

September 30, 2010

Good morning to all of our beloved friends and clients, and Karen Carpenter was wrong, "Rainy Days and Mondays" don't get me down at all.

Quite frankly, they make me want to watch and endless stream of rented movies and eat and drink till I lull into a euphoric "couch nap". I got to be honest that sounded delicious...I really hope you enjoy today's recipes each one is a complete meal...thank you

[Some Great Take-Out Specials](#)

[Whole Belly Clam Roll Panko Crusted Ipswich Belly Clams](#)

[On a Portuguese Roll w/ Lettuce, Tomato, Tarter w/ Soft Drink...\\$8.00](#)

[Char Grilled Spanish Mackerel Over Baby Field Green Salad w/ Korean Bar-B-Q Sauce w/ Soft Drink...\\$8.00](#)

[Gilled Basil Balsamic Halibut Pita Wrap w/ Oven Roasted Veggies w/ Soft Drink...\\$8.00](#)

[Crab Cake Pita Wrap w/ Lettuce, Tomato, Tarter... Ask for Hot sauce w/ a Cup of New England Clam Chowder...\\$7.00](#)

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 North: Day Boat Skate Fillet (See Recipe Below), Nova Scotia Halibut, Swordfish, Dry Day Boat Sea Scallops, Maine Jonah Crab Claws, Georges Bank Flounder and Fluke 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, Day Boat Monkfish, Whiting, Maine Uni (Sea Urchin Roe), Nova Scotia Periwinkles

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

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, Fresh Organically Farmed Atlantic Scottish Salmon, Catfish, Local Musky Hatchery Rainbow Trout, Prince Edward Island Mussels, and Icelandic Artic Char, Organically Farm-Raised Barramundi

Please Call to Inquire About Our Full Line of Smoked Fish

THIS WEEKEND'S OYSTER SELECTION WILL INCLUDE THE FOLLOWING DELIGHTS

East Coast: Duxbury (Duxbury , Maine)

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); Beau Soleil (New Brunswick Canada); Fisher's Island (Fisher's Island , New York); Belon (Yarmouth , Maine)

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

This Week's Local Cheese Selections Will Include

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

Skate with Sautéed Escarole and Garlic Herbed Bread Crumbs

Serves 4

Hello...I know what your thinking...this recipe seems to long...hey, Little Chef Star, this is the entire meal. This recipe only comes with one warning...you will now hold your guests in a powerful foodie hypnotic state...now before you get into any semi-clothed "twister", have them clean the kitchen first

Ingredients

For the Garlic Herbed Bread Crumbs

¼ cup extra virgin olive oil

2 sprigs fresh rosemary

3 whole cloves garlic, smashed with the flat of your knife but not chopped

¾ cup panko bread crumbs

Zest from 1 lemon

3 tablespoons grated Parmesan cheese

For the Skate

2 tablespoons unsalted butter, softened

1/2 cup fresh herbs (such as chives, Basil, parsley), finely chopped

1 ½ to 2 pounds of Skate fillet

Salt and pepper

1/4 cup white wine

For the Sautéed Escarole

1 tablespoon olive oil

3 cloves garlic, minced

1 large bunch (head) Escarole, coarsely sliced

Salt and pepper

How it's done

For the Garlic Herbed Bread Crumbs

Heat olive oil, garlic, and rosemary in a medium sauté pan over medium low heat until the mixture becomes fragrant, about 2-3 minutes. Increase the heat to medium high, add panko breadcrumbs, and stir constantly, until crumbs develop a rich golden color. Transfer crumbs to a bowl. Remove rosemary stem and garlic. Add lemon zest and Parmesan and toss well to combine.

For the Skate

Preheat oven to 425° Fahrenheit. Combine softened butter with herbs to form a paste. Season skate with salt and pepper. Spoon an equal amount of butter paste over the top of each skate fillet. Place fillets in a baking dish and pour wine around the fish. Bake for 15-18 minutes.

For the Sautéed Escarole

While the skate is baking, heat olive oil over medium heat in a large sauté pan; add garlic and sauté 30 seconds. Add Escarole, salt and pepper, turn heat up to medium high, and sauté, stirring frequently, until Escarole is wilted a bit, about 6 minutes.

To serve this masterpiece, spoon Escarole onto each of the plates. Place a Skate fillet over the escarole and top with a generous amount of Garlic herbed Bread Crumbs.

If you're not sure of the rules of adult twister go to our website at metroseafood.com

Pan Seared Grouper with a Caper Dressing and Mediterranean Slaw

Serves 4

When I say serves four I'm referring to you serving up two huge scoops of humanity sprinkled with empathy and drizzled with the intention of a full back rub...alright I watched Oprah again...busted.

Ingredients

For the Grouper

4 each 6 to 8 ounce portions of Grouper, skinned: You can also use with great success Snapper, Tilapia, or Black Cod (Sable)

Flour for dredging

Salt and pepper to taste

2 tablespoons of Olive Oil

For the Caper Dressing

2 Tablespoons of Flat Leaf Parsley chopped

1 Plum Tomato Seeded and Diced

2 Tablespoon Capers Drained and Rinsed

2 Tablespoons of Olive Oil

1 to 2 Lemons, Juice only: this would be a good time to use your free lemons from Metro...Yahoo!

Salt and Pepper to taste

For the Mediterranean Slaw

2 Scallions Julienned (Cut into Matchsticks)

1 Red Bell Pepper Julienned

8 ounces Carrots Julienned

8 ounces Cabbage sliced very thing

1 lemon juice only

1 orange juice only

1 to 2 tablespoons of olive oil...let your taste buds dictate

Salt and Pepper to taste

How it's done

In a glass large bowl combine all of the Slaw ingredients and toss well season with salt and pepper to taste and set aside.

Next in a separate bowl combine all of the ingredients for the Caper Dressing season with salt and pepper and set aside.

Pat the Grouper fillets dry and season both sides with salt and pepper then dredge in flour shaking off all excess flour thoroughly. Heat a large sauté pan to high heat, add olive oil and pan sear fish for about 3 minutes per side or until opaque in the center. Transfer fillets to four plates and drizzle over Caper Dressing and plate your slaw on the side.

Alright, I gave you the recipe, now pop in Barry White or Manilow your choice; that's right the Love kitchen is open for business. (Funky Bass Line)

September 28, 2010

Good morning to all of our beloved friends and clients and you are welcome for the much needed precipitation created by my Half Lebanese retro rain dance thus lending aid to our current draught situation.

And for those busy bodies who notified the authorities that a large (thick) man dressed in animal skins and dancing with goats was playing his music to loud...lighten up you starch shirt...you have to play the Bee Gees loud if want to make it rain, everyone knows that.

Some Great Take-Out Specials

908-735-5121

[Grilled Soy Ginger Artic Char on a Mixed Field Green Salad with our house Dijon balsamic Dressing With a can of Soda \\$7.00](#)

[A South Western Mahi-Mahi Pita Wrap with Roasted Veggies and Chipotle Mayo With a can of Soda \\$7.00](#)

[A Homemade Fish Cake Pita Sandwich With lettuce Tomato and Tarter....ask for hot sauce With a can of Soda \\$5.00](#)

[Horseradish Crusted Hake Platter With Rice pilaf, Cole slaw and tartar sauce \\$10.00](#)

From the North: Nova Scotia Halibut, Swordfish, Dry Dayboat Sea Scallops (See Recipe Below), 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, Hake Fillet, Day Boat Monkfish, Maine Uni (Sea Urchin Roe), Bluefish

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

From the Pacific Northwest: Wild Alaskan Yakutat Coho Salmon and Fresh Plump Shucked Washington State Oysters, Manila Clams from Oregon

From the Waters of the World: Mediterranean Branzini(Regular and Jumbo) and Durato, Hamachi (Yellow-Tail), and Cockles from New Zealand, Wild Caribbean Hopper Pink Shrimp(See Recipe Below), Portuguese Sardines, Fresh-Never-Frozen Chilean Sea Bass, Jumbo Alaskan Snow Crab Clusters

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(See Recipe Below),

Snap Peas with Shrimp and Scallops

Serves 4

Alright light Ninja Chef time for you to throw a culinary round house kick to the souls of your guests and love ones with this Asian inspired recipe...."Yes, oh plump Sensei" "Who called me plump, I'm thick, #@*& you.

Ingredients

For the Shrimp and Scallops

¾ pound of medium shrimp; peeled and deveined for free by a Metro associate

¾ pound of Sea Scallops

6 to 8 oz Snap peas

1 cup of sliced white mushrooms

1 ½ tablespoons of canola or vegetable oil

5 to 6 thin slices peeled ginger

For the Sauce

½ teaspoon salt
¼ teaspoon toasted sesame oil
8 tablespoons water
1 teaspoon corn starch
1 tablespoon Saki or any rice wine
2 dashes white pepper powder

How it's done

In a small bowl whisk together all of the ingredients for the sauce and set aside. Heat up a wok to high heat and add the cooking oil. Add the sliced ginger into the wok and stir-fry until aromatic and then add sliced mushroom and toss for about 1 minute. Next add Shrimp and Scallops to the wok and stir-fry for about 2 minutes then add snow peas. Next add the sauce into the wok and quick stir to coat the sauce well with the shrimps, scallops and snow peas. Serve this over some white rice or noodles to deliver the soul punching "kill shot" to your opponent.

Roasted Artic Char and Asparagus with a Lemon Caper Dressing

Serves 4

You know I was just thinking how to bring the sexy back into the weekday...Kaboom...this recipe is happening, now deal with it. If you feel as though you can't handle this dish just have a "Kashi" bar and go to your room. The kids will make dinner tonight

Ingredients

For the Dressing

2 tablespoons fresh lemon juice
2 tablespoons minced red onion
1 tablespoon olive oil
1 tablespoon drained capers, chopped
1 teaspoon chopped fresh thyme
1/2 teaspoon grated lemon peel

For the Artic Char

1 ½ to 2 pounds of Artic Char Fillet: you can also use with great Success Black Cod or Trout fillet

1 pound asparagus, trimmed
1 tablespoon extra-virgin olive oil

How it's done

For the Dressing

Whisk the dressing ingredients in small bowl to blend. Season with salt and pepper, set aside. Bring a large pot of salted water to a boil and blanch asparagus for about 3 to 5 minutes and shock in ice water. When cooled dry on paper towels. Arrange asparagus in even layer on a baking sheet. Drizzle with oil and turn to coat. Sprinkle with salt and pepper. Place Char atop asparagus; sprinkle with salt and pepper. Roast until Char is just opaque in center, about 15 to 18 minutes.

Transfer asparagus and Artic Char to platter. Spoon Caper dressing over the fish and Asparagus and you'll still have time to facebook stalking till 9:00.

September 24, 2010

Good morning to all of our beloved friends and clients and seriously if you haven't been by the new location in the last couple of weeks things are really moving along now...when I was there yesterday there were so many workers on the building it looked like ants on a potato chip and who can't watch that for hours...OK, maybe just me, but there no need to judge me.

[Some Great Take-Out Specials](#)

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

[Blackened Mako Shark Steak on a Mixed Field Green Salad
With our house dressing and a can of Soda
\\$7.00](#)

[Panko and Cornmeal Crusted Calamari with our famous Marinara sauce
And a can of Soda \\$6.00](#)

[Metro's Own Shrimp Scamp Platter over Rice Pilaf
And a small tossed Salad
\\$12.00](#)

[Fried Oyster "Poor Boy" Sandwich on Locally baked French Bread with Lettuce, Tomato
and Spicy Tater Sauce
With a can of Soda \\$6.00](#)

[Grilled Salmon Pita Wrap with Baby field Greens, Tomato and Spicy Mayo
With a can of Soda \\$7.00](#)

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 North: Nova Scotia Halibut, Swordfish, Dry Dayboat Sea Scallops (See Recipe Below), Maine Jonah Crab Claws, Fresh Trapped Squid, Georges Bank Flounder and Fluke 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, Mako Shark, Day Boat Monkfish(See Recipe Below), Whiting, Maine Uni(Sea Urchin Roe), Bluefish, Maine Razor Clams

From the South: Sushi Grade Ahi Tuna, Red Grouper, 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 the Pacific Northwest: Wild Alaskan Yakutat Coho Salmon, and Fresh Plump Shucked Washington State Oysters, Manila Clams from Oregon

From the Waters of the World: Mediterranean Branzini(Regular and Jumbo) and Durato, Hamachi (Yellow-Tail), Opah (Moonfish) and Cockles from New Zealand , Wild Caribbean Hopper Pink Shrimp, Portuguese Sardines, Fresh-Never-Frozen Chilean Sea Bass, Jumbo Alaskan Snow Crab Clusters

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

THIS WEEKEND'S OYSTER SELECTION WILL INCLUDE THE FOLLOWING DELIGHTS

East Coast: Duxbury (Duxbury , Maine)

West Coast: Kumamoto (Humbolt Bay , California); Pemaquid (Hog Island , Maine); Peale Passage (Shelton Bay , Washington State); Flowers (Oyster Bay Harbor NY); Island Creek (Hood Canal , Washington State) ; Flying Point (New Castle , Maine) ; Beau Soleil (New Brunswick Canada) ; Fisher's Island (Fisher's Island , New York)

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

Penne Pasta with Monkfish Medallions and

Artichokes in a Garlic Wine Sauce

Serves 4 Larger Travelers, like me, or 6 normal folks

I must implore you fellow travelers, to stop trying to make monkfish taste like lobster...it doesn't, but it is a firm sweet fish that is perfect for a gorgeous pasta dish. And how would you feel if everyone kept saying you look almost as handsome as your brother Mike...it hurts....someone hold me.

Ingredients

1 pound of Penne Pasta

2 tablespoons olive oil

3 large cloves garlic, chopped fine

1 ½ pounds of Monkfish Cut into 1 inch Medallions (This is a Job that would be lovingly performed by any Metro Seafood associate)

½ cup dry white wine

The juice of 1 lime at least a tablespoon

1/4 cup fresh, chopped oregano

8 ounces of canned Artichoke hearts if frozen, thaw first. If you are cleaning the artichokes whole, I love you.

½ cup crumbled feta cheese, like that bodacious Bulgarian Feta they carry at Metro

Salt and pepper to taste

Fresh oregano for garnish

How it's done

In large pot of salted boiling water, cook Penne until al dente (tender but slightly firm).

While Penne is cooking, heat olive oil in large skillet over medium-high heat and sauté garlic until tender then add Monkfish and sauté for about 2 minutes more.

Next add wine and lime juice and oregano and cook until it begins to bubble.

Then stir in artichokes, breaking up large pieces of artichokes with a spoon.

Drain pasta well and transfer to the skillet to toss, take pan off of the heat and then add the Feta cheese, mix will.

Turn out pasta to a large platter and garnish with oregano and serve.

Now all together...Monkfish, you are absolutely delicious, we love you.

Sea Scallop Pan Roast with Cremini Mushrooms

Serves 4

Nothing conjures up the image of a passionate chef like the term "Pan Roast". Who am I kidding...it's practically a pick-up line...mind if "Pan Roast" your Scallops?...Gulp...is that an oven proof pan or are you just happy to see me?

Ingredients

1 tablespoon olive oil

1 pound Cremini (Baby Bella) mushrooms, cut into quarters

4 scallions sliced into ½ inch pieces keep white and green separated

3 cloves garlic, chopped

1/2 teaspoon salt

1/2 teaspoon fresh-ground black pepper

1 ½ to 2 pounds of large Sea Scallops: I've also done this recipe with Chilean Sea Bass and Grouper

1/4 cup heavy cream

How it's done

Preheat your oven to 450°. In a large ovenproof skillet (Generally if the handle is metal you can put it in the oven), heat the oil over moderately high heat. Add the mushrooms and cook until starting to brown, about 3 minutes. Add the white part of the scallions, garlic, and 1/4 teaspoon each of the salt and pepper. Cook until the scallions start to soften, about 4 minutes. Put Scallops on a piece of wax paper and season both sides with the remaining 1/4 teaspoon each salt and pepper. Place the Scallops on top of the mushrooms and scallions and transfer

the pot to the oven. Roast until the fish is just done, 8 to 10 minutes. Remove the Scallops from the pan and put the pan back on top of the stove. Add the scallion greens and the cream to the pot. Bring to a simmer and continue simmering the sauce until it starts to thicken, 1 to 2 minutes. Serve the Scallops topped with the sauce. Oh by the way, if some of you fellow travelers are fearful this dish might arouse some smoldering passion...it will...my advice bake some chicken breast instead...they are the cold shower of the culinary world.

September 21, 2010

Good Morning to all of our beloved friends and clients and before my children post it on facebook...Yes, I was flipping back and forth channels last night between the Yankee game and yes, "Dancing with the Stars"

I would love to give you some macho answer that it was "Like a train Wreck" and I couldn't keep my eyes off it. But in fact it was like I was in an Opium den with Sherlock Holmes himself just trying to cool off the white hot flames of anxiety that can be our everyday lives. "Watson is it just me or does Mrs. Brady still look kind of hot?" I hope you enjoy today's simple and delicious recipes

[Some Great Take-Out Specials](#)

908-735-5121

[Lunch Order of Fish & Chips](#)

[Served with Cole Slaw, Tartar and Malt Vinegar](#)

[With a can of Soda](#)

[\\$6.00](#)

[Grilled Swordfish Pita Wrap with Roasted Veggies and Chipotle Mayo](#)

[With a Cup of New England or Manhattan Clam Chowder](#)

[\\$7.00](#)

[Steamed Cockles \(1 lb\) in Wine and Garlic Broth](#)

[With Locally Baked Bread](#)

[\\$9.00](#)

[Horseradish Halibut Tilefish Fillet Platter](#)

[Served with Rice Pilaf and Cole Slaw](#)

[\\$11.00](#)

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

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

From the Pacific Northwest: Wild Alaskan Yakutat Coho Salmon (See Recipe Below)

From the Waters of the World: Mediterranean Branzini, Hamachi (Yellow-Tail) and Cockles from New Zealand, Wild Caribbean Hopper Pink Shrimp, Fresh-Never-Frozen Chilean Sea Bass

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 Arctic Char

Pan Seared Cod with a Tomato and Feta Sauce

Serves 4

The sauce for this recipe, fellow travelers, will also bring about world peace if it were applied to any global conflicts. Seriously ladies use this instead of pepper spray to subdue would be attackers...the only tears he'll be shedding are tears of apology for bothering you.

Ingredients

4 - 6 to 8 ounce portions of Cod Fillet: you can also use with Great Success Grouper, Snapper, Sea Bass and even skinless Salmon fillet

3 tablespoons olive oil

1 20-oz. can Tomatoes roughly chopped save all the juice

2 cloves Garlic chopped

2 teaspoons fresh rosemary, chopped

1 teaspoon fresh thyme leaves, chopped

1 Tablespoon parsley, chopped

6 to 8 ounces of Feta crumbled: Metro carries an amazing Bulgarian Feta...I'm just saying

Salt and pepper to taste

How it's done

Heat 2 tablespoons of olive oil in a medium-heavy skillet. Add garlic and sauté until fragrant. Add tomatoes, rosemary and thyme and bring to a simmer. Cook until tomatoes are almost dry. Add feta cheese, ground pepper and parsley. Remove sauce from heat and cover.

In a heavy sauté pan, heat the remaining olive oil until smoking. Season fillets on both sides with salt and pepper. Place fish in pan flesh side down and sear for 4 minutes. Turn fish and cook an additional 2 minutes.

Plate your fillets and top with warm sauce... Serve immediately and watch as you friends and love ones transform into nonjudgmental, care free love zombies.

Seared Salmon over an Arugula Salad with a Mustard Cream Sauce

Serves 4

This dish will seem elaborate...but your loved ones don't need to know how little time you spent in the kitchen. What did you say female travelers, you don't lie to your loved ones..."Honey, is my hair thinning in the back"(hold back chuckle) "No, Love muffin, that damn barber messed up again" I rest my case.

Ingredients

Salmon and Mustard Cream Sauce

4 each 6 to 8 ounce fillets of Salam: you can also use with great success Artic Char or Halibut

1 tablespoon olive oil

1 tablespoon of unsalted butter

2 shallots, chopped

½ cup of dry white wine

1 cup of heavy cream

2 teaspoons of Dijon mustard

Salt and pepper

For Arugula Salad

1 each 4 to 5 ounce package of Baby Arugula washed and spun dry

1 small red onion shaved into paper thin slices

The juice of one lemon

1 Tablespoon of olive oil

Salt and pepper

How it's done

For Arugula Salad

Toss Arugula, onion, lemon juice and olive oil in a bowl. Season to taste with salt and pepper a set aside at room temperature

For the Salmon and Mustard Cream Sauce

Heat a large non stick skillet to medium high heat

Dry Salmon fillets with paper towels and season both sides with salt and pepper
When skillet is hot add olive oil and cook salmon for about 3 to 4 minutes per side transfer salmon to warm plate.
Next add butter to the pan and sauté shallots until softened, but not browned then add wine to pan to deglaze, scraping pan with wooden spoon. Reduce wine by half and stir in mustard and cream, lower the heat to just bring sauce to a light bubble to thicken. Season with salt and pepper to taste. Bring your Salmon fillets back to the pan to warm the fish through. To serve, place Arugula Salad onto four plates evenly and top with Salmon fillets and drizzle with sauce.
The only guilt you feel now is slipping that "Hair Club For Men" brochure in your husbands brief case last week.

September 16, 2010

Good morning to all of our beloved friends and clients and if you haven't done so already...for the love of Pete, program your DVR! It's Oprah last season.

As long as we are in the "no judge" room of feelings, I must admit I've often fashioned my persona to that of Oprah's. Not in the way she has built a multi billion dollar empire whose nod of approval can launch careers into super stardom. Nor in the way her magnanimous outstretched arms of compassion help and inspire mankind. But in her ability to swing tremendously up and down in weight and still make it seem kind of cool..."Fried Snickers Anyone?"

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

Mako Shark Steak Sandwich With Sweet Peppers & Onions on Locally Baked Bread with Spicy Mayo With a Can Soda \$7.00

[Introducing Metro's Own Lobster Roll](#)

Succulent Lobster Salad w/ Baby Field Greens On a Lightly Buttered Portuguese Roll
\$18.00... yes it's worth it

Panko Crusted "Pop Corn" Rock Shrimp Platter with French Fries and Cole Slaw \$11.00
Side Order with Tarter \$ 7.00

Fried Fish "Sloppy Joe" Pita Wrap with Cole Slaw and Russian Dressing
With a can of Soda [\\$6.00](#)

Blackened Golden Tilefish Fillet Over Mixed Baby Field Green Salad
With a Can of Soda \$8.00

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 North: Nova Scotia Halibut, Swordfish, Dry Dayboat Sea Scallops (See Recipe Below), Maine Jonah Crab Claws, Georges Bank Flounder and Fluke 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, Mako Shark, Day Boat Monkfish, Whiting, 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, Jumbo Pompano, Sushi Grade Spanish Mackerel, Fresh Florida Rock Shrimp

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

From the Waters of the World: 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

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 Smoked Fish for Our Clients Who Are Breaking Fast this Saturday](#)

THIS WEEKEND'S OYSTER SELECTION WILL INCLUDE THE FOLLOWING DELIGHTS

East Coast: Duxbury (Duxbury , Maine)

West Coast: Kumamoto (Humbolt Bay , California); Pemaquid (Hog Island , Maine); Peale Passage (Shelton Bay , Washington State); Flowers (Oyster Bay Harbor NY); Island Creek (Hood Canal , Washington State); Flying Point (New Castle , Maine); Beau Soleil (New Brunswick Canada); Fisher's Island (Fisher's Island , New York) ;Wawenauck (Hog Island , Maine)

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**
- **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.**
- **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**

Seared Scallops with Avocados and Plum Tomatoes

Serves 4

Fair warning, if you prepare this dish as your main course Saturday night, you will become the dessert course....I'm just saying, you're cooking with passion, be prepared for the "what goes around"

Ingredients

3 tablespoons olive oil
1 ½ to 2 pounds of dry Sea Scallops: you can also use this dish with Jumbo Shrimp
1 garlic clove, finely chopped
2 plum tomatoes, seeded and diced
2 avocados, peeled and diced
1 tablespoon of fresh lemon juice
1 tablespoon of balsamic vinegar
2 tablespoons of fresh chopped cilantro
Salt and pepper to taste

How it's done

Lay scallops on a large piece of wax paper or a glass dish and season both sides with salt and pepper

In a large non-reactive sauté pan, heat 2 tablespoons of the olive, when oil is very hot; sear the scallops for 2 minutes per side trying to achieve a golden brown crust on each side. Remove from pan and keep warm.

In the same frying pan, heat the remaining oil and brown the garlic (do not burn). Add the tomato, avocado, lemon juice and balsamic vinegar.

Cook 1-2 min. Add the cilantro. Season Avocado mixture with salt and pepper to taste.

Divide the avocado mixture in four plates and top with your seared scallops. Serve with enamored intentions and a spinach salad...hey you still need your fiber Don Juan.

Roasted Snapper on Saffron Potatoes

Serves 4

This dish, fellow travelers will have your palate exploring the coast of Portugal with the same zeal as Ferdinand Magellan himself....of course in a culinary vessel with much a nicer bathroom

Ingredients

1 ½ to 2 pounds of Red Snapper Fillet; you can also use with great success Grouper, Cod or Sable fillet
Salt and pepper
4 springs of fresh thyme
1 lemon juice and zest separated
1 ½ to 2 pounds of potatoes, peeled and sliced no more than ¼ inch thick
4 cloves garlic crushed
5 fillets canned anchovies chopped roughly
1 good pinch of Saffron threads
4 tablespoons of olive oil plus more for drizzling
12 to 18 Grape tomatoes halved
3 to 4 tablespoons of white wine

How it's done

Preheat the oven to 450°. Place Snapper fillets in a glass dish and season both sides of the fillet generously. Strip the leaves from the thyme and rub about half the leaves into both sides of the fillet. Next pour over the lemon juice over the fillets and turn fish to coat completely. Toss the potatoes with the garlic, anchovies, saffron and the 4 tablespoons of olive oil. Next rub with olive oil the inside of a glass baking dish large enough to hold the fillets. Layer the potatoes in it and scatter with the tomatoes and leaves from the remaining thyme. Splash 3-4 tbs of wine over the top.

Place in the preheated oven for 35 minutes, until the potatoes are soft and starting to brown. Put the fish on top, add a splash more olive oil and return to the oven for 15 to 18 minutes, or until the fish is cooked (opaque in the center). Garnish with lemon zest and if you are still nagged by your sense of expedition, try introducing your dinner crew to a bottle of vintage port and local cheeses...land ho!...someone take my keys, I cant drive.

September 14, 2010

Good morning to all of our beloved friends and clients and I sincerely you hope you, like I, are celebrating the cool mornings of the season...welcome home hot coffee.

My Yahoo home page caught my eye this morning announcing the 17 things you can do to safeguard your heart. The pop news Junkie I am, I read on only to find the obvious stated and the three most important ones missing:

- 1- Make a nice meal for your friends and family...their warm vibes of gratitude have more antioxidants than a wheel barrel full of cranberries
- 2- Eat Fish more often because no one refers to Salmon as part of the "Elvis Diet"...." I told him to slow down; all that fish is really clogging his....not"
- 3- Allow yourself a little butter once in a while....those centenarians on the "Smuckers" Jar have freaky super jeans...some of them probably start the day with a no-filter camel

[Some Great Take-Out Specials](#)

[908-735-5121](#)

[Grilled Ginger Lime Tuna Pita Wrap](#)
[With roasted Vegetables and Wasabi Sauce](#)
[With a can of Soda](#)
[\\$7.95](#)

[Crab Cake Sandwich on Locally Baked Bread](#)
[With Lettuce Tomato and Tarter Sauce](#)
[With a can of Soda](#)
[\\$5.95](#)

[Broiled Sockeye Salmon "Scampi" Platter](#)
[Over Rice Pilaf with Our famous Cole Slaw](#)
[\\$11.95](#)

[Real Lobster Salad over a Baby Field Green Salad \\$15.00](#)

From the North: Nova Scotia Halibut, Swordfish, Dry Dayboat 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, Uni(Sea Urchin Roe), New Bedford Grey Sole Fillet and Skate Wings

From the South: Sushi Grade Ahi Tuna, Real American Red Snapper, Fresh Lump and Jumbo Lump Crab Meat, Red Grouper, Pompano and Mahi Mahi

From the Pacific Northwest: Wild Alaskan Troll Caught King Salmon and Fresh Plump Shucked Washington State Oysters Wild Sockeye Salmon

From the Waters of the World: Mediterranean Branzini (Jumbo and Regular), Hamachi (Yellow-Tail) and Cockles from New Zealand , Wild Caribbean Hopper Pink Shrimp (See Recipe Below),

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

Linguini with Shrimp in a Chile Lime Sauce
Serves 4

This recipe was given to me by my dear friend Antonio Sanchez...ok I made that up, that was my alias when I used to be a matador in the mid eighties. But seriously this is an easy and affordable Spanish influenced pasta dish.

Ingredients

1 pound of Linguini or any type of Pasta you happen to have on hand.

1 ½ pounds of medium shrimp cleaned and deveined with the tails removed: Remember, call in advance, Metro will clean them free of charge

2 cloves garlic, finely chopped

2 small red hot peppers, seeded and finely sliced, you can also substitute a jalapeno pepper

The zest of 2 limes

The juice of 4 limes

½ cup extra virgin olive oil

1 cup roughly chopped flat-leaf parsley

Salt and pepper to taste

How it's done

Bring a large pot of salted water to the boil. Add pasta, stir well and continue boiling, stirring occasionally, until pasta is al dente.

Meanwhile while the pasta is cooking heat a large skillet on the stove to medium high heat.

When pan is hot add half the olive oil and sauté the shrimp for about 2 minutes then transfer to a plate (shrimp should be slightly undercooked). Next add the rest of the oil to the pan and then add garlic, chilies and sauté for about 1 min (do not brown the garlic) then bring back the shrimp into the pan, cook for about another minute and add the lime zest, juice and parsley.

Next tip the cooked drained pasta into the pan and turn to mix well. Season with salt and pepper and serve immediately.

Grilled Cumin Dusted Tilapia with an Avocado Salsa

Serves 4

The only thing difficult about this dish is trying to explain to your loved ones you don't want them to kiss you with food in their mouths. If they really want to show their undying gratitude how about a back rub after dinner and when I say "back rub" I mean...get your mind out of the gutter.

Ingredients

For the Fish

1 ½ to 2 pounds of Tilapia Fillet; you can also use with great success Catfish, Grouper or Snapper fillet

1 tablespoon olive oil

1 tablespoon ground cumin

Salt and pepper to taste

For the Avocado Salsa

2 ripe avocados

2 ripe tomatoes your choice about 1 pound

1 small red onion chopped fine

1 pickled jalapeño pepper; available at Metro Seafood...I swear they have all

6 tablespoons fresh lime juice

1 tablespoon vegetable oil

1 1/2 teaspoons salt

How it's done

For the Avocado Salsa

Cut the Avocados in half, remove pit and peel. Next chop avocados fine and in a bowl stir together with remaining salsa ingredients. The salsa can be made up to 4 hours in advance stored in the fridge

For the fish

Preheat gas grill or grill pan to high

Pat dry fish fillet with paper towels. In a glass dish sprinkle fish with olive oil, cumin, and season with salt and pepper to taste and rub mixture into fillets. Grill fish on an oiled rack or hot grill pan for about 4 minutes per side or until fish is opaque when fork tested. Serve fish with Salsa and some tortilla chips on the side. Oh, by the way, no need to tell the diners how easy this is and since you only use the grill or one pan and a bowl....clean it yourself to hide the evidence.

September 9, 2010

Good morning to all of our beloved friends and clients and as family members in the community we are apathetic to the "Back to School/Work" grind that has put an abrupt halt to our endless summer. Take heed in the fact that today's recipes are charmingly simple...and should you have no time to cook, our take-out is fresh and delicious!

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

[Fried Fish Wrap](#)
[Lettuce, Tomato, and Tarter ask for Hot Sauce](#)
[w/ Can of Soda](#)
[\\$6.95](#)

[Blackened Scottish Salmon](#)
[Over Mixed Field Green Salad](#)
[w/ House Dressing and Can of Soda](#)
[\\$6.95](#)

[Fried Fish Cake Pita Wrap](#)
[Lettuce, Tomato, and Spicy Mayo](#)
[w/ Can of Soda](#)
[\\$4.95](#)

[Shrimp Scampi Platter over our Famous Rice Pilaf](#)
[\\$11.00](#)

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 North: Nova Scotia Halibut(See Recipe Below), Swordfish, Dry Dayboat 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, Hake Fillet, Mako Shark, Day Boat Monkfish

From the South: Sushi Grade Ahi Tuna, Wild Carolina Grey Tile, Red Grouper, Real American Red Snapper, Blue Crab Cocktail Claws, Fresh Lump and Jumbo Lump Crab Meat

From the Pacific Northwest: Wild Alaskan Troll Caught King Salmon, Wild Alaskan Sockeye Salmon, Wild Washington State Sturgeon, and Fresh Plump Shucked Washington State Oysters

From the Waters of the World: Mediterranean Branzini (Jumbo and Regular) and Durato(See Recipe Below), Wild Caribbean Cobia Fillet, Hamachi (Yellow-Tail) and Cockles from New Zealand , Wild Caribbean Hopper Pink 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 Arctic Char

THIS WEEKEND'S OYSTER SELECTION WILL INCLUDE THE FOLLOWING DELIGHTS

East Coast: Duxbury (Duxbury , Maine)

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)

Raspberry Point (Prince Edward Island , Canada)

Beau Soleil (New Brunswick Canada)

Fisher's Island (Fisher's Island , New York)

Wawenauck (Hog Island , Maine)

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**
- **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.**
- **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**

Roasted Branzino or Dorado with Cilantro and Potatoes

Serves 4

As your humble fish monger I lovingly give you permission to let drop your robe of culinary inhibitions and run wild in the delectable waters of eating fish on the bone...that sounded like I was flirting with you...guilty

Ingredients

4 each 1 pound Branzino or Dorado (Sea Bream) Gutted, Scaled with the head on...this is a job to be lovingly performed by any Metro Seafood associate

2 lemons

Coarse salt and freshly ground pepper to taste

1 bunch fresh cilantro chopped roughly

2 cloves garlic, crushed

1 teaspoon Paprika

1 teaspoon cumin

4 medium red potatoes, peeled and thinly sliced

1 large carrot, cut into match sticks

1 green pepper, chopped
2 tablespoons olive oil
1 lime, sliced

How it's done

Pat fish dry, inside and out, with paper towels. Squeeze the lemon juice inside and outside the cavity and sprinkle the cavity with salt and pepper. Stuff the fish cavities with the garlic and small handfuls of the cilantro leaves; don't use all of the cilantro. Set the remaining cilantro aside. Let the fish marinate in the refrigerator for an hour or more before baking.

Preheat oven to 400° degrees. Pull out fish from refrigerator and allow fish to come to room temp. Place the potatoes and carrots on an oiled baking dish season with salt and pepper, cover with foil and bake for 15 minutes. Remove potatoes from oven. Peel back foil and place the fish on top and sprinkle with the chopped green peppers, cumin, paprika, salt, pepper, the additional cilantro and olive oil. Cover and bake for 15 minutes. Remove lid or foil and bake for further 15 minutes or until the fish is cooked. Decorate with lime slices and carefully indulge in the ancient tradition of our forefathers by eating with your hands, my beloved.

Roasted Halibut with Chermoula in Foil Pouches

Chermoula is usually a fresh herb blend used to season fish and meats, but with the tomatoes added, becomes a Middle Eastern salsa. Kind of like the marriage of Achmed and Conswaylo, spicy but with a fresh finish

Serves 4

Ingredients

Main

4 garlic cloves, chopped
1 jalapeno pepper seeded and chopped
4 ripe tomatoes, cored and chopped
2 tablespoons chopped flat leaf parsley
2 tablespoons chopped cilantro
2 tablespoons extra virgin olive oil

Juice of 1 lime

1/2 teaspoon ground cumin

1/2 teaspoon curry powder

Salt, to taste

4 each 6 to 8 ounce servings of Halibut skin-removed: You can also use Tilefish, Grouper or Cod fillet

How it's done

Preheat the oven to 450° degrees.

Mix together the garlic, jalapeno pepper, tomatoes, parsley, cilantro, olive oil, lime juice, cumin and curry powder. Season with salt to taste.

Tear off 4 sheets (each about 12 x 18 inches) of heavy duty foil.

Next place halibut fillets on each piece of foil, then top each with a spoonful or two of the tomato mixture (chermoula).

Bring the foil over the fish, and then seal each pouch by double-folding over the top, then the ends.

Place the pouches on a baking sheet.

Bake for 16 to 20 minutes (depending on thickness of fish), or long enough for the Halibut to turn opaque. (Open one package to test and reserve it for yourself if you have guests.) Pass the remaining chermoula at the table and know that your dinner table just bridged two cultures closer together in true culinary harmony...and it was easy.

September 7, 2010

Good morning to all of our beloved friends and clients and thank you sincerely for including Metro Seafood in a host of your meals and celebrations this summer...we are truly honored The only downside to the summer is that another sweet season has elapsed and I still haven't rocked the "Six Pack" abs. I know what you're thinking..." I don't think you have the genetic predisposition for that type of build, big guy" (translation your kinda fat dude). Hey...A honeybee isn't supposed to be able to fly but guess what...it didn't listen. So, game on, next year will be the summer of abs or loose fitting t-shirts. I hope you enjoy today's extremely easy recipes. Sending kids back to school well nourished for

[Some Great Take-Out Specials](#)

[Grilled Balsamic Organic Salmon on a Mixed Field Green Salad with our house Dressing
With a can of Soda](#)
[\\$6.95](#)

[Blacked Mako Pita Wrap with Lettuce, Tomato and Spicy Mayo
With a can of Soda](#)
[\\$6.95](#)

[Fried Whole Belly Clam \(Steamers\) Platter
With French Fries and our famous Cole Slaw](#)
[\\$18.00](#)

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

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

From the Pacific Northwest: Wild Alaskan Troll Caught King Salmon, Wild Alaskan Sockeye Salmon, and Fresh Plump Shucked Washington State Oysters

From the Waters of the World: Mediterranean Branzini (Jumbo and Regular), Hamachi (Yellow-Tail) and Cockles from New Zealand , Wild Caribbean Hopper Pink Shrimp

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, Fresh Pacu Ribs

Easy Oven Roasted Cod with Potatoes and Calamata Olives

Serves 4

No one but us has to know that this dish is as easy and making Kraft Mac-n-Cheese. Let your family and friends think you actually love them and that you broke your bacon on a weekday to create a nurturing love nest....which later you can throw them out of...alright too revealing.

Ingredients

1 ½ pound Yukon gold potatoes, peeled and cut into 1-inch cubes

1 cup pitted Kalamata olives, drained: Available at all Metro Seafood & Gourmet locations

2 cloves garlic sliced very thin

¾ cup extra-virgin olive oil

Salt and pepper

1 ½ to 2 pounds of Cod Fillet: you can also use with great success, Hake, Halibut, Grouper or Tilefish

The leaves from 1 sprig of Rosemary chopped

½ cup White Wine

How it's done

Preheat oven to 400° degrees

Next bring a medium pot of lightly salted water to a boil over medium-high heat. Add the potatoes and boil for 6 to 8 minutes or until fork tender but not falling apart. Drain potatoes quickly and transfer to a large bowl. Add the olives, garlic, rosemary, all but 2 tablespoons of the olive oil, and salt and pepper to taste, stirring to combine. Set aside.

Drizzle the remaining 2 tablespoons of oil in a medium roasting pan. Pat the Cod dry and season both sides with salt and pepper and place in pan, flesh side up. Top the fish with all of the potato-olive mixture and pour white wine around the fish. Roast Cod for 18 to 20 minutes, or until fish is opaque in the center. With a little steamed vegetable on the side you fully deserve to somebody kiss your ring or at least empty the damn dishwasher.

Oven "Fried" Dijon Tilapia

Serves 4

When I say this is heart healthy, that doesn't mean I'm closing the door on deliciousness, but in fact taking a vacation from my beloved flame, Ms Butter. Who by the way is a second cousin with Mrs. Butterworth, and yes, we dated back in the 80's...I really don't want to talk about it.

Ingredients

1 ½ cups panko: Japanese-style bread crumbs available at Metro

Freshly grated zest of 1 medium lemon (about 1 1/2 teaspoons) Aren't lemons free at Metro...Heck Yeah!

2 tablespoons finely chopped flat-leaf parsley

4 each 6 to 8 ounce portions of Tilapia: you can also use with great success Flounder, Snapper, Catfish or even Skate fillet

Salt and pepper

3 to 4 tablespoons Dijon mustard

Olive oil spray or from the bottle for drizzling

2 lemons cut into wedges for serving

How it's done

Preheat the oven to 400° degrees. Use aluminum foil to line the bottom of a baking dish or rimmed baking sheet large enough to hold the fish fillets in a single layer.

Combine the panko, lemon zest and parsley in a shallow baking dish; mix well.

Pat fish dry and season with salt and pepper on both sides. Next coat fillets with the Dijon mustard evenly and working with one fillet at a time place into panko mixture and gently push done to coat both sides of the fillet.

Spray or drizzle olive oil on the foil and place fillet in pan and repeat with remaining fillets.

When all the Tilapia is in the pan spray or drizzle olive oil on top of fish then place fillets in oven for about 12 to 15 minutes. Serve with lemon wedges a big salad and know you just introduced your soul to your heart...I think there're going to hit it off

September 2, 2010

Good morning to all of our beloved friends and clients and I hope you will be so kind as to indulge me in a collective cosmic game changer with a spiritual sit-down with Hurricane Earl. With all the negative energy directed at this guy, who can blame him for ramping up his anger to a category 4 tantrum. Let's not judge this misunderstood, stormy fellow. All together now, let's gently wrap our arms around this guy...."shhhh"... (Squeeze gently while stroking his little cloud forehead) "it's ok little buddy, I know your Mom didn't hug you enough...yeah I know, even if they named you Earl...I think Mother Nature really wanted a daughter. Feeling better little tempest...that's it, let it out"(sob...sob...sniff) "perhaps with gentle rain...no need for all the wind, we are here for you". I hope you enjoy the holiday weekend and the recipes

[Some Great Take-Out Specials](#)

[Soft Shell Crab Club Sandwich](#)

Panko crusted soft crab served with lettuce, tomato, hickory smoked bacon, mayonnaise and on a locally baked Portuguese Roll
\$8.95

Lunch Portion of our famous Fish and Chips
Complete with Cole Slaw and Malt Vinegar and a Can of Soda
\$6.95

Grilled Ginger Soy Shark Pita Wrap with Oven Roasted Veggies on locally baked Pita
With Wasabi Sauce
With a can of Soda
\$6.95

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 North: Nova Scotia Halibut, Swordfish, Dry Dayboat Sea Scallops, Fresh Trapped Squid(See Recipe Below) 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, Whiting, Uni(Sea Urchin Roe), New Bedford Grey Sole Fillet, Hake Fillet, Golden Tilefish, Mako Shark, Sushi Grade Boston Mackerel

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

From the Pacific Northwest: Wild Alaskan Ivory Salmon, Wild Alaskan Troll Caught King Salmon, Wild Alaskan Sockeye Salmon, and Fresh Plump Shucked Washington State Oysters

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

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, Fresh Pacu Ribs

THIS WEEKEND'S OYSTER SELECTION WILL INCLUDE THE FOLLOWING DELIGHTS

East Coast: Duxbury (Duxbury , Maine); 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) Raspberry Point (Prince Edward Island , Canada); Beau Soleil (New Brunswick Canada) Pickle Point (Prince Edward Island , Canada)

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
- 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.
- Nettlesome: Cave aged 4+ months, with the unique addition of Stinging Nettles...herbaceous and truly memorable!

- 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.
- 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
- Jean-Louis: Named in Honor of the great Chef Jean-Louis Paladin, tangy semi soft
- Cave Aged Cheddar: A truly exceptional cheddar, full flavored and complex

Grilled Tuna with a Southern Italian Summer Salsa

Serves 4

Sometimes you want to shed your provincial American inhibitions and romp on the Italian island of Capri ...and yes, tops are optional...let yourself go and pour another glass of wine and please make sure the kids are at your Mom's.

Ingredients

For the summer Salsa

6 tablespoon of extra virgin olive oil
 1 medium yellow onion finely chopped
 3 cloves garlic minced
 8 canned anchovies chopped
 6 ounces of Baby Bella (Cremini) Mushrooms sliced
 2 ripe tomatoes chopped
 2 sprigs oregano leaves only chopped
 1 cup of pitted black olives
 Half a cup of chopped, flat-leaf parsley
 Salt and pepper

For the Tuna

4 ea 6 to 8 ounce Tuna Steaks about 1 inch thick: you can also use with great success Swordfish, Shark, Mahi, or Cobia
 2 cloves garlic
 1 tablespoon of fresh oregano
 Salt and pepper
 2 tablespoons olive oil for brushing

How it's done

For the Summer Salsa

In a large sauté pan, heat 6 tablespoon of extra virgin olive oil and lightly fry the finely chopped onion, 3 minced garlic cloves, 8 chopped anchovies and sliced mushrooms for 4-5 minutes till soft. Add chopped, ripe tomatoes, chopped fresh oregano and pitted black olives, simmering for 10 to 15 minutes more. Lastly add flat-leaf parsley and season with salt and pepper to taste. Keep warm and set aside

For the Tuna

Preheat Charcoal Grill or Gas Grill to high heat
 Brush steaks with olive oil and rub in garlic and fresh oregano
 When the grill is hot cook steaks for 2 to 3 minutes per side for rare; 4 to 5 min for medium rare and if you desire a further degree of doneness do this recipe with Swordfish. Plate Tuna Steaks and spoon Salsa over the top and put your shirt, on the neighbors just call the cops.

A Warm Grilled Shrimp and Calamari Salad

With Charred Tomatoes and Sweet Onions

Serves 4

If you're looking for an excuse to break open the bottle of Ouzo your brother-in-law gave you last year and dance on the front lawn with a napkin tied around your neck...well fellow

travelers, this is the one that will hopefully have you apologizing to your soul mate the next morning

Ingredients

For Shrimp and Calamari Salad

1/4 cup extra-virgin olive oil

1 pound of cleaned Squid with tentacles

1 pound of cleaned Large or Jumbo Shrimp cleaned and Deveined with the tails left on...why tails on? because everyone knows you like it fancy schmancy

Pinch of red-pepper flakes

1 large ripe red tomato, cut into eighths

1 large ripe yellow tomato, cut into eighths

1 large Vidalia or sweet onion, sliced into 1/4-inch slices

Salt and pepper

3 ounces feta cheese...I love Bulgarian which I believe is sold at Metro

2 tablespoon of fresh chopped mint leaves

For the vinaigrette

1/3 cup extra-virgin olive oil

7 cloves garlic, coarsely chopped... You might want to pick up some Altoids after this one

2 shallots, coarsely chopped

2 tablespoons chopped basil

1 teaspoon thyme leaves

8 mint leaves

1 tablespoon dry oregano

1 tablespoon Dijon mustard

2 teaspoons kosher salt

1 teaspoon freshly ground white pepper

1/2 cup white wine vinegar

2 white anchovy fillet available at Metro

How it's done

For the vinaigrette

Combine the ingredients in a food processor and pulse, scraping the sides often, until combined but still chunky (the garlic and shallots should be the size of tiny pebbles). The vinaigrette will taste better the second day and last for a week in the refrigerator.

For the Shrimp and Calamari

Preheat the grill to high heat

Place shrimp and squid in a glass bowl and combine with 1 tablespoon of olive oil, a pinch of red pepper flakes, and season with salt and pepper and set aside

Next toss the tomatoes and onions with 2 tablespoons oil in a bowl and season with salt and pepper.

When your fire is hot, grill the shrimp and squid directly over the fire until nicely charred about 3 minutes per side. Transfer to a board and slice squid into rings and cut tentacles in half, leave shrimp whole. While it's still hot, toss shrimp and cut squid with the vinaigrette in a large bowl. Place the tomatoes and onions on the grill and char until the tomatoes have slightly softened and the onions are translucent. Add the vegetables and feta to the salad and toss together. Transfer to a serving platter and garnish with the mint leaves. Incidentally if you happen to invite me to this shindig and I start hugging everyone and telling them I love them, cut me off from the Ouzo.