

May 29, 2009

Good morning to all of our beloved friends and clients who as the song says “made it thru the rain”

Wait...I hear judgment out there. You mean you never new a 250lb fish monger could be a fan of Manilow or dare I say “Fanilow”? I hope my courage today has let a few slightly gruff and stout comrades have the courage to pop in their best of Abba CD on there way to their next sporting event. And although one might attribute my gentler side to many hours creating delicate culinary delights it was probably the 6 months I spent in county lock up that truly set me free. Well at least the fishermen of the world out stretched their elegant web like nets across the aqua landscape to coral the briny treasures bestowed to mankind.

From the North: Maine Sea Bass (Sea Recipe Below), Local Bluefish, True Maine Steamers (Belly Clams), Dayboat Monkfish

From the South: Carolina Golden Tilefish, Florida Mahi-Mahi, Live Soft-Shell Crabs

From Sustainable Waters of the World: Taylor’s Bay Scallops In The Shell, Costa Rican Tilapia, Idaho Trout, Manila Clams

From the North West Pacific: Alaskan Black Cod (sablefish), Washington State Shucked Oysters (Great for Frying), Wild Alaskan Copper River King Salmon

From the Waters of the World: Wild Hopper Pink Shrimp (See Recipe Below), Imported Branzini and Dorado, Greek Sardines

Grilled Mediterranean Style Sea Bass with Tomato and Green Olive Salsa

Serves 4

Ingredients

4 (8-ounce) portions Black Sea Bass, Grouper or Black Cod

Extra-virgin olive oil, for drizzling

1 1/2 teaspoons

1 1/2 teaspoons sweet paprika

1 teaspoon course salt

1 teaspoon black pepper

1 teaspoon coriander

Tomatoes and Green Olive Salsa:

3 plum tomatoes, seeded and chopped if the plum tomatoes or not nice use a cup of Grape tomatoes

A handful cilantro leaves, finely chopped, flat leaf parsley may be substituted if you don’t dig cilantro

1/2 small red onion, chopped

12 large green olives, cracked away from pits and coarsely chopped

1 lime, juiced

1 teaspoon crushed red pepper flakes

How it’s Done

Preheat grill pan or out door grill to medium high heat. Drizzle sea bass with extra-virgin olive oil. Combine spices in a small bowl. Rub fish with spice mixture. Cook fish 3 minutes skin side down first. Turn fish and cook 4 to 5 minutes longer.

Combine salsa ingredients in a small bowl and allow it to marinate until ready to serve.

To serve, plate spiced sea bass with a generous serving of salsa. Feel free to use your index fingers as bull horns while the family waves red table clothes to have an authentic bullfight.

Grilled Jumbo Shrimp with Grilled Pineapple Salsa

Serves 4 to 6 for appetizers 2 for Main Course

Ingredients

15 Jumbo Shrimp cleaned tails left on

1 tablespoon chopped mint leaves

1 teaspoon chopped rosemary leaves

Extra-virgin olive oil

Freshly ground black pepper

Kosher salt

Teriyaki or Metro's ginger lime sauce optional

Pineapple salsa, recipe follows

How it's done

Soak wooden skewers in water for 30 minutes.

Place the shrimp on paper towels to blot dry. Thread 2 skewers through 5 shrimp. Repeat 2 more times. Sprinkle mint and rosemary over the scallops. Drizzle extra-virgin olive oil generously over the skewered shrimp. Grind black pepper over the skewered scallops. Drizzle more olive oil over top and refrigerate for 30 minutes.

Season shrimp with salt. Oil a hot grill and place the skewers over high heat for about 2 minutes on each side. At this point, you may brush on teriyaki or Metro's Ginger lime sauce.

Serve immediately over pineapple salsa.

Pineapple Salsa:

1 pineapple, peeled and sliced into 1/2-inch thick slices

2 red onions, peeled and sliced into 1/2-inch thick slices

3 green jalapenos

2 red jalapenos

Extra-virgin olive oil, for coating

1 tablespoon chopped mint leaves

1 tablespoon chopped Italian parsley leaves

1 lime, juiced

Salt and freshly ground black pepper

Oil your grill. Place pineapple slices onto hot grill for 4 minutes on each side. Gently toss the onion slices and jalapenos in olive oil. Place onto the hot grill for 3 to 4 minutes on each side. Remove from grill. Peel skin off of jalapenos. Cube the pineapple, removing the inner core. Cube the onion and mince the jalapenos. Combine all of them with the chopped herbs in a large bowl. Add lime juice and drizzle with olive oil. Season with salt and freshly ground black pepper, to taste.

May 27, 2009

Good morning to all of our beloved friends and clients and I hope you all enjoyed your holiday weekend,

In light of the Supreme Court nominee excitement this fish flesh peddler has been forced to reexamine my own judicial beliefs. While pondering for a suitable candidate to foster my agenda I could think of no other than me. That's right, the next time you walk away from the grill to, as you say, "freshen" your drink and you burn the shrimp...GUILTY! Oh you say the pan was hot enough but you still couldn't achieve the crust while pan searing your scallops...GUILTY! And for the love of man, I would like to be the first to instate public caning for those who so recklessly overcooked sushi grade tuna...that's just plain sick man. Well at least the prosecutors of Poseidon's court room were successful in their case and awarded a delicious settlement for all to share.

From the North: The day Boat Scallops and Littleneck Clams (see recipe below) from Rhode Island will bring a sense of delectable fairness to any kitchen. The Halibut from Nova Scotia as always is pleading to be pan roasted or grilled for further appetizing questioning.

From the South: With body of culinary evidence the Red Grouper and Soft Shell Crabs will unanimously win your decision to prepare beautiful meals in less than 30 minutes.

From Sustainable Seafood Sources of the World: The gavel of justice will meagerly try to keep down the cheers for a brilliant cooking performance when you enter into dinner with the likes of Artic Char (see recipe below), and Store Cut Tilapia Fillet.

From the Pacific North West : The Copper River Salmon and Manila Clams will overturn any boring dinners with well thought out gourmet precedence.

Little Neck Clams with Herbed Bread Crumbs

Is this clams oreganoto?...maybe, but let's not pigeon hole the dish.

Serves 8 for first course

Ingredients

1 1/2 cups coarse crumbs from a fresh loaf of crusty Italian or French bread

1/4 cup extra-virgin olive oil

1/4 cup finely grated Romano Cheese

2 large garlic cloves, minced

2 tablespoons finely chopped fresh oregano or 3/4 teaspoon dried, crumbled

1/4 teaspoon dried hot red pepper flakes

1/4 teaspoon table salt

3 dozen Little Neck Clams cleaned then steamed in 1/2 cup water 1/2 cup white wine. Save half (36 shells)

2 cups kosher salt

Lemon wedges for garnish

How its done

Preheat oven to 450°F.

Stir together bread crumbs, oil, cheese, garlic, oregano, red pepper flakes, and table salt.

Scrub reserved shells inside and out and dry thoroughly. Spread kosher salt about 1/4 inch deep in a large shallow (1-inch-deep) baking pan and nestle shells in salt to keep them level. Return shucked clams to shells and top each with about 1 teaspoon bread crumb mixture.

Bake clams in middle of oven until crumbs are golden brown and crisp, about 7 minutes.

Cool slightly and brush salt from bottoms of clam shells before serving

Yes this can serve 8 for appetizers or can be enjoyed by two with wine if on house arrest...remember we don't judge at Metro. Enjoy

Pan Seared Artic Char with Julienned Vegetables and a Lemon Butter Sauce

The Lemon Butter Sauce requires a little work but is well worth it when your family is throwing Rose peddles in front of your path and deciding whether granite or marble would be more suitable for your statue.

Serves 4

Ingredients

4 Char fillets, (6 to 8 ounces each)

Salt

Pepper

Cayenne Pepper

4 tablespoons olive oil

1/2 cup flour

1/2 cup vegetable oil

4 cups julienne (cut into large matchsticks) assorted vegetables, such as zucchini, yellow squash, red cabbage, onions white or red, carrots, and mushrooms. Don't get hung up on the veggie selection make this dish your own.

1 cup Lemon Butter Sauce, recipe follows

Garnish: chopped parsley

How it's done

Season both sides of Char fillet with salt pepper and a touch of Cayenne

Next season flour with same seasonings and dredge fish in flour and shake off all excess flour
In large sauté pan, heat 2 tablespoons of the olive oil.

Add the Char to pan flesh side down first, searing for 3 to 4 minutes on each side. In another large nonstick pan, over medium heat, heat the remaining 2 tablespoons of olive oil. Add the vegetables. Season with salt and pepper and Sauté for 3 to 4 minutes.

To serve, spoon the 1/4 cup of sauce in the center of each plate. Spoon the vegetables in the center of the sauce. Lay the fillets on top of the vegetables. Garnish with parsley.

Lemon Butter Sauce:

1 cup dry white wine

3 lemons, peeled and quartered

2 tablespoons minced garlic

1 tablespoon minced shallots

1 teaspoon salt

3 turns freshly ground black pepper

1 dash Worcestershire sauce

1 dash hot pepper sauce

1/2 cup heavy cream

1/2 pound (2 sticks) unsalted butter, cut up, at room temperature

1 tablespoon finely chopped fresh parsley

Heat a large non-reactive skillet over high heat. When the skillet is hot, add the wine, lemons, garlic, and shallots. Cook for 3 minutes, breaking up and mashing the lemons with a wire whisk. Stir in the salt, pepper, Worcestershire, and hot sauce and cook until the mixture is somewhat syrupy, for about 3 minutes. Stir in the cream and cook for 1 minute.

Over low heat, whisk in the butter a few pats at a time. When all of the butter has been added, remove from the heat, but continue whisking until all of the butter is incorporated into the sauce.

Strain the sauce, pressing all of the liquid into a bowl. Stir in the parsley. Serve immediately, or keep warm for a few minutes until ready to use

May 22, 2009

Ask about our new "World Famous" Metro Ball Caps and don't forget to sign yourself up for our lobster dinner for two giveaway www.metroseafood.com

Good morning to all of our beloved friends and clients I would like to wish you all a great holiday weekend!

As I am sure that many of you will find innumerable ways to beat the drum this weekend, this thicker than usual American will be enjoying one of my favorite pastimes, good old fashion gluttony. And although it's still a hoot to cast blame on the dryer why my pants don't quite fit right the next day, I surely know who to acknowledge from the bottom of my heart for the luxurious freedom to do so. So it is with humble and heartfelt sincerity I would like to give thanks to all of the men and women who valiantly make up our armed services. Thankfully the warriors of the murky deep were victorious in their endeavor to provide delicious spoils for us to enjoy.

From the North: Mako Shark, Day Boat Monk Fish and Sea Scallops (see recipe below), New Bedford Cod, and Spring Boston Mackerel

From The South: BLUE CLAW CRAB are in(hard shells) will be in this weekend please call to get yours reserved...yes we steam them spicy! Mahi Mahi, Red Grouper.

From The Pacific North West : Yes it really is Spring Copper River Salmon(see recipe below), Peale Passage Oyster, Troll King Salmon and Black Cod.

From Sustainable Waters of the World: Store Cut Tilapia, Taylor Bay Scallops in the Shell, and Rainbow Trout if you don't feel like getting wet in a local stream.

From the Waters of the World: While imbibing more wine than Vito Corleone this weekend you can save a stamp on your passport and try some of these beauties. Red Mullet (Barbunya, triglia di fango,) Portuguese Sardines, Branzini and Durato

I would like you all to take the time to congratulate Kyle on his awesome win at the first annual Salmon Hero(Air Guitar) contest. Nice choice choosing Stairway to Heaven.

Grilled Salmon or Sword with grilled Vegetables Fresh Herb Pesto Sauce

Serves 4

Ingredients

1 cup fresh basil leaves
1 cup fresh parsley leaves
1/2 cup fresh mint leaves
1/4 cup fresh cilantro leaves
1/4 cup chopped fresh chives
1/2 cup pine nuts, lightly toasted
4 cloves garlic, minced
1/2 cup freshly grated Parmesan
1 1/3 cups extra-virgin olive oil
2 teaspoons fresh lemon juice
1 3/4 teaspoons salt
3/4 teaspoon freshly ground black pepper
1 3/4 to 2 pounds (1-inch thick) center cut salmon fillets or steaks or swordfish steaks
1 red bell pepper, cut into _ in rings
1 yellow bell pepper, cut into _ in rings
1 red onion, cut lengthwise into _ in rings
2 (6-inch) long zucchini, cut into _ in large diagonal slices
16 cremini mushrooms, ends trimmed

Directions

Make the Fresh Herb Pesto Sauce by combining the basil, parsley, mint, cilantro and chives in the bowl of a food processor and process until finely chopped. Add the pine nuts, garlic and Parmesan cheese and, with the machine running, add 1 cup of the oil in a thin, steady stream. Add the lemon juice, 1 teaspoon salt, and 1/4 teaspoon pepper, and pulse to combine well. Transfer to a non-reactive bowl and set aside, covered with plastic wrap, until ready to use.

Preheat a grill to high heat

Season vegetables with salt and pepper and spray with olive oil and grill in a grill basket for about 3-5 min. transfer to warm platter

Lightly brush both sides of each fish with some of the remaining olive oil, and then season the fish with the remaining salt and pepper. Grill the fish about 4 min per side. To plate dish lay down a foundation of vegetables place fish on top and drizzle over some of the Fresh Herb Pesto sauce and eat and run into traffic because you won't taste may things better.

Pan-Seared Monk or Scallops over vegetable Couscous

Serves 4

Ingredients

For Fish

2 tablespoons olive oil

8 ea. Monk fish medallions about 4oz ea. or 2lb Jumbo Sea Scallops (about 10 or less to a pound)

Salt and freshly ground black pepper

1 teaspoon garlic powder

1/4 tsp cayenne pepper

1/2 cup vermouth

1 (14-ounce) can diced tomatoes

1/2 cup pitted calamata olives or any black imported olive you have divided

2 tablespoons freshly chopped oregano leaves

For Couscous

1/2 cup red bell pepper chopped

2 cloves garlic minced

4 scallions chopped

1/2 cup carrot 1/2in dice

2 cups of chicken or fish stock brought to a boil.

How it's done

Couscous

Heat sauce pan to med high heat add olive oil and all vegetables and sauté for about 2 minutes add couscous dry and sauté for about 1 _ min or until light golden, add boiling stock and stir well, shut off heat and cover. The couscous will finish on its own. Keep warm.

For fish

Heat 1 tablespoon of the oil in a large skillet over medium-high heat. Season fish medallions or scallops with salt, pepper, garlic, and cayenne. Add fish to skillet and cook 1 to 2 minutes per side, until golden brown. Transfer fish to warm platter. Add vermouth to pan and cook 1 minute, to allow alcohol to cook off. Add tomatoes and olives and bring to a simmer. Simmer 5 minutes, bring back fish and let incorporate about 1 min

Fluff couscous with the oregano.

Serve fish and sauce over couscous.

May 20, 2009

Ask about our new "World Famous" Metro Ball Caps and don't forget to sign yourself up for our lobster dinner for two giveaway!

Good morning to all of our beloved friends and clients,

You will have to forgive the brevity of today's email I've been up all night celebrating the Dancing with the stars win for that dynamic gymnastic spark plug Shawn John son. Had I known in grade school about the super stardom enjoyed by today's Olympic athletes I would have nailed that Iron Cross...Wait I just remembered that I was 5'2" 204lb in middle school and my greatest athletic accomplishment was finishing two Calzones in one sitting. Well at least the fishermen of the world pulled off some elegant moves to harvest yet another bounty for your tables

From Sustainable Waters of the World: Taylor Bay Scallops (see recipe below, Louisiana Catfish, Icelandic Artic Char and in-store filleted Tilapia

From Pristine Northern Waters: Day Boat Monkfish and Skate Fillets, Swordfish Steaks(see recipe below) and Real Maine Steamers from Mass.

From Warm Southern Waters: Soft Shell Crabs, Red Grouper, Mahi Mahi (see recipe below) and American Red Snapper.

From the Pacific North West : We should be seeing some Copper River Salmon as soon as tomorrow.

Thank you for dropping in and I hope you enjoy today's recipes.

Steamed Taylor Bay Scallops Herb Broth

Serves 4 for appetizers ; 2 for Main Course

Ingredients

4 Tbl extra virgin olive oil
28 Taylor bay scallops; in shell
1 med Red onion thinly sliced
1 1/2 c White wine
2 Garlic cloves; thinly sliced
Juice and zest of 2 lemons
2 Tbl Capers; drained
4 Tbl Unsalted butter
1 tsp Hot chilies a hot pepper you like
1/4 c Finely-chopped Italian Parsley

How it's done

Heat 14-inch sauté to med high add olive oil and sauté onion and garlic over moderate heat until lightly toasted but not brown (about 5 minutes). Add capers, chilies, scallops, wine, lemon zest and juice and butter and bring to boil. Cover and steam until scallops are all open (about 3 minutes). Stir in parsley, pour into warm serving bowl and serve. If you don't grill some really good Italian bread to dip in this broth I promised to come to your home with a loaf of bread and proceed to beat you with it.

Enjoy

Pan Seared Fish with a Orange Soy Glaze

Makes 4 servings

Ingredients

4 (6-8-ounce) pieces Swordfish, Mahi Mahi, or Sea Bass fillet
2 tablespoon fresh orange juice
2 tablespoon fresh lime juice
4 tablespoons sake
6 tablespoons mirin (Japanese sweet rice wine)
6 tablespoons Japanese light soy sauce
2 tablespoon water
1T sugar
1T vegetable oil

Garnish: lime slices

How it's done

Place fish in a flat-bottomed glass or ceramic dish just large enough to hold fillets in 1 layer. Stir together juices in a small bowl, then combine 2 tablespoon mixed juices with sake in another small bowl and pour over fillets. Marinate fish, covered, at room temperature, 10 minutes. Stir together mirin and 4 tablespoons soy sauce, then pour over fillets and marinate, covered, at room temperature, 5 minutes more (or in refrigerator up to 1 hour). Remove fish from marinade and pat dry. Discard marinade.

Stir together water, sugar, and remaining 2 tablespoons each mixed juices and soy sauce in a small bowl.

Heat oil in a 12-inch heavy nonstick skillet over moderately high heat until hot but not smoking, then sauté fillets, skin side down(if you are using Mahi the fish should be skinned but

start fish on the side the where the skin was), until just crisp and golden brown, 1 to 2 minutes. Turn fillets over and sauté until browned, about 1 minute more. Add soy mixture to skillet and cook, swirling skillet occasionally, until sauce is reduced to a glaze and fillets are just cooked through, about 3 minutes. (If sauce reduces before fish is cooked through, swirl in 1 additional tablespoon water, repeating as necessary until fish is done.)

May 14, 2009

Below are two recipes that will allow you to truly honor the fish. They are akin to dating a Metro staff member, very simple and very delicious

Good Morning to all of are beloved friends and clients and "T minus 2 days to the weekend"

I don't know if you have been keeping up with our audacious thrill seekers that are part of NASA's [space shuttle](#) Atlantis crew, but these individuals are the real American idols. This particular crew seemed to really draw the short straw when it came to degree of difficulty. As one bewildered astronaut said shortly after take off "I thought they said we were doing a space huddle". That aside, mission control has decided unanimously that the worst thing they could hear from the crew working on the telescope is "Did anyone see where that screw dropped?" Fortunately the brave voyagers of the briny abyss have gone where few men have and brought back proof of delectable life.

From the oceans of the World: With all the exotic allure of Lieutenant Ohura and her fellow Yeomen the Dover Sole, Branzini and Portuguese Sardines will have your taste buds traveling to intergalactic pleasures.

From the North: These logical choices for your family's dinner voyage contain all the celestial flavors to excite even the most unemotional Vulcan on your crew. Day Boat Hook and Line Fluke, Bluefish, Monkfish and New Bedford Cod fillet are but a few selections.

From the North West : Deep within the Omega sector Captain Kirk himself has beamed up Taku River Salmon, Sable fish (Black Cod) and Kumomoto Oysters for your gourmet exploration.

From the South: Set your stove tops to sear and take aim on the luscious flavors of Golden Tile Fish (see recipe below) and Carolina Mahi Mahi. Also the Soft Shell Crabs, Red Grouper and Mako Shark will have you and yours eating well and prospering.

Thank you for checking out the newsletter....and don't forget to ask to try some of our smoked Red Fish.

Tile Fish with a garlic and herb Soul Kiss

Serves 2

Ingredients

4 tablespoons extra-virgin olive oil
2 1-inch thick, 8-ounce Tile Fish, Grouper, Sea Bass or Snapper fillets
12 large garlic cloves, sliced
8 fresh thyme sprigs (left whole)
3 tablespoons fresh lemon juice
Chopped fresh chives or green onion tops

How it's done

Heat 2 tablespoons oil in heavy, large nonstick skillet over medium-high heat. Season fish with salt and pepper. Add to skillet and sauté until just cooked through, turning occasionally, about 8 minutes. Transfer fish to plates. Reduce heat to medium-low. Add remaining 2 tablespoons oil, garlic and thyme and cook until garlic is golden brown, stirring occasionally, about 4

minutes. Add lemon juice and simmer until liquid thickens slightly, about 1 minute. Season to taste with salt. Spoon sauce, garlic and thyme over fish. Sprinkle with chives and serve. Shirt is optional

Shrimp and Mushroom Sauté

Serves 4

Ingredients

3 tablespoons butter

3 tablespoons olive oil

6 large garlic cloves, minced

1 pound mushrooms, sliced

2 tablespoons tomato paste

1/4 cup dry white wine

1/4 cup fresh lemon juice

2 pound medium shrimp, peeled, deveined : The crew at Metro will do this for nothing

You could also use scallops and shrimp-go nuts it's your sauté pan.

1 bunch green onions, sliced

1/3 cup chopped fresh parsley

How it's done

Melt butter with olive oil in heavy large skillet over medium heat. Add minced garlic cloves and sauté 1 minute. Increase heat to high; add sliced mushrooms and sauté until just beginning to soften, about 5 minutes. Add tomato paste and stir 30 seconds. Add dry white wine and fresh lemon juice and bring to boil. Add shrimp and sliced green onions and stir for about four minutes or until shrimp is cooked through. Season to taste with salt and pepper. Sprinkle with chopped fresh parsley and serve immediately.

May 12, 2009

Ask about our new "World Famous" Metro Ball Caps and don't forget to sign yourself up for our lobster dinner for two giveaway www.metroseafood.com

Below are two recipes that will make any weekday have that special Friday night feel.

Good afternoon to all of our beloved friends and clients who I hope tore themselves a generous helping of sunshine bestowed upon us this weekend.

Although this transitional time of year can offer us some amazing weather delights I would like to express my deepest empathy to the allergy sufferers out there that fight through stuffed noses and water filled eyes until the pollen parade ends. And although I'm blessed with the genetic make up that withstands all forms of pollen irritants I'm still highly susceptible to full blown allergic symptoms that are related to shoddy meals that are devoid of any sense of love. To further clarify, these meals are not relevant to their cost or culinary complexity but in fact are morphed into their state just by plain old processing (better food thru science) Yuk! These maladies can easily be avoided by cooking with whole ingredients and to remember although as thankless, clueless and thoroughly obnoxious as they may be you're still preparing meals for your Loved Ones. The seafaring romantics of the world's oceans have once again brought back full nets through amorous advances to Mother Nature herself.

From the North: Local hook and line Fluke (see recipe below) Grey Sole and Swordfish will empower any kitchen physician with delicious healing abilities

From the South: Look no further than these southern charmers to breathe inspiring meals of affection into your next dinner performance. Stone Crab Claws, Spanish Mackerel, Red Drum and American Red Snapper

From the North West : The proven vaccination for lack luster meals surely involves the delectable elements found in Troll King Salmon and Peale Passage Oysters on the Grill.

From Sustainable Seafood Sources of the world : Although some of us find that western medicine suits their health care needs these next group of fish will having you blending fresh herbs with the fervor of a tribal shaman. Yellow Tail (Hamachi) Artic Char and Rainbow Trout

As always thank you for allowing us into your email and thank you for everything you do for us. Enjoy the recipes

Grilled Fish with Fresh avocado Salsa

Ingredients

4 portions of Mahi, Sword or Halibut or any firm grilling fish, 6 to 8 oz portions
olive oil for brushing
salt and freshly ground black pepper

For the Salsa:

2 plum tomatoes seeded and chopped
1 jalapeño remove all seeds and veins
1 avocado, cut into ¼in dice
2 garlic cloves, finely chopped
3 green onions(scallions), thinly sliced
½ cucumber, cut into ¼in dice
1 tbsp fresh coriander, roughly chopped
Salt and pepper to taste

For the Sauce:

4 to 6 imported Green olive pitted
4 Tbl. Spoons Mayo
the juice of one lime
½ tsp lime zest

How it's done

Keep all the prepared salsa ingredients cold, and separate until just before serving, then quickly mix them together in a bowl and divide between 4 plates.

Cut the olives in strips similar to match sticks. In a small bowl mix the mayonnaise, lime juice, lime zest and salt and pepper

Light the barbecue or heat a ribbed grill pan. Season the fish steaks with salt and pepper and brush with olive oil. Grill for about 3 minutes on each side.

Serve with a portion of salsa and some of the sauce spread over the steaks and around the plates.

Seared Fluke over Spinach Salad

Serves 4

Ingredients:

4 8-ounce servings of Fluke, flounder, snapper or grouper
1/2 plus 1/8 teaspoon kosher salt, divided
1/4 teaspoon freshly ground black pepper
2 teaspoons olive oil
2 tablespoons champagne vinegar
1 tablespoon honey
1/2 teaspoon whole-grain Dijon mustard
2 tablespoons finely chopped fresh chives
1 tablespoon extra-virgin olive oil
1 tablespoon water
8 cups of fresh baby spinach

1 cup fresh blueberries

16 thin slices pecorino Romano cheese (about 1 1/2 ounces)

How it's done

Season the fillets on both sides with 1/2 teaspoon salt and 1/4 teaspoon pepper. Heat the olive oil in a large, nonstick frying pan over medium-high heat. Add the fish, flesh side down first, and cook for 2 to 2 1/2 minutes. Turn fillets, and cook an additional 1-2 minutes or until cooked through. Remove from heat, and keep warm.

Whisk together the vinegar, honey, Dijon, and chives in a small bowl. Slowly drizzle in the extra-virgin olive oil and water, whisking constantly. Season the vinaigrette with the remaining 1/8 teaspoon salt and several turns freshly ground black pepper.

Combine spinach and blueberries in a large bowl. Drizzle vinaigrette over salad, tossing until well combined. Divide salad evenly among 4 plates. Arrange 4 pecorino slices over each salad. Serve immediately with fish and a very chilled glass of white wine...if that's your thing. It is mine

May 8, 2009

Ask about our new "World Famous" Metro Ball Caps! Below are two recipes that will make your Mom forget the hell you put her through

Good morning to all of our beloved friends and clients who are all too familiar with the saying April showers bring May flow...drizzle...storms? How the heck does that go?...Whatever, the weekend is supposed to be nice,

And regardless of the weather, this weekend will be your opportunity to acknowledge with severe gratitude the universal greatness that is Mom. Although some of us might find it necessary to create a sumptuous feast or make reservations at her favorite restaurant...I humbly suggest to you (whatever your age) make your bed and pickup your socks off the floor and get in your car or call her up and just say thanks. The hunters of the world's oceans must have chipped in on flowers for Mother Nature for she has truly rewarded them with a veritable bounty this weekend.

From the Oceans of the World: The Greek Anchovies and Portuguese Sardines will give you and your kitchen the sense of birthing a glorious meal this weekend...somebody hold me. Sorry.

From the South: These warm and fertile waters are pregnant with multiple appetizing delights. Because I love them all the same here they are: American Red Snapper, Red Drum, Soft Shell Crabs and Mahi Mahi.

From the North: Not to be one upped by the south the Northern fishermen have brought the fruits of their labor to market with likes of New Bedford Hake, Day Boat Monkfish and Sea Scallops

From the North West: The Sablefish (Black Cod), Troll King Salmon and Peale Passage Oysters deliver such amazing flavors as to cleanse you of any guilty feelings you might have for not calling your Mom in a month.

From Sustainable Seafood Sources of the World: These Farmers of the oceans have proudly been rearing their brood to reflect unparalleled flavor and freshness for your weekend's banquet. Taylor Bay Scallops, Costa Rican Tilapia, and Artic Char.

Thank you to all the Moms...I truly hope you have a wonderful day. And maybe even a few more through out the year

Grilled Fish with South American Garlic Marinade

My only caution for this recipe is be prepared for amorous advances

Serves 4

Ingredients

4 swordfish, tuna or salmon steaks, each 6 to 8 ounces, 1 inch thick. Or 4lb of whole fish (Snapper, Branzini, Durato etc.)

6 cloves garlic, peeled

1/2 medium onion, quartered

1/2 medium red bell pepper, cored, quartered, seeded

1/4 cup extra-virgin olive oil

1/4 cup dry white wine

2 tablespoons ketchup

2 tablespoons sweet paprika

1 teaspoon salt

1/2 teaspoon freshly ground black pepper

1/4 cup finely chopped fresh cilantro.

How it's done

Rinse fish steaks, and then dry with paper towels. Place in a nonreactive baking dish just large enough to hold them flat in a single layer.

Combine all the ingredients except cilantro in a food processor or blender and process to a smooth puree. Add cilantro and pulse just to mix. Pour marinade over the steaks, turning them to coat. Cover and marinate, refrigerated, 1 hour. Prepare your grill for direct grilling and preheat to high.

Brush and oil the grill grate. Remove fish steaks from marinade; discard marinade. Arrange steaks, facing the same direction, on the grate. Cook until done to taste, turning carefully with a long spatula. Tuna will be done to medium-rare after 3 to 4 minutes per side. Cook swordfish or salmon until the steaks are opaque in the center when pierced with a knife, 4 to 6 minutes per side. For an attractive crosshatch of grill marks, rotate fish 90 degrees after the first 2 minutes of grilling on each side.

If you are grilling whole fish prepare the grill for medium heat and grill whole fish for about 15-18 min total turning once. Transfer to serving plates or a platter and serve at once.

Grilled Red Drum Fillet with Veracruz Sauce

Serves 4

Ingredients

2 lbs striped Red Drum or Grouper Fillet

2 Tbl. Olive oil for brushing fish

Lime juice

1 teaspoon Olive oil

1 cup Onions sliced

1 teaspoon Garlic minced

1/2 cup Celery diced

1 cup Red bell pepper sliced

1/2 teaspoon Jalapeno peppers

1/4 teaspoon fresh Thyme

1 ea Bay leaf

Pinch Cayenne or red chili flakes

1/4 cup Cilantro fresh minced

1/2 cup Tomato diced with juice

1/3 cup pitted calamata olives sliced

1 1/2 cup Chicken or Fish Stock

Salt and Pepper to taste

How it's done

Heat olive oil in a sauce pan over medium heat. Add onions, garlic, celery, and peppers, sauté for 3 - 4 minutes. Add thyme, bay leaf, red chili flakes, cilantro, tomatoes and olives. Continue to sauté for 3 minutes. Add stock and bring to a simmer. Reduce heat and simmer over low heat for 20 - 25 minutes, stirring occasionally, Season with salt and pepper. Set aside to stay warm. Season fillets both sides with salt and pepper Brush fish with 2 Tablespoons of olive oil and sprinkle with lime juice.

Heat Grill to Med High Heat or if you're doing the real thing will Coals...bless you, you rock

Place in well-oiled grill basket, or oil grill grates right before grilling

Place fish flesh side down first and grill for about 4-5 min per side. Plate fish and spoon over sauce and kiss you mother

May 5, 2009

There are two new recipes at the bottom of this email for you to enjoy and many more in our Must Have Recipes section!

Good Morning to all of our beloved friends and clients, who are weathering through this seemingly never ending drizzle that will grace us to the rest of the week,

As a self proclaimed liaison of the Oceans of the World it has been brought to my attention that there is a growing strife within the aquatic community. This source of great discontent is directly related to the lack of acknowledgment given to the creatures of the deep in regards to the naming of illnesses. As one spokesperson for Atlantis shared we me," They already have chicken pox and mad cow disease was it really necessary to call it swine flu?" While one of the shark representatives claimed that a lack of contact with humans has contributed to this gross injustice. When I further questioned the shark for possible name suggestions going forward the best he could come up with was "Shark pox" which this fish monger thought was just plain lame. Well with their egos and nets intact the fishermen of the world only share their bountiful catch and well wishes for the piscivorous folks on land.

From Down South: With a vengeance to be heard on the culinary world stage the Black Grouper will transform your kitchen into an incubator of tantalizing flavor. The Carolina Grey Tile will successfully combat any mild symptoms of boring dining at your house.

From the Waters of the World: The Greek Sardines will be flying in the next couple of days with their brethren Branzini to quarantine the bland and uninspiring culinary ideas that may spread throughout the community.

From the North: A vaccine for poor gastronomic planning has been developed and contains the delectable elements of New Bedford Yellow Tail Flounder(see recipe below) Halibut, Skate fillet and Rhode Island Little neck clams.

From the Sustainable Seafood Sources: In order to prevent further outbreaks of flavorless maladies in the future continuously cleanse your mind of bad recipes and allow the Hamachi(Yellowtail) (see recipe below) aid you with this cause.

From the North West : The only thing that you will catch by inviting over Black Cod (Sable Fish) and Wild Troll King Salmon is a severe heartbreak when your plate is empty.

Thank you for everything!

Flounder with Leeks and Tomatoes

You can serve this dish over pasta or even whipped potatoes

Makes 4 servings

Ingredients

6 tablespoons olive oil

1 3/4 cups sliced leeks (white and pale green parts only; from 2 medium)

2 large garlic cloves, chopped

2 teaspoons chopped fresh thyme or 1 teaspoon dried

1 bay leaf

1 cup fish stock or vegetable broth fresh or canned

1/2 cup dry white wine

1 15-ounce can diced tomatoes in juice

4 6-ounce Flounder or Sole fillets. If you don't fold the fillets in half you can even do this dish with tilapia.

All purpose flour

How it's done

Heat 3 tablespoons oil in heavy large skillet over medium heat. Add leeks, garlic, thyme, and bay leaf. Sauté until leeks are tender, about 5 minutes. Add stock and wine; boil 5 minutes. Add tomatoes with juices. Boil until sauce thickens, about 5 minutes. Season sauce to taste with salt and pepper. Flounder with Leeks and Tomatoes

Meanwhile, sprinkle fish with salt and pepper. Fold each fillet in half; secure with toothpick. Dust outside of fish with flour. Heat remaining 3 tablespoons oil in another large skillet over medium-high heat. Add fish and sauté until golden and just opaque in center, about 3 minutes per side. Transfer fish to plates; remove toothpicks. Top fish with sauce.

Grilled Yellow Tail (Hamachi) with Herbed Aioli

This dish is simple enough for a weekday menu hit but has all the elements to serve to your most cherished guests.

Makes 4 servings

Ingredients

1/4 cup olive oil

2 tablespoons red wine vinegar

2 tablespoons chopped fresh basil

2 teaspoons chopped fresh thyme

2 teaspoons dried tarragon

2 large garlic cloves, finely chopped

1/3 cup mayonnaise

4 7-ounce portions of Yellow tail fillet skin on. Note: this recipe will work well with almost any firm grilling fish.

How it's done

Whisk together first 6 ingredients in shallow dish for marinade. Place mayonnaise in separate small bowl. Whisk in 1 1/2 tablespoons marinade. Set aioli aside.

Sprinkle fish with salt and pepper. Place fish in marinade in dish, turning to coat evenly.

Marinate 1 hour at room temperature, turning fish occasionally.

Prepare barbecue or gas grill (medium-high heat) oil grill grates. Starting flesh side down, Grill fish to desired doneness, about 3 minutes per side for medium. Top fish with aioli and serve. If your using fish steaks just grill them on each side disregarding the "skin on" directions

May 1, 2009

Good morning to all of our beloved friends and clients who may, as I do, feel a bit inundated by the flood of dismal news,

I don't know about you but it's time to call my dear friend, who always has an empathetic and rationalizing ear for my somewhat over dramatized concerns, Johnny Walker. My only advice

of caution is not to let him stay over night for he has a tendency to get a bit rambunctious in the wee hours of the morning. Well on a note of good news, calmer seas and diligent work by the fishermen of the world will let us enjoy a terrific bounty of seafood this coming weekend.

From the North: This next group is quite kind on your wallet and will deliver a culinary buzz with no trace of let down the next day. The Atlantic proudly brings you Weakfish (Sea Trout), New Bedford Haddock, Blue Fish and King Whiting.

From the South: These fish from warmer waters will not need a cocktail umbrella or an ostentatious twist to enhance their mild and luscious flavors. The Grey Tile (see recipe below), American Red Snapper, Mahi Mahi and Amberine (Amber Jack). Also don't forget it's almost last call on Florida Stone Crab Claws...the season ends May 15th.

From the Waters of the World: Spark up the Grill and pour yourself a Campari and soda...the European flavors can not be denied when you serve Some Baby Octopus (see recipe below), Greek Sardines and the ever so gentle Dover Sole this weekend.

From the North West : The Peale Passage Oysters and Manila Clams will ensure your Happy Hour festivities will definitely tarry on longer than the standard 60 min forum. If you are looking for something a little wilder that mixes with any savory function, be sure to check out Sable Fish, Ivory Salmon, and Troll King Salmon.

Thank you very much for taking a glance...there is a lot more to select from at the store and due to the warmer temperatures we will be making our classic Gazpacho all weekend.

Grilled Tilefish and Mango with Cilantro-Lime Dressing

This dish would be complete with grilled veggies, saffron rice, warm tortillas and a Margareta to start. Friends don't let friends grill drunk.

Makes 4 servings

Ingredients

6 tablespoons olive oil

5 tablespoons chopped fresh cilantro

3 tablespoons fresh lime juice

1 1/2 teaspoons grated lime peel

4 6-8 ounce tilefish fillet you can also substitute grouper, halibut or even Mahi

1 large mango, peeled, cut into thick wedges

3/4 teaspoon cumin seeds

8 large red-leaf lettuce leaves

How it's done

Prepare grill (medium heat). Whisk oil, 4 tablespoons cilantro, lime juice, and lime peel in small bowl. Season dressing with salt and pepper. Brush all sides of fish and mango with some of vinaigrette. Reserve remaining vinaigrette. Sprinkle fish and mango with salt, pepper, and cumin seeds. Grill fish flesh side down first, turning once about 4 min per side. Grill without turning about 8 min total or until mango is soft and beginning to brown.

Overlap 2 lettuce leaves on each of 4 plates. Top with fish and mango. Drizzle with remaining vinaigrette. Sprinkle with 1 tablespoon fresh cilantro

Grilled Baby Octopus Salad

Serves 2 to 3

Ingredients

16 ounces cleaned octopus with heads removed (about 1 1/2 to 1 3/4 pounds uncleaned)

4 cloves unpeeled garlic, crushed

3 tablespoons extra-virgin olive oil

1 lime, juiced

Salad:

3/4 cup extra-virgin olive oil
1/2 cup red wine vinegar
2 limes, juiced
1 bunch mint, stems removed, leaves torn into pieces
1/2 cup pitted chopped green imported olives
Sea salt and freshly ground black pepper
2 endives with core removed, julienned
3 cups julienned radicchio leaves
2 cups cooked chickpeas

How it's done

Put cleaned octopus to a resealable plastic bag and add the garlic, olive oil, and lime juice; seal and marinate in the refrigerator for 2 hours. Remove the octopus from the marinade and set aside.

Preheat a charcoal or gas grill until hot. Position the rack about 5 to 6 inches from the heat. Combine the olive oil, vinegar, lime juice, mint leaves, and green olives in the jar of a blender and puree into a smooth emulsion. Alternatively, whisk these ingredients together in a small bowl for a chunkier texture. Season, to taste, with salt and pepper and set aside. Toss the endive, radicchio, and chickpeas together in a salad bowl and set aside.

Grill the octopus for 6 to 8 minutes, turning once after 3 to 4 minutes, until it is browned in spots and nicely caramelized but not burned. Remove and cut into bite-size pieces. Toss with the greens and vinaigrette, divide among 2 plates, and serve.