

May 31, 2011

Good morning to all of our Beloved friends and Clients and I hope you all were able to bask in the wonderful weather gift bestowed upon us this weekend. If there are any medical professionals out there that could possibly solve my personal conundrum, I would be greatly indebted. Why is it that with relative certainty I know that the food on the platter will not run out and that the drink will flow well after I leave the table yet, I still manage to partake like a African Lion whose just brought down a Wildebeest in the beginning of the dry season...that's it! I'm part Lion...whew, puzzle solved. I hope you enjoy today's refreshing light recipes....thank you

[Click Here for our Full Take-Out Menu](#)

If you don't feel like cooking the following are some

Great Take-Out Specials

908-735-5121

Tuna Salad Roll

Fresh (not canned) Steamed Tuna Salad on a fresh Baked Portuguese Roll with Lettuce and Tomato

With a choice of Soft Drink*

\$7

"A Lunch Order" Fried Scallop Platter

Panko Crusted Sea Scallops with crisp French Fries

Cole Slaw, Tartar Sauce and Cocktail Sauce

With a Choice of Soft Drink*

\$8

Grilled Halibut over our Classic Caesar Salad

With a Choice of Soft Drink*

\$12

Whole Belly Clam "Po Boy"

Whole Belly Steamer clams lightly breaded on a Portuguese Roll with lettuce tomato

And Creole Tartar Sauce

With a choice of Soft Drink*

\$8

Blackened Grouper over a Mixed Field Green Salad

Grilled Seasoned Red Grouper fillet over a Mescaline greens with our choice of Dressing : Blue, Ranch, Dijon Balsamic

With a Choice of Soup**
\$9

For those who Dig Seafood Lover but not Seafood

Grilled Sesame Soy Chicken Pita Wrap
Grilled Chicken with Roasted Veggies and Wasabi Sauce on Locally baked Pita Bread
With a choice of Soft Drink*
\$8

*Soft Drink Choice for the Specials include Coke, Diet Coke, Sprite or bottled Water

**Soup Selections include: Manhattan and New England Clam Chowder
Lobster Bisque
Gazpacho
Chicken & Rice
Of course we make all of our Soups from Scratch...That's how we Roll

Hey! Gazpacho is Back!

From the North: Nova Scotia Halibut, Maine Sea Bass(Black Sea Bass), Dry Day Boat Sea Scallops, Swordfish, Day Boat Monkfish Fillet, Rhode Island Fresh Squid, Skate Fillet, Flounder Fillet, New Bedford Cod Fillet, Real Maine Whole Belly Clams, New Bedford Grey Sole, Sushi Grade Fluke, New Bedford Hake, Uni (Sea Urchin Roe), Maine Steamer Clams, Rhode Island Little Necks, Cherry Stones and Top Neck Clams

From the Waters of the World: Fresh Never Frozen Chilean Sea Bass, New Zealand Scampi(Langoustine), Wild Caribbean Hopper Pink Shrimp, Hamachi (Yellow-Tail), Portuguese Sardines, Mediterranean Durato and Branzini, Cold Water New Zealand Lobster Tails, Spanish Octopus both large and baby

From the South: Real American Red Snapper, Soft Shell Crabs, Pink Grouper, Mahi Mahi (See Recipe Below), Fresh Lump and Jumbo Lump Crab Meat, Sushi Grade Ahi Tuna

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

From the Pacific Northwest: Alaskan Sablefish(Black Cod) Wild Columbia River King Salmon, Fresh Plump Shucked Washington State Oysters, Jumbo King Crab Legs and Snow(Ophelia) Crab Legs and Cocktail Claws

This Weekend Metro will be featuring Local, Organic, Free Range Eggs from Stockton New Jersey...\$4.00 a dozen!!

Grilled Mahi Salad with Hummus on Grilled Pita

Serves 4

You and your family just spent the day battling the sweltering and deliciously sticky days that make up a New Jersey Summer. Quite frankly you don't know whether to hop in the shower or squeegee each other off like circus animals. Fear not fellow Carny before you can bail hay for Peanut the elephant you will have this light and delicious meal on the table.

Ingredients

1 tablespoon red wine vinegar

3 teaspoons dried mint, crumbled

3/4 teaspoon red pepper flakes

2 cloves garlic, finely minced

Salt and pepper

4 tablespoons olive oil, plus more for drizzling

4 fillets of Mahi 6 ounces each skinned

1/2 pint of grape tomatoes halved

1 cup of seedless cucumber peeled and chopped into 1/2 inch dice

4 loafs of Pita bread

1 each 8 ounce container of Metro's Hummus...some say it has the flavor of world peace

2 cups chopped romaine lettuce

How it's done

Whisk the vinegar, mint, red pepper flakes, 1 clove garlic and 1/4 teaspoon salt in a shallow dish. Gradually whisk in 3 tablespoons olive oil. Add the Mahi fillets and marinate about 15 minutes.

Meanwhile, mix the tomatoes, cucumber and the remaining 1 clove garlic in a bowl. Drizzle with olive oil and season with salt and pepper.

Prepare charcoal or preheat a gas grill to high heat. After brushing the grates, grill the Mahi until cooked through, 3 to 4 minutes per side. Transfer to a cutting board let rest for a minute or so, and slice into 1/2-inch-thick strips.

Toss with the vegetables.

Next brush the pitas with the remaining 1 tablespoon olive oil and season with salt. Grill pita, turning once, until marked. Place a pita on each plate and spread with Hummus. Top with lettuce and Mahi salad and drizzle with any juices from the bowl. Should you and your family actually be in the circus could you please reply back with a contact phone number...Circus life is number 2 on my bucket list.

Grilled Tilapia with a White Bean and Spinach Salad

Serves 4

I dare you to eat this dish and not feel inherently sexier than you did before your plate was clean. I know what you're thinking...the fishman thinks all fish is sexy...well that's true but, this dish will have you drinking way more wine on a weekday than you should have...I'm telling you, you'll think you're on holiday...and that's not a bad thing.

Ingredients

2 each 15 ounce cans of Cannelloni (White Beans) Rinsed in a colander and drained

2 teaspoons minced garlic, divided

A nice pinch of crushed dried red pepper flakes

1/2 teaspoon ground cumin

1 1/2 teaspoons salt, divided

1/2 cup olive oil, divided

2 tablespoons lemon juice

3/4 pound Grape tomatoes halved

1 1/2 to 2 pounds of Tilapia Fillet pin bones cut out; you could also use with great success Red Snapper, Grouper or even Catfish

4 cups of Baby Spinach

How it's done

Prepare your charcoal grill or preheat your gas grill to high

Make sure your beans are well drained and gently pat them dry with a towel.

Combine the cannelloni beans with 1 teaspoon minced garlic, the red pepper flakes, cumin, 1 teaspoon salt, one-fourth cup of the olive oil and the lemon juice. Stir in the grape tomatoes and set aside.

In a small bowl, combine the remaining one-fourth cup olive oil, the remaining 1 teaspoon minced garlic and one-half teaspoon of salt.

Place Tilapia fillet on a glass dish and brush with the garlic oil you just made.

When the grill is hot, cook the Tilapia fillets, flesh side down first, for about 3 to 4 minutes per side.

Meanwhile, stir the spinach into the Cannelloni bean-tomato mixture, taste and season with salt and pepper. Mound the salad in the center of a platter and place the Tilapia fillet on top. Look around at your fellow diners, they're just as jazzed as you are but don't stare at any one guest too long...that's just creepy.

May 26, 2011

Good morning to all of our beloved friends and clients and my sincerest apology for not sending you your recipes this past Tuesday... My computer, apparently (Now this is a technical term as told to me by my tech advisor) "Pooped the Bed". What!?!... Well, after a solid hour of sucking my thumb while laying in a luke warm bath and listening to whale songs, I regained my swarthy composer as he informed me we didn't lose the hard drive... sonorously that's good news. Now I know that this isn't a real tragedy but it does put a heck of a kink in your large intestine. I sincerely hope you all have a wonderful Memorial Day Weekend and yes we are still slowly working on our new location.

If you don't feel like cooking the following are
Some Great Take-Out Specials
Full Take-Out Menu [Click Here](#)

Grilled Organic Scottish Salmon over our Classic Caesar Salad
Of course the dressing and croutons are homemade, that's how we roll
With a choice of Soft Drink**
\$9

Metro Fish Tacos
Panko Crusted fish served on a flour tortilla with lettuce, Pico de Gallo sauce and Baja Sauce and a side of our homemade Pickled Jalapeños and Onions
With a Soft Drink**
\$8

Whole Belly Clam Roll
Buttermilk Battered Whole Belly "Steamer" Clams
With Lettuce, Tomato and Tartar Sauce on a Portuguese Roll
With a Soft Drink**
\$9

Grilled Sesame Soy Red Snapper
Over a mixed Field Green Salad
With a Choice of Soup*
\$10

Soft Shell Crab Club
Panko crusted soft crab served with lettuce, tomato, hickory smoked bacon, mayonnaise and on a locally baked Portuguese Roll

With a Choice of Soft Drink**
\$10

Metro Shrimp Salad
“Real” Shrimp salad made with fresh steamed North American
Lobster served on a Portuguese Roll with
Baby Field greens and Tomato
With a Choice of Soft Drink**
\$8

(For those Folks who love fish eaters but not fish)

Grilled Blackened Chicken
Over a Mixed Field Green Salad
With a choice of Soft Drink
\$8

** Soft Drink Choices for specials Coke, Diet Coke, Sprite and Water
*Soup Choices- Manhattan or New England Clam Chowder, Lobster Bisque and
Chicken Rice
Of course all of these soups are homemade...that’s how we roll

Hey! Gazpacho is Back!

From the North: Nova Scotia Halibut, Maine Sea Bass(Black Sea Bass), Dry Day
Boat Sea Scallops, Swordfish, Whiting, Day Boat Monkfish Fillet, Rhode Island
Fresh Squid, Skate Fillet, Flounder Fillet, New Bedford Cod Fillet, Real Maine
Whole Belly Clams, New Bedford Grey Sole, Maine Jonah Crab Claws, Sushi
Grade Fluke, New Bedford Hake, Uni (Sea Urchin Roe), Maine Steamer Clams,
Rhode Island Little Necks, Cherry Stones and Top Neck Clams

From the Waters of the World: Fresh Never Frozen Chilean Sea Bass, New
Zealand Scampi’s, Wild Caribbean Hopper Pink Shrimp, Hamachi (Yellow-Tail),
Portuguese Sardines, Mediterranean Durato and Branzini, Cold Water New
Zealand Lobster Tails, Spanish Octopus both large and baby

From the South: Sushi Grade Spanish Mackerel, Real American Red Snapper, Soft Shell Crabs, Pink Grouper, Mahi Mahi, Rock Shrimp, Fresh Lump and Jumbo Lump Crab Meat, Sushi Grade Ahi Tuna

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

From the Pacific Northwest: Copper River Sockeye Salmon, Wild Alaskan Ivory King Salmon, Alaskan Sablefish(Black Cod) Wild Columbia River King Salmon, Fresh Plump Shucked Washington State Oysters, Jumbo King Crab Legs and Snow(Ophelia) Crab Legs and Cocktail Claws

May 19, 2011

Good morning to all of our beloved friends and clients

You know what...this rain is starting to hinder my otherwise salubrious life habits. Why just yesterday I found myself eating a Moon Pie while listening to the healing sounds of BJ Thomas belting out "Raindrops Keep Falling on..."

Then I made the mistake of Googling him only to find that he too has fallen prey to the mid-life rocker's plastic surgery mishap. Don't get me wrong if it brings a sense of inner empowerment, then go for it fellow traveler, but has anyone seen Kenny Rogers lately...he looks like a cross between one of my Aunts and some sort of Jungle cat...whoa. Sorry, I got little of topic, I hope today's recipes bring a ray of sunshine into your culinary hearts

See Our Full Take-Out Menu Here

If you don't feel like cooking here are some

Great Take-Out Specials

908-735-5121

Southwestern Spiced Seared Mahi Mahi Pita Wrap

Grilled Spicy Mahi with Roasted Vegetables and Chipotle Mayo on Fresh Baked Pita

With a choice of Soft Drink**

\$9

Grilled Ginger Lime Arctic Char

On a Mixed Field Green Salad

With a Choice of Soup*

\$9

Soft Shell Crab Club

Panko crusted soft crab served with lettuce, tomato, hickory smoked bacon, mayonnaise and on a locally baked Portuguese Roll

With a Choice of Soup*

\$11

Panko and Cornmeal Crusted Calamari

With our Homemade Marinara Sauce and lemon

Served with French Fries

And a Soft Drink**

\$8

Grilled Large Shrimp over a Classic Caesar Salad

With a choice of Soft Drink**

\$12

A “Lunch Size” Order of our Famous Fish-N-Chips

Hand dipped batter fried fillet with Crisp Fries, Tartar Sauce, Malt Vinegar, Lemon and Ketchup

With a Choice of Soft Drink

\$6

(For those of you who love fish eaters, but not fish)

Grilled Blackened Chicken Pita Wrap

Grilled fresh Chicken Breast with Lettuce, and Ranch Dressing on Fresh Baked Pita

Choice of soft drink**

\$8

** Soft Drink Choices for specials Coke, Diet Coke, Sprite and Water

*Soup Choices- Manhattan or New England Clam Chowder, Lobster Bisque and Chicken Rice

Of course all of these soups are homemade...that’s how we roll

From the North: Nova Scotia Halibut(See Recipe Below), Porgies(Scup), Mako, Maine Sea Bass(Black Sea Bass), Dry Day Boat Sea Scallops, Swordfish, Day Boat

Monkfish Fillet, Rhode Island Fresh Squid, Skate Fillet, Flounder Fillet, New Bedford Cod Fillet, Real Maine Whole Belly Clams, New Bedford Grey Sole, Maine Jonah Crab Claws, Sushi Grade Fluke, New Bedford Hake, Uni (Sea Urchin Roe), Maine Steamer Clams, Rhode Island Little Necks, Cherry Stones and Top Neck Clams

From the Waters of the World: Branzini(See Recipe Below), Fresh Never Frozen Jumbo Shrimp, New Zealand Scampi's, Wild Caribbean Hopper Pink Shrimp, Hamachi (Yellow-Tail, Portuguese Sardines, Mediterranean Durato, Cold Water New Zealand Lobster Tails, Spanish Octopus both large and baby

From the South: Real American Red Snapper, Golden Tilefish, Soft Shell Crabs, Pink Grouper, Fresh Blue Fish, Mahi Mahi, Rock Shrimp, Blue Crab Cocktail Claws, Fresh Lump and Jumbo Lump Crab Meat, Sushi Grade Ahi Tuna

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

From the Pacific Northwest: Alaskan Sablefish(Black Cod) Wild Columbia River King Salmon, Fresh Plump Shucked Washington State Oysters, Jumbo King Crab Legs and Snow(Ophelia) Crab Legs and Cocktail Claws

This Weekend Metro will be featuring Local, Organic, Free Range Eggs from Stockton New Jersey...\$4.00 a dozen!!

THIS WEEKEND'S OYSTER SELECTION WILL INCLUDE THE FOLLOWING DELIGHTS

East Coast: Duxbury (Katama Bay, Mass.)
Flying Point (Maquoit Bay, Maine)
St. Simon (New Brunswick, Canada)
Malpaque (Maine)

West Coast: Peale Passage (Shelton, Washington St.)
Kumomoto (Humbolt Bay, California)
Miyagi (Washington St.)

This Weekend's Local Artisanal Cheeses

Please don't hesitate to ask for a taste!

Bobolink Dairy Milford NJ

Cave Aged Cheddar: A truly exceptional cheddar, full flavored and complex

Valley Shepherd Creamery Long Valley NJ

Califon Tomme: Aged 3+ months, this creamy, Tangy Cheese reminds me of a young-aged Gouda Style. Delectable melt-ability

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

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

Valley Thunder: Aged 10+ months this cheese is produced with great love and care first draped in cloth, then aged to pay homage to the heartiest British Cheddar Makers \$28.00lb

Pepato: Aged 5+ months, this is a refined Shepherd's Basket, with a gentle "kiss" of cracked white peppercorn \$30.00lb

Crema de Blue: Aged 70+ days, this rich, unctuous blue is soft and creamy just under the rind, revealing a firmer pate on the interior. A perfect marriage of sweet cream and salt, this silky cheese is a blue lover's delight. \$28.00lb

Perlita: Aged 12+ Months, not quite Mimolette, but the cantaloupe flesh is pure, salted caramel

Herb Crusted Halibut on a Bed of Spinach and White Grapes

Serves 4

Who hasn't dreamed of being a Rock Star...but then you remembered you put down your instrument in the 7th grade. If only...hey little chef this recipe is your chance to don that sequin jump suit you picked up in 1985...one note of caution, don't try the Pete Townsend "Windmill" move with your knife in hand...that's how people get hurt.

Ingredients

1 cup of flat leaf parsley leaves only

2 cups of Panko Bread Crumbs

2 teaspoons of Salt

2 tablespoons of olive oil

4 fillets of Halibut 6 to 8 ounces each skin removed; you can also use Grouper or Redfish

2 ounces of unsalted butter diced

6 ounce bag of Baby Spinach

¾ cup slivered almonds, lightly toasted

½ cup of white seedless grapes halved

½ cup of Romano Cheese

Olive oil for serving; you might want to try the Lebanese olive oil at Metro...like me it's a little fruity

How it's done

Preheat your oven to 425° degrees

Place parsley leaves, in food processor and run till parsley is fine. Next add the Panko and salt and blend together well until green crumbs form.

Next heat 2 tablespoon of olive oil in a sauté pan and sear the Halibut for about 2 minutes per side achieving a golden crust. Transfer fish to a lightly oiled baking dish and smear a little butter on each fillet. Add white grapes to the pan and sauté for about 2 minutes, remove from pan and set aside. Next pack breadcrumb mixture on top of the Halibut fillets.

Place baking dish in your preheated oven and bake for 10 to 12 minutes depending on the thickness

Meanwhile, blanch the spinach in boiling salted water for a little less than a minute then drain well and place in a large bowl. Toss in the remaining butter, any juices from the pan, almonds and white grapes and mix well. Finally, add the Romano cheese and mix well again and season to taste with salt and pepper

To serves spoon spinach onto four plates and place the crusted Halibut on the top, drizzled with some olive oil. You probably don't have a stack of speakers to jump off of into your adoring fans...no worry, that's what your counter is for.

Grilled Branzino with Leeks and Asparagus

Serves 4

In today's over "Purified" antiseptic society we have strayed from indulging in one of life's more sensual pleasures, eating off the bone. Okay, maybe it isn't sensual, but damn it tastes great. And who knows, you might be able to convince your bone phobic guests to partake with the "sensual" argument...grrr.

Ingredients

2 Branzino about 1½ to 2 pounds each scaled gutted and dried thoroughly; You could also use with great success Porgies (Scup), Red Snapper or Durato (Sea Bream)

2 lemons, one sliced and the other juiced...that's convenient I just got a couple of free lemons at Metro.

3 cloves garlic, thinly sliced

8 bay leaves

3 tablespoons of Olive oil divided

4 pats of unsalted butter

4 leeks trimmed and thinly sliced.

¼ cup of white wine

1 bunch of pencil thin Asparagus trimmed cut in half

2 tablespoons of Chopped Flat leaf parsley

1 tablespoon of Snipped Chives

How it's done

Prepare charcoal grill or preheat gas grill to a medium setting; make sure the grates are cleaned well with a grill brush.

Slash the skin three times of each Branzino on both sides. Season the inside and outside of each fish with sea salt and freshly ground pepper. Tuck lemon, garlic slices, and bay leaves inside the fish cavities.

Grill the fish, lid down, for about 10 to 15 minutes per side flipping only once. If your fish is not done when knife tested on the second, side shut off the grill, close the lid, and let cook for another couple of minutes, and then transfer to serving platter.

Meanwhile heat 1 tablespoon of olive oil with 2 pats of butter in a non reactive pan and cook the leeks for 8-10 minutes or until soft. Pour in the wine and simmer until there are only a couple of tablespoons left in the pan. Stir in the Asparagus, cover and cook for 3-4 minutes. Take the lid off, stir in the remaining butter and the parsley and chives. Season to taste with salt and pepper. To serve spoon Asparagus and Leek mixture around fish and dress Branzino with fresh lemon juice and remaining olive oil. If you should find yourself needing one more dinner guest to partake in your feast, feel free to invite any one of the Metro seafood associates...they'll bring the sensual and probably some shrimp.

May 17th, 2011

Good morning to all of our beloved friends and clients

Please don't misunderstand me, it's not the rainy weekday forecast that usually gets me down...it's the whining babies who complain about their postponing date with a pile of mulch. Believe me little green thumbs, I dig you love of Mother Earth but I assure you the sun will shine again. And as sure dandelions make my favorite salad and bouquet, you will be elbow deep in the earth's flesh planting your prized Limerock Ruby Coreopsis or perhaps a Kopper King Hibiscus...I so wish I had a clue of what the heck I was just talking about. I digress... Regarding our move, we are still waiting on construction of our sidewalks and parking lot at the new location and are still planning on weeks and not months...you're nut's fishman...thanks. I hope you enjoy today's recipes.

See Our Full Take-Out Menu Here

If you don't feel like cooking the following are some

Great Take-Out Special

908-735-5121

Hey! Gazpacho is Back!

Grilled Sesame Soy Mako Shark With Asian Slaw on locally baked French Bread
With a choice of Soft Drink**
\$8.00

“Real” Shrimp Salad
Over a mixed Field Green Salad
With a choice of Soup*
\$8

Rock Shrimp Soft Tacos
Panko Crusted Florida Rock Shrimp served on a flour tortilla with lettuce, Pico de Gallo sauce and Baja Sauce and a side of our homemade Pickled Jalapeños and Onions
With a Soft Drink**
\$9

Grilled Ginger Lime Salmon Pita Wrap
BBQ Scottish Salmon with Roasted Vegetables and Wasabi Sauce
With a Choice of Soup*
\$9

Metro’s Own Fried Fish “Po Boy”
Creole seasoned Fried Fish with Spicy Cole Slaw and Tarter Sauce on a Fresh Baked Portuguese Roll
With a small French Fry
\$8

Grilled Sea Scallops over a Classic Caesar Salad
With a Soft Drink**
\$12
(For those of you who love fish eaters, but not fish)

Grilled Sesame Soy Chicken Pita Wrap
Grilled fresh Chicken Breast with Roasted Veggies and Wasabi Sauce on Fresh Baked Pita
Choice of soft drink**
\$8

** Soft Drink Choices for specials Coke, Diet Coke, Sprite and Water

*Soup Choices- Manhattan or New England Clam Chowder, Lobster Bisque and Chicken Rice

Of course all of these soups are homemade...that's how we roll

From the North: Dry Day Boat Sea Scallops, Swordfish, Day Boat Monkfish Fillet, Rhode Island Fresh Squid, Flounder Fillet, Nova Scotia Halibut, New Bedford Cod Fillet, New Bedford Grey Sole, Sushi Grade Fluke, Uni (Sea Urchin Roe), Maine Steamer Clams, Rhode Island Little Necks, Cherry Stones and Top Neck Clams

From the Waters of the World: New Zealand Cockles (See Recipe Below), Mediterranean Branzini, Wild Caribbean Hopper Pink Shrimp (See Recipe Below), Hamachi (Yellow-Tail, Manila Clams, Mediterranean Durato, Cold Water New Zealand Lobster Tails, North African and Spanish Octopus both large and baby

From the South: Real American Red Snapper, Absolutely Incredible Soft Shell Crabs, Snowy Grouper, Fresh Blue Fish, Mahi Mahi, Blue Crab Cocktail Claws, Fresh Lump and Jumbo Lump Crab Meat, Sushi Grade Ahi Tuna

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

From the Pacific Northwest: Wild Columbia River King Salmon, Fresh Plump Shucked Washington State Oysters, Jumbo King Crab Legs and Snow(Ophelia) Crab Legs

This Weekend Metro will be featuring Local, Organic, Free Range Eggs from Stockton New Jersey...\$4.00 a dozen!!

Fettuccini with Cockles and Shrimp

Serves 4

Rainy Day Weekday Sexy...what the...Yeah, that was my old radio name in college and could also be yours you salacious kitchen DJ. It's time to drop the

needle of Seafood and pasta on the weekday to gently caress your...sorry, got a little carried away, just make this dish, its wonderful

Ingredients

1 pound of Cockles

$\frac{3}{4}$ pound of Medium Shrimp cleaned and deveined tails off. Metro would love to undress your shrimp just ask...we do it for free

6 tablespoons of olive oil

1 clove garlic crushed with the flat of your knife

1 good pinch of crushed red pepper

$\frac{1}{4}$ cup of white wine

The juice of one lemon

1 teaspoon of lemon zest

$\frac{1}{2}$ bunch of flat leaf parsley chopped coarsely

1 pound of Fettuccini

Salt and pepper

How it's done

The Cockles should be very clean already especially if you got them from Metro. But none the less, you can give them a good rinse under cold water...discard any cockles that don't close.

In a large lidded saucepan heat the olive oil and add the garlic and crushed red pepper. After 1 minute add the cockles and the wine. Cover with the lid and continue cooking for 1-2 minutes, or until the cockles open. If any cockles remain closed at the end of cooking, discard them.

Next add the shrimp and cook for another 4-5 minutes, then add the lemon zest and lemon juice. Remove the pan from the heat and add the chopped parsley. Season to taste with salt and pepper.

Meanwhile, cook the Fettuccini in lightly salted boiling water for 7-8 minutes, or until al dente. Drain the pasta and combine in the pan with the cockles and shrimp. Mix together well and serve immediately...whatever you do don't make eye contact while eating...this dish is a freakishly powerful aphrodisiac...and no one wants to see your freak at the table.

Herbed Arctic Char and Asparagus Pan Roast

Serves 4

I know...you love your family and you love to cook but sometimes your "bacon" is hanging about a stack of cards off the ground. Fear not little chef...let this one pan culinary delight, delectably feed your loved ones and leave you time to watch the three "Antique Road shows" you recorded.

Ingredients

4 portions of Arctic Char with the skin on 6 to 8 ounces each

3 tablespoons olive oil

1 tablespoon unsalted butter

5 large fresh thyme sprigs

1 bunch Asparagus, trimmed

Salt and pepper

The juice of 1 lemon

How it's done

Preheat your oven of 400°

Next, heat a large skillet to high heat, season Char fillets with salt and pepper on both sides. Add 1 tablespoon of olive oil to the hot pan and sear the fish, skin side down for about 1 ½ minutes then flip to cook for another 1 minute on the other side, and then transfer fish to platter. Lower heat to medium and add the remaining 2 tablespoons of olive oil, butter and thyme sprigs. As soon as the butter is melted add Asparagus and sauté for about 3 to 4 minutes. Place the Artic fillets on top of the asparagus skin side up and place the skillet in the oven of 8 minutes or until fish is cooked and Asparagus is crisp-tender. Squeeze fresh lemon over the dish and serve. I would gladly eat this out of the pan over the sink so I wouldn't have to wash dishes...I'm just saying, I am a little lazy and impatient that way

May 12, 2011

Good morning to all of our beloved friends and clients and if you are one of the last 8 folks on the face of the earth who has not tried our fish tacos yet please allow me to gently take your deprived taste buds to a South of the Border flavor retreat. Now comes the best kicker, you can drink all water you want without fear of ruining a perfectly good car seat.

If you don't feel like cooking here are
Some Great Take-Out Specials

[See Our Full Take-Out Menu Here](#)

Panko Crusted Skate Fillet
On top of our Classic Caesar Salad
\$10

Blackened Shark Steak Sandwich
On fresh baked Portuguese Roll
w/ Lettuce, Tomato, and our house Ranch Dressing
w/ choice of soft drink**
\$9

Metro Fish Tacos

Panko Crusted fish served on a flour tortilla with lettuce, Pico de Gallo sauce and Baja Sauce and a side of our homemade Pickled Jalapeños and Onions
With a Soft Drink**

\$8

With a choice of soft drink**

Broiled “Scampi” Hake Platter
Fillet broiled in Metro’s own garlic sauce
Over roasted veggies and a side of rice pilaf
\$7

Grilled Ginger Lime Snapper
On a mixed field green salad
w/ a Choice of soup*
\$10

Metro’s “Sloppy Joe” Pita Wrap
Panko Crusted fillet with lettuce, tomato, and Russian Dressing
On locally bake pita
Choice of soup*

(For those of you who love fish eaters, but not fish)

Grilled Sesame Soy Fresh Chicken
Over a mixed field green salad
Choice of soft drink**
\$8

** Soft Drink Choices for specials Coke, Diet Coke, Sprite and Water
*Soup Choices- Manhattan or New England Clam Chowder, Lobster Bisque and Chicken Rice
Of course all of these soups are homemade...that’s how we roll

Hey! Gazpacho is Back!

From the North: Dry Day Boat Sea Scallops, Swordfish, Tau-Tog(Blackfish) Day Boat Monkfish Fillet, Rhode Island Fresh Squid, Skate Fillet, Flounder Fillet, Nova Scotia Halibut, New Bedford Cod Fillet, New Bedford Grey Sole, Maine Jonah Crab Claws, Sushi Grade Fluke, New Bedford Hake, Uni (Sea Urchin Roe), Maine Steamer Clams, Rhode Island Little Necks, Cherry Stones and Top Neck Clams

From the Waters of the World: Branzini(See Recipe Below), Fresh Never Frozen Chilean Sea Bass, Wild Caribbean Hopper Pink Shrimp, Hamachi (Yellow-Tail, Manila Clams, Portuguese Sardines, Mediterranean Durato, Cold Water New Zealand Lobster Tails, Spanish Octopus both large and baby

From the South: Real American Red Snapper(See Recipe Below), Absolutely Incredible Soft Shell Crabs, Snowy Grouper, Fresh Blue Fish, Mahi Mahi, Rock Shrimp, Blue Crab Cocktail Claws, Fresh Lump and Jumbo Lump Crab Meat, Sushi Grade Ahi Tuna

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

From the Pacific Northwest: Wild Caught Sturgeon, Wild Alaskan Spot Prawns(better than lobster tails!), Wild Columbia River King Salmon, Fresh Plump Shucked Washington State Oysters, Jumbo King Crab Legs and Snow(Ophelia) Crab Legs and Cocktail Claws

This Weekend Metro will be featuring Local, Organic, Free Range Eggs from Stockton New Jersey...\$4.00 a dozen!!

THIS WEEKEND'S OYSTER SELECTION WILL INCLUDE THE FOLLOWING DELIGHTS

East Coast: Duxbury (Katama Bay, Mass.)
Flying Point (Maquoit Bay, Maine)
Bevans (Connecticut)
Connecticut Candy (Connecticut)
Nantucket Sound (New Bedford, Mass.)
St. Simon (New Brunswick, Canada)

Flowers (Oyster Bay Harbor, NY)
Malpaque (Maine)

West Coast: Peale Passage (Shelton, Washington St.)
Kumomoto (Humbolt Bay, California)
Miyagi (Washington St.)

This Weekend's Local Artisanal Cheeses
Please don't hesitate to ask for a taste!

Bobolink Dairy Milford NJ

Cave Aged Cheddar: A truly exceptional cheddar, full flavored and complex

Valley Shepherd Creamery Long Valley NJ

Califon Tomme: Aged 3+ months, this creamy, Tangy Cheese reminds me of a young-aged Gouda Style. Delectable melt-ability

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

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

Valley Thunder: Aged 10+ months this cheese is produced with great love and care first draped in cloth, the aged to pay homage the heartiest British Cheddar Makers \$28.00lb

Pepato: Aged 5+ months, this is a refined Shepherd's Basket, with an gentle "kiss" of cracked white peppercorn \$30.00lb

Crema de Blue: Aged 70+ days, this rich, unctuous blue is soft and creamy just under the rind, revealing a firmer pate on the interior. A perfect marriage of sweet cream and salt, this silky cheese is a blue lover's delight. \$28.00lb

Perlita: Aged 12+ Moths, not quite Mimolette, but the cantaloupe flesh is pure, salted caramel

Grilled Snapper with an Herbed Walnut Salad

Serves 4

This is not your Mother's Herbed Walnut Salad unless your Mother happened to be a Bedouin goat herder who wandered to close to the shore one night.

Seriously this Walnut topping enhances this lovely snapper with a Middle Eastern soul kiss on the cheek.

Ingredients

4 fillets of Red Snapper 6 to 8 ounces each skin on and scaled: you could also use with great success Grouper, Black Fish or Branzino fillet

2 tablespoons of Olive oil

1 ½ cups of loosely packed Cilantro leaves

¼ cup finely chopped red onion

1 to 2 Pickled Jalapenos chopped fine...Metro has those in stock

¾ cup walnuts toasted in a hot dry pan then coarsely chopped

¼ cup mint leaves

Dressing for Herbed Walnut Salad

6 tablespoons of olive oil

1 ½ tablespoons of fresh lemon juice, from perhaps the free lemon you just got at Metro

1 ½ teaspoons pomegranate molasses...You know Metro has that
How it's done

Prepare charcoal or preheat gas grill to high heat.

Coarsely chop Cilantro and Mint mix in a bowl with chopped jalapeno, red onion and walnuts.

To make Herbed Walnut dressing; In a small bowl whisk together olive oil, lemon juice and pomegranate molasses and then season with sea salt and pepper to taste.

Season snapper fillets with salt and pepper on both sides then brush with the 2 tablespoons of olive oil. Next grill the fillets flesh side down first, for 3 to 4 minutes per side, cooking time will depend on the thickness of the fish fillet.

Pour your dressing into the Cilantro and Walnut mixture and check for seasoning.

To serve, plate your Snapper fillet and spoon over the Herbed Walnut Salad. Should you require more than just a cheek kiss, you might want to try spooning a little walnut salad on your spouse, then offer to clean it up with abandoned inhibitions and a piece of Pita.

Roasted Harissa Branzino (Sea Bass) with Couscous and a Saffron Oil Drizzle

Serves 4

The only thing lustier than eating Branzino on the bone is eating it "hands on" free of utensils and those cumbersome garments we call "Tops"

Ingredients

2 Branzino about 1 ½ to 2 pounds each you could also use four 1 pound fish

4 to 6 tablespoons of Harissa paste...Yes always available at Metro

4 tablespoons olive oil

About 8 to 10 saffron threads

1 ½ cups of Couscous uncooked

2 tablespoons olive oil

2 cups of fish stock or chicken stock brought to a boil: made with love at Metro

The grated zest of 1 lemon plus the juice...Woohoo! I just got a free lemon from Metro

¼ cup of cracked green olives, pitted and roughly chopped...yes we have olives too

3 tablespoons of fresh mint, roughly chopped

4 tablespoons of toasted flaked almonds

How it's done

Preheat oven to 400°

Brush a rimmed baking dish with non-stick spray and place fish in dish. Next generously rub harissa paste in and around the fish especially well into the skin. Leave to stand for 15 minutes while the oven heats up.

Place fish in oven and roasted to 25 to 30 minutes or until the fish is just opaque in the center when fork tested.

Meanwhile combine the 4 tablespoons of olive oil and saffron in a small pan. Heat until just warm, and then remove from the stove and leave to infuse for 20 minutes. Strain through a fine sieve and reserve.

Heat the 2 tablespoons of olive oil in a medium sauce pan and add dry couscous; stir continuously with a wooden spoon to lightly toast. Next pour in boiling stock stir well and cover; take off heat and let stand for 5 minutes.

Uncover saucepan and fluff couscous and add the lemon zest, lemon juice, olives, mint and almonds and season to taste with salt and pepper.

To serve, transfer couscous to a serving platter and carefully place Branzino on top and then drizzle with saffron oil.

May 10, 2011

Good morning to all our beloved friends and clients who I sincerely hope, enjoyed the gorgeous weather this past Mother's Day weekend

Just a quick suggestion to my fellow male travelers, should your lovely spouse and mother of your children ask; what did you get me for Mother's Day? Do not respond with "You're not my Mother". Thankfully I'm on the mend with only sixteen stitches...the Doc says I should be happy with just the lisp...it could have been worse. Today recipes are very easy and may I say pretty darn sexy...enjoy.

If you don't feel like cooking here are some
Great Take-Out Specials
908-735-5121
Full Take-Out Menu [Click Here](#)

Lunch order of our Fish & Chips
With Fries, Cole Slaw, Tartar Sauce and Malt Vinegar
With a Choice of Soft Drink**
\$6

Grilled Southwestern Salmon "Fajita" Pita Wrap
Grilled Salmon with seared Peppers, Onions and Chipotle Mayo on a locally
baked Pita Bread
With a small French Fry

\$8

Grilled Ginger Lime Mahi over a mixed Field green Salad
And choice of soup*
\$10

Blackened Grilled Catfish Platter
Served with Oven roasted Vegetables, Rice Pilaf, Cole slaw, lemon and Tarter
Sauce
\$9

Grilled Large Shrimp over Our Classic Caesar Salad
\$12

(For those Folks who love fish eaters but not fish)

Our World Famous Fried Chicken Pita Wrap
Panko Crusted Chicken Wrap in a locally baked Pita with Lettuce, Tomato and
homemade Tarter Sauce
\$6

** Soft Drink Choices for specials Coke, Diet Coke, Sprite and Water

*Soup Choices- Manhattan or New England Clam Chowder, Lobster Bisque and
Chicken Rice

Of course all of these soups are homemade...that's how we roll

Hey! Gazpacho is Back!

From the Pacific Northwest: Wild Columbia River King Salmon, Fresh Plump
Shucked Washington State Oysters, Jumbo King Crab Legs and Snow(Ophelia)
Crab Legs

From the North: Dry Day Boat Sea Scallops, Swordfish, Tau-Tog (Blackfish) Day
Boat Monkfish Fillet, Rhode Island Fresh Squid, Skate Fillet (See Recipe Below),
Flounder Fillet, Nova Scotia Halibut, Bedford Cod Fillet (See Recipe Below),
New Bedford Grey Sole, Maine Jonah Crab Claws, Sushi Grade Fluke, New

Bedford Hake, Uni (Sea Urchin Roe), Rhode Island Little Necks, Cherry Stones and Top Neck Clams

From the Waters of the World: Wild Caribbean Hopper Pink Shrimp, Hamachi (Yellow-Tail), New Zealand Cockles, Mediterranean Branzini , Cold Water New Zealand Lobster Tails, Spanish Octopus both large and baby

From the South: Absolutely Incredible Soft Shell Crabs(and they've come down in price!), Snowy Grouper, Mahi Mahi, Real American Red Snapper, Blue Crab Cocktail Claws, Fresh Lump and Jumbo Lump Crab Meat, Sushi Grade Ahi Tuna

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

This Weekend Metro will be featuring Local, Organic, Free Range Eggs from Stockton New Jersey...\$4.00 a dozen!!

Skate with a Grape Tomato Butter Sauce

Serves 4

If someone suggests to you that this dish is unhealthy simply because you are creating a, sensuously delicious, butter sauce, then I dare put forth the question; why are all those full figured folks frequenting McDonalds. No fellow travelers, butter is not the sin, just nature's way of reminding us how sweet she is. However what the heck is azodicarbonamide, calcium disodium EDTA, and sodium acid pyrophosphate, just a few items you'll never find in your spice rack.

Ingredients

1 pint of Grape tomatoes quartered lengthwise

2 teaspoons of minced Basil

1 stick plus 1 tablespoon of butter

3 scallions finely chopped

1 ½ to 2 pounds of Skate Fillet

Salt and pepper

A sprinkle of good Red wine vinegar

2 tablespoons of olive oil

How it's done

In small bowl combine the tomatoes and basil and sprinkle with a little red wine vinegar.

Next melt the stick of butter in a small saucepan over medium heat. Add the chopped scallions and cook until they soften and become fragrant. Remove the butter from the heat and let cool 2 or 3 minutes. Lightly season the skate fillets with salt and pepper.

When the butter is still warm, add the tomatoes to the pan and stir to combine. Stir gently to avoid crushing the tomatoes. Season the sauce to taste with salt and set the aside while cooking the skate.

Add 1 tablespoon of oil and 1 tablespoon of butter to a large nonstick pan and heat over high heat. Place one to two skate fillets in the pan depending on the size and cook until golden brown, 2 to 3 minutes (note: you might have to cook the fish in batches). Turn the fish over and cook 1 to 2 minutes until done. Add the remaining oil to the pan as needed to finish cooking the remaining fish.

To serve, arrange skate fillets on a serving platter and spoon the Grape Tomato Butter Sauce over...if this is bad for me than I don't want to be good.

Roasted Cod over Asparagus and New Potatoes

Serves 4

Hey Houdini, are you about to pull off the entire meal in one dish and in less than 50 minutes? Well Abracadelicious little magic chef. What's really nice about this dish is that you really don't need the beautiful assistant but the eye candy in the kitchen is fantastic.

Ingredients

1 ½ to 2 pounds of fingerling or small new potatoes

4 tablespoons olive oil

1 bunch of asparagus trimmed and cut in half

½ pint of grape tomatoes

2 tablespoons balsamic vinegar

4 portions of Cod 6 to 8 ounces each; you could also use Hake, Haddock or Halibut

Salt and pepper

4 basil leaves chiffonade (Stacked and cut into thin ribbons crossways)

How it's done

Preheat oven to 400° degrees. Next combine the potatoes and 2 tablespoons of olive oil in an oven proof dish, season with salt and pepper and bake for 20 minutes. When the potatoes are starting to brown, toss the asparagus in with the potatoes, then return to the oven for 15 minutes.

Finally scatter the grape tomatoes and balsamic vinegar over the vegetables, and then nestle your Cod into the dish. Season fish with salt and pepper and drizzle with the remaining 2 tablespoons of olive oil and return to the oven for a final 10 to 12 minutes or until the fish is just opaque in the center. To serve, scatter over the basil and proudly bring the baking dish to the table. Please take the pigeon from under your sweater and take off your top hat Blackstone...now you're just creeping everybody out.

May 5, 2011

Good morning to all of our beloved friends and clients who will be celebrating Cinco de Mayo today

And if you're wondering if a Tequila Screwdriver is a good drink this morning, I must warn you after that after three your judgment might be slightly impaired...I think I just cut off my thumb while attempting to fillet one of my employees. Lastly, I would be remiss if I didn't pay homage to the Mothers of the world by sending all of you my deepest gratitude for simply loving us...even with all of our imperfections. So let my Mom sleep, as late as she wants, and try to act like a "Mother" yourself this Sunday. That doesn't mean flip the bird to the first person who ticks you off, but by telling those you love..."hey you look great" (even when they don't)..."Your awesome" (just for picking up your own socks) or "I would love to help you" (when all you really want to do is have a drink and try to spiritually connect with your couch). Thank you as always and I sincerely hope you enjoy today's recipes

If you don't feel like cooking here are some

Great Take-Out Specials

908-735-5121

[Full Take-Out Menu Click Here](#)

Grilled Organic Scottish Salmon over our Classic Caesar Salad

Of course the dressing and croutons are homemade, that's how we roll

With a choice of Soft Drink**

\$9

Metro Fish Tacos

Panko Crusted fish served on a flour tortilla with lettuce, Pico de Gallo sauce and Baja Sauce and a side of our homemade Pickled Jalapeños and Onions

With a Soft Drink**

\$8

Whole Belly Clam Roll

Buttermilk Battered Whole Belly "Steamer" Clams

With Lettuce, Tomato and Tartar Sauce on a Portuguese Roll

With a Soft Drink**

\$9

Grilled Sesame Soy Tau-Tog(Blackfish)

Over a mixed Field Green Salad
With a Choice of Soup*
\$8

Soft Shell Crab Club
Panko crusted soft crab served with lettuce, tomato, hickory smoked bacon,
mayonnaise and on a locally baked Portuguese Roll
With a Choice of Soft Drink**
\$10

Metro Lobster Roll
Traditional lobster salad made with fresh steamed North American
Lobster served on a Portuguese Roll with
Baby Field greens and Tomato
With a Choice of Soft Drink**
\$15

(For those Folks who love fish eaters but not fish)

Grilled Blackened Chicken
Over a Mixed Field Green Salad
With a choice of Soft Drink
\$8

** Soft Drink Choices for specials Coke, Diet Coke, Sprite and Water
*Soup Choices- Manhattan or New England Clam Chowder, Lobster Bisque and
Chicken Rice
Of course all of these soups are homemade...that's how we roll

Hey! Gazpacho is Back!

From the North: Dry Day Boat Sea Scallops(See Recipe Below), Swordfish(See
Recipe Below), Tau-Tog(Blackfish) Day Boat Monkfish Fillet, Rhode Island Fresh
Squid, Skate Fillet, Flounder Fillet, Nova Scotia Halibut, Bedford Cod Fillet,
New Bedford Grey Sole, Maine Jonah Crab Claws, Sushi Grade Fluke, New
Bedford Hake, Uni (Sea Urchin Roe), Maine Steamer Clams, Rhode Island Little
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From the Waters of the World: Fresh Never Frozen Chilean Sea Bass, Wild Caribbean Hopper Pink Shrimp, Hamachi (Yellow-Tail), New Zealand Cockles, Portuguese Sardines, Mediterranean Branzini and Durato, Cold Water New Zealand Lobster Tails, Spanish Octopus both large and baby

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Connecticut Candy (Conn.)
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St. Simon (New Brunswick, Canada)
Flowers (Oyster Bay Harbor, NY)

West Coast: Peale Passage (Shelton, Washington St.)
Kumomoto (Humbolt Bay, California)

Miyagi (Washington St.)

This Weekends Local Artisanal Cheeses

Please don't hesitate to ask for a taste!

Bobolink Dairy Milford NJ

Drumm: Semi-soft grass fed cow's milk cheese, full-bodied and earthy

Cave Aged Cheddar: A truly exceptional cheddar, full flavored and complex

Valley Shepherd Creamery Long Valley NJ

Califon Tomme: Aged 3+ months, this creamy, Tangy Cheese reminds me of a young-aged Gouda Style. Delectable melt-ability

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

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

Valley Thunder: Aged 10+ months this cheese is produced with great love and care first draped in cloth, the aged to pay homage the heartiest British Cheddar Makers \$28.00lb

Pepato: Aged 5+ months, this is a refined Shepherd's Basket, with an gentle "kiss" of cracked white peppercorn \$30.00lb

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Perlita: Aged 12+ Moths, not quite Mimolette, but the cantaloupe flesh is pure, salted caramel

Grilled Scallops and Arugula with a Grape Tomato Salad and Gremolata
Serves 4

Gremo..who? Hey little chef this zingy and delicious herb condiment represents your culinary growth, taking you and your pans to a full on Yellow Belt ceremony. Son of a...I promised I wasn't going to cry today, but I'm so damn proud of you little chef.

Ingredients

For the Grilled Scallops and Arugula

3 tablespoons olive oil

The juice of 1 lemon

1 ½ to 2 pounds of Large Sea Scallops; of course I'm talking about natural "dry" unprocessed scallops. Sometimes science doesn't make it better...you hear that Pamela Anderson.

Salt and pepper

8 ounce package of Arugula

For the Grape Tomato Salad

2 pints of Grape Tomatoes halved

1/3 cup chopped fresh basil leaves

6 tablespoons extra-virgin olive oil
3 tablespoons freshly squeezed lemon juice
Salt and pepper
For the Gremolata
3 tablespoons finely chopped flat-leaf parsley
1 clove of garlic finely minced
1 ½ teaspoons finely grated lemon zest
Salt

How it's done

In a large bowl mix together all of the ingredients of the Grape tomato salad and season with salt and pepper to taste and set aside.

Next in a small bowl combine all the ingredients of the Gremolata and salt to taste and set aside.

Next prepare charcoal or preheat your gas grill to high: in a glass bowl add the olive oil lemon juice and scallops and toss with salt and pepper and let marinate for 15 minutes at room temperature. Grill Scallops for 3 minutes per side and remove from grill.

To serve, cover your serving platter with the Arugula and top with grilled scallops. Next, spoon Tomato salad over grilled scallops and sprinkle over Gremolata. Okay, the cats out of the bag...I'm throwing you a graduation party but you can only invite 4 friends and no drinking without me.

Grilled Rosemary Lemon Swordfish Topped with Sautéed Portobello Mushrooms Serves 4

A warning to all the chefs out there, should you not like to be seductively groped and smothered with passionate kisses please forget this recipe and throw some frozen soy burgers on the grill, they will definitely get you unnoticed. Otherwise, let the games begin...grrr.

Ingredients

For the Rosemary Lemon Swordfish

4 Swordfish steaks 1 inch thick 6 to 8 ounces each; you could also use with great success Skinless Mahi fillets, Mako Shark or Cobia
1 the juice and grated zest of 1 lemon; Hey you just got a free one from Metro
¼ cup olive oil
2 tablespoons chopped fresh rosemary leaves
1 pinch of crushed Red pepper flakes
2 teaspoons of salt
1 teaspoon of black pepper
For the Sautéed Portobello Mushrooms
3 tablespoons unsalted butter
3 tablespoons minced shallots
1 clove of garlic minced fine

1 pound of Portobello mushrooms cleaned with stems and mushrooms sliced thin

1 teaspoon chopped fresh thyme leaves

Salt and pepper

½ cup of Balsamic vinegar

How it's done

For the Rosemary Lemon Swordfish

In a large glass baking dish combine lemon juice, lemon zest olive oil, rosemary and crushed red pepper and add Swordfish and turn to coat. Cover dish with plastic wrap and marinate for 30 minutes to an hour.

Prepare your charcoal grill or preheat gas grill to high heat. (make sure the grill is clean)

I don't care if your hair is dirty but please keep the grill clean

Remove the Swordfish from the marinade, and place on a platter. Season the fish on both sides with the salt and pepper. When the grill is hot cook the Swordfish for 4 to 5 minutes per side brushing the fish with the remaining marinade. Cut into the steaks and make sure the fish is just opaque on the inside then remove from grill and keep warm on a platter tented with foil.

For the Sautéed Portobello Mushrooms

Heat a medium size sauté pan over medium-high heat. Add the butter and once melted, add the shallots and garlic to the pan. Cook for 1 minute, and then add the mushrooms and thyme. Continue to cook the mushrooms, stirring occasionally, until softened and most of the liquid has evaporated, 7 to 8 minutes. Deglaze the pan with the balsamic vinegar and continue to cook until the vinegar has reduced by 1/2, about 1 minute then season to taste with salt and pepper. To serve plate Swordfish steaks and spoon over Portobello mushroom sauce. If you don't feel a tad amorous when completing this dish you might want to dial 911 because both your culinary heart and soul have been removed...I'm just saying.

May 3, 2011

Good morning to all of our beloved friends and clients who I hoped have remembered that this Thursday is Cinco de Mayo and this Sunday is Mother's Day. I know, I'm already ahead of you...why not get Mom the bottle of Añejo Patron you had your eyes on...heck just bring it over the house with some of Metro's Tomato Avocado Salsa and make up your own holiday say "Awesome de Madre"...bottom line, she's just happy you're thinking of her.

I hope you enjoy today's very easy and delicious recipes.

If you don't feel like cooking here are some

Great Take-Out Specials

908-735-5121

Full Take-Out Menu [Click Here](#)

Crab Cake Roll

Golden Homemade Crab Cake with lettuce, tomato and Tartar Sauce on a Fresh Baked Portuguese Roll
With a Choice of Soup*
\$7

Metro's Famous Fish Tacos

(2 Tacos)

Panko crusted fillet served on a flour tortilla with lettuce, Pico de Gallo sauce and Baja Sauce and a side of our homemade Pickled Jalapeños and Onions
With a Soft Drink**
\$8

Grilled Sesame Soy Organic Salmon over a Mixed Field Green Salad

And a Choice of Soup*

\$9

“Popcorn” Rock Shrimp Platter

Served with French Fries, Cocktail Sauce and Homemade Tarter Sauce

With a Choice of Soft Drink**

\$9

Blackened Catfish Pita Wrap

Grilled Blacked Catfish with Lettuce Tomato and Chipotle Mayo on fresh baked Pita

With French Fries

\$8

Salmon Salad on Mixed Field Green Salad

Fresh steamed (not Canned) Salmon Salad

With a Choice of Soft Drink**

\$6

(For those Folks who love fish eaters but not fish)

Grilled Chicken Pita Wrap

Grilled Sesame Soy Chicken Breast with Oven Roasted Veggies and Wasabi Sauce on fresh baked Pita

With a choice of Soft Drink**

\$8

** Soft Drink Choices for specials Coke, Diet Coke, Sprite and Water
*Soup Choices- Manhattan or New England Clam Chowder, Lobster Bisque and Chicken Rice
Of course all of these soups are homemade...that's how we roll

To all of our Pennsylvania Travelers we will be at the Ottsville Farmers Market again this year with a gorgeous selection of Seafood for the folks of Bucks County...The Ottsville Farmers Market is open Friday's only, from April 29th 2011 till October 15, between 4:00 and 8:00pm. Should you need anything in particular held for you, please feel free to call the Main store at 908-735-5121

To all of our fellow travelers to the South, Metro will be at the Stockton Market on Fridays from 1-7p.m., in addition to Saturdays 9:00am to 4:00pm and Sundays from 10:00am to 4:00pm
Along with our fresh fish selections we are delighted to announce Metropolitan Seafood will be offering our World Famous Fish and Chips on FRIDAYS ONLY
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.

Get a Great Original Metro Recipe for Any of These Fish
Just Click Here, There Are Over 500

From the North: Day Boat Monkfish Fillet, Rhode Island Fresh Squid, Skate Fillet, Maine Sea Bass, Dry Day Boat Sea Scallops, Flounder Fillet (See Recipe Below), Nova Scotia Halibut, New Bedford Cod Fillet, New Bedford Grey Sole, Maine Jonah Crab Claws, Sushi Grade Fluke, New Bedford Hake, Uni (Sea Urchin Roe), Maine Steamer Clams, Swordfish, Rhode Island Little Necks, Cherry Stones and Top Neck Clams

From the Waters of the World: Fresh Never Frozen Chilean Sea Bass, Wild Caribbean Hopper Pink Shrimp, Hamachi (Yellow-Tail), New Zealand Cockles, Mediterranean Branzini and Durato, Cold Water New Zealand Lobster Tails, Spanish Octopus both large and baby

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

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

From the Pacific Northwest: Wild Alaskan Troll King Salmon, Wild Alaskan Ivory Salmon, Fresh Plump Shucked Washington State Oysters, Jumbo King Crab Legs and Snow(Ophelia) Crab Legs

Metro will be featuring Local, Organic, Free Range Eggs from Stockton New Jersey...\$4.00 a dozen!!

Oven Steamed Flounder with a Sweet Pepper and Caper Sauce
Serves 4

When the Weekday stress has you making Pizza Rolls for diner...hey, I'm not judging, I love Pizza Rolls when they're eaten at the proper time...2:00am...and not sober. I digress; this dishes mild flavors and quick sauce will have you nourishing your loved ones while allowing much needed Playtime for your inner chef

Ingredients

1 ½ to 2 pounds of Flounder or Fluke fillet
Juice from 1 Lemon
2 tablespoons of Olive Oil
Salt and pepper
4 tablespoons of unsalted Butter
1 Medium Onion finely chopped
1 Red Sweet Pepper, seeded and finely chopped
2 tablespoons Cappers rinsed and drained
3 tablespoons of Lemon Juice
¼ cup of Dry White Wine
Salt and pepper

How it's done

Spray a baking pan with a little oil. Pat Flounder fillets dry with a paper towel and place in the pan flesh side up, folding under the thinnest part of the tail fillet to achieve an even thickness. Preheat your oven to 400° degrees. Next drizzle the lemon juice and olive oil over the fillets and season with salt and pepper. Cover pan with aluminum foil and bake for 18 minutes.

Meanwhile in a small pan, over medium high heat, melt the butter and sauté the onion, red pepper and the capers till tender, about 3 to 4 minutes. Next add lemon juice and white wine and bring the pan to a simmer and reduce sauce to about half the original liquid. Season the sauce to taste with salt and pepper.

To serve plate flounder fillets on a large platter and pour over sauce. Don't feel guilty that dinner was so easy to prepare just enjoy and pour another glass of wine little chef...you did it again.

Pan Grilled Tilapia with Charred Sweet Peppers and Basil

Serves 4

If this dish was any easier to prepare it would be called “eating” and not “cooking”.

Seriously, this one pan dish with a salad and fresh loaf of bread will have you wondering what language to learn in your free time.

Ingredients

1½ to 2 pounds of Tilapia fillet, pin bones removed: you could also use Catfish or Snapper fillet

2 tablespoon olive oil

2 Sweet Red or Yellow peppers, deseeded and coarsely chopped

3 Roma (Plum) Tomatoes seeded and coarsely chopped

3 Basil leaves Chiffonade (Stacked and cut into thin ribbons crossways)

1 tablespoon balsamic vinegar

Salt and pepper

How it's done

Preheat a grill pan or heavy skillet to high heat

Brush the Tilapia fillets with 1 tablespoon of the olive oil and season with salt and pepper on both sides. Next, place fillets in pan, flesh side down, and cook for about 3 minutes per side. Transfer fish to warm platter and cover.

To the hot pan add the peppers and tomatoes and cook for 3 to 4 minutes, moving occasionally until slightly charred.

Remove charred veggies from the pan to a small bowl and add the remaining 1 tablespoon of olive oil then stir in the basil and balsamic vinegar and season to taste.

Plate your fillets and top with veggies and recite your first foreign language phrase to your loving dinner guests:

きれいにする私の台所をあなたの後で廃物を取ることを忘れてはいけない

This is Japanese for: Don't forget to take out the garbage after you clean my kitchen. I think is sounded nicer in Spanish.