

November 30, 2010

Good morning to all of our beloved friends and clients and I hope you had an astonishingly grateful thanksgiving

I am always stupefied by my ability to shut down my entire nervous system and dictate to my stomach that, "hey little organ, I'll tell you when your full". Granted, it pales in comparison to the Bhakti Yoga Masters talent of slowing down ones heart rate to achieve spiritual oneness with the universe. But when you see five pies on the table, it's kind of cool to know you have what it takes to taste them all. I hope you enjoy today's simple and healthy recipes

We have begun taking Holiday Orders so please call 908-735-5121 should you need any assistance at all...thank you

Some Great Take-Out Specials

908-735-5121

Blackened Grouper Sandwich

With lettuce, tomato and Chipotle Mayo on a Fresh Baked Portuguese Roll With French Fries...\$8

Metro Fish Tacos

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

Crab Cake Sandwich

One of Metros Classic Crab Cakes, Golden brown on fresh pita and with lettuce, tomato, Tarter and hot Sauce with a choice of Soup*...\$7

Grilled Ginger Lime Sea Scallops over a Mixed Field Green Salad

And a Choice of Soup*...\$8

Grilled Sesame Soy Snapper Pita Wrap

With a Spicy Asian Slaw And a Choice of Soup*...\$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 fellow travelers South West, **Metro will be at the Stockton Market** on Fridays from 1-7p.m., in addition to our already scheduled days, Saturdays and Sundays
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.

From the North: Nova Scotia Halibut (See Recipe Below), Nova Scotia Hard Shell Lobsters, Skate Fillet, New Bedford Grey Sole, Monkfish Fillet, Nantucket Bay Scallops, Swordfish, Dry Day Boat Sea Scallops, Maine Sea Bass(Black Sea Bass), Maine Jonah Crab Cocktail Claws, Sushi Grade Fluke, New Bedford Cod Fillet, Rhode Island Little and Top Neck Clams, Maine Steamer Clams, Fresh Squid

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

From the Pacific Northwest: Black Cod (Sablefish), Ivory King Salmon, Fresh Plump Shucked Washington State Oysters, Jumbo King Crab Legs and Snow(Ophelia) Crab Legs

From the South: Mahi Mahi, Sushi Grade Ahi Tuna, Red Grouper, Real American Red Snapper, Blue Crab Cocktail Claws, Fresh Lump and Jumbo Lump Crab Meat, Fresh Florida Stone Crab Claws

From Sustainable Seafood Sources: Taylor Bay Scallops in the Shell, Mississippi Catfish, Prince Edward Island Mussels, Costa Rican Tilapia Fillet, Fresh Organically Farmed Atlantic Scottish Salmon, Local Musky Hatchery Rainbow Trout, and Icelandic Arctic Char
Please Call to Inquire About Our Full Line of House Smoked Fish
And Our Complete List of Oysters for the Half-Shell

Braised Halibut with White Beans

"Healthy and Delicious" have never been seen as around town as the "in" couple with only some brief relationships highs like ripe fruit and summer vegetables. But with this recipe I think these kids are not only going to make it but might give "Sweet and Salty" a run for the money. Enjoy

Serves 4

Ingredients

2 each 15 ounce cans of White Beans (Cannelloni Beans) rinsed and drained

4 cloves of Garlic sliced thin

1 teaspoon of crushed Red Pepper Flakes

6 tablespoons olive oil

½ teaspoon of ground cumin

1 ½ to 2 pounds of Halibut filleted skinned. You can also use with great success Grouper, Snapper or Pollack

Salt and Pepper

2 tablespoons of chiffonade Basil (Leaves stacked and cut into thin ribbons width wise)

Lemon wedges for garnish

How it's done

Preheat the oven to 400°F

Combine the drained Cannelloni beans in a sauce pan with the garlic, red pepper flakes, 3 tablespoons of the olive oil, and 1/4 cup of water. Bring the liquid to a simmer, cover the pot, and simmer for 10 minutes.

Add the cumin to the Beans and spread half the mixture in the bottom of a 9-inch-square baking dish. Place the Halibut on top, sprinkle with salt and pepper, and finish with the remaining Cannelloni bean mixture. Drizzle the remaining 3 tablespoons of olive oil over the top. Cover and bake in the preheated oven for 30 minutes, until the fish is just flaky but not falling apart; check after 20 minutes. Garnish with basil and lemon wedges.

Hey, who knows maybe we can get through the holiday season and come out lean and sexy...oh behave fishman. Never

Quick Shrimp and Orzo

Serves 4

Alright Fishmonger, this recipe seems a little involved for a weekday...shhhh, fellow traveler(my index finger is gently pressing on your beclouded lips) you can do this and this dish can be served at room temp, so no matter what time Ashley and little Nicky have practice you'll be ready. I know, I don't look that smart.

Ingredients

4 tablespoons of olive oil

1 pound of Orzo Pasta
1½ pounds of Medium Shrimp Peel and deveined
1½ cups of Metro's Famous fish Stock or you can use our Vegetable Stock...well my Mom thinks it's famous
1 ½ cups of dry white wine
1 lemon
3 ounces of unsalted butter cubed
½ cup of chopped flat leaf parsley
2 tablespoons of capers drained and rinsed

How it's done

Bring a large saucepan of salted water to a rapid boil.

Add orzo and stir to prevent pasta from sticking to the bottom of the saucepan.

Boil for 8 minutes or until al dente. Drain, transfer to a bowl and toss with 1 tablespoon of the olive oil. Cover to keep warm and set aside.

Meanwhile, heat the remaining 3 tablespoons of olive oil in a large frying pan over high heat.

Add the shrimp and toss for 2 minutes or until shrimp change color and are just cooked. Use a slotted spoon to remove the shrimp from the pan and set aside.

Next add the stock and the white wine to the pan and simmer for 10 minutes or until reduced by half (1½ cups)

Meanwhile peel the lemon with a vegetable peeler trying only to remove the yellow part of the rind and not the white. Then cut the rind into thin strips, you could also use a lemon zester.

Next, squeeze the lemon and reserve juice.

Add the butter and parsley to the reduced stock in the pan, stir over low heat until butter is melted.

Remove stock from heat and add to the orzo with the shrimp, lemon rind, lemon juice and capers. Toss to combine and season with salt and pepper to taste.

Serve warm or at room temperature. By the way if you decide to make this on a weekend all you did was free up some well deserved bubble bath time...feel free to call in a dinner guest to help with the back.

November 23, 2010

Good morning to all of our beloved friends and clients and may I take this opportunity to express my deepest gratitude in having such lovely friends and clients such as you Also, to you and your family's, a peaceful and bountiful thanksgiving..We are still taking orders for thanksgiving, so please call the store and we would be delighted to help you Our store ours for this week are Tues and Wednesday 10:00 to 6:30, Closed Thursday(Thanksgiving) Friday and Saturday 10:00 to 6:30 Sunday 11:00 to 4:00 I hope you enjoy today's Appetizer Recipes as well as a reissue of our Classic Oyster Stuffing Recipe

Some Great Take-Out Specials
908-735-5121

Lunch order of "Pop-Corn" Rock Shrimp
With Fries, Cole Slaw, Tartar Sauce and Cocktail Sauce With a soft drink...\$8**

Grilled Southwestern Salmon "Fajita" Wraps
with seared Peppers, Onions and Chipotle Mayo on a fresh flour tortilla With a small French Fry...\$8

Grilled Ginger Lime Chilean Sea Bass over a mixed Field green Salad

And choice of soup*...\$9

Fried Fish "Sloppy Joe" Pita Wrap
Panko Crusted Fish with Cole Slaw and Russian Dressing On fresh baked Pita With a soft
Drink**...\$7

Grilled Blackened Scallops over Veggies and our Famous Rice Pilaf...\$9

*Home Made Soup Selections Manhattan and New England Clam Chowders,
Lobster Bisque, and Chicken and Rice

**Soft drink selections for Specials Coke, Diet Coke, Sprite or Water

Don't forget about our Newest Menu Additions: Metro's Own Lobster Salad Roll and Fish
Tacos

Attention Stockton Market Clients! We will be at the Market tomorrow 11/24/10 the
Wednesday Before Thanksgiving From 9am to 6pm. Please call the store 908-735-5121 to
place an order!

Shrimp Cocktails, Stuffed Mushrooms, Shucked Oysters, Crab Claws Etc.

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from 1-7p.m., in addition to our already scheduled days, Saturdays and Sundays

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for you, but as always a great selection will abound.

From the North: Nova Scotia Hard Shell Lobsters (See Recipe Below) Pollack Fillet (Blue Cod),
Skate Fillet, New Bedford Grey Sole, Monkfish Fillet, Nova Scotia Halibut, Nantucket Bay
Scallops, Swordfish, Dry Day Boat Sea Scallops, Maine Sea Bass(Black Sea Bass), Maine Jonah
Crab Cocktail Claws, Sushi Grade Fluke, New Bedford Cod Fillet, Rhode Island Little and Top
Neck Clams, Whole Belly Clams for the Fryer, Maine Uni (Sea Urchin Roe), Maine Steamer
Clams, Live Scallops in the Shell

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

From the Pacific Northwest: Black Cod (Sablefish)Wild Troll King Salmon, Ivory King Salmon,
Fresh Plump Shucked Washington State Oysters (See Recipe Below), Jumbo King Crab Legs and
Snow(Ophelia) Crab Legs

From the South: Carolina Golden Tilefish, Mahi Mahi, Sushi Grade Ahi Tuna, Red Grouper, Real
American Red Snapper, Blue Crab Cocktail Claws, Fresh Lump and Jumbo Lump Crab Meat,
Fresh Florida Stone Crab Claws

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

Serves 4 to 6 for Appetizers

The only downside to this dish is sharing...for the love of Neptune , must we always share, I think this concept has become outdated...slow down you fishy Chubster, it's always better to share...sorry, I shouldn't write these recipes hungry.

Ingredients

1 each 1¼ lobster steamed and meat taken out: of course we will do this for you at Metro free of charge

½ cup of Sweet Red Pepper diced fine

½ cup of Flat Leaf Parsley chopped

2 scallions green part only sliced thin; use the white parts in your salad later

¼ cup of Mayo

¼ cup of Lebni or Greek Style Yogurt; available at Metro

4 ounces Cream Cheese left at room temp to soften

The Juice of one Lemon, say your free lemon from Metro

½ teaspoon of your favorite hot sauce

¼ cup of Panko Bread Crumb

½ teaspoon grated lemon zest

How it's done

Preheat oven to 425°F

Chop lobster meat into even pieces and place in a medium bowl. Stir in the red pepper, parsley, and scallion greens. Using a rubber spatula, gently stir in the mayonnaise, Lebni, cream cheese, lemon juice, and hot sauce. Transfer to a one quart shallow baking dish. In a small bowl, combine the panko and lemon zest.

Just before baking, sprinkle the panko mixture on top and bake until the panko is toasty brown and the dip is bubbling at the edges, about 12 minutes. Serve hot.

You can make this dip one day ahead but don't put the panko mixture on top till you are ready to put in the oven

Serve with Crostini or crackers or a friend's finger

Oyster Stuffing

Serves 6 to 8 guests or two of me

If you've never had oyster stuffing before please let me know when I see you. I will hold, rock, and gently let you know the world in fact is not flat. For the foodies in our audience, you are correct, this is technically considered a dressing because it doesn't actually cook inside the bird.

11 cups 1/2" cubed white French bread (about 14 oz.)

6 slices bacon, cut crosswise into 1/4" strips

6 Tablespoon unsalted butter, melted, plus more for greasing the pan

6 shallots, thinly sliced

4 ribs celery, thinly sliced

1 quart of shucked oyster with liquor

1 cup chicken stock

1/4 cup Port wine or Madeira

1/3 cup chopped flat-leaf parsley leaves

2 Tablespoon chopped thyme leaves

2 Tablespoon chopped sage leaves

1/2 tsp. Tabasco

1/4 tsp. fresh grated nutmeg

1/8 tsp. ground cloves

Kosher salt and freshly ground black pepper, to taste

How it's done

Heat oven to 250°. Arrange bread cubes on a baking sheet in a single layer and bake, stirring occasionally, until dried but not browned, about 15 minutes. Let cool.

Put bacon into a 12" skillet; cook over medium-high heat, stirring frequently, until crisp and its fat has rendered, about 10 minutes. Add 4 Tablespoon of the butter and heat. Add shallots and celery; reduce heat to medium, and cook, stirring occasionally, until vegetables are soft, about 10 minutes. Add oyster liquor, stock, Madeira or Port, parsley, thyme, sage, Tabasco, nutmeg, cloves, and salt and pepper. Bring to a boil over high heat and cook, stirring occasionally, for 5 minutes. Scrape the mixture into a large bowl and stir in the bread cubes and oysters. Set aside to allow the flavors to come together for 10 minutes.

Raise the oven temperature to 400°. Transfer mixture to a buttered 2-qt. oval baking dish and cover with foil. Bake for 30 minutes, remove foil, drizzle with remaining butter, and continue baking until golden brown and crusty, about 30 minutes more. Serve immediately.

If, like my gathering, you all are donning traditional pilgrim garments might I suggest some racy undergarments to heighten the level of thankfulness.

Mussels Casino

Serves 4 to 6 for appetizers

Appetizers for 6 for under \$10.00 bucks, what will Metro think of next? A self-cleaning shrimp...hopefully never, we will always clean your shrimp for free.

Ingredients

2 tablespoons olive oil

2 ounces sliced pancetta or bacon, finely chopped

1 cup finely diced red bell pepper

1/3 cup chopped shallots

2 large garlic cloves, minced

1/4 teaspoon dried oregano

1 cup of dry white wine

4 tablespoons freshly grated Parmesan or Romano Cheese

Salt and freshly ground black pepper

1 ½ pounds of Mussels rinsed and debearded unless you enjoy a crustacean Goatee

How it's done

In a medium sauce pan bring a ½ cup of white wine to a boil and put mussels in pan, cover and steam for 6 to 8 minutes or until mussels are open.

When mussels cool, drain off broth and remove the top shell of the mussels putting them on the "half shell" and arrange on a baking sheet cover with plastic wrap and keep in the refrigerator.

Heat the oil in a heavy large skillet over medium heat. Add the pancetta and sauté until crisp and golden, about 3 minutes. Using a slotted spoon, transfer the pancetta to a plate. Add the bell pepper, shallots, garlic, and oregano to the same skillet and sauté until the shallots are tender and translucent, about 5 minutes. Add the wine and simmer until it is almost evaporated, about 2 minutes. Remove the skillet from the heat and cool completely. Stir the reserved pancetta and 2 tablespoons of Parmesan cheese into the vegetable mixture. Season the mixture, to taste, with salt and pepper.

Preheat the oven to 500 degrees F.

Take mussels out of the fridge and spoon the vegetable mixture on top of each mussel dividing equally and mounding slightly. Sprinkle with the remaining 2 tablespoons of Parmesan. Bake until the mussels are just warmed through and the topping is golden, about 6 to 8 minutes.

Note you can assemble these hours in and bake off moments before Cocktail Hour. That sounds fun Cocktail Hour with your in-laws...I hope the passive aggressive comments are half priced....just kidding. Well...

November 18, 2010

Good morning to all of our beloved friends and clients and thank for making our fish taco "The Hottest thing since Salma Heyak!...People Magazine"

"If you only have one meal with the family this year, make it Fish Tacos....Entertainment Weekly"

"Living La Vida Local! Awesome Tacos!...Rolling Stone"

And to those fellow travelers who have been bringing in the pink frocks for me to try on I thank you and am flattered but I will not model them privately for you...that's just creepy. The search is still on however, to the anonymous donor who dropped off the smart pants suit...very tasteful.

We are still taking orders for the Thanksgiving Holiday for Pick-Up the Wednesday before....it's all about the appetizers!

Some Great Take-Out Specials
908-735-5121

Lunch Order Fish-N-Chips
Hand dipped batter fried fish
With Crispy Fries, Cole Slaw, Tartar Sauce and Malt Vinegar...\$7

Grilled Ginger Lime Chilean Sea Bass over a mixed Field green Salad
And a cup 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 cup of soup*...\$9

Blackened Mahi Pita Wrap with Southwestern Vegetables
And Chipotle Mayo With a Cup of Soup*...\$8

Grilled Sesame Soy Grouper
Over a Mixed Field Green Salad With a Cup of Soup*...\$8

***Home Made Soup Selections: Manhattan and New England Clam Chowders,**
Lobster Bisque, and Chicken and Rice

Don't forget about our Newest Menu Additions: Metro's Own Lobster Salad Roll and Fish Tacos

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

Please Call to Inquire About Our Full Line of House Smoked Fish

THIS WEEKEND'S OYSTER SELECTION WILL INCLUDE THE FOLLOWING DELIGHTS

[We are Delighted to Announce Two New Oysters to the Metro Line-Up](#)

[Stingray \(Milford Haven, Virginia\)](#): Stingrays are the quintessential Chesapeake Bay Oyster; sweet and mildly briny with a clean, crisp finish.

[Rappahannock \(Topping, Virginia\)](#): Deep-cupped and mineral rich, these oysters offer a sweet, buttery, and full-bodied taste with a clean, crisp finish.

East Coast: Beau Soleil (New Brunswick Canada)

West Coast: Kumamoto (Humbolt Bay , California) ; Pemaquid (Hog Island , Maine) ; Peale Passage (Shelton Bay , Washington State) ; Flowers (Oyster Bay Harbor NY) ; Hammersley (Hammersley , Washington State) ; Flying Point (New Castle , Maine) ; Fisher's Island (Fisher's Island , New York) ; Belon (Harpswell , Maine) ; St. Simon (New Brunswick Canada) ; Briar Patch (Stonington , Connecticut)

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

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
- Frolic: An Alpine-Style Cheese named for the Happy Frolicking Cows of Milford.

Valley Shepherd Creamery Long Valley NJ

- 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.
- 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.
- Octoberkase: Aged 6+ months, and made from Octobers milk rich in butterfat and flavor
- 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
- Oldwick Shepherd: Aged 5+ months, this sheep's milk cheese is nutty, full flavored, and undeniably sheep! Baaaah
- Nettlesome: Cave aged 4+ months, with the unique addition of Stinging Nettles...herbaceous and truly memorable
- Tartufo Shepherd: Pure sheep's milk with the addition of Tuscan Black Truffles, aged 4+ months....both earthy and elegant!
- Califon Tomme: Aged 3+ months, this creamy, Tangy Cheese reminds me of a young-aged Gouda Style. Delectable melt-ability
- Shepherd's Basket: Aged 5+ months, this sheep's milk cheese is made using our own lamb rennet, imparting a distinctive, well layered flavor with a beautiful, basket rind

Pollack Baked in Foil with Pesto Julienned Vegetables

Serves 4

No, this is not an ethnic slur...Pollack or Blue Cod is a fabulously mild and flakey fish caught off the North Atlantic . However, if you're having the Dubranski family over for dinner you might want to substitute this dish for the Cod...people are very sensitive today.

Ingredients

4 each 6 to 8 ounce Pollack fillets: you can also use with great success Cod, Halibut, Grouper or Snapper

3/4 teaspoon salt

1/2 teaspoon fresh-ground black pepper

1/4 cup pesto (See recipe below) or your home pesto and of course you can use store bought

3 carrots cut into matchsticks or Julienned on a Mandoline

1 zucchini cut into matchsticks or Julienned on a Mandoline

2 tablespoons olive oil

1/4 cup dry white wine

How it's done

Heat the oven to 450°. Put four 12-inch squares of aluminum foil on a work surface and brush lightly with cooking oil.

Put a Pollack fillet in the center of each square of foil. Sprinkle the fillets with 1/4 teaspoon of the salt and 1/4 teaspoon of the pepper. Spread the fish with the pesto. Cover the pesto with the carrots and top with the zucchini. Sprinkle with the remaining 1/2 teaspoon salt and 1/4 teaspoon pepper. Gather the foil around the fish and drizzle the fish with the oil and wine.

Fold the edges of the foil to make a sealed package. Put the foil packages on a baking sheet.

Bake the fish until just done, about 12 minutes. Open the foil packages and transfer the fillets with their vegetable topping to plates. Pour the juices over the top.

By the way if you do have the Dubranski's over you might want to stock up on the liquor...they really don't drink much coffee.

Fresh Basil Pesto Recipe

Yields 1 cup...just make this to put on your baked potato or friends

Ingredients

2 cups fresh basil leaves, packed

1/2 cup freshly grated Parmesan or Romano cheese

1/2 cup extra virgin olive oil

1/3 cup pine nuts or walnuts

3 medium sized garlic cloves, minced

Salt and freshly ground black pepper to taste

How it's done

Combine the basil in with the pine nuts, pulse a few times in a food processor. (If you are using walnuts instead of pine nuts and they are not already chopped, pulse them a few times first, before adding the basil.) Add the garlic, pulse a few times more.

Slowly add the olive oil in a constant stream while the food processor is on. Stop to scrape down the sides of the food processor with a rubber spatula. Add the grated cheese and pulse again until blended. Add a pinch of salt and freshly ground black pepper to taste.

Roasted Tilefish over Honey Glazed Carrots with a Caper Lemon Sauce

Serves 4

I'm certainly not trying to tell you how to live your life, but if you'd rather not doze off this thanksgiving on a tryptophan induced comma, you might want to try this supple and aromatic dish...I'm just saying

Ingredients

4 each 6 to 8 ounce portions of Tilefish fillet skin on and scaled

2 tablespoons of olive oil

Salt and pepper

2 small bunches of Baby carrots

4 tablespoons of unsalted butter

1 tablespoon of honey

Water

4 tablespoons of flat leaf parsley chopped

1 teaspoon of fresh thyme leaves chopped fine

The juice of 1 free lemon...that's right there're always free at Metro

4 tablespoons of capers drained and rinsed

How it's done

Preheat oven to 375°F.

Take the Tilefish out of the fridge, pour olive oil over it, and let it sit for 15 minutes or so at room temp.

To prep the carrots, trim off anything that looks a bit ropey and wash well.

Once the oven is up to temperature, and your fish no longer feels really cold, take the fish out of the oil, and place it on a parchment paper lined baking sheet. Sprinkle with a little salt and pepper, and put in the oven for 20 to 25 minutes.

Meanwhile, put the carrots in a sauté pan, along with 1 tablespoon of butter, and the honey.

Fill with enough water to almost cover the carrots. Get this boiling over a high heat. Reduce to a strong simmer. Stir the carrots from time to time. When the carrots are done remove liquid and keep warm. Reduce carrot cooking liquid until it is syrupy then bring the carrots back and keep warm.

To make Caper Lemon sauce, melt 2 tablespoons of butter in a small saucepan or sauté pan.

When foaming, fry the capers for a few seconds. Next add lemon juice, remove pan off the heat and whisk in two tablespoons of butter and the chopped thyme.

Add the parsley to the carrots, and toss again.

Remove the fish from the oven. The fish is done when it easily falls into large flakes when fork tested.

To serve - divide the carrots between four plates, top the carrots with the roasted tilefish.

Pour over the sauce. Who knows, with your new found alertness you can probably drink double your normal wine intake.

November 16, 2010

Good morning to all of our beloved friends and clients, who have been so generously accepting our recipe emails...thank you.

Several weeks ago I promised to be in our new location within a six week period or I would don a pink dress and stand in front of the new location. And although the move going well, it looks as though I will have to get in touch with my gentler side and put on the dress. While I have every intention of making good on the bet, I have run into a dilemma finding a garment that will truly accentuate my better qualities...so it is to you, my caring friends, that I ask you for any slightly used frocks that would make me look well...pretty. I think I'm a size sixteen but would probably look hotter in a fourteen...your call.

Oh, and we are still happily accepting orders for the thanksgiving holiday...sure you're going to have turkey, but shrimp and crab really kick-off the day.

[Some Great Take-Out Specials](#)

Whole Belly Fried Clam Roll

Whole Belly (Steamer) Clams in a buttermilk Breading With lettuce, tomato and tarter sauce on a fresh baked Portuguese Roll...With a choice of Soup*...\$8

Grilled Ginger Lime Ahi Tuna

On a Mixed Field Green Salad And a Choice of Soup*...\$9

Fried Fish Pita Wrap
Panko Crusted Flounder with lettuce, tomato, tartar sauce and hot sauc
On a locally baked pita...With French Fries...\$7

Flounder Francaise
A classic preparation of sautéed Flounder
Over linguini with roasted Veggies...\$12

***Home Made Soup Selections Manhattan and New England Clam Chowders**

Lobster Bisque and Chicken and Rice

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

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

From the South: Mahi Mahi, Sushi Grade Ahi Tuna, Red Grouper, Real American Red Snapper, Blue Crab Cocktail Claws, Fresh Lump and Jumbo Lump Crab Meat, Fresh Florida Stone Crab Claws

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

Pepper Crusted Salmon with a Dijon Dill Sauce
Serves 4

What if your loved one's birthday falls on a weekday you can't let them know that their birthday meal was as effortless as their conception. This dish will be a declaration of your undying love and commitment and you'll probably spend more time making the salad than performing this lovely dish.

Ingredients

For the Salmon

4 each 6 to 8 ounce Salmon fillets skinned you can also use Hamachi (Yellow Tail) or Halibut
Salt

3 tablespoons of fresh cracked black pepper

2 tablespoons olive oil
For the Dijon Dill Sauce
1 tbsp olive oil
1 shallots, chopped
1 clove garlic, chopped
3 tablespoons white wine
¼ cup heavy cream
3 tablespoons of course grain Dijon mustard
2 tablespoons chopped dill

How it's done

Season each fillet with a little salt and press each piece lightly into the cracked pepper to coat. Place in the refrigerator.

To make the Dijon Dill sauce, heat the oil in a large non-stick frying pan, add the shallot and garlic and fry gently for three minutes.

Add the wine and cook until evaporated. Stir in the cream and bring to the boil, then add the mustard and the dill and season to taste and keep warm.

Next wipe out the pan with paper towels and heat the oil for frying until very hot. Add the Salmon to the pan, flesh side down, and cook for about 3 to 4 minutes on each side until browned and just firm when pressed. Remove and transfer fish to warm platter and spoon the sauce around. "No you didn't...you made cupcakes with the extra time...no fair throwing soul punches"

Pan Seared Catfish with a Tomato and Ginger Salsa

Serves 4

I'm sick and tired of Catfish being consider the dumb cousin of the fish family...this ancient species was feeding early man long before Tuna or Swordfish was discovered.

Albeit that this finned native might not hold the seductive nature of Snapper or Sole...it does offer a more sustainable love that wraps its delectability around you on a lonely night...ok that may be a bit much, but it is delicious and reasonably priced

Ingredients

4 each 6 to 8 ounce serving of Catfish you can also use with great success Tilapia, Grouper or even Trout fillet

4 tablespoons of your favorite Cajun or blackening spice Metro also makes are own Fireworks rub...best dollar you ever spent

1 pint of Grape tomatoes halved

½ cup of chopped Red Onion

2 scallions sliced thin

3 tablespoons pickled ginger chopped fine

2 tablespoons lime juice

4 tablespoons olive oil

How it's done

To make the Tomato Ginger salsa, mix tomatoes, red onion, scallions and pickled ginger in a large bowl. Add the lime juice and 2 tablespoons of olive oil. Season with salt and pepper to taste and set aside (can be made hours in advance)

Season the Catfish filets generously with your favorite blackening spice. In a large non-stick sauté pan heat 2 tablespoons of olive oil over med-high heat. Next add Catfish and sear for 4 to 5 minutes per side or until fish is opaque when checked with a fork.

Transfer fish to plates and spoon over salsa. Serve this meal with some warmed tortillas and a simple rice and feel the admiration of the Noble Catfish.

November 11, 2010

Good morning to all of our beloved friends and clients and to those brave people who have served our great country and humbly say...thank you
Please hug a veteran today and if it turns into a back rub...well heck, it's for the country

[Some Great Take-Out Specials](#)
[908-735-5121](#)

[Blackened Snapper Sandwich on Fresh Baked Italian Bread With Lettuce, Tomato and Tartar Sauce With a Cup of Soup*...\\$9](#)

[Grilled Basil Balsamic Arctic Char](#)
[On a Mixed Field Green Salad And a Cup of Soup*...\\$8](#)

[Panko Crusted Grouper Pita Wrap](#)
[Lettuce, Tomato and Spicy Mayo With a French Fries...\\$8](#)

[Mussels in White Wine and Garlic](#)
[With fresh Bread...\\$5 pound](#)

[Linguini with Cockles Marinara](#)
[\(New Zealand Cockles + Metro's Marinara Sauce= Toe Curling\) Served with Locatelli Romano...\\$9](#)

[*Home Made Soup Selections Manhattan and New England Clam Chowders](#)
[Lobster Bisque and Chicken and Rice](#)

[Don't forget about our Newest Menu Additions: Metro's Own Lobster Salad Roll and Fish Tacos](#)

To all of our fellow travelers South West Metro will be at the Stockton Market on Fridays from 1-7p.m., in addition to our already scheduled days, Saturdays and Sundays
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.

From the North: Monkfish Fillet (See Recipe Below), Nova Scotia Halibut, Pollack Fillet (Blue Cod), Nantucket Bay Scallops, Day Boat Skate Fillet, Swordfish, Dry Day Boat Sea Scallops, Maine Jonah Crab Claws, Sushi Grade Fluke, Flounder, Whiting, New Bedford Cod Fillet, Rhode Island Little and Top Neck Clams, Whole Belly Clams for the Fryer, Maine Uni (Sea Urchin Roe), Maine Steamer Clams and New Bedford Grey Sole

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

From the Pacific Northwest: Black Cod (Sablefish) ,Fresh Plump Shucked Washington State Oysters, Jumbo King Crab Legs and Snow(Ophelia) Crab Legs

From the South: Cobia(Lemon Fish), Sushi Grade Ahi Tuna, Red Grouper (See Recipe Below), Real American Red Snapper, Blue Crab Cocktail Claws, Fresh Lump and Jumbo Lump Crab Meat, Fresh Florida Stone Crab Claws and Rock Shrimp

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

Please Call to Inquire About Our Full Line of House Smoked Fish

THIS WEEKEND'S OYSTER SELECTION WILL INCLUDE THE FOLLOWING DELIGHTS

We are Delighted to Announce Two New Oysters to the Metro Line-Up
Stingray (Milford Haven, Virginia): Stingrays are the quintessential Chesapeake Bay Oyster; sweet and mildly briny with a clean, crisp finish.
Rappahannock (Topping, Virginia): Deep-cupped and mineral rich, these oysters offer a sweet, buttery, and full-bodied taste with a clean, crisp finish.

East Coast: Beau Soleil (New Brunswick Canada)

West Coast: Kumamoto (Humbolt Bay , California); Pemaquid (Hog Island , Maine) ; Peale Passage (Shelton Bay , Washington State) ; Flowers (Oyster Bay Harbor NY) ; Gold Creek (Hood Canal , Washington State) ; Flying Point (New Castle , Maine) ; Fanny Bay (Union Bay , British Columbia) ; Fisher's Island (Fisher's Island , New York) ; Belon (Harpswell , Maine)
St. Simone (New Brunswick Canada)

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

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**
- **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.**
- **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.**
- **Octoberkase: Aged 6+ months, and made from Octobers milk rich in butterfat and flavor**
- **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**
- **Pepato : Aged 5+ months, this I a refined Shepherd's Basket , with an gentle "kiss" of cracked white peppercorn**
- **Oldwick Shepherd: Aged 5+ months, this sheep's milk cheese is nutty, full flavored, and undeniably sheep! Baaaah**
- **Nettlesome: Cave aged 4+ months, with the unique addition of Stinging Nettles...herbaceous and truly memorable**

Monkfish and Penne in a Sauce Piquante

Serves 4

Piquant-agreeably stimulating, interesting, or attractive: That Metro Mark is quite the piquant character...or he's just full of crab.

Ingredients

¾ pound of Penne Pasta
2 Tablespoons olive oil
2 cloves of garlic minced
1 teaspoon of hot paprika
½ teaspoon of dried thyme
1/4 teaspoon cayenne pepper
2 sweet red bell peppers, seeded & cut into 1/4-inch dice
¼ cup dry white wine
1 ½ pounds of Monkfish cut into ½ inch medallions

¼ of a pound of Smoked Scallops chopped
½ cup of chicken Stock
2 tablespoons of unsalted butter
2 scallions sliced very thin for garnish

How it's done

Bring a large pot of salted water to a boil. Add pasta and cook until tender but still al dente, about 8 minutes or according to package directions. Meanwhile in a large skillet heat olive oil. Add garlic, paprika, thyme, cayenne and bell peppers and sauté for a minute. Then add white wine, cover and simmer over low heat until the peppers are almost tender, about 3 minutes. Add Monkfish and smoked Scallops, cover and simmer until fish is cooked through, another 2 minutes. Uncover skillet, add chicken broth and cook until broth has reduced slightly, about 1 minute. Remove skillet from heat, swirl in butter and adjust seasoning. Drain pasta and turn in skillet with monkfish and toss till coated. Serve out into pasta bowl and garnish with scallions. Slightly spicy with mild smoky overtones that gently embrace your soul...of course I'm describing Barry White but this dish also rocks.

Pan Roasted Grouper on a Arugula Puree and Parmesan Crisps

Serves 4

I'll be honest with you the last time I made the Parmesan Crisps I had to check myself into rehab where I met the lovely and talented Lindsey Lohan...apparently a cheese addiction isn't covered under my insurance plan. Seriously, a nice salt crunch to the firm sweet flesh of the Grouper

Ingredients

8 ounces Parmigiano-Reggiano cheese coarsely grated
2 cups Baby Arugula
1-2 Tablespoon vegetable stock you can also use fish or chicken
1 Tablespoon olive oil
4 each 6 to 8 ounce Grouper Fillets (skinned)
Salt and Pepper
2 Tablespoons unsalted butter
Chopped Parsley for garnish

How it's done

To make Parmesan crisps, preheat oven to 350°F.

On a parchment-lined baking sheet measure 1 tablespoon of Parmesan Cheese and form into 2 inch rounds about 2 inches apart and bake 3 to 4 minutes or until they begin to turn golden brown. Remove from pan and keep at room temperature.

To prepare arugula purée, blanch arugula in boiling salted water for 1 minute, then immediately refresh in ice water.

Drain and purée leaves in a blender with 1 Tablespoon stock and 1 tablespoon of olive oil until smooth, adding a little more stock if needed for a smooth consistency. Season with salt and pepper and keep warm

To prepare Grouper, preheat oven to 400°F

Season Grouper fillet with salt to taste on both Sides.

Next melt butter in a heavy-bottomed ovenproof skillet. When butter is hot place Grouper in skillet, flesh side down. Transfer skillet to oven and roast for 10-12 minutes, depending on thickness of fish, I prefer mine slightly underdone.

To serve, spoon arugula purée on plates and top with a piece of Grouper, flesh side up and sprinkle fresh with parsley. Finally garnish each plate with 1 or 2 Parmesan Crisps.

If you are planning on starting dinner with a little pasta course and round out the meal with some homemade Canollies please consider inviting me over...I always bring shrimp...huh?

Cockles and Mussels in an Anise Scented Cream Broth

Serves 4 for a main course or 8 as a first course

Beside this broth being delicious and begging for large torn pieces of good bread, it is also highly recommended for filling hot tubs to untether ones weighted anxieties...that sounds kind of...gro..(Let yourself go) awesome.

Ingredients

2 pounds PEI Mussels rinsed well
2 pounds of Cockles rinsed well
3 or 4 slices thick sliced bacon cut into ½ inch pieces
8 cloves garlic chopped
3 large shallots sliced thin
8 tablespoons of Pernod or Anisette
1¼ cup of heavy whipping cream
1 cup Chicken stock or Clam Juice
2 tablespoons basil, chopped
2 tablespoons of flat leaf parsley, chopped

How it's done

Wash Mussels and Cockles under cold, running water, should the Mussels have any beards remove.

Heat a large rimmed frying pan or a Wok to medium-high heat, add bacon and cook for 3 to 4 minutes, or until crisp.

Next add garlic and shallot, then cook for 3 minutes, or until shallot is translucent.

Add Mussels and Cockles toss gently and deglaze the pan with the Pernod or Anisette.

Stir in cream and chicken stock and cover and simmer for 4 minutes. Remove the lid and reduce broth for another 4 minutes

Discard any Mussels and Cockles that have not opened during cooking.

To serve, turn Mussels and Cockles into a large Serving bowl and garnish with parsley and Basil. If you decide to serve this dish from a communal serving bowl be prepared to throw an elbow or two. Enjoy

November 9, 2010

Good morning to all of our beloved friends and clients and to those heartfelt travelers who have found love while executing some of more amorous dishes I thank you for sharing.

However, to those dear friends of Metro who pride themselves on divulging the most intimate details you might want to turn down the burner a tad. While I totally embrace the enthusiasm let's try to keep it burlesque and less full frontal broiling. I sincerely hope you enjoy today's recipes

[Some Great Take-Out Specials](#)

[908-735-5121](#)

[Grilled South Western Mahi Sandwich On a fresh baked Portuguese Roll With Roasted Veggies and Chipotle Mayo With a cup of soup*...\\$8.00](#)

[Crab Cake Pita Wrap](#)

[With lettuce tomato, Tarter and hot sauce With a small French Fry and a Can of Soda ...\\$7](#)

[Spiced Rubbed Swordfish Kebob on Rice and Roasted Veggies With Tzatziki Sauce...\\$9](#)

[Grilled Ginger Salmon Pita Wrap](#)

[With Oven Roasted Veggies and Wasabi Sauce With a cup of soup*...\\$9](#)

[Soup and a Salad](#)

A Bowl of our homemade Soup (your choice*) With a mixed field green salad and a piece of locally baked Bread...\$7.00

*Home Made Soup Selections Manhattan and New England Clam Chowder
Lobster Bisque and Chicken and Rice

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From the North: New Bedford Grey Sole, Nova Scotia Halibut, Line caught Black Sea Bass, Nantucket Bay Scallops, Day Boat Skate Fillet, Swordfish, Sea Scallops, Maine Jonah Crab Claws, Sushi Grade Fluke, Flounder, New Bedford Cod Fillet, Rhode Island Little and Top Neck Clams, Whole Belly Clams for the Fryer, Maine Uni (Sea Urchin Roe), Maine Steamer Clams

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

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

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

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

Branzino and Shrimp Sautee with an Herb Butter Drizzle

Serves 4

The only difficult part about this dish is deciding if your friends and family deserve this on a weeknight....Hey, simmer down you know that they do so go head and put on the chef hat and let them know you dig them.

Ingredients

4 each 4 to 6 ounce Branzino Fillets skin on and scaled with all bones removed

You can also use Snapper, Sea Bream or Grouper fillet

½ pound of Large Shrimp (12 each) shelled and deveined

Flour for Dredging

6 tablespoons extra-virgin olive oil

Salt and pepper

4 tablespoons freshly made clarified butter

2 tablespoons parsley finely chopped

2 tablespoons finely chopped cucumber

2 tablespoons capers rinsed and drained

1 tablespoon Worcestershire sauce

2 tablespoons of fresh lemon juice...that's easy the lemons are free at metro

¼ cup of tomato sauce warmed: Yes, we make our own at Metro so no need to make it yourself

How it's done

Pat fish fillets and shrimp dry with paper towels and season with salt and pepper. Next dredge the fish and shrimp in flour on both sides, shaking off excess. Heat olive oil in a large non-stick pan over medium heat. Add Branzino and shrimp to the pan and cook for about 2 or 3 minutes on each side. Transfer seafood carefully to 4 dinner plates and keep warm. To the same pan add tomato sauce, lemon juice and Worcestershire sauce and warm through.

In a separate sauté pan, heat the clarified butter over medium heat with the parsley until it is very hot but not smoking

To serve, garnish the fillets and shrimp with the chopped cucumber and capers. To each plate, pour over tomato sauce mixture. Finally drizzle the herbed butter over the fish and serve immediately. Serve with a salad and one of our artisanal breads and dinner is done and with all the extra time on your hands you can sit back and drink up the complements.

Pan Seared Mahi with a Kalamata Olive Dressing

Serves 4

If you are not in the mood for crying and having life altering epiphanies during a weeknight meal than go ahead and make the chicken breast again. But if you want to rock someone's world on a Tuesday, than try this easy and heartwarming dish

Ingredients

6 tablespoons olive oil

4 each 6 to 8 ounce Mahi fillets skin removed you can also use Cobia, or Grouper

½ cup finely chopped pitted Kalamata or other brine-cured black olives

½ cup finely chopped drained jarred roasted red pepper: or one of your own fresh made

¼ cup of chopped flat leaf parsley

2 tablespoon capers rinsed drained and chopped fine

2 flat anchovy fillets, minced

2 small garlic cloves, minced and mashed to a paste with 1/4 teaspoon salt

2 scallions chopped fine

2 tablespoons balsamic vinegar

Lemon wedges for plating

How it's done

Pat Mahi fillets dry and season both sides with salt and pepper. In a large non-stick skillet, heat 2 tablespoons of the oil over moderately high heat until it is hot but not smoking and in it pan sear the Mahi for 4 to 5 minutes on each side, or until they are just cooked through. While the fish is cooking, in a small bowl stir together the olives, the roasted red pepper, the parsley, the capers, the anchovy, the garlic paste, the scallion, the vinegar, the remaining 4 tablespoons oil, and salt and pepper to taste. Transfer the Mahi to plates, spoon the sauce over it, and serve it with lemon wedges.

Really...a little piece of bread and a Arugula salad is all I need to complete this happily ever after dinner story? Yes fellow traveler sometimes passion and flavor are effortless.

November 4, 2010

Good morning to all of our beloved friends and clients and thank you for making our newest gourmet addition, Local Artisanal Cheeses, such a success

I could not be more pleased and humbled that these master cheese makers have entrusted my company to represent their gorgeous products. However, I did encounter a client the other day who boldly stated "I don't like to mix cheese and fish" and I lovingly responded "I don't put sardines in my coffee but I still relish both" and then I embraced him as only a large fish monger can but alas my overwhelming feeling of humanity actually made him pass out...whoops. I sincerely hope you enjoy today's palate warming recipes

[Some Great Take-Out Specials](#)

[908-735-5121](tel:908-735-5121)

Panko and Cornmeal Crusted Fried Calamari
Served with homemade marinara sauce...\$7

Metro Fish Tacos
Fresh seasonal fish served on a flour tortilla with lettuce, Baja Sauce, Pico Gallo sauce and a side of Pickled Jalapeños and Onions With a Can of Soda or Water...\$8

Lunch order of Blackened Sea Scallops with Oven Roasted Veggies and Rice Pilaf With lemon and Tatar ...\$8

Grilled Sesame Soy Salmon on a Mixed Field Green Salad
With a Soup: You Choose (Manhattan or New England Clam Chowder, Lobster Bisque or Chicken and Rice)...\$8.00

Falafel Sandwich (Feel the Love)
Served with lettuce, tomatoes and Tahini sauce With Small French Fries...\$5
Add wild pickles or hot peppers \$.50

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

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

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We are Delighted to Announce Two New Oysters to the Metro Line-Up

Stingray (Milford Haven, Virginia): Stingrays are the quintessential Chesapeake Bay Oyster; sweet and mildly briny with a clean, crisp finish.

Rappahannock (Topping, Virginia): Deep-cupped and mineral rich, these oysters offer a sweet, buttery, and full-bodied taste with a clean, crisp finish.

East Coast: Beau Soleil (New Brunswick Canada)

West Coast: Kumamoto (Humbolt Bay , California); Pemaquid (Hog Island , Maine); Peale Passage (Shelton Bay , Washington State); Flowers (Oyster Bay Harbor NY); Gold Creek (Hood Canal , Washington State); Flying Point (New Castle , Maine); Fanny Bay (Union Bay , British Colombia) ; Fisher's Island (Fisher's Island , New York) ; Belon (Harpswell , Maine)

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

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
- Baudolino: A full ripened brie style cheese, Baudolino, by the way, is the name of and title character in--an Umberto Eco novel.
- Valley Shepherd Creamery Long Valley NJ
- Shepherd's Basket: Aged 5+ months, this sheep's milk cheese is made using our own lamb rennet, imparting a distinctive, well layered flavor with a beautiful, basket rind
- Fairmount: Aged 10+ months, this Alpine style cheese is both sharp and lingering with a bit of a bite...when younger, it is milder and smooth, when old, crumbly.
- 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.
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- Pepato : Aged 5+ months, this I a refined Shepherd's Basket , with an gentle "kiss" of cracked white peppercorn
- Oldwick Shepherd: Aged 5+ months, this sheep's milk cheese is nutty, full flavored, and undeniably sheep! Baaaah

Orecchiette Pasta with Shrimp, Scallops and Zucchini

Serves 4 Big Travelers or 6 normal folks

Hey Little Home Chef...your humble fish monger has just given your friends and love ones another excuse to be, head over heels, in love with you. The fresh mint in this dish will give you the same sensation as a York Peppermint "Patty" with out being Chubby Charlie...let's face it that Patty wants us to be fat...I can really see her true colors now

Ingredients

1 pound Orecchiette pasta: of course we carry this at Metro...they have it all

1/4 cup olive oil

2 large cloves garlic, minced fine

2 tablespoons small capers, rinsed and drained

1 hot cherry pepper seeded and chopped or 2 pinches of crushed red pepper...of course if you don't like the heat you can omit. What? I didn't call you a big Mary.

2 small zucchini, finely diced

3/4 pound of a pound of Medium Shrimp cleaned and deveined tails off

3/4 pound of Scallops Sea or Bay if the Sea Scallops are very large cut in half

2 cups Arugula

1/4 cup of mint leaves roughly chopped

The juice of one lemon

How it's done

Cook Orecchiette pasta in a large saucepan of boiling salted water until al dente. Meanwhile, heat oil in a large frying pan over medium heat. Add garlic, capers, hot pepper, zucchini and 1 tsp salt, and cook, stirring, for 3 minutes. Increase heat to high. Add scallop and toss for 2 minutes then add shrimp and cook for another 2 to 3 minutes or until cooked through.

Drain pasta, reserving 1/3 cup cooking water. Add pasta, Arugula, 3/4 of mint, lemon juice and reserved cooking water to shrimp and scallop mixture. Season with salt and pepper, then toss until Arugula is slightly wilted. Garnish with remaining mint to serve.

What's this, I just received my invitation to the Wedding of Peppermint Patty and Chubby Chuck...I hope my seat is close to the bar.

Halibut with a Pancetta Olive Crust with a Red wine and Leek Sauce

Serves 4

Let's agree to disagree when I say hot couples you say Robert Pattinson and Kirsten Stewart from Twilight or Brad and Angelina from Mr. and Mrs. Smith but the Sexiest couple of all time is still Pork and Seafood...who am I kidding, it's food porn whenever these two share the plate...big Grrrrr.

Ingredients

1 cup chicken stock brought to a boil you can also use Fish or Vegetable stock and we make all three at Metro

1 cup couscous

2 tablespoons extra-virgin olive oil

4 thin slices of Pancetta: Italian Bacon cured but not smoked

2 small cloves garlic, minced

1/4 cup of Kalamata Olives pitted and chopped

2 tablespoons of flat leaf parsley chopped

Salt and pepper

4 each 6 to 8 ounce Halibut Fillets skinned: You can also use with Great Success Black Cod, Grouper

1 large leek, white and tender green parts only, sliced thin crossways

1/2 cup Red wine...whatever your drinking

2 tablespoons red wine vinegar

1 medium shallot, thinly sliced

1 stick (4 ounces) well chilled unsalted butter, cut into cubes

How it's done

Preheat the oven to 500°. In a small heatproof bowl, pour the boiling stock over the couscous. Cover with a plate and let stand until the water has been completely absorbed, about 20 minutes.

In a small sauté pan, heat 1 tablespoon of the olive oil. Add the Pancetta and cook over moderate heat until it is lightly crisp, about 4 minutes remove Pancetta to a paper towel. Add the minced garlic to the same pan and cook for about a minute or two. Remove the pan from the heat and chop Pancetta roughly and return to the pan. Next stir in the olives, parsley and couscous. Season lightly with salt and pepper to taste.

Put the Halibut fillets on a lightly oiled baking sheet, skinned side down and season with salt and pepper. Carefully mound the Pancetta Couscous mix on the fillets, pressing lightly to help it adhere. Bake the Halibut in the oven for about 15 minutes, or until the topping is crisp and the fish is just cooked through.

While the fish is roasting, heat 1 tablespoon of olive oil in a medium saucepan. Add the sliced leeks, cover and cook over moderately low heat until softened, about 6 minutes. Scrape the leek onto a plate. Add the red wine, vinegar and shallot to the saucepan and boil over moderately high heat until the liquid has reduced to 2 1/2 tablespoons, about 4 minutes.

Remove the pan from the heat and whisk in the butter, 1 cube at a time; return the pan to the heat only as necessary to keep the sauce warm. Do not let the sauce boil. Stir the leeks into

the sauce and cook just until heated through. Season the sauce with salt and pepper. Serve at once with the Halibut.

If this one doesn't curl your piquant toes, I still might have some old shows of Dr Ruth on cassette...feel free to call and I'll leave them at the counter.

November 2, 2010

Good morning to all of our beloved friends and clients and I hope you all have fun flexing your legislative muscles on this Election Day.

And although I would love to bore you with my own political favorite playlist sadly I write this correspondence from my room at the M&M Mars Rehab Center for my ongoing addiction to Peanut M&Ms. Apparently it's not ok to wake up in the lobby of the Clinton Holiday Inn wearing nothing but yellow wrappers adhered on with only the sticky saliva from eating Sour Patch Kids. Not to mention trashing a rooms commode by trying to take an M&M "Bath" Thanks for not judging...hope to be out soon....enjoy the recipes

Some Great Take-Out Specials

Lunch order of our Fish & Chips

With Fries, Cole Slaw, Tartar Sauce and Malt Vinegar With a Coke or Diet your choice...\$6

Grilled Southwestern Swordfish "Fajita" Wraps with seared Peppers, Onions and Chipotle Mayo on a fresh flour tortilla With a small French Fry...\$8

Grilled Ginger Lime Chilean Sea Bass over a mixed Field green Salad

And choice of soup (Manhattan or New England Clam Chowder, Lobster Bisque or Chicken and Rice)...\$9

Blackened Cobia Platter with Oven roasted Vegetables, Rice Pilaf, Cole slaw and a small Salad...\$12

Don't forget About the New Menu Items

Fish Tacos

And Lobster Roll...Oh my Cod, they're good!

To all of our fellow travelers south west, starting this coming Friday November 5th we will be participating in the Friday Stockton Market from 1-7p.m., in addition to our already scheduled days, Saturdays and Sundays

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

A heartfelt thanks to all the wonderful people who made our Ottsville Market so successful this past ... we will miss you, and if you miss us more feel free to stop by and say hello.

From the North: New Bedford Cod Fillet (See Recipe Below), First of the Season Nantucket Bay Scallops, Tau Tog (Black Fish), Nova Scotia Halibut, Swordfish, Dry Day Boat Sea Scallops, Maine Jonah Crab Claws, Fluke, Rhode Island Little and Top Neck Clams, Whole Belly Clams for the Fryer, New Bedford Grey Sole Fillet, Maine Uni (Sea Urchin Roe), Maine Steamer Clams

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

From the Pacific Northwest: Wild Alaskan Sturgeon, Fresh Wild Alaskan Jumbo Troll King Salmon(See Recipe Below), Wild Alaskan Ivory Salmon(See Recipe Below) and Fresh Plump Shucked Washington State Oysters, Jumbo King Crab Legs and Snow(Ophelia) Crab Legs
From the South: Carolina Cobia(Lemon Fish), Sushi Grade Ahi Tuna, Red Grouper, Real American Red Snapper, Blue Crab Cocktail Claws, Fresh Lump and Jumbo Lump Crab Meat
From Sustainable Seafood Sources: Costa Rican Tilapia Fillet, Fresh Organically Farmed Atlantic Scottish Salmon (See Recipe Below), Catfish, Local Musky Hatchery Rainbow Trout, Prince Edward Island Mussels, and Icelandic Artic Char

Roasted Cod with a Fennel Tomato Sauce

If you are looking to have your friends and family adore you for all time give them money. However, if you just want to warm their bellies and souls on a cold night this recipe will do the trick. Note: if you made this for me I would adore you.

Serves 4

Ingredients

For the Fennel Tomato Sauce

2 tablespoons olive oil

1 medium onion, finely chopped

1 cup finely chopped fennel bulb (sometimes called anise)

1 garlic clove, thinly sliced

1 (14 1/2-oz) can diced tomatoes including juice

1/4 cup dry white wine

2 tablespoons capers, rinsed and drained

1/4 teaspoon salt

1/8 teaspoon black pepper

For the Roasted Cod

1/2 cup Panko bread Crumbs

3 tablespoons unsalted butter, well softened

1/4 teaspoon salt

1/8 teaspoon black pepper

4 each 6 to 8 ounce fillets of Cod, you can also use with great success, Black Fish (Tau Tog)

Hake, or even Halibut(Skinned)

2 tablespoons dry white wine

How it's done

Preheat oven to 425°F

To Make the Sauce

Pour olive oil in a large heavy skillet over moderately high heat until hot but not smoking, then sauté onion and fennel, stirring, until golden, about 8 minutes. Add garlic and sauté, stirring, 30 seconds. Add tomatoes and wine and simmer briskly until liquid is reduced by one third, about 5 minutes. Stir in capers, salt, and pepper, then transfer to a wide shallow baking dish that can be brought to the table

To make the fish, with a fork stir together the panko, softened butter, salt, and pepper until combined. Season both sides of the Cod with salt and pepper, and then place fillets on top of the sauce. Next gently press bread crumb mixture onto Cod.

Drizzle wine carefully around fish into sauce (not over fish) and bake in middle of oven until fish is just cooked through, 20 to 25 minutes. This recipe can go with a hurried family trying to get Jimmy to basketball practice or with weekend guests trying to decide where their husband's hair went.

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