

## August 31, 2010

Good morning to all of our beloved friends and clients and a compassionate welcome back to school to the budding minds in the garden of academia.

Can you believe I my teacher gave me a C for that line in back in the 80's...sorry my writing style wasn't your cup of tea Mrs. Hammershat, sorry I didn't feel the need to polish your soul crushing backside and cow tow the politically conservative Reaganistic rhetoric of the day. And you where wrong, I did amount to something I feed people love and Seafood you coffee breathed she devil....whoa...sorry got a little carried away. Good luck in school kids!

### [Some Great Take-Out Specials](#)

#### [Soft Shell Crab Club](#)

[Panko crusted soft crab served with lettuce, tomato, hickory smoked bacon, mayonnaise and on a locally baked Portuguese Roll](#)

[\\$8.95](#)

#### [Grilled Ginger Salmon Pita Wrap](#)

[With Oven Roasted Veggies and Wasabi Sauce](#)

[\\$7.95](#)

#### [Broiled Parmesan Crusted Hake Platter](#)

[With Rice Pilaf and Home Made Cole Slaw](#)

[\\$9.95](#)

**From the North:** Nova Scotia Halibut(See Recipe Below), Swordfish, Dry Dayboat Sea Scallops, Maine Jonah Crab Claws, Fluke Fillet, New Bedford Cod Fillet, Rhode Island Little and Top Neck Clams, Real Maine Steamers, Whole Belly Clams for the Fryer, Uni(Sea Urchin Roe), New Bedford Grey Sole Fillet, Hake Fillet

**From the South:** Sushi Grade Ahi Tuna, Caribbean Cobia, Real American Red Snapper, Blue Crab Cocktail Claws, Fresh Lump and Jumbo Lump Crab Meat, Red Grouper

**From the Pacific Northwest:** Wild Alaskan Troll Caught King Salmon (See Recipe Below), and Fresh Plump Shucked Washington State Oysters

**From the Waters of the World:** Mediterranean Branzini (Jumbo and Regular), Hamachi (Yellow-Tail) and Cockles from New Zealand , Wild Caribbean Hopper Pink Shrimp

**From Sustainable Seafood Sources:** Costa Rican Tilapia Fillet, Fresh Organically Farmed Atlantic Scottish Salmon (See Recipe Below), Catfish, Local Musky Hatchery Rainbow Trout, Prince Edward Island Mussels

### **Pan Grilled Halibut over a Tomato and Grilled Onion Salad**

Serves 4

I don't know about you but if I don't break out in some sort of acid related skin condition, than I haven't had enough of the seasons tomato crop. And if you feel this recipe is to hard, well, maybe you are the next roommate on the " Jersey Shore " ...I would call you the "Mishap"

#### **Ingredients**

1 ½ pounds of Jersey Tomatoes...that's right I said Jersey , with all the flavor and attitude

18 basil leaves torn

2 medium onions cut into thick slices

Salt and Pepper

5 Tablespoons of olive oil

4 each 6 to 8 ounce halibut fillets skinned removed: you can also use Chilean Sea Bass, Black Cod, Grouper or Snapper

1 lemon cut in half

#### **How it's done**

Preheat a grill pan or a cast iron skillet to high heat

Slice the tomatoes into thick slices and place on your serving platter. Next arrange the torn basil leaves over the tomatoes and set aside  
Season the onion slices on both sides with salt and pepper and lightly brush with olive oil. Place them on the hot dry grill pan and cook, for about 3 to 4 minutes per side, or until well charred on both sides. Transfer to a plate and let cool slightly, then separate the onion slices into smaller rings and scatter them over the tomatoes. Next drizzle the tomato and onion salad with 3 tablespoons of olive oil  
Season the halibut fillet all over with salt and pepper, toss them in a bowl with the remaining 2 tablespoons oil, and stir gently to coat.  
Place the Halibut fillet on the grill pan and cook for 4 to 5 minutes per side or until opaque on the inside. While the fish is cooking, season tomato and onion salad with salt and pepper. Place cooked halibut on tomato salad and squeeze fresh lemon over the entire platter. If your house was a place of worship your table just became an altar to pay homage to the jersey tomato.

### **Grilled Salmon with Tzatziki Sauce**

Serves 4

The only thing hotter than August heat is the vision of you bringing dinner to the table in less than thirty minutes...of course with a little Tzatziki on your lip to ensure proper guest seasoning...who wrote that garbage?...sorry, I did

#### **Ingredients**

For the Tzatziki sauce

1 pint of Lebni or Greek Style yogurt...Available at Metro

2 small cucumbers seeded and chopped fine

2 cloves of garlic crushed

1 tablespoon of chopped fresh mint

1 lemon juice only

Salt to taste

#### **For the Fish**

4 each 6 to 8 ounce servings of Salmon-skin on: you can also use with great success, Mahi, Cobia, Grouper or Halibut

#### **For the Marinade**

1 scallion minced fine

1 teaspoon of fresh thyme leaves chopped

2 teaspoons fresh mint chopped

1 lemon juice only

½ inch piece of fresh ginger grated

½ cup of white wine

2 tablespoons of olive oil

Salt and pepper

#### **How it's done**

For the Tzatziki Sauce

Mix the Lebni, the mint, lemon, salt and garlic together. Add the diced cucumbers and put in the fridge.

For the fish

Mix together all Marinade ingredients in a glass baking dish or pie plate, add salmon fillets and marinate for 20 to 30 minutes turning once to coat well.

Preheat gas grill or grill pan to high heat. While your grill is heating up, remove fish from the fridge so as to allow Salmon to come to room temperature.

When gas grill is hot remove Salmon from Marinade and place on oiled grates flesh side down for 3 minutes. Flip and cook on the skin side for another 5 to 6 minutes or until desired doneness.

Present grilled salmon onto four dinner plates and serve with Tzatziki Sauce, fresh lemon wedges and mint sprigs. Who's that high fiving in the mirror....oh, it you, and rightfully so.

Hey don't forget to plant a kiss on the sexy beast to show your gratitude...they say it's the greatest love of all!

## August 26, 2010

Good morning to all of our beloved friends and clients and I have to tell you, we are actually making progress on the build out of our new location...confidentially between you and me I sent the General Contractor and building inspectors the old fish in the newspaper wrap...and what do you know...they been working in a fearful craze ever since and quite frankly I'm starting to enjoy kissing every contractor on the lips, it beats the @\$% kissing. Almost there fellow travelers.

I hope you sincerely enjoy today's recipes

To all of our fellow travelers out west, we will be in the Stockton Farmer's Market for the coming weekend both Saturday and Sunday please feel free to call our store(908-735-5121) to have anything in particular brought down for you, but as always a great selection will abound.

Also we are delighted to announce that Metropolitan Seafood will be open in the [Ottsville Farmer's Market](#) every Friday through October 29th from 3p.m. to 7p.m.

For those of you who have made our stands a regular weekend stop, thank you sincerely, we truly appreciate your patronage.

### [Some Great Take-Out Specials](#)

[Introducing Metro's Own Lobster Roll](#)  
[Succulent Lobster Salad w/ Baby Field Greens](#)  
[On Lightly Buttered Portuguese Roll](#)  
[\\$18.00... yes it's worth it](#)

[Grilled Shark Steak Sandwich](#)  
[w/ Seared Peppers, Onions, and Spicy Mayo](#)  
[On Locally Baked Italian Bread](#)  
[w/ can of Soda](#)  
[\\$6.95](#)

[Blackened Halibut on Roasted Veggies](#)  
[Over Tossed Salad](#)  
[w/ Can of Soda](#)  
[\\$8.95](#)

**From the North:** Nova Scotia Halibut, Swordfish, Dry Dayboat Sea Scallops, Maine Jonah Crab Claws, Fluke Fillet, New Bedford Cod Fillet, Rhode Island Little and Top Neck Clams, Real Maine Steamers, Whole Belly Clams for the Fryer, Whiting, Uni(Sea Urchin Roe), New Bedford Grey Sole Fillet, Hake Fillet and Bluefish, Golden Tilefish, Mako Shark

**From the South:** Sushi Grade Ahi Tuna, Caribbean Cobia(See Recipe Below) Real American Red Snapper, Florida Rock Shrimp, Blue Crab Cocktail Claws, Fresh Lump and Jumbo Lump Crab Meat, Red Grouper(See Recipe Below)

**From the Pacific Northwest:** Wild Alaskan Ivory Salmon, Wild Alaskan Troll Caught King Salmon, Wild Alaskan Sockeye Salmon, and Fresh Plump Shucked Washington State Oysters

**From the Waters of the World:** Fresh-Never-Frozen Chilean Sea Bass, Mediterranean Branzini (Jumbo and Regular), Hamachi (Yellow-Tail) and Cockles from New Zealand , Wild Caribbean Hopper Pink Shrimp, Fresh Portuguese Sardines

**From Sustainable Seafood Sources:** Costa Rican Tilapia Fillet, Fresh Organically Farmed Atlantic Scottish Salmon, Catfish, Local Musky Hatchery Rainbow Trout, Prince Edward Island Mussels, and Icelandic Artic Char

**THIS WEEKEND'S OYSTER SELECTION WILL INCLUDE THE FOLLOWING DELIGHTS**

East Coast: Duxbury ( Duxbury , Maine ); West Coast: Kumamoto ( Humbolt Bay , California )  
Flying Point ( Upper Sheepscoot River , Maine ) ; Peale Passage ( Shelton Bay , Washington State); Flowers ( Oyster Bay Harbor NY ) ; Gold Creek ( Hood Canal , Washington State)  
Briar Patch ( Stonington , Connecticut ); Beau Soleil ( New Brunswick Canada )  
Pickle Point ( Prince Edward Island , Canada )

**Also For Your Half-Shell Pleasure Rhode Island Little and Top Neck Clams**

**This Week's Local Cheese Selections Will Include**

- Valley Shepherd Creamery Long Valley NJ
- Shepherd's Basket: Aged 5+ months, this sheep's milk cheese is made using our own lamb rennet, imparting a distinctive, well layered flavor with a beautiful, basket rind
- Fairmount: Aged 10+ months, this Alpine style cheese is both sharp and lingering with a bit of a bite...when younger, it is milder and smooth, when old, crumbly.
- Nettlesome: Cave aged 4+ months, with the unique addition of Stinging Nettles...herbaceous and truly memorable!
- Crema de Blue: Aged 70+ days, this rich, unctuous blue is soft and creamy just under the rind, revealing a firmer pate on the interior. A perfect marriage of sweet cream and salt, this silky cheese is a blue lover's delight.
- Tewksbury: Aged 12+ months, this gem from the Cave is both nutty and full-flavored, while still representing the purity of the milk throughout
- Octoberkade: Aged 6+ months, and made from Octobers milk rich in butterfat and flavor
- Bobolink Dairy Milford NJ
- Jean-Louis: Named in Honor of the great Chef Jean-Louis Paladin, tangy semi soft
- Cave Aged Cheddar: A truly exceptional cheddar, full flavored and complex

**Grilled Cobia Tortilla Wraps with Corn Salsa and a Jalapeno Aioli**

Serves 4

Hey honey, I'm in the mood for some south west flavors...whaddaya say we go to Taco Bell for dinner...Sure as long as we pick up some diapers for the ride home...come on Hombre, treat yourself to authentic deliciousness.

**Ingredients**

For the Jalapeno Aioli

1/4 cup real Mayonnaise...not Miracle Whip you sweet Mayo nut.

1/4 cup Lebni or Greek style yogurt

1 pickled jalapeno, finely chopped (1 tablespoon) Available at Metro.

1 teaspoon pickled jalapeno liquid

**The Corn Salsa**

1 cup cooked corn

1 small red bell pepper, diced small

1 scallion, trimmed and thinly sliced

3 tablespoons chopped fresh cilantro

3 tablespoons fresh lime juice

1/2 teaspoon salt

Black pepper to taste

### **For the Fish**

1 teaspoon salt

Freshly ground pepper to taste

Cayenne Pepper

Pinch of Cumin

4 each 6 ounce portions of Cobia Skinned: you could also use Mahi, Grouper, and Tilapia or even take Catfish South of the border

2 tablespoons of olive oil

4 large Flour Tortillas warmed in a non stick pan and kept warm.

### **How it's done**

To make the Aioli

Whisk together the mayonnaise, yogurt, chopped jalapeno and jalapeno liquid. Refrigerate at least 1 hour.

To make the relish

Toss together the corn, red pepper, scallion and cilantro. Add the lime juice, salt and pepper and toss.

To make the Cobia

Preheat a Gas Grill or Grill pan to high heat

Place fish in a pie plate and brush both sides with olive oil and season with salt, pepper, cayenne and cumin. On the hot grill cook fish for 3 to 4 minutes per side and transfer to warm platter

To build your Tortilla Wrap

Spread Aioli on warm tortilla place Cobia on top and spoon on Corn Salsa then roll or fold and for the love of Poncho Villa get your hands of one these Southwestern Gun Slinging creations

### **Grilled Grouper with an Easy Remoulade Sauce**

Serves 4

OK...we are in the "No Judge" zone, but the word on the street is that you have lost some of your culinary luster. Shhh...no tears, we can fix this. You can serve this dish either hot, cold or room temp so you can focus on your loved ones at the table but more importantly this dish will restore your rightful chef's Mojo...universe corrected.

### **Ingredients**

1 cup mayonnaise, go with the Hellman's...in culinary terms, it kicks bacon

Salt and pepper to taste

1 small garlic clove, minced

1 ½ teaspoons of white wine vinegar

2 tablespoons capers rinsed drained and chopped

2 tablespoons flat leaf parsley chopped

1 teaspoon chopped fresh tarragon

1 ½ tablespoons of the whole grain Dijon mustard

2 anchovies, minced

1/4 teaspoon cayenne

Olive oil for brushing

4 each 6 to 8 ounce Grouper fillets with the Skinned Removed: you can also use Mahi, Cobia, Tilefish or Salmon

### **How it's done**

Preheat gas grill or ridged grill pan to high heat. Combine mayonnaise with all remaining ingredients except olive oil and fish. Season remoulade sauce with salt and pepper and refrigerate.

Next brush both sides of the Grouper with olive oil and season with salt and pepper, then when grill is hot cook for 4 to 5 minutes per side. The Fish will be done when center is just opaque and tender throughout. Serve with Remoulade and if you spill some on a guest, be a real host, forgo the paper towel and gingerly lap it off. Whether you serve this dish hot cold or room temperature feel free to capitalize on your Alpha Chef Status before dinner is over, your

powers will wear off. And when I say capitalize I mean, wink, wink, nudge, nudge...know I mean.

## August 24, 2010

Good morning to all of our beloved friends and clients and I hope you are relishing this stint of cool weather we will be enjoying the next couple of days.

I don't know about you but these mild temperatures have me excited about putting on my extra 7 pounds of Sweater weather lusciousness. I have no idea where that came from but I suddenly feel more attractive.

I hope you enjoy today's recipes

### [Some Great Take-Out Specials](#)

[Grilled Blackened Salmon Pita Wrap with Roasted Veggies and Chipotle Mayo w/ Can of Soda](#)  
\$7.95

[Fried Fish Sloppy Joe Sandwich On Locally Baked Bread w/ Cole Slaw and Russian Dressing w/ Can of Soda](#)  
\$6.65

[Shrimp Scampi over Linguini](#)  
\$12.00

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**From the South:** Sushi Grade Ahi Tuna, Real American Red Snapper, Blue Crab Cocktail Claws, Fresh Lump and Jumbo Lump Crab Meat, Red Grouper

**From the Pacific Northwest:** Wild Alaskan Troll Caught King Salmon(See Recipe Below), Wild Alaskan Troll Caught Coho Salmon(See Recipe Below), Fresh Plump Shucked Oysters

**From the Waters of the World:** Fresh-Never-Frozen Chilean Sea Bass, Mediterranean Branzini (Jumbo and Regular) and Durato, Hamachi (Yellow-Tail) and Cockles from New Zealand , Wild Caribbean Hopper Pink Shrimp (See Recipe Below)

**From Sustainable Seafood Sources:** Costa Rican Tilapia Fillet, Fresh Organically Farmed Atlantic Scottish Salmon, Catfish, Local Musky Hatchery Rainbow Trout, Prince Edward Island Mussels, and Icelandic Artic Char

### This Week's Local Cheese Selections Will Include

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- Nettlesome: Cave aged 4+ months, with the unique addition of Stinging Nettles...herbaceous and truly memorable!

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### **Sautéed Shrimp and Spinach**

Serves 4

This is just the weekday soul kiss everyone can get their head around. Unless of course you're not into the soul kiss which means I just took your name off the email list. That's right; you will no longer be receiving our recipes, Ice Man.

#### **Ingredients**

4 teaspoons white-wine vinegar

3 shallots minced

2 tablespoons unsalted butter

4 tablespoons Dijon mustard

1 ½ tablespoons of olive oil

1 ½ to 2 pounds of Medium shrimp Cleaned and Deveined: we would love to perform this task for you for free

Salt and Pepper

½ cup of dry white wine

10 ounces of baby spinach

#### **How it's done**

Put shrimp in a shallow glass bowl and season with salt and pepper. In a large skillet, heat oil over medium-high heat. Add shrimp; cook until lightly browned, about 2 to 3 minutes transfer Shrimp to warm plate and cover to keep warm.

Next add wine to the same pan and deglaze pan and reduce liquid by half. Add minced shallots to same pan; cook over medium heat, stirring occasionally, until soft, about 3 minutes. Stir in mustard and vinegar; cook 1 minute. Remove from heat. Add butter; swirl pan until incorporated. Stir any accumulated shrimp juices into sauce and season to taste.

In a large bowl, toss spinach with half the mustard sauce. Place shrimp on a serving platter; drizzle with remaining sauce. Serve spinach around the Shrimp. When I say culinary soul kiss I really mean you giving yourself permission to stop and spontaneously enjoy your loved ones and the creation you put forth.

### **Oven Poached Salmon with a Spicy Green Bean and Corn Salad**

Serves 4

This recipe might seem a tad to involved for a weekday but keeping in mind this is the whole dinner...if your throw in a loaf of bread you really don't have that much work to do, and besides what the heck are you rushing for, to watch the news and lull yourself into a mild depression...make your own news..."Family in State of Shock of How Damn Good Dinner is!" more at 11:00

#### **Ingredients**

For the Spicy Bean and Corn Salad

4 ounces of string beans cut diagonally into thirds

4 tablespoons of olive oil,

2 limes juice only

¼ teaspoon Cayenne pepper

½ teaspoon of ground Cumin

Salt and pepper

2 ears of corn boiled, cooled and kernels cut off the husk...what?! another use for leftover corn...you're the greenest fish man...no doubt  
4 scallions sliced thin on a diagonal cut...because it looks nice  
1 sweet red pepper seeded and diced  
½ of a hot pepper seeded and diced your choice but a jalapeño would work beautifully...if you don't like spicy maybe we could sing "Ring around the Rosy" together you big Nancy ...scratch that, Nancy is actually a tough chick.  
4 Tablespoons of fresh Chopped Cilantro

#### **For the Salmon**

4 each 6 to 8 ounce portions of Salmon Fillet skinned. You can use any Salmon you would like including Artic Char  
½ inch of fresh Ginger peeled and sliced thin  
½ of a hot pepper seeded and diced  
1 teaspoon of Coriander  
1/2 teaspoon of lime zest  
2 bay leaves,  
2-3 sprigs Cilantro  
4 ounces white wine,  
2 ounces butter diced

#### **How it's done**

For the spicy Green bean and corn salad

Bring a small saucepan of salted water to the boil. Add the beans and cook for just 30 seconds, then drain and rinse under the cold tap to stop the cooking process. Set aside to drain thoroughly.

Then in a mixing bowl, whisk together the oil, lime juice, spices and some salt and pepper. Add the cooked beans plus the remaining ingredients for the salad, stir well and set aside to marry flavors for 20 minutes.

For the Salmon

Preheat your oven to 450° F with a cookie sheet or a jelly roll pan in the oven.

Place a sheet of foil on the work surface. Put the sliced ginger, hot pepper, coriander, lime zest, bay leaves and cilantro sprigs along the middle and lay the fish on top. Sprinkle with salt, pepper and coriander. With the foil edges turned up add the wine and diced butter atop the dish. Lay another sheet of foil over the top and fold up the sides to make a package, ensuring no air is trapped inside.

Slide the package onto the cookie sheet that is in the hot oven for approximately 10 to 12 minutes or until fish is cooked.

To serve, divide the salad among four plates and top with Salmon Fillet. Use a sieve to strain the cooking juices from the foil package over the fish and serve. If you're really fortunate you can predict a quiet storm of amorous glances on your love Doppler Radar forecast. I really feel there was not enough corn in the salad so I just added more.

## **August 19, 2010**

Good morning to all of our beloved friends and clients and I hope you all are enjoying the local free range eggs and artisanal cheeses we have been carrying lately...I just admitted myself to rehab to get off the Crema de Blue...one bite at a time big guy.

I must say in the wake of a multi million egg recall this week it is reassuring to know that one can still purchase lovely products from our own local farmers. The problem lies in the massive size of these facilities...when you can't see the other side of your chicken coup that's when the vicious lady Sally Monella shows up. Sure at first glance you're intrigued by her devil may care, hot and dirty look ...but trust me fellow travelers this chick is the wrong kind of dirty, she will mess you up and leave you with a broken digestive track. "Sally, how could you?"

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[Hand-Breaded "Popcorn" Rock Shrimp Platter  
w/ French Fries, Cole Slaw, Tarter, and Cocktail](#)  
[\\$9.95](#)

[Blackened Salmon over Mixed Field Green Salad  
w/ Can of Soda](#)  
[\\$8.95](#)

[Ginger Soy Sockeye Salmon Pita Wrap  
w/ Lettuce, Tomato, and Wasabi Sauce](#)  
[\\$8.95](#)

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**From the South:** Sushi Grade Ahi Tuna, Real American Red Snapper, Florida Rock Shrimp, Blue Crab Cocktail Claws, Fresh Lump and Jumbo Lump Crab Meat, Fresh and Live Soft Shell Crabs, Cobia, Red Grouper

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**Don't forget about our Full line of House Smoked Fish...its dinner that's already done**

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#### **THIS WEEKEND'S OYSTER SELECTION WILL INCLUDE THE FOLLOWING DELIGHTS**

East Coast: Duxbury ( Duxbury , Maine ); West Coast: Kumamoto ( Humbolt Bay , California )  
 Blue Point ( Peconic Bay , New York ); Peale Passage ( Shelton Bay , Washington State )  
 Flowers ( Oyster Bay Harbor NY ); Little Creek ( Dabob Bay , Washington State )  
 Briar Patch ( Stonington , Connecticut ); Beau Soleil ( New Brunswick Canada )  
 Pickle Point ( Prince Edward Island , Canada ); Flying Point ( Upper Sheepscoot River , Maine )  
[Also For Your Half-Shell Pleasure Wild Rhode Island Little and Top Neck Clams](#)

#### **Pan Seared Swordfish on a Greek Inspired Warm Potato Salad**

Serves 4

When I say "Greek Inspired" I wasn't referring to the use of olives and feta in this dish but simply I was pretty tipsy on ouzo when I conceived this recipe and pretty sure I broke some of my wife's favorite platters...don't you even think about judging me.

#### **Ingredients**

For the Swordfish

4 each 6 to 8 ounce Swordfish Steaks one inch thick; you can also use, Mahi (skinned), Opah, or Shark Steaks

1 tablespoon fresh mint

1 clove of garlic minced fine

Salt and pepper

2 tablespoons of olive oil

1 pinch of crushed red pepper flakes

For the Warm Potato Salad

1 ¾ pounds small red-skinned potatoes, cut into quarters

1 bunch fresh mint minus the tablespoon you just used for the marinade, chopped

8 ounces Bulgarian feta-cheese, crumbled...where the heck am I going to get...wait! Metros got it

¾ cup of Kalamata olives pitted and chopped....look no further Metro's got this one too

¼ cup of olive oil

#### **How it's done**

Place swordfish steaks in a glass dish and season with salt, pepper and red pepper flakes and rub in minced garlic and one tablespoon mint and refrigerate.

Next for the Warm Potato Salad, place potatoes and 3 tablespoons mint in large pot of salted water. Bring water to boil, reduce heat and simmer potatoes until tender, about 12 minutes.

Drain potatoes; transfer to large bowl.

Set aside 2 tablespoons each of mint, feta and olives; add remainder to warm potatoes. Mix in oil. Season with salt and pepper then set aside and keep warm.

Heat the 2 tablespoons of olive oil in a large non reactive skillet. When oil starts to smoke add swordfish steaks and cook for about 4 min per side or until opaque in the center. Spoon warm potato salad onto a large platter and top with beautifully seared Swordfish steaks and garnish with reserved mint, cheese and olives. And for those fellow travelers who feel that cheese and

fish don't mix...I say step out of your provincial minds to take a walk in the uninhibited Mediterranean side of the gastronomic path.

### **A Salad of Grilled Zucchini and Artic Char**

Serves 4

My neighbor just brought over a wagon full of zucchinis from his home garden...braggart, oooh, you have such a green thumb, so in touch with mother earth, you're the best gardener in the whole neighborhood...OK, I'm jealous, the closest I come to growing anything edible was not spraying for weeds and harvesting dandelion leaves...yeah I'm a farmer too.

#### **Ingredients**

For the Artic Char and Zucchini

8 Tablespoons of Olive oil

1 teaspoon of lemon zest

The juice of 2 lemons

1 tablespoon of dried Herbes de Provence...finally I get to use that jar in my spice rack

1 large garlic clove crushed

8 baby zucchini or squash cut length wise

4 each 6 to 8 ounce portions of Artic Char you can also use with Great Success Snapper, or Halibut fillet

Salt and pepper

8 to 10 ounces of bagged Field Greens or Baby Spinach

For the Salad Dressing

6 tablespoons olive oil...kind of like that Lebanese olive oil at Metro...oh, great self serving plug Mark!

1 tablespoon of lemon juice

1 tablespoon of a grainy or country style Dijon Mustard

3 tablespoons of fresh Tarragon chopped

Salt and pepper

#### **How it's done**

Make the dressing. Measure the dressing ingredients into a small mixing bowl then whisk well and season to taste; set aside.

Now mix the olive oil, lemon juice, Herbs de Provence and garlic in a bowl with salt and pepper to taste. Toss the zucchini halves in this marinade until they're thoroughly coated, let marinate for 15 min.

While zucchini is marinating preheat gas grill or prepared charcoal for a med high heat. When the grill is hot cook the zucchini in batches for 3-4 minutes on each side until just softened, with dark stripes. Remove and set aside.

Next place the Artic Char into the remaining marinade in the dish and toss to coat, then grill, flesh side down first for about 3 minutes per side and transfer to warm platter. When ready to serve, divide the salad greens between four plates and lay the zucchini and Char fillet on top.

Re-whisk the dressing and drizzle it over everything. Serve at once. Alright so some people can grow things...well I'd just rather grow on you all...this is a good one

## **August 17, 2010**

Good morning to all of our beloved friends and clients; you are not seeing a mirage there are in fact tradesmen actually working on our new location,

I know you're supposed to enjoy the "journey" in life but when your camel has irritable bowel syndrome and a case of the winds this particular part of the adventure has been less than fragrant...thank you for your patience we are almost there.

**Some Great Take-Out Specials:**

[A South Western Grill Tuna Wrap](#)  
[With Sweet Peppers and Onion and Chipotle Mayo on a Fresh Pita Bread](#)  
[With a can of Soda \\$8.95](#)

[Our Famous Fried Fish Pita Wrap](#)  
[With Lettuce, Tomato and Tarter Sauce...ask for hot sauce](#)  
[With French Fries and a can of Soda](#)  
[\\$7.95](#)

[A Lunch Platter of our Hand Dipped Fish and Chips](#)  
[Complete with Cole Slaw, Tartar Sauce and Malt Vinegar](#)  
[With a can of Soda](#)  
[\\$5.95](#)

**From the North:** Nova Scotia Halibut, Swordfish, Dayboat Monkfish, Dry Dayboat Sea Scallops, Maine Jonah Crab Claws, Flounder Fillet, New Bedford Cod Fillet, Rhode Island Little and Top Neck Clams, Real Maine Steamers, Whole Belly Clams for the Fryer, Skate Fillet, Uni(Sea Urchin Roe), New Bedford Grey Sole Fillet, Hake Fillet and Bluefish

**From the South:** Sushi Grade Ahi Tuna, Real American Red Snapper, Florida Rock Shrimp, Blue Crab Cocktail Claws, Fresh Lump and Jumbo Lump Crab Meat, Fresh and Live Soft Shell Crabs

**From the Pacific Northwest:** Wild Alaskan Troll Caught King Salmon, Wild Alaskan Sockeye Salmon, Sablefish (Black Cod), Fresh Plump Shucked Oysters

**From the Waters of the World:** Fresh-Never-Frozen Chilean Sea Bass, Mediterranean Branzini and Durato, Hamachi (Yellow-Tail) and Cockles from New Zealand , Wild Caribbean Hopper Pink Shrimp (See Recipe Below)

**From Sustainable Seafood Sources:** Costa Rican Tilapia Fillet (See Recipe Below), Fresh Organically Farmed Atlantic Scottish Salmon, Catfish, Local Musky Hatchery Rainbow Trout, Prince Edward Island Mussels, and Icelandic Artic Char

### **Grilled Tilapia Pita Wraps with a Yogurt Garlic Dressing**

Serves 4

This is basically a Fish Taco but embroiled in centuries of political and social conflict...hey relax and have some hummus.

#### **Ingredients**

For the Tilapia

1 cup Lebni or Greek style yogurt

1/2 cup fresh lemon juice

1 garlic clove, minced and mashed to a paste with a pinch of salt

1/2 teaspoon dried thyme, crumbled

4 pieces of Tilapia about 6 ounces each. You can also use Sea Bass, Grouper, Snapper, or even Swordfish cut thin.

For the Yogurt Dressing

1/3 cup Lebni or Greek style yogurt

1 garlic clove, minced and mashed to a paste with 1/4 teaspoon salt

2 teaspoons fresh lemon juice, or to taste

1 tablespoon finely chopped fresh parsley leaves

2 teaspoons finely chopped fresh mint leaves, or to taste

For the tomato mixture

1 small red onion, sliced thin

1 1/2 tablespoons olive oil

1 fresh tomato, minced

1 tablespoon sesame seeds, toasted lightly

4 loaves of Pita bread (by the way, a piece is a loaf) Whole wheat or white

**How it's done**

For the Tilapia marinade

In a bowl whisk together the yogurt, the lemon juice, the garlic paste, the thyme, and pepper to taste.

Arrange the Tilapia in a pie dish and slather marinade on both sides, cover with plastic wrap and marinate in refrigerator for up to 3 hours.

In a bowl whisk together the Lebni, the garlic paste, the lemon juice, the parsley, the mint, and salt and pepper to taste. Set aside

Next in a skillet cook the onion in the oil over moderate heat, stirring, until it is softened and lightly golden. Remove the skillet from the heat, add the tomato and the sesame seeds, and season the mixture with salt and pepper. Set aside

Pre heat your gas grill to high heat or prepare your charcoal fire to the goddess of Kingsford.

Lightly oil grill and cook fish fillets for about 3 minutes per side. Lay out your warmed pita bread on each plate and place fillet atop each loaf then spoon over onion mixture and yogurt sauce....after this meal who the heck feels like fighting...pass the Tabouli Achmed.

### **Sautéed Shrimp on a Corn and Arugula Salad**

Serves 4

Raise your hands if you have been eating a tad to much meat and feel as though your internal engine could use a delectable fuel injection cleaning...put your hands down Mario Andretti and let your humble seafood mechanic get your culinary motors purring again.

#### **Ingredients**

1/2 teaspoon Dijon mustard

2 tablespoon balsamic vinegar

6 tablespoons olive oil

1 ½ pounds of Large Shrimp cleaned and deveined with the tails left on or off; your call, either way Metro will perform this cleaning for free.

4 scallions sliced thin

1 bag of Baby Arugula

2 carrots cut into match sticks "julienned"

4 ears of corn that have been boiled and cooled...you mean I could use leftover corn, that's what I'm saying Speed Racer.

#### **How it's done**

With a sharp paring knife remove corn from husks and transfer to large salad bowl

Next, in a small bowl whisk together well the mustard, the vinegar, 4 tablespoons of the olive oil, and salt and pepper to taste. Pat shrimp dry and season with salt and pepper on both sides. In a large non-stick sauté pan heat 2 tablespoons of the olive oil over high heat, when oil starts to shimmer add shrimp and sauté for about 2 minutes per side till lightly browned and transfer to a warm platter and cover. Then add scallions to the pan with 2 tablespoons of the vinaigrette and cook the mixture over moderate heat, stirring, until the scallions are just translucent. Remove the skillet from the heat, and add the shrimp back into the pan, and shake the skillet to coat them with the vinaigrette. In another bowl toss the remaining vinaigrette with the arugula, the carrot, and the corn, divide the salad between 4 dinner plates and arrange the shrimp evenly around each salad. Wow, that meal was so healthy and delicious I think we should go out for ice cream...you drive I'll buy.

## **August 12, 2010**

Good morning to all of our beloved friends and clients and today officially kicks off the Festival-De Pescado Ala Grilla, this translates to "Fish on the Grill Festival"

Started in the small city of Deià on the island of Majorca Spain this festival celebrates the marriage of wood fires and the creatures of the briny deep. It is in this ancient city where the first born son of each family must go to the ocean, catch his dinner, and grill it beachside to

tease the Goddess....sorry, I just made that up. But seriously if you never grilled seafood you are denying yourself the festival heightened culinary delights. I hope you enjoy today's recipes...thanks!

### Some Great Take-Out Specials

Panko Crusted Soft Shell Crab Sandwich on Locally baked bread With lettuce, tomato and spicy Mayo With a can of Soda  
\$7.95

Grilled Ginger Lime Salmon Pita Wrap With Oven Roasted Veggies and Wasabi Sauce  
With a can of soda  
\$7.95

Blackened Snapper Platter Served with our Rice Pilaf, Cole slaw And tarter sauce  
\$12.95

To all of our fellow travelers out west, we will be in the Stockton Farmer's Market for the coming weekend both Saturday and Sunday please feel free to call our store(908-735-5121) to have anything in particular brought down for you, but as always a great selection will abound. Also we are delighted to announce that Metropolitan Seafood will be open in the Ottsville Farmer's Market every Friday through October 29th from 3p.m. to 7p.m. For those of you who have made our stands a regular weekend stop, thank you sincerely, we truly appreciate your patronage.

**From the North:** Nova Scotia Halibut, Swordfish, Fresh Trapped Squid Great for the Grill, Dayboat Monkfish, Dry Dayboat Sea Scallops, Maine Jonah Crab Claws, Flounder Fillet, New Bedford Cod Fillet, Wild Rhode Island Little and Top Neck Clams, Real Maine Steamers, Whole Belly Clams for the Fryer, Skate Fillet, Uni(Sea Urchin Roe), New Bedford Grey Sole Fillet, Hake Fillet and Bluefish

**From the South:** Grey Tilefish (See Recipe Below), Sushi Grade Ahi Tuna, Real American Red Snapper, Florida Rock Shrimp, Hog Nose Snapper(Sweet), Blue Crab Cocktail Claws, Fresh Lump and Jumbo Lump Crab Meat, Fresh and Live Soft Shell Crabs

**From the Pacific Northwest:** Wild Alaskan Troll Caught King Salmon, Wild Alaskan Sockeye Salmon, Sablefish (Black Cod), Fresh Plump Shucked Oysters

**From the Waters of the World:** Fresh-Never-Frozen Chilean Sea Bass, Opah (Moonfish), Portuguese Sardines, Dover Sole, Mediterranean Branzini and Durato, Hamachi (Yellow-Tail) and Cockles from New Zealand, Wild Caribbean Hopper Pink Shrimp

**From Sustainable Seafood Sources:** Costa Rican Tilapia Fillet, Fresh Organically Farmed Atlantic Scottish Salmon, Catfish (See Recipe Below), Local Musky Hatchery Rainbow Trout, Prince Edward Island Mussels, and Icelandic Artic Char

**Don't forget about our Full line of House Smoked Fish...its dinner that's already done**

### **This Weekend's Local Cheese Selections Will Include**

- Valley Shepherd Creamery Long Valley NJ
- Shepherd's Basket: Aged 5+ months, this sheep's milk cheese is made using our own lamb rennet, imparting a distinctive, well layered flavor with a beautiful, basket rind
- Fairmount: Aged 10+ months, this Alpine style cheese is both sharp and lingering with a bit of a bite...when younger, it is milder and smooth, when old, crumbly.
- Nettlesome: Cave aged 4+ months, with the unique addition of Stinging Nettles...herbaceous and truly memorable!
- Crema de Blue: Aged 70+ days, this rich, unctuous blue is soft and creamy just under the rind, revealing a firmer pate on the interior. A perfect marriage of sweet cream and salt, this silky cheese is a blue lover's delight.

- Tewksbury: Aged 12+ months, this gem from the Cave is both nutty and full-flavored, while still representing the purity of the milk throughout
- Bobolink Dairy Milford NJ
- Jean-Louis: Named in Honor of the great Chef Jean-Lois Paladin, tangy semi soft
- Cave Aged Cheddar: a truly exceptional cheddar, full flavored and complex

#### **THIS WEEKEND'S OYSTER SELECTION WILL INCLUDE THE FOLLOWING DELIGHTS**

East Coast: Rocky Shore ( Prince Edward Island , Canada ) West Coast: Kumamoto ( Humbolt Bay , California ) Bagaduce ( Brooksville , Maine Peale Passage ( Shelton Bay , Washington State ) Little Creek ( Dabob Bay , Washington State ) Briar Patch ( Stonington , Connecticut ) Beau Soleil ( New Brunswick Canada ) Pickle Point ( Prince Edward Island , Canada ) Flying Point ( Upper Sheepscoot River , Maine )

#### **Also For Your Half-Shell Pleasure Wild Rhode Island Little and Top Neck Clams**

#### **Grilled Tilefish with a Puttanesca Salsa**

Serves 4

Trust me; this recipe is a familiar delicious hug with no wondering how long you should hold on for. In other words it's easy and feels great, in a comestible kind of way.

#### **Ingredients**

For the Salsa

1 Garlic clove finely minced

2 tablespoon capers rinsed drained a roughly chopped

¼ cup of imported olives half Kalamata half Green, pitted and halved: Available and Metro Seafood...that place has it all.

1 jarred roasted Red Pepper drained and chopped roughly

1 each 14 oz can of Plum tomatoes drained and crushed with your hands...mmm that feels good.

3 White anchovy fillets, minced: Available at Metro

1 pinch of crushed red pepper flakes

1 teaspoon fresh oregano chopped

1 tablespoon fresh flat leaf parsley chopped

Olive oil for drizzling

**For the Tilefish**

4 each 6 to 8 ounce Tilefish Fillet scaled skin on

Salt and Pepper

Olive oil for drizzling

**How it's done**

**For the Salsa**

In a mixing bowl combine all ingredients; stir until the flavors begin to get to know each other in an intimate culinary way then season with salt and pepper. Set aside and leave at room temp.

**For the Tilefish**

Preheat your Gas grill or grill pan to high heat

Season both sides of the Tilefish with salt and pepper. Then drizzle with olive oil on both sides. When the grill is ready, cook fish for 4 to 5 minutes per side, flesh side down first.

When fish is opaque remove from grill and let rest in warm platter for 2 minutes

Plate your fish and spoon some salsa on and around the Tilefish. Oh my freaking Neptune if this dish does not excite your gourmet senses, please check your medical records for possible lobotomy.

#### **South Western Spicy Grilled Catfish over a Chipotle Slaw**

Serves 4

Hmmm...let me think how can I get more Cerveza in my diet and not seem like I'm a problem drinker? Got it...make this spicy @\*\* kicking south of the border dish and claim I'm just trying to

cool my palette down...yeah, that'll work. Note: if you find this dish too spicy please perform "I'm a little tea pot" at the table.

### **Ingredients**

#### **For the Catfish**

¼ cup olive oil

1 teaspoon salt

2 teaspoons cayenne pepper

The juice of 2 limes

1 teaspoon of lime zest

3 large cloves garlic, minced

3 large shallots, minced

2 teaspoons ground cumin

1 bunch cilantro, leaves only, finely chopped

4 each 6 to 8 ounce portions of Catfish. This recipe is also great with Snapper, Grouper, Salmon or even Shrimp

Olive oil for brushing grill

Lime wedges, for garnish

Sour cream for a cooling garnish

#### **For the Slaw**

2 cups shredded cabbage

1 carrot, shredded

1 onion, diced

1 red bell pepper, diced

1 chipotle in Adobo or more if your feeling the heat vibe...yes these are available at Metro I also use them as breathe fresheners

2 teaspoons chopped fresh cilantro

1/3 cup olive oil

1 tablespoon and 1 teaspoon apple cider vinegar

2 teaspoons white sugar

3/4 teaspoon cayenne pepper

Salt and pepper to taste

#### **How it's done**

In a small mixing bowl, combine the olive oil, salt, cayenne pepper, lime juice, lime zest, garlic, shallots, cumin, and about 3/4 of the cilantro (reserve the remaining cilantro for garnish).

Place the Catfish fillets in a large glass pie dish or ceramic container. Pour the marinade over the Catfish. Make sure the fillets are evenly coated on both sides and marinate for 1 hour in the refrigerator, turning once.

Meanwhile in a large bowl, toss together the cabbage, carrot, onion, red pepper, chipotle and cilantro. Set aside. In a small bowl, whisk together the oil, vinegar, sugar, cayenne pepper, salt and pepper. Pour over vegetable mixture and toss to combine. Cover and refrigerate for at least one hour.

Preheat gas grill to high heat. Brush grill clean with wire brush and rub with a little olive on some bunched up paper towels. Grill the Catfish for 4 to 5 minutes on each side, until done to your liking. Plate Slaw into four dishes and place Catfish on top garnish with Cilantro, lime wedges and a dollop of sour cream. Don't use low fat... have a Corona light instead.

## **August 10,2010**

Good morning to all of our beloved friends and clients and if you would like to know the quickest and most efficient way to not stay hydrated during a charity gold outing, follow these simple steps,

Step 1: drink 6 to 12 light beers to squelch the nervous feeling that you're a horrible golfer

Step 2: drink more light beer to begin to actually start thinking you're playing well  
Step 3: drink at least 4 more light beers as to not only not care about your "game" but also to let go of any inhibitions of public hugging of strangers  
Good round to all

### Some Great Take-Out Specials

Grilled Ginger Soy Sea Bass over a mixed Field Green Salad  
With a can of Soda \$7.95

Fish Cake Pita Wrap with lettuce tomato and Hot Sauce....Sexy  
With a can of Soda \$5.95

Fries Whole Belly Clam Platter with Cole Slaw, French Fries  
And Tarter & Cocktail Sauce \$17.95

**From the North:** Nova Scotia Halibut(See Recipe Below), Swordfish, Dry Dayboat Sea Scallops, Fluke Fillet, Maine Sea Bass(See Recipe Below) Dayboat Monkfish, New Bedford Cod Fillet, Wild Rhode Island Little and Top Neck Clams, Whole Belly Clams for the Fryer, Skate Fillet

**From the South:** Sushi Grade Ahi Tuna, American Red Snapper, Spanish Mackerel Whole and Fillet, Blue Crab Cocktail Claws, Black Grouper, Fresh Lump and Jumbo Lump Crab Meat, Fresh and Live Soft Shell Crabs

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

**From the Waters of the World:** Fresh-Never-Frozen Chilean Sea Bass, Dover Sole from Holland, Mediterranean Branzini and Durato, Hamachi (Yellow-Tail) and Cockles from New Zealand, Wild Caribbean Hopper Pink Shrimp(See Recipe Below)

**From Sustainable Seafood Sources:** Costa Rican Tilapia Fillet, Fresh Organically Farmed Atlantic Scottish Salmon, Catfish, Local Musky Hatchery Trout, Prince Edward Island Mussels, and Icelandic Artic Char

### **Grilled Sea Bass over Caesar Salad**

Serves 4

If you think you're greedy because you want the complete dinner compiled in one easy recipe, well you are, and I love to meet your every selfish culinary demand...I actually do. By the way if I don't meet your demands...please feel free to discipline me...sorry, too revealing

#### **Ingredients**

For the Grilled Sea Bass

4 each 6 to 8 ounce portions of Sea Bass you can also use with great success Grouper, Tilapia, Snapper, or even Scallops

2 teaspoons olive oil

Salt and Pepper

2 Tablespoons of lemon juice

For the Caesar Salad

1/4 cup pasteurized egg substitute

1 clove garlic, minced (about 1/2 teaspoon)

2 anchovy fillets finely chopped (nobody is going to even know they are in there...so be quiet)

1 teaspoon Dijon mustard

1/4 teaspoon Worcestershire sauce

2 tablespoons lemon juice

3 tablespoons olive oil

1/4 cup finely grated Parmesan

Salt and pepper

8 cups coarsely torn romaine lettuce

2 cups Garlic-Scented Croutons (see preparation below)

#### Garlic-Scented Croutons:

8 slices French or Italian bread  
1 teaspoon olive oil or olive oil spray  
1 clove garlic  
2 pinches salt

Preheat the oven to 325°. Lightly brush both sides of the bread with oil. Cut the garlic in half and rub it on to both sides of the bread. Sprinkle with salt. Cut the bread into cubes and spread onto a baking sheet. Bake until bread is crispy and golden brown, stirring once or twice, about 10 minutes. Can be done hours in advance...I like to do this while watching Oprah...recorded of course.

#### How it's done

##### For the Fish

Preheat a grill pan or gas grill to high heat. Brush both sides of Sea Bass with the olive oil, sprinkle with salt and pepper. Grill, flesh side down first until cooked through, 3 to 4 minutes per side. Transfer the Sea bass to a warm platter and drizzle with the lemon juice.

##### For the Salad

In a small bowl, whisk together the egg product, garlic, anchovies, mustard, Worcestershire sauce and lemon juice. Slowly add the olive oil in a steady stream, whisking the whole time. Stir in the Parmesan and season with salt and pepper.

In a large bowl, toss the dressing with the lettuce until well coated. Add the croutons and toss to combine. Divide the salad onto 4 plates and top each plate with a portion of Sea Bass. Go ahead look around, since you grilled outside there isn't even a pan to wash....what are you some kind of full figured half Lebanese genie. No just your loyal fish monger.

#### Poached Halibut with Mushrooms and an Easy Wine Butter Sauce

Serves 4

I served this dish over sautéed spinach and was so jazzed with my performance that when I gave one of my guests the, universal cool dudes, fist bump I think I fractured his hand.

Ironically he finish the dinner before we drove him to the emergency room...it really is the good

#### Ingredients

For the Poached Halibut

4 teaspoons butter  
4 tablespoons minced shallots  
4 each 6 to 8 ounce portion of skinless Halibut Fillets: you may also use with great success Cod, Grouper or even Tilapia (shorter cooking time for this one)

Salt and White pepper

Several grindings of white pepper

1 ½ cup dry white wine

¾ cup fish stock: Available at Metro

2 cups thinly sliced mushrooms

1 piece of parchment paper lightly buttered or sprayed with olive oil

Chopped Parsley

For the Wine Butter Sauce

4 teaspoons lemon juice

8 tablespoons room-temperature

Butter, in tablespoon-sized pieces

Salt and pepper

Drops of lemon juice

#### How it's done

In a large sauté pan with a tight fitting lid melt butter over medium heat and then sprinkle in shallots. Cook Shallots slowly for a moment to soften without coloring. Remove pan from heat. Season the fillets on both sides with the salt and pepper and lay them in the pan. Pour in the liquids, adding more if needed to come halfway up the fish. Scatter the sliced mushrooms over the fish and fit the parchment paper into the pan, buttered side down.

Put on the lid and bring the liquid just to the simmer. Adjust the heat to maintain very slow bubbling and poach about 8 minutes for 1 inch thick fillets, or less for thinner fillets. Remove and discard parchment paper and pierce the center of a Halibut fillet with a sharp knife to make sure that the flesh is opaque, or cooked, throughout. Gently remove fillets and transfer to a warm platter and cover with plastic wrap to keep warm.

#### To Make the Wine Butter Sauce

Set the saucepan over high heat, add the lemon juice, and rapidly boil the poaching juices until there is only 2 tablespoons of syrupy liquid remaining. Lower the heat to a gentle simmer, and add 1 tablespoon size piece of butter and whisk into liquid, before completely absorbed add 3 more pieces of butter to sauce and continue whisking. Continue this process until all the butter is incorporated and then remove from heat and season with salt and pepper to taste.

Spoon the sauce over them and sprinkle with chopped parsley. As for the whole fist bumping incident, I have decided to officially bring back the high five. I'm not sure why it even went out of style, I've always liked it, then again I've always liked the Macarena.

## August 5, 2010

Good morning to all of our beloved friends and clients and I hope all of you are enjoying your summer because August officially kicks off the "Holy @#!%, Where Did My Summer Go?" anthem

Fear not fellow travelers if you are still enjoying the summer on the home front, your friends at Metro Seafood & Gourmet have found the silver lining in this oppressively sauna like weather. That's right; to celebrate the highest humidity readings of the season we will conduct "Sauna Day" who doesn't love the healing qualities of this ancient medicinal therapy...ohh feel those pores opening. If you come in today in nothing but a terry cloth towel outfit we'll give you a free lemon with any seafood purchase or extra tarter sauce with your Fish & Chips platter. That is not a misprint I said extra tarter...I hope you enjoys today's recipes

### Some Great Take-Out Specials

Grilled Basil Balsamic Tilefish either on a Pita Wrap with Roasted Veggies and Cayenne Mayo  
Or on a Mixed Field Green Salad

\$7.95

Hand Breaded Popcorn Shrimp served with your choice of Cocktail, Tarter, or Chipotle Aioli

\$7.95

(Made with Fresh not Frozen Rock Shrimp)

Southwestern Grilled Scottish Salmon Platter With Cole Slaw, Rice pilaf and Oven Roasted Veggies

\$11.00

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**From the North:** Nova Scotia Halibut, Swordfish, Boston Mackerel for Sushi or Grilling, Fresh Trapped Squid Great for the Grill, Dry Dayboat Sea Scallops, Maine Jonah Crab Claws, Flounder Fillet, New Bedford Cod Fillet, Wild Rhode Island Little and Top Neck Clams, Whole Belly Clams

for the Fryer, Maine Sea Bass, Skate Fillet, Uni(Sea Urchin Roe), New Bedford Grey Sole Fillet, Hake Fillet, Golden Tilefish

**From the South:** Sushi Grade Ahi Tuna(See Recipe Below), American Red Snapper, Florida Rock Shrimp, Spanish Mackerel also Sushi Grade, Pompano, Blue Crab Cocktail Claws, Fresh Lump and Jumbo Lump Crab Meat, Fresh and Live Soft Shell Crabs

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

**From the Waters of the World:** Fresh-Never-Frozen Chilean Sea Bass, Opah (Moonfish), Portuguese Sardines, Mediterranean Branzini and Durato, Hamachi (Yellow-Tail) and Cockles from New Zealand , Wild Caribbean Hopper Pink Shrimp

**From Sustainable Seafood Sources:** Costa Rican Tilapia Fillet, Fresh Organically Farmed Atlantic Scottish Salmon(See Recipe Below), Catfish, Local Musky Hatchery Trout, Prince Edward Island Mussels, and Icelandic Arctic Char

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- **Fairmount: Aged 10+ months, this Alpine style cheese is both sharp and lingering with a bit of a bite...when younger, it is milder and smooth, when old, crumbly.**
- **Nettlesome: Cave aged 4+ months, with the unique addition of Stinging Nettles...herbaceous and truly memorable!**
- **Crema de Blue: Aged 70+ days, this rich, unctuous blue is soft and creamy just under the rind, revealing a firmer pate on the interior. A perfect marriage of sweet cream and salt, this silky cheese is a blue lover's delight.**
- **Tewksbury: Aged 12+ months, this gem from the Cave is both nutty and full-flavored, while still representing the purity of the milk throughout**
- **Bobolink Dairy Milford NJ**
- **Jean-Louis: Named in Honor of the great Chef Jean-Lois Paladin, tangy semi soft**
- **Cave Aged Cheddar: a truly exceptional cheddar, full flavored and complex**

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East Coast: Rocky Shore ( Prince Edward Island , Canada

West Coast: Kumamoto ( Humbolt Bay , California )Bagaduce ( Brooksville , Maine Peale Passage ( Shelton Bay , Washington State)Flowers ( Oyster Bay Harbor NY ) Little Creek ( Dabob Bay , Washington State)

Briar Patch ( Stonington , Connecticut )Beau Soleil ( New Brunswick Canada )Pickle Point ( Prince Edward Island , Canada )

**Also For Your Half-Shell Pleasure Wild Rhode Island Little and Top Neck Clams**

**Grilled Tuna with a Fresh Peach Salsa**

Serves 4

Jersey Tomatoes are heralded the world over as a culinary bench mark to measure all other red beauties by...why not, they are awesome. But if you really want to get to know the smoldering temptress produce of the garden state, check out those peaches...sorry, I couldn't help myself.

**Ingredients**

3 ripe peaches, skin and pit removed and cut into 1/2-inch dice

Salt and pepper

1 pinch of crushed Red pepper flakes

2 tablespoons of chopped Red onion

2 limes, juiced

1 tablespoon olive oil

1 ½ to 2 pounds of Tuna Steaks cut into 4 portions. You can also use Swordfish, Shark, Halibut or Salmon

1/2 cup chopped cilantro leaves

#### **How it's done**

Preheat gas grill to high heat and brush to clean grill...I hope you're not a grill piggy. Combine Peaches with a sprinkle of salt, crushed red pepper flakes, lime juice and a tablespoon of olive oil and Set aside

Rub both sides of Tuna lightly with oil and sprinkle with salt and pepper.

Grill Tuna for about 3 minutes per side for rare and 5 min per side for medium. If you like you Tuna well done, you are not allowed to receive any more recipes...sorry I got a little carried away...no I didn't you must now click away.

Garnish salsa with cilantro, and then serve fish and salsa together. The only problem with this dish is that your loved ones might actually punch you for not ever making it before...forgive them and take your lumps like a chef.

### **Grilled and Chilled Salmon with a Roasted Pepper Corn Salsa**

Serves 4

Did you ever want to really enjoy your guests and loved ones at dinner and not race to the finish line to make sure you get everything done on time. Well fellow travelers this entire recipe can be made to completion well in advance so you can enjoy your dinner guest or possibly show up to the table with four or more cocktails under your belt...no judging here.

#### **Ingredients**

For the Salmon

1 ½ to 2 pounds of Salmon Fillet cut into 4 portions: you can also use Halibut, Grouper or Snapper fillet

Salt and Pepper to taste

1 tablespoon olive oil

For the Salsa

3 tablespoons olive oil

2 red bell peppers

3 ears of corn, shucked, boiled, and left to cool, great use for left-over corn too

3 scallions, sliced

1/4 cup cilantro leaves

Juice of 1 lime

1 jalapeno chili, seeded and minced

1 clove garlic, minced

Few drops of your favorite hot sauce

2 ripe avocados, peeled, pitted and sliced

Sprigs of cilantro to garnish

1 lime, quartered

#### **How it's done**

Preheat grill to high heat. Season the salmon fillets with salt and pepper to taste, and sprinkle them with a tablespoon of oil. Seed and devein the peppers, and cut them into quarters. Grill the Salmon, flesh side down until they are charred and cooked about 4 to 5 minutes per side. Peel of charred skin and Cool.

Next, put the peppers skin side down on the grill and char them. Put them in a paper bag for a few minutes; then scrape off their skins. Chop the peppers into half-inch pieces. Set aside.

With a sharp knife scrape the kernels of corn off the cob. Put the corn in a bowl with the scallions. Add the cilantro leaves, lime juice, chili, garlic, Tabasco and 3 tablespoons of olive oil. Mix well. Add the peppers and toss. Correct seasoning, adding more lime juice if necessary. Divide the avocado slices among four plates, fanning them out to one side. Place chilled Salmon fillets next to avocado and Spoon the corn salsa on and around the fish. Garnish with cilantro and lime wedges. Oh, by the way if you are going to show up inebriated at dinner you

might not want to tell your loved one how attractive you think her cousin is..."slurr...no I'm just saying...in a genetic way" never goes over well.

## August 2, 2010

Good morning to all of our beloved friends and clients and if you haven't been to a Metro Seafood Women's(Girl's) Softball party on a Monday night...I strongly suggest you sign up next year.

That's right I said Women's Softball...it only makes sense based on the sultry and sometimes mysterious qualities of seafood itself. And who wants to sponsor the Men's team, I can't speak for all my fellow travelers but I just can't jive with the middle-aged hairy shoulder look. For love of Pete they announced a bear hunt this year in Jersey, cover your limbs Pooh Bear. Anyway, thank you ladies for a fun season and don't forget about try outs next week...."are you a coach Mark?"..."No, I'm just watching your moves" Alright, I admit, that was creepy.

### [Some Great Take-Out Specials](#)

[Panko Fried Soft Shell Crab Sandwich on Fresh Baked Pita with Lettuce tomato and Tarter Sauce, Ask for hot sauce...we love it to.](#)  
[With a can of Soda \\$7.95](#)

[Grilled Ginger Lime Salmon Over a Mixed Field Green Tossed Salad](#)  
[With a can of soda \\$7.95](#)

[Our Famous Shrimp Scampi over linguini \\$12.95](#)  
[Share the Garlic Share the LOVE](#)

**From the North:** Nova Scotia Halibut, Swordfish, Local Bluefish Fillet, Dayboat Monkfish Fillet, Dry Dayboat Sea Scallops(See Recipe Below), Flounder Fillet, New Bedford Cod Fillet, Wild Rhode Island Little and Top Neck Clams, Whole Belly Clams for the Fryer, Skate Fillet, New Bedford Grey Sole Fillet

**From the South:** Sushi Grade Ahi Tuna, American Red Snapper, Mahi Mahi, Blue Crab Cocktail Claws, Black Grouper, Fresh Lump and Jumbo Lump Crab Meat, Fresh and Live Soft Shell Crabs, and Carolina Blowfish(Just Like Chicken Drums)

**From the Pacific Northwest:** Wild Alaskan Troll Coho Salmon, Wild Alaskan Sockeye Salmon, Sablefish (Black Cod), Fresh Plump Shucked Oysters

**From the Waters of the World:** Mediterranean Branzini (Regular and Jumbo) and Durato, Hamachi (Yellow-Tail) and Cockles from New Zealand, Wild Caribbean Hopper Pink Shrimp(See Recipe Below)

**From Sustainable Seafood Sources:** Costa Rican Tilapia Fillet(See Recipe Below), Fresh Organically Farmed Atlantic Scottish Salmon, Catfish, Local Musky Hatchery Trout, Prince Edward Island Mussels, and Icelandic Artic Char

### **Grilled Shrimp and Scallop Kebobs with Basil Chive Vinaigrette**

Serves 4

Romeo and Juliet, Cleopatra and Mark Anthony....And Shrimp and Scallops are just three of history's hottest couples who can't help but make delicious passion when brought together at any hot grill...bet you never will look at your backyard the same way again.

#### **Ingredients**

1/3 cup olive oil

1/4 cup white wine vinegar

2 tablespoons minced shallots

1 tablespoon chopped fresh Basil

1 tablespoon chopped fresh Chives  
1 tablespoon Dijon mustard  
1 pound Sea Scallops  
1 pound of large Shrimp cleaned and deveined with the tails left on: This is a job for a Metro Seafood specialist...did someone say no charge....yes I did.  
6 cups of mixed field greens

#### **How it's done**

Preheat grill to medium-high heat. Whisk oil, vinegar, shallots, basil, chives and mustard in small bowl to blend. Season vinaigrette to taste with salt and pepper. Place shrimp and scallops in a zip lock bag. Pour half of vinaigrette into the bag and marinate for 15 minutes at room temperature. Thread shrimp and scallops onto metal or bamboo skewers, alternating shrimp and scallops. When the grill is hot cook kebobs about 3 to 4 minutes per side or until just opaque in center. Meanwhile, toss your field greens with remaining vinaigrette. Divide salad among 4 plates. Place kebobs atop salad and serve immediately. Oh sweet Juliet, since I must prepared this feast could thou please get off thine back and help thou with thine dishes fair maiden...before I drink poison...that's love man.

### **Tilapia with Tomatoes and Olive Oil**

Serves 4

What's priced right, delicious and undeniably Italian in its full flavored attitude?

This dish and the bargain bin CD of Frank Sinatra "The Capital Years"....now that's earlicious.

#### **Ingredients**

1 1/2 to 2 pounds Tilapia you can also use with great success Sea Bass, Snapper, Flounder or Grouper

Juice of 1 lemon

Salt and freshly ground pepper

6 tablespoons extra-virgin olive oil

2 tablespoons panko bread crumbs...available at all Metro locations...including our only one

1 small onion, chopped

2 cloves garlic, minced

2 medium-sized ripe tomatoes, chopped

1 tablespoon minced fresh basil

#### **How it's done**

Place tilapia fillet in a dish, sprinkle with lemon juice and season with salt and pepper.

Heat one tablespoon of oil in heavy skillet, add panko crumbs and sauté until they are golden.

Remove from pan and wipe out pan.

Heat another two tablespoons of the olive oil in the skillet. Add onion and sauté over medium heat until tender. Add garlic and sauté briefly, then add tomatoes. Stir tomatoes in with other ingredients for a minute or two, just enough to warm without cooking them through. Remove vegetables from pan and wipe out pan

Add one more tablespoon of the oil to the pan and cook the tilapia over medium heat, about three minutes on each side, until just cooked through. Arrange fish on a warm platter. Return tomato mixture to skillet, add remaining two tablespoons of oil, stir, season with salt and pepper and add basil. Pour this mixture around and on the fish and sprinkle with toasted panko bread crumbs. Seriously if you don't break out your Frank for this meal you're denying your beautiful organs track a melodic digestive experience.