

July 29, 2010

Good morning to all of our beloved friends and clients and welcome to the real hot part of summer...that other weather was mere child's play...the August heat will have fellow traveler's heads bursting into flames like match sticks. Remember, STOP, DROP AND ROLL.

And on an unbelievably positive note, it seems as though the Gulf oil Slick is beginning to see a retreat thanks to oil-eating microbes and some evaporation, as stated by the environmental science group Oceana. Local Seafood brokers have reported to this concerned fish monger that more fishing areas will be opening again. I wonder if those oil-eating microbes will work on my half Lebanese forehead...I swear you can fry catfish on my head sometimes...to far, I know. I hope you enjoy today's recipes

Some Great Take-Out Specials

Falafel Sandwich with lettuce tomato and Tahini sauce...ask for hot sauce with a cup of Gazpacho and a can of Soda
\$6.95

Fried Fish "Poor Boy"
Panko crusted fish with Cole Slaw and tarter Sauce on locally baked French Bread
With a can of Soda
\$6.95

Grilled blackened Salmon over a Mixed Field Green Salad
And a can of Soda \$7.95

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

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

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

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

From the South: Sushi Grade Ahi Tuna, Hog-Nose Snapper(just like Red Snapper)(See Recipe Below), Blowfish(just like chicken), Florida Rock Shrimp, Mahi Mahi, Blue Crab Cocktail Claws, Red Grouper, Fresh Lump and Jumbo Lump Crab Meat, Fresh and Live Soft Shell Crabs, Carolina Grey Tilefish and Carolina Blowfish(Just Like Chicken Drums)

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

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

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

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

This Weekend's Local Cheese Selection from the Valley Shepherd Creamery Will Include:

Shepherd's Basket: Aged 5+ months, this sheep's milk cheese is made using our own lamb rennet, imparting a distinctive, well layered flavor with a beautiful, basket rind

Fairmount: Aged 10+ months, this Alpine style cheese is both sharp and lingering with a bit of a bite...when younger, it is milder and smooth, when old, crumbly.

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

Crema de Blue: Aged 70+ days, this rich, unctuous blue is soft and creamy just under the rind, revealing a firmer pate on the interior. A perfect marriage of sweet cream and salt, this silky cheese is a blue lover's delight.

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

THIS WEEKEND'S OYSTER SELECTION WILL INCLUDE THE FOLLOWING DELIGHTS

East Coast: Rocky Shore (Prince Edward Island , Canada)

West Coast: Kumamoto (Humbolt Bay , California) Bagaduce (Bagaduce Falls , Maine)

Peale Passage (Shelton Bay , Washington State)

St. Simon (New Brunswick , Canada) Little Creek (Quilcene , Washington State)

Briar Patch (Stonington , Connecticut) Beau Soleil (New Brunswick Canada)

Pickle Point (Prince Edward Island , Canada)

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

Tomato Poached Snapper with sautéed White Beans

Serves 4

Don't you dare tell me that you can't do this recipe...for the love of Neptune this isn't a recipe, it's the entire meal all you need is four glasses of wine a loaf of bread and four fellow travelers you can stand for at least an hour...scratch that, this dish is so good you wont even care who's at the table...even your family.

Ingredients

1 each 15 ounce can of White Beans drained and rinsed (Also called Cannelloni Beans or White Kidney Beans)

Salt and freshly ground black pepper

6 tablespoons extra-virgin olive oil, plus extra

1 shallot, roughly chopped

8 leaves basil, roughly chopped

1 pound ripe tomatoes, roughly chopped

1 cup fruity white wine

2 pounds of Snapper fillet skin on and scaled; you can use Hog Nose Snapper, Grouper, Sea Bass, or even Halibut fillet (but not too thick)

1 cup of Cherry tomatoes halved

Chopped Basil for Garnish

Crushed red pepper flakes for garnish and flavor

How it's done

In a large skillet over medium heat, warm 4 tablespoons olive oil. Brown the shallots, and season with salt and pepper. Add the basil and tomatoes. Simmer for 5 minutes, and then add the wine. Place the fillets skin side up in the liquid, cover, and cook until the fish becomes flaky, about 10 to 12 minutes.

Meanwhile, warm 2 tablespoons olive oil in a skillet over medium-high heat. Add the white beans and sauté for 2 minutes. Season with salt and pepper.

Remove the fish to a serving platter. Strain the cooking liquid, and pour some over the fish.

You can discard tomato poaching mixture. Place white beans around and drizzle with olive oil. Garnish with the cherry tomato halves, thyme chopped basil and a little crushed red pepper flakes. I think I might have gotten carried away with the family comment...on second

thought, they might just be too annoying...unless you up the wine...oh you are a thinker fishman.

Branzini or Sea Bream with Fire Roasted Sweet Pepper Salad

Serves 4

This recipe looks too involved...I want something simpler...wah, wah, wah...Hey, stop your wining before I smack you in the side of the head with a sustainable fish. Please trust your humble fish monger, this recipe will deliver culinary ecstasy in ten fold of the slight effort you should lovingly put forth...what else to do you have to do on a Saturday afternoon?

Ingredients

For Fire Roasted Sweet Pepper Salad

4 large sweet red peppers

6 canned anchovy fillets in olive oil, drained, finely chopped

4 cloves of garlic thinly sliced

1 tablespoon of Capers drained and rinsed

1 teaspoon of lemon Zest

The juice of one lemon

3 to 4 Tablespoons of olive oil

Salt and Pepper to taste

1 tablespoon fresh mint leaves, chopped

1 tablespoon of Basil Leaves Chopped

For the Branzini or Sea Bream

4 ea 1 pound Branzini or Sea Bream (Durato) scaled gutted rinsed and dry...Please let the one of a kind associates at Metro do this for you...it's free and it make us feel important

Olive oil for brushing

Kosher salt

How it's done

For the Fire Roasted Sweet Pepper Salad

Preheat your grill to its highest setting.

When the grill is hot, place the peppers onto the grill and cook for 10-12 minutes, turning occasionally, until the skin is blackened and blistered on all sides.

Transfer the blackened peppers to a bowl, cover with plastic wrap and set aside for 10-15 minutes, or until the skins have loosened and the peppers are cool enough to handle.

Next peel and discard the blackened skin from the peppers using your fingers. Cut each peeled pepper in half over a serving bowl, catching any juices in the serving bowl. Remove the seeds from the peppers, then cut the flesh into long strips about a ½ inch wide. Add the pepper strips to the serving bowl with the saved juice.

Add the anchovies, garlic, lemon zest, lemon juice and capers to the bowl containing the peppers. Next pour in the olive oil and season, to taste, with salt and freshly ground black pepper. Mix the salad ingredients until well combined and coated in the dressing. Set aside for at least one hour to allow for the flavors to come together in a tasty jam session.

For the Fish

Set Grill to medium high heat.

Brush the fish lightly with olive oil and season generously with salt both in and outside of your fish. Place the Branzini onto the grill and cook for 6 to 8 minutes on each side, or until the skin is crisp and golden-brown on both sides and cooked through. Note: The fish is cooked through when the tip of a knife inserted into the thick meat behind the head meets with only the faintest resistance near the bone.

To serve, add the chopped mint and basil to the salad and mix well to combine. Place one barbecued Fish on each plate, and spoon the roasted red pepper salad alongside. What's that?

You're swelling with a sense of pride by just looking at it...wait till you taste it, you'll hold out your ring for kissing for the privilege of sitting with a Scrumptious Caesar.

July 27, 2010

Good morning to all of our beloved friends and clients and with the sweltering weekend weather and the dreaded, I have to disrobe, "pool party" I am faced with the age old question will I ever get into ripped condition before I leave this nutty blue marble.

My fellow travelers, who of us doesn't want to have a hot Hollywood body complete with the full adulation package that it comes with? Well, today's recipes are delicious and healthy but probably won't give you a rocking physique. So if you really desire the sculpted attributes of movie icons I suggest you get into producing films and cast one of those bodies into your life movie with such titles as "She's hot and I'm not" or "Regular Ladies...the new drug of Choice" rated YUM for brief comedy and full frontal food images. I hope you enjoy today's recipes

[Some Great Take-Out Specials](#)

[Fried Fish Pita Wrap with Lettuce, Tomato and Tarter Sauce ask for Hot Sauce if you like With a can of soda \\$6.95](#)

[Grilled Southwest Salmon with lettuce, Tomato and Chipotle Tarter on locally baked bread With a Can of Soda \\$7.95](#)

[Sautéed Soft Shell Crab Platter in a white wine garlic sauce over Rice pilaf our famous Cole slaw \\$15.00](#)

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

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

From the Pacific Northwest: Wild Alaskan Sockeye Salmon (See Recipe Below), Fresh Plump Shucked Oysters

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

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

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Oven Poached Cod with a String Bean Salad

Serves 4

Oven poached fish...ohh, that's sounds healthy...shhhhhh, isn't everything in moderation. Healthy Schmelthy, this dish is delectable and makes you feel greedy for owning so many taste buds

Ingredients

For the Fish

4 servings of Cod 6 to 8 ounces each: you can also use Tilapia, Flounder, Hake, or even Catfish

2 ounces Butter

½ cup white wine

2 sprigs of rosemary

Salt and pepper

The juice of 1 lemon

For the string bean salad

1 ½ pounds of string beans with ends cleaned
4 small handfuls of mix field greens or your favorite leafy greens
1 pint of cherry tomatoes halved
8 tablespoons of olive oil
4 tablespoons lemon juice
More fresh rosemary, to garnish

How it's done

Preheat oven to 450° Fahrenheit and place a cookie sheet or a jelly roll pan in the oven
Place fish on a large piece of aluminum foil large enough to make a sealable foil package that will go on the cookie sheet. Place fish on foil and season with salt and pepper. Next add butter pats, rosemary, white wine and lemon juice and carefully close your foil package tightly. Place fish package in the oven on cookie sheet and cook for 12 to 15 minutes. Remove fish from oven and pour juice into a small bowl and whisk until thickened. Keep fish warm
Meanwhile, cook the string beans in a pan of boiling salted water for 5 minutes, until slightly al dente. Drain and toss together with the field greens, tomatoes, olive oil and lemon juice season with salt and pepper to taste
Spoon the salad onto a plate, top with the Cod and pour the sauce over. Dress with a sprig of rosemary and serve knowing that you did a good thing for your fellow man today. How? You just performed the first ever triple soul bypass...your patients are resting comfortably and expect to recover fully to loving humans.

Salmon Pan Roast with Spicy Shrimp and Spinach Sauce

Serves 4

If you have a pantry full of spices and herbs you only used once and can't figure out how to resurrect them I have just the dish to bring some of the lovely spices back to their rightful place on your top ten palate list. Trust me when I tell you the only thing hard about this dish will be cleaning up the trail of rose pedals your loved ones will lay before your feet as you take each brilliant step

Ingredients:

For the Salmon

4 each 6 ounce fillets of Salmon (scaled) farmed or wild, like truth or dare it's your choice.
You could also use with great success Halibut, Grouper or Even Mahi
Salt
4 tablespoons of olive oil

For the Spicy Shrimp Sauce

1 teaspoon coriander powder
2 cloves garlic, peeled and crushed
2 teaspoons grated fresh ginger
4 ounces unsalted butter
1 teaspoon turmeric
1 teaspoon curry powder
8 ounces of cooked and cleaned medium shrimp, cut in half lengthwise; yes call Metro we'll do it for free
1 tablespoon of chopped cilantro
The juice of 1 lemon
One bag of baby spinach
Salt to taste

How it's done

For the Salmon

Place the Salmon fillets into a shallow dish and lightly salt. Cover with plastic wrap and leave for 30 minutes in the fridge.

Preheat oven to 400°

Heat the olive oil in a non-stick and ovenproof frying pan over a high heat until smoking. Remove fish from fridge and pat dry with paper towel, then lay flesh-side down into the pan. Fry for 2 to 3 minutes, or until golden-brown. Turn the fish over, then place the pan into the oven for a further 5-6 minutes, or until the fish is golden-brown and cooked through.

For the spicy shrimp and spinach sauce

While the fish is cooking, heat a frying pan over a medium heat, melt butter and gently fry the, garlic and grated ginger for 1-2 minutes, then add the coriander powder, turmeric and curry powder. Once the ingredients are incorporated, add the spinach sauté for about 1 minute then add shrimp and heat through. Lastly, season sauce with salt, to taste, and then add lemon juice and cilantro.

To serve, place salmon fillet and spoon over shrimp sauce over. Oh you might want to make sure your feet are clean as not to feel self conscious when your dinner guests slathering them with kisses of adornment.

July 22, 2010

Good morning to all of our beloved friends and clients and thank you again for all the notes of support regarding the delay of our move to Lebanon ...you are magnificent and I cannot begin to express my undying gratitude for your interest and patronage.

That stated I will promise to give you updates as our construction set backs rectify themselves and if it looks like I'm putting a few pounds on rest assured, it's not nervous eating just a celebration of the our largest organ, the skin, and it's miraculous elastic properties. I hope you enjoy today's recipes...New Fish Offering Pacu Ribs...recipe below

[Some Great Take-Out Specials](#)

[Panko Crusted Soft Shell Crab Pita Wrap with Lettuce, Tomato and Spicy Mayo](#)
[With a can of soda or small French fry \\$8.95](#)

[Grilled Ginger Soy Tilefish on a Mixed Field Green Salad](#)
[With a can of Soda \\$6.95](#)

[1lb Steamed Prince Edward Island Mussels in a White wine garlic herb Sauce](#)
[\\$5.95](#)

[Our own Cornmeal Crusted Calamari Platter](#)
[With French fries Cole Slaw and Marinara Sauce](#)
[\\$8.95](#)

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[Our Stockton Market now features Steamed Seafood Selections such as Clams, Mussels, Shrimp, Lobsters and more!](#)

From the North: Nova Scotia Halibut, Swordfish, Fresh Trapped Squid Great for the Grill, Dayboat Monkfish Fillet, Dry Dayboat Sea Scallops(See Recipe Below), Mako Shark, Maine Jonah

Crab Claws, Flounder Fillet, New Bedford Cod Fillet, Wild Rhode Island Little and Top Neck Clams, Whole Belly Clams for the Fryer, Blowfish(Just Like Chicken Drums), Skate Fillet, New Bedford Grey Sole Fillet, Hake Fillet

From the South: Sushi Grade Ahi Tuna, Mangrove Snapper(Red Snapper's Sexy Second Cousin), Pompano, Red Snapper, Blowfish(just like chicken), Mahi Mahi(See Recipe Below), Blue Crab Cocktail Claws, Red Grouper, Fresh Lump and Jumbo Lump Crab Meat, Fresh and Live Soft Shell Crabs, Carolina Grey Tilefish

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East Coast: Flowers (Oyster Bay Harbor , New York)

West Coast: Kumamoto (Humbolt Bay , California)

Bagaduce (Bagaduce Falls , Maine); Peale Passage (Shelton Bay , Washington State)

St. Simon (New Brunswick , Canada); Little Creek (Quilcene , Washington State)

Briar Patch (Stonington , Connecticut); Beau Soleil (New Brunswick Canada); Duxbury (Duxbury, Mass)

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

Grilled Pacu Ribs with a Summer Salsa

Serves 4

No it's not some sort of endangered monkey rib from the tropical rain forest...which incidentally doesn't taste like chicken.

Pacu is sustainably farmed in Brazil and is just starting to be brought into the states.

It has a sweet flavor with a moist rich texture...it also tastes good and makes me feel international...kind of like wearing French tailored undergarments

Ingredients

For the Summer Salsa

6 plum tomatoes diced

1 medium onion finely chopped

1 bunch of cilantro finely chopped; if you don't dig cilantro just use flat leaf parsley...no one is judging you

1 jalapeno seeded and finely chopped

1 tablespoon of olive oil

The juice of 1 lime

1 avocado chopped into small pieces

Salt and pepper to taste

For the Pacu Ribs

1 ½ to 2 pounds Pacu Ribs

Salt and pepper

The juice of 1 lime

1 teaspoon of cumin

Directions

For the Summer Salsa

Mix tomatoes, onions, cilantro, jalapeno pepper, olive oil, lime juice, avocados together in a large bowl. Adjust seasonings with salt and freshly ground black pepper. Let the flavors come together at room temperature for about 1 hour.

Preheat gas Grill to med high heat or prepare coals if you like to kick it Old School.

Brush Pacu Ribs with olive oil and season with the salt, pepper and cumin put ribs in a zip lock bag and add lime juice. Let marinade for about 20 minutes. When the grill is hot cook ribs (flesh side down first) for about 5 to 6 minutes per side. The rib should pull from the bone easily. Plate Ribs and douse with Salsa. The bones are quite large so you won't have any trouble pulling them out. Prepare to habitually lick the prints right off your fingers...is that island drums I hear or am I 20 minutes late for my scuba lesson...yes fellow travelers you just vacationed at your own compound

Grilled Rosemary Scallops over Couscous and Asparagus

If they served this dish at a Al-Qaeda training camp the overwhelming food/love buzz would be so strong that the campers would, uncontrollably, drop their guns and go home and maybe ask that cute girl next store to a all you can eat falafel bar...or at least pet their goats.

Food=Love=Peace...dare to dream fishman

Serves 4

Ingredients

For Basil oil

1 bunch Basil leaves only

8 ounces olive oil

For the Rosemary grilled Scallops

The leaves of 3 Rosemary sprigs chopped roughly

2 lb large Sea Scallops with the straps removed. You can also use Monkfish or Shrimp for this dish

Salt and freshly ground black pepper

2 ounces olive oil

1 teaspoon lemon zest

For the Couscous and Asparagus

1 tablespoon olive oil

1 pat of unsalted butter

1 each 10 ounce box of Couscous

Salt and freshly ground black pepper

2 cups of stock either vegetable, fish or chicken stock will do

1 bunch asparagus, blanched for 3 minutes in boiling water, and chilled in iced water

½ bunch of flat leave parsley chopped

1 lemon, zest only

How it's done

For the basil oil, blend the basil and olive oil in a food processor until smooth. Strain the mixture through a sieve and set aside. Discard the solids left behind in the sieve.

For the Couscous Asparagus Salad

Heat the butter and olive oil in a frying pan. Add the couscous and season, to taste, with salt and freshly ground black pepper. Reduce the heat and cook for 1-2 minutes, stirring regularly, until the couscous becomes dark brown in colour (this will give it a nutty taste and I love nutty people and couscous)

Add the boiling stock to couscous and remove the pan from the heat and cover with a lid and set aside for 4-5 minutes, or until all of the water has been absorbed. Fluff up the couscous grains with a fork. Next, slice the asparagus into large pieces and stir into the couscous. Stir in the parsley, lemon zest and 1-2 tablespoons of the basil oil. Set aside

For the rosemary grilled scallops

Preheat the gas grill to high heat

Place the scallops in a small bowl along with the rosemary, lemon zest, olive oil and season with salt and pepper. Toss scallops and cover in refrigerator for about 15 to 20 minutes

Preheat grill to high heat or heat up grill pan. Cook scallops for about 2 to 3 minutes per side then transfer to warm platter and cover with foil.

To serve, spoon the couscous mixture into for serving plates and arrange Scallops on top and drizzle any remaining basil oil around the plate. Honey, I don't even remember what we where fighting about (but I bet she hasn't)

Grilled Mahi Mahi on a Warm Italian Potato Salad

If you haven't been hugged lately by your meal, but long for the seductive embrace of comfort food then you might want to consult with a divorce attorney before this dish because I dare you to stop at the hug...meeeow

Serves 4

Ingredients

1 ½ pounds of Yukon Gold potatoes or any other waxy variety, scrubbed and quartered

2 tablespoons olive oil

2 garlic cloves, sliced

2 large white onion, finely sliced

1 Tablespoon of fresh oregano or 1 tsp dried

1 fresh hot pepper, deseeded and chopped you can use a jalapeno or any hot pepper you have...if you have no hot peppers just use some red pepper flakes, if you don't have that order take-out, I'll make something for you

4 anchovy fillets, roughly chopped

1-15 ounce can of whole plum tomatoes

Juice of half a lemon

1 teaspoon sugar

12 grape tomatoes

4 ea 6 to 8 ounce Mahi Fillets (skinned); you can also use Swordfish, Shark, Cobia, Tilefish or even Salmon

1 tablespoon fresh chives sniped for garnish

How it's done

Cook the potatoes in a saucepan of boiling salted water for 15-20 minutes until just tender.

Drain and set aside.

Meanwhile, heat 1½ tablespoons of the olive oil in a saucepan. Add the garlic, onion, oregano, hot pepper and anchovies and cook over a low heat for 5 minutes. Pour canned tomatoes into a sieve over a bowl to collect the juices. Add the juices to the pan, then the lemon juice and sugar. Cook until thick, then season with salt and pepper.

Crush the canned tomatoes with your hands and add to the sauce with the grape tomatoes and the potatoes. Cook for 5 minutes until thickened.

Preheat gas grill to high heat and clean with grill brush. Season the Mahi with salt and pepper and, brush it with the rest of the oil and cook for 5 minutes per side or until desired doneness.

Divide potato salad among 4 plates place grilled fish on top and garnish with chives and start looking for a one bedroom condo that is preferably furnished already...hey it was a nice run.

July 20, 2010

Good Morning to all of our beloved friends and clients and thank you again for your unworthy patience and Mother Teresa like understanding in regards to our slow but steady move to Lebanon

Why did the fish monger move his store?...Because he secretly enjoys the delicious pain of a municipal cat of nine tails that can only be so expertly wielded by an employee of the state...oh yes, I have been bad

Some Great Take-Out Specials

Home Made Fish Cake Sandwich with lettuce tomato, tarter and hot sauce on locally baked French bread
With a cup of Gazpacho and a can of soda
\$6.95

Blackened Mako Shark on top of a cool tossed salad
And a can of soda
\$6.95

Shrimp and Scallop Scampi platter over Rice pilaf and Roasted Veggies
\$12.00

From the North: Nova Scotia Halibut (See Recipe Below), Swordfish, New Bedford Grey Sole Fillet, Fresh Trapped Squid, Dayboat Monkfish Fillet, Dry Dayboat Sea Scallops, Mako Shark, Maine Jonah Crab Claws, Maine Sea Bass, Flounder Fillet, New Bedford Cod Fillet, Wild Rhode Island Little and Top Neck Clams, Whole Belly Clams for the Fryer

From the South: Sushi Grade Ahi Tuna, Red Snapper, Black Grouper, Fresh Lump and Jumbo Lump Crab Meat, Fresh and Live Soft Shell Crabs, Grey Tilefish

From the Pacific Northwest: Wild Alaskan Taku River Salmon, Wild Alaskan Sockeye Salmon, Sablefish (Black Cod), Fresh Plump Shucked Oysters

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

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

Spicy Stir Fried Shrimp and Noodles

Serves 4

As I was formulating this dish for my fellow travelers I began to realize the real meaning of "fusion" cooking. So hear goes, just take any super sexy Asian dish and slather a little butter into the hijinks and you my friend have just stepped into the underground world of "fusion" preparation. Hey, don't hide your love of this technique...remember we are in the no judge zone...seriously this is as delicious as it is easy

Ingredients

4 ounces soy sauce

4 Tablespoons unsalted butter

1 pound angel hair pasta cooked drained; if you can't boil pasta please remove yourself from my email list.

2 ounces sesame oil

2 ounces hot chili oil

1 ¼ pounds of Medium Shrimp cleaned and deveined

1 bunch scallions -- thinly sliced from white to green

1 red pepper, seeds, membranes removed - sliced into matchsticks

1 yellow pepper, seeds, membranes removed - sliced into matchsticks

8 ounces of wild mushrooms cleaned and sliced. You can use Shitake, Oyster, Baby Bella, Portabella even white mushrooms if this is all you have. Relax it's a weekday dinner and those ungrateful loved ones should be kissing your bacon just for making this easy and delicious dish.

How it done

In a small sauce pan bring soy sauce to a boil; add butter in chunks, stirring until all is incorporated. Set aside. Cook angel hair pasta in boiling salted water until "al dente." Combine sesame oil with hot pepper oil (approximately 1 ounce total per portion based on the desired hotness). Stir-fry shrimp in oils after coming up to smoke stage about 1 to 2 minutes then remove shrimp and transfer to plate. Next add scallions, peppers, and mushrooms. Stir fry for about 2 minutes or until "al dente." Bring back the shrimp with the pasta and soy butter to mixture, toss everything together. Divide your creation among four worthy plates and try not to make eye contact with your fellow travelers...it will just be misconstrued as flirting...yes this dish is that sexy.

Halibut with Herbed Crushed Potatoes and a Scallion Dressing

Serves 4

You know when you know someone long enough and that sometimes in conversation they're not making sense and all you would like to do is just crush their face...well don't, crush these herb potatoes instead...hey tiger, you might be hungry with all the pent up aggression, I would have a little snack before dinner...ahh, that's better

Ingredients

For the Halibut

1 ½ to 2 pounds of Halibut fillet, skin removed; you can also use with great success Grouper, Tilefish or Snapper fillet

3 tablespoons of butter

For herbed crushed potatoes

1 ½ pounds Yukon gold potatoes peeled and quartered (You can use any potato you have)

2 tablespoons butter

1 tablespoon Dijon mustard

3 tablespoons fresh parsley, chopped

4 large scallions green part only thinly sliced (save the white for the dressing)

For the scallion dressing

4 large scallions white only chopped fine; plus 1 more scallion green only sliced thin for garnish

3 tablespoons olive oil

1 lemon juice only

How it's done

Boil potatoes in salted water for about 15 to 20 minutes drain and keep warm

Season Halibut with salt and pepper then melt the butter in a non stick skillet over a medium heat. Add the Halibut and cook for 4 to 5 minutes on each side then transfer to warm platter.

For the herbed crushed potatoes, crush the boiled and drained potatoes roughly with a fork and add the butter, Dijon mustard, parsley and chives and mix well.

For the scallion dressing, heat the chopped scallion whites and olive oil in a small pan. Warm through and remove from the heat.

Add the lemon juice and, once cooled, add the extra sliced scallion greens

To serve, place the crushed potatoes in the center of each plate. Place the Halibut on top and drizzle the dressing around and sprinkle with garnish scallion greens. Now that we've all calmed down a bit I've noticed there is still a loved one not making sense...how about we just pinch their cheek really hard...please.

July 15, 2010

Good morning to all of our beloved friends and clients...good news it's going to be in the 90's and very humid for the rest of the week...feel free to pick up my new book "The Art of Sweating...the Real Allure of Today's Chubby Man"

Doctors in Helsinki Sweden have announced this morning that they have a break through finding into the reasoning why Mr. Mel Gibson is losing his mind at the same rate of loss as his once unfounded good looks. Earlier studies suggested that the fruit of the vine might have brought upon this severe condition but after more conclusive experiments the doctors concluded that Mel was just eating too much red meat and not enough fish. So the next time you decide to binge on meat with feet I suggest one of two scenarios, have a nice piece of fish or stay off the phone.

Some Great Take-Out Specials

Blackened Shark Steak Sandwich with Seared Peppers & Onions and Spicy Mayo on Locally Baked Italian Bread
With a can of Soda \$6.95

Grilled Herbed Maine Sea Bass over a Tossed Salad
With a Soda \$6.95

The "Feel Good"
Hummus Pita Wrap with Lettuce and Tomato
With a cup of Gazpacho and a can of Soda \$6.95

A Platter of Fried "Whole Belly" Clams with French Fries
And Cole Slaw and of course Tarter and Cocktail Sauce
\$19.95
You will not eat better!

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

Also we are delighted to announce that Metropolitan Seafood will be open in the Ottsville Farmer's Market every Friday through October 29th from 3p.m. to 7p.m.
For those of you who have made our stands a regular weekend stop, thank you sincerely, we truly appreciate your patronage.

From the North: Nova Scotia Halibut, Swordfish, Fresh Trapped Squid Great for the Grill, Dayboat Monkfish Fillet, Dry Dayboat Sea Scallops, Mako Shark, Maine Jonah Crab Claws, Maine Sea Bass, Flounder Fillet, New Bedford Cod Fillet, Wild Rhode Island Little and Top Neck Clams, Whole Belly Clams for the Fryer, Blowfish(Just Like Chicken Drums), Skate Fillet(See Recipe Below)

From the South: Sushi Grade Ahi Tuna, Red Snapper, Black Grouper, Fresh Lump and Jumbo Lump Crab Meat(See Recipe Below), Fresh and Live Soft Shell Crabs, Carolina Grey Tilefish

From the Pacific Northwest: Wild Alaskan Taku River Salmon, Wild Alaskan Sockeye Salmon, Sablefish (Black Cod), Fresh Plump Shucked Oysters

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

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

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

THIS WEEKEND'S OYSTER SELECTION WILL INCLUDE THE FOLLOWING DELIGHTS

East Coast: Flowers (Oyster Bay Harbor , New York)

West Coast: Kumamoto (Humbolt Bay , California); Flying Point (New Castle , Maine); Peale Passage (Shelton Bay , Washington State); St. Simon (New Brunswick , Canada); Little Creek (Quilcene , Washington State); Nasketucket Bay(Fairhaven , Mass.); Briar Patch (Stonington , Connecticut); Beau Soleil (New Brunswick Canada)

[Also For Your Half-Shell Pleasure Wild Rhode Island Little and Top Neck Clams](#)

Pan Seared Skate with a Grilled Tomato and Watercress Salad

Serves 4

Have you ever smelled a rainbow or been hugged by the evening sun, of course not you nutty Unicorn jockey, but if you would like to nibble on an angels wing I implore you to partake in the humble skate...truly sublime.

Ingredients

For the Skate

1 ½ to 2 pounds of Skate fillet Skinned; you can also use with great success Grouper, Snapper or even Tilapia

½ cup white wine

1 clove of garlic minced

1 tablespoon olive oil

1 to 2 lemons just the juice; hey doesn't Metro give out free lemons...heck yeah!

½ cup flour

1 ½ teaspoons of kosher salt

2 teaspoons of fresh ground pepper

½ cup coarsely chopped fresh herbs, rinsed and completely spun dry (dill, thyme, basil, chives, parsley) mix it up you might not have all of these, so, as the song goes..."love the one your with."

½ cup unsalted butter

For the Grilled Tomato Watercress Salad

1 cup grilled Tomatoes (see recipe below)

1 cup of olive oil, plus extra for brushing tomatoes

1 bunch of Watercress large stems trimmed

1 half of a red bell pepper finely diced

2 tablespoons balsamic vinegar

1 tablespoon honey

Salt and pepper

1 lemon, thinly sliced

How it's done

Preheat Gas Grill to high heat with the lid down (this is for the tomatoes)

Next in a medium sized shallow bowl mix white wine, garlic, olive oil, and lemon juice and gently toss with skate. Cover and marinate for 30 minutes in refrigerator. Mix flour, salt, pepper, and fresh herbs together and set aside.

(Grilled Tomatoes)To grill tomatoes and prepare salad: slice 2 large Tomatoes a ½ inch thick and then push out the seeds. Brush both sides of the slices with olive oil and season with salt and pepper, next grill over open flame about 1 min per side or untill charred yet still firm. Cool and coarsely chop into 1/2-inch chunks (this can be done hours in advance). Mix together tomatoes, watercress, and red pepper, and set aside. Whisk together 1 cup olive oil, vinegar and honey; add salt and pepper, to taste. Heat dressing slowly in small saucepan and keep warm.

To Sear the Skate: Dredge marinated fillets in flour-herb mixture to coat completely. Brown butter in a skillet over medium-high heat and sauté the skate for about 3 minutes per side. Remove from pan to individual serving plates and keep warm.

Time to serve the dish. Toss salad with warmed dressing, arrange on top of Skate and drizzle a small amount of remaining dressing around plate and garnish with lemon slices. This dish is also suitable for all of your friends and loved ones who reside in middle earth.

Jumbo Lump Crab and Shrimp Louis Salad

Serves 4

It's a hot lazy summer day and you are in a humid bliss of just relaxing with your loved ones and your special someone turns to you and asks "who's got it better than us honey?" to which you reply "Are you drunk? Nobody! Didn't I tell you I was making Crab and Shrimp Louis tonight" then comes the tender kiss...ahh good times

Ingredients:

18-20 each Leaves of Butter Lettuce (also called Boston Lettuce) you can really use any lettuce you would like but if you have never had this lettuce you're truly missing out. It's so supple you'd think about making a t-shirt out of it.

4 each boiled eggs peeled and halved. I prefer my egg not so hard cooked...May I recommend 8 minutes

1 ripe Avocado peeled and pitted and cut into quarters

12 each Cornichons...that's just a fancy baby gherkin pickle

½ pound Fresh Jumbo Crab Meat you can also use Jonah Crab Meat out of Maine

½ pound of Medium shrimp cooked and cleaned with the tails removed: we will do this for free at Metro...just call in advance.

Louis Dressing (recipe below)

To taste Salt & Pepper

Chopped scallion greens for garnish

How it's done

First let's make the Louis Sauce

Ingredients:

1½ cup Mayonnaise

¾ cup Heavy cream

½ cup Chili sauce not hot the Heinz brand

2 tablespoons scallion (white part only) chopped very fine

2 tablespoon Red bell pepper, finely chopped

3 tablespoon Lemon juice

To taste Salt and pepper

To taste Cayenne powder

Combine the above ingredients in a small bowl and refrigerate can be made in advance

Time to put this masterpiece salad together

Stack the lettuce cups facing upwards equally onto four chilled salad plates.

In a small mixing bowl, add the crab meat and shrimp then gently fold in with a ¼ cup of the Louis dressing and place on top of the lettuce cups.

Arrange the remaining ingredients around the salad, using a pinch of salt and pepper to season the salad. Drizzle a little more of the dressing on and around the salads (put the rest back into the fridge it will last a couple of day...also great over leftover grilled chicken) Garnish with the chopped Scallion Greens. And the only person who has it better than you is me, because you are in my life...too much? Yeah big man...pump the brakes a bit on the mushy stuff.

July 13, 2010

Good morning to all of our beloved friends and clients and if you are vacationing somewhere fabulous please don't post your pictures on facebook...it just bums out those of us who are still at work...and we don't want to see the sunset from your hotel room...ohh, we have one here also. Speaking of boring, did you see the Word Cup final this past Sunday? Of course you didn't, you're an American, and we just like our sports gently sandwiched in between our best beer and car commercials...now that's entertainment. I sincerely hope you enjoy today's easy recipes

[Some Great Take-Out Specials](#)

[Fried Fish "Sloppy Joe" Panko Crusted fillet with Cole Slaw and Russian Dressing on locally baked Italian bread](#)
[With a can of Soda \\$6.95](#)

[Grilled Ginger Soy Garlic Sockeye Salmon over a mixed Field Green Salad](#)
[With a can of Soda \\$6.95](#)

[Blackened Halibut Platter with Roasted Vegetables, Cole slaw and Rice Pilaf](#)
[\\$10.95](#)

From the North: Nova Scotia Halibut, Swordfish, Fresh Trapped Squid Great for the Grill, Dayboat Monkfish Fillet, Dry Dayboat Sea Scallops, Mako Shark, Maine Jonah Crab Claws, Maine Sea Bass, Flounder Fillet, New Bedford Cod Fillet, Wild Rhode Island Little and Top Neck Clams, Whole Belly Clams for the Fryer

From the South: Sushi Grade Ahi Tuna, Red Snapper (See Recipe Below), Black Grouper, Fresh Lump and Jumbo Lump Crab Meat, Fresh and Live Soft Shell Crabs, Grey Tilefish

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

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

Pan Seared Red Snapper with a Fresh Tomato and Herb Pan Sauce

When I say hot couple you probably think Brad and Angelina which are a pretty smoking pair, but if you are in the mood for unbridled flavor sexiness, Grrrrr...Hello Tomato and Red Snapper. Feel free to tell the kids to wait to eat this dish until they are really in love.

Serves 4

Ingredients

4 each 6 to 8 ounce servings of Red Snapper Fillet (skin on) You can also use Sea Bass (Black), Grouper, even Tilefish

Salt and pepper

2 tablespoons olive oil

1 large shallot, peeled and diced

2 tablespoons unsalted butter, softened to room temperature

2 tablespoons cold butter, cut into 1/2-inch cubes

2 pounds of Tomatoes cut into 2 inch pieces when in season nothing beats the attitude delivered by a Jersey Tomato...Hey you, check out my flavor...in the off season you can use Grape tomatoes cut in half

2 garlic cloves minced

2 tablespoons fresh sage leaves, chopped

How it's done

Sprinkle the snapper fillets with salt and pepper on the side without the skin.

Heat a large non-stick skillet over medium-high heat. Add the olive oil to the hot pan, when the oil starts to shimmer add the snapper fillets with the skin side down.

Cook the fillets on that side for about 3 minutes until the flesh nearest the bottom begins to turn brown.

Using a spatula, carefully turn the fillets over. Add the 2 tablespoons softened butter to one side of the pan, tilting the pan slightly towards that side and add the shallots to the butter.

Using a spoon, scoop up some of the butter and shallots and pour over the tops of the fillets. Continue to do this for 2 minutes.

Transfer the fillets to warm platter and cover with foil

Using the same skillet the fillets were cooked in, over medium-low heat, add the tomatoes, 2 tablespoons of cold butter, minced garlic and chopped fresh sage. Stir and cook for 2 - 3 minutes.

To serve, pour the Tomato Herb Pan Sauce over the seared Snapper fillets and get ready for supper seduction to begin.

Rainbow Trout with Roasted Asparagus and Pearl Couscous

To those fellow travelers who requested a delicious and economical recipe with the "Green" consciousness of Ed Begley Jr. I say this one will have your taste buds dancing with your tiny carbon foot prints.

Serves 4

Ingredients

2 tablespoons olive oil

1 3/4 cups Pearl couscous also called Israeli couscous and is available at Metro Seafood & Gourmet

1 3/4 cup of either Vegetable, Chicken or Fish Stock...in the freezer case at Metro

1 bunch Asparagus

4 sprigs of fresh Thyme

1/2 teaspoon salt

1/2 teaspoon black pepper

3 to 4 Fresh Trout (from our local Musky Hatchery) butterflied to remove bones and scaled.

This is a job lovingly handled by any Metro Seafood specialist

1 tablespoon capers, drained

1 tablespoon unsalted butter

1/2 cup white wine

Lemon wedges for garnish. What the heck you get free lemons at Metro...might as well use them.

How it's done

Preheat oven to 450°. Next heat 1 tablespoon of the oil in a medium saucepan over medium-high heat; add couscous and, stirring constantly, toast until light amber in color, about 2 minutes. Add stock, bring to a boil, reduce heat to low, cover, and simmer 8 to 10 minutes, until water has been absorbed and couscous is al dente. Fluff with a fork and season with salt and pepper to taste.

Meanwhile, on a baking sheet, toss asparagus and thyme sprigs with 1/2 tablespoon of the oil and half of the salt and pepper. Roast 10 to 15 minutes or until crisp tender.

Pat fish dry and season with remaining salt and pepper. Heat the remaining oil in a large nonstick skillet over medium-high heat until shimmering. Add fish to skillet, skin side down, and cook undisturbed for 3 minutes; turn fillets and cook until fish is just cooked through, about 2 to 3 minutes longer. With a slotted spatula, transfer fish to a large plate.

Deglaze skillet with the 1/2 cup white wine scraping up browned bits; add capers and butter, remove skillet from heat, and swirl until incorporated.

To serve, mound couscous on each plate and top with fish and roasted asparagus. Spoon caper sauce over fish. Serve with your free lemon wedges and if you really want to be green forgo the napkins and just wipe your hands your pants.

July 8, 2010

Good morning to all of our beloved friends and clients, my greatest wish for you today is to feel the cool breeze of humanity up your proverbial skirt during this summer's hot and sticky bun day...feel free to sprinkle that bun with a liberal dose of baby powder.

While perusing my Yahoo front page this morning I was struck with a panic of curiosity to see what was the "Best Advice" Warren Buffet ever received in his life time. And like all star struck lemmings I clicked on the article so fast I think I gave my finger whiplash only to find out this kooky rich guy's pearl of wisdom was the unconditional love he received growing up. Well the heck with my retirement fund, I'm just going to group hug the daylights out of my kids tonight and slather on the love like hummus on pita and wait for them to bring home the moola to big Papa...I can't wait to fire my financial adviser. I hope you enjoy today's recipes and the love vibe I just sent you

[Some Great Take-Out Specials](#)

[Crab Cake Pita Wrap with Lettuce, Tomato and Tarter Sauce...get the hot sauce too if you like it a little spicy](#)
[With a can of Soda \\$6.95](#)

[Cool off with our Grilled Swordfish Salad over a Tossed Salad](#)
[With a can of Soda \\$6.95](#)

[Shrimp and Scallop Scampi over linguini](#)
[\\$10.95](#)

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From the North: Nova Scotia Halibut, Swordfish, Fresh Trapped Squid Great for the Grill, Dayboat Monkfish Fillet, Uni(Sea Urchin Roe) Dry Dayboat Sea Scallops, Whiting, Mako Shark, Maine Jonah Crab Claws, Maine Sea Bass, Flounder Fillet, New Bedford Grey Sole, New Bedford Cod Fillet, Live Maine Steamers, Wild Rhode Island Little and Top Neck Clams, Whole Belly Clams for the Fryer, Nova Scotia Hard-Shell Lobsters(no shedders here!)

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

From the Pacific Northwest: Wild Alaskan Taku River Salmon, Wild Alaskan Sockeye Salmon, Sablefish (Black Cod), Fresh Plump Shucked Oysters

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

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

Don't Forget to Ask For a Sample from Our Line of Smoked Fish

THIS WEEKEND'S OYSTER SELECTION WILL INCLUDE THE FOLLOWING DELIGHTS

East Coast: Flowers (Oyster Bay Harbor , New York)

West Coast: Kumamoto (Humbolt Bay , California)

Flying Point (New Castle , Maine) Peale Passage (Shelton Bay , Washington State)

St. Simon (New Brunswick , Canada) Little Creek (Quilcene , Washington State)

Nasketucket Bay(Fairhaven , Mass.) Briar Patch (Stonington , Connecticut)

Beau Soleil (New Brunswick Canada)

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

Grilled Zaatar Shrimp and Zucchini

Zaatar is a lovely Middle Eastern herb blend with sesame seeds and salt which is basically catnip to Arabic travelers. It is also a powerful aphrodisiac which makes Cialis seem like Tic-Tacs...ok I made that part up, but it is delicious.

Serves 4

Ingredients

1 pint Lebni; this can be purchased at Metropolitan Seafood & Gourmet

2 tablespoons Zaatar; again, available at Metro...you shameless self promoter Mark...

3 cloves garlic finely chopped

2 teaspoon salt

½ teaspoon black pepper

1 ½ to 2 pounds of large or jumbo Shrimp cleaned and deveined with the tails left on. Why tails on...because you're a classy traveler who enjoys the finer things in life like Dijon mustard and indoor plumbing.

2 large Zucchini or Yellow Squashes cut into ½ inch thick, long diagonal slices

2 Lemons 1 for juice and 1 for wedges to serve

Finely chopped mint for Garnish

How it's done

In a medium size bowl, whisk together the Lebni, Zaatar, garlic, salt and pepper and divide mixture into two bowls. In the first bowl add the shrimp and toss to coat well. In the second bowl add zucchini and coat well. You can either marinate it just for 30 minutes before grilling or up to 2 hours in the fridge. Stir in the lemon juice right before grilling.

Preheat the grill to medium or medium-high and lightly brush the grates with oil. Alternatively, you can also preheat a grill pan to med high heat if it's not nice outside. Remove Zucchini and Shrimp from Marinade and remove any excess marinade...don't leave them naked just take off any extreme amounts.

Grill the Zucchini first by laying the large slices on the oiled grates for about 3 minutes per side and transfer to serving platter. Next place shrimp on the grill and cook for about 2 to 3 minutes per side...this will go quick so have your cocktail at your side, no going back in the house.

When shrimp is done arrange on top of grilled zucchini and garnish with fresh chopped mint and lemon wedges. If you feel the urge to ravish someone during dinner then you made this right.

Grilled Branzini or Durato with a Tomato and String Bean Salad

Serves 4

Ingredients

4 Whole Branzini or Durato; 1 pound each gutted, scaled with the heads left on. If you would like the head taken off you probably also want the crust taken off your sandwich...that's adorable.

4 plum tomatoes sliced

6 to 8 ounces of string beans cleaned

2 teaspoons garlic finely minced

4 tablespoons cilantro chopped

2 tablespoons Basil chopped

The juice of 2 limes

½ teaspoon of crushed red pepper flakes...if this is too spicy for you feel free to use less and put yourself to bed before 9:00 you may be sweeepy.

1/4 cup of olive oil

Salt and pepper to taste

How it's done

Prepare charcoal grill or preheat gas grill to med high heat.

Next let's make the Tomato and String Bean Salad.

Bring a pot of salted water to a boil and cook the beans for 2 minutes and then remove and place them in ice water bath.

When the beans are cool drain and dry them then cut beans in half lengthwise. When you have finished, place them in a bowl.

In the bowl add the tomatoes, coriander, basil, lime juice, garlic, red pepper flakes and 8 tablespoons of olive oil. Season well with salt and pepper and mix well.

Time to make the fish

Brush the fish with the remaining oil and season generously with salt and pepper, front and back inside and out.

Place the fish on the grill and cook for 8 minutes on each side with the lid of the grill down.

Note: this is a med-high roasting grill not a searing hot as Hades grill. Also only flip fish once.

When the fish is done place fish on each plate and top with your salad and finally spoon some of the juices from the salad. Yes, there are bones in the fish but trust me fellow travelers the flavor will make you want to eat one of your loved ones off the bone...I have to stop watching all this vampire stuff on TV.

July 7, 2010

Good morning to all of our beloved friends and clients and to travelers who are still not sure on how to apply sun screen, myself and the staff at Metro will be running a continuing education program at the Holiday Inn Select this Friday night...champagne is optional...oh behave fishman.

I'm sorry it's just so hot outside that full on delirium has taken a hold of my faculties. Well on a very positive note I just got back from our new location and things are coming along quite nicely on the inside. I know the front of the building looks like CNN war coverage with the front windows removed that is because the entire building is getting a much needed face lift to match the new sexy insides of the new Metropolitan Seafood & Gourmet. I hope you enjoy today's delicious and easy recipes...thank you for stopping by.

From the North: Tau Tog (Blackfish), Nova Scotia Halibut, Swordfish (See Recipe Below), Dayboat Monkfish Fillet, Uni (Sea Urchin Roe) Dry Dayboat Sea Scallops, Maine Jonah Crab Claws, Fluke Fillet, New Bedford Cod Fillet, Live Maine Steamers, Connecticut Little and Top Neck Clams Great for Steaming or the Grill, Whole Belly Clams for the Fryer, Nova Scotia Hard-Shell Lobsters (no shedders here!)

From the South: Sushi Grade Ahi Tuna, Red Snapper, Red Grouper, Fresh Lump and Jumbo Lump Crab Meat, Fresh Blue Crab Cocktail Claws, Mahi Mahi, Fresh and Live Soft Shell Crabs, Wild Caribbean Hopper Pink Shrimp, Steamed and Spicy Maryland Crabs

From the Pacific Northwest: Wild Alaskan Taku River Salmon, Wild Alaskan Sockeye Salmon, Sablefish (Black Cod), Fresh Plump Shucked Oysters

From the Waters of the World: Jumbo (2lb.) and Regular (1lb.) Branzini, Mediterranean Durato, Hamachi (Yellow-Tail) and Cockles from New Zealand

From Sustainable Seafood Sources: Costa Rican Tilapia Fillet, Fresh Organically Farmed (raised according to the strictest organic food standards) Atlantic Scottish Salmon, Catfish (See Recipe Below), Local Musky Hatchery Trout, Prince Edward Island Mussels, Artic Char.

Some Great Take-Out Specials

[Blacken Tilapia Pita Wrap with Lettuce, Tomato and Spicy Mayo
With a cup of gazpacho and a can of Soda \\$7.95](#)

[Grilled Basil Balsamic Black Fish on a Mixed Field Green Salad
with a cup of Gazpacho and a can of Soda \\$7.95](#)

[A dozen Steamed Little Neck Clams with Drawn Butter and Lemon with a cold Soda \\$6.95](#)

Grilled Swordfish on a Mash of Cannelloni Beans and Fresh Mint

Serves 4

I love mint, who doesn't?...hey maybe I'll plant some at the house...big mistake. What started as a small delightful plant is now my personal mint plantation if you need mint let me know I will give you a hay bail full.

Ingredients

1-19 ounce can of Cannelloni Beans, drained and rinsed well. If you like to soak and cook your own beans all the time than you're my hero Iron Chef.

2 teaspoons plus 1/4 cup chopped fresh mint

2 teaspoons finely grated lemon peel, divided

Salt

Olive oil for brushing fish

2 pinches of dried crushed red pepper, divided

4 each 6 to 8 ounce portions of Swordfish; you can also use Salmon, Halibut, Grouper or Mahi

5 tablespoons olive oil, divided

How it's done

Preheat Gas Grill or Grill pan to high heat.

Mix 2 teaspoons mint, 1 teaspoon lemon peel, 3/4 teaspoon coarse salt, and 1 pinch of red pepper in small bowl. Arrange fish on a glass baking dish and rub mint mixture all over fish. Let your fish marinade in the refrigerator for at least 30 min and up to 2 hours.

Heat 2 tablespoons olive oil in heavy large skillet, over medium heat. Add cannelloni beans. Sprinkle with coarse salt, black pepper, and pinch of red pepper. Cook until heated through and tender, stirring occasionally about 3 minutes. Using potato masher, mash beans to coarse puree, adding water by 1/4 cupfuls if dry. Keep warm and set aside

Take fish out of refrigerator and brush with olive oil and grill for about 5 minutes per side or until done to desired doneness.

While fish is grilled stir in 1/4 cup mint, 1 teaspoon lemon peel, and 3 tablespoons olive oil to your Bean mash. Divide Cannelloni mash onto four plates and top with your grilled fish. I know but what about the rest of this mint...Hello, did someone say Mojitos...yeah I did.

Grilled Catfish with a Lime Chipotle BBQ Sauce

Serves 4

I love Catfish...there I said it. I feel like a weight was just lifted off my shoulders. I'm tired of viewing this lovely creature in a pedestrian manner. For the love of Pete, this fish has fed us since the beginning of time and is has been honored only once in song. Thank you Doobie Brothers for "Old Black Water" and thank you Catfish for digging us even if we didn't appreciate you.

Ingredients

For the Fish

2 Tablespoons of Olive Oil

1 1/2 to 2 pounds of Catfish Fillet; you can also use with great success, Mahi, Tilapia, Sword, Shark even Scallops (cooking times will vary)

1/4 teaspoon salt

1/4 teaspoon ground black pepper

For the BBQ Sauce

1 to 2 chipotle peppers in adobo minced: Yes we carry these magical peppers at Metro

2 teaspoons adobo sauce; that is just the sauce that's in the can of pepper you already have

4 teaspoons brown sugar,

2 tablespoons lime juice

2 tablespoons chopped cilantro

How it's done

Preheat Grill or Grill pan to high heat

Next combine the ingredients of the BBQ Sauce in a small bowl and set aside

Brush fish fillets with the olive oil and season with salt and pepper.

When grill or pan is hot, place fish on the grill, flesh side down, and brush the fillets with your BBQ sauce, let the fish cook for about 4 minutes. Flip fish and brush the remaining BBQ sauce on the Catfish and let cook with the lid down for another 5 to 6 minutes. For those fellow travelers who are familiar with this classic tune...good luck getting it out of your head the rest of the day..... "Catfish are jumpin' that paddle wheel thumpin' Black water keeps rollin' on past just the same"...oh, I just got a memory shiver.

July 1, 2010

Good morning to all of our beloved friends and clients and I hope you will join me in blowing out the candles of this great country's birthday cake,

And for those thrill seeking travelers among us who aspire to be future pyrotechnicians...really Peter Pan, time to grow up a little. If someone tries to give you a high five and you can only deliver a high three do to a "cherry bomb" mishap maybe it's time you drive the kids to the town fireworks. Seriously, if you hunger for the excitement of "real" fireworks just try asking your special someone if they might be putting on a little weight...the only ooohs and ahhs you'll be hearing will be your own cries in between punches

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It has become quite the happening. [Click Here for details on the Market](#)

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From the South: Sushi Grade Ahi Tuna(See Recipe Below), Red Snapper, Red Grouper, Florida Rock Shrimp, Fresh Lump and Jumbo Lump Crab Meat, Fresh Blue Crab Cocktail Claws, Mahi Mahi(See Recipe Below), Fresh and Live Soft Shell Crabs, Wild Caribbean Hopper Pink Shrimp, Carolina Golden Tilefish, Bluefish, Carolina Blowfish

From the Pacific Northwest: Wild Alaskan Taku River Salmon, Wild Alaskan Sockeye Salmon, Sablefish (Black Cod), Fresh Plump Shucked Oysters

From the Waters of the World: Jumbo(2lb.) and Regular (1lb.) Branzini, Mediterranean Durato, Fresh-Never-Frozen Chilean Sea Bass, Fresh Greek Sardines, Hamachi(Yellow-Tail) and Cockles from New Zealand

From Sustainable Seafood Sources: Costa Rican Tilapia Fillet, Fresh Organically Farmed (raised according to the strictest organic food standards) Atlantic Scottish Salmon, Catfish, Local Musky Hatchery Trout, Prince Edward Island Mussels, Catfish

THIS WEEKEND'S OYSTER SELECTION WILL INCLUDE THE FOLLOWING DELIGHTS

East Coast: Flowers (Oyster Bay Harbor , New York)
West Coast: Kumamoto (Humbolt Bay , California), Flying Point (New Castle , Maine)
Peale Passage (Shelton Bay , Washington State) St. Simon (New Brunswick , Canada) Little
Creek (Quilcene , Washington State) Raspberry Point (Prince Edward Island , Canada)
Fisher's Island (Fisher's Island , New York) Briar Patch (Stonington , Connecticut)

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

Grilled Clams with a Garlic Herb Dipping Butter

To all of the lovely travelers who have not grilled clams before...I say to you respectfully, do you find your cave to be cold and damp all the time? Seriously, take my hand and we will travel to a magical place of running water and salad spinners...I smell sarcasm simmering. Serves 4 for dinner 6 to 8 for a beautiful starter

Ingredients

4 lb Clams
1 ½ sticks of unsalted butter
3 clove garlic, minced
1/3 cup of flat leaf parsley chopped
Salt and freshly ground black pepper, to taste

How it's done

Preheat your gas grill to high. Or for the hard core culinary cowboy...prepare that sacred charcoal fire.

Scrub the Clams under cold running water.

Melt the butter in a small, heavy saucepan over medium heat. Add the garlic, parsley, salt, and pepper and sauté until the garlic is softened but not browned, about 2 minutes. Remove from the heat and transfer the garlic herb butter to 4 small bowls, one for each lucky guest for dipping. Arrange the Clams directly on the grate. Grill until the shells open, 3 to 6 minutes if you cover the grill, somewhat longer if you don't.

Transfer the Clams to serving bowls, discarding any that didn't open. To eat, dip clams in garlic herb butter and know that all is right in the world. If you aren't burning your fingers a little bit you aren't eating fast enough. Oh, for the cave dwellers, news flash, the Beatles broke up.

Grilled Tuna Steaks over an Orzo Salad

Serves 4

If you loved my "Big Fat Greek Wedding" but really would like to feel a tad less fat after eating dinner, this recipe offers all the comedic flavors and warm romantic vibes of a Hollywood warmedy...that's a warm comedy...OK, you're right it's a chick flick.

Ingredients

For the Fish

1 ½ to 2 pounds of 1 inch thick Tuna Steaks; you can also use Mahi, Shark, Swordfish, Grouper or Cobia

Extra Virgin Olive Oil

4 Tablespoons Balsamic Vinegar

Salt and pepper

For the Orzo Salad

2 Cups Orzo Pasta

½ Red Onion, finely diced

1 small Cucumber peeled and finely diced

1 cup Grape Tomatoes halved

½ Cup Feta Cheese, crumbled we have a fabulous Bulgarian Sheep's milk Feta at Metro.

2 Tablespoons Fresh Oregano, chopped

2 Teaspoons Fresh Mint, chopped

6 Tablespoons Red Wine Vinegar

½ to ¾ cup of olive oil

Salt and pepper

How it's done

In a shallow glass dish place Tuna and season with salt and pepper and toss in olive oil and balsamic vinegar to coat; place fish in Freezer to drop temperature of meat. (This is so you can grill the fish and still keep it very rare on the inside). Meanwhile, bring pot of water to boil over high heat, add orzo and cook until al dente, 4 to 5 minutes; drain and set in fridge to cool for about 15 minutes. Preheat grill to high heat, when hot, take tuna out of freezer and pat dry with pepper towel and lightly brush with olive oil. Grill Tuna 3 minutes per side for rare, 5 minutes per side for med rare. Transfer Tuna to cutting board and let rest. Remove chilled orzo from fridge and add remaining ingredients along with ½ to ¾ cup of olive oil. Toss well to combine, season to taste and plate. Slice tuna to expose its lovely rareness and place atop the orzo salad. Serve immediately.

And to the male traveler if you really like this dish don't be afraid to cry...it's beautiful man.

Grilled Mahi and Asparagus with a Pacific Island Fruit Sauce

If you own a grass skirt and dig the sounds of luau drums get ready to move your hips to your own funky hula dance. Female travelers please don't forget to don the coconut shell bikini top...it really keeps it authentic

Serves 4

Ingredients

For the fish and Asparagus

4 each 6 to 8 ounce portions of Mahi skin removed; you can also use Swordfish, Grouper, Cobia, Shark or even Halibut

20 spears of Asparagus cleaned with woody ends trimmed

1 large white onion sliced into ½ inch slices

Vegetable oil for brushing fish and vegetables

For the Marinade

Juice of 1 Lemon

Juice of 1 Lime

1/2 cup Soy Sauce

1/2 cup Orange juice; fresh squeezed would be best but you can pour out of the carton

1 teaspoon Five Spice Powder

1 teaspoon Sugar

1 teaspoon cornstarch

Fresh ground Black Pepper to taste

For the Pacific Island Fruit Sauce

1 large ripe Mango, cut up

1 Papaya, cut up

1 Sweet Onion, cut up

1 bunch Cilantro, chopped

1/2 cup Soy Sauce

1/2 cup Orange Juice

1/4 cup Honey

1/4 cup Rice Vinegar

Pepper to taste

How it's done

Whisk together the ingredients of the marinade in a glass bowl until well incorporated

Place Mahi in shallow glass baking dish and pour over marinade and put in refrigerator for 30 min.

Next put all sauce ingredients into a food processor and blend till very smooth, set aside

Preheat gas grill to high, when the grates are hot take fish out of refrigerator and remove from marinade then pat dry with paper towels and brush lightly with vegetable oil. Next brush asparagus and onion with oil and season with salt and pepper.

Grill the fish for about 5 minutes per side and grill the vegetables for about 3 minutes per side. Transfer asparagus, onions and Mahi to four plates and drizzle generously with sauce. Please don't wear your grass skirt while grilling, if you must, remember, stop, drop and roll.

[Fries Fish Club Sandwich](#)

[Panko Crusted Fillet w/ Smoked Bacon Lettuce Tomato and Mayo](#)

[On locally baked French Bread w/ can of soda](#)

[\\$6.95](#)

[Griller Ginger Soy Snapper Pita Wrap](#)

[w/ Roasted Vegetables and Wasabi Sauce](#)

[w/ can of soda](#)

[\\$8.95](#)

[Mini Fish Cake Platter](#)

[w/ Cole Slaw French Fries](#)

[Tartar Sauce Cocktail Sauce and can of soda](#)

[\\$8.95](#)

[These Fish Cakes are Better than Most Peoples Crab Cakes!](#)