

May 26, 2010

Good morning to all of our beloved friends and clients and to all of those who have, and continue to, serve our great country may I extend my sincerest gratitude this Memorial Day. I sincerely hope you enjoy this weekend's recipes.

To all of our fellow travelers out west, we will be in the Stockton Farmer's Market for the holiday 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](#)

[Fried Whole Belly Clam Platter w/ French Fries and Cole Slaw...\\$19.99](#)

[Sloppy Joe Crab Cake Wrap w/ Cole Slaw and Russian Dressing Can of Soda or Bottle of Water...\\$6.95](#)

[Blackened Snapper Wrap w/ Lettuce, Tomato, and Chipotle Mayo Can of Soda or Bottle of Water... \\$6.95](#)

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), Haddock, New Bedford Grey Sole Fillet, Silver Hake, Fresh Trapped Squid(See Recipe Below), 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), Wild Alaskan Jumbo Troll King Salmon, Fresh Shucked Oysters,

From the South: Sushi Grade Ahi Tuna(See Recipe Below), Mahi Mahi, Soft-Shell Crabs, Sheephead(Bay Snapper) 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: New Zealand Cockles, Regular 1lb. and Jumbo Branzini, Durato, Portuguese Sardines, Hamachi(Yellow-Tail), Fresh-Never-Frozen Sepia(Cuttlefish), Fresh Baby Octopus

THIS WEEKEND'S OYSTER SELECTION WILL INCLUDE

East Coast: Flowers-Oyster Bay Harbor , NY

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

Grilled Tuna with a Fresh Herb Drizzle and Roasted Cherry Tomatoes

If you were looking for a reason to do your "I'm that damn good" dance around the table, well this dish will have you looking for your white capezio shoes and poised for judge's scores..." this has been the most amazing experience...sob, sniff, thank you."

Serves 4

Ingredients

For the Tuna

4 ea 6 to 8 ounce Tuna steaks about 1 inch thick: quite frankly if you can grill it, this recipe will work it magic with just about any fish from traditional steaks like Swordfish or firm fillets like Salmon, Halibut, Grouper or Mahi

Olive oil for drizzling and for brushing fish

1 pint of cherry tomatoes or any small variety of these red beauties

For the Herb Drizzle

2 small handfuls parsley

1 small handful mint

1 small handful basil

1 clove garlic

1½ tablespoons capers rinsed and drained

1 tsp Dijon mustard

¼ cup extra-virgin olive oil

juice of 1 lemon

How it's done

Preheat the oven to 400°F. Also prepare charcoal grill or preheat gas grill to high heat. Place the cherry tomatoes in an ovenproof dish, drizzle with olive oil and season well with salt and pepper. Put in the oven for 15-20 minutes.

Meanwhile place herbs, garlic and capers in a food processor and run till chopped. Add the remaining ingredients to the herby mixture, along with the olive oil and run till mixed thoroughly.

Brush Tuna steaks with olive oil and season with salt and pepper. Grill Tuna for about 3 min per side to achieve rare, or more for desired doneness. Oh by the way, if you like your tuna well done, this is the last recipe you will be receiving....just kidding, not really.

Proudly plate your Tuna Steak and spoon over with your herb drizzle. Remove the tomatoes from the oven and place around and alongside the fish. Tango time...Oh I forgot to mention should you have no rhythm just sway back and forth...you don't want to scare the pets and children unnecessarily

Grilled Calamari (Squid) with a Sesame Soy Dressing Recipe

If you thought that a Squid's soul purpose in life was to jump into hot oil and fry to death then you are about to look at this marvelous food with a new found sense of allure. If this dish was an actual being it would be the love child of delectable and come hither...no really it's that good and that easy.

Serves 4

Ingredients

For Calamari

1 ½ to 2 pounds of Clean Fresh Squid with tentacles

Peanut oil for drizzling

Salt and pepper

For Dressing

1/2 cup reduced sodium soy sauce

2 cloves garlic, finely chopped

1 tablespoon grated fresh ginger

1 tablespoon toasted sesame oil

2 tablespoons rice wine vinegar

1 tablespoon fresh lime juice

1/4 cup peanut oil

2 tablespoons toasted sesame seeds; just toast your sesame seeds over a medium heat in a non stick pan

How it's done

Preheat gas grill or prepare charcoal grill to high heat. Whisk the soy, garlic, ginger, sesame oil, Rice wine vinegar, lime juice and peanut oil together in a small bowl. Place whole Squid and tentacles onto a plate and drizzle with peanut oil to lightly coat. Season with salt and pepper.

When fire is hot grill Squid 3 minutes per side or until just cooked through. Place Squid on cutting board and cut into rings, transfer rings to platter and drizzle with dressing and sprinkle with toasted sesame seeds. Just try keeping your shirt on for this one...I dare you.

May 25, 2010

Good morning to all our beloved friends and clients and if something seems very wrong in the world, it is, the Mets just Spanked the Yankees in this weekends Subway Series.

I think I just saw a cat a dog making out...stop the world I want to get off, somebody hold me....slap! Whew....Thank you I needed that. I sincerely hope you enjoy today's easy weekday recipes.

From the North: Swordfish, Nova Scotia Halibut, Dry Dayboat Sea Scallops, Maine Sea Bass, Dayboat Monkfish, Flounder Fillet, New Bedford Cod Fillet, Black Fish (Tau Tog), Jonah Crab Cocktail Claws

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, Soft-Shell Crabs, Sheephead(Bay Snapper), Carolina Grey Tilefish (See Recipe Below), Black , 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 and Artic Char (See Recipe below)

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

Some Great Take-Out Specials

- • [Grilled Ginger Soy Salmon Wrap with roasted veggies and wasabi sauce With a can of Soda... \\$6.95](#)
- • [Blackened Tile Fish Platter with Cole Slaw, Rice and Oven Roasted Veggies...\\$10.95](#)
- • [Our Famous Fish Cake Pita Sandwich with lettuce tomato and tarter with a soup and can of soda for ...Wow! \\$6.95](#)

Pan Seared Artic Char and Asparagus with a Ginger Soy Vinaigrette

If your Chi is out of whack and your root shocra is rerouting to your elbow instead of your heart...this balanced and delicious dish will have your guests chanting your name in honor and loving nourishment.

Serves 4

Ingredients

For the vinaigrette

1 tablespoon sugar

1/2 teaspoon salt

1 tablespoon fresh ginger, chopped

1 1/2 tablespoons Rice Wine Vinegar

1 1/2 tablespoons soy sauce

5 tablespoons vegetable oil; for those who love olive oil and I do we don't want to impede any flavor from the oil in this dish so definitely use the vegetable oil or any kind of light oil

1/2 teaspoon crushed red pepper flakes, or more, to taste

For the Fish

4 each 6 to 8 ounce Artic Char Fillet; you can also use with great success; Salmon, Black Cod (Sable fish) or halibut

Salt and pepper

2 tablespoons vegetable oil

2 cloves garlic, minced

1/4 teaspoon crushed red pepper flakes

1/2 pound wild or white mushrooms, sliced

1 pound asparagus, trimmed and/or peeled and cut diagonally in 2-inch lengths

How it's done

For the Ginger Soy vinaigrette: Combine sugar, salt, ginger, vinegar and soy sauce in a small jar or bowl. Shake or stir to dissolve the sugar and salt. Add oil and crushed red pepper flakes. Shake or stir to blend. Shake or stir again before using.

For the fish and vegetables: Heat oven to 200 degrees. Pat Char fillet dry and sprinkle both sides with salt and pepper.

Heat a non stick pan over medium-high heat.

Add a tablespoon of oil. Next add the fillets flesh side down - and sear them on one side only, about 3 minutes per side or until desired doneness. Transfer fish to oven to keep warm.

Increase heat under the pan to high. Add remaining oil, garlic, red pepper flakes, mushrooms and asparagus. Stir often for 3 or 4 minutes, or until asparagus has softened and is bright green. Add 2 tablespoons of the vinaigrette and stir to coat the vegetables.

Spoon vegetables onto 4 plates. Place fillets on top and spoon remaining vinaigrette over all.

And now you are ready to break through a stack of emotional bricks and...sorry I was just watching Kung-Fu reruns on YouTube.

Sautéed Tile with Grape Tomatoes and Zaatar

Female travelers should not feel obligated to wear a traditional burka, but in today's ,full frontal, show all world I must admit I find the mystery intriguing...practice your eye lash batting.

Serves 4

Ingredients

2 pints of Grape Tomatoes halved

2 tablespoons olive oil

4 large cloves garlic, sliced

1 1/4 cups finely diced onion

1 1/2 tablespoons Zaatar, this is not a secret MacGyver like ingredient that when mixed with corn oil becomes an explosive device but a fantastic spice compound with a lemony finish due to the sumac. Available at Metropolitan Seafood & Gourmet

1/4 teaspoon salt

1/4 teaspoon black pepper

1 1/2 tablespoons fresh lemon juice

4 each 6 to 8 ounce fillets of Tilefish; you can also use with great success, Tilapia, Tau Tog (Blackfish), Grouper, Catfish, Branzini or Halibut

Salt and pepper to taste

1 bunch of Asparagus trimmed and lightly steamed

1/4 cup fresh lemon juice

How it's done

In medium nonstick skillet, heat one tablespoon of the olive oil. Sauté garlic and onion until soft. Add halved tomatoes with all their juice, and cook 6 to 8 minutes, until soft but still chunky. Stir in Zaatar, salt, pepper and lemon juice. Cook one minute. Keep warm.

Sprinkle Tilefish fillet with salt and pepper on both sides. Heat one tablespoon olive oil in large nonstick skillet. Sauté fish over high heat for 3 to 4 minutes on each side or until desired doneness.

To present dish, spoon tomato mixture into 4 plates and put fish on top. Garnish with steamed asparagus and your fresh lemon juice. World peace...maybe not, but definitely a harmonious culinary ambassador of food hugs.

May 20, 2010

Good morning to all of our beloved friends and clients: Now Spring is officially here: The Copper Salmon has arrived!

As you all know, I make an annual pilgrimage to Alaska each year, with my trusted guide "Feather Foot", to splash in the water in my custom made Grizzly Suit to welcome the arrival of the regal Copper River Salmon. Aside from the gorgeous Salmon, this year's festivities were a complete disaster. My trusty guide went to a bachelor party in Vegas and put me in the incapable hands of "Broken Nose"I don't think he was even a native Indian. Everyone in town called him Tony Brooklyn and he even wore more Arimas cologne than me. My Prized Kodiak Suit was misplaced and I had to wade in the mighty Copper River in a worn Pooh Bear custom. And based on the claws marks down my back I don't think Grizzly Bears even care for the smell of mid 80's cologne.

Some Great Take-Out Specials

- Grilled South Western Shark Wrap with Lettuce, Tomato and Chipotle Mayo
- \$5.95 add a soup for a buck
- Soft Shell Crab Wrap with lettuce tomato and spicy mayo
- \$6.99 add a soup for a buck
- Roasted Maine Sea Bass Platter in our Famous Scampi Sauce
- With Cole Slaw and a choice of Roasted Veggies, or Rice Pilaf
- \$10.95
- Crab Cake on a Tossed Salad with our House Dijon Balsamic dressing (on the side)
- \$5.95

From the North: Swordfish, Nova Scotia Halibut, Dry Dayboat Sea Scallops, Skate, Maine Sea Bass, Dayboat Monkfish(See Recipe Below), Flounder Fillet, New Bedford Cod Fillet, Fresh Jonah Crab Claws, Whiting, Uni(Sea Urchin Roe), Haddock

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

From the South: Sushi Grade Ahi Tuna, Mahi Mahi, Soft-Shell Crabs, Sheephead(Bay Snapper) Blue Crab Cocktail Claws and Lump Crab Meat, Florida Rock Shrimp, Carolina Grey Tilefish, Bluefish, Black Grouper(See Recipe Below), 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

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

Try Our New Baklava, We Absolutely Love It!!!

THIS WEEKEND'S OYSTER SELECTION WILL INCLUDE THE FOLLWING APHRODISIACAL DELIGHTS

EAST COAST : St. Simon (New Brunswick , Canada)
WEST COAST : Kumamoto (Humbolt Bay , California)
Pemaquid (Hog Island , Maine)
Fanny Bay (British Columbia , Canada)
Fisher's Island (Fisher's Island , New York)
Dabob (Dabob Bay , Washington State)
Flowers (Oyster Bay Harbor , New York)
Peale Passage (Shelton Bay , Washington State)

Monkfish Scaloppini with Yellow Squash and a Green Olive Tapenade

If this dish were any more provocatively inviting it would be only shown on the famed HBO Sunday line up...not dirty, sexy grrr.

Serves 4

Ingredients

2 tablespoons sherry vinegar, yes, we have this at Metro

1/2 cup extra-virgin olive oil

1 1/2 tablespoons small capers drained and rinsed

6 sun-dried tomato halves in oil, finely chopped

1/4 cup thinly sliced basil leaves

Salt and freshly ground pepper

1 pound small yellow squash sliced on the diagonal 1/2 inch thick

1 1/2 to 2lbs of Monkfish cut into Scaloppini fillets; Of course this is a job for a Metro Seafood Specialist. You can also use Skate fillet with fantastic results

1/4 cup Green Olive Tapenade; of course we make our own homemade at Metro but you can use any olive tapenade.

1 teaspoon cognac

How it's done

In a large bowl, whisk the vinegar with 5 tablespoons of the olive oil. Stir in the capers, sun-dried tomatoes and basil and season the dressing with salt and pepper.

In a large nonstick skillet, heat the remaining 3 tablespoons of olive oil. Add the squash and cook over high heat, turning once, until golden and just tender, about 4 minutes. Season with salt and pepper. Using a slotted spoon, add the squash to the dressing in the large bowl, leaving the oil in the skillet.

Heat the skillet until the oil is shimmering. Season the fish with salt and pepper and add it to the skillet, Cook the fish over high heat, turning once, until golden outside and white through-out, about 3 to 4 minutes per side. Transfer the fish to plates and spoon the squash alongside.

In a small bowl, mix the olive tapenade with the cognac and spoon over the fish. Serve right away. For satisfying smiles lasting more than 4 hours please consult your physician.

Grilled Grouper with a Fennel Scented Tomato Vinaigrette

For those who like to marinate their fish for 2 hours or more...here's a little tip, buy chicken breast it's cheaper. If this passion swollen fish monger ever found out such seafood abuse was taking place...well let's just say, may Poseidon have mercy on you, because I wont. This little number will honor the catch with light and playful flavors...yes I said playful.

Serves 4

Ingredients

1 1/2 pounds of the best tomatoes you can find...in the off season I will often use grape tomatoes. Chop them and reserve all the juice

2 scallions finely chopped

1 garlic clove, minced

1 tablespoon white wine vinegar

1 tablespoon chopped flat-leaf parsley

3 tablespoons extra-virgin olive oil
1 teaspoon ground fennel seeds; yes we have fennel seeds at Metro
Salt and freshly ground pepper
4 each 6 to 8 ounce skinless Grouper fillets; you can also use with great success, Tilefish,
Hamachi (Yellow Tail), Artic Char

How it's done

Preheat your gas grill or grill pan

In a bowl, combine the tomatoes and their juices with the scallions, garlic, vinegar, parsley, 2 tablespoons of the olive oil and 1/4 teaspoon of the ground fennel. Season with salt and pepper.

In a small bowl, mix the remaining 3/4 teaspoon of ground fennel with 1/2 teaspoon each of salt and pepper. Brush the Fish with the remaining olive oil and sprinkle the mixture all over the fish. When the grill is hot, cook your fish for about 4 to 5 minutes per side depending on desired doneness. Transfer the grilled grouper to 4 plates and spoon over your Vinaigrette. If you bring your ear close to the plate you will hear the fish softly whisper "Thank you Gentle Chef"

May 18, 2010

Good morning to all of our beloved friends and clients and let's celebrate another "super foods" posting on homepages everywhere.

Well, according to the latest cutting-edge science, for males, the top super foods are broccoli, oysters, peanut butter, watermelon and tomato sauce.

Well, don't make the same flaw I made this morning with my Montel William "Health Master Blender"contrary to the great minds of science this combo is not a very tasty smoothie...I'm still scraping my tongue.

I hope you enjoy today's recipes and don't forget we are about 8 weeks away from our big move...we will post a video by next week.

[Some Great Take-Out Specials](#)

[A Panko Crusted Tilapia Sandwich with Field Greens, tomatoes and tarter sauce with a hot soup](#)

[\\$5.95](#)

[Blackened Grilled Grouper Platter](#)

[Over Rice Pilaf and Cole slaw](#)

[\\$10.95](#)

[Grilled Salmon over tossed Salad](#)

[\\$6.95](#)

From the North: Domestic Maine Sea bass, Nova Scotia Halibut, North Atlantic Swordfish, Dayboat Monkfish fillet, Cod (Scrod), Porgies (Scup), Fluke, Dayboat sea Scallops, Jonah Crab claws

From the South: Red Snapper (see recipe below), Carolina grey Tilefish, Mahi-Mahi, Soft Shell Crabs

From Sustainable Waters: Artic Char, hand-cut Tilapia, Catfish, Trout, Scottish organic Salmon (see recipe below)

From the Pacific Northwest: Sablefish (black Cod), Copper River Salmon (first of the season) (see recipe below), Washington State Peale Passage Oysters, California Kuma-Moto Oysters

From International Waters: Chilean Sea bass, Corvina, Branzini, Dorado, New Zealand Cockles

Oven Seared Fennel Spiced Salmon with Sweet Potatoes Wedges

Hey what's for dinner...Oven Seared Fennel Spiced....Fennel spiced what? Are you trying to turn us into a bunch of big "Marys" oh wise Fishmonger. Excuse me Chuck Norris, why don't you let

go of your tough guy bag and expand your culinary intellect. This simple, yet refined dish will have you appreciating the supple flavor profiles of great ingredients prepared sincerely. Oh and don't blame me if you can't stop watching dancing with the stars.

Serves 4

Ingredients

2 large Sweet Potatoes

1 Tablespoon of Fennel seeds lightly crushed in your spice mill or in a mortar and pestle...Yes we have them at Metro....I could fill your bathtub with fennel seeds

4 each 6 to 8 ounce portions of Salmon; you can also use, with great success, Halibut, Artic Char, Grouper or Branzini fillet.

2 Tablespoons of Olive oil

Salt and pepper

How it's done

Preheat your oven to 400° Fahrenheit. Wash sweet potatoes and cut into large wedges. Blanch potato wedges in salted boiling water for 5 minutes and drain. Put the potatoes on a baking sheet with a drizzle of olive oil, half the fennel seeds and season with salt and pepper. Roast potatoes for 15 to 20 minutes until just tender. Season the fish with salt and pepper and sprinkle over the rest of the fennel seeds and 1 Tablespoon of olive oil. Push the potatoes to one side of your baking pan and place fish on pan. Roast for about 12 to 15 minutes.

Plate Sweet Potatoes and Salmon and serve with a simple green salad. If you feel compelled to sing a few bars of "I feel pretty"...that's because you are. Enjoy!

Lemon Roasted Snapper with a Minted Pea Puree

Seem to be caught in a culinary rut where everything tastes like some bad "Italian Seasoning Packet" you got in a school fundraiser pizza kit? Have no fears my fellow travelers, let your soul brother take you gently by the hand to a magical world of...what the heck, sorry this is just great and very refreshing dish you can easily handle on a week night.

Serves 4

Ingredients

For the Fish

1 pint of Grape tomatoes

4 each 6 to 8 ounce fillets of Red Snapper; you could also use, with great success, Sea Bass, Tilapia, Grouper, Cod or even Halibut or Salmon. Note the last two would require slightly longer cooking times.

2 Tablespoons of olive oil

Salt and pepper

The zest of 1 lemon with all the juice

For the Minted Pea Puree

1 ½ Tablespoons of butter

4 scallions, finely chopped

16 ounces frozen peas

4 ounces vegetable stock

Small handful of fresh mint leaves

How it's done

Preheat oven to 400° Fahrenheit. When oven is hot, put the tomatoes onto a baking pan, drizzle with a little olive oil, season with salt and pepper, then roast for about 5 minutes until the skins start to split. Next, season fish with salt and pepper and sprinkle with most of the lemon zest and more olive oil then add the fish to the pan, flesh side up. Roast fish for about 8 to 10 min till desired doneness.

Meanwhile, melt the butter in a medium-sized saucepan over a medium heat. Add the scallions and cook, stirring, for 4-5 minutes until softened. Add the frozen peas and vegetable stock and turn up the heat until the peas have thawed and are hot. Reduce the heat slightly and simmer for 5 minutes.

Stir in the fresh mint leaves and cook for a further 5 minutes. Spoon the mixture into a food processor and blend to a puree - stop blending when you have the consistency you like. Season generously with salt and pepper, return to the saucepan and heat well. Divide the tomatoes and puree between four plates, top with the fish, then scatter with mint leaves and the remaining lemon zest to serve. By the way if I were to take you on a magical ride you know it would be on an awesome "tricked out" carpet of course treated with a stain guard.

May 13, 2010

Good morning to all of our beloved friends and clients and I am pleased to let you know we are about 8 weeks away from our move to Lebanon.

Some of our lovely folks have been asking about what different products the new Metro will be carrying. We are proud to announce we will be featuring local farmer's artisanal cheeses, one in particular will be the [Valley Shepherd Creamery](#). I was recently given a tour of the farm along with a tasting of some of the finest cheeses I've ever had. I have never seen happier, and may I say more attractive sheep, those beautiful curls, and dreamy eyes and...sorry, just feeling a tad lonely.

Seriously, if you have never had these products you are in for a wonderful treat. In the weeks to come we will be informing you on all the additions the new Metropolitan Seafood & Gourmet will have. I hope you enjoy today's recipes.

[Some Great Take-Out Specials](#)

- [Soft Shell Crab Wrap with lettuce tomato and spicy mayo](#)

[\\$6.99 add a soup for a buck](#)

- [Our Panko Crusted Calamari with Metro's own Marinara Sauce \(if you don't like it, blame us, we made it\)](#)

[\\$5.99](#)

- [Dill Roasted Organic King Salmon platter with Cole Slaw and a choice of Roasted Veggies, French Fries or Rice Pilaf](#)

[\\$9.99](#)

- [Grilled Ginger Soy Amberjack Platter with Cole Slaw and a choice of Roasted Veggies, French Fries or Rice Pilaf](#)

[\\$8.99](#)

From the North: Swordfish(See Recipe Below), Nova Scotia Halibut, Dry Dayboat Sea Scallops, Skate, Maine Sea Bass, Dayboat Monkfish, Flounder Fillet, New Bedford Cod Fillet, Silver Hake, Fresh Jonah Crab Claws, Whiting, Uni(Sea Urchin Roe), Porgies(Scup)

From the Pacific North West : Alaskan Black Cod(Sablefish), Wild Alaskan Jumbo Troll King Salmon, Fresh Shucked Oysters

From the South: Sushi Grade Ahi Tuna, Mahi Mahi, Soft-Shell Crabs, Blue Crab Cocktail Claws and Lump Crab Meat, Florida Rock Shrimp, Carol ina Grey Tilefish, Blue Fish, Snowy Grouper, American Red Snapper, Wild Hopper Pink Shrimp, Amber Jack(Seriola dumerili), Pompano

From Sustainable Waters: Costa Rican Tilapia Fillet, Catfish, Local Musky Hatchery Trout, Organic King(West Coast) and Atlantic(Scottish) Salmons, Prince Edward Island Mussels

From the Waters of the World: New Zealand Cockles, Fresh-Never-Frozen Chilean Sea Bass, Mediterranean Corvina, Branzini and Durato(See Recipe Below), Portuguese Sardines, Hamachi(Yellow-Tail), Head-On Jumbo Shrimp

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

EAST COAST : Sweet Neck (Martha's Vineyard)
WEST COAST: Kumamoto (Humbolt Bay , California)
Pemaquid (Maine)
Fanny Bay (Canada)
Fisher's Island (New York)
Dabob (Washington State)
Flowers (New York)
Peale Passage (Shelton Bay , Washington State)
St. Simon (Canada)

Braised Swordfish over Penne Pasta with a Caper and Tomato Sauce

Have you ever had the desire to move objects with your mind...well that's not going to happen and slow down on your sci-fi viewing diet. On the other hand if you would like to control your fellow travelers and make them your personal slaves (and whatever that entails), this dish will have them jumping into the fiery pits of the Temple of Doom at your command..."Watch out Dr. Jones!"

Serves 4

Ingredients

4 each 6 to 8 ounce sword fish steaks about 1 inch thick. This dish is very versatile and can be used with any firm textured fish such as Shark, Mahi, Tile, or Salmon

¼ cup capers drained and rinsed

½ cup of imported olives such as Calamata or Sicilian green olive pitted and halved

1/2 cup of the brine from the Capers

2 cups tomato sauce

2 garlic cloves, sliced

2 small shallots, sliced

6 basil leaves chiffonade (julienne into thin strips crossways)

1 pound raw penne pasta, cooked in salted boiling water

Salt and pepper to taste

2 tablespoons of olive oil plus more for garnish

How it's done

Heat 1 tablespoon of olive oil in a small sauce pan and sauté shallots and garlic until just tender but not brown. Next add the capers, brine, olives and tomato sauce in a pot, and bring to a simmer. Bring a large heavy sauté pan to med high heat on the stove. Season fish with salt and pepper on both sides; when pan is hot add olive oil and sear the fish until golden brown about 2 to 3 min per side (fish should not be cooked through yet). Next pour caper and tomato sauce over the fish and simmer over medium heat, about 4 minutes, or until the fish is done. Place hot pasta on a plate with the swordfish on top. Cover with sauce and garnish with basil and a light olive oil drizzle. Feel free to clean your plates the chilled monkey brain for dessert is actually not that good.

Grilled Branzini (Branzino) with a Fresh Herb Pesto Drizzle

Serves 4

In our insane world of being everywhere all the time this recipe is a fantastic and dare I say effortless reminder why we should live in the moment and smell the Branzini on the grill. If you rush through this simple yet gorgeous meal you will be on our Metro's most wanted list and serve time on the squid cleaning lines...it's not pretty man.

Ingredients

4 ea 1 pound Branzini cleaned and trimmed. This is a job lovingly performed by your Metro Seafood associate; you can also use with great success Durato (Sea Bream) Red Snapper, Sea Bass, or Porgies (Scup)

8 small fresh rosemary sprigs

1 tablespoon of olive

For the pesto drizzle

4 Rosemary sprigs just the leaves no stem

2 small bunches or 1 large bunch of Flat leaf Parsley just the leaves

2 garlic cloves

2 tablespoons of finely grated Romano cheese

The zest and juice of 1 lemon

1 bunch of chives finely chopped

4 to 6 tablespoons of extra-virgin olive oil

How it's done

Preheat the grill to medium. Make three cuts diagonally on each side of your fish and tuck the rosemary sprigs into the chest cavities. Brush each fish lightly with oil and sprinkle with salt. Grill for 5-7 minutes on each side, until the skin is crispy and the fish is cooked through. The lid of the grill is closed for this

Transfer fish to warm platter

Meanwhile, make the pesto drizzle. Put the rosemary, parsley leaves and garlic in your food processor and run till finely chopped. Add the cheese and lemon zest and run again. Scrap mixture into a small serving bowl and stir in the lemon juice, chives, olive oil and some salt and pepper.

Spoon the pesto over the fish, raise your glass, kiss your love ones...and do it in twice the time in normally takes you...breathe out and eat.

May 11, 2010

Good morning to all of our beloved friends and clients and hope Mother Natures silly, I'll think I'll drop the temperature 10 degrees in May, hijinks has not deterred you from practicing your grilling chops.

As a matter of fact some of the world's master grillers often condition in high altitude and frigid environments in preparation for this years BBQ season. I find this method of training really brands into your muscle memory the all important power "shrimp flip". Of course this method is a real game changer during the skewer-less competition. I sincerely hope you enjoy these quick weekday recipes

[Some Great Takeout Specials:](#)

[Fried Fish "Sloppy Joe" Wrap \(Panko crusted Cod with Cole slaw and Russian dressing\) With a choice of Soup .. \\$6.95](#)

[Broiled Scampi Halibut Platter With a choice of Roasted veggies, Rice Pilaf or French Fries ... \\$10.95](#)

From the North: New Bedford Cod, Silver Hake, Halibut (Nova Scotia), Monkfish, Skate fillet, Fluke, Swordfish, and Porgies (Scup)

From the Pacific Northwest : Black Cod (Sablefish), Wild Troll King Salmon (See Recipe Below) Peele Passage Shucked Oysters

From the South: Red Grouper, Mahi Mahi, Red Snapper, Ahi Yellow Fin Tuna, and Soft Shell Crabs

From the Sustainable Waters: Catfish (See Recipe Below), Tilapia, Organically fed King Salmon (See Recipe Below) and Artic Char

From the Waters of the World: Branzini (Branzino), New Zealand Cockles, Dover Sole and Fresh, never frozen Chilean Sea Bass

Grilled Salmon with a Baby Bok Choy Salad

If you view Asian flavors as something as mysterious as the abacus itself, have no fear even this dim witted fish monger can confidently step out of his comfort zone to perform this black belt tasting meal.

Serves 4

Ingredients

2 teaspoon toasted sesame oil

4 ea 6 to 8 ounce Salmon Fillets Skin on. You can also use with great success, Swordfish, Halibut, King Fish and even Jumbo Shrimp

For the salad

6 ounces sugar snap peas, cut in half

2 heads baby Bok Choy thinly sliced like Cole Slaw (no fear Bok Choy is just Chinese Cabbage) if you cant find this just use a ½ of head of Green Cabbage

2 shallots, finely chopped

1 hot Red Pepper, deseeded and thinly sliced

½ English (seedless) cucumber, washed and sliced

Handful of fresh Cilantro leaves

For the dressing

2 tablespoons light soy sauce

2 tablespoons lime juice

2 tablespoons rice wine vinegar

2 teaspoons sesame seeds, toasted

How it's done

Preheat Gas Grill to high heat or prepare charcoal grill you crazy purist. Brush both sides of the Salmon with the toasted sesame oil.

When grill is hot, cook the Salmon flesh side down first for about 3 to 4 min per side or more for desired doneness.

Meanwhile, in a pot of salted boiling water, blanch the sugar snap peas for 2-3 minutes. Drain and rinse with cold water to cool quickly.

Mix the sugar snaps with the Bok Choy, shallots, pepper, cucumber and cilantro. Share between 4 plates and arrange the fish on top.

Lastly, mix together the soy sauce, lime juice and vinegar. Sprinkle over the Salmon and salads. Serve, scattered with toasted sesame seeds. I know what's going on in that head of yours...I pulled this off, maybe I should try to break some bricks with my new found confidence...slow down Bruce Lee, why don't we just try eating with chop sticks next time

Spicy Grilled Catfish with a Grilled Red Pepper and Avocado Salsa

You know those friends...you always have a bit of a great time with but they are a little too wild and dare I say fatty to bring around to family events. Yes fried Catfish, I'm talking about you. Hey I don't want to stop seeing you I just thought after seeing the makeover episode on Oprah you might me open to a little change....I still like you spicy.

Serves 4

Ingredients

1 large Sweet Red Pepper quartered and deseeded

Olive oil for brushing

2 tablespoons of your favorite Cajun spice blend; if you make your own...I dig you

4 each 6 to 8 ounce portions of Catfish you can also use with great success Tilapia, Red Drum or Grouper fillet

1 large ripe Avocado pit removed and cut into ½ inch pieces

3 scallions sliced thin

1 tablespoon of fresh chopped dill

1 tablespoon of fresh lemon juice

1 tablespoon extra virgin olive oil

Mix field greens to serve or any lettuce of your choice. No iceberg lettuce...this is not a taco
Lime wedges to serve

How it's done

Preheat your gas grill to medium-high. Lightly brush both sides of the red pepper quarters with olive oil spray. Cook on grill for 5 minutes each side or until tender. Set aside for 10 minutes to cool. Cut into ½ inch pieces.

Meanwhile, place the spice mix on a plate. Add fish and turn to coat. Lightly drizzle fish with olive oil. Cook fish on grill for 5-6 minutes each side or until the fish flakes when tested with a fork. Combine the grilled red pepper, avocado, scallions, dill, lemon juice and oil in a bowl. Season with salt and pepper.

Divide the fish among serving plates. Top with salsa and serve with mix field and lime wedges. I know Catfish you look great and may I say your duds are delicious

May 6, 2010

Good morning to all of our beloved friends and clients and let the honoring of the world's most sacred citizens begin...yes Mothers I mean you

I would like to take this opportunity to extend my most heartfelt gratitude to all Moms who chewed up our worms, as to make life's larger pieces more consumable to our tender, nubile bellies...but I could have done without that push from the nest...that was a pretty far fall. I hope you enjoy today's recipes

On a serious note many of our clients have been wondering whether prices will be affected due to the oil spill in the Gulf of Mexico. I have personally spoken to my purveyors as well as some boat captains who have let me know that they are still fishing west of Venice Louisiana and the water quality is being rigorously monitored. Please don't misunderstand me, the economic hardship to the effected region will be devastating and our prayers are with these fishermen and their families. However, the Gulf region does not produce enough shrimp to affect global pricing. We at Metropolitan Seafood and Gourmet will keep you posted as more information comes in.

[Some Great Take-Out Specials](#)

- [Grilled Ginger Soy Salmon on a Mixed Field Green Salad with our Dijon balsamic dressing \\$6.95](#)

- [Shark Steak Sandwich with Sweet Peppers and Onions with a choice of Manhattan or New England clam chowder \\$6.95](#)

- [Panko Crusted Soft Shell Crab Platter with a choice of Roasted Veggies, French Fries or Rice Pilaf \\$15.99](#)

From the North: Nova Scotia Halibut(See Recipe Below), Dry Dayboat Sea Scallops, New Bedford Cod and Grey Sole Fillet, Flounder Fillet, Jonah Crab Claws, Mako Shark, Taylor Bay Scallops in the Shell, Swordfish, Maine Steamers, Wild Rhode Island Little and Top Neck Clams, Local John Dory Fillet, Dayboat Monkfish, Maine Uni(Sea Urchin Roe), Whiting, Blackfish(Tau-Tog), Silver Hake Fillet, Nova Scotia Live Hard-Shell Lobsters(we will steam and split them or no extra charge), Scup(eats like snapper), Jumbo Porgies

From the South: Grouper, American Red Snapper, Fresh-Never-Frozen Wild Hopper Pink Shrimp(See Recipe Below), Sushi Grade Ahi Tuna, Fresh Florida Rock Shrimp, Fresh Florida Stone Crab Claws, Virginian Lump and Jumbo Lump Crab Meat, Bluefish, Blue Crab Cocktail Claws, Live Soft Shell Crabs

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

From the Waters of the World: New Zealand Cockles, Fresh-Never-Frozen Chilean Sea Bass, Greek Corvina(similar to Sea Bass), Branzini Regular and Jumbo Sized, Durato, Portuguese Sardines, Hamachi(Yellow-Tail), Dover Sole, Brazilian Rock Lobster Tails and South African Coldwater Lobster Tails

From Sustainable Seafood Sources: Organically Farmed Atlantic(Scottish) and King(Canadian)Salmons, Local Musky Hatchery Trout, Catfish, Costa Rican Tilapia Fillet, Artic Char, Mussels

THIS WEEKEND'S OYSTER SELECTION WILL INCLUDE THE FOLLWING APHRODISIACAL DELIGHTS

East Coast:

Sweet Necks (Martha's Vineyard , Mass.)

West Coast:

Dabob (Dabob Bay , Washington St.)

Fisher's Island (Fisher's Island, NY)

Peale Passage (Shelton Bay , Washington St.)

St Simon (New Brunswick , Canada)

Kumamoto (Humbolt Bay , California)

Pemaquid (Hog Island , Maine)

Fanny Bay (British Columbia , Canada)

Flowers (Oyster Bay Harbor , New York)

Grilled and Chilled Halibut with a "Cerviche" Dressing

This is the recipe you want to do for those folks you really love. Why, because you can do most of it ahead of time and actually enjoy your beloved guests. And if you don't like them prepare something more difficult and perhaps try your hand at an ice sculpture to guarantee extra time in the kitchen...let your spouse deal with those bores.

Serves 4

Ingredients

4 each 6 to 8 ounce Halibut fillets skin on you could also use Salmon with great success

3 tablespoons extra.-virgin olive oil

1 teaspoon salt

1/2 teaspoon black pepper

1 navel orange

2 tablespoons fresh lime juice

1 seedless cucumber (English cucumber) halved lengthwise, cored, and thinly sliced (2 cups)

2 tablespoons thinly sliced shallot

1 to 2 teaspoons finely chopped fresh jalapeño pepper, including seeds

1/4 cup chopped fresh cilantro

How it's done

Brush fish with 1 tablespoon oil, and season with 1/2 teaspoon salt, and 1/4 teaspoon pepper.

Prepare grill for direct-heat cooking over high heat.

Oil your grill rack, then grill flesh side down first, covered only if using a gas grill, turning over once, until just cooked through, about 5 minutes per side. Transfer to a plate and cool slightly. While the Halibut cools, cut and peel, including white pith, your orange with a sharp paring knife, then cut segments free from membranes. Coarsely chop enough segments to measure 1/2 cup and transfer to a large bowl (reserve remaining orange for another use...like snacking). Stir in lime juice, cucumber, shallot, jalapeño (to taste), and remaining 2 tablespoons oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper.

When fish is cool enough to handle, spoon over cucumber mixture, then cover with plastic wrap and marinate, and chill, until cold, at least 1 hour. Just before serving, garnish with the fresh

cilantro. Another sure fire remedy for not so fun guests is 4 shots of Tequila 20 min before they arrive...it's ok dinner is made already...you are a thinker fish man.

Grilled Shrimp with a Harissa Spinach Sauce

I think we all can agree that shrimp is probably the sexiest seafood next to oysters. That stated when coupled with this Harissa Spinach Sauce...well let's just say if this were a movie it would be "9 ½ Weeks"...I'm not sure you should even be at the table under the age of 18.

Serves 4

Ingredients:

1/4 cup olive oil

1 bunch asparagus trimmed cut in half cross ways and then long ways

1 large red bell pepper, stemmed, seeded and cut into very thin strips (julienne)

Salt and pepper

12 ounces baby spinach

2 to 3 medium shallots, finely chopped

½ pound of wild mushrooms chopped fine...you can use whatever looks good you can even chop up a Portobello

1 Tablespoon of Harissa Paste

1 cup heavy cream

1/2 cup fish stock of course we have that at Metro, you can also use clam juice

2 lbs Large or Jumbo Shrimp cleaned and deveined with the tails left on. Metro will do this service for free...just give us a jingle

2 tablespoons of extra virgin olive oil

Chopped cilantro or chives for garnish

How it's done

Preheat the oven to 200° F

Preheat Gas Grill to High Heat

Heat 2 tablespoons of the olive oil in a large skillet over medium-high heat, until the oil shimmers. Add the asparagus and red bell pepper; cook for about 3 minutes, stirring often, until the vegetables soften and begin to brown. Season with salt and black pepper to taste.

Transfer the vegetables to oven proof platter in the oven to keep warm.

Bring a large pot of lightly salted water to a boil over high heat. Add the spinach and blanch for about 1 minute or just long enough for the leaves to wilt. Drain the spinach and rinse in cold water. Working in several batches, use your hands to squeeze as much water as possible from the spinach. Transfer the spinach to a cutting board and chop it coarsely.

Heat the remaining 2 tablespoons of olive oil over medium-high heat, until the oil shimmers.

Add the shallots and cook for about 2 minutes, stirring constantly, until they have softened.

Add the chopped mushrooms and harissa paste; stir to incorporate, and cook for 1 minute. Add fish stock and simmer for 2 minutes then add heavy cream and season with salt and pepper to taste. Transfer to an ovenproof bowl, then place the bowl in the oven (with the vegetables) to keep warm.

Toss shrimp with extra virgin olive oil and season with salt and pepper. In small batches, grill your shrimp about 1 to 2 minutes per side. If they are slightly translucent, remember they will continue to cook on the warm platter. If you overcook the shrimp and you feel a heavy breath on the back of your neck it's me and you are about to get an old fashion butt kicking...I'm not joking.

When ready to serve, divide the spinach sauce evenly among each individual large soup bowls. Evenly divide your shrimp in the center and surround them with equal amounts of the asparagus and red bell pepper mixture. Garnish with Cilantro. Last warning, send the children to the next room it's going to be spicy...wink, wink, nudge, nudge.

May 4, 2010

Good morning to all of our beloved friends and clients and for those celebrating with the enchanting weekday buzz, Happy Cinco de Mayo...try not to double dip in the Guacamole All else who hail from the upright walkers, let this be your first warning this Sunday is Mothers Day. I know you have it under control...just like last year when you got Mom's card at the truck stop and got her that awesome "Road side repair Kit", oh yeah that's why she scarified here body for your existence. I will shoot you another reminder before the end of the week. By the way we are well into Soft Shell Crab Season and although we have 4 great [recipes](#) on our [Must Have Recipes](#) Tab I've included another one today thank you and I hope you enjoy the recipes

Take out Specials

- Spicy Catfish Po' Boy sandwich \$5.95 add any soup for a buck
- Soft Shell Crab Pita Wrap Lettuce Tomato and Spicy Mayo \$8.95
- Grill Ginger Lime Scallops over your choice of Mixed Field Green Salad, Roasted Veggies or Rice Pilaf \$9.95

From the North: New Bedford Grey Sole and Cod Fillet, Dayboat Monkfish, Flounder Fillet, Nova Scotia Halibut, Swordfish, Maine Uni(Sea Urchin Roe), Dry Dayboat Sea Scallops, Jonah Crab Claws

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

From the Pacific Northwest: Wild Alaskan Troll King Salmon(See Recipe Below), Fresh Shucked Oysters, Kumamoto and Peale Passage Half Shell Oysters

From the Waters of the World: Fresh-Never-Frozen Chilean Sea Bass, Branzini, Durato

From Sustainable Seafood Source: Tilapia(See Recipe Below), Organic King Salmon(See Recipe Below), Local Musky Hatchery Trout, Catfish, New Zealand Cockles

Pan Sautéed Soft Shell Crabs over Arugula with a Lime Dressing

There are as many soft shell crab recipes as there are hairs falling out of my head during my morning grooming. This one is just a fresh and lively dish that has a couple of your vegetable servings in it. It's either that or 2 rounded scoops of Metamucil....mmm that tastes sexy...like orange sand

Serves 4

Ingredients

4 to 6 cups of arugula

3 small shallots, thinly sliced

1 seedless English cucumber, diced

1 pint grape tomatoes halved

4 whole limes juiced 3 for vinaigrette and 1 for soft crab sauce.

Olive oil

8 soft shell Crabs cleaned Rinsed and patted Dry. The cleaning part will be lovingly done by one of your Metro Seafood associates

Flour for dredging

Salt and pepper to taste

½ cup of dry white wine

How it's done

Place the arugula in a salad bowl and add the shallots, cucumber and tomatoes. In another small bowl add the lime juice and whisk together with olive oil, sea salt and pepper. Check to make sure the flavor is to your liking. Place the mixed salad on plates and set aside.

Season Soft Crabs with salt and pepper and dredge into flour making sure to shake off all excess flour. In a large non stick sauté pan heat about 1-2 tablespoons of olive oil, and add four soft shell crabs. Cook on medium heat. Crabs should be cooked on one side until nicely browned, then turned over and cooked on the other side about 3-4 minutes per side. Transfer crabs to a warm platter and repeat with remaining four crabs. When the last crabs are done deglaze pan with white wine and the juice of 1 lime and taste sauce for salt and pepper and

drizzle over Soft Shells. Next place the Soft Crabs on top of the mixed salad and drizzle lime vinaigrette over the top. Hey if you put a lime in your Corona you just knocked off and fruit and vegetable serving...this stuff is too easy.

Pan Grilled Salmon with Dilled Vinaigrette

There is a chance of rain but you really wanted to grill tonight, well let your humble fish monger wipe those tears from your pretty eyes and share a little inside grill recipe. You and I will be like those two kids in "Cat in the Hat" just having a blast on this rainy day, without those two freaky dudes.

Serves 4

Ingredients

For the Salmon

4 each 6 to 8 ounce Salmon Fillets You can also use with great success Halibut, Artic Char, even Swordfish

Salt and pepper to taste

4 tablespoons olive oil

For the Dilled Vinaigrette

1 cup of olive oil

1 teaspoon salt

1 tablespoon Dijon mustard

6 tablespoons Sherry vinegar

1 small shallot, finely diced

2 teaspoons fresh Dill, chopped

1-1/2 teaspoon flat leaf parsley, chopped

1-1/2 teaspoon fresh chives or scallion greens, chopped

How it's done

For the Dilled Vinaigrette

In a small bowl, whisk together mustard, salt, pepper, and sherry vinegar. Constantly whisking, slowly add olive oil. Whisk until completely emulsified. Add fresh herbs and mix well. Can be made a week in advance (look who's the time saving fool now)

For the Salmon

Pat the fish dry, absorbing any excess juice. Season the fish with salt and pepper and brush with Olive Oil. Heat a heavy ridged grill pan or cast iron skillet to high heat. Depending on your pan size add 2 or 4 fillets to the skillet flesh side down. Cook over high heat until brown, about 3 to 5 minutes per side, depending on thickness of fish. Remove the fish and keep on warm platter until all fillets are cooked. Transfer fish to dinner plate and spoon vinaigrette around fish. If you grilled some veggies ahead of time and put them under the fish you would be a stone cold love chef...hey it's just my opinion but who else's counts.

Seared Tilapia with a Minted Israeli (pearl) Couscous Salad

Have no fear my friends cooking with Israeli Couscous in not some bold political statement just a delicious way to feed your loved ones. Oh, by the way, the garlic in the dressing is somewhat tempered by the fresh mint and parsley but just to play it safe make sure your main squeeze has something to cancel out the romantic garlic breath.

Serves 4

Ingredients

For the Couscous Salad

12 cups Water boiling

1 cup Israeli Couscous

2 large Shallots minced

1 pint Grape tomatoes halved

½ cup fresh Mint Chopped

½ cup Flat leaf Parsley (Italian) Chopped

Dressing for Salad

The juice of 2 lemons

2 teaspoons Kosher Salt
5 cloves garlic minced and smashed
2/3 cup Extra Virgin Olive Oil

For the Fish

6 large Sea Scallops
To Your Taste Kosher Salt and black pepper
1 teaspoon Butter unsalted, room temperature
1 teaspoon Olive Oil

How it's done

Place 12 cups of water and 2 tablespoons of salt in a pot and bring to a boil. Add Israeli couscous. Return water to a boil and cook until just tender—about 13-14 minutes. Drain in a mesh strainer (shaking several times), and place in a shallow plate. Drizzle with a splash of olive oil and toss. Squeeze a lemon over couscous, spread out in a thin layer and allow to cool. When room temperature, transfer couscous to a large bowl and add shallot, tomatoes, mint and parsley.

In a small bowl, add lemon juice salt, and garlic. Whisk in 2/3 cup olive oil in a slow, steady stream until emulsified. Add ½ of dressing to bowl with couscous and toss. Cover with plastic wrap and place in the refrigerator.

Seared Tilapia

Thoroughly pat dry both sides of the Tilapia fillets. Lightly salt and pepper the fish, Add the 1 tsp. butter and 1 tsp. olive oil to a large non-stick sauté pan on high heat until the oil is just smoking. Gently place Tilapia in the pan making sure that the fillets are not overlapping. Sear for 1 ½ minutes, then turn over and cook for an additional 1 ½ minutes. Transfer fillets onto serving plates, and mound the opposite side of the plate with the couscous salad. If you're not quite sure about your level of garlic you might be exuding, immediately after dinner plant a soul kiss on someone at the dinner table to test the mint-parsley theory. Its your house...you spin the bottle