

# August 30<sup>th</sup>, 2011

Good morning to all of our beloved friends and clients who faced the peril of Irene this weekend

I sincerely hope all of you were spared any severe hardship. Somehow I take partial responsibility for Irene's less than kind attitude...Yes, if you must know, we dated in the early eighties, and I might have promised her I would call her after a somewhat tumultuous weekend...Okay, I had no intention of calling but believe me when I tell you she was freakishly "clingy". Seriously, who calls from the commode to say "I miss you".

All kidding aside, to perhaps make things a little easier for the next couple of days, Metropolitan Seafood & Gourmet would like to offer all our beloved friends and clients "Buy ONE get ONE Half Price" on our entire TAKE-OUT Menu...no joke, today and tomorrow Wednesday the 31st. I also hope you enjoy today's Asian inspired Shrimp and Salmon Recipes

If you don't feel like cooking here are some

Great Take-Out Specials

908-735-5121 [begin\\_of\\_the\\_skype\\_highlighting](#) 908-735-5121

[end\\_of\\_the\\_skype\\_highlighting](#)

[Full Take-Out Menu Click Here](#)

Grilled Cajun Catfish Wrap

Spicy Grilled Catfish Wrapped in a locally baked Pita with Lettuce, Tomato and homemade Creole Tartar Sauce

With a choice of Soup\*

\$6

Metro Fish Tacos

Panko crusted seasonal fish served on a soft flour tortilla with lettuce, tomato, Baja Sauce and Pico Gallo sauce

and Pickled Jalapeños and Onions

With a Choice of Soft Drink\*\*

\$8

Whole Belly Clam Roll

Lightly breaded "Steamer" Clams with Lettuce Tomato and homemade Tartar on a fresh Baked Portuguese Roll

With a choice of Soft Drink\*\*

\$8

Grilled Lemon Herbed Mahi on our Classic Caesar Salad

Lemon Herb BBQ Mahi on top of a Homemade Caesar Salad

Of course we even make our own Croutons... this is Metro

With a Choice of Soft Drink\*\*

\$12

Grilled Ginger Lime Organic Salmon  
Over a Mixed Field Green Salad  
With our House Dijon balsamic Dressing (side)  
With a Choice of Soft Drink\*\*  
\$10

Grilled Sesame Soy Tuna Wrap  
Grilled Ahi Tuna in a Asian Inspired Marinade with Roasted Vegetables and wasabi  
sauce on locally baked Pita  
With a choice of Soup\*  
\$12

(For those Folks who love fish eaters but not fish)  
Tuscan Grilled Chicken Pita Wrap  
Balsamic Herb Grilled Chicken Breast  
With Roasted Veggies and Basil Aioli a locally baked Pita  
With a choice of Soft Drink\*\*  
\$7

\*\* Soft Drink Choices for specials Coke, Diet Coke, Sprite and Water

\*Soup Choices- Gazpacho, Manhattan or New England Clam Chowder, Lobster Bisque  
and Chicken Rice

Of course all of these soups are homemade...that's how we roll

Don't Forget, We Make a Mean Gazpacho

From the North: Swordfish, Dry Day Boat Sea Scallops, New Bedford Hake fillet, Nova  
Scotia Halibut Fillet, Maine Sea Bass(Black Sea Bass), Day Boat Monkfish Fillet, Rhode  
Island Fresh Squid, Flounder Fillet, New Bedford Cod Fillet, Real Maine Whole Belly  
Clams, Sushi Grade Fluke, Uni (Sea Urchin Roe), Maine Steamer Clams, Rhode Island  
Little Necks, Cherry Stones and Top Neck Clams

From the Waters of the World: Fresh Never Frozen Chilean Sea Bass, New Zealand  
Cockles, Hamachi (Yellow-Tail), Wild Caribbean Hopper Pink Shrimp(See Recipe  
Below), New Zealand Scampi's, Mediterranean Branzini (Branzino) and Durato, Cold  
Water New Zealand Lobster Tails, Spanish Octopus both large and baby

From the South: Sushi Grade Ahi Tuna, Cobia(Lemonfish), Mahi, American Red  
Snapper, Soft Shell Crabs, Pink Grouper, Blue Crab Cocktail Claws, Fresh Lump and  
Jumbo Lump Crab Meat

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

From the Pacific Northwest: Wild Alaskan Troll King Salmon(See Recipe Below), Wild

Washington State Sockeye Salmon(See Recipe Below),, Fresh Plump Shucked Washington State Oysters, Jumbo King Crab Legs and Snow(Ophelia) Crab Legs and Cocktail Claws

### Grilled Thai Salmon with a Chili Sauce

Serves 4

Who wants their palate passport stamped...”I do, I do!” Simmer down fellow travelers, we a going on this flavor excursion together...and yes, we will be conducting advanced airport search techniques before boarding...Oh behave.

#### Ingredients

For the Salmon

1/4 cup soy sauce

1/4 cup oyster sauce

3 tablespoons Cilantro finely chopped

2 cloves of Garlic finely chopped

1 tablespoons sugar

½ teaspoon freshly ground black pepper

4 Salmon fillets 6 to 8 ounces each skin on: seriously this recipe can be used on

Sword, Mahi, Cobia and even shrimp

For the Chili Sauce

1/2 cup fresh lime juice

1/4 cup fish sauce

1 tablespoon soy sauce

1 fresh Thai red chile, finely diced or any hot pepper you like you little heat junkie

2 teaspoons sugar

1 shallot, finely diced

How it's done

For the Chili Sauce

Combine all ingredients in a small bowl. Cover and let sit at room temperature for at least 1 hour before serving.

For the Salmon

In a small bowl, whisk together the soy sauce, oyster sauce, cilantro, garlic, sugar, and black pepper.

Pat the Salmon fillets dry with a paper towel and place in a zip-lock bag

Pour marinade into bag, seal and turn to coat fish well; let marinate in the refrigerator for 30 minutes or up to 1 hour

Next prepare your charcoal or gas grill to high heat. When grates are hot rub with oil with multiple folded paper towels and a long pair of tongs

Remove Salmon fillets from marinade and grill flesh side down for 3 minutes.

Flip and grill for another 4 to 5 minutes or until just barely opaque when fork tested.

To serve plate your salmon fillets and drizzle over a small amount of chili sauce and

pass the rest at the table. Garnish plate with lime wedges and chopped cilantro. I

know what you're thinking...does the chile sauce make suitable massage oil...firsthand

experience has taught me not to incorporate hot peppers and massages. Hot sesame

oil, very much a yes fellow traveler.

## Stir Fried Shrimp and Zucchini

Serves 4

Can easy really be delicious? Please feel free to ask me after my third Scotch. I digress...Yes; you and your dinner mates deserve to have your flavor buds blown away on a weeknight. What's that...only one pan was dirty..."ooh! I'll wash the dishes you walk the dog and take out the trash" it really is that easy...enjoy

### Ingredients

1/2 bunch fresh cilantro, stems trimmed

3 ounces of Fish or Chick stock; available and made with love at Metro

2 scallions roughly chopped

2 garlic cloves

1 jalapeño pepper, seeded and chopped...if you don't dig it too spicy than use a half of the pepper...would you also like a little powder on your bum...sorry, no judging

1 tablespoon minced peeled fresh ginger

4 tablespoons peanut oil

1 ½ pounds of Medium shrimp peel and deveined tails off...of course we at Metro would be honored to clean you shrimp for free or rub your neck for a smile

2 Zucchini cut lengthwise into 3/4-inch-wide slices and slices cut crosswise into 3/4-inch-wide-strips

2 tablespoons of soy sauce separated

### How it's done

Combine cilantro, 1 tablespoon stock, scallions, garlic, jalapeño and ginger in and food processor or blender and puree until paste forms.

Place shrimp in a bowl and toss with 1 tablespoon of the soy sauce to marinate.

Heat 1 tablespoon of the peanut oil in wok or a heavy large nonstick skillet over high heat until very hot. Add the shrimp and stir-fry for about 1 ½ minutes or until just pink; remove from wok and set aside in a dish. Next add the remaining peanut oil and stir-fry Zucchini until it is tender and beginning to color, about 3 to 4 minutes. Note if your skillet is too small you may cook the Zucchini in batches. Transfer Zucchini to paper towels.

Next add cilantro paste and remaining soy sauce to skillet and stir over medium-high heat 2 minutes. Return Shrimp and Zucchini to wok or skillet and add remaining the remaining stock. Stir until sauce thickens and boils and shrimp and Zucchini are heated through, about 2 minutes. Season your creation to taste with salt and pepper. If for some reason you find it hard to handle your new sense of self confidence and accomplishment; might I suggest allowing one of your loved ones, perhaps a spouse, to deflate your lovely ego balloon and get you back to earth.

## August 25<sup>th</sup>, 2011

Good morning to all of our beloved friends and clients who are still reeling from this week's less than catastrophic Earthquake tremors

First and foremost I need to publically apologize to my wife and the unsuspecting

women in the line at the liquor store this past Tuesday. Well, how was I to know it was only going to be a tremor...when I felt the shaking I immediately grabbed the first female in sight to engage in an impromptu yet passionate "make out" session... Okay, I am very sorry Mrs. Cavanelli and I promise to buy you a new walker. But you can't deny the moment we shared.

As we get closer to our move to our new location at 1320 Rt 22 in Lebanon I will be letting you know some of the other items will be carrying. First and foremost we will expand our local cheese selection from the Valley Shepherd Creamery and well as the Bobolink dairy and I am currently working out a deal to have a locally roasted coffee delivered daily. I hope you enjoy today's sumptuous Shrimp and Salmon recipes...thank you

If you don't feel like cooking here are some

Great Take-Out Specials

908-735-5121 [begin\\_of\\_the\\_skype\\_highlighting](#) 908-735-5121

[end\\_of\\_the\\_skype\\_highlighting](#)

Metro's Own Scallop "Po Boy"

Panko Crusted Scallops with Lettuce, tomato, sliced pickle and Tangy Tartar on a fresh Baked Roll

With a choice of Soup\*

(good luck finishing this)

\$9

Grilled Lemon Herbed Wild Sockeye Salmon on Top of a Classic Caesar Salad

With a choice of Soft Drink\*\*

\$15

Metro Fish Tacos

Panko crusted seasonal fish served on a flour tortilla with lettuce, tomato and your choice of Baja Sauce, Pico Gallo sauce and Pickled Jalapeños and Onions

With a Choice of Soft Drink\*\*

\$8

Whole Belly Clam Platter

Lightly Breaded Whole Belly(Steamer) Clams with French Fries, Cole Slaw, Tartar and Cocktail Sauce

With a Choice of Drink\*\*

\$19

Soft Shell Crab Club

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

With an order of French Fries

\$9

Blackened Mahi over a Mixed Field Green Salad  
With our House Dijon Balsamic Dressing (on the side)  
With a choice of Soft Drink\*\*

\$12

(For those Folks who love fish eaters but not fish)  
Grilled Ginger lime Chicken Pita Wrap  
With Roasted Veggies ad Wasabi Sauce a locally baked Pita  
With a choice of Soft Drink\*\*

\$7

\*\* Soft Drink Choices for specials Coke, Diet Coke, Sprite and Water

\*Soup Choices- Gazpacho, Manhattan or New England Clam Chowder, Lobster Bisque  
and Chicken Rice

Of course all of these soups are homemade...that's how we roll

Don't Forget, We Make a Mean Gazpacho

From the North: Halibut Cheeks, Swordfish, Dry Day Boat Sea Scallops, Bluefish, New  
Bedford Hake fillet, Nova Scotia Halibut Fillet, Maine Sea Bass(Black Sea Bass), Day  
Boat Monkfish Fillet, Rhode Island Fresh Squid, Flounder Fillet, New Bedford Cod  
Fillet, Real Maine Whole Belly Clams, New Bedford Grey Sole, Maine Jonah Crab  
Claws, Sushi Grade Fluke, Uni (Sea Urchin Roe), Maine Steamer Clams, Rhode Island  
Little Necks, Cherry Stones and Top Neck Clams

From the Waters of the World: Fresh Never Frozen Chilean Sea Bass, New Zealand  
Cockles, Hamachi (Yellow-Tail), Wild Caribbean Hopper Pink Shrimp, New Zealand  
Scampi's, Fresh Turkish Anchovies, Portuguese Sardines, Mediterranean Branzini  
(Branzino) and Durato, Cold Water New Zealand Lobster Tails, Spanish Octopus both  
large and baby

From the South: Sushi Grade Ahi Tuna, Cobia(Lemonfish), Mahi Mahi, American Red  
Snapper, Soft Shell Crabs, Pink Grouper(See Recipe Below), Rock Shrimp, Blue Crab  
Cocktail Claws, Fresh Lump and Jumbo Lump Crab Meat

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

From the Pacific Northwest: Wild Alaskan Troll King Salmon(See Recipe Below), Wild  
Washington State Sockeye Salmon(See Recipe Below),, Fresh Plump Shucked  
Washington State Oysters, Jumbo King Crab Legs and Snow(Ophelia) Crab Legs and  
Cocktail Claws

This Weekend's Half-Shell Selection

East Coast: Flying Point (Upper Sheepscot River, Maine)

Beau Soleil (New Brunswick, Canada)

Raspberry Point (Prince Edward Island, Canada)

Wianno (Cape Cod, Mass.)  
Nantucket Sound(Nantucket, Mass.)

West Coast: Peale Passage (Shelton, Washington St.)  
Kumomoto (Humbolt Bay, California)  
Fanny Bay (Bayness Sound, British Columbia)

This Weekend's Local Artisanal Cheeses

Please don't hesitate to ask for a taste!

Bobolink Dairy Milford NJ

Cave Aged Cheddar: A truly exceptional cheddar, full flavored and complex

Frolic: An Alpine-Style Cheese named for the Happy Frolicking Cows of Milford.

Valley Shepherd Creamery Long Valley NJ

Califon Tomme: Aged 3+ months, this creamy, Tangy Cheese reminds me of a young-aged Gouda Style. Delectable melt-ability

Tewksbury: Aged 12+ months, this gem from the Cave is both nutty and full-flavored, while still representing the purity of the milk throughout

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

Nettlesome: Cave aged 4+ months, with the unique addition of Stinging

Nettles...herbaceous and truly memorable

Oldwick Shepherd: Aged 5+ months, this sheep's milk cheese is nutty, full flavored, and undeniably sheep! Baaaah

Valley Thunder: Aged 10+ months this cheese is produced with great love and care first draped in cloth, then aged to pay homage the heartiest British Cheddar Makers

Grilled Grouper with a Saffron Aioli

Serves 4

I can't help it; But this recipe takes the seductive firm bodied qualities of Grouper and whisks it off to a shopping spree at Victoria Secret...no, not covering it up, just enhancing...grrr

Ingredients

For the Saffron Aioli

1 teaspoon of saffron threads

3 egg yolks; how about those organic free range eggs from Metro...right on.

1 clove of garlic crushed

The juice of one lemon

Salt

3 to 4 ounces of olive oil

For the Grouper

4 grouper fillets 6 to 8 ounces each, skinned; this recipe would also work great with Cobia or Mahi

2 cloves of garlic minced very fine  
The juice of one lemon  
2 tablespoons of finely chopped flat leaf parsley  
Salt pepper  
1 tablespoon of Olive oil

How it's done

For the Saffron Aioli

The Aioli can be made a day in advance and kept in the refrigerator.

Place the saffron threads into a small bowl and add just enough warm water to cover and let steep for five minutes. Place the yolks, garlic and lemon juice into a blender and season with a pinch of salt.

Once the saffron has softened and the water has turned a deep, golden orange, add to the other ingredients in the blender. Turn on your machine and pour the oil as slowly as you can through the funnel in the top - the aioli will gradually begin to thicken and become unctuous...I was once called that in the late 80's. Once all the oil is finished, turn off the blender and spoon the sauce into a bowl. Set aside or refrigerate if you are making this in advance

Prepare your charcoal or preheat a gas grill to high heat

Next combine the garlic, parsley, lemon juice and olive oil in a small bowl.

Rub this mixture into the Grouper fillets and let marinate in the refrigerator for 15 minutes.

Season the fish fillets with salt and pepper on both sides. On lightly oiled grates grill the fish for 4 to 5 minutes per side or until just opaque when fork tested

Remove the fish from the grill and transfer to a large platter. Garnish the platter with chopped parsley and lemon wedges. Drizzle a small amount of the Aioli on the fillets and pass the rest around for your guests to enjoy. Should you find this dish too amorous for your pallet, just make the chicken breast again...yawwwwn.

Grilled Salmon Fillets with a Horseradish Lemon Compound Butter

Serves 8

Let's assume that every time you have butter you shave 30 seconds off your time on this crazy blue marble...no worries, the last years aren't even that great anyway...So let your pallet know you still dig it and take it to the butter dance every now and then

Ingredients

For the Horseradish Lemon Compound Butter

8 tablespoons unsalted butter, softened

1 garlic clove, finely minced

1 teaspoon freshly grated lemon zest

2 tablespoons prepared horseradish with all the juice squeezed out

1 tablespoon of flat leaf parsley finely minced

Salt and Pepper

For the Salmon Fillet

4 Salmon fillets 6 to 8 ounces each about 1 inch thick skin on

Salt and pepper

The juice of 1 lemon

How it's done

For the Horseradish Lemon Compound Butter

In a medium bowl, mash together first five ingredients. Add salt and pepper to taste.

Spoon the compound butter onto plastic wrap. Gently form into a small log roll.

Refrigerate until firm.

For the Salmon Fillet

Prepare charcoal or preheat your gas grill to high heat. Place salmon fillets in a shallow dish and squeeze over the lemon juice; cover and refrigerate for 15 to 20 minutes.

Remove Salmon fillets from plate and pat dry with paper towels then brush the fillets with olive oil and season both sides with salt and pepper.

On lightly oiled grates, grill the Salmon, flesh side down for 4 minutes and flip and cook for another 4 to 6 minutes or until just opaque when fork tested.

To serve plate Salmon and cut thin slices of the compound butter and place on top. If your pallet finds itself grooving to the soulful sounds of Barry White...you're at the right dance.

## August 23<sup>rd</sup>, 2011

Good morning to all of our beloved friends and clients who's grilling muscles are perfectly toned from this summer's BBQ regiment

Seriously, if my work out regiment was as intense as my grilling sessions, I'd be showing off my hard work by sporting a speedo at this year's final summer swim party...okay, can you please stop laughing now...it's starting to hurt my feelings a little. In other news as we get closer to our move to 1320 Rt. 22 west in Lebanon I can't help but thank all the lovely Clintonians who so generously adopted me as one of their own...albeit, a third cousin once removed, but with lots of love. I hope you enjoy today's easy pan searing Scallop and Snapper recipes. Thank you.

If you don't feel like cooking here are some

Great Take-Out Specials

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[end\\_of\\_the\\_skype\\_highlighting](#)

Full Take-Out Menu [Click Here](#)

Our Crab Cake "Sloppy Joe" Roll

A Golden Fried Crab Cake with Lettuce Tomato Homemade Coleslaw and Russian Dressing on a fresh Baked Roll

With a choice of Soup\*

\$8

Grilled Lemon Herbed Sea Scallops on Top of a Classic Caesar Salad

With a choice of Soft Drink\*\*

\$15

Grilled Southwestern Grouper Pita Wrap  
Dry Rubbed Grouper served with Lettuce Tomato and Chipotle Aioli on a Fresh locally  
baked Pita

With a choice of Soft Drink\*\*

\$10

“Pop Corn” Rock Shrimp Platter

Hand Breaded Tender Rock Shrimp with French Fries, Cole Slaw, Tartar and Cocktail  
Sauce

With a Choice of Drink\*\*

\$9

Broiled Swordfish “Scampi”

Broiled Fresh Swordfish with our house Scampi Sauce served over linguini and Roasted  
Vegetables

With a Choice of Soft Drink\*\*

\$12

Blackened Ahi Tuna over a Mixed Field Green Salad

With a choice of Soft Drink\*\*

\$14

(For those Folks who love fish eaters but not fish)

Grilled Sesame Soy Chicken on top of a Mixed Field Green Salad

Boneless fresh Chicken Breast barbequed and Nestled on field greens with our house  
Dijon balsamic dressing on the side

With a choice of Soft Drink\*\*

\$7

\*\* Soft Drink Choices for specials Coke, Diet Coke, Sprite and Water

\*Soup Choices- Gazpacho, Manhattan or New England Clam Chowder, Lobster Bisque  
and Chicken Rice

Of course all of these soups are homemade...that’s how we roll

Don’t Forget, We Make a Mean Gazpacho

To all of our Pennsylvania Travelers we will be at the Ottsville Farmers Market again  
this year with a gorgeous selection of Seafood for the folks of Bucks County...The  
Ottsville Farmers Market is open Friday’s only, from April 29th 2011 till October 15,  
between 4:00 and 8:00pm. Should you need anything in particular held for you, please  
feel free to call the Main store at 908-735-5121 begin\_of\_the\_skype\_highlighting 908-  
735-5121 end\_of\_the\_skype\_highlighting

To all of our fellow travelers to the South, Metro will be at the Stockton Market on  
Fridays from 1-7p.m., in addition to Saturdays 9:00am to 4:00pm and Sundays from

10:00am to 4:00pm

Along with our fresh fish selections we are delighted to announce Metropolitan Seafood will be offering our World Famous Fish and Chips on FRIDAYS ONLY Please feel free to call our store (908-735-5121 [begin\\_of\\_the\\_skype\\_highlighting](#) 908-735-5121 [end\\_of\\_the\\_skype\\_highlighting](#)) to have anything in particular brought down for you, but as always a great selection will abound.

From the North: Swordfish, Dry Day Boat Sea Scallops (See Recipe Below), Bluefish, New Bedford Hake fillet, Nova Scotia Halibut Fillet, Maine Sea Bass(Black Sea Bass), Day Boat Monkfish Fillet, Rhode Island Fresh Squid, Flounder Fillet, New Bedford Cod Fillet, Real Maine Whole Belly Clams, Maine Jonah Crab Claws, Sushi Grade Fluke, Uni (Sea Urchin Roe), Maine Steamer Clams, Rhode Island Little Necks, Cherry Stones and Top Neck Clams

From the Waters of the World: Chilean Turbot, New Zealand Cockles, Hamachi (Yellow-Tail), Wild Caribbean Hopper Pink Shrimp, New Zealand Scampi', Mediterranean Branzini (Branzino) and Durato, Cold Water New Zealand Lobster Tails, Spanish Octopus both large and baby

From the South: American Red Snapper (See Recipe Below), Sushi Grade Ahi Tuna, Cobia(Lemonfish), Spanish Mackerel, Mahi Mahi, Pink Grouper, Blue Crab Cocktail Claws, Fresh Lump and Jumbo Lump Crab Meat

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

From the Pacific Northwest: Wild Alaskan Ivory Salmon, Wild Washington State Sockeye Salmon, Fresh Plump Shucked Washington State Oysters, Jumbo King Crab Legs and Snow(Ophelia) Crab Legs and Cocktail Claws

Pan Seared Scallops with a Spicy Tomato Olive Salsa  
Serves 4

It is my personal mission to use every tomato at my disposal until the Jersey tomato season ends...son of a...I promised myself, I wasn't going to cry today. Sure, chuckle at me now, but in November when you combing the veggie aisle for the fix of a sweet sun ripened cherry or beefsteak, don't cry to me when you trying to convince yourself that the "vine" tomatoes taste the same...sure lie to me, but don't lie to yourself .

Ingredients

1 ½ to 2 pounds of "Dry" Sea Scallops these are Scallops that are not processed in some of the same chemicals found in laundry detergent: I digress, you could also use Monkfish cut into medallions for this dish

2 tablespoons plus 1 tablespoon of olive oil

1 pint of Cherry or Grape tomatoes halved

3 shallots diced

3 cloves of garlic minced fine

½ cup of Moroccan oil cured olives pitted, available and Metropolitan Seafood and all Middle Eastern bazars

4 tablespoons of capers rinsed and drained

1 good pinch of Red pepper flakes...go ahead put two pinches in little chef

How it's done

Sauté the shallot and garlic in olive oil over medium heat until just translucent then add the olives, capers, tomatoes, and red pepper flakes. Note that the olives and capers are plenty salty enough so no additional salt should be required for any part of this dish.

Place the pan back on the heat and sauté until the tomatoes are hot and soft, but they still hold their shape. Take off heat and keep warm

Season the scallops with a little pepper

Heat a large heavy skillet to high heat and add the remaining olive oil and sear the scallops for 1 ½ to 2 minutes per side. Allow space between the scallops to get a good searing color. You could do this in batches if you don't have a big enough skillet

To serve spoon your salsa onto 4 plates and top with scallops. Just a quick heads up although delicious raw and cooked, a cherry tomato exfoliating scrub actually stings a bit more than you think...I'm just saying. Relish the season

### Pan Seared Snapper with Avocado Aioli

Serves 4

For all those fellow travelers who ardently hold on to the excuse...."I have no time to cook"...really? Yeah, I also can't find the time to squeeze in any soulful hugs...you see what I mean...let your friends and kitchen give you a little snuggle tonight with this easy and delectable recipe.

#### Ingredients

2 large avocados, cut and peeled

3 tablespoons of freshly squeezed lime juice

4 tablespoons of olive oil plus an additional tablespoon to cook the Snapper

1 scallion minced

1 tablespoon of chopped cilantro

1 teaspoon of Dijon Mustard

Salt and pepper to taste

4 portion of Red Snapper 6 to 8 ounces each with the skin left on; you could also use Sea Bass or Grouper

#### How it's done

Place avocado pieces and lime juice into a food processor and pulse until blended. Slowly add olive oil, pulsing, until you reach desired consistency of sauce. Add minced scallions, cilantro and Dijon mustard, pulse just until combined. Remove Aioli to a bowl and season to taste with salt and pepper

Heat a large non-stick skillet to medium high heat; until almost smoking. Season both sides of the Snapper fillet with salt and pepper, coat the bottom of the pan with the remaining olive oil and carefully lay the Snapper into the pan, skin side down. Cook the Snapper until about medium doneness, about 3-4 minutes per side.

To serve transfer Snapper to 4 plates and serve with you Avocado Aioli. You know what... that Soulful hung might turn itself into an inappropriate fondle if you're not careful.

## August 18th, 2011

Good morning to all of our beloved friends and clients and I am delighted to let you know we are really coming along beautifully with our move to Lebanon  
In fact we had our security cameras installed yesterday and well...I think I might have gotten a little out of hand with the whole concept of video production. So if you happen to see "Fish Mongers Gone Wild" floating around on the internet, please know, in no way does this affect our ability to procure pristine seafood...and please forgive me for my antics in the "Sweet Butter Meets Lobster Tail" segment.

**All Kidding Aside We are Bringing In Crawfish starting tomorrow and throughout the weekend...please call the store to place your order 908-735-5121 begin\_of\_the\_skype\_highlighting 908-735-5121 end\_of\_the\_skype\_highlighting...Live or Steamed and Spicy, it's your call.**

If you don't feel like cooking here are some  
Great Take-Out Specials  
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end\_of\_the\_skype\_highlighting  
[Full Take-Out Menu Click Here](#)

#### **Our World Famous Fried Fish Pita Wrap**

Panko Crusted Fish Wrap in a locally baked Pita with Lettuce, Tomato and homemade  
Tartar Sauce  
With a choice of Soup\*  
\$6

#### **Metro Fish Tacos**

Panko crusted seasonal fish served on a flour tortilla with lettuce, tomato and your  
choice of Baja Sauce, Pico Gallo sauce  
and Pickled Jalapeños and Onions  
With a Choice of Soft Drink\*\*  
\$8

#### **Salmon Salad Pita Wrap**

Fresh steamed (not canned) Salmon Salad  
With Lettuce, Tomato and creamy dill on a Locally Baked Pita  
With a choice of Soft Drink\*\*  
\$8

#### **Grilled Wild Sockeye Salmon our Classic Caesar Salad**

Lemon Herb BBQ Salmon on top of a Homemade Caesar Salad  
Of course we even make our own Croutons... this is Metro  
With a Choice of Soft Drink\*\*  
\$12

#### **Grilled Ginger Lime Mahi**

Over a Mixed Field Green Salad  
With our House Dijon balsamic Dressing (side)

With a Choice of Soft Drink\*\*

\$10

### Crab Cake Roll

One of Metros Classic Crab Cakes, Golden brown on your choice on a fresh baked Portuguese roll and with lettuce, tomato, Tarter and hot sauce  
With a choice of Soup\*

\$8

(For those Folks who love fish eaters but not fish)

### Grilled Ginger lime Chicken Pita Wrap

With Roasted Veggies ad Wasabi Sauce a locally baked Pita  
With a choice of Soft Drink\*\*

\$7

\*\* Soft Drink Choices for specials Coke, Diet Coke, Sprite and Water

\*Soup Choices- Gazpacho, Manhattan or New England Clam Chowder, Lobster Bisque and Chicken Rice

Of course all of these soups are homemade...that's how we roll

## Don't Forget, We Make a Mean Gazpacho

From the North: Swordfish(See Recipe Below), Dry Day Boat Sea Scallops, Bluefish, New Bedford Hake fillet, Nova Scotia Halibut Fillet, Maine Sea Bass(Black Sea Bass), Day Boat Monkfish Fillet, Rhode Island Fresh Squid, Flounder Fillet, New Bedford Cod Fillet, Real Maine Whole Belly Clams, New Bedford Grey Sole, Maine Jonah Crab Claws, Sushi Grade Fluke, Uni (Sea Urchin Roe), Maine Steamer Clams, Rhode Island Little Necks, Cherry Stones and Top Neck Clams

From the Waters of the World: Chilean Turbot, New Zealand Cockles, Hamachi (Yellow-Tail), Wild Caribbean Hopper Pink Shrimp, New Zealand Scampi's, Portuguese Sardines, Mediterranean Branzini (Branzino) and Durato, Cold Water New Zealand Lobster Tails, Spanish Octopus both large and baby

From the South: **Sushi Grade Ahi Tuna(See Recipe Below)**, Cobia(Lemonfish), Spanish Mackerel, Mahi Mahi, American Red Snapper, Soft Shell Crabs, Pink Grouper, Rock Shrimp, Blue Crab Cocktail Claws, Fresh Lump and Jumbo Lump Crab Meat

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

From the Pacific Northwest: Wild Alaskan Troll King Salmon, Wild Washington State Sockeye Salmon, Fresh Plump Shucked Washington State Oysters, Jumbo King Crab Legs and Snow(Ophelia) Crab Legs and Cocktail Claws

This Weekend's Half-Shell Selection

East Coast: Flying Point (Upper Sheepscoot River, Maine)  
Beau Soleil (New Brunswick, Canada)  
Blue Point (Connecticut)  
Raspberry Point (Prince Edward Island, Canada)  
Chincoteague (James River, Virginia)  
Bailey's (Delaware)

West Coast: Peale Passage (Shelton, Washington St.)  
Kumomoto (Humbolt Bay, California)

## This Weekend's Local Artisanal Cheeses Please don't hesitate to ask for a taste!

### *Bobolink Dairy Milford NJ*

Cave Aged Cheddar: A truly exceptional cheddar, full flavored and complex  
Frolic: An Alpine-Style Cheese named for the Happy Frolicking Cows of Milford.

### *Valley Shepherd Creamery Long Valley NJ*

Califon Tomme: Aged 3+ months, this creamy, Tangy Cheese reminds me of a young-aged Gouda Style. Delectable melt-ability  
Tewksbury: Aged 12+ months, this gem from the Cave is both nutty and full-flavored, while still representing the purity of the milk throughout  
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**  
Nettlesome: Cave aged 4+ months, with the unique addition of Stinging Nettles...herbaceous and truly memorable  
Oldwick Shepherd: Aged 5+ months, this sheep's milk cheese is nutty, full flavored, and undeniably sheep! Baaaah  
Valley Thunder: Aged 10+ months this cheese is produced with great love and care first draped in cloth, then aged to pay homage the heartiest British Cheddar Makers

## Grilled Tuna Steaks with Spicy Roasted-Pepper Salsa

Serves 4

This lovely salsa pays homage to the mighty Tuna by enhancing its natural palate pleasing rhythms into a full sultry Salsa dance session...it gets a little spicy...wink, wink, nudge, nudge.

Ingredients

### For the Roasted Pepper Salsa

4 Red Bell peppers

1 to 2 Jalapeno peppers seeded and chopped; feel free to use any hot chili that excites you

The juice of 1 lemon

2 tablespoons extra-virgin olive oil

1 small garlic clove, finely chopped

Salt and pepper

2 tablespoons coarsely chopped fresh flat-leaf parsley

### For the Tuna

4 Tuna Steaks 6 to 8 ounces each 1 inch thick: you could easily make this dish with Swordfish, Mahi, or Cobia

Salt and Pepper

2 tablespoons Olive Oil

How it's done

### For the Roasted Pepper Salsa

Prepare charcoal or preheat gas grill to high heat

Oil grill rack, then grill red bell peppers, with the lid down, turning occasionally, until slightly softened and well charred, 10 to 15 minutes.

Transfer bell peppers to a large bowl and cover tightly with plastic wrap, then let stand 15 minutes. When cool enough to handle, peel peppers, discarding stems and seeds, and cut lengthwise into thin strips. Toss peppers with remaining salsa ingredients; season to taste with salt and pepper and set aside

### For the Tuna

Prepare charcoal or preheat gas grill to high heat

Pat tuna steaks dry and brush with the olive oil and then sprinkle with salt and pepper. Grill Tuna steaks, with the grill lid up for 3 to 4 minutes per side for rare 5 to 6 for Medium; if you like your Tuna well done please do this recipe with Chicken. Transfer Tuna to serving plates and serve with Salsa and some crusty bread to finish the rest of the Salsa up with. Please change into Latin Salsa uniforms *after* eating...no one digs a stain on frilly shirts.

## Island Grilled Swordfish Steaks with a Pan Roasted Pineapple Salsa

Serves 4

What Island are you talking about you rum soaked fishmonger...I don't know, a cross between Jamaica, Puerto Rico and Long Island. Listen if you're looking for an excuse to make rum drinks and rock the suburban dread lock look...this is the dish.

Ingredients

### For the Swordfish

1 tablespoon tomato paste

1 tablespoon hot chili powder

1/2 cup orange juice

3 tablespoon fresh lime juice

1 tablespoon olive oil

4 Swordfish Steaks 6 to 8 ounces each 1 inch thick: this also works great with Mahi or Cobia fillet

Salt and pepper

### For the Pineapple Salsa

2 teaspoons of vegetable oil

1 small golden pineapple (about 1 1/2 pounds), diced into 1-inch cubes

1/2 cup pineapple juice

1 large red bell pepper, cored, seeded and thinly sliced

1/4 small red onion, finely chopped

1/4 cup chopped fresh basil

How it's done

Mix tomato paste with chili powder. Combine with orange juice, lime juice and olive oil in a zip-lock bag. Add Swordfish steaks and marinate for 30 minutes to 1 hour.

Meanwhile, heat a large pan over high heat to the smoking point, 3 to 4 minutes. Next add vegetable oil and sear pineapple chunks till browned about 4 to 5 minutes, stirring occasionally. Add pineapple juice and stir 1 minute, scraping up brown bits from pan. Remove pineapple from heat. Combine in a bowl with red pepper, onion and basil.

Prepare charcoal or preheat gas grill to high heat. Remove Swordfish steaks from marinade and season with salt and pepper; place on grill and cook for 5 to 6 minutes per side or until just opaque when fork tested. Transfer steaks to serving plates and spoon over salsa. You know what...if you want to borrow my Harry Belafonte CD to bust out a rousing limbo session, call me.

## August 16th, 2011

Good morning to all of our beloved friends and clients and no, we will not be using Camels to move our store to Lebanon...that little unfunny gem was sent in from Louis K. from Pittstown

Speaking of common cynical messages, Camille A. from Annandale "I've heard that one before" is not only not funny, but not very inspiring...I'm just glad you weren't friends with Thomas Edison or I'd be typing in the dark right now. And yes, Al G. from Glen Gardner, I will continue to "dream on" with the likes of Louis Pasteur, because nobody likes funky milk...see Al, that's funny. Seriously, our phone lines are in, the Scan registers arrived this week and we are starting to move "Storage" items in tomorrow...I think I just popped a blood vessel in my eye I'm so excited. I hope you enjoy today's very easy, very summer recipes. Thank you

If you don't feel like cooking here are some

Great Take-Out Specials

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[end\\_of\\_the\\_skype\\_highlighting](#)

[Full Take-Out Menu Click Here](#)

### Grilled Chipotle Catfish Pita Wrap

Chipotle marinated Catfish With Lettuce tomato and a Lime Aioli on Locally Baked Pita Bread

With a choice of Soup\*

\$8

### Metro's Own Fish Cake Roll

Homemade fried Fish Cake of Sautéed Onions, Cod and Potatoes  
With Lettuce, Tomato and Tartar on a fresh Portuguese Roll

With a choice of Soup

\$7

### Crab Claw Salad Pita Wrap

Fresh Blue Crab Claw meat Salad  
With Lettuce, Tomato on a Locally Baked Pita  
With a choice of Soft Drink\*\*  
\$8

**Grilled Maine Sea Bass on our Classic Caesar Salad**  
Lemon Herb BBQ Sea Bass on top of a Homemade Caesar Salad  
Of course we even make our own Croutons... this is Metro  
With a Choice of Soft Drink\*\*  
\$15

**Grilled Southwestern Spiced large Shrimp**  
Over a Mixed Field Green Salad  
With a choice of homemade Ranch or Dijon balsamic Dressing  
With a Choice of Soft Drink\*\*  
\$10

**Our Famous Fish-N-Chips (Lunch Portion)**  
Hand Dipped Fish fillet cooked to perfection  
With Crisp Fries, Malt vinegar, Cole Slaw, ketchup and Lemon  
With a Choice of Soft Drink\*\*  
\$6

(For those Folks who love fish eaters but not fish)

**Grilled Ginger lime Chicken Pita Wrap**  
With Roasted Veggies ad Wasabi Sauce a locally baked Pita  
With a choice of Soft Drink\*\*  
\$7

\*\* Soft Drink Choices for specials Coke, Diet Coke, Sprite and Water  
\*Soup Choices- Gazpacho, Manhattan or New England Clam Chowder, Lobster Bisque  
and Chicken Rice  
Of course all of these soups are homemade...that's how we roll

**Don't Forget, We Make a Mean Gazpacho**

From the North: Dry Day Boat Sea Scallops(See Recipe Below), Maine Sea Bass(Black Sea Bass), Swordfish, New Bedford Hake fillet, Nova Scotia Halibut Fillet, Day Boat Monkfish Fillet, Rhode Island Fresh Squid, Flounder Fillet, New Bedford Cod Fillet, Real Maine Whole Belly Clams, Maine Jonah Crab Claws, Sushi Grade Fluke, Maine Steamer Clams, Rhode Island Little Necks, Cherry Stones and Top Neck Clams

From the Waters of the World: Hamachi (Yellow-Tail), Wild Caribbean Hopper Pink Shrimp, New Zealand Scampi's, Mediterranean Branzini (Branzino) and Durato, Cold Water New Zealand Lobster Tails, Spanish Octopus both large and baby

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

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

From the Pacific Northwest: Wild Washington State Sockeye Salmon, Fresh Plump Shucked Washington State Oysters, Jumbo King Crab Legs and Snow(Ophelia) Crab Legs and Cocktail Claws

## Chipotle Grilled Catfish and Avocado Pita Sandwiches

Serves 4

Sure Catfish loves to be Spiced and fried only to be adored by all, heck, I've often called my most beloved friends "Spicy Fried Catfish" it's a term of endearment shared by folks...sorry, got off on a tangent. Anyway, this brings your Mama's Catfish into a deliciously spicy yet less weighty fare...it's like a night light, don't be afraid

Ingredients

3 tablespoons of olive oil

The juice and ½ the grated zest of 1 lime

1 to 2 Chipotle peppers with the juice chopped fine

Salt and Pepper

4 portions of Catfish 6 ounces each you could also use Tilapia or Mahi with great success

4 small slices of Monterey Jack cheese

4 loaves of Pita Bread

1 avocado, peeled, seeded and sliced

Shredded lettuce or mix field greens

1 large Tomato sliced thin

4 tablespoons of Mayonnaise that has been mixed with ½ lime zest and 1 tablespoon of lime juice

How it's done

In a shallow bowl, stir together the olive oil, lime juice, lime zest, and chipotle peppers.

Season the Catfish fillet with salt and pepper and place in the marinade, turning to coat. Cover with plastic wrap. Let marinate for at least 30 minutes, preferably an hour.

Next prepare your charcoal or pre-heat your gas grill on high heat. You can also use a cast-iron or grill pan on your stove if you do not have a grill. On lightly oiled grates, grill the Catfish fillets 3 to 4 minutes on each side, until cooked through; note: the grill lid should be down.

Lightly toast the Pita bread on the grill as well.

Assemble the Pita Sandwiches – Spread some of your lime Mayo in each piece of Pita Bread and then top with Catfish, Avocado, sliced Tomato, shredded Lettuce and a splash of your favorite hot sauce. Try to keep your guard up, your friends and family might uncontrollably try slapping you in the face for not making this dish before...duck!

## Linguini with Grilled Scallops in a Cilantro Tomato Sauce

Serves 4

If you think making a weekday meal requires undo stress and blood pressure medication, than you're making the wrong dish fellow traveler. This dish, on the other hand, is the unexpected back rub from a dinner guest where you melt like an ice cube in the August heat...it's relaxing and sexy

Ingredients

1 pound of Linguini

3 tablespoons Olive Oil

2 Cloves Garlic finely chopped

1 ½ to 2 pounds of fresh Jersey tomatoes roughly chopped, saving all the juice you could also use whole canned tomatoes with the juice

A bouquet garni made of ½ bunch thyme , ½ bunch parsley and 2 bay leaves tied with string...are speaking French in the kitchen...rock on little chef

1 ½ pounds of large Dry Sea scallops...Wet or processed Scallops are another way of saying I have no love and nobody loves me...a bit extreme I know. But just use Jumbo shrimp if you can't get the "Dry" Scallops

1 tablespoon Olive Oil

1 bunch fresh Cilantro roughly chopped leaves only

Salt and Pepper

How it's done

In large skillet (large enough to hold pasta later) – heat the 3 tablespoons of olive oil over medium heat, then add garlic and tomatoes, cook for 10 minutes

Next add the bouquet garni and further cook for 20 minutes- stirring occasionally to ensure tomato does not stick to the bottom

Meanwhile in a large pot bring about 6 quarts of salted water to the boil

Drop Linguine in the boiling water and cook until al dente, about 6 to 8 minutes

Meanwhile preheat gas grill or grill pan to high heat

Brush the scallops with the remaining tablespoon of olive oil and season both sides with salt and pepper. Grill scallops for 2 to 3 minutes per side and transfer to a warm platter.

Remove bouquet garni from sauce and add drained pasta to the tomato sauce, toss with the grilled scallops and chopped Cilantro.

Season to taste with salt and pepper; Toss again and serve

The only annoyance to this dish is the barrage of questions like "Is there anymore?" and "What are you making tomorrow" you're a rock star...live with it.

## August 11, 2011

**Good morning to all of our beloved friends and clients who like me are looking for some positive news during this current bearish market.**

**Fear not fellow travelers your humble fish monger can confidently report that my hair line which started out trading as a 4 head has hit a new high, topping out at a full 8 head. Moreover, I am excited to detail the upward trend regarding my weight. Market insiders see no tonnage slowdown in sight as long as Metro continues to sell the artisanal cheeses from Bobolink and Valley Shepherd. As always thank you sincerely for your patronage and for allowing us to send you**

our "Recipe" newsletter....I hope you enjoy today's Branzino and Cockle recipes.

If you don't feel like cooking here are some

**Great Take-Out Specials**

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[end\\_of\\_the\\_skype\\_highlighting](#)

**Fried Oyster "Po Boy" Sandwich**

**Panko Crusted Oysters with Lettuce tomato and Tangy Tartar on a fresh Baked Roll**

**With a choice of Soup\***

**\$7**

**Grilled Lemon Herbed Nova Scotia Halibut on Top of a Classic Caesar Salad**

**With a choice of Soft Drink\*\***

**\$15**

**Grilled Southwestern Mahi Roll**

**Dry Rubbed Mahi Mahi served with Lettuce Tomato and Chipotle Aioli on a Fresh Baked Portuguese Roll**

**With a choice of Soft Drink\*\***

**\$9**

**Metro's Falafel with the Works**

**A vegetarian fava bean Pattie with lettuce, Tomato, pickled wild Cucumber**

**With Tahini (Sesame) Sauce and hot Sauce on locally bake Pita Bread**

**With a choice of Soup\***

**\$6**

**Whole Belly Clam Platter**

**Lightly Breaded Whole Belly(Steamer) Clams with French Fries, Cole Slaw, Tartar and Cocktail Sauce**

**With a Choice of Drink\*\***

**\$19**

**Blackened Catfish over a Mixed Field Green Salad**

**With a choice of Soft Drink\*\***

**\$9**

**(For those Folks who love fish eaters but not fish)**

**Grilled Southwestern Chicken Pita Wrap**

**With Lettuce Tomato and Chipotle Aioli on a locally baked Pita**

**If you want more Hot Sauce just ask**

**With a choice of Soft Drink\*\***

**\$7**

**\*\* Soft Drink Choices for specials Coke, Diet Coke, Sprite and Water**

**\*Soup Choices- Gazpacho, Manhattan or New England Clam Chowder, Lobster Bisque and Chicken Rice  
Of course all of these soups are homemade...that's how we roll**

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begin\_of\_the\_skype\_highlighting 908-735-5121 end\_of\_the\_skype\_highlighting**

**To all of our fellow travelers to the South, Metro will be at the Stockton Market on Fridays from 1-7p.m., in addition to Saturdays 9:00am to 4:00pm and Sundays from 10:00am to 4:00pm**

**Along with our fresh fish selections we are delighted to announce Metropolitan Seafood will be offering our World Famous Fish and Chips on FRIDAYS ONLY**

**Please feel free to call our store (908-735-5121 begin\_of\_the\_skype\_highlighting 908-735-5121 end\_of\_the\_skype\_highlighting) to have anything in particular brought down for you, but as always a great selection will abound.**

**From the North: Dry Day Boat Sea Scallops, Swordfish, Bluefish, Blowfish(Just like Chicken), New Bedford Hake fillet, Nova Scotia Halibut Fillet, Maine Sea Bass(Black Sea Bass), Day Boat Monkfish Fillet, Rhode Island Fresh Squid, Flounder Fillet, New Bedford Cod Fillet, Real Maine Whole Belly Clams, New Bedford Grey Sole, Maine Jonah Crab Claws, Sushi Grade Fluke, Uni (Sea Urchin Roe), Maine Steamer Clams, Rhode Island Little Necks, Cherry Stones and Top Neck Clams**

**From the Waters of the World: Branzini (Branzino)(See Recipe Below), New Zealand Cockles(See Recipe Below) Hamachi (Yellow-Tail), Wild Caribbean Hopper Pink Shrimp, Turkish Anchovies, New Zealand Scampi's, Portuguese Sardines, Mediterranean Durato, Cold Water New Zealand Lobster Tails, Spanish Octopus both large and baby**

**From the South: Cobia(Lemonfish),Sushi Grade Ahi Tuna, Mahi Mahi, American Red Snapper, Soft Shell Crabs, Pink Grouper, Rock Shrimp, Blue Crab Cocktail Claws, Fresh Lump and Jumbo Lump Crab Meat**

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

**From the Pacific Northwest: Wild Alaskan Troll King Salmon, Wild Washington State Sockeye Salmon, Fresh Plump Shucked Washington State Oysters, Jumbo King Crab Legs and Snow(Ophelia) Crab Legs and Cocktail Claws**

**This Weekend's Featured Oysters:  
Chincoteague (James River, Virginia)  
Bailey's (Delaware)  
Great Value!!**

**East Coast: Flying Point (Upper Sheepscot River, Maine)  
Beau Soleil (New Brunswick, Canada)  
Blue Point (Connecticut)**

**West Coast: Peale Passage (Shelton, Washington St.)  
Kumomoto (Humbolt Bay, California)**

**This Weekend's Local Artisanal Cheeses**

**Please don't hesitate to ask for a taste!**

**Bobolink Dairy Milford NJ**

**Cave Aged Cheddar: A truly exceptional cheddar, full flavored and complex**

**Frolic: An Alpine-Style Cheese named for the Happy Frolicking Cows of Milford.**

**Valley Shepherd Creamery Long Valley NJ**

**Califon Tomme: Aged 3+ months, this creamy, Tangy Cheese reminds me of a young-aged Gouda Style. Delectable melt-ability**

**Tewksbury: Aged 12+ months, this gem from the Cave is both nutty and full-flavored, while still representing the purity of the milk throughout**

**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**

**Nettlesome: Cave aged 4+ months, with the unique addition of Stinging**

**Nettles...herbaceous and truly memorable**

**Oldwick Shepherd: Aged 5+ months, this sheep's milk cheese is nutty, full flavored, and undeniably sheep! Baaaah**

**Valley Thunder: Aged 10+ months this cheese is produced with great love and care first draped in cloth, then aged to pay homage the heartiest British Cheddar Makers**

**Steamed Cockles in a Leek and White Wine Sauce**

**Serves 4**

**There are very few times your humble fishmonger is at a loss for words, but, the last time I made this dish, one of my dinner guests boldly commented..."Oh my, this is fantastic! How do like your eggs tiger?" What the...and that was my wife's great aunt. I'm just saying this dish is pretty sexy. You have been warned**

**Ingredients**

**2 tablespoons of olive oil**  
**1 tablespoon unsalted butter**  
**1 leek, white part only, thinly sliced**  
**2 celery stalks, finely diced**  
**2 garlic cloves, thinly sliced**  
**4 pounds of Cockles (New Zealand Clams) you could use little necks just increase the cooking time by 4 to 5 minutes**  
**¾ cup of dry white wine**  
**4 sprigs of thyme**  
**½ cup of heavy cream**  
**Crusty bread to sop up all the glorious sauce you just created**

**How it's done**

**In a large heavy pot heat the olive oil and butter and sauté the leek and celery for about 6–7 minutes or until the vegetables are soft but not browned.**

**Next add the garlic and sauté for about another minute**

**Add the cockles and stir together gently until well combined. Add the wine and thyme sprigs, cover the pan and simmer for 6–7 minutes. Stir in the cream, cover and simmer for a further 3 minutes or until the mussels are open (discard any that haven't opened in that time). To serve, bring the pot to the table, provide crusty bread and a simple green salad. Note to the chef who executes this love potion: keep an extra loaf of really crusty bread at your side to ward off any unwanted advances.**

## **Barbequed Branzino with a Minted Cucumber Salsa**

**Serves 4**

**The Gods of Summer are now fully unleashing the season's bounty and fresh herbs**

**and young cucumbers and...seriously, Mark, this was one of your creepier diatribes.**

**I digress, the fact is that whole fish on the grill is akin to paying homage at the altar of Neptune himself...he will be pleased and so will you.**

**Ingredients**

**For the Branzino**

**2 Whole Branzino 1 ½ to 2 pounds each scaled and gutted with the head and Tail left on: this is a job performed with undying love and affection by your Metro Seafood associate Olive Oil for brushing the fish**

**Kosher Salt**

**Pepper**

**For the Minted Cucumber Salsa**

**1 cup of Mint leaves finely chopped**

**1 cup of Arugula finely chopped**

**1 small shallot finely chopped**

**1 small Cucumber (a large Pickle size) not peel cut into a 1/8 inch dice; if you only have large cucumbers peel them first**

**2 tablespoon red wine vinegar**

**6 tablespoons of olive oil  
1 tablespoon of honey  
2 Scallions sliced thin on a diagonal; white and green parts  
Salt and pepper to taste**

**How it's done**

**Prepare charcoal or preheat gas grill to medium high heat, with the lid down  
Brush the fish with olive oil and season generously with salt both inside and out.  
When the grill comes to temperature, place fish on lightly oiled grates and cook  
with the grill lid down for about 7 to 8 minutes per side or until opaque when fork  
tested.**

**Note: you can only flip the fish but I have full confidence in you little Chef**

**Transfer Branzino to a large serving platter and tent with foil and let rest.**

**Meanwhile in a medium bowl combine the cucumber, mint, arugula, shallot, red  
wine vinegar, olive oil, honey, scallion and season to taste with salt and pepper.**

**To serve, spoon cucumber salsa over the fish and garnish with mint leaves. He  
(Neptune) does like it when you and your dinner guests don the crowns and  
tridents. However, you might want to forgo the Seaweed pants...don't get me  
wrong for the first 15 minutes you can't beat them...it's when they heat up the  
trouble begins.**

## **August 9, 2011**

Good morning to all of our beloved friends and clients who feel as though the current economic news has them a bit bruised and battered...or at least wearing adult diapers sipping pepto bismol.

Never has it been more important to celebrate the simple gesture of breaking bread with loved ones and friends. These simple mealtime unions bring us back to the most distilled expression of communal food appreciation and gratitude of each other's company. And, it even might get you to stop watching the television for twenty minutes. Thank you sincerely for your kindness, patronage and friendship and for receiving our recipes.

If you don't feel like cooking here are some

Great Take-Out Specials

908-735-5121 `begin_of_the_skype_highlighting` 908-735-5121

`end_of_the_skype_highlighting`

Grilled Snapper on our Classic Caesar Salad

With a choice of Soft Drink\*\*

\$15

Metro's Crab Cake Salad

One of Metro's lump crab cakes on top of a mixed Field green salad with house dressing on the side

With a choice of Soft Drink

\$11

Soft Shell Crab Pita Wrap

Panko Crusted Soft Shell Crabs with Lettuce, Tomato, and Tartar on Locally Baked Pita

With a Choice of Soft Drink\*\*

\$10

Grilled Ginger Lime Sea Bream on a Mixed Field Green Salad

With a choice of Soft Drink\*\*

\$9

Grilled Southwestern Organic Salmon Roll

Grilled Scottish Salmon With Oven Roasted Veggies and Chipotle Aioli on a fresh baked Portuguese Roll

With a choice of Soft Drink\*\*

\$9

Metro Fish Tacos

Panko Crusted fish served on a flour tortilla with lettuce, Pico de Gallo sauce and Baja sauce and a side of our homemade Pickled Jalapeños and Onions

With a Soft Drink\*\*

\$8

(For those Folks who love fish eaters but not fish)

Grilled Sesame Soy Chicken Pita Wrap

Grilled Fresh Chicken Breast with Roasted Vegetables and Wasabi Sauce on locally Pita Bread

With a choice of Soft Drink

\$8

\*\* Soft Drink Choices for specials Coke, Diet Coke, Sprite and Water

\*Soup Choices- Manhattan or New England Clam Chowder, Lobster Bisque and Chicken Rice

Of course all of these soups are homemade...that's how we roll

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From the North: Maine Sea Bass(Black Sea Bass) (See Recipe Below Dry Day Boat Sea Scallops, Swordfish(See Recipe Below), New Bedford Hake fillet, Porgies(Scup), Nova Scotia Halibut Fillet(See Recipe Below), Day Boat Monkfish Fillet(See Recipe Below), Rhode Island Fresh Squid, Flounder Fillet, New Bedford Cod Fillet, Real Maine Whole Belly Clams, Maine Jonah Crab Claws, Sushi Grade Fluke, Maine Steamer Clams, Rhode Island Little Necks, Cherry Stones and Top Neck Clams

From the Waters of the World: Hamachi (Yellow-Tail), Wild Caribbean Hopper Pink Shrimp, New Zealand Scampi's, Mediterranean Branzini (Branzino) and Durato, Cold Water New Zealand Lobster Tails, Spanish Octopus both large and baby

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

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

From the Pacific Northwest: Wild Washington State Sockeye Salmon, Fresh Plump Shucked Washington State Oysters, Jumbo King Crab Legs and Snow(Ophelia) Crab Legs and Cocktail Claws

Grilled Sumac Fish Kebobs with Zaatar Summer Vegetables

Serves 4

For once and for all, when you think of "Easy" Lebanese dishes, please stop thinking of me. I also have a mind...on the other hand this Middle Eastern dish does not require libation to make it "easy".

Ingredients

Wooden skewers soak in water

For the Fish Kebobs

1 ½ to 2 pounds of firm fleshed fish such as Swordfish, Mahi, Monk or Halibut cut into 1"inch cubes

The juice of 1 lemon

The finely grated zest of ½ a lemon

5 sprigs thyme

5 cloves garlic, smashed with the flat side of the knife

2 tablespoons of Sumac; available at Metro...please pick up after your camel

1 tablespoon of olive oil

Salt and pepper

Grilled pita for serving

### For the Vegetables

1 eggplant  
2 zucchini  
6 Plum (Roma) tomatoes  
2 med yellow onions  
4 tablespoons of Zaatar  
2 tablespoons of olive oil

### How it's done

In a shallow dish combine the lemon juice, lemon zest, thyme sprigs, garlic, olive oil and salt and pepper. Toss the fish in the marinade and thread unto skewers; cover and refrigerate for 30 minutes to an hour.

Meanwhile quarter the onions and slice the eggplant and zucchini into large chunks. In a large glass bowl toss the vegetables with the olive oil and Zaatar. Thread the veggies onto skewers and set aside.

Prepared charcoal or preheat your gas grill to high heat.

When your fire is hot, lightly oil grates and grill the veggie skewers for about 10 to 12 minutes flipping occasionally. The fish skewers will only take about 8 to 10 minutes cooking time or until just opaque when fork tested. You can serve these love arrows on a bed of rice or a fresh garden salad but don't forget to grill some pita to wipe the drool off your chin. And to those folks, who posted a picture of me on [beefylebanesedishes.com](http://beefylebanesedishes.com), please take my olive oil sheened photo off.

### Barbequed Sea Bass over an Eggplant Salad

Serves 4

I know what you're thinking little chef..."I'm up to my blow hole with fresh Eggplant and tomatoes"...don't sweat it, celebrate it. Heck, before you know it I'll be in rehab trying to fight the withdrawal symptoms from my Jersey tomato habit..."Come on Man...just one cherry tomato...sniff, sniff"

### Ingredients

#### For the Sea Bass

4 portions of Sea Bass skin on and scaled with the pin bones removed. You could also use Branzino, Snapper or Grouper fillet for this dish

2 tablespoons olive oil  
2 cloves garlic finely minced

Salt and pepper

½ bunch Rosemary

#### For the Eggplant Salad

2 large Eggplants in 1/2 inch thick slices

Salt

2 tablespoons plus 1 tablespoon of olive oil

½ cup flat leaf parsley leaves

4 cloves garlic roughly chopped

3 Tomatoes de-seeded and roughly chopped

1 teaspoon Cumin Powder

The juice of one lemon

How it's done

In a shallow glass bowl combine all marinade ingredients together until incorporated. Add Sea bass fillets to the marinade and turn to coat; cover with plastic wrap and refrigerate for 20 to 30 minutes.

Next sprinkle the eggplant generously with salt on both sides and set on paper towels for 30 to 40 minutes.

After eggplant is finished its salted time, rinse with cold water and pat dry with paper towels

Next heat the 2 tablespoons of olive oil in a large skillet and fry the eggplant slices to a golden brown and transfer to a plate.

To the same hot pan, add the parsley leaves and fry quickly about 10 seconds.

Next add the garlic, tomatoes and cumin and return the eggplant pieces to the pan and cook for 1 more minute.

Reduce the heat, add the remaining 1 tablespoon of olive oil and the lemon juice and mix it all together, breaking the eggplant up well. Season to taste with salt and pepper and remove pan from heat to cool slightly

Meanwhile preheat gas grill or grill pan to high heat. Remove Bass fillet from marinade and grill, flesh side down first, for 2 minutes and carefully flip and cook for another 3 to 4 minutes or until just barely translucent in the center. To serve, divide eggplant salad onto 4 plates and top with Bass fillets. By the way if you're looking for a good tomato rehab facility, I highly recommend the "Heirloom House"...they get me there.

## August 4, 2011

Good morning to all of our beloved friends and clients and I have to be honest, I'm almost giddy with the progress we have been making in regards to our Move to 1320 Rt 22 West in Lebanon...with the parking lot and some finishing touches we are close enough to see the tiny hairs on her cheek...what the...sorry.

This has been a stark contrast to my past feelings of enraged anger, disgust and the occasional hysteria . However there is one emotion I can't seem to label, it is when I would lay in a bathtub full of Scotch in the fetal position while sucking my thumb and listening to Wayne Newton's "Danke Schön" on repeat...Wait! that's Rapture...speaking of being gastronomically transported, the Soft Shell Crab Season is beginning to wind down...they are still lovely, so like the jersey tomato, eat them while they're with us.

If you don't feel like cooking here are

Some Great Take-Out Specials

908-735-5121 begin\_of\_the\_skype\_highlighting 908-735-5121

end\_of\_the\_skype\_highlighting

Barbequed Lemon Herb Wild Sockeye Salmon

On top of our Classic Caesar Salad

With a Choice of Soft Drink\*\*

\$12

Spicy Catfish ‘Po-Boy’ Roll  
Spicy Panko Crusted Catfish with Lettuce, Tomato and Pickles  
with Cayenne Aioli on a fresh Baked Portuguese Roll  
w/ choice of soft drink\*\*  
\$8

Whole Belly Clam Roll  
(Please Don’t Punch Your Grand-Ma after tasting this) Succulent Fried (Steamer Clams) With Lettuce Tomato and Tartar on a Fresh Baked Portuguese Roll With a choice of Soft Drink\*\*  
\$10

“Pop Corn” Rock Shrimp Platter  
Hand Breaded Tender Rock Shrimp with French Fries, Cole Slaw, Tartar and Cocktail Sauce  
With a Choice of Drink\*\*  
\$9

Grilled Ginger Lime Snapper  
On a mixed field green salad  
w/ a Choice of soup\*  
\$10

Metro’s “Sloppy Joe” Pita Wrap  
Panko Crusted fillet with lettuce, tomato, and Russian Dressing  
On locally bake pita  
Choice of soup\*  
\$8

(For those of you who love fish eaters, but not fish)

Metro Chicken Club  
Panko crusted Chicken Breast served with lettuce, tomato, hickory smoked bacon, mayonnaise and on a locally baked Portuguese Roll  
With a Choice of Soup\*  
\$9

\*\* Soft Drink Choices for specials Coke, Diet Coke, Sprite and Water

\*Soup Choices- Manhattan or New England Clam Chowder, Lobster Bisque and Chicken Rice

Of course all of these soups are homemade...that’s how we roll

Hey! Gazpacho is Back!

To all of our Pennsylvania Travelers we will be at the Ottsville Farmers Market again

this year with a gorgeous selection of Seafood for the folks of Bucks County...The Ottsville Farmers Market is open Friday's only, from April 29th 2011 till October 15, between 4:00 and 8:00pm. Should you need anything in particular held for you, please feel free to call the Main store at 908-735-5121 [begin\\_of\\_the\\_skype\\_highlighting 908-735-5121 end\\_of\\_the\\_skype\\_highlighting](#)

To all of our fellow travelers to the South, Metro will be at the Stockton Market on Fridays from 1-7p.m., in addition to Saturdays 9:00am to 4:00pm and Sundays from 10:00am to 4:00pm

Along with our fresh fish selections we are delighted to announce Metropolitan Seafood will be offering our World Famous Fish and Chips on FRIDAYS ONLY Please feel free to call our store (908-735-5121 [begin\\_of\\_the\\_skype\\_highlighting 908-735-5121 end\\_of\\_the\\_skype\\_highlighting](#)) to have anything in particular brought down for you, but as always a great selection will abound.

From the North: Dry Day Boat Sea Scallops, Swordfish, New Bedford Hake fillet, Porgies(Scup), Nova Scotia Halibut Fillet and Cheeks!, Maine Sea Bass(Black Sea Bass), Day Boat Monkfish Fillet, Rhode Island Fresh Squid, Flounder Fillet, New Bedford Cod Fillet, Real Maine Whole Belly Clams, New Bedford Grey Sole, Maine Jonah Crab Claws, Sushi Grade Fluke, Uni (Sea Urchin Roe), Maine Steamer Clams, Rhode Island Little Necks, Cherry Stones and Top Neck Clams

From the Waters of the World: Hamachi (Yellow-Tail), Wild Caribbean Hopper Pink Shrimp, Turkish Anchovies, New Zealand Scampi's, Portuguese Sardines, Mediterranean Branzini (Branzino) and Durato, Cold Water New Zealand Lobster Tails, Spanish Octopus both large and baby

From the South: Golden Tilefish, Sushi Grade Ahi Tuna, Mahi Mahi(See Recipe Below), American Red Snapper, Soft Shell Crabs, Snowy Grouper, Rock Shrimp, Blue Crab Cocktail Claws, Fresh Lump and Jumbo Lump Crab Meat

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

From the Pacific Northwest: Wild Alaskan Troll King Salmon, Wild Washington State Sockeye Salmon, Fresh Plump Shucked Washington State Oysters, Jumbo King Crab Legs and Snow(Ophelia) Crab Legs and Cocktail Claws

This Weekend's Featured Oyster:

Steamboat (Totten Inlet, Washington State)

This little briny bi-valve is a deep-cupped and plump oyster with a mild, earthy flavor and a cucumbery crispness as you chew.

East Coast: Wellfleet (Wellfleet Mass.)

Flying Point (Upper Sheepscoot River, Maine)

Beau Soleil (New Brunswick, Canada)

Blue Point (Connecticut)

Bailey's (Delaware)

West Coast: Peale Passage (Shelton, Washington St.)

Kumomoto (Humbolt Bay, California)  
Mirada (Southern Hood Canal Washington St.)

This Weekend's Local Artisanal Cheeses  
Please don't hesitate to ask for a taste!

Bobolink Dairy Milford NJ

Cave Aged Cheddar: A truly exceptional cheddar, full flavored and complex

Frolic: An Alpine-Style Cheese named for the Happy Frolicking Cows of Milford.

Valley Shepherd Creamery Long Valley NJ

Califon Tomme: Aged 3+ months, this creamy, Tangy Cheese reminds me of a young-aged Gouda Style. Delectable melt-ability

Tewksbury: Aged 12+ months, this gem from the Cave is both nutty and full-flavored, while still representing the purity of the milk throughout

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

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

Oldwick Shepherd: Aged 5+ months, this sheep's milk cheese is nutty, full flavored, and undeniably sheep! Baaaah

Valley Thunder: Aged 10+ months this cheese is produced with great love and care first draped in cloth, the aged to pay homage the heartiest British Cheddar Makers

Pan Seared Arctic Char with a Caper Salsa

Serves 4

"Hi my name is Mark and I'm a Caper-aholic"... "Hi Mark" "I'm just here tonight to tell the group that I'm not buying into your 12 step program that would rid my life of these glorious pickled buds"... "Are you on Capers right now Mark, you seem a bit aggressive"... "Well...yes, but that doesn't mean I can't stop..." "Please leave Mark" "Fine I'm going to create a Caper Salsa you losers" ....the birth of the Caper Salsa

Ingredients

For the Arctic Char

1 ½ to 2 pounds of Arctic Char Fillet cut into 4 portions; note I've also done this recipe with Black Cod(Sablefish) with great success

2 tablespoons of olive oil

Salt and pepper

For the Caper Salsa

1/3 cup capers, rinsed and drained

1 small red onion, very finely diced

1/3 cup chopped fresh flat leaf parsley

1 fire roast red pepper, finely diced with skin removed: you could use jarred peppers if you don't have the time to roast one or call Metro in advance and we will roast one for you...no joke

1 teaspoon of smoked paprika

Finely grated zest and juice of 1 small orange

1 tablespoon of sherry vinegar

2 tablespoons olive oil

Salt and Pepper

How it's done

Heat a large non-stick skillet to high heat

Brush the Char fillets with 1 tablespoon of the olive oil and season both sides with salt and pepper.

When the skillet is hot, add the remaining 1 tablespoon of olive oil and sear the Char fillets, flesh side down first, for 3 to 4 minutes per side or until just opaque when fork tested; set aside to rest.

Meanwhile make caper salsa by mixing all ingredients together in a bowl and season with salt and pepper to taste.

To serve arrange the Char fillets onto four plates and spoon over Caper Salsa.

If you miss a few days of work because you want to explore new and uncharted Caper recipes...well I think that's fine...in fact, count me in.

### Grilled Mahi with a Thai Inspired Arugula Salad

Serves 4

Color me embarrassed...when my lovely bride suggested we try Thai the other night...I headed straight to the "Naughty Kitty", with optimistic trepidation, to pick up some silk rope and a very tasteful riding crop. However, when she, repulsively, inquired about my purchase I quickly informed her I'd taken up horseback riding and came up with this recipe. Luckily I hadn't asked her what our "Safe" word should be.

Ingredients

1 ½ to 2 pounds of Mahi fillet cut into 4 portions skin removed: you could also use Cobia or Swordfish steaks

1 clove of garlic minced fine

¾ inch piece ginger, grated

1 long red hot pepper thinly sliced...of course you can use any hot pepper you have on hand unless you find ketchup spicy. Then you might want to do another recipe you big Nancy

The finely grated zest of 1 lime

1 tablespoon of olive oil

½ cup of cilantro leaves

1- 4 ounce package of Arugula; if you find Arugula to peppery you can use spinach for this dish

1 small red onion finely slice

1 pint of cherry or grape tomatoes halved

1 small cucumber cut into long thin ribbon strips

For the Salad Dressing

¼ cup of brown sugar

2 tablespoons of fish Sauce; available at Metro

1 tablespoon of soy sauce

1 clove of garlic finely minced

1 juice of 1 lime

2 tablespoons of vegetable oil

How it's done

Pat Mahi fillets dry with a paper towel.

Roughly chop 1/3 cup cilantro and reserve the rest. Combine chopped cilantro with the ginger, garlic, hot pepper, lime zest and olive oil. Add Mahi fillets and turn to coat; Marinate for at least 30 minutes to an hour in the refrigerator.

Next, in a small bowl, whisk together the ingredients to the salad dressing and set aside.

In a salad bowl gently toss the arugula with the onion, tomatoes, cucumber, and remaining cilantro and arrange on four serving plates.

Prepare charcoal or preheat your gas grill to high heat, lightly spray the grill grates with oil. Remove the Mahi from the marinade and grill for 5 to 6 minutes per side or until just opaque in the center when fork tested. Arrange warm Mahi fillets over the salads and enjoy immediately. I'm holding on to the riding crop in case any of my beloved clients behave...well deservingly.

## August 2, 2011

Good morning to all of our beloved friends and clients and I sincerely hope you are enjoying this steamy season as we slide, with heated glistened bodies, into the "Dog Days" of summer...that was probably a little sexier than I wanted it to be but...C'est la vie

Speaking of "Such Is Life" we are securely on track to our move to Lebanon...no kidding. The parking lot has to be completed next week and with a little exterior clean up, we will transform that once kitchen place into a world class Seafood & Gourmet Market.

Some of you have been inquiring about the additional services that we be offering at our new location...I will reveal those in the weeks to come but here are some services we will NOT be offering.

Hookah and Hummus Bar

Full Body Massages with Omega three fatty acids

Cocktail Sauce Wrestling Tournaments...that one has some kick to it

Meeting Room for Cheese-aholics anonymous

However I am still looking into the possibility of a Vodka Luge.

I hope you enjoy todays very easy and delicious recipes...thank you sincerely

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Great Take-Out Specials

908-735-5121 begin\_of\_the\_skype\_highlighting 908-735-5121

end\_of\_the\_skype\_highlighting

Fried Scallop Roll

Panko Crusted Cape May Sea Scallops

With Lettuce, Tomato, Tartar and on a fresh baked Portuguese roll

With a Choice of Soft Drink\*\*  
\$9

Grilled Lemon Herb Sea Bream on Top of a Classic Caesar Salad  
With a choice of Soft Drink\*\*  
\$10

Crab Cake Pita Wrap  
Metro famous Crab Cake with Lettuce Tomato and Tartar on locally baked Pita  
With a choice of Soup\*  
\$8

Metro Fish Tacos  
Panko Crusted fish served on a flour tortilla with lettuce,  
Pico de Gallo sauce and Baja Sauce and a side of our homemade Pickled Jalapeños  
and Onions  
With a Soft Drink\*\*  
\$8

Barbequed Sesame Organic Salmon over a Mixed Field Green Salad  
With a Lemon Thai Chili Vinaigrette  
With a choice of Soft Drink\*\*  
\$9

Salmon Salad Pita Wrap  
Fresh Steamed (not canned) Salmon Salad with lettuce and Tomato on locally baked  
Pita Bread  
With a choice of Soft Drink\*\*  
\$7

(For those Folks who love fish eaters but not fish)  
Barbequed Sesame Chicken Breast over a Mixed Field Green Salad  
With a Lemon Thai Chili Vinaigrette  
With a choice of Soft Drink\*\*  
\$9

\*\* Soft Drink Choices for specials Coke, Diet Coke, Sprite and Water

\*Soup Choices- Gazpacho, Manhattan or New England Clam Chowder, Lobster Bisque  
and Chicken Rice

Of course all of these soups are homemade...that's how we roll

Don't Forget, We Make a Mean Gazpacho

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From the North: Ocean Catfish(Wolfish, like me not that attractive but delicious), Dry Day Boat Sea Scallops, Swordfish, New Bedford Hake fillet, Nova Scotia Halibut, Maine Sea Bass(Black Sea Bass), Day Boat Monkfish Fillet, Rhode Island Fresh Squid, Flounder Fillet, New Bedford Cod Fillet, New Bedford Grey Sole, Sushi Grade Fluke, Uni (Sea Urchin Roe), Rhode Island Little Necks, Cherry Stones and Top Neck Clams

From the Waters of the World: Hamachi (Yellow-Tail), Wild Caribbean Hopper Pink Shrimp(See Recipe Below), New Zealand Scampi's, Mediterranean Branzini (Branzino) and Durato, Cold Water New Zealand Lobster Tails, Spanish Octopus both large and baby

From the South: Sushi Grade Ahi Tuna, Mahi Mahi, American Red Snapper, Soft Shell Crabs, Pink Grouper, Blue Crab Cocktail Claws, Fresh Lump and Jumbo Lump Crab Meat

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

From the Pacific Northwest: Alaskan Sablefish(Black Cod), Wild Washington State Sockeye Salmon(See Recipe Below), Fresh Plump Shucked Washington State Oysters, Jumbo King Crab Legs and Snow(Ophelia) Crab Legs and Cocktail Claws Shrimp and Arugula Salad with a Lemon Thai Dressing

Serves 4

Stop feeling so guilty that this recipe is so easy...your dinner guests don't have to know that. This entire meal if you add a loaf of bread will take you a solid 15 to 20 minutes...that's if you're not sober. So feel free to take a little nap before dinner...not that you need the beauty rest but who couldn't use a little sexy rest...wink, wink, nudge, nudge...know what I mean. Sorry got a little carried away.

Ingredients

For the Lemon Thai Dressing

1/4 cup fresh lemon juice

1 tablespoon soy sauce

1 clove of finely minced garlic

1 tablespoon of Sweet Thai Chili Sauce

1/2 teaspoon salt

A little freshly ground black pepper

4 tablespoons of vegetable oil

For the Shrimp and Arugula Salad

1 ½ to 2 pounds of large Shrimp shelled, deveined and steamed: Metro will perform this service for free, just call ahead. Note; I have done this dish with leftover grilled fish and almost couldn't stop hugging myself...it's that good.

Vegetable oil for deep-frying

2 cloves garlic, thinly sliced

1 pint of mushroom sliced thin; this one is your call, white, wild, Cremini...get your shroom on

4 ounces of Baby Arugula or your favorite Salad Green

How it's done

For the Lemon Thai Dressing

Whisk together all the ingredients except the oil. When the salt is fully dissolved then whisk in vegetable oil

For the Shrimp and Arugula Salad

Bring about 1 inch of vegetable oil in a small saucepan to 320°F. Deep-fry the garlic slices until crisp. Transfer to a paper towel

Next fry the mushrooms for about a minute or so till crisp tender, set aside

To serve, arrange the Arugula, Mushrooms, and cold Shrimp on four serving dishes.

Drizzle over the Lemon Thai Dressing and garnish with garlic chips. Yes, that's right dinner is made your well rested...stop doing your happy dance...you're freaking the guests out.

Grilled Sumac Salmon with Tabouli & Baba Ghanooj

Serves 4

If your one of those fellow travelers who likes to hold onto a good grudge and generally enjoys the bitterness of a "Good" bad mood, please don't make this dish. Unless of course, you want the love vibrations of this meal to shatter your perfectly good funk....I'm just saying

Ingredients

1 ½ to 2 pounds of Salmon Fillet; you could also use with Great Success Halibut or even Swordfish for the weekday sumptuous time saver

2 tablespoons olive oil

1 garlic clove, crushed

2 teaspoons sumac...Sumac is a wonderfully tangy spice which will only fortify your love for half Lebanese fishmongers and is also available at Metropolitan Seafood & Gourmet

1 teaspoon finely grated lemon rind

The juice of 1 lemon

Olive oil cooking spray

1/2 cup fresh cilantro leaves

Salt and pepper

8 ounces of Baba Ghanooj to serve...this fire Roasted Eggplant dip is available at Metro

1 cup of Tabouli to serve...Can I get that at Metro? You know you can Ali Baba.

How it's done

Pat Salmon Dry with paper towels and sprinkle both sides with salt and pepper and set

aside.

Next in a shallow glass dish combine olive oil, garlic, sumac, lemon rind and lemon juice in a bowl. Rub mixture over Salmon. Cover. Refrigerate for 20 to 30 minutes.

Prepare charcoal or preheat gas grill to high heat.

Spray grill grates with olive oil spray and place Salmon flesh side down on the grill and cook for 3 to 4 minutes. Gently flip Salmon onto skin side and cook for another 5 to 6 minutes or until just opaque with fork tested. Transfer Salmon to serving plates and garnish with the Cilantro and serve with the Tabouli and Baba Ghanooj. I know what you're thinking, what is this psychotropic feeling that's taken over me fishman...no worries little chef that's just your dinner guests projecting waves of loving gratitude your way....you'll get used to it.