

January 28, 2010

Good morning to all of our beloved friends and clients, I've just been enlightened on four foods that make you look younger!

Allow me to share, sweet potato fries, spinach marinara, balsamic carrots and toasted pecans...yummy where is my Birkenstocks, patchouli oil and hyperbolic chamber. Please forgive my invective tone, but for the love of Pete I'm in my forties, what sort of H.G. Wellian time erasing properties can be had in a balsamic carrot? Yes it sounds like an intriguing little side dish, however, I prefer to look younger the old fashioned way by only looking the mirror at happy hour.

Our Lebanon Location is on track for a spring time opening, if you happen to pass by and see a worker taking a break, please feel free to tell him to get the @#&& back to work!

To the lovely folks who are attending this weekend's Stockton Market [click here](#) to view the list of what we will be bringing. If there is something you would like that is not on this list just call the store by Friday for Saturday pick up, and Saturday for Sunday pick up. If you ever wanted to know what one of my mornings at the market entails [click market run](#)

From the North: Wild Fresh Nantucket Bay Scallops, Dry Dayboat Sea Scallops, Sushi Grade Fluke, Maine Uni(Sea Urchin Roe), Nova Scotia Halibut, Whole Maine Belly Clams(Great For Frying!), New Bedford Cod Fillet, Pollack(Blue Cod), Maine Sweet Shrimp, New Bedford Grey Sole

From the South: Fresh Florida Stone Crab Claws, Black Grouper, American Red Snapper, Pompano, Sushi Grade Spanish Grade(See Recipe Below), Fresh Florida Rock Shrimp, Sushi Grade Ahi Tuna

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

From the Waters of the World: New Zealand Cockles(See Recipe Below), Mahi Mahi, Dover Sole from Holland, Hamachi(Yellow-tail)

From Sustainable Seafood Sources: Organic Scottish Atlantic Salmon, Icelandic Artic Char, Catfish, Local Musky Hatchery Trout

Pan Grilled Spanish Mackerel with Zucchini Tempura and a Lemon Aioli

Spanish Mackerel is the milder more sophisticated cousin of Boston Mackerel. This recipe will once again throw down the gauntlet between these two distant family members as to who is the most wanton. And yes you should be excited; I did give you permission to heat up the oil and tempura...let it go man, it's the weekend

Serves 4

Ingredients

For the Spanish Mackerel

2 Tablespoon olive oil

1 teaspoons honey

2 teaspoons Dijon mustard

2 teaspoons soy sauce

1 lemon, juice only

4 each 6 to 8 ounce fillets of Spanish Mackerel you could also use Pompano, or Yellow Tail (Hamachi)

freshly ground black pepper

For the Zucchini tempura

sunflower oil or canola oil, for deep frying

1 cup flour

1cup ice water(it actually helps if you can get a little ice chips in the water)

1 egg beaten

pinch sea salt

2 Zucchini, sliced diagonally and set on paper towels to dry

For the lemon Aioli

2 Tablespoon chopped Italian flat leaf parsley

8 ounces of Hellman's Mayonnaise

2 lemons, zest and juice only

2 teaspoons chopped garlic

4 Tablespoon olive oil

2 teaspoons Dijon mustard

2 dashes of your favorite hot sauce

How it's done

For the fish, combine the olive oil, honey, mustard, soy sauce and lemon juice in a bowl, then rub the mixture onto both sides of the Mackerel with your hands. Season fillet both sides with pepper and set aside on plate .

Meanwhile, for the Zucchini tempura, heat the oil in a deep heavy-based saucepan until the breadcrumb sizzles and turns brown when dropped into it. About 350 degrees if you are using your thermometer

Whisk the flour, ice water, egg and salt until it forms a batter with the consistency of heavy cream. Coat each Zucchini slice in the batter and fry in batches for 2-3 minutes, or until golden-brown. Remove with a slotted spoon, and then set aside to drain on kitchen paper.

For the lemon aioli, whisk all the aioli ingredients with a fork until all the ingredients are well combined.

Heat a grill pan over a medium to high heat. When the pan is hot, add the marinated mackerel fillets flesh side down first and sear for about 2 min per side for rare-cook (longer if you prefer it more well-cooked).

To serve, place one Spanish Mackerel fillet onto each serving plate, then place a quarter of the Zucchini tempura onto one side of the tuna and spoon a portion of the lemon aioli onto the other.

Linguini and Cockles with a Southwestern Twist

Serves four

This recipe is the love child of a dark swarthy Italian pasta maker and his raven haired Spanish Rose. Seriously their kids are beautiful and this dish represents the eldest daughter.

Ingredients

1/2 cup chardonnay

2 pounds of cockles or manilas, you can also use two dozen little neck clams

1/2 cup extra-virgin olive oil

1 lime (grated zest and juice)

1 carrot, diced

2 large shallots, diced

1 fennel bulb, cored and diced

Salt

Freshly ground black pepper

8 ounces spaghetti

1 bunch chopped cilantro, for garnish

How it's Done:

Pour the wine into a large, deep pot over high heat and add the clams. Cover and cook for about 5 minutes. Remove from the heat and, with a slotted spoon (the clams will have released their liquid), transfer the clams to a large bowl, reserving the liquid (there should be 1 to 1 1/4 cups) in the pot. Discard any unopened clams.

Return the pot to high heat and bring to a boil. Reduce the liquid by half, and then add the oil, lime zest and juice, carrot, shallots and fennel. Reduce the heat to medium and cook, stirring occasionally, for about 5 to 8 minutes or until the vegetables are tender. Add salt and pepper to taste.

Meanwhile, bring a separate large pot of salted water to a boil and cook the Linguini to package directions. Drain. Add the pasta and clams to the vegetables in the pot and stir to combine. Serve immediately in wide soup bowls, topped with the cilantro.

January 26, 2010

Good morning to all of our beloved friends and clients and I seriously wish that, in some small way, our seafood rocked your weekend!

Speaking of not rocking, has anyone heard the new Bin Laden recordings...two thumbs way down. Forget about the fact this guy totally sold his soul to the commercial American Idol pop machine. He's completely abandoned his steady, got get on the dance floor, driving beat of his earlier work. It pains this humble fish monger to see the once biting satirical lyrics of the bearded one, relegated to the common whines of talk radio...I'm not buying the album that's for sure. I hope you find today's recipes a hit.

From the North: New Bedford Grey Sole, Nova Scotia Halibut, Halibut Cheeks, Maine Sea Bass, line caught Swordfish, Day boat Sea Scallops, and Nantucket Bay Scallops

From the Pacific Northwest : Black Cod (Sable), Wild Troll King Salmon, Peale Passage Shucked Oysters

From Sustainable Waters of the World: Catfish fillet, store cut Tilapia (See Recipe Below), Musky Hatchery Trout, Artic Char, Scottish Organic Atlantic Salmon

From the South: Grouper (See Recipe Below), Red Snapper, golden Tilefish, and Pompano
From the Waters of the World: Portuguese Sardines, Branzini, Durato, and Yellow Tail (Hamachi)

[Remember these are some of our offerings please feel free to stop by or call for all of our selections](#)

Tilapia with Pine nuts and Scallion Greens

This recipe is as easy Tiger Woods getting a date last minute...and in last minute I meant Serves 4

Ingredients

3 tablespoons pine nuts

3 tablespoons unsalted butter

2 tablespoons of scallions sliced thin the green part only....toss the white part into your salad

4-6 ounce Tilapia fillets. You can also use flounder, snapper or sea bass

seasoned flour for dredging

lemon wedges

How its done

In a large non-stick skillet sauté pine nuts in 1 tablespoon of butter over moderately high heat, stirring, until golden. Add chives. Remove skillet from heat and transfer mixture with slotted spoon to a dish.

Season Tilapia with salt and pepper and dredge in flour, shaking off excess. In the skillet heat remaining 2 tablespoons butter over moderately high heat until foam subsides and sauté Tilapia until it just flakes, about 2 to 3 minutes on each side. Transfer Tilapia to plates and spoon pine nut mixture over it. Serve with lemon wedges. You can serve this dish over couscous, rice or over a really tough day at the office. Either way you're eating dinner in less than thirty minutes with a salad.in the last minute. Seriously, the guys a total freak, but he's got game.

Grouper with broiled tomatoes and onions with an olive tapenade dressing

Serves 4

Let me introduce you to the button on your oven that you may be acquainted with his name is Broil you probably know his taller brother Bake. I know Bake is trustworthy and somewhat safe but it's Broil who's the real live wire. Besides his obvious prowess in hot situations he's every bit of the bad boy some of our female travelers are seeking.

I've given you this tapenade recipe before and this is but another use for it.

Ingredients

1 medium red onion, cut lengthwise into 1/2-inch-thick wedges

1 pint grape tomatoes

6 tablespoons olive oil, divided

4 6 to 8 ounce servings of Grouper about 1 inch thick; you can also use Red Snapper, Halibut, Cod or even Swordfish steaks

1 tablespoon red-wine vinegar

2 teaspoons olive tapenade recipe follows

Salt and pepper

How it's done

Preheat broiler and line a large shallow baking pan with foil.

Toss onion and tomatoes with 3 tablespoons oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper in lined baking pan, then spread evenly in one half of pan.

Pat Grouper dry and sprinkle both sides with salt and pepper, then arrange, flesh side up, next to vegetables in other half of pan. Drizzle fish with 1 tablespoon oil and broil 4 to 6 inches from heat until vegetables are charred and slightly wilted and fish is just cooked thru, 12 to 15 minutes.

Meanwhile, whisk together vinegar, olive tapenade, 1/4 teaspoon pepper, and remaining 2 tablespoons oil.

Transfer fish to platter and arrange vegetables around and on top of the fish Stir pan juices into vinaigrette and drizzle on top. What's that you say?... you cant believe you just finished making dinner and you haven't even finished your first glass of wine...I told you it was easy.

Olive Tapenade recipe

1/4 cup olive oil

2 cups onion, diced

1/4 cup capers, drained

1/2 cup sun-dried tomatoes

1/2 cup brine-cured olives, pitted

Olive Tapenade

In a large sauté pan over low heat add the olive oil and cook onions for about 30 minutes until well caramelized. Transfer to a food processor. Add the sun-dried tomatoes, capers and olives. Process until paste forms. Season with salt and pepper. Tapenade can be kept covered in refrigerator for two weeks. Or two solid cocktail hours

January 20, 2010

Good morning to all of our beloved friends and clients,

I would be remiss if I didn't express my most heart felt appreciation for your patience during our move to Lebanon. And although it seems like an eternity we are now making headway towards a spring time opening.

On the bright side the ceiling rafters are very sturdy and quite high as to successfully hang myself if this project takes any longer...easy tiger deep breaths, remember if you set it free and it comes....wait I think that's for some kind of love butterflies. Danget! I always mix-up my mid 80's rock ballad life lessons. Enjoy!

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From the North: Silver Hake, Local Skate Fillet, Dayboat Monkfish, Maine Sweet Shrimp, Fresh Wild Nantucket Bay Scallops, Maine Sea Bass, Nova Scotia Halibut(See Recipe Below), Fresh Squid(See Recipe Below), Swordfish, New Bedford Cod Fillet, Fluke Fillet, New Bedford Grey Sole

From the South: Florida Golden Tilefish, Pompano, Fresh Jumbo Stone Crab Claws, Mahi Mahi, American Red Snapper, Sushi Grade Ahi Tuna

From the Pacific Northwest: Black Cod (Sablefish), Fresh Juicy and Plump Shucked Oysters

From the Waters of the World: Mediterranean Branzini and Durato, Portuguese Sardines, Fresh-Never-Frozen Jumbo Shrimp(See Recipe Below)

From Sustainable Seafood Sources: Organic Scottish Salmon(See Recipe Below), Costa Rican Tilapia Fillet, New Zealand Cockles, Catfish, Local Musky Hatchery Trout, Prince Edward Island Mussels

For Those in Need of a Weekend Aphrodisiac Escape We Will Be Carrying the Following Oyster Selection

Island Creek (Duxbury , Mass.)

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

Flowers (Oyster Bay Harbor , New York)

Sweet Neck (Martha's Vineyard , Mass)

Beau Soleil (New Brunswick , Canada)

Blackberry Point (Prince Edward Island , Canada)

Apalachicola (Apalachicola , Florida)

Peale Passage (Shelton , Washington State)

Kumamoto (Humbolt Bay , California)

Calamari and Shrimp with Zucchini over Angel Hair

This love affair sounded crazy to the perspective parents of Calamari and Shrimp. But I was there at the wedding and I don't mind sharing, that I cried like a baby just being in the presence of true love.

These kids are going to make it.

Serves 4

Ingredients

3 tablespoons extra-virgin olive oil

1 zucchini, sliced into thin coins

2 garlic cloves, chopped

¾ pound large shrimp cleaned and deveined with the tails left on for the fancy look...I

personally love a good tail

¾ pound cleaned squid tubes and tentacles cut into ½" rings with the tentacles cut in half.

1 each 28 oz can of plum tomatoes drained and roughly chopped

¾ cup of Fish stock

¼ cup white wine

1 teaspoon lemon juice

1/8 teaspoon saffron pistils, dissolved in 1 tablespoon hot water

1 pound fresh angel hair pasta

Salt

2 tablespoons minced Italian parsley

How it's done

Heat the olive oil in a large skillet over medium heat and sauté the zucchini until golden, about 10 minutes. Add the garlic and sauté for about a minute. Next add shrimp and calamari and sauté for about 1 to 2 min or until the shrimp just starts to turn pink. Add the tomatoes, fish stock, wine, lemon juice, and saffron water; cook for 5 minutes, or until the liquid reduces by half.

Meanwhile, bring 5 quarts of salted water to a boil. Drop in the pasta and cook until the pasta is al dente. Next drain pasta, reserving ½ cup of the pasta cooking water. Transfer the pasta and reserved pasta water to the skillet with the shrimp and calamari and toss for 1 minute over

medium-high heat. Transfer to a bowl, garnish with the parsley, and serve hot. And please don't feel bad if you feel the well of tears approaching...embrace your sensitive side. Don't worry, you can go right back to your cranky self at dessert.

Halibut Stew

Serves 4

If some of you are a bit squeamish about inter species cooking please refrain from reading this recipe. I on the other hand, not only condone but celebrate the freedom and passion that can only be experienced when diverse ingredients writhe in a heated culinary rapture

Ingredients

2 to 3 slices of thick cut bacon....there I said it. Let it be known this humble fish monger digs on swine...damn, I only wish they could swim better, then I could sell them at the store

1 small onion - diced

2 med carrots - peeled and chopped into 1/4 in pieces

2 celery stalks - sliced in 1/4 inch slices

2 cloves garlic - minced

1 tsp. dried thyme

1 tsp. dried basil

6 to 8 oz beer....it's ok, I won't look, chug the rest you animal

hot sauce this ones up to you pick your favorite

1 28 ounce can of tomatoes chopped with juice

1 cup of tomato sauce

2 cups chicken stock of course you can use fish or vegetable stock

8 small new potatoes- washed and quartered

1 ½ pounds of Halibut fillet skinned and cut into ¾ inch cubes. You can also use Cod, Grouper, Hake, Haddock or even Salmon

salt and pepper to taste

How it's done

In medium frying pan sauté bacon until crisp. Remove bacon and drain on paper towels. Do not dump out the fat.

In the bacon drippings sauté the chopped onion, carrots, celery and garlic for 5 minutes until softened. Add thyme and basil and sauté until veggies start to brown, about 4 more minutes.

Deglaze the pan with the beer and pour all ingredients into a large soup pot. Add the tomatoes, tomato sauce, stock and 3 shots or more of hot sauce to the soup pot. Crumble the reserved bacon and add to the pot. This is your soup base

Bring the base to a simmer. Add quartered new potatoes and cook for 8 to 10 minutes at a very low simmer. Add fish cubes and cook 8 minutes more. Taste and season with salt and pepper.

Ladle out this love fest and realize you just opened a door of culinary mischief that you might want to close but can't ever again.

Salmon Carpaccio with Arugula Salad and Dijon Balsamic Dressing

Serves 4 for an appetizer

This recipe is rated NC-17 for it full on fish nudity and strong sexual content. This little number is for the courageous purists among my fellow travelers who may have at one time or another been somewhere they thought their identity was safe, only to see their aunt on an remote European al fresco beach....oh dear, I think I'll forgo the traditional hug.

Ingredients

2 tablespoons balsamic vinegar

1/4 teaspoon Dijon mustard

8 tablespoons extra-virgin olive oil, divided

Fine sea salt

1 pound sushi-salmon cut into ½ inch slices; your Metro Seafood associate would love to perform this task for you. Seriously that's what we do for a living

4 teaspoons fresh lemon juice

2 teaspoons thinly sliced fresh chives
1 teaspoon minced shallot packed
2 cups Arugula loosely packed

How it's done

Combine vinegar and mustard in small bowl; whisk in 4 tablespoons olive oil. Season dressing to taste with sea salt and pepper.

Divide salmon slices into four portions and arrange on each individual plate. Next brush the slices each with the remaining olive oil, and then sprinkle with lemon juice, chives, shallot, sea salt, and pepper. Toss Arugula and 2 tablespoons dressing in medium bowl; season to taste with sea salt and pepper. Mound Arugula salad atop each plate and serve. This is probably one the simplest first courses you will ever attempt. But please lay your trust in this humble monger's hand, when I profess the complexity of gastronomic delight you will experience.

January 19, 2010

Good morning to all of our beloved friends and clients who I trust wore ample sunscreen during this past gorgeous weekend.

Far be it from me to prate, but my cut off shorts and muscle shirt produced the mid winter San Tropez tan lines one only dreams of. I actually made myself ill on that one...sorry. Speaking of dreams, can you believe the NY Jets are still alive and duking it in the play offs. For those of you fellow travelers who are not students of the grid iron, this is like a really homely contestant making it to the final four on American Idol...this isn't England for the love of Pete. I hope you enjoys today's recipes I threw in a bonus recipe (Lobster Mash Potatoes) requested from one of our lovely viewers.

From the North: Wild Rhode Island Little Neck Clams(See Recipe Below), Nova Scotia Halibut, New Bedford Cod Fillet, Flounder Fillet, Dry Dayboat Sea Scallops, Fresh Wild Nantucket Bay Scallops, New Bedford Grey Sole Fillet, Dayboat Monkfish, Local Skate Fillet, Canadian Hard Shell Lobsters(See Recipe Below)

From the South: Sushi Grade Ahi Tuna, Mahi Mahi , Florida Golden Tilefish(See Recipe Below), American Red Snapper Fillet

From the Waters of the World: Hamachi(Yellow-Tail), Mediterranean Branzini and Durato(See Recipe Below), New Zealand Cockles

From Sustainable Seafood Sources: Icelandic Artic-Char, Costa Rican Tilapia Fillet, Catfish, Local Musky Hatchery Trout, Organic Scottish Salmon

Pan-fried Tilefish Fillet with Ratatouille and Grape Tomato Coulis

This dish although seems a scant difficult for a weekday, remember, the vegetable is included in the dish and as far as this fishmonger is concern I say "koo-LEE" enough.

Serves 4

Ratatouille

2 yellow onions diced $\frac{3}{4}$ inch
4 sprigs of thyme
4 Tablespoon olive oil
4 cloves of garlic, minced
2 large red peppers, seeded and diced $\frac{3}{4}$ inch
2 large zucchini, halved lengthwise and diced $\frac{3}{4}$ inch
1 medium eggplant, halved and diced $\frac{3}{4}$ inch
2 Tablespoon tomato purée
4 ripe tomatoes, diced
Salt and freshly ground black pepper

Tomato coulis

8 oz ripe grape tomatoes
2 Tablespoon extra virgin olive oil
2 pinches of sugar if the tomatoes aren't ripe enough
Salt and freshly ground pepper

For the fish

4 fillets 6 to 8 ounces each of Tilefish scaled skin on. You can also use Red Snapper, Branzini or Sea Bass

1 Tablespoon extra virgin olive oil + extra to finish

Juice of 1/2 lemon

Salt and freshly ground black pepper

The ratatouille

Preheat the oven to 400°F

On a medium heat, in a large saucepan, soften the onions and thyme in the olive oil for 3-4 minutes, without letting them colour.

Add the garlic, red peppers, zucchini, eggplant, 8 pinches of salt and 4 pinches of pepper and cook for 2 minutes longer.

Stir in the tomato purée and chopped tomatoes. Cook over a medium heat, with a lid on, for 15-20 minutes, until the vegetables are tender. Taste and correct the seasoning if necessary, then set aside.

The tomato coulis

In a blender, or with a hand-held blender, purée the Grape tomatoes with the extra-virgin olive oil, 2 pinches of salt and a pinch of pepper.

Taste and add the sugar if necessary, then strain and set aside.

The Fish

Slash each fillet 3 times with a sharp knife on the skin side Season with salt and pepper

Over a high heat, in a large, oven-proof frying pan, heat the oil. Sear the fillets on the flesh side for 1 minute in the hot olive oil.

Turn the fillets over and cook for 2-3 minutes.

Transfer to the oven and cook for 2-3 minutes longer, depending on thickness. Taste and correct the seasoning, if necessary, then sprinkle the lemon juice over the fillets.

To plate

Reheat the ratatouille and gently warm the tomato coulis, making sure it does not boil (if it did it would become grainy and lose all its freshness). Arrange the ratatouille in the middle of 4 soup plates and top with the tile fish fillets.

Spoon the tomato coulis around and then drizzle with the best extra-virgin olive oil. If you prepare this story correctly I guarantee an unexpected culinary grasp at your Coulis. Grow up Mark...you're so immature sometimes

Risotto with Little Neck Clams

Serves 4

The next 45 minutes you will transform your kitchen into a soulful funkadelic 70's rock show using the universe's culinary elements. What I'm trying to say is if you haven't listened to your old Earth Wind and Fire recordings in a while....I strongly recommend a revisit. Where the heck is my jumpsuit?...sorry for that image.

Ingredients

1 box Arborio Rice (Risotto)

3 dozen Little Neck Clams

1 quart water

1 small carrot

1/3 stalk celery

1/2 small onion

1 clove of garlic

1/2 bunch flat leaf parsley

1 ounce freshly grated Parmesan

4 teaspoons unsalted butter

6 tablespoons extra-virgin olive oil

Salt and pepper

How it's done

Soak the clams cold salted water for at least one hour so that they release any sand. (Don't hesitate to change the water several times.)

Rinse, drain and place in a large pot with 1 quart of fresh water.

Cover pot and bring to water to a boil when the shells open about 3 min after the boil; clams with a slotted spoon and then remove the meat from the shells and set aside in a bowl. Cover the clams with their filtered cooking liquid to keep them from drying out.

Wash the parsley, carrot and celery; peel the onion and garlic. Chop all the vegetables finely and sauté in extra-virgin olive oil.

Add the rice and stir over high heat until translucent. Add 1 ladleful of the liquid from the clams, then stir until completely absorbed. Repeat this process for 15 minutes, stirring constantly and adding only one ladleful of liquid at a time.

Two minutes before the end of the cooking time, add the clam meat. Finish, leaving the risotto slightly runny.

Turn off the heat; correct the seasoning to taste (remember the clams are naturally salty); mix in the butter and grated Parmesan.

Cover for 1 to 2 minutes; stir again and serve immediately. I promise you will think the world has slowed down a bit. Or maybe take it easy on the wine Champ it's only Tuesday.

Lobster Mashed Potatoes

Serves 2 very grateful people

Besides curing all forms of depression this dish also aids with male pattern baldness. Please don't get me wrong fellow travelers, it's not that it grows hair, you're just so damn euphoric after eating this plate of love you just can't muster up the contravening energy to care.

Ingredients

1 each 1¼ lb. lobster

1/3 cup (or more) whole milk

2 teaspoons chopped fresh tarragon

1 pound russet potatoes, peeled, cut into 2-inch pieces

2 tablespoons (1/4 stick) unsalted butter

How it's done

In a pot that will fit the lobster bring salted water to a boil and cook for 10 min. Using tongs, transfer lobster to work surface and cool slightly (reserve water in pan). Remove lobster meat and return the shells back to the water. Cut meat into 1 1/2-inch pieces. Bring 1/3 cup milk to simmer in medium saucepan. Add lobster meat and tarragon; cover and set aside.

Return reserved water and shells in pan to boil. Add potatoes and boil until potatoes are tender, about 20 minutes. Drain potatoes remove lobster shells; return to pan and mash. Add butter and lobster mixture to mashed potatoes and stir until butter melts. Season potatoes to taste with salt and pepper. (Can be made 3 hours ahead. Cover and refrigerate. Before serving, you can warm potatoes over low heat, stirring often and thinning with more milk, if desired. Or transfer to microwave-safe bowl, cover with plastic, and warm in microwave until heated through, about 2 minutes.) Although shirts are optional for this dish, head and wrist bands are strongly recommended.

January 14, 2010

Good morning to all of our beloved friends and clients and I hope you haven't packed away your jean cut offs and muscle shirts because it's going to be in the 40's tomorrow!

Before I unveil today's recipes and specials I have a confession to make...I've been watching the American Idol...you can stop judging me now. Let me share, fellow travelers, my personal hell at rock bottom:

It all started with that innocent gateway show (drug) "Entertainment Tonight"...sure, it was my private guilty pleasure and I wasn't hurting anyone. Then before I knew it I was on the hard stuff, "the Insider", "TMZ" and even contemplating getting a subscription to " US " magazine. It's not till I awoke last night half dressed with hair a tussle that I saw myself in the mirror, watching Idol...luckily my venerating family staged an intervention. Except for the occasional twitch I'm sending this email thankfully on the road to recovery. I hope you enjoy today's recipe.

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♣ = Great For Sushi

From the Pacific Northwest: Black Cod (Sablefish)(See recipe below), Fresh Shucked and Shell Washington State Oysters

From the North: Maine Sweet Shrimp♣, Maine Sea Bass, Uni♣ (Sea Urchin Roe), Swordfish, Fluke, Whiting, New Bedford Cod Fillet, Dry Dayboat Sea Scallops♣, Fresh Wild Nantucket Bay Scallops♣, New England Silver Hake Fillet, Nova Scotia Halibut♣, Fresh Jonah (Empress) Crab Claws

From the South: American Red Snapper♣ (See Recipe Below), Red Grouper, Mahi Mahi, Sushi Grade Ahi Tuna♣, Golden Tilefish, Caribbean Cobia Fillet, Fresh Lump and Jumbo Lump Crabmeat

From the Waters of the World: Mediterranean Branzini and Durato, Hamachi♣ (Yellow-Tail), Portuguese Sardines

From Sustainable Seafood Sources: Icelandic Artic Char, Organic Scottish Atlantic Salmon♣, Local Musky Hatchery Trout, Catfish Fillet, Prince Edward Island Mussels

Pan Seared Black Cod aka Sablefish with Wild Mushroom Polenta and Fresh Spinach

Serves 4

The only difference between this dish and a Roman orgy is that a shower is not required after this dinner. Yes...this little number is stone cold sexy.

Ingredients

1 ½ to 2 pounds Black Cod cut into 4 portions you can also use Halibut, Grouper, or Tilefish

Salt and pepper

4 tablespoons vegetable oil

1 bunch fresh thyme

6 tablespoons unsalted butter

2 pints assorted mushrooms you can use any kind of mushrooms that are available shitakes, cremini, portabellas or a mixture of all three...you decide the level of danger

2 cups instant polenta (Yes of course we sell this at Metro)

1 quart chicken stock (Yes we have that also at Metro) you are a shameless self promoter Mark...thank you

1/4 cup heavy cream

1 pound baby spinach, washed

How it's done

Season the Black Cod with salt and pepper.

In a large sauté pan over medium heat, add the vegetable oil and heat the oil to a slight smoke. Add 1 sprig of fresh thyme to the sauté pan and sear the Black Cod skin side down for 3/4 of the cooking time about 7 minutes. This will give the fish a beautiful crisp skin and golden color.

While the fish is cooking start the polenta. In a 2 quart sauce pot add 2 tablespoons of butter and 1 sprig of fresh thyme. When the butter begins to brown, add the mushrooms and sauté until golden. Using a wooden spoon, stir in the polenta, add the chicken stock, and reduce to a simmer. When the polenta begins to thicken finish with heavy cream and 1 tablespoon of

butter. Season with salt and pepper, when ready to serve, remove the thyme sprig. Keep the polenta warm by covering pan and wrapping in a towel. Carefully turn the fish over, to finish the other side about 2 min. Remove the Black Cod and hold in a warm place. In the same sauté pan, on the same temperature, add the spinach. It will quickly wilt. Finish the spinach with the remaining butter and season with salt and pepper. To plate dish ladle a small amount of polenta into the bottom of four bowls. Layer a small amount of spinach on the polenta and finish with the Black Cod. Garnish with fresh thyme. Don't even think about driving after this dish your blood salaciousness level will be off the charts.

Poached Red Snapper with Oyster and Watercress Salad

Alright fellow traveler I know this might look a bit overwhelming but I raised the degree of difficulty slightly on this one. In the cliché words of every teacher you ever had "I wouldn't give you this challenge if I thought you couldn't handle it" but I mean it. Serves 4

Ingredients

For the court bouillon

2 tablespoons unsalted butter
2 carrots, finely chopped
3 celery stalks, finely chopped
2 leeks white part only, finely chopped
2 small white onions, finely chopped
1 bay leaf
sprig of thyme
1 tsp coriander seeds
1 tsp fennel seeds
¼ cup of dry white wine
4 tablespoons white wine vinegar

For the fish

1 ½ pounds Red Snapper fillet cut into 4 equal portions
1 dozen shucked oysters strained with all the liquor (juice) reserved Preferably West Coast oysters for this dish any Metro associate would love to do this for you
splash soy sauce
2 tablespoons unsalted butter
2 tablespoons chopped shallots
2 tablespoons chopped chives

For the watercress salad

1 tablespoon olive oil
2 tsp white wine vinegar
2 tablespoons finely chopped shallots
2 bunches of watercress clean removing any heavy stems

How it's done

First make the court bouillon. Heat the butter in a large pan and sauté the carrots, celery, leeks and onions for a few minutes. Add the bay leaf with the thyme and stir in the coriander and fennel seeds. Pour in the white wine and vinegar and cook down for a few minutes. Cover with water and bring to a boil, then simmer for 30 minutes. Strain into a clean pan and leave to simmer gently until required.

For the red snapper, season the red snapper fillets with salt and freshly ground black pepper. Add to the court bouillon and cook for 3-4 minutes. Remove the fish using a slotted spoon and set aside. Court bouillon can be kept in the fridge/freezer for a later date if needed.

Place the oysters in a sieve, set in a bowl and drain, reserving the juices. Heat the reserved oyster juices in a pan, add the oysters and poach for one minute. Add the soy sauce, butter and shallots, and then stir in the chopped chives. Heat for a further 2-3 minutes. Drain the oysters before serving. Meanwhile, make the watercress salad. Whisk the olive oil and vinegar in a bowl and add the shallots to make a vinaigrette season with salt and pepper. Toss watercress

salad to coat.

To serve, place the red snapper on the warm plates, arrange the dressed watercress alongside and place the oysters on top. If you feel the need for an ice water and cigarette you prepared this dish correctly.

January 12, 2010

Good morning to all of our beloved friends and clients and for those of you who witnessed Avatar already, I haven't, so stop crowing about it...you're going to ruin it for me.

Please don't get me wrong I want to see the film and I'm not in a quandary as to whether to see it in 3D or not. On the contrary, my dilemma lies in the 2 hours and 42 minutes of cinema magic that will no doubt take place with frightfully the last 42 minutes leaving me stranded with an empty cardboard vat of what held my precious buttered kernels. I'm sure you're thinking like me, that damn 55gal drum of corn bliss might hold out for a standard two hour flick but almost three, I think not! So if any of my fellow travelers know of a theater that has waiter service please forward this to your most humble servant of all things briny. I hope you enjoy today's recipes

From the North: Nova Scotia Day Boat Halibut (See Recipe Below), Long Island Fluke, New Bedford Grey Sole and Cod (See Recipe Below) fillet. Maine Sweet Shrimp and Sea Bass, Nantucket Bay Scallops

From the South: American Red Snapper, Mahi Mahi, Black Grouper, Sushi Grade Ahi Tuna,

From the Pacific North West: Black Cod (Sable Fish), Peale Passage Shell and Shucked Oysters

From Sustainable Seafood Sources: Costa Rican Tilapia, Icelandic Artic Char, Musky Hatchery Rainbow Trout, and Catfish

From the Waters of the World: Hopper Pink Shrimp, Branzini, Dorado (Sea Bream) and New Zealand Cockles

Halibut with Red potato and braised Kale

Serves 4

I got a crazy idea how about coming home from your vacation from vegetables...wait someone's ringing the door bell it's your large intestine with a dozen roses and a note thanking you for the vegetable homecoming.

This is another all in one dish that will have your weekday warriors nutritionally charged and spiritually fortified

Ingredients

1 lb. leeks

4 tbsp. extra-virgin olive oil

2 cloves garlic, peeled and minced

1 lb. Small red skinned potatoes, washed and halved

1 lb. thick halibut fillets skinned and cut into large 1 ½ in pieces you can also use Monkfish, Hake, Haddock or Tilefish

3 packed cups washed, stemmed, and roughly chopped kale leaves

½ cup dry white wine

½ cup fish stock

Salt and freshly ground black pepper

How it's done

Trim off and discard green tops of leeks. Roughly chop white part, place in a colander, and wash thoroughly in running water to remove all sand. Drain and dry on paper towels.

Heat 3 tbsp. of the olive oil in a large sauté pan over low heat. Add leeks and garlic and cook slowly until leeks are tender, about 20 minutes.

Dry potatoes well and add to pan. Raise heat to medium-high and sauté until lightly browned, about 3-5 minutes. Add kale and stock and white wine. Cover, lower heat, and simmer until potatoes are tender and kale has cooked down, about 15 minutes.

Meanwhile, sear fish in a lightly oiled nonstick pan over medium-high heat until golden, about 1 minute per side. Add fish to kale mixture and continue to simmer until fish is opaque, about another 5 minutes. Season to taste with salt and pepper and serve. Please don't be shocked when your loved ones spontaneously burst into a campy musical rendition of wind beneath my wings in your honor...sorry my softer side snuck out...man up Mark you're a fish monger you big Mary.

Beer Battered Fish

This is the age old dilemma quantity of live versus quality. Would you like to live to be 114 years old eating only whole grains akin to say a Black Angus steer...yes, your flesh would be delicious grilled. Or would you like to, once in a while, cavort the forbidden and unbridled lust fest that is fried food. It's your choice but remember when you're 114 years old all your friends are dead.

Serves 4

Ingredients

2 cups flour

1 tsp salt

½ tsp black pepper

¼ tsp garlic powder

1 tsp. paprika

1 12-oz. bottle light beer

½ cup of water

Canola oil

1 ½ pounds of Cod cut into 8 even pieces. You can use just about any fish your heart desires Hake, flounder, Tilapia, any whitefish

Flour for dusting

Tartar sauce

1 lemon, cut into wedges

How it's done

Put flour, salt, garlic powder, black pepper and paprika into a large bowl and whisk to combine. Add beer and ½ cup water and whisk to make a smooth batter.

Pour the oil into a large heavy pot to a depth of 2" and heat over medium-high heat until the temperature registers 350° on a deep-fry thermometer. Dust the Cod in flour and shake of all excess flour (the flour is merely drying the fish for the batter to stick effectively) working in batches, dip the fish into the batter, shaking off some of the excess, and slowly dip into hot oil until the end begins to float and then let go. Turn fish occasionally, until cooked through and deep golden brown, about 5 to 6 minutes. Transfer the fried fish to a rack as it is done.

Now dip that piece of fish in the tarter sauce and feed a fellow traveler at the table as the ancient Greeks did prior to all out....whoa let's keep this PG big tiger, remember the kids.

Don't be surprised if your co worker asks "what's got you humming and skipping this morning big guy?" Just give them your best poker face and reply "wouldn't you like to know". Fried fish, it's our secret.

January 7, 2010

Good afternoon to all of our beloved friends and clients thank you for allowing us to have another successful holiday season,

With the holidays a distant sight in our rear view mirror we can begin to focus on moving to our new location at 1320 route 22 Lebanon NJ. I must admit the topless drive thru was probably the most original idea to date. However, I'm afraid an excessive back hair issue rose more than few red flags with our local board of health. Seriously in the weeks ahead we will be letting

you know of all the new items and services that the new Metropolitan Seafood and Gourmet will offer.

To the lovely folks who are attending this weekend's Stockton Farmer's Market [click here](#) to view the list of what we will be bringing. If there is something you would like that is not on this list just call the store by Friday for Saturday pick up, and Saturday for Sunday pick up.

From the North: Maine Sweet Shrimp, Swordfish(See Recipe Below), Nova Scotia Halibut, New Bedford Cod Fillet, Flounder Fillet, New Bedford Grey Sole, Dayboat Monkfish Fillet and Liver, Dry Dayboat Sea Scallops, Fresh Wild Nantucket Bay Scallops, Wild Rhode Island Little Neck Clams, Maine Black Sea Bass, Jumbo Whiting

From the South: American Red Snapper, Red Grouper, Mahi Mahi, Fresh Sushi Grade Ahi Tuna, Wild American Lump and Jumbo Lump Crabmeat, Fresh Florida Rock Shrimp(See Recipe Below)

From the Pacific Northwest: Jumbo California Uni(Sea Urchin Roe), Wild Quinalt Steelhead Salmon, Alaskan Sablefish(Black Cod), Wild Alaskan Jumbo Troll King Salmon, Fresh Manila Clams

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

From Sustainable Seafood Sources: Organic Scottish Salmon, Costa Rican Tilapia Fillet, Local Musky Hatchery Trout, Icelandic Artic Char, Prince Edward Island Mussels

Rock Shrimp Pan Roast

Serves 4

The only warning that comes with this dish is to please let the pan cool down before running your tongue across it. There is nothing funny about a tongue blister.

Ingredients

3 tablespoons unsalted butter

1/2 cup fresh bread crumbs

Salt and freshly ground pepper

1 tablespoon vegetable oil

2 pounds cleaned Rock Shrimp

4 large white mushrooms, thinly sliced

1 large shallot, thinly sliced

1 tablespoon fresh lemon juice

1/4 cup water

2 tablespoon chopped flat leaf parsley

How it's done

In a large non stick pan, melt 1 tablespoon of the butter. Add the bread crumbs, season lightly with salt and pepper and cook over moderate heat, stirring, until the crumbs are golden brown and crisp, about 3 minutes. Scrape the crumbs onto a plate.

Wipe out the pan. Add the oil and heat until simmering. Add 1 tablespoon of the butter and let it melt. Add the rock shrimp, season with salt and pepper and brown over high heat, about 2 minutes total. Transfer the rock shrimp to a large, shallow dish.

Melt the remaining 1 tablespoon of butter in the pan. Add the mushrooms, season with salt and pepper and cook over moderate heat until their liquid is almost evaporated, about 4 minutes.

Add the shallot and cook, stirring, until softened, about 3 minutes. Add the lemon juice and cook for 30 seconds. Add the water and simmer for 1 minute.

Return the rock shrimp and any accumulated juices to the pan and season with salt and pepper. Remove from the heat and stir in the parsley. Spoon the rock shrimp and mushrooms onto plates, sprinkle with the bread crumbs and serve. When this dish is performed correctly you should feel an unbridled need to bring down the house with a spirited karaoke rendition of Rock Lobster...I dare you.

Pan Seared Swordfish with a Sage Butter and Braised Root Vegetable Medley

Serves 4

This root vegetable medley is Mother Nature's way of reminding us how nice she was just months ago, before she decided to give the unkind pink belly some call winter. brrrrr.

Ingredients

4 each 6 to 8 ounce portions of Swordfish steaks you can also use Halibut, Salmon or Shark Steaks

Olive oil for pan searing fish

Salt and Pepper

Root vegetable medley

1 carrot

1 parsnip

1 small turnip

1 leek white and light green only

8 ounces dry white wine

2 ounces water

6 leaves of Sage Chopped

4 tablespoons butter

Fresh lemon

How it's done

Preparing the fish

Heat a heavy pan to high heat and salt and pepper swordfish on both sides.

Drizzle oil into pan it should be smoking right away and sear the swordfish for about 4-5 min per side or until desired doneness. You can have it from med rare to med which is just barely opaque. Remove fish from pan and place in deep dish plates.

Preparing the root vegetables

Mix the softened butter with the sage; set aside;

Peel and cut all of the vegetables in a julienne cut (large matchsticks)

Next put the white wine and water into a saucepan and bring to a simmer then add the vegetables and half of the sage butter; Cook gently until almost all of the liquid has evaporated.

To Plate

Arrange the vegetable medley proactively over the swordfish

Add a squeeze of lemon juice to the bit of remaining liquid from the vegetables, whisk in the remaining sage butter season with salt and pepper to taste and pour over the Swordfish. It's alright to kiss your hand, we don't frown on self love fellow travelers...that's our secret.

January 5, 2010

Good morning and Happy New Year to all of our beloved friends and clients

Well this holiday hung-over fish monger is proud to report that just five days into the New Year I'm shedding my cumbersome resolutions like hair from my middle-aged crown. What the heck was I going to do with my new found ability to speak the Brazilian dialect of Portuguese? And if my "learn to rock on the harmonica" disk took hold the only environment this melodic skill would serve me well is bunking with Bernie Madoff in C block. Instead the only Resolutions that I will sink my teeth into is to ramp up my level of affection for this bewildered fishmonger and to continue to be extraordinarily grateful for friends and clients like yourselves who are kind enough to let me interfere in your lives. I hope you enjoy today's recipes

Thank you and many blessings of health and prosperity to you and your loved ones.

From the North East: Day Boat Monkfish (see Recipe Below) New Bedford Grey Sole, Fluke fillet, Maine Swordfish, Golden Tilefish, Skate fillet

From the South: Black Grouper, Ahi Sushi Grade Yellow Fin Tuna (See Recipe Below), Blue Crab Cocktail Claws
From the Pacific North West: Quinalt Steelhead Salmon, Alaskan Black Cod (Sable Fish) Peale Passage Shucked Oysters and live Manila Clams
From the Waters of the World: Fresh Never Frozen Chilean Sea Bass, Icelandic Artic Char
From Sustainable Waters of the World: Costa Rican Tilapia, Musky Hatchery Trout, Organic Scottish Salmon.

Herbed Tomato and Monkfish Soup

If you are looking to Score points with your loved ones and have them obeying your every whim, I suggest you give them money. But all the same this is a damn good soup that will let them know you still dig them.

Serves 4

Ingredients

2 tablespoons Olive oil
3 leeks white part only, thinly sliced
4 cloves garlic finely chopped
1 medium white onion, sliced thin
4 cups Metro's homemade fish stock or bottled clam juice
2 cups canned tomatoes, chopped
1/2 cup dry white wine
2 tablespoons grated orange rind
2 tablespoons chiffonade fresh basil (cross cut into thin ribbons)
1 pinch saffron threads
1 bay leaf
3 sprigs of thyme or 1/2 teaspoon dried
2 Tablespoons of fresh fennel weed or 1/2 teaspoon fennel seed
1 1/2 pounds of Monkfish cut into 1 inch medallions you can also use Halibut, Tilefish, or even cleaned large shrimp
1/4 cup chopped flat leaf parsley
Freshly grated Romano cheese

How it's done

Heat the oil in a large pot over moderate high heat.
Sauté the leeks, garlic, and onion until tender, but not browned, about 5 minutes.
Add the fish stock, tomatoes, dry white wine, orange zest, basil, and saffron.
Tie the bay leaf, thyme, and fennel in a small piece of cheesecloth to make a bouquet garni (any bundle of herbs, dried or fresh added to a dish to present their flavors minus their texture) and add it to the pot.
Simmer covered for 30 minutes.
Add the Monkfish and simmer until they turn opaque, 3 to 4 minutes.
Remove and discard the bouquet garni.
Stir in the parsley and serve immediately, garnished with grated Parmesan.
Alright all you need now is a salad a piece of bread and a bull whip to stay off your guest's unwanted love gropes.

Pan Seared Tuna over a Spinach Salad with a Ponzu Sauce

Serves 4

I know what your thinking what naughty high jinxes have you been up to Mark to pull this Japanese number off. I don't know, maybe the new Kimono I received for Christmas...yes it came with the wig.

Ingredients

FOR THE PONZU SAUCE:

1/2 cup bonito flakes. Yes Metro Carries these
5 tbsp. fish stock
1/4 cup fresh lime juice

1/4 cup soy sauce

1 1/2 tsp. mirin (Japanese rice wine)

FOR THE SALAD:

3 tbsp. vegetable oil

9 oz. package frozen corn drained and dried

6 oz. baby spinach

6 scallions, trimmed and sliced into thin rounds

1/4 bunch cilantro, leaves only

4 each 6 oz. portions of Sushi grade Tuna it can be any variety that looks best Yellow fin, Big Eye or Blue fin you can also use Swordfish for this dish

1 tsp. fennel seeds, toasted and ground with a spice grinder (a clean coffee grinder)

Salt and freshly ground black pepper

How it's done

For the ponzu sauce: Put bonito flakes, stock, lime juice, soy sauce, and mirin in a small saucepan; bring to a boil over high heat, then reduce heat to medium and simmer for 1 minute. Remove from heat and allow to cool, and then strain sauce, discarding solids, and set aside.

For the salad: Heat 1 tbsp. of the oil in a medium nonstick skillet over medium-high heat. Add corn, and sauté until lightly golden, about 5 minutes, then transfer to a large bowl. Add baby spinach, scallions, and cilantro leaves to the bowl, and toss with 8 tbsp. of the reserved ponzu sauce. Divide salad among four plates.

Pat Tuna steaks dry with paper towels, then rub with remaining 2 tbsp. oil, and season with ground fennel and salt and pepper to taste. Heat the same medium nonstick skillet over medium-high heat. Add tuna, and sear until lightly browned, about 2 min per side for rare 3 to 4 min for medium rare. Place Tuna salad, then drizzle salad with remaining ponzu sauce.

When you bow to show deference to your guests don't be shocked if someone lovingly pinches you in gratitude.