

October 28, 2010

Good morning to all of our beloved friends and clients who, like me, are saddened by the season end results of our Local baseball teams.

However, no one could be sadder than the TV executives who now have to pump up the ratings for a Rangers-Giants world series...oh my snore fest. Luckily, they found two major sponsors in the sleep aid drugs Lunesta and Ambian. "When you can't fall asleep and this World Series is over, trust Lunesta..." That said, I promise today's recipes will have you pumped up like a shot of Espresso dropped into your Red Bull... Booyah and thank you

[Some Great Take-Out Specials](#)

[908-735-5121](#)

[Blacked Grouper Pita Wrap With Lettuce Tomato and Chipotle Mayo With small French Fries ... \\$8](#)

[Grilled Ginger Lime Halibut Over a Mixed Field Green Salad And a Cup of Soup \(Manhattan or New England Clam Chowder, Lobster Bisque or Chicken and Rice\) ...\\$8](#)

[Garlic Herb Broiled Wild Salmon Platter With roasted Vegetables and Rice Pilaf...\\$15](#)

[Popcorn "Rock Shrimp" Platter Served with French Fries, Cole Slaw, Cocktail Sauce and Homemade Tarter Sauce ...\\$9](#)

[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 out west, we will be in the Stockton Farmer's Market for the coming weekend both Saturday and Sunday please feel free to call our store(908-735-5121) to have anything in particular brought down for you, but as always a great selection will abound. This is the Final Week!! that Metropolitan Seafood will be open in the [Ottsville Farmer's Market](#) every Friday through October 29th from 3p.m. to 7p.m.

For those of you who have made our stands a regular weekend stop, thank you sincerely, we truly appreciate your patronage.

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

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

From the Pacific Northwest: Wild Alaskan Sturgeon, Wild Alaskan Sablefish(Black Cod), 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

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

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

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 (Ware Neck, 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) ; St. Simon (Prince Edward Island , Canada) ; Wellfleet (Wellfleet , Massachusetts); 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
- 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.
- 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
- Califon Tomme: Aged 3+ months, this creamy, Tangy Cheese reminds me of a young-aged Gouda Style. Delectable melt-ability
- Oldwick Shepherd: Aged 5+ months, this sheep's milk cheese is nutty, full flavored, and undeniably sheep! Baaaah

Grilled Spicy Tuna Salad with a Lime Ginger Dressing

Serves 4

If you are looking for something a little different, perhaps dangerous, with international overtones from the multi textural cultures of Asia I suggest "The Legend of the Drunken Master", starring Jackie Chan. Or just try this dish on your guests

Ingredients

For the Tuna

3 tablespoons soy sauce

The juice of one lime

1 tablespoon Harissa (spicy pepper paste) found at all Metro locations including our only store

1 tablespoon of olive oil plus more for brushing

4 ea. 6 to 8 ounce Tuna Steaks 1 inch thick

Salt and Pepper

For Lime-Ginger Dressing

1/4 cup fresh lime juice
1 tablespoon soy sauce
1 tablespoon rice vinegar
1 tablespoon finely diced shallot
1 tablespoon finely grated fresh ginger
2 teaspoons sugar
2 tablespoons vegetable or canola oil

For the Salad

1 bag of Baby Spinach
2 tablespoons chiffonade Basil (cut into thin ribbon crosswise)
2 tablespoons Cilantro Leaves
½ English cucumber, halved and cut crosswise into 1/4-inch thick slices
2 carrots, julienned
5 small radishes, thinly sliced
1 pint Grape tomatoes halved
Salt and pepper

How it's done

For Lime-Ginger Dressing

Whisk ingredients together in a small bowl. Season with salt and pepper, to taste.

For the Tuna

Whisk soy sauce, lime juice, harissa, and olive oil together in a small baking dish. Add the Tuna steaks, turn to coat, cover, and let marinate for 30 minutes in the refrigerator.

Heat gas grill or grill pan to high. Remove Tuna steaks from marinade and pat dry. Brush Fish with olive oil and Season both sides with pepper and cook for 3 minutes per side or until slightly charred and cooked to rare doneness if you like your Tuna well done please hit yourself in the head with the hot pan. Remove from the grill, let rest 3 minutes, and slice into 1/2-inch thick slices.

For the Salad

While Tuna is resting, combine all salad ingredients in a large bowl. Toss with half of the dressing and season with salt and pepper. Transfer to a platter, top with the sliced Tuna, and drizzle the remaining dressing over the top.

I'm not sure what style of full contact cooking this is, some say it's a cross between the "Drunken Monkey" and the "Tiger-Crane" all I know is you just delivered a deadly blow to mediocre cuisine

Sea Bass with a Warm Kalamata Balsamic Dressing

Serves 4

So what are you really trying to accomplish by cooking? "Well, I like to feed my loved ones BLAH BLAH BLAH..." Hey, we all want delicious and wholesome meals but the real reason we cook is to let your little chef light shine. There is nothing wrong in wanting to bask in the glowing accolades of your friends and family and for the single travelers this one gets the first button undone...the rest is up to you...Shine on.

Ingredients

8 tablespoons olive oil
4 each 6 to 8 ounce servings of Chilean Sea Bass skin removed: You can also use with great success Halibut, Cobia and Salmon
10 Kalamata olives pitted
1 tablespoon capers rinsed and drained
2 cloves garlic minced
2 teaspoons Dijon-style mustard
1½ tablespoons balsamic vinegar
2 plum tomatoes, seeded and chopped
2 tablespoons water
1 jarred roasted sweet red pepper chopped
2 scallions sliced thin keeping the green and white part separated

Fresh lemon wedges to serve

How it's done

Pat Sea Bass Fillets dry and season with salt and pepper.

Next in a heavy skillet, preferably non-stick, heat 2 tablespoons of the oil over moderately high heat until it is hot but not smoking and in it sauté the fish for 3 to 4 minutes on each side, or until they are just cooked through. While the fish is cooking, in a blender or small food processor blend together the olives, the capers, the garlic, the mustard, the vinegar, the tomato, the water, and salt and pepper to taste and with the motor running add the remaining 6 tablespoons oil, blending the dressing until it is emulsified. Transfer the fish to warm plates and wipe the skillet clean. Pour the dressing into the skillet, heat it over moderate heat until it is hot, and stir in half of the chopped roasted pepper and the sliced white part of the scallions. Spoon the dressing over the Sea Bass and garnish the fish with the remaining roasted peppers and scallion greens, and serve it with the lemon wedges. You might want to apply a 70spf sunscreen for the rays of love that will soon radiate your way.

October 26, 2010

Good morning to all of our beloved friends and clients and it has just been brought to my attention that not everyone likes Seafood,

What? I know, shocking and sad. So here's the picture, your at work and it's coming up to lunch when someone says "Hey, lets get Metro Take-Out for Lunch Today" everyone is pretty jazzed except Sally.

Now before we start to judge and perhaps perform hate crimes on Miss Sally, let's just chalk it up to her first job out of college filling up the Mackerel feed buckets at Sea World (pew). But Hey Sally, in the spirit of love and understanding, Metro is now making a Gorgeous Chicken and Rice Soup along with a Panko Crusted Chicken Pita Wrap. So Sally, your back in the fold and the only thing now is to get rid of that Cat calendar in your cubicle...it's a tad creepy. I hope you enjoy today's easy recipes...thank you

[Take out specials](#)

Crab Cake Pita Wrap

With Lettuce, Tomato, Tartar and Hot Sauce with a choice of Soup
(Manhattan or New England Clam Chowder, Lobster Bisque or Chicken and Rice)
And a soft drink....\$7

Panko Crusted all White Meat Chicken Pita Wrap

With Lettuce, Tomato and Spicy Mayo, With a choice of soup
(Manhattan or New England Clam Chowder, Lobster Bisque or Chicken and Rice)
And a soft drink....\$6

Blackened Red Snapper over a Mixed Field Green Salad
With our House Dijon Balsamic dressing on the side....\$8

Grilled Wild Salmon
With our Asian Sesame BBQ sauce
Your choice of Oven Roasted Veggies
Or a Mixed Field Green Salad....\$9

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

From the Waters of the World: 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: 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

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

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

Flounder Sautee with Potato Wedges and a Lebni (yogurt) Tartar Sauce

Serves 4

The hardest part of this recipe is deciding who is going to taste the tartar sauce off your finger the first time...yum...grrr. The Lebni (thick yogurt) gives the tartar sauce a rich flavor that can be used on even unpleasant dinner guests.

Ingredients

For the Flounder and Potatoes

4 to 6 large red skin potatoes cut into wedges

2 tablespoon olive oil

Flour, to dust fish in

4 each 6 to 8 ounce Flounder fillet: you can also use with great success, Sole, Sea Bass, Tilapia and even Catfish

2 tablespoon of unsalted butter

1 tablespoon olive oil

Lemon wedges, to serve

1 bag of mixed field greens to serve

For the Tartar Sauce

1 cup Lebni or Greek style yogurt...and Yes, we do carry this at Metro

2 tablespoons capers, coarsely chopped

4 baby gherkins pickles, finely chopped

2 scallions thinly slice

1 tablespoon lemon juice

2 tablespoons finely chopped dill

1 tablespoon finely chopped flat-leaf parsley

1 tablespoons finely chopped tarragon

Salt and pepper to taste

How it's done

For the Tartar Sauce

To make the tartare sauce, combine Lebni, capers, gherkins, scallions, lemon juice, dill, parsley and tarragon in a medium bowl. Taste and season with salt and pepper. Set in the refrigerator.

For the Flounder and Potatoes

Preheat oven to 425°F. Place the potatoes in a roasting pan and drizzle with extra virgin olive oil. Season well with salt and pepper. Bake in preheated oven, turning occasionally, for 30 minutes or until golden brown and tender.

Place flour on a plate and season with salt and pepper. Dredge the Flounder in the flour to lightly coat. Shake off any excess flour.

In a large sauté pan melt the butter and oil over high heat. Add the fish and cook, turning once, for 3-4 minutes or until golden brown and flesh flakes easily when tested with a fork.

Divide the fish and potato wedges among serving plates. Serve immediately with a dollop of Lebni Tartar sauce, lemon wedges and mixed salad greens. Oh, and if your dining with your blood relatives and you offered up the tartar finger taste...you are sick and I definitely want to party with you...you're an animal!

Shrimp and Scallops with Cilantro Fettuccini

Serves 4

I love basil in my pasta dishes as much as the next traveler but in this global culinary sleeping bag we find ourselves in today, I strongly suggest inviting new herbs to a common dish for a more exotic tent mate...I have no idea where that came from...but the dish is awesome

Ingredients

1 pound Fettuccini

½ cup of olive oil something fruity like the Lebanese olive oil at Metro...I'm just saying

2 tablespoons of finely chopped Cilantro

3 cloves of garlic finely chopped

1 good pinch of crushed red pepper flakes

¾ pound of Medium Shrimp peeled and deveined: We perform this task free at Metro

¾ pound of Sea Scallops Note: If you don't like scallops you can use just 1½lb shrimp or 1½lb of Monkfish cut into 1½ inch medallions

2 tablespoons lemon juice

½ cup cilantro leaves roughly chopped

½ cup basil leaves roughly chopped

¼ cup of grated Romano Cheese

Salt and pepper

How it's done

Cook the pasta in a large saucepan of salted boiling water for 10-12 minutes or until al dente.

Drain, set aside and keep warm.

Heat a large sauté pan over high heat and season the Shrimp and Scallops with salt and pepper.

Add half of the olive oil and sauté the seafood for about 2 min then transfer to a warm platter (the seafood should be just slightly undercooked). In the same pan add the rest of the olive oil

and when hot, add the 1 tablespoon of the cilantro, garlic and red pepper flakes and cook for 1 minute. Bring back the seafood to the pan and cook for 2 minutes more or until seafood is

cooked through. Next add the pasta to the pan, along with the lemon juice, Romano and the ½ cup each of the cilantro and basil. Season with salt and pepper and toss to combine. Just be

careful that this new found gastronomic international experience doesn't have the male travelers thinking that they look cool in a Beret...you just wind up looking silly.

October 21, 2010-10-21

Good morning to all of our beloved friends and clients and to all the lovely Mayans amongst us, fear not we will be in our new store well before your Calendar ends on December 21, 2012...yeah probably

The fall season for fishing brings to the house of Metro a plethora of season openers (Nantucket Bay Scallops and Florida Stone Crab Claws) and briny delectations. Quite frankly, our little 1500

square foot store quite resembles your humble fish monger in a medium t-shirt...chock full of goodness and drop dead sexy. To keep with the spirit of the Horn of Plenty I've included 2 extra recipes today...I hope you enjoy them.

Some Great Take out Specials

908-735-5121

Fried Fish Pita Wrap

**With lettuce, tomato, tarter and hot sauce With a cup of Soup
(Manhattan or New England Clam chowder or Lobster Bisque)....\$6**

Grilled Ginger Sesame Ahi Tuna Pita Wrap

With oven roasted Veggies and wasabi sauce....\$8

Hand Breaded Pock Corn "Rock" Shrimp Platter

With French Fries, Cole Slaw, Tarter and Cocktail Sauce....\$9

Mussels Marinara with Fresh Baked Italian Bread

\$5 per pound

Blackened Spanish Mackerel Over a mixed Baby Field Green Salad

Dijon Balsamic Dressing (side) With a Soda or Water....\$7

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From the North: First of the Season Nantucket Bay Scallops!!!, Tau Tog (Black Fish), Razor Clams from Maine, Day Boat Skate Fillet, Maine (Black) Sea Bass, Nova Scotia Halibut Swordfish, Dry Day Boat Sea Scallops, Maine Jonah Crab Claws, Fluke and Flounder Fillet, New Bedford Cod Fillet(See Recipe Below), Rhode Island Little and Top Neck Clams, Whole Belly Clams for the Fryer, New Bedford Grey Sole Fillet, Hake Fillet, Maine Uni (Sea Urchin Roe), Sushi Grade Live Sea Scallops in the Shell, and Pollack(Nice Price)

From the Waters of the World: Langoustine(Fresh From Holland), Mediterranean Branzini and Durato, 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 Sablefish(Black Cod), Fresh Wild Alaskan Jumbo Troll King Salmon(See Recipe Below) and Fresh Plump Shucked Washington State Oysters, Jumbo King Crab Legs and Snow(Ophelia) Crab Legs

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

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

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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) ; Nasketucket Bay (Nasketucket Bay , Massachusetts) ; St. Simon (Prince Edward Island , Canada)
Wellfleet (Wellfleet , Massachusetts) ; Fisher's Island (Fisher's Island , New York)

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
- Jean-Louis: Named in Honor of the great Chef Jean-Louis Paladin, tangy semi soft
- 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.
- Nettlesome: Cave aged 4+ months, with the unique addition of Stinging Nettles...herbaceous and truly memorable
- 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
- Califon Tomme: Aged 3+ months, this creamy, Tangy Cheese reminds me of a young-aged Gouda Style. Delectable melt-ability
- Oldwick Shepherd: Aged 5+ months, this sheep's milk cheese is nutty, full flavored, and undeniably sheep! Baaaah

Roasted Salmon with Creamed Leeks and a Cremini Tomato Sauce

Serves 4

How do you stay warm on cold days...yes, layering my chilly travelers. This dish will single handedly teach you how to warmly cloth the naked soul...a little over the top fishman...sorry. Seriously it's very easy.

Ingredients

For the fish

4 each 6 to 8 ounce Salmon Fillets scaled with three knife scores on the skin side on each fillet. Farm Raised or Wild will do but you could also use Halibut or Black Cod

Salt and Pepper

4 tablespoons of olive oil

The juice of 1 lemon: How about that free lemon you just got from Metro...that place is so awesome, I just wish Mark had a little more hair.

For the Creamed Leeks

4 ounces of unsalted butter
4 leeks, sliced into rounds, white part only
1 cup or more of heavy (whipping) cream
For the Cremini Tomato Sauce
2 tablespoons of olive oil
2 cloves garlic chopped fine
12 ounces of Cremini Mushrooms cleaned and chopped
1 pint of Grape tomatoes quartered
The juice of 1 lemon: Just ask for 2 it's still free

How it's done

Preheat oven to 400° F.

For the fish, season the Salmon well with salt and pepper and place on a baking sheet. Drizzle over the olive oil and lemon juice and bake, skin side up, in the oven for 15 to 18 minutes, or until cooked through (barely opaque when fork tested)

For the Creamed Leeks, while fish is roasting heat the butter in a frying pan and gently fry the leeks for five minutes, until they start to soften.

Next add the cream and simmer for about 4-5 minutes, until the leeks are soft and the cream has reduced slightly.

For the Cremini Tomato Sauce, heat the oil in a pan and gently fry the garlic and mushrooms for 4-5 minutes. Add the tomatoes and simmer for a further 3-4 minutes. At the end of cooking, stir in the lemon juice and season salt and pepper to taste.

To serve, spoon a pile of the creamed leeks into the centre of the four serving plate. Place the roasted Salmon on top and drizzle over the Cremini Tomato Sauce. I know what you're thinking should I invite my guests to a group forehead touch before we eat...heck yeah, their felling it to...it's all about the layering.

Lebanese Fried Fish with Pita Chips and Tarator (Tahini) Sauce

Serves 4 to 6 it depends on who's sleeping over

Alright we all know the rules when we heat up the oil, the hair is let down, we collect all cell phones and for the love of Pete, it's time to Rock the Casbah! Hey how often do you fry...you've done worse but never tasted better

Ingredients

For the Fish

1 ½ to 2 pounds of your favorite fish, Flounder, Cod, Snapper, Tilapia, cut into 1 to 2 inch strips; If you really want to Rock your inner Lebanese Tiger do this with whole gutted Sardines...seriously if you let me know in advance I'll make them for you.

1 ½ to 2 cups of flour

Salt and white pepper to taste

2 teaspoons ground cumin

Vegetable or Pomace Olive Oil for deep frying; you don't want to use your good olive oil for this.

3 to 4 lemons quartered

4 loaves of Pita Bread cut into quarters

For the Tarator (Tahini) Sauce

Tarator (Tahini) Sauce is the sauce for falafels and drizzling over friends

1 cup of Tahini

1/2 cup of water, 1/2 cup of fresh lemon juice

2 cloves of garlic mashed with salt

How it's done

For the Tarator Sauce (this can be made an hour or so in advance)

Mix the Tahini gradually with a little lemon juice, adding the water as well and the mashed garlic; mix until creamy and smooth and taste to adjust the amount of lemon or garlic to your liking; chopped parsley can be added to the sauce as well.

For the Fish

Mix salt, white pepper and cumin together and transfer to a pie plate

Next in a Chicken Fryer pan or Wok, heat about 3 inches of the oil to about 350° to 375° F if you are using a thermometer

Dip the fish into the seasoned flour and fry immediately for 2 to 3 minutes, drain on Paper towels then fry the pita bread as well till golden; serve with quartered lemons, shredded Lettuce and some Tarator sauce on the side. Are you kidding me...I'm not even at the table and I'm totally jazzed for you. Come on fellow travelers start belling dancing

Sautéed Zaatar Grouper topped with a Tomato Shallot Dressing

Serves 4

For those new to the world of Zaatar, I'm sorry your environment up till now was Zaatar free...you are about to unlock a culinary Pandora's Box...well that's probably a bit dramatic. This is a stable spice blend used in Middle Eastern cooking since Moses was in short pants. Only one warning, it does resemble contraband from some of your pasts, so if you're driving with this "herb" blend, don't throw it out the window if you see flashing lights...just invite the officer over for dinner

Ingredients

For the Fish

4 each 6 to 8 ounce fillets of Grouper Skinned; you can also use, with great success, Cod, Mahi, Halibut or even Artic Char fillet this dish is very versatile

1 tablespoon olive oil

2 tablespoons of Zaatar

For the Tomato Shallot Dressing

4 Ripe Plum Tomatoes

2 small shallots

1 tablespoon extra virgin olive oil

2 teaspoons zaatar

Salt and pepper to taste

How it's done

For the Tomato Shallot Dressing

Dice the plum tomatoes relatively small and mince the shallot. Mix the tomato and shallot with olive oil, the 1 teaspoon zaatar, salt and pepper to taste (note: Go easy on the Salt the Zaatar already has it in there). This can be made up to an hour before and kept in the refrigerator.

For the Fish

Marinate the fish: Rub the 2 tablespoons of zaatar evenly on both sides of Grouper fillets.

Cover and refrigerate at least 15 minutes, or up to 2 hours. After the fish has marinated, heat 1 tablespoon of olive oil in a skillet over medium heat. When the oil is hot, add Grouper, Flesh-side down. Sauté 3 minutes, then gently flip and sauté until fish is cooked through and just barely flakes, about another 3 to 4 minutes

To serve, arrange the fillets on a serving platter. Spoon the Tomato Dressing on top. Note: please don't try to smoke the Zaatar, yes it will give you a buzz but it does burn the heck out of your throat.

Pan Seared Spanish Mackerel with an Avocado Salad

Serves 4

Ingredients

4 each 6 to 8 ounce servings of Spanish Mackerel or Pompano Fillet

1/3 cup plus 2 tablespoons extra-virgin olive oil, divided

2 tablespoons fresh lemon juice

1 tablespoon Dijon mustard

1 Package of Mixed Field Greens about 10 ounces

4 tablespoons chopped flat-leaf parsley

1 medium avocado, thinly sliced

Salt and pepper

How it's done

Heat a Grill pan or Heavy Skillet to medium high heat.

Score the skin side of the fillets about 1 inch apart approximately an 1/8 of an inch deep or just through to the flesh. Season both sides of the fillet with salt and pepper and then Coat the fish with the 2 tablespoons of olive oil.

In your hot pan sear the fillets, flesh side down first for about 3 to 4 minutes per side.

Transfer to warm platter.

Next, whisk together remaining 1/3 cup oil, lemon juice, mustard, 1/4 teaspoon salt, and 1/8 teaspoon pepper in a large bowl. Reserve 2 tablespoons vinaigrette, then toss field greens and parsley with remaining vinaigrette.

Divide the salad among 4 plates and top with sliced avocados and Mackerel fillet and spoon remaining vinaigrette over fish.

Serve salad topped with avocado and mackerel and drizzled with reserved vinaigrette.

October 19, 2010

Good morning to all of our beloved friends and clients and thank you sincerely for my new honor as Fish Taco King...I wish you can see my Crown...it's so awesome!

Well thank you again Yahoo home page for the proof that ancient man was eating bread 30,000 years ago when we all thought he was on the Atkins diet. Take that "No Carb" freaks...And furthermore it was kind of like Pita bread which now leads archeologists to believe that hummus could be the key in deciphering the quandary that is the missing link...I'm just saying. Oh yeah the Stone Crab Claw Season Just opened...much better than rabbit season.

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

[Scallop Scampi Platter](#)
[Over rice pilaf with our homemade slaw](#)
[\\$11](#)

[Grilled Ginger Lime Halibut Pita Wrap](#)
[With Veggies and wasabi Sauce](#)
[With a cup of Soup \(Manhattan or New England Clam chowder or Lobster Bisque\)](#)
[\\$8](#)

[Lunch Order Fish & Chips](#)
[Batter fried Fish with Crispy Fries served with](#)
[Malt vinegar, Slaw and Tarter](#)
[\\$7](#)

[Mussels in White Wine and Garlic](#)
[With locally baked bread](#)
[GREAT VALUE!](#)
[\\$5 pound](#)

[DON'T FORGET THE FISH TACO ARE NOW PERMENENTLY ON THE MENU](#)

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

From the Waters of the World: Mediterranean Branzini and Durato, Hamachi (Yellow-Tail) and Cockles from New Zealand, Wild Caribbean Hopper Pink Shrimp, Cold Water New Zealand Lobster Tails, Opah (Moonfish)

From the Pacific Northwest: Ivory Salmon, 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 North: Hake Fillet (See Recipe Below), Nova Scotia Halibut, Swordfish, Dry Day Boat Sea Scallops, Maine Jonah Crab Claws, Fluke Fillet, New Bedford Cod Fillet, Rhode Island Little and Top Neck Clams, Real Maine Steamers, Whole Belly Clams for the Fryer, New Bedford Grey Sole Fillet

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

Tilapia Pan Sear with a Spinach and Chickpea Salad

Serves 4

This dish is destined to become a week day classic for its fresh flavors and simplicity...I feel a song coming on..."Summer breeze makes me feel fine something about Jasmine and pour some wine...sorry" I'm too hungry to sing...lets do this.

Ingredients

1 each 15 ounce can of chickpeas drained and rinsed well

1 large or 2 small zucchini julienned (cut into long matchsticks)

1 bag of baby spinach

½ cup of Cilantro chopped

1 tablespoon finely grated lemon rind

¼ cup of fresh lemon juice

Salt and Pepper

4 each 6 to 8 ounce portions of Tilapia fillet: you can also use with great success Trout, Grouper or flounder fillet.

¼ cup olive oil plus more for drizzling

Lemon wedges, to serve

How it's done

Place chickpeas, zucchini, spinach, cilantro and lemon rind, in a bowl and toss to combine. Whisk together lemon juice and olive oil tossed in to Salad, season with salt and pepper to taste and set aside.

Heat a large non-stick frying pan over high heat. Brush the Tilapia with olive oil and sprinkle with salt and pepper. Cook for 2-3 minutes each side or until cooked through. Transfer Chickpea salad to four plates and top with Tilapia fillets and drizzle with some olive oil. Hey Fish Man! Are you trying to give us a delicious recipe that's healthy too?

You caught me...guilty as charged...stay heart healthy my friends.

Hungarian Oven Roasted Hake with Portobello Mushrooms

Serves 4

Wake up little sleepy chef...you only use Paprika for your deviled eggs and a splash of color when you are doing your Emeril Lagasse "BAM!" impression. This ancient and sultry spice is your passport to exotic culinary flavor destinations.

Ingredients

1 ½ to 2 pounds of Hake fillet your Metro associate will rub your back while another removes the bones from your fish.

The juice of 1 lemon...perhaps the free lemon you just got at Metro

2 tablespoons olive oil, plus additional for coating baking dish

1 small yellow onion, chopped

2 Portobello Mushrooms stemmed cleaned and sliced thin.

1 red bell pepper, chopped

10 to 12 Large Green (Sicilian) Olives pitted and chopped roughly

2 teaspoons of hot Paprika

How it's done

Preheat oven to 400° degrees F. Coat a 10-inch baking dish with olive oil. Place Hake fillet(s) in baking dish flesh side up. Sprinkle lemon juice over fish and season with salt and pepper. Heat olive oil in medium skillet over medium-high heat. Add onion, Portobello mushrooms and bell pepper and sauté until crisp-tender, about 6 minutes. Add olives and paprika and stir until fragrant, about 1 minute. Season to taste with salt and pepper. Spread the vegetable mixture over Hake. Bake uncovered until Fish is cooked through, about 20 minutes. Holy Chicken Paprikash! Did you just put dinner out in under thirty minutes and gain a new found respect for your new kitchen buddy Paprika? You'll never be the same again fellow traveler and that's a good thing.

October 14, 2010

Good Moring to all of our beloved friends and clients and how about those NY sports teams, Yankees in the playoffs, Jets and Giants both in first place within there perspectives conferences...all is right.

I'm sorry did you say you were a Dallas fan, but you were born and raised in the Garden State . Hey wanna be cow pock, I love the Oyster "Po Boys" and the ancient art of burlesque but you don't see me donning a New Orleans Saints Jersey. Lets keep it local...I believe it's "Greener" also

[Some Great Take-Out Specials](#)
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[Introducing Our Soon to Be Famous](#)
[Metro Fish Tacos \(2 Tacos\)](#)
[Panko seasoned crusted fish served on a soft flour tortilla with Lettuce, Baja Sauce and Pico Gallo sauce Ask for a side of our Pickled Red Onion and Jalapeños](#)
[With a Soda or Water](#)
[\\$8](#)

[Grilled Ginger Soy Salmon Pita Wrap](#)
[With Oven Roasted Veggies and Wasabi Sauce](#)
[With a soda or water](#)
[\\$9](#)

[Crab Cake on a Mixed Field Green Salad](#)
[With a Cup of Soup \(Manhattan, New England or Lobster Bisque](#)
[\\$7](#)

[Blackened Swordfish Platter](#)
[With Roasted Veggies, Cole Slaw and Rice Pilaf](#)
[\\$15](#)

To all of our fellow travelers out west, we will be in the Stockton Farmer's Market for the coming weekend both Saturday and Sunday please feel free to call our store(908-735-5121) to have anything in particular brought down for you, but as always a great selection will abound.

Also we are delighted to announce that Metropolitan Seafood will be open in the [Ottsville Farmer's Market](#) every Friday through October 29th from 3p.m. to 7p.m.

For those of you who have made our stands a regular weekend stop, thank you sincerely, we truly appreciate your patronage.

From the Waters of the World: Opah(Moonfish), Mediterranean Branzini (See Recipe Below) and Durato, 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

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 North: Day Boat Skate Fillet, Maine (Black) Sea Bass (See Recipe Below) Nova Scotia Halibut (See Recipe Below), Swordfish, Dry Day Boat Sea Scallops, Maine Jonah Crab Claws, Fluke and Flounder Fillet, New Bedford Cod Fillet, Rhode Island Little and Top Neck Clams, Real Maine Steamers, Golden Tilefish, Whole Belly Clams for the Fryer, New Bedford Grey Sole Fillet, Hake Fillet, Whiting, Maine Uni (Sea Urchin Roe), Sushi Grade Live Sea Scallops in the Shell

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, Jumbo Pompano, Sushi Grade Spanish Mackerel, Fresh Florida Rock Shrimp

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

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

THIS WEEKEND'S OYSTER SELECTION WILL INCLUDE THE FOLLOWING DELIGHTS

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) ; Nasketucket Bay (Nasketucket Bay , Massachusetts) ; Belon (Yarmouth , Maine) ; St. Simon (Prince Edward Island , Canada) ; Wellfleet (Wellfleet , Massachusetts)

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

This Week's Local Cheese Selections Will Include

- **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
- **Oldwick Shepherd:** aged 5+ months the sheep's milk cheese is nutty, full-flavored, and undeniably sheep with a pleasing semi-firm texture.
- **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
- **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

- **Jean-Louis is back: Named in Honor of the great Chef Jean-Louis Paladin, tangy semi soft**

Fennel Roasted Halibut with Balsamic Glazed Tomatoes

Serves 4

So your better half claims you don't have what it takes to pull off dinner. Well fellow travelers get ready to spike the ball in the end zone and bust out your best muscle man pose.

Touchdown!...shhh, don't tell how easy it was..."Honey I never knew you could cook with fennel" quick wink in the mirror and say to yourself "Thanks Fish Man"

Ingredients

1 large fennel bulb, trimmed and thinly sliced, fennel fronds (looks like dill part) reserved

1 large red onion, sliced

1 to 2 pickled hot cherry peppers seeded and sliced this is optional but very seductive if you like heat.

2 tablespoons olive oil

Juice of 1 lemon

1 cup grape tomatoes, halved

3 tablespoons balsamic vinegar

4 each 6 to 8 ounce Halibut fillets skinned. You can also use Grouper, Black Cod or Sea Bass

1 heaped tablespoon capers, drained and rinsed

How it's done

Preheat the oven to 400° Fahrenheit. Scatter the fennel, onion and cherry pepper in a roasting tin and drizzle with 1 tablespoon olive oil and the lemon juice. Roast for 10 minutes.

Scatter the Grape tomatoes over top and roast for a further 5 minutes, then drizzle with the balsamic vinegar. Place the Halibut fillets on top, drizzle with the remaining oil, season and roast for 12 to 15 minutes or until the Halibut is just cooked through. Garnish with the reserved fennel fronds and capers, and serve. Oh yeah, when you're done, get up throw the napkin on the table and lay down your best "Yeah, that just happened"

Your welcome...enjoy

Pan Sautéed Sea Bass on a Bed of Swiss Chard Topped with an Olive Caper Stuffing

Serves 4

If trust is the building blocks of friendship and friendship is required for true love than I am your mason of amore fellow traveler. Trust me, build this dish and dare them not to love you.

Ingredients

4 each 6 to 8 ounce fillets of Branzini, Sea Bass or Durato scaled and pin bones removed

4 tablespoons olive oil divided

1 cup of chicken stock

1 lemon peeled and diced remove pits

8 Kalamata olives pitted and chopped

2 plum tomatoes, seeded and diced

4 tablespoons of capers rinsed and drained

1 stick butter

8 tablespoons pine nuts

About a ½ of loaf of French or Italian bread cut into cubes and toasted in the oven to make croutons (Can be done hours in advance) or store bought will do...no stress

¼ cup of flat leaf parsley, chopped

1 large bunch of Swiss Chard

2 cloves garlic sliced thin

How it's done

To make Olive and Caper Stuffing

Add 2 tablespoons of butter and 1 tablespoon of olive oil to a large skillet and sauté lemon, capers, olives, pine nuts for about 2 to 3 minutes then add parsley, croutons and tomato quickly sauté for another minute or two. Season with salt and pepper to taste and keep dish warm.

For the Swiss Chard

Take the leaves off the stalks of Swiss Chard and wash. Braise (Simmer) stalks over low heat in chicken stock and 1 tablespoon of olive oil until tender. Set aside

In a small sauté pan on med-high heat add 2 tablespoons of olive oil and cook the sliced garlic for about 1 minute then sauté the Chard leaves till tender. Set aside

Next, season fish fillets with salt and pepper on both sides. In a large skillet on med- high heat add 2 tablespoons of butter and pan-fry fish, skin side down, until skin is crispy about 4 to 5 minutes then flip to finish about 1 to 2 minutes.

To assemble, place Swiss Chard stalks in center of the plate, then the Chard leaves, then top with Bass fillets, skin side up, and spoon over Olive caper stuffing. Well fellow travelers you might never build a great architectural landmark, but hey...they never built a plate of culinary nirvana.

October 12, 2010

Good morning to all of our beloved friends and clients and if you did not get out this weekend and enjoy this glorious weather than you just lost your late winter "b!+@#%*@" privileges.

Seriously I was so grateful of the Indian summer that I went through the phone book and called to personally thank anyone with a "little, bear, creek or foot" in their name. And if you haven't tried wearing the breech cloth and leggings...well fellow travelers, than you have never experienced the real meaning of light and breezy...note, not optimal attire for shopping...so many prudes.

[Some Great Take-Out Specials](#)

[Popcorn Rock Shrimp](#)

[Hand breaded fresh rock shrimp](#)

[Served with Cocktail Sauce and Homemade Tarter Sauce](#)

[\\$8](#)

[Grilled Ginger Soy Halibut Pita Wrap](#)

[With Oven Roasted Veggies and Wasabi Sauce](#)

[With a cup of soup \(Manhattan, New England or Lobster Bisque\)](#)

[\\$8](#)

[Fish Cake Pita Wrap Sandwich](#)

[With lettuce tomato tarter and hot sauce](#)

[With French fries](#)

[\\$7](#)

[Grilled Blacked Grouper](#)

[Over a Mixed Field Green Salad with fresh bread and Soup](#)

[\\$8](#)

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

From the Pacific Northwest: Black Cod (Sable Fish) Wild Alaskan Jumbo Troll King Salmon and Fresh Plump Shucked Washington State Oysters

From the North: Day Boat Skate Fillet, Nova Scotia Halibut, Swordfish, Dry Day Boat Sea Scallops(See Recipe Below), Maine Jonah Crab Claws, Fluke, New Bedford Cod Fillet, Rhode Island Little and Top Neck Clams, Real Maine Steamers, Whole Belly Clams for the Fryer, New Bedford Grey Sole Fillet, Hake Fillet, Maine Uni (Sea Urchin Roe)

From the South: Sushi Grade Ahi Tuna, Red Grouper Real American Red Snapper (See Recipe Below), 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, Catfish, Local Musky Hatchery Rainbow Trout, Prince Edward Island Mussels, and Icelandic Arctic Char

Shrimp and Scallops with Pan Roasted Tomatoes

Serves 4

Starsky and Hutch, Cagney and Lacey...where the heck are you going with this Mark?

These are just two other duos that are as awesome as Shrimp & Scallops...fighting hunger and assaulting your taste buds with a gritty time saving prowess.

Ingredients

2 teaspoons paprika

2 tablespoons olive oil, divided

1 teaspoon fresh ground pepper

1/4 teaspoon salt

1 pound large shrimp cleaned and deveined Tails on

3/4 pound of Sea Scallops

2 cloves garlic minced

1/2 teaspoon crushed red pepper flakes

1 cup of grape tomatoes cut in half

2 tablespoons fresh lemon juice

1 teaspoon olive oil

1/4 cup flat leaf parsley chopped

How it's done

In a large bowl combine paprika, 1 tablespoon of olive oil, salt and pepper. Add shrimp and scallops to bowl and toss gently till well coated. Set aside.

Heat large non-stick skillet over med-high heat; add the other tablespoon of olive oil. Next add shrimp and scallops to the skillet and cook for about 4 minutes or until shrimp and scallops are opaque in the center then transfer shrimp and scallops to platter and keep warm.

Place remaining olive oil in pan over med heat. Add garlic and crushed red pepper and sauté till tender. Add tomatoes and lemon juice. Cook 2 minutes or till mixture is hot and tomatoes begin to burst. Spoon tomato pan roast over shrimp and scallops and garnish with fresh parsley.

Serve this with a loaf of bread and tossed salad and you just booked "Ho-Hum" weekday dinners for Boring with the intent to eat garbage.

Sautéed Snapper with a Shallot Lemon Dressing on a Baby Spinach Salad

Serves 4

I know this dish can be made, start to finish, in less than 30 minutes and with a loaf of bread from Metro makes a complete meal but with some nice earrings and the proper shoes this can easily transform to a Saturday night dinner party...you have to pull back on your Oprah time Mark...Hey, I thought we weren't judging

Ingredients

For Shallot Lemon Dressing

6 tablespoons olive oil

1/3 cup minced shallots

2 tablespoons fresh lemon juice

1 tablespoon Sherry wine vinegar

2 teaspoons lemon zest

Salt and pepper to taste

For Snapper

4 portions of Red Snapper fillet 6 to 8 ounces each: you can also use with great success

Grouper, Hake, or even Artic Char

1 tablespoon olive oil

Salt and pepper

For the Salad

6 cups baby Spinach

2 Tablespoons chopped Basil

How it's done

For the Shallot Lemon Dressing

In a small bowl combine all of the dressing ingredients and mix well season with salt and pepper to taste and set aside

For the Salad

Toss Spinach and Basil and set aside

For Snapper

Heat a large nonstick skillet over med-high heat.

Sprinkle both sides of the fillets with salt and pepper. Add olive oil to the pan and sauté the fillet for about 3 to 4 minutes per side or until opaque in the center.

To serve toss the spinach salad with half of the dressing and separate to four plates. Top each salad with the Snapper fillets and spoon the remaining dressing over the fish. Promise me you'll call me if you go shoe shopping.

October 7, 2010

Good morning to all of our beloved friends and clients and I hope you are enjoying the Sports Nirvana that makes up the decadent stacked sandwich of playoff baseball and football season..."Hey you sexy couch, time for us to get real intimate" "Let's take off that plastic cover" Bonus there are 4 recipes today...I hope you enjoy them, thank you

[Some Great Take-Out Specials](#)

[908-735-5121](#)

[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 soft drink or cup of Soup...\\$9.00](#)

[Lunch Order of Fish & Chips](#)

[Served with Cole Slaw, Tartar and Malt Vinegar With a soft drink...\\$6.00](#)

[Metro's Own Shrimp Scampi Platter over Linguini...\\$11.00](#)

[Grilled Blackened Swordfish Pita Wrap](#)

[w/ Lettuce, Tomato, and Spicy Mayo and Soft Drink...\\$8.00](#)

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Flowers (Oyster Bay Harbor NY) ; Gold Creek (Hood Canal , Washington State)

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- **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 c cheese is a blue lover's delight.**
- **Tewksbury: Aged 12+ months, this gem from the Cave is both nutty and full-flavored, while still representing the purity of the milk throughout**
- **Octoberkade: Aged 6+ months, and made from Octobers milk rich in butterfat and flavor**
- **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**
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Skate Marsala

Serves 4

Sure I've made veal and chicken Marsala and both are good, but the first thing you have to do is pound the heck out of the meat and with my new "no violence" in the kitchen policy the only thing you will be "pounding" is glasses of wine with your guests as you enjoy this tender and sumptuous dish.

Ingredients

1 ½ to 2 pounds of Skate fillet, skin removed you can also use Monkfish or Grouper (have your Metro seafood associate slice it "scaloppini" style for you)

All-purpose flour, for dredging

Salt and pepper

¼ cup of olive oil

8 ounces Cremini (Baby Bella) mushrooms sliced thin

½ cup sweet Marsala wine

½ cup chicken stock (Metro makes their own chicken Stock)

2 tablespoon unsalted butter

¼ cup chopped flat-leaf parsley

How it's done

Put some flour in a pie plate and season with a fair amount of salt and pepper; mix with a fork to combine evenly.

Next heat the oil over medium-high flame in a large skillet. When the oil is nice and hot, dredge both sides of the skate fillets in the seasoned flour, shaking off the excess. Slip the fillets into the pan and fry for 1 ½ to 2 minutes on each side until golden, turning once - do this in batches if the pieces don't fit comfortably in the pan. Remove the skate to a large platter in a single layer to keep warm.

Lower the heat to medium and add the mushrooms and sauté until they are nicely browned and their moisture has evaporated, about 5 minutes; season with salt and pepper. Pour the Marsala in the pan and boil down for a few seconds to cook out the alcohol. Add the chicken stock and simmer for a minute to reduce the sauce slightly. Stir in the butter and return the skate to the pan; simmer gently for 1 minute to heat the skate through. Season with salt and pepper and garnish with chopped parsley before serving. Just so I'm not misinterpreted, the "no violence" policy does not apply to the dining room so if one of your beloved guests steps out of line, feel free to swing your mallet and tenderize his scalp.

Alaskan Spot Prawns with Cannellini Beans

Serves 2

Ingredients

1 can of Cannellini Beans drained and rinsed

1 Carrot chopped small dice

1 celery stalk chopped small dice

2 Scallions sliced thin separate white and green

2 Tablespoons Extra virgin olive oil

3 Cloves garlic; chopped

2 tsp freshly chopped rosemary

1 lb Alaskan spot prawns shells on; heads on or off, you decide

½ cup chicken stock

½ pint of Grape tomatoes halved

1 tablespoon freshly chopped parsley

Salt and Pepper

How it's done

In a large sauté pan, heat 1 tablespoon of olive oil. Sauté Spot prawns for about 3 minutes and transfer to a warm platter. Add the other tablespoon of olive oil and sauté the garlic for 1 minute then add the celery, carrot, rosemary and the white part of the scallions and cook for 4 minutes. Add chicken stock and simmer for 2 minutes then add the beans and tomatoes and warm thru. When beans are heated thru bring back the shrimp to the pan and season with salt

and pepper to taste. Finish dish with chopped parsley, Scallion Greens and a drizzle of good olive oil.

Broiled Middle Eastern Swordfish with Hummus

Serves 4

Leave the forks in the drawers and if you use your shirt to wipe your face, you just saved some money on napkins. Alright fellow travelers, start eating dinner with your hands and see where your curiosity goes from there...hey, that sounded kind of sexy...grrr.

Ingredients

1/3 cup extra virgin olive oil

3/4 teaspoon salt

1/2 teaspoon ground cumin

1/2 teaspoon black pepper

1/4 teaspoon dried oregano, crushed between your fingers

1 1/2 to 2 pounds of Swordfish cut into 2 to 3 ounce pieces. Any Metro associate will do this for you: This Recipe is also great with Mahi Fillet and even Large Shrimp

1 red bell pepper, cut lengthwise into 1/2-inch-wide strips

1 sweet Italian frying pepper, cut lengthwise into 1/2-inch-wide strips

1 medium red onion, cut lengthwise into 1/2-inch-wide strips

1 8 ounce package of Metro's Hummus: Guaranteed to bring about world peace, if the whole world could just fit around your dining room table

How it's done

Preheat the Broiler...I know most of you don't ever use it...take my hand I'll be gentle

Line a large shallow baking pan with foil.

In a large bowl mix together oil, salt, cumin, pepper, and oregano in a large bowl, then toss with swordfish pieces and vegetables. Arrange in baking pan without crowding and broil 4 to 6 inches from heat, stirring once, until swordfish is just cooked through and vegetables are lightly charred, about 8 minutes. Divide hummus among plates and top with Swordfish and vegetables. Serve with some Pita and Metro's famous Tabouli (Parsley Salad) and you fellow travelers have just become the 41st thief in Aladdin's gang... (Of stealing hearts of course) oh boy, that was corny...sorry

Grilled Langoustines with fresh Herbs and a Balsamic Dressing

Serves 4

Ingredients

16 fresh langoustines

4 Tablespoons Olive oil

1 1/2 Tablespoons balsamic vinegar

4 Tablespoons Fresh Dill roughly chopped

4 Tablespoons Fresh Basil roughly chopped

A large handful of finely chopped chives

Salt and pepper

2 lemons cut into wedges

How it's done

Preheat Gas Grill, Grill pan or cast iron skillet to med-high heat

Cut the langoustines in half lengthways. Combine 2 tablespoons of olive oil and half the dill, basil and chives and gently toss Langoustine till coated. Next season the Langoustines with salt and pepper. Place Langoustine flesh side down on the grill and cook for about 3 minutes then flip and cook for another minute

While Langoustine is cooking whisk together the rest of the herbs along with the balsamic vinegar and remaining olive oil in a bowl.

Platter your Langoustines and drizzle with balsamic dressing, serve with lemon wedges.

October 5, 2010

Good morning all of our beloved friends and clients and I hope you are enjoying the raw crispness that is early fall not to mention the end of swimsuit season...hello apple pie...oh, how I missed you.

Being in the retail trade for more than two decades does not afford me the luxury to one political allegiance and quite frankly I kind of enjoy my Swedish point of view of the world. But I must say, I do admire the folks of my generation who rally to the call of the republic with honorable aspirations. And I really feel for them when their opponents go on a closet cleaning mission only to uncover scandalous and salacious morsels to us to feed on.

Well I can say without any reservation my closet holds no skeletons...oh don't get me wrong, I've done plenty, it's just that once a year I remove the skeletons and make a lovely soup with their bones...the recipe is on our web site "closet stew"....just kidding, but today's "Cod Soup with Spinach Soup" will have your loved ones warm from head to toe.

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

[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 soft drink or cup of Soup \\$9.00](#)

[Whole Belly Clam Roll Panko Crusted Steamer Clams, lettuce, tomato and tarter on a roll With a soft drink \\$7.00](#)

[Grilled Sesame Soy Salmon Wrap with Oven Roasted Veggies and wasabi sauce With a cup of soup \\$8.00](#)

[Mussel Marinara over linguini With a small salad \\$8.00](#)

[Parmesan Crusted Halibut Platter With Rice Pilaf, Cole slaw and Tarter Sauce \\$15.00](#)

From the North: New Bedford Cod Fillet (See Recipe Below), Day Boat Skate Fillet, Nova Scotia Halibut, Swordfish, Dry Day Boat Sea Scallops, Maine Jonah Crab Claws, Fluke Fillet, Rhode Island Little and Top Neck Clams, Real Maine Steamers, Whole Belly Clams for the Fryer, New Bedford Grey Sole Fillet, Hake Fillet, Day Boat Monkfish

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

From the Pacific Northwest: Wild Alaskan Yakutat Coho Salmon and Fresh Plump Shucked Washington State Oysters

From the Waters of the World: Red Mullet (Rouget), Mediterranean Branzini and Durato, 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

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

Easy Cod and Spinach Soup

Serves 4

With a loaf of bread and Tossed Salad from Metro (Shameless self Promotion) you will birth for your family and loved ones, soup on a weekday...."are you drunk fishman?"..."no just a little buzzed, but hey no judging"

Ingredients

4 tablespoons of unsalted butter
1 cup of chopped yellow onion
1 cup of chopped sweet red pepper chopped
1 quart chicken stock...We make our own at Metro...and we sell it. (Mark is a capitalist pig)
3 cups (packed) Spinach sliced in thin pieces
½ cup of heavy cream
1 good pinch of crushed red pepper flakes
1 ½ pounds of Cod fillet, (skinned) cut into 1 inch pieces. You can also use with great success, Halibut, Hake, Grouper or Snapper
2 tablespoons Basil chiffonade (cut crosscut into thin strips)
Salt and pepper

How it's done

Melt butter in heavy large saucepan over medium heat. Add red pepper and onion and sauté until almost tender, about 3 minutes. Add chicken stock, spinach, cream and crushed red pepper. Cover pan and simmer until spinach is tender, about 3 minutes. Add fish pieces and simmer uncovered until just opaque in center, about 3 minutes. Mix in basil. Season soup to taste with salt and pepper. When you taking your final taste make sure somebody is watching: bring spoon to mouth, gently blow on spoon, sip soup, turn wink and do you best Tiger Woods fist pump. Or just a free style soup dance will work.

Tilapia with a Roasted Red Pepper Salsa

Serves 4

Johnny has football practice, Stacy has tap dance and Dad is off to his yoga class...hey Dad loose the tights you're just scaring the kids. You can't eat pizza again; you're buying Metamucil like your dealing the stuff. This easy and delicious recipe will have everyone fed and you regular again.

Ingredients

4 each 6 to 8 ounce Tilapia Fillets; you can also use with great success Catfish, or Rainbow Trout
1 tablespoon olive oil plus a little more to oil baking dish
1 medium red onion chopped
2 garlic cloves chopped fine
1 Roasted Red Pepper seeded and chopped: You can use a can or jarred pepper or you can roast you own under the broiler till the skin is charred well. Then put pepper in a brown bag till cooled, peel and seed
1/8 teaspoon cayenne
5 mint leaves
1 teaspoon of fresh thyme leaves chopped or ½ teaspoon of dried thyme
1 tablespoon lemon juice
Salt and pepper

How it's done

Preheat your oven to 400°F.
Heat a skillet to medium high heat add olive oil and sauté onion till golden brown.
Add remaining ingredients, except Tilapia and simmer for 6 to 8 minutes, season with salt and pepper to taste. Arrange your Tilapia fillets on a lightly oiled baking dish and season with salt and pepper, next pour over Salsa and place in the oven for 18 minutes.

That's it, wasn't that easy and delectable...now don your Cabby hat on and hit the streets...the meter is running.

