

December 29, 2010

Good morning to all of our beloved friends and clients and welcome to the 20th mile of the holiday eating marathon.

I know some of our more timid athletes have "hit the wall" and claim they just can't eat anymore. I believe some of you have been remiss with your training regiment and while I enthusiastically promote holiday over indulgence I wasn't referring to cocktail weenies or cheese puffs. This is not the time to waver, stick to our game plan, anything made with love or has alcohol in it is fine...try to steer clear of anything in a sealed plastic bag and by all means don't forget to load up on Oatmeal cookies...they're practically health food. I hope you enjoy today's holiday recipes, the Deviled Egg and Smoke Trout are new the Oyster Shooters are a Classic Re-Run.

I would like to extend my most sincere wishes for an abundance of health and good fortune to all of you in the coming year! Thank you!

[We are still taking orders for New Years Eve...please call the store at 908-735-5121; we would love to assist you.](#)

[Our store hours for the Holiday week will be: 12/29 thru 12/31 10:00 till 6:30pm closed New Years Day and Sunday 1/2 11:00 till 4:00pm and we will be closed on Monday.](#)

To all of our fellow travelers out West we will be in the Stockton Farmers Market on Friday New Years Eve from 10:00 till 2:00, please call the Main Store(908-735-5121) to have any order brought to you: Cooked Shrimp, Oysters, Lobsters, Party Platters, King Crab, Caviar, Lobsters Tails... etc, etc

Our Full Catering Menu is on our website, metroseafood.com, to help you get some ideas started but we will customize anything to fit your needs, just call.

Shrimp Possessed Satanic Eggs

(Deviled Eggs with Shrimp)

Serves 10 to 12 for your average exorcism

I love eggs and I love shrimp so if this enticing combination is deemed culinary blasphemy than please reserve my ticket to the "All inclusive" Hades resort...I'm told the host is a real card

Ingredients

2 dozen eggs

1 ½ pounds of Medium Shrimp Cooked, shelled and deveined, than chopped coarsely: of course we will cook and clean your shrimp at Metro free of charge

1 tablespoon of Dijon Mustard

4 scallions (white to light green part only) chopped fine

2 tablespoons of mayonnaise

2 tablespoons of capers rinsed and drained

4 scallions just the green part, hey I have some of those!

How it's done

Simmer eggs in lightly salted water for 12 to 15 minutes. Run under cold water until eggs are cool, then crack and peel cleanly. Split eggs neatly and remove yolks. In a large mixing bowl blend shrimp, mustard, scallion whites, half of the scallion greens, mayonnaise, capers and chives. Season with salt and pepper. Fill eggs with shrimp salad and garnish with scallion greens. I will be hearing confessions on Saturday afternoons for all you lovely folks who have partaken in this recipe

Smoked Trout Spread

Not only can this be made in advance for easy party planning, but this life saving concoction has nursed me back to health when I have been stricken with the cocktail flu...don't judge me, I believe this is a real disease.

Serves 8 to 10 for cocktails

Ingredients

8 ounces of whipped cream cheese, at room temp

½ cup of Lebni or Greek style yogurt: of course available at Metro

1 tablespoon freshly squeezed lemon juice

1 tablespoon minced fresh dill

1 teaspoon prepared horseradish, drained

Salt and pepper

1 smoked Trout boned out and the meat minced: One of your Metro associates will be more than happy to debone your trout...in fact, we love to

How it's done

In a small mixing bowl combine the cream cheese, sour cream, lemon juice, dill, horseradish, salt, and pepper, and mix. Add the smoked trout and mix well. Chill and serve with crackers, sliced baguettes or cut vegetables. This also can be enjoyed off a good friend's finger....grrrr.

Bloody Mary Oyster Shooters

Makes 3 dozen conversation starters

Ingredients

3doz sexy as all get out oysters shucked into a bowl and save the bottom shells if you don't have shot glasses (this will be lovingly preformed by your favorite Metro employee, free of charge of course)

For the Bloody

1/2 cup ketchup

1/4 cup vodka (preferably peppered flavored)

1/4 cup fresh lime juice

2 tablespoons bottled horseradish (not drained), or to taste

1 teaspoon Worcestershire sauce

1 teaspoon hot sauce

How it's done

Shuck the oysters and wash all of your available shot glasses...oh by the way please don't try to devour all of these on your own. Note: you will feel quite amorous but unfortunately too inebriated to do a damn thing about it.

Make sauce:

Whisk together all sauce ingredients, 1/4 teaspoon pepper, and 3/4 teaspoon salt, or to taste.

Next drop oyster in bottom of shot glass and fill with the bloody Mary mix. Rip your shirt off and let our your best country western holler while you partake in this debaucherous and delicious amusement

December 16, 2010

Good morning to all of our beloved friends and clients and a sincere thank you to all of the lovely folks who have gifted us their homemade cookies...Oh my chocolate chips.

While I correspond to you from my hospital bed at Toll House General, thankfully on the mend from my sugar induced coma, I can't help but think that stopping at 32 cookies could have prevented this dilemma.

As these are our last two recipes for 2010, I would like to wish all of you and your families an abundance of health and good fortune this holiday season. I sincerely thank you for accepting these recipe emails and hope you have enjoyed them!

-Mark

In order to ensure the highest quality of product, we will soon have the Holiday Order slots for 12/23 and 12/24 filled. However, that does not mean we will not have an abundance of Fish and Seafood for those days.

There will be plenty of Cooked and Cleaned Shrimp, Clams, Mussels, Calamari (squid), Crabmeat, Cod, Salmon, Flounder, Smelts, Eels, Baccala, Oysters, Lobster, King Crab, Snow Crab....you get the point

Also we have a wide selection of Seafood and homemade appetizers such as Cocktail Claws, Smoked Fish, Clam Metropolitan, Clams Casino, Mussels Marinara, Crab Cakes, Fish Cakes, Calamari Salad and Oysters Rockefeller just to name a few. Please call the store we would love to help you. Click on our Web Site for a full line-up of Seafood metroseafood.com

The Store hours for Christmas Week are: 12/20 thru 12/23 10:00am to 6:30pm, 12/24(Christmas Eve) 10:00am to 2:00pm, 12/26 11:00am to 4:00pm

Some Great Take-Out Specials

908-735-5121

Grilled Blackened Tilapia Sandwich

With lettuce, tomato and Chipotle Mayo on a Fresh Baked Portuguese Roll 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, Metro will be at the Stockton Market This Friday 12/17 from 1-7p.m., Saturday 12/18 from 9a.m.-4p.m., and Sunday 12/19 from 10 a.m.-4p.m. We are however unable to attend the market again before Christmas, but we would love to see our all of you Piscivorous Shoppers here at our main store.

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: Sushi Grade Maine Sweet Shrimp, Skate Fillet, New Bedford Grey Sole, Nova Scotia Halibut, Nantucket Bay Scallops, Swordfish, Dry Day Boat Sea Scallops, Maine Jonah Crab Claws, Sushi Grade Fluke, Flounder Fillet, New Bedford Cod Fillet, New Bedford Hake, Pollack(Blue Cod), Rhode Island Little and Top Neck Clams, Whole Belly Clams for the Fryer, Maine Uni (Sea Urchin Roe), Maine Steamer Clams, Whiting

From the Waters of the World: Live New Zealand Green Lipped Mussels, Portuguese Sardines, New Zealand Cockles, Wild Caribbean Hopper Pink Shrimp(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: Real American Red Snapper and Pink Snapper, Mahi Mahi, Sushi Grade Ahi Tuna, Pink Grouper, Blue Crab Cocktail Claws, Fresh Lump and Jumbo Lump Crab Meat(See Recipe Below), Fresh Florida Stone Crab Claws, Sushi Grade Spanish Mackerel, Fresh Florida Rock Shrimp

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, Fresh Plump Shucked Washington State Oysters, Jumbo King Crab Legs and Snow(Ophelia) Crab Legs

Please Call to Inquire About Our Full Line of House Smoked Fish

THIS WEEKEND'S OYSTER SELECTION WILL INCLUDE THE FOLLOWING DELIGHTS

East Coast:

Nantuxent (Delaware Bay)

West Coast:

Kumamoto (Humbolt Bay , California) ; Pemaquid (Hog Island , Maine) ; Peale Passage (Shelton Bay , Washington State) ; Flowers (Oyster Bay Harbor NY) ; Hammersley (Hammersley , Washington State) ; Flying Point (New Castle , Maine) ; Belon (Harpswell , Maine) ; St. Simon (New Brunswick Canada)

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

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

- **Fairmount:** Aged 10+ months, this Alpine style cheese is both sharp and lingering with a bit of a bite...when younger, it is milder and smooth, when old, crumbly.
- **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.
- **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
- **Oldwick Shepherd:** Aged 5+ months, this sheep's milk cheese is nutty, full flavored, and undeniably sheep! Baaaah
- **Nettlesome:** Cave aged 4+ months, with the unique addition of Stinging Nettles...herbaceous and truly memorable
- **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!
- **Pepato :** Aged 5+ months, this is a refined Shepherd's Basket , with an gentle "kiss" of cracked white peppercorn
- **Octoberkase:** Aged 6+ months, and made from Octobers milk rich in butterfat and flavor

\$29.00lb

Crab and Shrimp Stuffed Mushroom Caps

Makes 16 medium mushrooms

Sure you've had crab stuffed mushrooms before and we all know how darn sexy they are but this little number will have you seeking redemption for lust in your palate..."Honey it just happened, the next thing I knew, I was eating these mushrooms...it meant nothing" Who are you trying to convince...you loved them.

Ingredients

16 medium mushrooms

3 cloves garlic, minced

1 shallot, minced

1/4 cup butter

1/4 cup Italian seasoned bread crumbs

2 tablespoons fresh flat leaf parsley, chopped

2 tablespoons fresh oregano or basil, chopped

1/2 lb cooked medium shrimp coarsely chopped; this can be done at Metro Seafood free of charge

1/2 lb of lump crabmeat; you don't need the jumbo pieces for this dish

1/4 cup Romano cheese

Salt and pepper to taste

How it's done

Preheat the oven to 400° Fahrenheit

Coat a baking dish with cooking spray

Wash the mushrooms and remove the stems. Place into the prepared baking dish.

In a small saucepan, melt 1/4 cup butter. Stir in garlic and shallots and cook for 2-3 minutes, until softened.

Next remove from heat and combine butter mixture with breadcrumbs, herbs, crab, and shrimp and Romano cheese.

Spoon mixture into the mushroom caps. Place in oven for 12 to 15 minutes.

If you are prone to guilty presentments you might want the stick to the crudités.

Cold Poached Salmon Brochettes with a Watercress Aioli

Serves 6 to 8 for appetizers

I don't know what makes this dish more fabulous the fact that you can make most of the components a day in advance and assemble in minutes or that you can create a delicious appetizer with leftover salmon...and I don't mean the fish from your plate.

Ingredients

1 pound Salmon Fillet skinned or you can use leftover Salmon...did someone say thrifty fishmonger

2 bay leaves

6 peppercorns

A dash of white wine vinegar for poaching

2 bunches of Watercress, roughly chopped (save some sprigs for serving)

1 baguette sliced thin and lightly toasted

6 tablespoons mayonnaise

3 tablespoons of Lebni or Greek style Yogurt

The juice of 1 lime

Salt and pepper

How it's done

In a small bowl combine mayonnaise, Lebni, lime juice, chopped watercress and season with salt and pepper to taste. Set aside in the refrigerator

Bring about 3 inches of water to boil in a frying pan with the bay leaves, peppercorns and vinegar. Slide in the Salmon fillet; bring back to a simmer, cover and leave to poach for 10 minutes.

Drain and cool Salmon and then break into rough flakes. Spread Watercress Aioli over toasted bread slices and top with poached salmon. Garnish with saved Watercress springs. All of a sudden those cheese puffs your cousin brought just don't feel as loving.

December 14, 2010

Good morning to all of our beloved friends and clients and I hope that you are enjoying this...how should I say, concealing, sweater weather and the glorious privilege of holiday weight gain.

Alright, I'm not suggesting you become of the next contestant on the "Biggest Loser" (holy compelling show) but some of these holiday party delights can quite frankly push your humble fish monger to a possible need for a "Salty & Sweet" intervention. Should be a great party...I promise to bring shrimp. I know you all must be very pressed for time these days, so today's recipes are ridiculously easy...really. We are Still taking orders for the Christmas Holiday ...please call so we may assist you...thank you 908-735-5121

Some Great Take-Out Specials

908-735-5121

Our World Famous Fried Fish Pita Wrap

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

Grilled Ginger Ahi Tuna Pita Wrap

With Oven Roasted Veggies and Wasabi Sauce With a choice of Soup*...\$9

Metro's Own Fish Cake Sandwich, Puts most crab cakes to shame

One of Metros Classic Fish Cakes, Golden brown on Fresh Pita bread with lettuce, tomato, Tarter and Hot Sauce With a small French fry And a soft Drink**...\$7

Grilled Blackened Scallops

Over a Mixed Field Green tossed Salad With a Choice of Soup*...\$9

New Zealand Cockles Steamed with White Wine and Garlic with fresh Crusty bread
\$8 per pound

** 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 Metro will be at the Stockton Market on Fridays from 1-7p.m., in addition to our already scheduled days, Saturdays and Sundays. 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) to have anything in particular brought down for you, but as always a great selection will abound.

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

From the Waters of the World: New Zealand Cockles, Wild Caribbean Hopper Pink Shrimp, Mediterranean Branzini and Durato, Hamachi (Yellow-Tail), Cold Water New Zealand Lobster Tails, Spanish Octopus

From the South: Sushi Grade Spanish Mackerel, Real American Red Snapper, Mahi Mahi, Sushi Grade Ahi Tuna, Pink Grouper, 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 (See Recipe Below), Fresh Organically Farmed Atlantic Scottish Salmon, Local Musky Hatchery Rainbow Trout, and Icelandic Arctic Char (See Recipe Below)

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

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Tilapia Putting on the "Ritz"

Serves 4

Before any of my fellow travelers judge me on taking the common road on our culinary journey I ask only for patience and honesty. And may the first of you who claim not to cherish the delicate buttery muse that this golden wafer offers, feel free to cast the first cracker. Also if you claim not to like Ritz Crackers, you're full of cracker meal...

Ingredients

Olive oil for pan

24 Ritz crackers crushed into coarse crumbs (about 1 cup) to insure a crunchy top don't crush the crackers to small.

2 tablespoons minced flat-leaf parsley

3 tablespoons mayonnaise

2 cloves garlic, minced

1 teaspoon finely grated lemon zest

1 tablespoon lemon juice

1 ½ to 2 pounds of Tilapia Fillets, patted dry

Salt and Pepper

Lemon wedges

How it's done

Preheat oven to 450°

Lightly oil a rimmed baking sheet with olive oil

In a medium bowl, combine the Ritz crumbs and 1 tablespoon of the parsley and set aside

In a separate small bowl, combine the remaining 1 tablespoon parsley with the mayonnaise, garlic, and lemon zest and juice. Set aside.

Season the Tilapia fillets with salt and pepper to taste. Place the fish on the baking sheet, flesh side up. Next brush the tops and sides of the fish with the mayonnaise mixture, then press the cracker crumbs into the mayonnaise.

Bake the Tilapia for 18 minutes, or until the crumbs are golden brown and the fish flakes when forked. Did your dinner napkin just magically transform itself into a down comforter and wrap around your soul...maybe, but you have to admit the flavors are spot on.

Roasted Arctic Char with a Toasted Dijon Butter Sauce

Serves 4

For those fellow travelers whose greatest culinary feat is Ramon Noodles, I can say with unbridled enthusiasm that this recipe is in your wheelhouse. Unless of course your wheelhouse looks like my garage which, quite frankly, is a cluttered mess and...sorry, bit of a tangent, it's really easy.

Ingredients

4 each 6 to 8 ounce fillets of Artic Char: You can also use with great success Salmon

4 Tablespoons of unsalted butter

Salt and pepper

1/4 cup lemon juice only; this would be a good time to use your free lemons from Metro

1 Tablespoon Dijon mustard

How it's done

Preheat oven to 400°F

Line a rimmed baking sheet with foil.

Place the Char, flesh side up, on the foil and dot each fillet with 1/2 tablespoon of butter (a total of 2 tablespoons) cut into small pieces. Season with salt and pepper to taste.

Bake the fish until opaque throughout, about 15 to 18 minutes.

Meanwhile, in a medium skillet over medium-high heat, heat the remaining 2 tablespoons of butter and lemon juice until the butter melts. Continue to cook, swirling the pan almost constantly, until the butter turns light brown, about 2 minutes. Remove from the heat and whisk in the mustard. The sauce won't be smooth. Season the sauce lightly with salt and pepper to taste. Spoon the sauce over the fish and serve immediately. If you wanted to go completely nuts and say, steam a little fresh spinach to put under the fish...you caught me trying to renovate your wheelhouse little chef...make it your own.

December 9, 2010

Good morning to all of our beloved friends and clients to whom I am indebted for allowing me to be your fishmonger and not just another jesting Chubster who just smells like fish. If we can assist in your holiday party planning we would be delighted to do so. One of the two recipes is a gorgeous party starter with skewered shrimp. I hope you enjoy the recipes. Don't forget Baccala is now in stock!!!

Some Great Take-Out Specials

908-735-5121

Sesame Ginger Grilled Snapper Pita Wrap
With Roasted Vegetables and Wasabi Sauce
With a choice of Soup*

\$9

A Deluxe Falafel Wrap
Bean patties with Lettuce, Tomato, wild Cucumbers, Tahini sauce and Hummus
With a soft Drink**

\$5

Grilled Basil Balsamic Mahi
On a Mixed Field Green Salad
With a choice of Soup*

\$8

Fried Clam Roll
Whole Belly Clams with Lettuce Tomato and Tarter Sauce
On a fresh baked Portuguese Roll
With French Fries

\$8

Lunch order of our Famous Fish & Chips
Battered Dipped Fish with French Fries, Cole Slaw, Tartar and Malt Vinegar
With a Soft Drink**

\$6

New Zealand Cockles Steamed with White Wine and Garlic with fresh Crusty bread
\$8 per pound

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

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- Frolic: An Alpine-Style Cheese named for the Happy Frolicking Cows of Milford Valley Shepherd Creamery Long Valley NJ
- Fairmount: Aged 10+ months, this Alpine style cheese is both sharp and lingering with a bit of a bite...when younger, it is milder and smooth, when old, crumbly.
- 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.
- 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
- Oldwick Shepherd: Aged 5+ months, this sheep's milk cheese is nutty, full flavored, and undeniably sheep! Baaaah
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Thai Inspired Shrimp Skewers with a Citrus Sesame Dipping Sauce

Serves 4 to 6 for Appetizers or 2 if you are sporting the Chubster look, like me.

So you want to have a swinging party, but how do you get the Cool guests to show up.

My first suggestion is to give your event a theme, say "Karate Kid" night, you know how good you look in your Gi, but wear the brown belt to show your vulnerability. And secondly serve these Shrimp Skewers to have your guests waxing on the complements

Ingredients

For the Citrus Sesame Sauce

1/4 cup honey

1/4 cup unseasoned rice vinegar

2 teaspoons grated or minced peeled fresh ginger

2 teaspoons soy sauce

2 teaspoons sweet Thai Chili Sauce

1 teaspoon toasted sesame oil

1 teaspoon grated orange peel

2 tablespoons chopped fresh cilantro

2 tablespoons chopped fresh mint

2 tablespoons toasted sesame seeds (toast in a small dry non-stick pan on top of the stove)

For the Shrimp

2 tablespoons peanut oil

1 tablespoon toasted sesame oil

1 pound of large shrimp shelled and deveined tails left on: Metro will perform this task lovingly and for free...just call in advance

1 tablespoon chopped fresh mint

1 tablespoon chopped fresh cilantro

20-22 6-inch wooden skewers

How it's done

For the Citrus Sesame Sauce

Mix ingredients in medium bowl until well blended and season with salt and pepper.

Can be made hours in advance and kept in the refrigerator

For the Shrimp

Heat peanut oil and sesame oil in heavy large skillet over high heat. Season Shrimp with salt and pepper. Add to skillet; sauté until just opaque and pink, about 3 to 4 minutes. Transfer shrimp to large bowl. Add mint and cilantro; toss to coat. Thread 1 shrimp onto each skewer. Arrange skewers seductively on your platter. Serve with dipping sauce

For those travelers who don't possess a Gi, feel free to not shave and come as Mr. Miyagi.

Red Snapper with Smashed Potatoes and a Saffron Sauce

Serves 4

Take my hand little chef, I know you are thinking this recipe looks long, but keep in mind this is the entire meal from potatoes to greens. Now please let go of my hand, you're making me feel uncomfortable, besides you have to start cooking.

Ingredients

For the Red Snapper

4 each 6 to 8 ounce Red Snapper Fillets skin on and Scaled: you can also use with great success

Grouper, Domestic Sea Bass

The juice and zest of half an orange

1 tablespoon of fresh thyme chopped fine

1 clove garlic crushed

1 tablespoon of olive oil plus 1 more tablespoon for cooking fish

Salt and pepper

Saffron Sauce

1¼ cups of fish stock: Where the heck am I going to find...Metro Has It!

1 cup of dry white wine

½ cup of heavy whipping cream

1 good pinch saffron

4 plum tomatoes or vine ripened tomatoes, deseeded and diced

2 tablespoon of Basil Chiffonade (leaves stacked and cut into ribbons widthwise)

For the Smashed Potatoes

1½ of new potatoes white or red your call

4 ounces of olive oil

Salt

To serve: One bag of baby arugula

How it's done

Saffron Sauce

Pour the stock and wine into a saucepan and bring it to a boil, then reduce it to a simmer and leave it to reduce by two thirds. Add the heavy cream and stir in the saffron, return to a simmer and reduce by a third so that you have a saucy consistency. Remove the sauce from the stove and keep warm until ready to serve. You may cover with a piece of plastic wrap to avoid the sauce from having a skin. When ready to serve stir in the diced tomato and the shredded basil.

For the Smashed Potatoes

Place the potatoes in a saucepan of boiling water and simmer for 10-15 minutes (dependant on their size) until tender, remove from the heat and drain. Add the olive oil to the pan and mash the potatoes with a potato masher or fork, mix until well incorporated and season with salt to taste. Cover pan and keep warm

For the Red Snapper

Place the orange juice and zest, thyme, garlic and 1 tablespoon of olive oil in a shallow bowl and turn the Snapper fillets in the marinade. Allow the Fish to marinate covered in the

refrigerator for 30 minutes. After 30 minutes remove fish from marinade and pat dry with paper towels and season lightly with salt and pepper
Bring a large non-stick frying pan to high heat and coat with olive oil. Place the Red Snapper skin side down in the hot pan, allow to cook for 2-3 minutes on each side, so that they are golden and cooked through.
To Serve: Place a handful of Arugula in the center of each plate and top with some smashed new potatoes. Arrange the Snapper fillets on the potato and pour the sauce around the plate. Serve at once knowing each one of your loved ones is enjoying a soul hug with every forkful.

December 7, 2010

Good morning to all of our beloved friends and clients and may I bid you a serene welcome to this holiday season

We at Metro Seafood & Gourmet are honored and delighted that many of you would invite us to your holiday gatherings via our products and services. We know all too well that sometimes the season can stress even the most harmonious traveler. That is why with every holiday order we are giving out heartfelt hugs. I hope you enjoy them but when we let go, so should you...if not, it just feels creepy. Today's recipes are freakishly easy...enjoy

Some Great Take-Out Specials 908-735-5121

Blackened Catfish Sandwich
With lettuce, tomato and Chipotle Mayo on a Fresh Baked Portuguese Roll
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 Sandwich
Panko Crusted Cod, Golden brown on fresh pita and with lettuce, tomato,
Tarter and hot Sauce with a choice of Soup*
\$7

Grilled Sesame Soy Chilean Sea Bass over a Mixed Field Green Salad
And a Choice of Soup*
\$9

Grilled Swordfish "Fajita" Wraps
Fajita spiced Swordfish with Seared Peppers, Onions and Avocado on a Flour Tortilla
And 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

From the North: Hake fillet (See Recipe Below), Monkfish, New Bedford Grey Sole, Monkfish Liver, Nova Scotia Halibut, Nantucket Bay Scallops, Swordfish, Sushi Grade Fluke, Flounder Fillet, New Bedford Cod Fillet, Rhode Island Little and Top Neck Clams, Whole Belly Clams for

the Fryer, Maine Uni (Sea Urchin Roe), Maine Steamer Clams, Dry Day Boat Sea Scallops (See Recipe Below)

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

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

From the South: Florida Pompano, Mahi Mahi, Sushi Grade Ahi Tuna, Red Grouper, Real American Red Snapper, 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

Roasted Hake with Cremini Mushrooms and Chives

Serves 4

Come closer, I want to tell you a secret...not that close; I can smell the hummus you had for lunch. Although this dish is unbelievably simple you will be wise to bring out this little number for more effusive weekend soirees. They don't have to know it was easy, just delightful...kind of like me

Ingredients

4 each 6 to 8 ounce fillets of Hake fillet Skin and bones removed: you can also use with great success Cod, Halibut or Snapper

1 tablespoon flour

2 tablespoons olive oil

8 ounces of Cremini mushrooms quartered: Please feel free to substitute any mushroom you might have on hand...remember this is a weekday recipe

2 shallots, peeled and finely chopped

2 tablespoons of unsalted butter

½ cup of dry white wine

2 tablespoons of Lebni or Greek style yogurt: Available in abundance at Metro

1 small bunch of chives sliced thin you can also use the green part of scallions

Salt and freshly ground white pepper

How it's done

Pre-heat the oven to 450°F. Season the Hake fillets well with salt and white pepper and leave them to stand on a tray for about 10 minutes. Pat the fish dry with kitchen paper and lightly coat in flour, shaking any excess off. Heat a heavy-bottomed frying pan (preferably with an ovenproof handle) with the olive oil and quickly pan-fry the fish on a high heat for a couple of minutes on both sides, then finish cooking in the oven for about 6-7 minutes.

Meanwhile heat the butter in a heavy frying pan and cook the shallots and mushrooms on a medium heat for 3-4 minutes, stirring every so often. Season with salt and pepper, then add the wine and turn up the heat until the wine has almost entirely reduced. Next add the Lebni and chives, and simmer for a minute, stirring the mushrooms and chives until the sauce is just coating them.

To serve, spoon the mushroom mixture on to warmed plates, placing the fish on top.

Don't be ashamed to have a warm and empowering sense of pride befall upon you...you did good little chef.

Lime Scallop and Zucchini Couscous

Serves 4

I know what you're thinking, are you high on Hummus fishman? No, this recipe is delightfully easy and who can resist saying Couscous on a weekday...quite frankly it's my new term of endearment my little Couscous you. I'm giving you a cyber cheek pinch right now.

Ingredients

2 cups of Chicken Stock: Available at Metro...of course we make it silly.

Pinch saffron threads

The juice of 1 lime

3 tablespoons olive oil separated

1 box of Couscous always found at all Metro Seafood locations including our only one

2 large Zucchini

2 tablespoons flat-leaf parsley

4 sprigs thyme

1 good pinch of crushed red pepper flakes

1 ½ to 2 pounds of Dry Sea Scallops: "Dry" meaning unprocessed: "Processed" meaning Crap: "Crap" meaning...

How it's done

Bring chicken stock to a boil then add saffron, half the lime juice and 1 tablespoon of olive oil. Stir in the couscous shut off heat, cover and leave for 10 min to hydrate. Trim and slice the zucchini on the slant, in ½ inch slices. Chop the parsley leaves, strip the thyme off the stalks and chop with the parsley. Heat the remaining 2 tablespoons of olive oil in a frying pan and, when hot, fry scallops for about 2 minutes per side to brown scallops. Transfer scallops to warm plate and keep warm. In the same pan add the zucchini slices, cook, tossing frequently for 5 minutes, then add the red pepper flakes, and half the herbs and cook for another minute or so. Continue tossing and bring back scallops and add the remaining lime juice and season with salt and pepper to taste. Next, loosen the couscous with a fork directly into the Scallop and Zucchini pan. Toss to warm through. Stir in the remaining herbs and serve. Just a side note it is well documented that large quantities of hummus have been known to produce psychotropic effects.

I know...that's why everyone seems better looking with Pita in their hand.

December 2, 2010

Good morning to all of our beloved friends and clients who I sincerely hope haven't been trampled by a holiday shopping herd

Maybe I'm just old fashioned, but when did giving a gift of the heart suddenly go out of style. Sure my family might enjoy the latest electronic apparatus to ease modern day toils, but just imagine their faces when they unwrap a coupon for a 1 hour backrub. I know, they probably would have flipped over a 30 minute, but that's just my generosity showing. I hope you enjoy today's recipes

Some Great Take-Out Specials

908-735-5121

Grilled Ginger Salmon Pita Wrap

With Oven Roasted Veggies and Wasabi Sauce With a choice of Soup*...\$9

Whole Belly Clam Sandwich

Lettuce, Tomato and Tarter on a Fresh Baked Bread With a choice of Soup...\$8

Mussels in White Wine and Garlic

With fresh Bread...\$5 pound

Spicy Cajun Catfish Platter

With French Fries, Cole Slaw, Hot Sauce and Tartar Sauce...\$7

**Grilled Basil Balsamic Grouper
Over a Mixed Field Green Salad And a choice of Soup***

***Home Made Soup Selections Manhattan and New England Clam Chowders
Lobster Bisque and Chicken and Rice**

**Don't forget about our Newest Menu Additions: Metro's Own Lobster Salad Roll and Fish
Tacos**

To all of our fellow travelers South West Metro will be at the Stockton Market on Fridays from 1-7p.m., in addition to our already scheduled days, Saturdays and Sundays
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) to have anything in particular brought down for you, but as always a great selection will abound.

From the North: Monkfish (See Recipe Below), Whiting, Periwinkles(Snails) From Maine, Skate Fillet, New Bedford Grey Sole, Monkfish Liver, Nova Scotia Halibut, Nantucket Bay Scallops, Swordfish, Dry Day Boat Sea Scallops, Maine Jonah Crab Claws, Sushi Grade Fluke, Flounder Fillet (See Recipe Below)New Bedford Cod Fillet, Hake, Rhode Island Little and Top Neck Clams, Whole Belly Clams for the Fryer, Maine Uni (Sea Urchin Roe), Maine Steamer Clams, Live Sea Urchin in the Shell

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

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

From the South: Florida Pompano, Mahi Mahi, Sushi Grade Ahi Tuna, Red Grouper, Real American Red Snapper, 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
Please Call to Inquire About Our Full Line of House Smoked Fish

THIS WEEKEND'S OYSTER SELECTION WILL INCLUDE THE FOLLOWING DELIGHTS

East Coast: Wellfleet (Wellfleet , Massachusetts) **West Coast:** Kumamoto (Humbolt Bay , California); Pemaquid (Hog Island , Maine) ; Peale Passage (Shelton Bay , Washington State) Flowers (Oyster Bay Harbor NY) ; Hammersley (Hammersley , Washington State) ; Flying Point (New Castle , Maine) ; Belon (Harpswell , Maine) St. Simon (New Brunswick Canada)
Also For Your Half-Shell Pleasure Rhode Island Little and Top Neck Clams

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**

Valley Shepherd Creamery Long Valley NJ

- Fairmount: Aged 10+ months, this Alpine style cheese is both sharp and lingering with a bit of a bite...when younger, it is milder and smooth, when old, crumbly.
- 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.
- 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
- Oldwick Shepherd: Aged 5+ months, this sheep's milk cheese is nutty, full flavored, and undeniably sheep! Baaaah
- 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
- 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

Monkfish Soup with Crostini and Aioli

Serves 4

When the encumbrances of this big blue marble seems to weighty for even the strongest of our fellow travelers, some may find themselves taking solace in the "bottle". Dare I suggest finding real clarity in the bottom of a bowl of soup...I'm just saying

Ingredients

For Monkfish Soup

1 1/2 pounds of Monkfish cut into 1 1/2 inch chucks: you could use with great success Grouper or Halibut

1/4 teaspoon saffron threads

2 tablespoons olive oil

1 medium white onion, chopped

1 clove garlic, minced

1 carrot, chopped

1 celery stalk, chopped

6 cups fish stock or clam juice

Coarse salt and freshly ground pepper to taste

2 tablespoons chopped Italian parsley

1 loaf French or Italian bread, sliced and toasted

For Aioli

1 large egg

1 large egg yolk

2 cloves garlic, minced

1/2 teaspoon kosher salt

A few grinds of white pepper

1 teaspoon lemon juice

3/4 cup extra-virgin olive oil

1/4 cup safflower oil

How it's done

For the Aioli

Combine the egg, yolk, garlic, salt, pepper and lemon juice in a blender. With the motor running, very slowly pour in the oil. Transfer to a bowl and refrigerate until ready to use.

For the Soup

Sprinkle the saffron threads into half a cup of water and set aside.

Meanwhile, heat the olive oil in a heavy casserole or stock pot. Sauté the onion, garlic, carrot and chopped celery stalk until soft and golden. Add the fish stock or clam juice to the vegetables with the saffron water and cook, uncovered, for 15 minutes. Add Monkfish, and cook four to five minutes. Remove from heat, season with salt and pepper and sprinkle with parsley. Serve the soup in heated bowls, passing the bread and aioli separately. Did my spoon just give me a soul kiss? Yes it did...enjoy

Seared Flounder over a Spinach and Chickpea Chili salad

Serves 4

When you need to deliciously detox your "body temple" after a full on assault of pigs in the blanket, unrecognizable cheese puffs and intravenous holiday alcohol consumption, this dish will have you jumping jacks like Jack Lalanne with a new juicer.

Ingredients

1 bag of baby spinach

2 15 ounce cans of Chickpeas, rinsed, drained

1 small red onion, finely chopped

1 Sweet Red Pepper deseeded, finely chopped

1/2 tsp crushed red pepper flakes

1/2 teaspoon of sugar

The juice of one lemon

1 tablespoon of olive oil plus extra for brushing fish with

4 each 6 to 8 ounce Flounder fillets: you can also use with great success Tilapia, Cod or Sea Bass

2 lemons, quartered

How it's done

Combine baby spinach, Chickpeas, onion, Red Pepper and pepper flakes in a bowl. Whisk together the lemon juice, sugar and olive in a separate bowl. Pour over the spinach mixture and toss to combine.

Heat a non-stick frying pan over high heat. Brush fish with olive and season with salt and pepper. Add the flounder and cook for 2 minutes on each side or until the flesh flakes easily when tested with a fork in the thickest part. Transfer to a plate and cover with foil to keep warm.

Add the lemon, cut-side down, to the pan and cook for 1-2 minutes each side or until golden and caramelized.

Divide the spinach mixture among serving plates. Top with the flounder and serve with the caramelized lemon. Who knows, with your new sense of well being you might want to turn down the Grande Nacho platter...well let's not get crazy