

February 24, 2011

Good morning to all of our beloved friends and clients who have not only have honored us with the acceptance of our bi-weekly emails but who have been so graciously supportive during our pending move.

To give you a brief but exciting update on the progress, let me start by stating that the finishing drywall, interior paint and tile work will be completed by the beginning of next week. Furthermore, our phone and computer line will be installed this Friday. If you have never seen a grown Fish Monger cry or at least suck his thumb while in the fetal position, wait until I announce the final move date in a couple of weeks...on second thought you probably don't want to see the infantile part. We are almost there...I sincerely hope you enjoy today's recipes while watching the rain this weekend.

If you don't feel like cooking here are some Great Take-Out Specials
908-735-5121

Grilled Southwestern Grouper Sandwich

A Spiced Grilled Grouper fillet with Sweet Peppers, Onions and Chipotle Mayo on a Fresh Baked Portuguese Roll

With a choice of Soup*

\$8

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*

\$5

Fried Crispy Whiting Wrap

Panko Crusted Atlantic Whiting with Lettuce Tomato, Tartar and Hot Sauce on Locally Baked Pita

With a Choice of Soft Drink**

\$5

Grilled Ginger Lime Red Snapper on a Mixed Field Green Salad

With a choice of Soft Drink**

\$9

Fried Scallop Platter

With Crisp French Fries, Cole Slaw, Tartar and Cocktail sauce

With a Choice of Soft Drink**

\$15

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

** 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

To all of our fellow travelers South West, We will be at the Stockton Farmer's Market This Friday from 1-7p.m., Saturday from 9a.m.-4p.m., and Sunday from 10 a.m.-4p.m.

We are also continuing the Friday Night only production of our World Famous Fish and Chips.

Please feel free to call our store (908-735-5121) if you know there is anything you would like for this weekend, but as always a great selection will abound.

From the North: Flounder Fillet, Rhode Island Little Neck and Top Neck, New Bedford Cod Fillet, Day Boat Monkfish Fillet and Liver, New Bedford Grey Sole, Nova Scotia Halibut, Dry Day Boat Sea Scallops, Maine Jonah Crab Claws, Sushi Grade Fluke, New Bedford Hake, Uni (Sea Urchin Roe), Maine Steamer Clams, Swordfish, Real Maine Steamers, Fresh Squid, Sushi Grade Sweet Shrimp from Maine

From the Waters of the World: The Real Dover Sole, Wild Caribbean Hopper Pink Shrimp, Portuguese Sardines, Fresh-Never-Frozen Chilean Sea Bass, Mediterranean Branzini and Durato, Hamachi (Yellow-Tail), Cold Water New Zealand Lobster Tails, Spanish Octopus both large and baby

From the South: Pink Grouper(See Recipe Below), Sheephead(Bay Snapper), Mahi Mahi, Spanish Mackerel, Shad and Shad Roe, Golden Tilefish, Real American Red Snapper, Blue Crab Cocktail Claws, Fresh Lump and Jumbo Lump Crab Meat, Fresh Florida Stone Crab Claws, Florida Rock Shrimp, Sushi Grade Ahi Tuna(See Recipe Below), Red Drum

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

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

THIS WEEKEND'S OYSTER SELECTION WILL INCLUDE THE FOLLOWING DELIGHTS

East Coast: Wellfleet (Wellfleet Mass)

St. Simon (New Brunswick, Canada)

Flowers (Oyster Bay Harbor, NY)

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

Raspberry Point (Prince Edward Island, Canada)

Nantucket Sound (New Bedford, Massachusetts)

Chesapeake Bay(Fishing Creek, Maryland)

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

Deep Bay (British Columbia, Canada)

Kumomoto (Humbolt Bay, California)

Miyagi (Puget Sound, Washington State)

This Weekends Local Artisanal Cheeses

Please don't hesitate to ask for a taste!

Bobolink Dairy Milford NJ

Drumm: Semi-soft grass fed cow's milk cheese, full-bodied and earthy

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

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

Tartufo Shepherd: Pure sheep's milk with the addition of Tuscan Black Truffles, aged 4+ months....both earthy and elegant!

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.

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

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

Broiled Grouper over Fettuccine with a Fresh Vegetable Sauce

Serves 4

I thought I knew Grouper, sure we've known each other for what seems a lifetime but when this delicate creature suggested it come to the dinner table wearing virtually nothing, I promised to keep an open mind and remind myself that all Neptune's creatures are born into this world with out the cloak of blackening seasoning. In short, this dish along with a supportive fresh vegetable sauce has me seeing my old flame with a revitalized pallet.

Ingredients

For the Fish and Pasta

4 portions of Grouper 6 ounces each with the skin removed: You could also use Halibut, or Chilean Sea Bass

Salt and pepper

Olive oil

1 pound Fettuccine or any pasta you happen to love

For the fresh vegetable sauce

2 tablespoons unsalted butter

4 tablespoons olive oil

1 red pepper

1 yellow pepper

2 large shallots

1 medium eggplant

2 small zucchini

1 14 ounce can of chopped tomatoes

2 tablespoons chopped basil

Preheat broiler to medium and lightly oil your broiling pan.

Season both sides of the fish with salt and pepper and drizzle with olive oil and set aside at room temperature.

Next deseed peppers, cut all vegetables into a ¼ inch dice. Melt half the butter with olive oil in a large pan, add vegetables, and sauté for about 3-4 minutes. Add chopped tomatoes and half the basil, and simmer until flavors develop, about 5 minutes or so. Season with salt and pepper and keep warm over low heat.

In a large pot of salted water cook pasta until al dente (slightly firm to the bite) Meanwhile, lay Grouper on broiling pan and cook under broiler for about 8 minutes or until it is opaque in the center. Drain pasta, and add to vegetable sauce until incorporated

Divide pasta into four warmed bowls and lay the broiled Grouper on top and garnish with the remaining basil. Just to keep you in the loop, Grouper and I have set a designated date night to keep our relationship fresh.

Pan Seared Tuna Steaks with a Tomato and Caper Tapenade

Serves 4 or 8 as a small course

For those literal foodies who think all tapenades are pureed, I ask you to find a Cuisinart in the ancient ruins of Pompeii. However you chop it, this dish is a magnificent tribute to a perfectly seared piece of Tuna. Please don't be alarmed when your dinner guests are casting ballots for you to be Caesar for life...I hear it's a good gig

Ingredients

2 teaspoons coarse salt divided

1 garlic clove turned into a paste by working the flat side of your knife over it with a little salt...seriously I will gladly give you a private lesson for a beer.

1 pint of grape tomatoes quartered

½ cup pimiento-stuffed olives chopped...yes the martini olives...yes I will have one.

6 tablespoons of cilantro chopped

4 tablespoons olive oil, divided

3 tablespoons capers rinsed and drained

The juice of one lime

1 tablespoon finely chopped pickled jalapeños...available at Metro

¾ teaspoon dried oregano, crumbled

1 ½ to 2 pounds of Sushi Grade Tuna 1 inch thick; Yellow fin or Blue fin, dealer's choice

2 ¼ teaspoons ground cumin

¾ teaspoon course ground black pepper

How it's done

In a medium bowl combine garlic paste, tomatoes, olives, cilantro, 3 tablespoons olive oil, capers, lime juice, chopped jalapeños and dried oregano; toss relish to

blend well. Season tapenade to taste with salt and pepper. This step can be done 1 hour in advance and left covered at room temperature. Sprinkle Tuna steak on both sides with cumin, 3/4 teaspoon pepper, and 2 teaspoons coarse salt. Heat a heavy cast iron skillet or grill pan to high heat. When the pan is hot add the remaining tablespoon of olive oil and sear the tuna steaks until browned 1½ minutes per side for rare or 2 to 3 minutes per side for medium rare. Transfer tuna to cutting board and let rest 2 minutes. To serve cut tuna steaks into a little less than ½ inch slices (against the grain) then spoon over tapenade. Don't be so upset that you are having a hard time finding olive branches to wear around your beloved head Caesar. You might what to try gluing some bay leaves to a wire hanger...yeah, good one fishman.

February 22, 2011

Good morning to all of our beloved friends and clients I don't know about you but I was scared out of my mind thinking that winter was over this past Friday. I dare not speak for you fellow travelers, but I'm still donning my warm layer of winter overabundance. Granted, it looks awesome in sweater but for the love of Pete, Mother Nature, how about a little warning from the 30's to the 70's, give a thick Lebanese man a chance to catch his breath or at least put down the cake fork.

Some Great Take-Out Specials 908-735-5121

Shrimp Salad Roll

"Real" Shrimp Salad made with fresh steamed whole shrimp served on a Portuguese Roll with Baby Field greens and Tomato
With a Choice of Soup*
\$8

BBQ Sesame Soy Grouper
Over a toasted Sesame Scallion Noodle
With a Choice of Soft Drink**
\$8

Pan Seared Mediterean Sea Bass (Branzino)
With Roasted Vegetables over a Mixed Field Green Salad
With a choice Soft Drink**
\$9

Metro's Own Crab Cake Sandwich
One of Metros Classic Crab Cakes, Golden brown on your choice of a fresh pita or Portuguese roll and with your choice of lettuce, tomato, Tarter or Cocktail Sauce

With a choice of Soup*
\$7

Grilled Ginger Halibut Pita Wrap
With Oven Roasted Veggies and Wasabi Sauce
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

To all of our fellow travelers South West, We will be at the Stockton Farmer's
Market This Friday from 1-7p.m., Saturday from 9a.m.-4p.m., and Sunday from
10 a.m.-4p.m.

We are also continuing the Friday Night only production of our World Famous
Fish and Chips.

Please feel free to call our store (908-735-5121) to have anything in particular
brought down for you for this weekend, but as always a great selection will
abound.

From the North: Day Boat Monkfish Fillet (See Recipe Below), Flounder Fillet,
Rhode Island Little Neck and Top Neck Clams, New Bedford Cod Fillet, New
Bedford Grey Sole, Nova Scotia Halibut, Dry Day Boat Sea Scallops, Maine
Jonah Crab Claws, Sushi Grade Fluke, Swordfish, Real Maine Steamers, Fresh
Squid

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

From the South: Mahi Mahi, Spanish Mackerel, Pink Grouper, Real American
Red Snapper, Sushi Grade Ahi Tuna, Blue Crab Cocktail Claws, Fresh Lump and
Jumbo Lump Crab Meat, Fresh Florida Stone Crab Claws

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

From the Pacific Northwest: Wild Alaskan Troll King Salmon(See Recipe Below),
Manila Clams(See Recipe Below), Wild Alaskan Sturgeon, Fresh Plump

Shucked Washington State Oysters, Jumbo King Crab Legs and Snow(Ophelia) Crab Legs and Cocktail Claws

Easy Monkfish Tomato Stew

Serves 4

Stew on a weekday? Are you smoking your own tuna...yes, but I have not inhaled, well maybe a little. I promise you can prepare this soul healing stew for your love ones in less time than it takes you to broil those flavorless chicken breasts again.

Ingredients

2 tablespoons plus 2 tablespoons of your best olive oil...how about that Lebanese Olive oil at Metro...shameless plug.

1 ½ pounds of Monkfish cut into 2 inch pieces

Salt and pepper

1 white onion, coarsely chopped

1 large carrot, coarsely chopped

1 rib celery, coarsely chopped

1/4 cup flour

1 cup dry white wine

1 each 14 ounce can whole tomatoes, crushed by hand

How it' done

With paper towel pat dry monkfish and season generously with salt and pepper. In a Dutch oven, heat 2 tablespoons of olive oil over high heat until smoking. Add the Monkfish and sear until dark golden brown on all sides. Remove the Monkfish to a plate lined with paper towels and set aside.

In the same pan, place the onion, carrot and celery and cook over high heat until the vegetables are browned and soft. Sprinkle the flour over the vegetables and cook, stirring for another 2 to 3 minutes. Add the white wine and stir with a wooden spoon to deglaze the browned bits at the bottom of the pot. Add the tomatoes and remaining 2 tablespoons of olive oil and bring to a boil, season with salt and pepper. Next return the Monkfish to the pot and reduce to a simmer, cook for another 6 minutes, then remove from heat.

Divide evenly among 4 warmed pasta bowls and serve immediately. After completing this recipe I've since checked my self into rehab addressing my addiction to smoked tuna. Apparently it's not ok to miss work and sit on the couch all day snacking on smoked fish...who am I kidding, I can handle this.

Pan Roasted Pomegranate Salmon over an Arugula Salad

Serves 4

Have you ever found yourself around the water cooler with lustful envy over your co-workers homemade dinners? Allow me to keep your culinary fidelity intact with this easy yet seductively exotic mid-week dinner. I know you almost tried to get yourself invited over to your neighbor's house; the important thing is that you stopped yourself.

Ingredients

For the Salmon

3 tablespoons pomegranate molasses

1 tablespoon olive oil

Grated zest of 1 lemon

Salt and Pepper

4 portions of Salmon 6 to 8 ounces each skinned; this dish also works great on Swordfish

For the Arugula Salad

8 ounces baby Arugula

1 pint grape tomatoes halved

½ red onions sliced paper thin

1 clove garlic finely minced

½ teaspoon kosher salt

¼ teaspoon freshly ground black pepper

The juice of 1 lemon

1 tablespoon honey

4 tablespoons pomegranate molasses

1/3 cup olive oil

2 tablespoons coarsely chopped mint or 2 teaspoons of dried mint

How it's done

In a small bowl whisk together pomegranate molasses, olive oil, lemon zest and season with salt and pepper. Place fish in a glass baking dish. Pour marinade over Salmon, cover and refrigerate 30 min to an hour, turning once.

To prepare dressing for Arugula Salad: Combine garlic, salt, pepper, lemon juice, honey and pomegranate molasses in a bowl, whisking well. Whisk in olive oil slowly, blending well. Stir in mint. Cover and refrigerate until ready to use.

Preheat oven to 400° degrees. Heat a 10-to-12-inch nonstick skillet over medium-high heat. Remove the Salmon from the marinade. When the pan is hot, place Salmon flesh-side down and brown well about 2 minutes then flip and cook for another 2 minutes.

Spoon about a tablespoon marinade over the top of each fillet and transfer the entire pan to the oven and roast about 10 minutes or until Salmon is opaque in the center. Discard remaining marinade.

In your salad bowl toss the Arugula, red onions and tomatoes then separate to 4 serving plates. Top each salad with a Salmon fillet and drizzle over your dressing and take solace in your deeper appreciation and love for your own home cooked meals.

February 17th, 2011

Good morning to all of our beloved friends and clients and thank Cod! The thermometer should hit the 60's by tomorrow and I urge all of my fellow travelers to dance wildly and pay homage to a glimpse of spring to come. And by dancing I'm referring to the lost dance style perfected by rhythmically challenged youths of the late 60's...the only freighting thought is that some of you were there...yeah, you know who you are...seriously, how high were you?

Some Great Take-Out Specials

908-735-5121

Grilled Blackened Swordfish Sandwich
With lettuce, tomato and Spicy Tarter on a Fresh Baked Portuguese Roll
With French Fries
\$7

Grilled Grouper Tacos
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

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 Ginger Lime Halibut over a Mixed Field Green Salad
And a Choice of Soup*
\$9

Panko and Cornmeal Crusted Calamari with our Homemade Marinara Sauce and
lemon
Served with French Fries
And a 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

To all of our fellow travelers South West, We will be at the Stockton Farmer's
Market This Friday from 1-7p.m., Saturday from 9a.m.-4p.m., and Sunday from
10 a.m.-4p.m.

We are also continuing the Friday Night only production of our World Famous
Fish and Chips.

Please feel free to call our store (908-735-5121) to have anything in particular
brought down for you for this weekend, but as always a great selection will
abound.

From the North: Flounder Fillet(See Recipe Below), Rhode Island Little Neck and
Top Neck(See Recipe Below), New Bedford Cod Fillet, Day Boat Monkfish Fillet,
New Bedford Grey Sole, Nova Scotia Halibut, Dry Day Boat Sea Scallops, Maine
Jonah Crab Claws, Sushi Grade Fluke, New Bedford Hake, Uni (Sea Urchin

Roe), Maine Steamer Clams, Swordfish, Real Maine Steamers, Fresh Squid, Sushi Grade Sweet Shrimp from Maine

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

From the South: First of the Season Shad and Shad Roe(See Recipe Below), Mahi Mahi, Spanish Mackerel, Golden Tilefish, Pink Grouper, Real American Red Snapper, Sushi Grade Ahi Tuna, Blue Crab Cocktail Claws, Fresh Lump and Jumbo Lump Crab Meat, Fresh Florida Stone Crab Claws, Florida Rock Shrimp

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

From the Pacific Northwest: Manila Clams(See Recipe Below), Wild Alaskan Sturgeon, Wild Alaskan Yellow-Eyed Rock Fish, Black Cod(Sablefish), Wild Alaskan Troll King Salmon, Fresh Plump Shucked Washington State Oysters, Jumbo King Crab Legs and Snow(Ophelia) Crab Legs and Cocktail Claws

THIS WEEKEND'S OYSTER SELECTION WILL INCLUDE THE FOLLOWING DELIGHTS

East Coast:

Wellfleet (Wellfleet Mass)
St. Simon (New Brunswick, Canada)
Flowers (Oyster Bay Harbor, NY)
Fisher's Island (Fisher's Island, New York)
Pickle Points (Prince Edward Island, Canada)
Nantucket Sound (New Bedford, Massachusetts)

West Coast:

Peale Passage (Shelton, Washington St.)
Deep Bay (British Columbia, Canada)
Kumomoto (Humbolt Bay, California)

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

Bobolink Dairy Milford NJ

Drumm: Semi-soft grass fed cow's milk cheese, full-bodied and earthy
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

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

Tartufo Shepherd: Pure sheep's milk with the addition of Tuscan Black Truffles, aged 4+ months....both earthy and elegant!

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.

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

Octoberkase: Aged 6+ months, and made from Octobers milk rich in butterfat and flavor

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

Tewksbury:

Spanish Style Clams and Chorizo

You might want to don your full Matador outfit before serving this dish to dodge off any unwanted hugs brought on by your guest's appreciation of this delectable dinner...Oh who am I kidding, it's a very slimming look.

Serves 4

Ingredients

2 tablespoons of olive oil, plus 2 more tablespoons for Garnish...I know I said Spanish but the Lebanese Olive oil at Metro is fruity and also doubles as culinary massage oil

2 leeks, thinly sliced, white part only

3 links Spanish chorizo, diced

2 shallot, minced

4 cloves garlic minced, minced

4 plum tomatoes, roughly chopped

1 cup dry white wine

1 good Pinch of saffron threads

2 bay leaves

1 Tbsp fresh thyme leaves

1 good pinch of crushed red pepper

2 tablespoons of unsalted butter

2 to 3 dozen little neck clams soaked and scrubbed

4 tablespoons flat leaf parsley, chopped

How it's done

Heat a large pot over medium heat; add 2 tablespoons of olive oil, leeks, and chorizo Sauté until they start to soften and the chorizo starts browning about 1 minute then add the shallots and garlic; cook until translucent, about 2 minutes

Next tomatoes; and cook for about 3 minutes or until they start to break down a bit and release their juices.

Finally add white wine, saffron, bay leaf, thyme, red pepper, butter, clams. Cover with a tight fitting lid; steam clams until they start to open 6 minutes Taste broth and adjust seasoning with salt and pepper. Just before serving add parsley and remaining olive oil. Transfer clams and broth into a communal bowl and make sure you have plenty of bread or you might bite your finger off to get a deeper taste of the broth.

Pan Fried Flounder over Swiss Chard with Olive and Caper Sauce

Serves 4

This dish is plagued with “Old World” flavors and is worth the whole 30 minutes you will be in the kitchen. But Mark, this recipe seems a bit too long...hush now, open a bottle of wine and march into the kitchen with a loved one and hit this one out of the park. And when I say loved one I’m not talking about your great Aunt, unless she’s fun to be around after killing a bottle of wine.

Ingredients

For the Flounder

4 fillets of Flounder 6 to 8 ounces each

1 tablespoon of olive oil

Flour for dusting fish

Salt and pepper

The juice of ½ of lemon...check the bag if you shopped at Metro you got a free one or two

1 tablespoon unsalted butter

For the Sauce

3 plum tomatoes, diced, peeled and deseeded (to peel the tomatoes: drop in boiling water for 1 minute then transfer to ice water, the skins will off easily)

1 medium Red Onion diced

¾ of Kalamata Olives pitted

2 tablespoon of capers drained and rinsed

¼ cup Olive oil

For the Swiss Chard

1 large bunch of Swiss Chard washed dry and trimmed, cut crosswise into ½” pieces keeping the thick stems and the leaves separate

1 tablespoon olive oil

½ tablespoon unsalted butter

2 cloves of Garlic Minced

How it’s done

For the Sauce

Heat the oil in a sauce pan, add the red onions and sweat until slightly soft, do not brown onions. Next add the tomatoes, olives, capers, and bring to a simmer. Season with salt and pepper to taste and cover and keep warm

For the Swiss Chard

Melt butter with oil in heavy large pot over medium heat. Add garlic and sauté until fragrant, about 1 minute. Add chard stems and sauté for about 2 minutes then add the Chard leaves; stir to coat. Cover; cook until tender, stirring occasionally, about 8 minutes. Season to taste with salt and keep warm

For the Flounder

Heat a large non-stick pan over medium high heat. Season Flounder fillets with Salt and pepper and lightly dust with flour.

Add the olive oil to the pan and when the oil is shimmering add Flounder fillets and butter.

If you don't have enough room in the pan for this step you can pan fry the fish in stages, don't crowd the pan. Pan fry the fish achieving a golden brown color on each side about 3 minutes per side. When the fish is done transfer to warm plate.

To serve divide Swiss Chard to four plates and top with flounder and spoon your sauce on and around the fish. Finally squeeze the fresh lemon over the top. I know you're very excited about accomplishing this dish but please stop kissing your mother in-law like that...it's freaking me out.

Shad with Roasted Garlic and Thyme

Serves 4

This fish and your humble fish monger can be described with similar verbiage:

Wonderfully fatty, rich in flavor, caramel in color, and stands up to pronounced flavors and medium bodied red wines.

Ingredients

2 medium-sized bulbs garlic

1 ½ to 2 lb Shad Fillet this recipe also works beautifully with Bluefish and Mackerel

1/4 cup olive oil

1/4 cup freshly squeezed lemon juice

Leaves from 3 large sprigs fresh thyme

Salt and pepper

How it's done

Preheat oven to 350 degrees F.

Slice off top of the garlic bulbs, wrap in foil and roast for 1 hour. Set aside and allow bulbs to cool. This step can be done hours in advance. Squeeze the roasted garlic from the bulbs into a food processor, and add the oil, lemon juice and thyme. Process until mixture is smooth.

Raise the oven temperature to 400 degrees F.

Place fillets on well-oiled, baking dish. Season fillets with salt and pepper. Spread puree over the fillets, making sure all the flesh is well covered. Let Shad marinate in refrigerator for 15 to 20 minutes.

Bake fish for 10 to 12 minutes, until the meat flakes easily and the flesh is opaque. Broil for another 2 minutes to brown the tops of the fillets. This fish along with its lovely roe are a real east coast treat for those new to the game or Jersey.

February 15th, 2011

Good Morning to all of our beloved friends and clients and I hope you still are wearing the glow of this past Valentines Day...grrrr

In my case the glow meaning the sheen of oil on my forehead from eating ¾ of a

box of dark chocolate and almonds. Now before you judge me I think I read somewhere Dark Chocolate was good for you and I did leave a ¼ of the box. I hope you enjoy today's recipes...thank you

**Some Great Take-Out Specials
908-735-5121**

**South Western Rubbed Mahi Sandwich
Spicy Grilled Mahi Fillet served with lettuce, tomato and Chipotle
mayonnaise and on a locally baked Portuguese Roll
With a Choice cup of Soup*
\$9**

**Tuna Salad Pita Wrap
Fresh Steamed (not Canned) Tuna Salad with lettuce and Tomato on locally
baked pita bread
With a soft Drink Choice**
\$7**

**Grilled Sesame Soy Tuna Wrap with Oven Roasted Veggies and wasabi
sauce
With a choice of Soup*
\$9**

**Creole Style Catfish Bites
Spicy Panko Crusted Catfish Strips with a Tangy Creole Tarter Sauce
With a choice of Drink**
\$6**

**Broiled Swordfish Platter
Broiled Swordfish dressed with our famous Scampi butter and served
With Rice Pilaf, Cole slaw and Tarter Sauce
\$16**

**** 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**

To all of our fellow travelers South West, We will be at the Stockton Farmer's Market This Friday from 1-7p.m., Saturday from 9a.m.-4p.m., and Sunday from 10 a.m.-4p.m.

We are also continuing the Friday Night only production of our World Famous Fish and Chips.

Please feel free to call our store (908-735-5121) to have anything in particular

brought down for you for this weekend, but as always a great selection will abound.

From the North: New Bedford Cod Fillet ,Day Boat Skate Fillet, Nova Scotia Halibut, Swordfish, Dry Day Boat Sea Scallops, Maine Jonah Crab Claws, Fluke Fillet, Rhode Island Little and Top Neck Clams, Real Maine Steamers, Whole Belly Clams for the Fryer, New Bedford Grey Sole Fillet, Hake Fillet, Day Boat Monkfish

From the South: Sushi Grade Ahi Tuna, Red Grouper, Real America Red Snapper, Blue Crab Cocktail Claws, Fresh Lump and Jumbo Lump Crab Meat
From the Pacific Northwest: Wild Alaskan Yakutat Coho Salmon and Fresh Plump Shucked Washington State Oysters

From the Waters of the World: Red Mullet (Rouget), Mediterranean Branzini and Durato, Hamachi (Yellow-Tail) and Cockles from New Zealand, Wild Caribbean Hopper Pink Shrimp, Portuguese Sardines, Fresh-Never-Frozen Chilean Sea Bass, Cold Water New Zealand Lobster Tails

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

Oven Roasted Salmon with Cremini Mushrooms in Foil
Serves 4

For those fellow travelers who have teenage kids at home, who by some miracle, actually like helping to prepare the families evening nourishment, this delicious and wholesome recipe will have them celebrating their inner chef. And if they don't want to help you can always threaten them with having to work at Metro. It's like "Scared Straight" for Hunterdon County.

Ingredients

1 tablespoon of Olive oil plus some for brushing foil

½ pound of Cremini Mushrooms slice thin

Salt and pepper

1 large shallot minced

2 teaspoons fresh Dill

¼ cup white wine

4 fillets of Salmon 6 to 8 ounces each with the skin removed; you can also use steelhead or Arctic Char

How it's done

Preheat the oven to 400 degrees. Cut 4 (12-inch-square) pieces of aluminum foil and lightly oil one side (the dull side).

Heat 1 tablespoon of oil in a large nonstick skillet over high heat. When the oil shimmers, add the mushrooms, three-fourths teaspoon salt and cook, tossing

frequently, until the mushrooms start to soften, 2 to 3 minutes. They'll begin to sizzle and shine as they release their moisture.

Add the shallots, dill and white wine, reduce the heat to medium and cook until the wine evaporates, about 2 minutes. The mushrooms should be tender and lightly browned in places. Season with a little pepper.

Lightly season each Salmon fillet with salt and pepper on both sides. Place the fillets in the center of each piece of foil and spoon the mushrooms evenly over the fish. Crinkle together the edges of the foil to make an airtight packet, with some room left for the packet to expand. Place the packets on a baking sheet. (The recipe can be made to this point several hours in advance and refrigerated until ready to cook.)

Bake the packets until they puff slightly, 15-18 minutes (you may need to unwrap the packets a little to make sure the salmon is firm and opaque). Remove from the oven and place the packets, still sealed, on a platter. To serve, open the packets and place fish on four plates. If you are in a hurry you can open the packets and eat over the sink so you don't have to wash any dishes...don't judge me...you've never done that?

Chipotle Lime Pan Roasted Catfish

Serves 4

I'm certainly not trying to tell you how to live your life but when I made this fish and wrapped it in a piece of pita and opened a cold Corona, I swear I experienced the elusive "food buzz". Seriously, I could have been pulled over for a DUI (Driving Unctuously Indulged)

Ingredients

- 2 chipotles in adobo, minced
- 1 teaspoon adobo sauce from the canned chipotles
- 1 teaspoon brown sugar
- 2 tablespoons fresh lime juice
- 1/2 teaspoon salt
- 1 tablespoon canola or vegetable oil
- 2 teaspoon butter
- 4 fillets 6 to 8 ounces each Catfish or Tilapia

How it's done

Preheat the oven to 400 degrees

Pat dry your Catfish with paper towels.

Combine chipotle, adobo sauce, sugar, lime juice and salt. Heat a non stick frying pan to medium high heat. Add oil and butter. When butter foams add catfish. Cook for about a minute and a half then flip. Brush the cooked side with half of the chipotle mixture and cook for another 2 minutes. Flip again and brush remaining chipotle mixture on fish. Next put the pan in the oven for 8 minutes to finish. Remove from oven and plate with a salad and fresh bread. For those of you fellow travelers who might not like things that are a little spicy than please feel free to butter up a piece of white bread...you're killing my buzz.

February 10, 2011

Good morning to all of our beloved friends and clients who like me are intoxicated by the weighty and amorous air that brings forth the feast of lovers...Meeeeooooow and by Meow I mean don't forget it, like last year, and get her a Dunkin "heart shaped" jelly donut, unless of course you enjoy "Auntie" kisses

Metropolitan Seafood is your Headquarters for all foods that ignite the engine of Amore

- Live or Steamed Lobsters
- Lobster Tails
- King Crab
- Jumbo Lump Crab Cakes
- Gorgeous Oysters
- Shrimp Cocktail\
- Cocktail Crab Claws
- Caviar
- Sushi Grade Tuna

And so much more...Call a Seafood Love Specialist to assist you

Some Great Take-Out Specials
908-735-5121

Grilled Ginger Lime Steel Head Salmon Sandwich
With Roasted Vegetables on a fresh Baked Portuguese Roll
With a choice of Soup*
\$9

Shrimp Scampi Platter
Our Notorious Secret Scampi Butter and Large Shrimp
Over linguini and served with grated Romano Cheese
\$12

Southwestern Spiced Organic Salmon Over a Mixed Field Green Salad
With our Homemade Buttermilk Ranch Dressing
With a Choice of Soft Drink**
\$8

Golden Fried Scallop Lunch Platter
Panko Crusted Sea Scallops with Crisp French Fries
Cole Slaw, Tarter and Cocktail Sauce
\$11

Metro's Fish Cake Pita Wrap
Golden Cod fish Cake with Lettuce, Tomato, Tarter and Hot Sauce on Fresh Baked Pita

With a choice Soup*

\$6

(Our fish cakes are better than most other's crab cakes)

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

** 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

To all of our fellow travelers South West, We will be at the Stockton Farmer's Market This Friday from 1-7p.m., Saturday from 9a.m.-4p.m., and Sunday from 10 a.m.-4p.m. We are also continuing the Friday Night only production of our World Famous Fish and Chips.

Please feel free to call our store (908-735-5121) to have anything in particular brought down for you for this weekend, but as always a great selection will abound.

From the North: New Bedford Cod Fillet(See Recipe Below), Rhode Island Little Neck and Top Neck, Skate Fillet, Day Boat Monkfish Fillet, New Bedford Grey Sole, Nova Scotia Halibut, Nantucket Bay Scallops, Dry Day Boat Sea Scallops, Maine Jonah Crab Claws, Sushi Grade Fluke, Flounder Fillet, New Bedford Hake, Uni (Sea Urchin Roe), Maine Steamer Clams, Local Jumbo Black Sea Bass, Swordfish(See Recipe Below), Real Maine Steamers, Fresh Squid, Sushi Grade Sweet Shrimp from Maine

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

From the South: First of the Season Shad and Shad Roe(See Recipe Below), Mahi Mahi, Pink Grouper, Real American Red Snapper, Sushi Grade Ahi Tuna, Blue Crab Cocktail Claws, Fresh Lump and Jumbo Lump Crab Meat, Fresh Florida Stone Crab Claws

From Sustainable Seafood Sources: The Ultimate in Fatty Tuna Blue Fin Tuna, Mississippi Catfish, Prince Edward Island Mussels, Costa Rican Tilapia Fillet, Fresh Organically Farmed Atlantic Scottish Salmon, Local Musky Hatchery Rainbow Trout, and Icelandic Artic Char

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

THIS WEEKEND'S OYSTER SELECTION WILL INCLUDE THE FOLLOWING
DELIGHTS

East Coast:

- Wellfleet (Wellfleet Mass)
- St. Simon (New Brunswick, Canada)
- Flowers (Oyster Bay Harbor, NY)
- Belon (Harpwell, Maine)
- Raspberry Point (Prince Edward Island, Canada)
- Fisher's Island (Fisher's Island, New York)

West Coast:

- Kumamoto (Humbolt Bay, California)
- Peale Passage (Shelton Bay, Washington State)
- Deep Bay (Deep Bay, British Colombia)

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

This Weekends Local Artisanal Cheeses

Please don't hesitate to ask for a taste!

Bobolink Dairy Milford NJ

- Drumm: Semi-soft grass fed cow's milk cheese, full-bodied and earthy
- 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

- 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
- Tartufo Shepherd: Pure sheep's milk with the addition of Tuscan Black Truffles, aged 4+ months....both earthy and elegant!
- 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.
- Nettlesome: Cave aged 4+ months, with the unique addition of Stinging Nettles...herbaceous and truly memorable
- Octoberkase: Aged 6+ months, and made from Octobers milk rich in butterfat and flavor
- Pepato: Aged 5+ months, this I a refined Shepherd's Basket , with an gentle "kiss" of cracked white peppercorn
- Califon Tomme: Aged 3+ months, this creamy, Tangy Cheese reminds

me of a young-aged Gouda Style. Delectable melt-ability

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

Pan Grilled Swordfish on a Fava Bean, Tomato and Arugula Salad

Serves 4

Who are you kidding Romeo, whether you're planning on a Marathon of love or just arguing over who takes out the garbage, either way, you have to be light on your feet. This dish will keep you nourished for the long haul, whether for fun or for fight.

Ingredients

2 (15-ounce) cans of Fava Beans; Available at Metro Seafood & Gourmet

2 teaspoons minced garlic, divided

1 good Pinch dried red pepper flakes

1/2 teaspoon ground cumin

1 1/2 teaspoons salt, divided

1/2 cup olive oil, divided

2 tablespoons lemon juice

1 pint Grape Tomatoes halved

4 each 6 to 8 ounce Swordfish Steaks no more than 3/4 of an inch thick: You could also use Shark or Mahi with great results

4 cups of Baby Arugula

How it's done

Drain the fava beans, place them in a strainer and rinse them under cold, running water. Pat them dry with a towel. Combine the fava beans with 1 teaspoon minced garlic, the red pepper flakes, cumin, 1 teaspoon salt, one-fourth cup of the olive oil and the lemon juice. Stir in the grape tomatoes and set aside.

In a small bowl, combine the remaining one-fourth cup olive oil, the remaining 1 teaspoon minced garlic and one-half teaspoon of salt.

Preheat your grill pan on high heat and turn the fan on. If you are grilling outside in the winter then you get the "Yukon Cornelius" award. Place Swordfish steaks in a pie plate and pour over the garlic and oil mixture and turn steaks to coat evenly on both sides. Gently place fish in the hot pan and cook for about 4 minutes per side, or until just opaque in the center when tested with a fork.

Meanwhile, stir the arugula leaves into the fava bean-tomato salad, taste and adjust seasoning. Mound the salad in the center of a platter with Swordfish on top. Just a suggestion, try to settle the garbage dilemma with an olive oil infused arm wrestling match.

Braised Cod in a Sweet Pepper and Tomato Sauce

Serves 4

If you would like to experience the romantic Portuguese flavors of the "Iron Bound" Section of Newark with out the fear factor of walking back to you car later in the evening, this dish is for you.

Ingredients

2 tablespoons olive oil

1 small yellow onion chopped
2 small cloves of Garlic minced
1 Sweet Red Pepper finely chopped
1 Green bell pepper finely chopped
1 small carrot, peeled and finely chopped
2 slices of Prosciutto chopped fine
1 (16-ounce) can peeled and diced tomatoes (do not drain)
1 bay leaf
2 tablespoons of red wine vinegar
½ teaspoon of hot sauce
¾ teaspoon paprika
Salt and Pepper

4 portions of Cod 6 to 8 ounces each, scaled skin on: this recipe would also be fantastic with Hake, Haddock or Grouper

The juice of one lemon

How it's done

In a large skillet, heat the olive oil over medium heat. Add the onion, garlic, bell peppers and carrot. Cover the pan and cook 10 minutes, stirring occasionally.

Next stir in the chopped prosciutto, tomatoes, bay leaf, vinegar, paprika, hot sauce and simmer uncovered for 6 minutes then season with salt and pepper to taste.

Gently place the cod pieces, flesh side up, in the pan, spoon some of the sauce over.

Cover the pan and cook 10 to 12 minutes or until the fish is opaque when tested

Bring the whole pan to the table, sprinkle with lemon juice and serve. Trust me this dish is your safe passage to Spanish flavors. Sangria anyone?

Oven Roasted Lobster tails (The easiest recipe)

This recipe is for 1 pound of lobster tails so that can be 2-8 ounce lobster tails or 4-4ounce tails. All lobster tails come frozen so the first thing we have to do is thaw them.

Thaw tails in the plastic wrap that they came in for 45 minutes in cool water. Cut the top shell of tails with kitchen shears to last knuckle. Crack open the tail and piggyback the meat on top of the shell.

Glaze the tails (recipe below) in layers as if you were brushing it with a wax coating.

Sprinkle with paprika and herbs. Pour 1 cup of white wine in the bottom of the baking dish. While preheating your oven to 425 degrees leave the tails on the counter to come to room temp.

Bake tails for 20 to 25 minutes depending on size. Cut into one of the tails. When you no longer see a translucent color the dish is complete.

Glaze

Melt the butter on low heat and try to keep it slightly thicker before adding the rest of the ingredients. Remember you're not cooking the glaze, just incorporating the ingredients for one pound of lobster tails

1 stick of butter

1 t. olive oil

The juice of one lemon

This is the foundation of your glaze
Feel free to add your own twist
Maybe some garlic, Dijon mustard, honey or something spicy. go nuts! They're your tails.
Enjoy

Shad with Roasted Garlic and Thyme

Serves 4

This fish and your humble fish monger can be described with similar verbiage:
Wonderfully fatty, rich in flavor, caramel in color, and stands up to pronounced flavors and medium bodied red wines.

Ingredients

2 medium-sized bulbs garlic

1 ½ to 2 lb Shad Fillet this recipe also works beautifully with Bluefish and Mackerel

1/4 cup olive oil

1/4 cup freshly squeezed lemon juice

Leaves from 3 large sprigs fresh thyme

Salt and pepper

How it's done

Preheat oven to 350 degrees F.

Slice off top of the garlic bulbs, wrap in foil and roast for 1 hour. Set aside and allow bulbs to cool. This step can be done hours in advance. Squeeze the roasted garlic from the bulbs into a food processor, and add the oil, lemon juice and thyme. Process until mixture is smooth.

Raise the oven temperature to 400 degrees F.

Place fillets on well-oiled, baking dish. Season fillets with salt and pepper. Spread puree over the fillets, making sure all the flesh is well covered. Let Shad marinate in refrigerator for 15 to 20 minutes.

Bake fish for 10 to 12 minutes, until the meat flakes easily and the flesh is opaque. Broil for another 2 minutes to brown the tops of the fillets. This fish along with its lovely roe are a real east coast treat for those new to the game or Jersey.

February 8th, 2011

Good morning to all of our beloved friends and clients and thank you sincerely for making our Super-Bowl Weekend such a success...unfortunately there is a lethal amount of refried beans and nachos and according to the emergency room physician I've dodged another jalapeno bullet...no need to visit I should make a full recovery by lunch time. Oh, by the way all the helpless romantics who have long dreamed of adoring a bath tub with that special someone and shrimp cocktail...We will be open that Monday February 14th from 9 to 5. I hope you enjoy today's recipes...I went with the Asian flavors...breakout your best kimonos

[Some Great Take-Out Specials](#)

908-735-5121

Grilled Blackened Tilefish Sandwich
With lettuce, tomato and Chipotle Mayo on a Fresh Baked Italian Bread
With French Fries

\$7

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

Metro Famous Fried fish Pita Wrap

Lettuce, tomato, Tarter and hot sauce on locally baked pita bread
With a choice of Soup*

\$7

Grilled Sesame Soy Arctic Char over a Mixed Field Green Salad
And a Choice of Soup*

\$9

Cornmeal and Panko Crusted Calamari Platter
Served with French Fries and Marinara Sauce

\$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

From the North: Local Jumbo Black Sea Bass(See Recipe Below), Rhode Island
Little Neck and Top Neck Clams, Skate Fillet, Day Boat Monkfish Fillet and Fresh
Liver, New Bedford Grey Sole, Nova Scotia Halibut, Nantucket Bay Scallops, Dry
Day Boat Sea Scallops, Maine Jonah Crab Claws, Sushi Grade Fluke, Flounder
Fillet, New Bedford Cod Fillet, New Bedford Hake, Uni (Sea Urchin Roe), Maine
Steamer Clams, Swordfish, Real Maine Steamers, Fresh Squid

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

From the South: Mahi Mahi, Black Grouper, Carolina Golden Tilefish, Rock
Shrimp, Real American Red Snapper, Sushi Grade Ahi Tuna, Blue Crab Cocktail
Claws, Fresh Lump and Jumbo Lump Crab Meat, Fresh Florida Stone Crab
Claws

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

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

To all of our fellow travelers South West, We will be at the Stockton Farmer's Market This Friday from 1-7p.m., Saturday from 9a.m.-4p.m., and Sunday from 10 a.m.-4p.m.

We are also continuing the Friday Night only production of our World Famous Fish and Chips.

Please feel free to call our store (908-735-5121) to have anything in particular brought down for you for this weekend, but as always a great selection will abound.

Roasted Ginger Lime Arctic Char over Sesame Spinach with Red Peppers

Server 4

You just remembered you that you're the team parent for Jimmy's basketball game and you have to quarter two bags of oranges and get Jimmy and two less than aromatic adolescent teammates to the game by 7:00. Here's the kicker, if you eat one more slice of pizza you'll need one of those new age high colonics...not fun. This 30 minute dish will have Jimmy well nourished for the game and you not caring as much about their 0-10 record.

Ingredients

For the Arctic Char

4 tablespoons fresh lime juice
3 tablespoons soy sauce
2 tablespoons chopped cilantro
1 tablespoon chopped peeled fresh ginger
1 scallion chopped
2 tablespoons olive oil
4 portion of Arctic Char 6 to 8 ounces each

For the Sesame Spinach

1 tablespoon peanut oil or canola oil
4 garlic cloves sliced thin
1 tablespoon of toasted sesame seeds (toast in a dry non-stick pan over medium heat till golden brown)
1 large red bell pepper seeded and cut into thin strips
1½ pounds baby spinach

2 teaspoons of toasted sesame oil

Salt and pepper

How it's done

For the Arctic Char

Preheat oven to 500°F

In a small bowl, mix together the lime juice, soy sauce, cilantro, ginger and scallion with 1 tablespoon of the olive oil then season with salt and pepper to taste. Next brush a glass baking dish with the remaining olive oil. Arrange Arctic Char fillets in prepared baking dish; turn to coat. With the fillets flesh side up sprinkle fish with salt and pepper; spoon 1/2 ginger lime mixture over each fillet and reserve the rest of the mixture for serving.

For the Sesame Spinach

In a large non-stick skillet, heat oil over medium-high heat

Add the garlic and cook moving around the garlic with a wooden spoon, just until the edges of the garlic brown.

Add the red bell pepper and cook, tossing or stirring, another minute.

Add the spinach and sesame seeds using tongs flip the spinach from underneath to on top to distribute the mixture and evenly cook.

Sauté spinach just until wilted about 2 minutes. Season with salt and pepper to taste

Transfer spinach to 4 plates and top with spinach and drizzle with remaining Ginger Lime mixture. I know what you're thinking maybe basketball isn't Jimmy's game...did you forget how bad you stunk...be gentle with him.

Oven Steamed Sea Bass with a Soy Ginger Sauce

Serves 4

If while buttoning your shirt you realized that, it popped, your button could be considered a firearm you might want to lighten the menu up a little. The fresh Asian flavors in this dish will have you doing your famous "Dragon Dance" after dinner...please don't forget your pants again...it kills the mood for dessert

Ingredients

For Sea Bass

Canola oil for brushing and drizzle

Aluminum foil

4 each 6 to 8 ounce portions of Domestic (Black) Sea Bass skin on and scaled; you could also use with great success Grouper or even Tilapia

6 Shitake Mushroom Caps sliced very thin

1 Red Sweet Pepper seeded sliced very thin

2 tablespoons of Cilantro (leaves only)

1 inch piece of Ginger chopped fine

4 scallions cut in 2 inch pieces and sliced lengthwise

For Soy Ginger Sauce

1 cup soy sauce

1/2 cup of mirin

1/2 cup sake

3/4 cup sugar

1 inch piece of ginger cut in half

The white of 2 scallions

2 cloves of garlic

How it's done

For Soy Ginger Sauce

Combine all ingredients in a small sauce pan bring to a boil then lower heat and simmer, reducing the sauce slowly until a quarter is gone. Remove ginger, onion and garlic and set aside to chill can be made days in advance.

For the Sea Bass

Preheat oven to 500° degrees

Cut 4 pieces of aluminum foil large enough make a sealed package for each fillet. Brush each foil piece with canola oil and place Sea Bass skin-skin side down. Cover bass fillets with a layer of thinly sliced red pepper, then a layer of shiitake and a layer of coriander leaves and ginger. Next drizzle the Sea Bass Soy Ginger sauce (about two tablespoons on each fillet) then drizzle each package with a little canola oil about 2 teaspoons each.

Close foil packages tightly and place in oven. Bake for 8 to 10 minutes and remove from oven. To serve, open foil packages and transfer fish and any juice to a serving platter. Spoon over remaining Soy Ginger Sauce and garnish with Scallions. Should you not know how to do the "Dragon Dance" please feel free to sign up for my adult education course "Dance your way to Your Destiny" Classes will be held at the Holiday Inn.

February 3rd, 2011

Good Morning to all of our beloved friends and clients and I sincerely hope you all have fared well during this past ice storm

And to the middle age gentleman who fell in the mall parking lot yesterday...I apologize for laughing and I'm glad to hear you weren't hurt. But you have to admit when your legs went up in the air...well I almost needed a diaper. Again, I'm sorry. On a more decadent note, if you are looking for that "Free Monday Hangover Pass", you're in luck fellow Romans, It's Super bowl Time!

I hope you enjoy today's Appetizer Recipes.

Speaking of Super Bowl, Metro will once again be your connection for the most tasteful party selections

Here are just some the Items we will be featuring

*Back by popular Demand...Super Bowl Sunday Only
Our World Class Chipotle Chicken Wings order in advance!*

Also...

- Fried Calamari with Marinara Sauce
- Shrimp Cocktail Platters
- Sushi Platters

- Smoked Fish
 - Crab Claw Platters with Blue Claw, Jonah Crab, King Crab and Snow Crab
 - Create your own Raw bar with Clams and Oysters on the half shell
 - Mini Crab Cakes and Scallops wrapped in Bacon
 - Stuffed Clams Metro, Clams Casino, Oysters Rockefeller
 - Tomato and Avocado Salsa with fresh fried Corn Tortillas
 - The best damn Cole Slaw and Potato Salad in the State
 - Artisanal Local Cheeses and much More!
- [And we would love to bring any of these items down to the Stockton Farmers Market with us. Just Call!](#)

Some Great Take-Out Specials
908-735-5121

Grilled South Western Mahi Sandwich
On a fresh baked Portuguese Roll
With Roasted Veggies and Chipotle Mayo
With a choice of Soup*
\$8.00

Crab Cake Pita Wrap
With lettuce tomato, Tarter and hot sauce
With a soft Drink**
\$7

Spiced Rubbed Swordfish Kebob on Rice and Roasted Veggies
With Tzatziki Sauce
\$9

Grilled Ginger Salmon Pita Wrap
With Oven Roasted Veggies and Wasabi Sauce
With a choice of soup*
\$9

Soup and a Salad
A Bowl of our homemade Soup (your choice*)
With a mixed field green salad and a piece of locally baked Bread
\$7.00

An Order of our Panko Corn Meal Crusted Calamari
With our famous Marinara Sauce
With a Soft Drink**
\$7

*Home Made Soup Selections Manhattan and New England Clam Chowder
 Lobster Bisque and Chicken and Rice...of course we make them from Scratch...we love

you

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

To all of our fellow travelers South West, We will be at the Stockton Farmer's Market This Friday from 1-7p.m., Saturday from 9a.m.-4p.m., and Sunday from 10 a.m.-4p.m. We are also continuing the Friday Night only production of our World Famous Fish and Chips.

Please feel free to call our store (908-735-5121) to have anything in particular brought down for you for this weekend, but as always a great selection will abound.

From the North: Rhode Island Little Neck and Top Neck Clams(See Recipe Below), Skate Fillet, Day Boat Monkfish Fillet and Fresh Liver, New Bedford Grey Sole, Nova Scotia Halibut, Nantucket Bay Scallops, Dry Day Boat Sea Scallops, Maine Jonah Crab Claws, Sushi Grade Fluke, Flounder Fillet, New Bedford Cod Fillet, New Bedford Hake, Uni (Sea Urchin Roe), Maine Steamer Clams, Local Jumbo Black Sea Bass, Swordfish, Real Maine Steamers, Fresh Squid

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

From the South: Mahi Mahi, Black Grouper, Carolina Golden Tilefish, Rock Shrimp, Real American Red Snapper, Sushi Grade Ahi Tuna, Blue Crab Cocktail Claws, Fresh Lump and Jumbo Lump Crab Meat, Fresh Florida Stone Crab Claws
From Sustainable Seafood Sources: Mississippi Catfish, Prince Edward Island Mussels, Costa Rican Tilapia Fillet, Fresh Organically Farmed Atlantic Scottish Salmon, Local Musky Hatchery Rainbow Trout, and Icelandic Artic Char

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

THIS WEEKEND'S OYSTER SELECTION WILL INCLUDE THE FOLLOWING DELIGHTS

East Coast: Wellfleet (Wellfleet Mass)
Belon (Harpwell, Maine)
Raspberry Point (Prince Edward Island, Canada)
Stingray (Milford Haven, Virginia)
Rappahannock (Rappahannock River, Virginia)

St. Simon (New Brunswick, Canada)
Flowers (Oyster Bay Harbor)

West Coast: Kumamoto (Humbolt Bay, California)
Peale Passage (Shelton Bay, Washington State)
Deep Bay (Deep Bay, British Columbia)

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

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

Bobolink Dairy Milford NJ

Drumm: Semi-soft grass fed cow's milk cheese, full-bodied and earthy

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

Jean-Louis: Named in Honor of the great Chef Jean-Louis Paladin, tangy semi soft

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

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

Tartufo Shepherd: Pure sheep's milk with the addition of Tuscan Black Truffles, aged 4+ months....both earthy and elegant!

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.

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

Octoberkase: Aged 6+ months, and made from Octobers milk rich in butterfat and flavor

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

Pepato: Aged 5+ months, this is a refined Shepherd's Basket , with an gentle "kiss" of cracked white peppercorn

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

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

Italian Shrimp Salad with Garlic Crostini

Serves 4 to 6 for appetizers

I love Nachos as much as the next guy, but for the love of Pete this middle aged traveler can't seem to process full pounds of cheese like I did during the Regan administration. Fear not, you won't skimp on luscious flavors with this dish and your new found feeling of lightness just might have you busting into the electric slide at your next party

Ingredients

For the Italian Shrimp Salad

1 pound of medium shrimp cooked peeled and deveined...just call Metro in advance this service is free and so are the lemons...nice shameless plug Mark...thank you

½ cup of Kalamata Olives pitted and halved

3 Roma (plum) tomatoes seeded and chopped

3 tablespoons of your best olive oil

2 tablespoons of flat leaf parsley chopped

1 tablespoon Basil Chopped

The zest of 1 lemon

The juice of 1 lemon

For the Garlic Crostini

1 loaf of Italian or French bread sliced, ½ inch thick

2 to 3 cloves garlic minced fine

2 tablespoons chopped flat leaf parsley

3 tablespoons olive oil

For the Shrimp Salad

In a medium bowl combine all the shrimp salad ingredients and season with salt and pepper to taste. Cover with plastic wrap and place in fridge(this can and should be done hours in advance)

For the Garlic Crostini

Preheat oven to 450° degrees

Combine olive oil, garlic and parsley in a small bowl

Arrange bread slices on a baking sheet then brush oil mixture generously on each slice

Bake for 5 minutes or until browned and crisp

To serve transfer shrimp salad into a serving bowl and surround with Crostini and get the heck out of the way or you might loose a limb

Clams with Shallots and Pancetta in a White Wine Broth

Serves 4 for dinner or 8 to 10 for appetizers

If you would like your party to end early and be tucked in by 8:00pm then for the love of Mollusks, don't serve this dish. If on the other hand, you would like your half-time shindig to mirror a decadent Roman soiree complete with massage oils, then fire up the burners Caesar.

Ingredients

4 dozen Little Neck Clams, scrubbed, soaked in cold water and rinsed

You can also use with great success cockles or manila clams Note: 1 doz. Little Necks=1 lb cockles or manilas.

3 cups dry white wine
4 large shallots, finely minced
8 garlic cloves, smashed with the side of a knife
4 tablespoons of olive oil
8 ounces of pancetta, diced you could use bacon
Salt and pepper
2 loaves of crusty bread to serve

How it's done

Heat oil in a large pot over medium heat. Add pancetta and cook until fat is rendered and pancetta begins to brown, about 3 minutes.

Next add garlic and shallots and cook until shallots are soft, about 2 minutes. Season with a little salt and pepper and add wine to pot and bring to a boil.

Next add the clams to pot and cover. Cook until all the clams have opened, about 6 to 8 minutes. With a slotted spoon, remove clams from the pot and set aside in a large serving bowl and cover with a towel, discarding any clams that have not opened.

Bring your wine broth to a simmer. Whisk in butter and taste for salt and pepper.

Lastly, Pour broth over clams and serve with crusty bread. Should you not have massage oils on hand the broth from this dish will untie any stubborn muscle knots.

February 1, 2011

Good Morning to all of our beloved friends and clients and fear not, your loyal (fishmonger/scientist/actor/dancer) has just empirically concluded that immersing yourself in a bathtub filled with warm water while sucking your thumb and listening to whale calls will help you peacefully rise above a winter induced depression. However, if you desire to feel a tad more vivacious after your soak, ditch the whale calls and try an endless loop of "You Got a Friend" performed by James and Carol. Group hugs anyone?....I hope you enjoy today recipes and get ready for the Super Bowl.

Speaking of Super Bowl, Metro will once again be your connection for the most tasteful party selections

Here are just some the Items we will be featuring Super Bowl Sunday Only:

- Chipotle Chicken Wings order in advance!
 - Shrimp Cocktail Platters
 - Sushi Platters
 - Smoked Fish
 - Crab Claw Platters
 - Blue Claw, Jonah Crab, King Crab and Snow Crab
 - Create your own Raw bar with Clams and Oysters on the half shell
 - Fried Calamari, Mini Crab Cakes, Scallops wrapped in Bacon, Stuffed Clams
- Metro, Clams Casino, Oysters Rockefeller, Tomato and Avocado Salsa with fresh fried Corn Tortillas and The best damn Cole Slaw and Potato Salad in the State, Artisanal Local Cheeses and much More!

Some Great Take-Out Specials
908-735-5121

Grilled Blackened Mahi Sandwich
With lettuce, tomato and Chipotle Mayo on a Fresh Baked Italian Bread
With French Fries
\$7

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

Fried Fish "Sloppy Joe" Pita Wrap
Panko Crusted Fish with Cole Slaw and Thousand Island Dressing
With a choice of Soup*
\$7

Grilled Sesame Soy Organic Salmon over a Mixed Field Green Salad
And a Choice of Soup*
\$9

Popcorn Rock Shrimp Platter
Served with French Fries, Cocktail Sauce and Homemade Tarter Sauce
\$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

To all of our fellow travelers South West, We will be at the Stockton Farmer's
Market This Friday from 1-7p.m., Saturday from 9a.m.-4p.m., and Sunday from
10 a.m.-4p.m.

We are also continuing the Friday Night only production of our World Famous
Fish and Chips.

Please feel free to call our store (908-735-5121) to have anything in particular
brought down for you for this weekend, but as always a great selection will
abound.

Also we would love to bring down any of the above mentioned Super Bowl
Specialties, but please call for an order.

From the North: Dry Day Boat Sea Scallops(See Recipe Below), Local John Dory(Triggerfish), Day Boat Monkfish Fillet, New Bedford Grey Sole, Nova Scotia Halibut, Flounder Fillet, New Bedford Cod Fillet, Rhode Island Little and Top Neck Clams, Uni (Sea Urchin Roe), Maine Steamer Clams, Local Jumbo Black Sea Bass, Swordfish

From the Waters of the World: Fresh-Never-Frozen Chilean Sea Bass is BACK!!, New Zealand Cockles, Wild Caribbean Hopper Pink Shrimp, Mediterranean Branzini, Hamachi (Yellow-Tail), Cold Water New Zealand Lobster Tails, Spanish Octopus both large and baby

From the South: Real American Red Snapper(See Recipe Below) Mahi Mahi, Pink Grouper, Hook and Line Pompano, Sushi Grade Ahi Tuna, Blue Crab Cocktail Claws, Fresh Lump and Jumbo Lump Crab Meat

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

From the Pacific Northwest: Black Cod(Sablefish), Wild Alaskan Steelhead Salmon, Fresh Plump Shucked Washington State Oysters, Jumbo King Crab Legs and Snow(Ophelia) Crab Legs

Rosemary Lemon Scallops with a Kalamata Dressing

Serves 4

Sometimes an easy meal is just not going to cut it on your average weekday.

Sure frozen chicken tenders are easy but do they inspire uninhibited conversation that peels back the layers of your very humanity showing the world, dare I say your naked soul? No, that's done with way to much booze...but this next dish is terribly easy and will definitely have you chatting about the good parts of your day.

Ingredients

For the Rosemary Lemon Scallops

2 tablespoons olive oil

4 Tablespoons unsalted Butter

1 ½ to 2 pounds of large Sea Scallops, muscle remove

2 sprigs fresh rosemary, chopped

Salt and Pepper

The juice of 1 Lemon

For the Kalamata dressing

¾ cup Kalamata olives, pits removed

2 cloves garlic chopped

4 Tablespoons Olive oil
Fresh parsley, to garnish
How it's done

For the Scallops, heat the olive oil and butter in a frying pan. Add the Scallops and sprinkle with rosemary, salt and freshly ground black pepper. Fry Scallops for 2 to 3 minutes on each side, or until cooked through. Squeeze over the lemon juice and remove from the heat.

For the dressing, place the olives, garlic and olive oil into your food processor or blender and process until smooth.

To serve, place the scallops onto a serving plate. Drizzle over the dressing and garnish with fresh parsley. This dish is begging for a simple salad and a loaf of crusty bread to complete your expression of love to those you call, dinner guests.

Red Snapper with a Black Bean and Avocado Salsa
Serves 4

I'm totally reading your mind right now..."My Guests don't have to know that this dish is as easy as making toast...but how do I create the elusion of extreme difficulty?" Well, a few days before, just ask one of the supper guests if they had ever experienced a hand rubbed black bean salsa while you inadvertently describe the sorting, bathing and gentle polishing that these noble beans receive...voila, your aberration is created, now just remember to throw the bean can in the bottom of the garbage can.

Ingredients

4 each 6 to 8 fillets of Red Snapper
2 tablespoons fresh Cilantro chopped
2 tablespoons fresh Oregano chopped
1/2 teaspoon lime zest
2 tablespoons lime juice
2 tablespoons olive oil
3 or 4 dashes of your favorite hot sauce...or if you like things nice and mild may I suggest a little baby powder for your delicate bum...buck up man baby and throw a dash of hot sauce in.
2 cloves garlic minced
1-15-ounce can black beans, rinsed and drained
1 avocado, seeded, peeled, and diced

Salt and pepper

How it's done

With a paper towel pat fish dry and set aside. In a small bowl stir together cilantro, oregano, lime juice, lime zest, oil, hot sauce and garlic. Place 2 tablespoons cilantro mixture in a medium bowl. Add beans and avocado; season to taste with salt and pepper and toss lightly to coat. Cover salsa and place in fridge while preparing snapper.

Preheat a grill pan or heavy skillet over high heat. Next brush remaining

cilantro mixture over fish. Lightly oil the hot pan and cook flesh side down for 3 to 4 minutes per side or until it is opaque in the center. Plate Snapper fillets spoon over a little black bean salsa. If they don't buy the "hand rubbed" bit you might want to tell them you commute to Florida on the weekends and grow your own limes...or just grow up and be honest...no that's a dumb idea