates and divide Scallops equally on top of each salad. Cut 8 slices of sundried tomato butter into (1/4-inch-thick) slices to place on each Scallop. Arrange oven proof plates on a baking sheet and heat in oven until butter is melted and scallops are just cooked through (greens will wilt slightly), 3 to 4 minutes. You can also do this dish on scallop shells which we have at Metro.

Sautéed Soft-Shell Crab

This is the easiest way to prepare soft crabs and it's damn good too! The whole point of soaking the crabs in milk is to plump them up a little

Serves 2

Ingredients:

1 1/2 cups low-fat milk

4 small soft-shell crabs, cleaned

3/4 cup all-purpose flour

Salt and freshly ground black pepper, to taste

2 tablespoons olive oil

2 tablespoons unsalted butter

2 tablespoons chopped flat-leaf parsley

Remoulade Sauce the recipe is below

Directions:

1. Place the milk in a shallow bowl large enough to hold the crabs in a single layer. Add the crabs and let them soak for 1 hour. Drain and discard the milk.
2. Season the flour with salt and pepper in a paper or plastic bag. Lightly dredge each crab in the flour shake off excess flour.
3. Heat the oil and butter together in a nonstick skillet over medium-high heat and sauté the crabs in batches until golden, about 4 minutes per side. Add more oil and butter to the pan if necessary.
4. To serve, plate the crabs two on a plate garnish with chopped parsley serve with lemon and some of your own homemade Remoulade sauce.

Remoulade Sauce

This is a southern adaption of Tarter sauce I like to serve it on close friends

Yield: Makes 1 cup (16 tablespoons)

Ingredients:

3/4 cup mayonnaise

1 teaspoon Dijon

2 Tablespoons of whole-grain mustard

1 teaspoon tarragon vinegar or white wine vinegar

¼ teaspoon Worcestershire sauce

¼ to ½ teaspoon Tabasco sauce

2 teaspoons capers drained and rinsed and chopped

1 tablespoon chopped fresh flat-leaf parsley

1 scallion thinly sliced

Salt and freshly ground black pepper, to taste

Directions:

Combine ingredients in a bowl. Set aside, covered, in the refrigerator

April 6, 2009

Good morning to all of our lovely friends and clients who truly desire world peace,

As most of you already know the great leveler of any foreign relation is a good meal. So you can only imagine when the Whitehouse asked the humble house of Metro Seafood to provide some of our arms dropping Middle Eastern delights for the Turkish leg of the President's overseas tour. Here you see our President explaining to the chief Rabbi of Istanbul how Metro achieves that wonderful Smokey finish with its' Baba Ghanooj. (I smell face book hookup).

And finally, well what can I say...could it have been the wine or the hummus and falafel but love definitely showed up to the dance ready to tango when these the President of Turkey and Mr. Obama shared a special moment. Needless to say the Ambassadors of the Worlds oceans are always spreading their nets of humility in order to feed the world.

From the North: The New Bedford Cod fillet will build long lasting relations at the dinner table with sublime flavor and cooking versatility. For value and fantastic flavor the Silver Hake and Skate fillet will open all the borders of culinary appreciation.

From the South : Like a bridge of troubled dinners the Soft Shell Crabs, Mahi Mahi and real American Red Snapper will calm your grumbling appetite.

From the North West : As the thaw of International Corporation begins to warm up Alaska 's shores, we have been fortunate enough to be able to offer our clients some Wild Ivory and King Salmon.

From the Sustainable Seafood Sources of the World: To all the trout anglers of the Garden State please keep in mind that we will not tell your spouse or friends that you were in Metro buying gorgeous farm raised Rainbow Trout. Also you can count on the staff at Metro to backup your wild bar story when you were angling for Tilapia in Costa Rica .

From the Waters of the World: The Dover Sole and Durato will assist you in pulling off all the international gourmet pursuits with the prowess of the great Henry Kissinger.

All in all there is too much fish to give credit to.

Thank as always for talking the time enjoy the recipes

Roasted Trout Fillets with Parsley Pesto

Yield: Makes 4servings

Ingredients:*For pesto*

1 garlic clove

2 cups packed flat-leaf parsley leaves

3/4 cup extra-virgin olive oil

3 tablespoons walnuts toasted for about 4 min. in a dry nonstick pan over med heat.

1/4 teaspoon fine sea salt

4 teaspoons fresh lemon juice

For trout

2 tablespoons extra-virgin olive oil, divided

4 Trout Boned out by your favorite Metro Monger

2 tablespoons fresh lemon juice

3/4 teaspoon fine sea salt

1/2 teaspoon dried hot red-pepper flakes

Garnish: finely chopped flat-leaf parsley

Directions:

Make pesto:

With motor running, drop garlic into a food processor and process until finely chopped. Add parsley, oil, nuts, sea salt, 1/8 teaspoon pepper and purée until smooth. Transfer to a bowl and stir in lemon juice.

Bake trout:

Preheat oven to 400°F with rack in middle. Brush bottom of a large shallow baking pan with 1 tablespoon oil. Put fillets, skin sides down, in baking pan and drizzle with lemon juice and remaining tablespoon oil. Sprinkle with sea salt, red-pepper flakes, and 1/4teaspoon pepper. Bake fish until just cooked thorough, 12 to 15 minutes (depending on thickness). Serve fish with pesto.

Zucchini-Wrapped Snapper Fillets

Yield: Makes 4 servings

Ingredients:

2 (6- to 7-inch-long) zucchini, trimmed

3 tablespoons extra-virgin olive oil, divided, plus additional for brushing

16 fresh basil leaves

4 (6-ounce) snapper, grouper, halibut or even salmon fillets

1 tablespoon fresh lemon juice

You really need a mandolin for this dish because you have to slice the zucchini paper thin long ways.

Directions:

Shave zucchini lengthwise into very thin ribbons with mandolin

For each piece of fish, arrange about 5 slices of zucchini on a work surface, side by side, overlapping each slice by half. Brush zucchini with oil, then lightly season with salt and pepper.

Lay 2 basil leaves across center of each group of zucchini slices.

Pat fish dry, then sprinkle with 1/4 teaspoon salt and 1/4 teaspoon pepper (total) and arrange crosswise on zucchini, covering basil leaves. Top each piece of fish with 2 basil leaves, then wrap zucchini around fish, overlapping ends.

Put 1 tablespoon oil in a 12-inch nonstick skillet and swirl to coat bottom, then arrange fish, seam sides down, in oil. Lightly brush tops of zucchini and fish with oil.

Cover skillet and cook fish over medium heat, without turning, until barely cooked through, 6 to 9 minutes, depending on thickness of fillets (fish will continue to cook from residual heat).

Transfer fish to plates, and then stir lemon juice and remaining 2 tablespoons oil into juices in skillet and season sauce with salt and pepper. Drizzle sauce over fish.

April 3, 2009

Don't forget to vote on the next "how to" video

Good afternoon to all the folks who like me stopped watching "ER" 10 years ago, when it probably should have ended,

The real phenomenon of the show is the amazing ego's the actors would grow just by simply reciting the complex medical terms littered throughout the drama's dialogue. Yeah... that was a brilliant move leaving ER Julianna Margulies. "Snakes on a Plane" was supposed to be the reptilian "Jaws" only it stunk on ice. Well the only people turning out Emmy winning performances and consistent ratings are the noble performers of Atlantis's stage.

From the North: If your taste buds have flat lined don't reach for the paddles...let the Atlantic John Dory, New Bedford Haddock and Swordfish jolt your culinary heart beat back. The only other scene stealers on the dinner set this weekend will be played by Pollack (blue cod) and Nova Scotia Halibut.

From the South: The only thing sexier (don't judge me) than George Clooney are the Soft Shell Crabs we'll be bringing in all weekend. OK...I'm the jerk because I watched Ocean's Thirteen. If your doctors prescribed 20cc of deliciousness let the crew at Metro fill your order with some life sustaining Mahi Mahi, Shad and Shad Roe.

From the North West : In order to combat the epidemic of boring dinners one only has to try some Jumbo Donotto Bay Oysters from Washington State . (Great Raw or Roasted on the Grill) Please put your minds at ease knowing that Sable Fish (Black Cod) and Steelhead Salmon will be on call to tend to your gourmet needs this weekend.

From the waters of the world: Not since Monte Python's Flying Circus has a group of foreigners delighted the American pallet such as this next group of performers Red Mullet, Portuguese Sardines, Branzini and Durato. And lastly Asian inspired Hamachi (Yellow Tail) fish promises all the holistic healing powers of the ancient discipline of acupuncture.

I hope you enjoy today's recipes....one more thing- ask to try our newest Mediterranean spread *White bean and Sundried Tomato*

Grilled Hamachi (Yellow Tail) with Ginger-Chile Marinade

Yield: Makes 4 servings

Ingredients:

3 tablespoons unseasoned rice vinegar
2 tablespoons finely grated peeled fresh ginger
2 tablespoons peanut oil
2 tablespoons Asian sesame oil
2 tablespoons soy sauce
2 tablespoons honey
1 tablespoon chopped fresh cilantro
1 Serrano Chile , seeded, minced or a jalapeño Pepper
Freshly ground white pepper
4 ea 6 to 8oz servings of Hamachi, Tuna or any firm steak fish
Nonstick vegetable oil spray
Additional chopped fresh cilantro

Directions:

Whisk first 8 ingredients in medium bowl to blend; season to taste with ground white pepper. Transfer 3 tablespoons marinade to small bowl and reserve. Add Hamachi to remaining marinade in medium bowl and toss to coat. Refrigerate at least 30 minutes and up to 45 minutes.

Spray grill rack with nonstick spray. Prepare barbecue (medium-high heat). . Grill to desired doneness, turning frequently, about 6 minutes total for medium-rare. Transfer to platter. Drizzle reserved marinade over; sprinkle with chopped cilantro.

Grilled Mahi Mahi with Chimichurri Gourmet

Yield: Makes 4 servings

Ingredients:

1/3 cup extra-virgin olive oil

1/4 cup fresh lemon juice

1 tablespoon water

1 tablespoon minced garlic

1 tablespoon minced shallot

3/4 teaspoon hot red-pepper flakes

3/4 cup chopped flat-leaf parsley

4 (6- to 8-ounce) Mahi, Sword or Shark fillets (3/4 to 1 inch thick)

1 tablespoon vegetable oil

Directions:

Whisk together olive oil, lemon juice, water, garlic, shallot, red-pepper flakes, and 1/2 tsp each of salt and pepper until salt has dissolved. Stir in parsley. Let chimichurri stand 20 minutes.

Meanwhile, prepare grill for direct-heat cooking over medium-hot charcoal (medium heat for gas). Pat fish dry, then brush with olive oil and sprinkle with 1/2 tsp salt and 1/4 tsp pepper (total). Oil grill rack, then grill fish, covered only if using a gas grill, turning once, until just cooked through, 8 to 10 minutes total.

Serve fish drizzled with some of chimichurri; serve remainder on the side.

You can make the Chimichurri 2 hours ahead and kept, covered, at room temperature.