

## June 29, 2010

Good morning to all of our beloved friends and clients and thank you to all who have been inquiring about our pending move to Lebanon...you might think we get tired of hearing it, but it's truly is an honor that you care.

To clear up some rumors about what the New Metropolitan Seafood & Gourmet I would like to address but a few inquires:

*From John in Pittstown...*sorry we won't be having Margarita Mondays...but we will be open 7 days a week soon after we are in our new locale

*From Gina in Lebanon ....*will there be belly dancing lessons on Wednesday afternoons?...again I regret to tell you the lessons will be on Sundays

*From George in Whitehouse....*will the new location have tables to sit down...unfortunately no, but you can bring in a Pilates mat to enjoy your awesome take-out on...we will have a much more extensive take-out menu to be revealed in 2 weeks

*From Sarah in Clinton...*What will be different about the new Metropolitan Seafood and Gourmet....well besides my rapidly aging face we will be carrying locally produced Cheeses, Local organically farmed eggs, a fabulous selection of imported olives and many other gourmet delights not to mention fully prepared take home dinners. But we will and first and foremost, not change bringing you the freshest seafood found anywhere with honest service that shows are deep appreciation of your patronage.

### [Some Great Take-Out Specials](#)

[The Best Damn Falafel This side of Beirut](#)  
[Complete with a side of Tabouli and a can of soda](#)  
[\\$6.95](#)

[Blackened Grouper on locally baked French bread with lettuce, tomato and Tarter Sauce](#)  
[With Slaw and a can of Soda](#)  
[\\$7.95](#)

[Grilled Shark and Veggie Kebob over Rice with a Spicy Yogurt Dressing](#)  
[\\$7.95](#)

**From the North:** Nova Scotia Halibut, Swordfish, , Dayboat Monkfish Fillet, Tau Tog (Black Fish) Dry Dayboat Sea Scallops, Mako Shark, Silver Hake, Maine Sea Bass, Flounder Fillet (See Recipe Below), New Bedford Grey Sole, New Bedford Cod Fillet, Live Maine Steamers, Wild Rhode Island Little and Top Neck Clams Great for Steaming or the Grill, Day boat Squid

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

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

**From the Waters of the World:** Branzini, Fresh-Never-Frozen Chilean Sea Bass, Hamachi (Yellow-Tail) and Cockles from New Zealand , Wild Hopper Pink Shrimp

**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

**Flounder with Parsley Lemon Butter and Smashed New Potatoes**

When today's culinary scribes write of comfort food I have to wonder if they even know what comfort means. We are not talking Sunday morning sweat suit outfit with a mild hangover while wearing a couch on my backside. No fellow travelers this comfort food is fresh out of the shower with a cocktail in your hand with nothing but your favorite robe and you best come hither glance...now I'm starting to feel uncomfortable...sorry

Serves 4

#### **Ingredients**

1 ¼ pounds of small new potatoes cut in half

½ bunch of Flat Leaf parsley

4 each 6 to 8 ounce fillets of Flounder; you can also use with great success Tilapia, Sole, Cod or Red Snapper

2 lemons

6 tablespoons olive oil

4 tablespoons plain flour

4 tablespoons of unsalted butter

#### **How it's done**

Boil potatoes, in salted water for 10 minutes or until tender. Drain, return to the pan and roughly crush with a fork. Season with salt and pepper and stir in 4 tablespoons olive oil and a handful chopped fresh flat leaf parsley.

Meanwhile, season flounder fillets and dredge in the flour, shaking all excess flour. Heat 2 tablespoons olive oil in a large non stick skillet over a high heat. Add the fish, and cook for 2 minutes. Carefully turn over and cook for a further 2 minutes, or until cooked through.

Transfer to 4 serving plates

Melt butter in the hot pan, stir in the juice of 1 lemon, a handful of chopped fresh flat leaf parsley and season to taste. Drizzle over the flounder and spoon the potatoes alongside. Serve with the lemon wedges and a large salad. Psst...if your sitting on the couch can you close the robe, the kids are still up.

#### **Broiled Red Snapper and Black Bean Salad**

If you find yourself dripping like a cold beer in July chances are its just plain hot outside. The last thing your glistening body needs is a hot meal that requires more perspiration in its preparation. This dish can not only be done in advance but is an amazing and delicious dish with your seafood leftovers. I feel as cooler already...I mean like Fonzie cool

Serves 4

#### **Ingredients**

1 ½ to 2 pounds of Red Snapper fillet skinned removes; you can also use with great success, Grouper, Halibut, Red Drum or Sheephead...even leftover Salmon!

Olive oil for drizzling

2 garlic cloves minced

1 tablespoon plus 3 tablespoons of fresh lime juice separated

½ cup olive oil

1 teaspoon ground cumin

½ teaspoon of crushed red pepper flakes

½ teaspoon salt

2 - 15 ounce cans of black beans drain and rinsed

2 oranges

Mixed field Green or your favorite salad greens

#### **How it's done**

Drizzle broiler pan with olive oil and place Snapper in even layer (tucking under thin ends)

Combine garlic and 1 tablespoon of lime juice; spread on fish. Broil about 4 inches from heat about 5 minutes or until fish just flakes when tested with a fork. Transfer fillet to a dish and let cool 10 minutes. Combine ½ cup of olive oil with, remaining 3 tablespoons of lime juice, cumin, pepper flakes and salt in a small jar. Shake well and pour 1 tablespoon over fish.

Meanwhile, peel oranges, cut into 1/2-inch slices and separate into segments and combine with black beans and remaining dressing. Drain fish, break into large chunks. Add to orange mixture

and toss gently. Cover and refrigerate 2 hours or up to 24 hours. Serve over mixed field greens. How cool are you, just made the entire dinner and you're dry enough to accept those hugs of gratitude and adoration from your guests and love ones. Oh yeah, if you are a dripping save your hug until the AC kicks in.

## June 24, 2010

Good morning to all of our beloved friends and clients and I hope you aren't wilting during this oppressive heat spell.

Now you all know we have an agreement to not cast dispersions on each other no matter what we say or do... and hey, I'll be the first to tell you to fly your freak flag. But I must take umbrage with those hysterically original travelers who can't help but ask us "Is it hot enough for you?" and to that I reply "No, I much prefer to be in a molten lava Jacuzzi playing gin rummy with the prince of darkness himself" Now at this time you may or may not feel a sharp slap the back of your glorious crown...you just have to say to yourself, I had that one coming. Perhaps a more fitting question should be to your fish monger "hey, could you get any hotter?" to which we'd reply "how much wine can you drink?" I hope you enjoy today's recipes. Stay breezy fellow travelers

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

### Some Great Take-Out Specials

Fried Fish "Sloppy Joe" Pita Wrap  
Golden Crisp Fillet with Cole Slaw and Russian Dressing on Pita  
With a can of Soda  
\$6.95

Grilled Shark Steak Sandwich  
Blacked Grilled Shark Steak with Sweet Peppers and Onions with Chipotle Tarter  
On Italian Bread with a can of soda  
\$7.95

Broiled Garlic Herb Sea Bass Platter with Cole Slaw  
Rice Pilaf and Roasted Veggies  
\$11.95

**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(See Recipe Below), Whiting, Mako Shark, Silver Hake, Maine Jonah Crab Claws and Fresh Crab Meat, Maine Sea Bass, Flounder Fillet, New Bedford Grey Sole, New Bedford Cod Fillet, Live Maine Steamers, Wild Rhode Island Little and Top Neck Clams Great for Steaming or the Grill, Whole Belly Clams for the Fryer

**From the South:** Sushi Grade Ahi Tuna, Red Snapper, Red Grouper(See Recipe Below), Florida Rock Shrimp, Fresh Lump and Jumbo Lump Crab Meat, Fresh Blue Crab Cocktail Claws, Mahi

Mahi, Fresh and Live Soft Shell Crabs, Wild Hopper Pink Shrimp(See Recipe Below), Carolina Golden Tilefish, Bluefish

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

**From the Waters of the World:** Jumbo 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 and Jumbo 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 Shrimp and Scallops over Summer Vegetables with a Lemon Caper Dressing**

Serves 4

This recipe screams Sunday afternoon, chilled wine and clothing optional...yes this dish is that sexy and will turn any backyard barbeque into a full fledged ancient Roman bacchanal complete with togas. OK...someone's getting carried away...guilty

##### **Ingredients**

For the Shrimp and Scallops

1 pound large shrimp cleaned and deveined with the tails left on.

1 pound of large Sea Scallops (Dry Scallops only...the only thing processed you should dare to eat would be a street cart hot dog)

1 clove of garlic finely chopped

1 to 2 Tablespoons of olive oil

Salt and Pepper

2 tablespoons of fresh oregano

##### **For the Summer Vegetables**

1 eggplant

1 yellow zucchini

1 green zucchini

2 red peppers cut in half and seeded

Salt

Olive oil for brushing

##### **For the Lemon Caper Dressing**

1/2 cup extra-virgin olive oil

1 clove garlic minced

1/4 cup lemon juice

##### **For the garnish**

1/4 cup fresh chopped oregano

1 tablespoons salted capers, soaked, drained and chopped; yes we have these at Metro

Freshly ground pepper

##### **How it's done**

Place shrimp, scallops, garlic, oregano and olive oil in a glass bowl and season with salt and pepper and toss. Cover with plastic wrap and marinate in refrigerator

Slice the eggplant and zucchini lengthwise (if you have a mandoline, this would be the time to use it). Sprinkle the slices with salt and put them in a colander for 30 minutes to drain the bitter juices. Pat them dry with a dish towel.

Preheat grill. Grill the red peppers until the skins blacken. Put them in a paper or plastic bag and close it. When the peppers are cooled, peel off their skins. Cut the peppers in strips and set them aside.

Lightly brush the remaining vegetables with some of the olive oil and grill the slices on both sides. Put them on a serving platter when they are done.

While the vegetables are grilling, make the dressing. Combine the olive oil with the garlic and lemon juice. Mix thoroughly. When you are done with the vegetables (which can be done hours in advance) grill your shrimp and scallops for 2 to 3 minutes per side. Arrange the Shrimp and Scallops over the vegetables on a platter and pour the dressing over them while they are still warm. Garnish with the red pepper strips and sprinkle with oregano, capers, salt and pepper. This can be served at room temperature. Sorry, I think the neighbors just called the police better start passing out towels.

### **Grilled Grouper with Caramelized Grape Tomatoes and Avocado Salad**

Let's face it, the summer is hot as Hades but, who are we fooling, so are you. so let's make a dish that embodies your inner hotness and one that won't slow you down for your extra curricular activities...wink, wink... such as taking out the garbage or cutting the grass you sexy beast.

Serves 4

#### **Ingredients**

2 pints grape tomatoes, halved

2 tablespoon balsamic vinegar

2 large avocados, sliced

2 tablespoons olive oil

Salt and Pepper

½ cup of sliced scallion greens

1 cup loosely packed basil leaves chiffonade (cut crossways into thin ribbons)

1/4 cup raw sugar

4 each 6 to 8 ounce portions of Grouper skin off. This recipe can be used with any firm fleshed fish such as Sword, Salmon, Halibut, Cobia, Mahi or Shark

#### **How it's done**

Preheat grill to high. Place tomatoes and balsamic in a bowl. Place avocado, olive oil, salt, pepper, scallion greens and basil in a large bowl. Put sugar in a saucepan and place on a high heat. Allow sugar to burn, moving the saucepan around so it burns evenly. Add tomatoes and toss in sugar. Remove from the heat and allow the tomatoes to cool a little. Brush Grouper fillets with olive oil and season with salt and pepper. Grill fish for 4 to 5 minutes per side turning only once (close grill lid on second side). Transfer fish to four plates. Toss tomatoes with avocado and serve over and around fish. After pulling off this dish you are sure to make People magazine's top 10 "Grilling Bodies" issue.

## **June 22, 2010**

Good morning to all of beloved friends and clients and may I wish you all a happy summer And although I haven't seen the inside of a class room in 20 some odd years, not counting my court ordered anger management course work last month, I still get that euphoric end of school year buzz.

Don't get me wrong I loved school it was just the learning part that made me want to cut the brake lines of the faculty...good times. You know, maybe I will include some literary classics into this summer's reading list...Pride and Prejudice and To Kill a Mocking Bird are still on my bucket list...who am I kidding, unless you include the local police blotter as a classic your humble fish monger will continue to enjoy his blissful ignorance.

## Some Great Take-Out Specials:

### Lunch order of Fish and Chips

This is the real thing with slaw, tarter and malt vinegar \$6.95 with a can of soda...what the...

Grilled Large Shrimp over a mixed field green salad and cup of our own Gazpacho \$6.95

Grilled Ginger Soy Sea Bass With Asian Slaw on locally baked French Bread With a can of Soda \$7.95

**From the North:** Day Boat Fluke Fillet, Swordfish, Dayboat Monkfish Fillet, Dry Dayboat Sea Scallops, Mako Shark, Silver Hake, Maine Sea Bass (See Recipe Below), Halibut from Nova Scotia, Tau-Tog(Blackfish) Live Maine Steamers, Wild Rhode Island Little and Top Neck Clams

**From the South:** Sushi Grade Ahi Tuna, American 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 Hopper Pink Shrimp

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

**From the Waters of the World:** Branzini and Durato from the Mediterranean , New Zealand Cockles, Fresh-Never-Frozen Chilean Sea Bass, Hamachi(Yellow-Tail) and Cockles from New Zealand

**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

## **And If You Don't Feel Like Cooking Pick Up Some of Our House Smoked Fish and Have a Tossed Salad**

### **Sea Bass in a Harissa Sauce with Baby Spinach**

If you are searching for that cultural ethnic edge that all your cool friends have, there is no need for our female travelers to have a henna painting party where you are the human canvas. Yeah, it looks awesome the first day, now it just looks like a coffee stain. And for the men, the male sarong is wrong...seriously. Try this spicy little number for all the ethnic culinary culture you can stand.

Serves 4

#### **Ingredients**

4 each 6 to 8 ounce Sea Bass Fillets skin on. You can also use with Great Success, Snapper, Grouper or Tilapia

Plain flour, to dust

3 tablespoons Harissa Paste...found at all Metro Seafood & Gourmet Shops...which is actually only one location

3 tablespoon fresh lime juice

3 tablespoons water

2 tablespoons soy sauce

1 tablespoon chopped fresh cilantro

1 tablespoon olive oil

Steamed rice for 4, to serve

Baby spinach leaves, to serve

Lime wedges, to serve

**How it's done**

Prepare steamed rice and set aside. If you are feeling especially lazy pick up a quart of white rice at your favorite Chinese restaurant turn into a bowl, cover with plastic wrap and warm in the microwave...any kind of rice you like will work beautifully

Place the flour in a medium bowl. Season fish with salt and pepper and dredge fish in flour to coat. Shake off any excess flour.

Place the harissa, lime juice, water, soy sauce and cilantro in a medium bowl and stir to combine.

Heat the oil in a medium non stick frying pan over high heat. Add the fish and cook for 1 minute each side or until golden brown. Add the harissa mixture and cook, covered, for 3 minutes or until fish flakes when tested with a fork.

Spoon the steamed rice among serving plates. Top with fish and drizzle with sauce. Serve with baby spinach leaves and lime wedges. Hey, brother...I'm talking to you, give that sarong to your wife or daughter...you're creeping me out.

### **Lebanese Oven Steamed Salmon with a Walnut Herb Salad Topping**

I think the only thing that makes this dish Lebanese is that this half Lebo fish monger's ego is such that if he puts his hands on it...Shazamm!...it's now Lebanese...be careful he doesn't touch you. Seriously this dish can be done hours in advance so you have plenty of time to figure out who you are going to spill hummus on and chuckle as you clean it up with pita bread and sultry intentions...I don't know where that came from...please forgive.

#### **Ingredients**

Serves 4

For the fish

1 ½ to 2 pounds of your favorite Salmon; you can also use with great success Halibut or Grouper fillet

Salt and pepper

1 tablespoon of olive oil

For Walnut Herb Salad

3 ounces of shelled walnuts or Pine nuts

¼ cup extra virgin olive oil, extra

Juice of 1 lemon

½ medium red onion, finely chopped

1 Sweet Red Bell Pepper seeded and finely chopped

1 cup cilantro chopped

¼ cup fresh mint leaves roughly chopped

2 teaspoons sumac (a tangy spice made from flower pods) found at Metropolitan Seafood & Gourmet... and no where else...just kidding.

#### **For dressing**

1 cup of Lebni (Lebneh) or Greek style yogurt

3 good Tablespoons of Tahini (Sesame paste found in really cool stores like Metro Seafood & Gourmet)

1 small clove garlic, crushed with 1 tsp kosher salt

1 lemon juice

#### **How it's done**

Preheat oven to 400°F. Whip yoghurt, Tahini and garlic together until it becomes a thick paste. Thin slightly with lemon juice, season with salt and refrigerate

Place large piece of tin foil on baking sheet and drizzle foil with a little olive oil. Next lay salmon skin side down on foil and season with salt, pepper and drizzle with olive oil. Close tin foil to seal completely and bake in the oven for 25 minutes.

Remove from oven, opening the foil to stop further cooking. When cool to the touch transfer Salmon to serving platter and brush with dressing (about ½ cup) save the rest of the dressing to serve with the finished dish.

Roast walnuts in the same 400° oven for 5 minutes. Remove from oven, let cool, and chop finely. Whisk the olive oil with lemon juice, salt and pepper. Add onion and red pepper and whisk lightly. Add cilantro, mint, sumac and walnuts.

Spoon the salad onto the salmon and carefully cover the entire fillet as neatly as possible. Serve at room temperature with reserved dressing. Salmon can be cooked up to 4 hours in advance and the salad can be prepped and chopped and brought together just prior to spooning onto the salmon. I believe you just fell into the "Lebanese" zone..."honey my skin is turning light brown and I'm craving falafel...Ahhhh"

## June 17, 2010

Good Morning to all of our beloved friends and clients and allow me to express my deepest congratulations to the graduating class of 2010...I know they told you your future is bright, but by staying in school you can prolong your reckless and carefree Keg party career...seriously, milk it.

As I hope you well know this Sunday is the celebration of Fathers. Ok...let's be honest it's not Mothers Day...these Noble ladies fired our actual existence within the kiln of humanity, namely their bodies. Now we know Dads can't and probably wouldn't do this, so if you really want to pay homage to worlds Dad, treat him like a dog. Follow these simple steps to ensure the most blissful Padre's this Sunday.

1. Fill his water bowl...with Beer
2. Tell him he's a good boy...even if you don't like the smell of his cigars
3. Scratch his belly (this ones for the Moms...kids don't try this unless your ready for emotional scaring)
4. Fill the food Bowl...ok, I guess you could take him out but what canine wants to get dressed for dinner...throw something on the grill and don't hand him a napkin, he wants to like his fingers
5. And finally... It's not that he wants to be left alone...it's just that he wants to be left alone to, maybe, take a nap...you wouldn't roll you eyes if you saw your dog snoozing in the afternoon...you would think "ooh, he looks so cute when he dribbles".

I hope you enjoy today's recipes!

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. It promises to be quite the happening. [Click Here for details on the Market](#)

### Some Great Take-Out Specials

- [Mako Shark Steak Sandwich with Sweet Peppers, Onions and Spicy Mayo  
On Italian bread with a Can of Soda \\$7.95](#)

- [Fish Cake "Po Boy"  
Metro Famous fish Cake with Lettuce, Tomato, Tarter and Hot Sauce  
On French Bread  
With small French Fries \\$6.95](#)

[Soft Shell Crab Pita Wrap](#)  
[Lettuce, Tomato and Chipotle Tarter on locally baked pita](#)  
[With a can of Soda \\$8.95](#)

[Grilled Ginger Lime Scottish Salmon Platter](#)  
[With Roasted Veggies and Rice Pilaf](#)  
[\\$11.95](#)

**Lebanese Spinach or Meat Pies served with Lebni Yogurt**  
**\$2.50 each**

**From the North:** Nova Scotia Halibut(See Recipe Below), Swordfish, Fresh Trapped Squid Great for the Grill, Dayboat Monkfish Fillet, Uni(Sea Urchin Roe) Dry Dayboat Sea Scallops, Whiting, Mako Shark, Silver Hake, Maine Jonah Crab Claws, Maine Sea Bass, Flounder Fillet, New Bedford Grey Sole, Tau-Tog(Blackfish), New Bedford Cod Fillet, Live Maine Steamers, Wild Rhode Island Little and Top Neck Clams Great for Steaming or the Grill

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

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

**From the Waters of the World:** Jumbo and Regular (1lb.) Branzini, Durato (See Recipe Below), Cockles, 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 (fed only live wild shrimp and grown in the open ocean miles from shore) Atlantic Scottish Salmon, Catfish, Local Musky Hatchery Trout, Prince Edward Island Mussels

#### **THIS WEEKEND'S OYSTER SELECTION WILL INCLUDE THE FOLLOWING DELIGHTS**

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

West Coast: Kumamoto and Jumbo Kumamoto ( Humbolt Bay , California )

Pemaquid( Hog Island , Maine ) Peale Passage ( Shelton Bay , Washington State)

St. Simon ( New Brunswick , Canada ) Hood Canal ( Hood Canal , Washington State)

Raspberry Point ( Prince Edward Island , Canada ) Fisher's Island (Fisher's Island , New York )

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

#### **Grilled Durato (Sea Bream) with a Fresh Herb Sauce**

Did your friend's cousin's uncle really choke on a fish bone or do you just not have anything else to add the conversation. Hey...stop badmouthing fish on the bone unless you are politically against mind blowing meals that allow you to nuzzle with Mother Nature herself...just slow down when you're eating

Serves 4

#### **Ingredients**

For the fish

4 whole Durato about 1 pound each gutted and scaled. This of course is a task for one of your Metro Seafood Specialists to handle...with love of course. You can also use Branzini, Sea Bass, Snapper or any small whole fish you like.

Salt and freshly ground black pepper

3 tablespoons olive oil

For the Fresh Herb Sauce

2 tablespoons mint leaves

2 tablespoons flat leaf parsley

2 tablespoons basil leaves  
1 small clove of garlic, peeled and crushed  
1 to 2 teaspoons of Dijon  
4 to 5 tablespoons olive oil  
2 tablespoons of caper rinsed

**How its done**

Prepare charcoal grill or preheat gas grill to medium high heat. Lightly oil the fish and season with salt and pepper fish both inside and out. Next grill the fish for about 7 to 9 minutes on each side with the grill lid down or until just cooked. Meanwhile, blend the herbs and garlic in your food processor with the mustard and olive oil to a coarse purée then add the capers and give it another brief blend keeping the capers a roughly chopped consistency. Season to taste and add a little more mustard or more capers to taste.

Transfer fish to plates and serve with herb sauce and lemon wedges. Prepare to have your mind blown...I warned you

**Teriyaki Grilled Tuna on an Asian Inspired Slaw**

Serves 4

Mr. Miyagi of the famed "Karate Kid" himself once told Danielson to forget about the "wax on...wax off" and just make me that Teriyaki Tuna dish from Metro...really he did.

**Ingredients**

6 tablespoons teriyaki sauce  
4 each 6 to 8 ounce portions of Tuna (1 inch thick). This recipe is also great with Swordfish, Shark or Shrimp and Scallops these choices unlike the Tuna will be cooked through  
6 tablespoons peanut oil  
4 tablespoons fresh lime juice  
2 tablespoon brown sugar  
1 teaspoon grated lime peel  
4 cups of Green Cabbage  
1 Red Onion thinly sliced  
3 tablespoons fresh mint chiffonade (cut crossways into ribbons)

**How it's done**

Preheat grill to medium-high heat Spoon 4 tablespoons teriyaki sauce onto plate. Add Tuna steaks; turn to coat. Sprinkle steak with pepper; let stand 20 minutes in the refrigerator. Meanwhile, whisk oil, lime juice, dark brown sugar, grated lime peel and remaining 2 tablespoons teriyaki sauce in small bowl to blend. Season dressing with salt and pepper. Transfer half of dressing to medium bowl; mix in cabbage, red onion and mint. Divide slaw between 4 plates.

Take Tuna steaks out of the Refrigerator and grill until cooked to desired doneness, about 3 minutes per side for rare 5 minutes for medium. Transfer Tuna steaks to cutting board; slice about a half inch thick. Arrange tuna slices atop your slaw. Drizzle remaining dressing over each salad and serve. No you did not just hit Kung-Fu fighting on your iPod. Whoa, whoa, whoa, whoooooo...feel it.

## June 15, 2010

Was anyone else not surprised that the "Karate Kid" threw a crane style kick right at the "A-Team's" manhood this past movie premiere weekend. For the love of Pete man, from your humble fish monger who was forged in the cultureless fires of the 80's I can tell you that Ralph Macchio's performance was akin to Brando's in "Street Car". Who the heck even watched the A-Team...sure you knew all the players, but actually scheduled time to view...tuck that one in your shame drawer and throw in some screws.

[Some Great Take-Out Specials:](#)

[Grilled South Western Mahi Mahi Pita Wrap with Seared Peppers and Onion with Chipotle Mayo](#)  
[With a Can of Soda \\$7.95](#)

[Grilled Basil Balsamic Black Sea Bass over a Mixed Field Green Salad](#)  
[With a Can of Soda \\$8.95](#)

[Fried Crab Cake Platter](#)  
[With Cole Slaw and a choice of French Fries or Rice Pilaf](#)  
[\\$10.95](#)

[Fried Whole Belly Clam Platter with Cole Slaw and French Fries](#)  
[\\$14.99](#)

**From the North:** Nova Scotia Halibut, Swordfish, Dayboat Monkfish Fillet and Liver, Uni(Sea Urchin Roe) Dry Dayboat Sea Scallops, Whiting, Mako Shark, Silver Hake, Maine Jonah Crab Claws, Maine Sea Bass, Flounder Fillet, New Bedford Grey Sole, New Bedford Cod Fillet

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

**From the Pacific Northwest:** Wild Alaskan Taku River Salmon, Wild Copper River Salmon LAST OF THE SEASON, Sablefish (Black Cod), Fresh Plump Shucked Oysters

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

**From Sustainable Seafood Sources:** Costa Rican Tilapia Fillet (See Recipe Below), Fresh Organically (given no hormones, steroids, colorings, or pellet foods) Farmed Atlantic Scottish Salmon, Catfish, Local Musky Hatchery Trout, and Artic Char (See Recipe Below)

### **Pan Roasted Char and Potatoes with a Fresh Herb Dressing**

Ok, so your confidence is a little low based on some less than stellar performances in the kitchen...who knew you that chicken doesn't make good sashimi. And its not your fault hamburger helper has the faint scent of your feline's fancy feast. Buck up fellow travelers, this recipe is your confidence building victory lap around the dining room table...try not to step on the cat again.

Serves 4

#### **Ingredients**

For Fish and Potatoes

4 each 6 to 8 ounce servings of Artic Char skin on and scaled....just ask you Metro professional for this task

1 ½ pounds of small new potatoes skin on and quartered

1 small red onion quartered

1 Red and 1 Yellow pepper sliced

1 small zucchini sliced

1 pint of grape tomatoes halved

2 spring's rosemary leaves only

Salt and pepper

Olive oil for drizzling

For the herb dressing

1 clove of garlic

1 tablespoon chopped Rosemary

1 tablespoon of fresh Thyme

The juice of 2 lemons

Olive oil

Salt and Pepper

**How it's done**

Preheat oven to 400°. Next we will make the herb dressing, in a small food processor or blender run the herbs together and add the lemon juice, garlic and salt and pepper. Next with machine running add olive oil until desired flavors come together about ½ to ¾ of a cup. Dip finger in and taste...good right. Set dressing aside and stop tasting it.

Next put the potatoes into a big mixing bowl, sprinkle with half the rosemary, salt and pepper and a very generous drizzling of olive oil and toss well.

Turn potatoes onto a baking tray and place into the oven set timer for 5 minutes

Now you have 5 minutes to complete the next step...the pressure is on...you can do this, I believe in you.

Repeat the first step but using the vegetables this time, and place onto a separate baking tray then into the oven and set your timer for 15 minutes

Meanwhile season Char fillets with salt and pepper and heat a large non-stick skillet to medium high heat.

Put 1 tablespoon of olive oil in pan and sauté fish skin side down for about 4 minutes until skin is crispy; flip and cook for about 2 to 3 minutes more and transfer to warm platter. Ding!...

the timer went off, take potatoes and vegetables out of oven. To make the plates put potatoes down first then veggies and top with fish and herb dressing. Time...35 minutes and you made the entire meal and still have a half bottle of wine to finish...Yes, I know. How do you high five yourself? I don't know but you definitely deserve it.

**Sautéed Tilapia with a Mushroom Sauce**

This recipe is the girl next store that just got back from college...Hey, is that Tilapia? I don't remember her being so tan and saucy, I hope she remembers me. Oh, I'm definitely inviting her to dinner tonight.

Serves 4

**Ingredients**

3 tablespoons unsalted butter

6 large scallions sliced thin, keeping white and green parts separated

2 sprigs fresh thyme

Salt and pepper

10 ounces of Baby Bella Mushrooms cleaned and sliced...you can also use a Portabella also sliced thin

4 each 6 to 8 ounce servings of Store Cut Tilapia Fillet...now where can you get that...I got it!

Metro!

You can also use with great success, Snapper, Grouper, Trout and even Artic Char

2 Tablespoons olive oil

¾ cup dry white wine

¾ cup heavy cream

**How it's done**

Heat the butter in a large skillet over medium heat. Add the sliced white parts of the scallions and thyme and cook until the scallions are translucent, about 5 minutes; season with salt and pepper. Add the mushrooms and cook, stirring occasionally, until brown and tender, about 8 minutes.

Meanwhile, season the fish with salt and pepper. Heat the oil in another large skillet over medium-high heat. Add the fish, flesh down, and cook until browned nicely about 2 to 3 minutes per side. Next transfer the fish to a warm platter. Add the wine to the skillet and scrape up any browned bits with a wooden spoon. Boil over high heat until syrupy, 2 to 3 minutes. Add the cream and simmer to thicken slightly, 2 to 3 minutes, season with salt and pepper. Pour the cream sauce in with the mushroom skillet and simmer for 2 min to let flavors marry or at least fool around. Spoon the mushroom sauce over fish and garnish with scallion greens. You know I always had a thing for Tilapia...even when she had braces.

## June 10, 2010

Good morning to all of our beloved friends and clients and it looks like we are still about 6 weeks from the big move,

And to those fellow travelers who in the most braggadocios manner informed us of how much longer it would take than are original estimates...you are absolutely right! And while you still have that fantastic smug expression on your beautiful face I would like to hug you, really, really hard..." Hey Mark, you're hurting me...I can't breath...really" "Shhh...don't interrupt me, I'm just righteously loving you...this feels good" Seriously we love being asked about the move and can't wait to show you our new digs.  
I sincerely hope you enjoy today's recipes

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 starting tomorrow May 28th through October 29th from 3p.m. to 7p.m.

It promises to be quite the happening. [Click Here for details on the Market](#)

### [Some Great Take-Out Specials](#)

[Grilled Ginger Lime Halibut Wrap with Roasted Veggies and Wasabi Sauce  
With a Can of Soda \\$7.95](#)

[Blackened Wild Salmon over a Field Green Salad and roasted Veggies  
With a can of Soda \\$8.95](#)

[Broiled Garlic and Herb Shark Platter  
With Cole Slaw and a choice of French Fries or Rice Pilaf  
\\$10.95](#)

**From the North:** Nova Scotia Halibut(See Recipe Below), Swordfish, Dayboat Monkfish Fillet and Liver, Uni(Sea Urchin Roe) Dry Dayboat Sea Scallops, Whiting, Mako Shark, Silver Hake, Maine Jonah Crab Claws, Maine Sea Bass, Flounder Fillet, New Bedford Grey Sole, New Bedford Cod Fillet

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

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

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

**From Sustainable Seafood Sources:** Costa Rican Tilapia Fillet, Fresh Organically (given no hormones, steroids, colorings, or pellet foods) Farmed Atlantic Scottish Salmon, Catfish, Local Musky Hatchery Trout

**Grilled Sardines with a Romaine Salad**

If you are looking for an excuse to eat quite possibly the healthiest and most sustainable fish in the world, then put on a pair of pants, shut off the computer and head over to Metro for some of these lovely fish...on second thought pants are optional

Serves 4

#### **Ingredients**

¼ cup extra virgin olive oil. Plus extra for drizzling

1 tablespoon of paprika

2 cloves garlic finely chopped

Kosher salt

The grated zest of 1 lemon

1 ½ to 2 pounds of fresh sardines gutted and cleaned; leave the heads it makes it sexier...of course the Metro crew will clean your fish.

1 large head of Romaine lettuce torn into large pieces

1 small red Onion sliced into thin rounds

1 cup loosely packed flat leaf parsley

2 tablespoons of sherry vinegar

#### **How it's done**

Preheat a grill to high. Combine 2 ½ tablespoons oil, paprika, two-thirds of garlic and lemon rind in a small bowl, brush the inside and out of the Sardines liberally with oil mixture. Lay sardines on a tray lined with foil, drizzle with about 2 tablespoons of oil and sprinkle generously with salt. Grill sardines, turning once, until crisp and cooked through (2-3 minutes each side).

Meanwhile, combine Romaine, onion and parsley in a bowl. Whisk vinegar, remaining oil and remaining garlic in a bowl. Add to Romaine, toss carefully and serve with grilled sardines. If you can't have crusty bread with this meal please let me know and I will personally rock you until you stop crying and gently fall asleep...really I feel that bad for you.

#### **Oven Roasted Halibut with a Panko Lemon Herb Crust**

For those fellow travelers who already know their way around the kitchen stop reading, this lovely and simple dish is for the lovely and simple travelers among us. Hey, don't be offended I did say you were lovely and someone has to do the dishes...all I'm saying if you can't pull this off you might want to reconsider renewing your driver's license...I'm just saying.

Serves 4

#### **Ingredients**

1 1/2 cups panko crumbs

1 large handful fresh flat-leaf parsley

2 large cloves garlic

The zest of 1 lemon

Kosher Salt

4 each 6 to 8 ounce Halibut Fillets skin removed; you can also use with great success, Grouper, Snapper, Tilefish, or Hake

Extra-virgin olive oil

#### **How it's done**

Preheat oven to 400°

Place panko in a shallow dish. Pile parsley, garlic, lemon zest, and a little salt on the cutting board. Finely chop the lemon-garlic mixture, and then combine with the panko.

Brush the top of each fillet with olive oil and dip in to the bread crumb herb mixture, one side only. Brush a little bit of olive oil in the bottom of a baking pan then place fillet in the pan, crust side up. Roast fillets in oven until firm to the touch, about 12 to 15 minutes.

If you feel like your bursting with pride like the first time you tied your shoes...well my friend you are on your way...I'm treating for Ice Cream and you can drive.

## June 8, 2010

Good Moring to all of our beloved friends and clients and we are a little over a month away from our big move to Lebanon ...no, not Beirut

I know what you're thinking...I would really like to have a more international flare in this ever shrinking globe. Hey, maybe I'll watch some soccer...oh dear, I just remembered I'm allergic to large doses of boredom. I know it's awesome, hip uniforms, a myriad of intriguing accents, wildly drunk fans, the 1 to 0 final score....ooh I just got Goosebumps. I think at some time every traveler must admit, I'm really just not that cool...guilty. I feel better, now pass the hummus

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 starting tomorrow May 28th through October 29th from 3p.m. to 7p.m. It promises to be quite the happening. [Click Here for details on the Market](#)

### Some Great Take-Out Specials:

- [Half order of our famous Fish and Chips with a Can of Soda \\$6.95 \(Believe me...you won't be hungry\)](#)

- [Grilled Blacked Halibut Pita Wrap with Lettuce and Tomato and Chipotle Tarter Sauce With a can of Soda \\$7.95](#)

- [Shrimp and Scallop Scampi over Linguini \\$11.95](#)

From the North: **Swordfish**, Nova Scotia **Halibut**, Dry Dayboat Sea Scallops, Maine Sea Bass, Dayboat **Monkfish**, **Flounder Fillet(See Recipe Below)**, New Bedford Cod Fillet, New Bedford Grey Sole Fillet, Maine Steamers, Wild Rhode Island Little Neck Clams, Fresh Trapped Squid, Prince Edward Island Mussels

From the Pacific North West : Wild Alaskan Copper River Salmon(See Recipe Below), Wild Alaskan Jumbo Troll King Salmon, Manila Clams, Alaskan Black Cod(Sablefish), Fresh Shucked Oysters,

From the South: Sushi Grade Ahi Tuna, Soft-Shell Crabs, Blue Crab Cocktail Claws and Lump Crab Meat, Black **Grouper**(See Recipe Below), American Red Snapper, Mahi Mahi

From Sustainable Waters: Costa Rican **Tilapia Fillet**, Catfish, Wild Hopper Pink Shrimp, Local Musky Hatchery Trout, Organic Atlantic(Irish) **Salmon**(See Recipe Below), Icelandic Artic Char

From the Waters of the World: Branzini, Durato, Fresh-Never-Frozen Chilean Sea Bass, **Hamachi**(Yellow-Tail)

**Red** = Can be used for Grilled Fish Recipe

### **Mideast Grilled Fish with a Minted Yogurt Sauce**

Serves 4

Could some one please tell me when the Fez suddenly dropped out of fashion? While weighing my options of covering my middle-aged solar panel from the sun's UV rays I thought, where the heck can I find a hat that says...who the heck are you and should I be scared...or just try this Moroccan inspired dish to satisfy your taste for originality.

#### **Ingredients**

For the Yogurt Sauce

1/2 cup Lebni or Greek Style yogurt: Of course we carry the Lebni at Metro

1 tablespoon chopped fresh mint

1 1/2 teaspoons capers, drained

1 clove of garlic finely minced

The juice of 1/2 a lemon

Salt and pepper

#### **For the Fish**

1 teaspoon paprika

1/2 teaspoon ground coriander

1/4 teaspoon salt

1/4 teaspoon ground ginger

1/4 teaspoon ground cumin

1/4 teaspoon ground cinnamon

1/8 teaspoon cayenne pepper

4 each 6 to 8 ounce portions of firm fleshed fish: you can use Shark, Mahi, Grouper, Salmon, Halibut, Swordfish, Tilefish, this one is really your call...you really cant go wrong unless you use bad fish in which case, consider your butt kicking on its way.

Olive oil spray

Mint sprigs

#### **How it's done**

To prepare sauce, combine all ingredients in a small bowl and mix well and season with salt and pepper to taste. Keep in refrigerator can be made a day ahead.

To prepare fish, heat gas grill or nonstick grill pan to medium-high heat. Combine paprika and all other spice ingredients (through cayenne pepper); sprinkle over both sides of fish. Lightly coat both sides of fish with olive oil spray; Place fish on hot grill or grill pan and Cook about 4 minutes on each side or until fish flakes or until desired degree of doneness. Serve with the sauce. Garnish with mint sprigs. You know what I think; I can bring that hat back on second thought.

### **Sautéed Flounder with a Dijon Sauce**

Serves 4

This recipe embodies all that life should be, simple, delicious and free of prejudicial masses as opposed to murky, stressful, with deep gaps of unfulfilled hopes and dreams of youth's promises that just keep...sorry, wasn't going to cry today. Just make this dish and hug someone for Pete's sake.

#### **Ingredients**

1 cup Lebni...do they carry that at Metro?...heck yeah...what is it...a hung yogurt cheese...not that kind of hung

2 teaspoons unsalted butter

4 each 6 to 8 ounce fillets of Flounder; you could also use with great success Tilapia, Cod, Trout or Turbot

1/2 teaspoon salt, plus more to taste

Freshly ground pepper to taste

1/2 cup minced shallots

1/2 cup white wine

1/4 cup grainy Dijon mustard

1 scallion, thinly sliced

### How it's done

Melt the butter in a large nonstick skillet over medium heat. Add the Flounder and cook until just cooked through, about 3 minutes per side. Remove from the skillet, season with salt and pepper to taste and transfer to warm platter

Place the shallots in the skillet and sauté until softened, about 30 seconds. Add the wine and stir frequently until reduced by half, about 2 minutes. Turn the heat to low and whisk in the mustard. Whisk in the Lebni and cook until just heated through. Stir in 1/2 teaspoon of salt and pepper to taste.

Divide Flounder fillets onto 4 plates, spoon the sauce over and sprinkle with the scallions and bask in the knowledge you just brightened your love ones day.

## June 4, 2010

Good morning to all of our beloved friends and clients and thank you to all for your continued moral support during our pending move

This past week I had the extreme pleasure of tasting cheeses from another premier cheese maker, Mr. Jonathan White of [Bobolink Dairy](#) in Milford NJ . If I had not brought my wife I would have had to explain my Cheshire like afterglow from this decadent sampling. Hence, I am proud to announce that this is but another gorgeous line of products we will be carrying at our new location. The one thing about this brilliant cheese master I found most intriguing, is he looks at cow like I look at fish...with a heavy breathed amorous gaze...we might be related. I hope you enjoy today's recipes

### [Some Great Take-Out Specials](#)

**Soft Shell Crab Sandwich with Baby field greens, tomato and spicy mayo**  
With a can of soda \$7.99

**Blackened Shark Steak Pita Wrap with roasted Veggies and Chipotle Tarter**  
With a can of Soda \$6.99

**Scallop Scampi Platter over Rice Pilaf with Roasted Veggies**  
\$11.95

**From the North:** Swordfish, Nova Scotia Halibut, Dry Dayboat Sea Scallops, Skate, Maine Sea Bass, Dayboat Monkfish, Flounder Fillet, New Bedford Cod Fillet, Fresh Jonah Crab Claws, Whiting, Uni(Sea Urchin Roe), New Bedford Grey Sole Fillet, Silver Hake, Fresh Trapped Squid, Maine Steamers, Wild Rhode Island Little Neck Clams, Boston Mackerel, Small Bluefish

**From the Pacific North West :** Wild Alaskan Copper River Salmon(See Recipe Below), Manila Clams, Alaskan Black Cod(Sablefish), Fresh Shucked Oysters,

**From the South:** Sushi Grade Ahi Tuna, Bluefish, Soft-Shell Crabs, Blue Crab Cocktail Claws and Lump Crab Meat, Caribbean Cobia Fillet, Red Grouper(See Recipe Below), American Red Snapper, Wild Hopper Pink Shrimp, Mako Shark, Sushi Grade Spanish Mackerel, Florida Rock Shrimp

**From Sustainable Waters:** Costa Rican Tilapia Fillet, Catfish, Local Musky Hatchery Trout, Organic Atlantic(Irish) Salmon(See Recipe Below), Prince Edward Island Mussels, Icelandic Artic Char

**From the Waters of the World:** Regular 1lb. and Jumbo Branzini, Durato, Portuguese Sardines, Hamachi(Yellow-Tail), Fresh-Never-Frozen Sepia(Cuttlefish), Fresh Baby Octopus, Dover Sole from Holland

**THIS WEEKEND'S OYSTER SELECTION WILL INCLUDE THE FOLLOWING DELIGHTS**

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

West Coast: Kumamoto ( Humbolt Bay , California ); Pemaquid( Hog Island , Maine ); Peale Passage ( Shelton Bay , Washington State); St. Simon ( New Brunswick , Canada ) Hood Canal (Hood Canal , Washington State); Briar Patch ( Stonington , Connecticut ); Wellfleet ( Wellfleet , Massachusetts ); Raspberry Point ( Prince Edward Island , Canada )

### **Salmon Burgers with Tomato and Black Olive Tapenade**

Serves 4 big eaters or 6 humans

#### **Ingredients**

For the Salmon burgers

2 pounds boneless, skinless Salmon Fillet either finely diced or run through a meat grinder: this portion of your recipe can be done at no charge with a simple call to Metro Seafood & Gourmet...we love doing it...I mean grinding...your salmon of course.

2 tablespoons chopped drained capers

2 tablespoons chopped shallot

1 tablespoon Dijon mustard

1 teaspoon minced fresh Basil

1 teaspoon freshly ground black pepper

3/4 teaspoon coarse kosher salt

Nonstick vegetable oil spray

6 Kaiser rolls or any lovely buns you may have lightly toasted on the grill...seriously the bread on this is truly your call.

1 large flavorful tomato cut into 6 slices or even plum tomatoes sliced

6 thin slices red onion

2 cups baby arugula (about 3 ounces)

For the Tapenade

1/2 pound pitted Kalamata Olives rinsed

2 anchovy fillets, rinsed this is optional but if you have a picky eater don't tell them...or ask them to leave

1 small clove garlic, minced

2 tablespoons capers rinsed

2 to 3 fresh basil leaves

1 tablespoon freshly squeezed lemon juice

2 tablespoons extra-virgin olive oil

#### **How it's done**

The Tapenade

Place all ingredients in the bowl of a food processor. Run processor to combine. Stop processor to scrape down the sides of the bowl and run until the mixture becomes a coarse paste, approximately 1 to 2 minutes total. Can be made 3 days ahead and refrigerated

For the Salmon burgers

Gently mix ground or diced Salmon with the capers, shallots, Dijon , basil, salt and pepper in a mixing bowl. Using moistened hands, shape Salmon mixture into six 3/4-inch-thick patties (each about 4 inches in diameter). Place burgers on plate. Cover and refrigerate at least 1 hour and up to 1 day.

Spray grill racks with nonstick spray. Prepare barbecue (medium-high heat). Grill burgers until almost cooked through, about 4 minutes per side. Arrange rolls on cutting board and spread with tapenade. Top each with burger, tomato slice, onion slice, and arugula, and top that masterpiece. Cut burgers in half and serve. If you are saying to yourself could this dish be a tad sexier if I make these burgers toppers...no let your guests have the honor of disrobing the burger.

### **Spicy Grilled Grouper Sandwiches with a Chipotle Tarter Sauce**

What's that you say, you and your kitchen have fallen into a boring routine and you find yourself with a wandering eye for maybe some new and exciting gadgets. Perhaps it's not your kitchen but you, fellow traveler, who need to spice up the action at the burners, if you catch

my drift. Hey, take a tip from your culinary counselor, this dish will have you cooking like you're at a hotel and the kids are home...sorry, I lost myself...it's a great dish  
In order for this dish to come off with out a hitch you need to make your own spicy dry rub for the fish (recipe follows) and a batch of Chipotle Tarter Sauce (recipe follows)

Serves 4

#### **Ingredients**

½ tablespoon Spicy Dry Rub(recipe follows)

4 each 6 to 8 ounce portion of Grouper; you can also use with great success Catfish, Cobia, Tilapia or even Halibut

4 Kaiser rolls, toasted

Mixed field greens for sandwich

1 large tomato, sliced

2 Tablespoon melted butter

1 lemon, cut into 4 wedges

#### **Spicy Dry Rub**

1 1/2 teaspoon garlic powder

1 1/2 teaspoon dried basil

1 1/2 teaspoon dried oregano

1 teaspoon dried rosemary

1/2 teaspoon salt

1/8 teaspoon pepper

#### **Chipotle Tarter Sauce**

1/2 cup mayonnaise

2 Tablespoon sweet pickle relish

1 Tablespoon Dijon mustard

1 Tablespoon of Minced Chipotle pepper from the can. Yes, we have these at Metro

#### **How it's done**

For the Dry Rub

Combine and mix ingredients in small bowl, and set aside.

For the Chipotle Tarter Sauce

Combine ingredients in mixing bowl, mix thoroughly and place in refrigerator to chill.

For the Sandwich

Preheat grill to medium high heat. Brush Grouper fillets with olive oil and season both sides with approximately 1/2 Tablespoon of the dry rub. Next place fish on preheated grill. Cook approximately 4-5 minutes on each side, or until the fish is opaque in the center. Brush each piece of fish with melted butter just before removing from grill. Transfer fish from grill and place on toasted Kaiser roll bottom. Top each with some baby field greens, sliced tomato and bun top. Serve with Chipotle Tarter and lemon wedges.

Culinary monogamy was never so fiery.

## **June 1, 2010**

Good morning to all of our beloved friends and clients and I write this message to you with the swollen limbs of one who honored the unofficial start of summer worshiping the gods of grilled fish and meats. Not to mention an overabundant vigil to Dionysus the God of wine...that nutty cat gets this spiritually hungry traveler every time. If you haven't passed by the new Metro lately the inside is going under great transformations as skilled tradesmen construct the new "Hall of Justice" ...sorry I mean really cool Fish market and Gourmet store. But "Wonder Women" might be working the register if my negotiations go well...sorry no Aqua Man, he has some political agenda about eating fish...pity, would have been a perfect fit. I hope you enjoy today's recipe...thank you

### Some Great Take-Out Specials:

Blackened Cobia (Lemon Fish) Pita Wrap with Roasted Veggies and Spicy Mayo  
With a can of soda \$6.95

Fried Fish Sandwich with Lettuce Tomato and Tarter with a cup of soup and can of soda  
Holy Mackerel! \$6.95

Grilled Ginger Soy Garlic Tilapia Platter with Cole Sole and Rice Pilaf  
With a can of soda \$9.95

**From the North:** Swordfish, Nova Scotia Halibut, Dry Dayboat Sea Scallops, Skate, Maine Sea Bass, Dayboat Monkfish, Flounder Fillet, New Bedford Cod Fillet, Fresh Jonah Crab Claws, Uni(Sea Urchin Roe), New Bedford Grey Sole Fillet, Silver Hake, Maine Steamers, Wild Rhode Island Little Neck Clams(Great for a Memorial Day Bar-B-Q!!)

**From the Pacific North West :** Wild Alaskan Copper River Salmon, Alaskan Black Cod (Sablefish), Fresh Shucked Oysters,

**From the South:** Sushi Grade Ahi Tuna, Mahi Mahi (See Recipe Below) Soft-Shell Crabs, Blue Crab Cocktail Claws and Lump Crab Meat, Caribbean Cobia Fillet, Black Grouper, American Red Snapper, Wild Hopper Pink Shrimp, Mako Shark

**From Sustainable Waters:** Costa Rican Tilapia Fillet, Catfish, Local Musky Hatchery Trout, Atlantic(Irish) Salmons, Prince Edward Island Mussels, Icelandic Artic Char

**From the Waters of the World:** Hopper Pink Shrimp (See Recipe Below) New Zealand Cockles, Branzini, Hamachi(Yellow-Tail)

### **Grilled Shrimp Orzo Salad with Seasonal Vegetables**

Serves 4

#### **Ingredients**

1 ½ pounds of large shrimp cleaned and deveined: if you thinking fancy, tails on, or if your thinking my loved ones are so hungry they might not even know to remove the tails and then I'll have another opportunity to perform the Heimlich maneuver, tails off...you decide.

Salt and pepper

Olive oil for grilling

2 medium zucchini, cut into 1/2-inch dice

1 pint of Grape Tomatoes halved

2 medium yellow bell peppers, cored and cut into 1/2-inch dice

4 cups baby Arugula

1 tablespoon grated lemon zest

2 tablespoons fresh lemon juice

3 tablespoons extra-virgin olive oil

1 tablespoon kosher salt

Freshly ground pepper to taste

1/2 pound orzo

#### **How it's done**

Preheat gas grill or grill pan to high.

Blanch the zucchini in salted boiling water for 20 seconds. Drain and refresh under cold running water. Drain well. Put the zucchini in a large bowl and toss with the tomatoes, lemon zest, bell peppers, and baby arugula. Refrigerate until cold.

Place cleaned shrimp in a bowl and season shrimp with salt and pepper. Next, drizzle shrimp with a little olive oil and toss then grill shrimp for about 1 to 2 minutes per side and transfer to platter

Cook the orzo in salted water until al dente. Meanwhile, toss the salad with the lemon juice, olive oil, salt and pepper and grilled shrimp. Drain the orzo, toss with the salad, divide among 4 plates and you just made the entire dinner...congratulations. After dining, go online and book an afternoon at your favorite spa...this means you too fellow male travelers. Yeah, I get it,

you're a man but do dudes need to have the eyebrows of Muppets to enhance their rooster prowess... I think not. Pssst...you might want to loose the comb over, I think everyone knows you're bald.

### **Pan Seared Mahi with a Peppercorn Cream Sauce**

Alright I'm not one to complain, but, if this recipe were any easier I would have to fly over to your nest, prepare this lovely meal, chew it and beak feed you...really it's that simple...but I would gladly beak feed you...really.

Serves 4

#### **Ingredients**

4 each 6 to 8 ounce servings of Mahi (skin removed): you could also use with great success Swordfish, Cobia, Halibut or Shark

Juice 1/2 lemon

2 tablespoons butter

1 tablespoon olive oil

3 shallots, minced

1/2 cup brandy

1/2 cup dry red wine

1 1/2 tablespoons green peppercorns, crushed...yes we have these at Metro.

1/2 cup heavy cream

Coarse salt and freshly ground pepper to taste

Chopped parsley to garnish

#### **How it's done**

Pat Mahi dry with paper towels. Sprinkle on both sides with lemon juice and set aside.

Heat the butter and the olive oil in a large non stick skillet. When butter stops bubbling add the fish and brown on both sides. Turn heat down and cook for about five minutes on each side, or until done. Remove fish to a heated platter and keep warm.

Add the shallots to the same pan and sauté for one minute. Add the brandy, wine and peppercorns and bring to boil, and stir. Simmer sauce for at least 1 minute to reduce slightly. Lower heat and add the cream and season with salt and pepper do not let sauce come back to a rolling boil. You have just made your first bona fide love potion....seriously, if nothing else you will love yourself for making it...try keeping your hands from roaming while still cooking. Pour the sauce onto the Mahi, and garnish with the chopped parsley. Enjoy