

# June 30, 2011

Good morning to all of our beloved friends and clients who like the crew at Metro will be blowing out the countries birthday candles on a Tartar Sauce Iced Crab Cake...come on its sound pretty sexy, right?

To all the budding Pyrotechnicians, before you decide to cross the border into to PA and partake in the illegal transportation of fireworks over the state line... remember if you happen to get caught I believe the real embarrassment is the sheer Wimpiness of your crime.

So please, if you're going take up the life of depravity, maybe knock over a gas station on your way back to Jersey or at least "Buggy Jack" Ezekiel and bring some of his prized cheese back home...or you just stay home and keep your fingers for another year....I hope you enjoy today's easy Party Recipes....thank you and have a wonderful holiday

Metro's Hours for the weekend will be Saturday 9:00 to 6:30 and Sunday 10:00 to 4:00  
Closed Monday

Important Notice : Metropolitan will be getting in a load of Crayfish, Crawdads, Mud Bugs...This weekend so call 908-735-5121 [begin\\_of\\_the\\_skype\\_highlighting](#) 908-735-5121 [end\\_of\\_the\\_skype\\_highlighting](#) or email [mark@metroseafood.com](mailto:mark@metroseafood.com) to reserve some for your Weekend Shindig! You can have them live or boiled...you decide

if you don't feel like cooking here are some

Some Great Take-Out Specials

908-735-5121 [begin\\_of\\_the\\_skype\\_highlighting](#) 908-735-5121

[end\\_of\\_the\\_skype\\_highlighting](#)

Grilled Blacked Salmon Pita Wrap

With Lettuce, Tomato and Spicy Mayo of fresh bake Pita

With a choice of Soup\*

\$9

New England Finest "Whole Belly Clam" Platter

Seasoned and lightly breaded Whole Belly Clams

With French Fries, Cole Slaw, Cocktail and Tartar Sauce

\$20

New Zealand Cockles Steamed with White Wine and Garlic with fresh Crusty bread

\$8 per pound

Grilled Sesame Soy Arctic Char

Over a mixed field green Salad

With a choice of Soup\*

\$9

### Metro Fish Tacos

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

With a Soft Drink\*\*

\$8

### Fried Crispy Whiting Wrap

Panko Crusted Atlantic Whiting with Lettuce Tomato, Tartar and Hot Sauce on Locally Baked Pita

With a Choice of Soft Drink\*\*

\$5

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

Grilled Chicken over a Classic Caesar Salad

With a choice of Soft Drink\*\*

\$12

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

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

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

### Don't Forget, We Make a Mean Gazpacho

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To all of our fellow travelers to the South, Metro will be at the Stockton Market on Fridays from 1-7p.m., in addition to Saturdays 9:00am to 4:00pm and Sundays from 10:00am to 4:00pm

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

Cherry Stones(See Recipe Below) and Top Neck Clams(See Recipe Below), Periwinkles

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

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

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

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

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

THIS WEEKEND'S OYSTER SELECTION WILL INCLUDE THE FOLLOWING DELIGHTS

East Coast: Katama Bay Oysters (Martha's Vineyard, MA.)

Flying Point (Maquoit Bay, Maine)

Flowers (Oyster Bay Harbor, NY)

Beau Soleil (New Brunswick, Canada)

Duxbury (Duxbury, Mass)

West Coast: Peale Passage (Shelton, Washington St.)

Kumomoto (Humbolt Bay, California)

Quilcene (Hood Canal Washington St.)

This Weekend's Local Artisanal Cheeses

Please don't hesitate to ask for a taste!

Bobolink Dairy Milford NJ

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

Valley Shepherd Creamery Long Valley NJ

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

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

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

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

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 \$30.00lb

Nettlesome: Cave aged 4+ months, with the unique addition of Stinging Nettles...herbaceous and truly memorable \$28.00lb

Oldwick Shepherd: Aged 5+ months, this sheep's milk cheese is nutty, full flavored, and undeniably sheep! Baaaah \$30.00lb

## Yogurt Marinated Salmon Kebabs with a Dilled Lebni Dipping Sauce

Serves 4

As a half Lebanese fish monger, I will often use swords as a preferred skewer for my "Kebab Party" blowouts. However, after an unfortunate accident with one of my neighbor's Cats, I have been relegated to the common wooden skewer. The little tabby seems fine today and we just call him Van Gogh...because he's an awesome painter...really.

### Ingredients

For the Dilled Lebni Dipping Sauce

1 pint of Lebni or Greek Style Yogurt

1 cup of English Cucumber peeled and chopped fine

2 tablespoons fresh dill minced fine

1 teaspoon ground coriander

1 to 2 pinches of crushed red pepper flakes

1 teaspoon of white wine vinegar

1 teaspoon salt

Black pepper

For the Salmon Kebobs

1 cup of the Dilled Lebni Dipping Sauce

1 ½ pounds of skinless Salmon fillet cut into 1 inch cubes...this is a job lovingly prepared by a Metro seafood specialist...seriously we live for this stuff

3 small Zucchini or Yellow Squash cut into 1 inch chunks

1 small red onion, large dice for skewering

Metal or wooden skewers: if you are using wooden skewers soak them for at least a ½ hour before grilling

Pita bread for serving

How it's done

For the Dilled Lebni Dipping Sauce

In a medium glass bowl, mix together Lebni, cucumber, dill, coriander, red pepper flakes, vinegar, and salt until evenly combined. Season well with freshly ground black pepper, taste, and adjust seasoning, as needed and set aside.

For the Salmon Kebobs

In a large Ziploc combine the Salmon cubes, zucchini, onions and the 1 cup of Lebni Dipping Sauce; close and shake gently to coat fish and veggies...do shake to much you might attract fans...grrr. Let the fish marinate in the refrigerator for about a ½ hour.

Preheat charcoal or gas grill to high heat.

Remove Salmon and veggies from marinade and thread onto skewers alternating fish and veggies...be as creative as you want little chef...this is your canvas.

Make sure grill is brushed well and lightly rubbed with oil.

Grill kebabs about 3 to 4 minutes per side or until just opaque in the center, veggies should be charred but crisp tender. Serve with pita, warmed on the grill. Should any of your guests feel an overwhelming desire to belly dance, just let it happen...unless of course it's they don't sport the belly or the dancing...as in fur covered.

### Clams in a Sweet and Sour Chili Sauce

Serves 4 as an appetizer or 2 for a main course

I'm not saying you have to wear a traditional Thai dance costume while preparing this dish, but I must admit the pointy hat and "stage" makeup certainly enhanced my palate receptors.

#### Ingredients

2 dozen littleneck clams scrubbed and soaked in cold water for about 30 minutes

¼ cup dry white wine

2 tablespoons of olive oil

4 thin red chili peppers thinly sliced

2 cloves garlic, finely chopped

6 scallions thinly sliced on a diagonal

1 tablespoon of grated fresh ginger

¼ cup white wine vinegar

2 to 3 tablespoons of caster sugar: Note; caster sugar is just finely ground granulated sugar so if you don't have it just grind some granulated sugar in an electric coffee grinder

1 small handful Thai basil leaves, roughly torn; you can certainly use regular basil as a substitute

2 tablespoons of cilantro leaves roughly chopped

1 lime, quartered, to serve

#### How it's done

After you have scrubbed and soaked your clams Put them in a sauce pan with the wine, cover and bring to the boil. Steam clams for 6 to 8 minutes, until the shells have opened. Drain and discard any shells that haven't opened.

Next heat the olive oil in a pan and add the chilies, garlic, scallions and ginger. Fry for 1-2 minutes. Add the vinegar and 2 tablespoons of the sugar to make a sticky sauce. Taste and add more sugar if you like it a little sweeter

Add the clams, basil and cilantro to the pan and toss in the sauce. Serve with lime wedges. Should you feel the need to go deeper with the Siam experience, I highly recommend revisiting a little "King and I"...man that dude can rock a bald head.

## June 28, 2011

Good morning to all of our beloved friends and clients who have unofficially deemed

our home-made salads a bastion of wholesomeness in a mass produced chemically enhanced salad jungle...Jim from Stockton wrote "Mark's Mom's" Potato Salad makes me want to call my mother up and tell her I love her...then I remembered how much she puts me down so now, I love through this gorgeous salad"...Stacey from Lebanon "The imported Feta Cheese in the Pasta Salad makes me want to kiss a Bulgarian Sheep herder...Passionately" and Stephen from Annandale said "Metro's "Real" Shrimp Salad has inspired me to lose my toupee of 20 years and show the world the "Real" Stephen...also my shaved head looks so awesome with my tough guy goatee." Rock on Stephen and I hope you enjoy today's easy weekday recipes.

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Fried Fish "Sloppy Joe" Roll  
Panko Crusted Cod fillet  
With Homemade Cole Slaw and Russian Dressing on a fresh baked Portuguese roll  
With a Choice of Soup\*  
\$8

Grilled Sockeye Salmon on Top of a Classic Caesar Salad  
With a choice of Soft Drink\*\*  
\$10

Southwestern Catfish Sandwich  
Grilled Dry Rubbed Catfish Fillet with  
Seared Sweet Peppers and Onions and Chipotle Mayo on a Fresh Baked Portuguese Roll  
With a choice of Soup\*  
\$8

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

Grilled Sesame Soy Sea Bass over a Mixed Field Green Salad  
With a choice of Soft Drink\*\*

\$9

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

Grilled Chicken Pita Wrap

With Lettuce Tomato and Ranch Dressing on a locally baked Pita

If you want Hot Sauce just ask

With a choice of Soft Drink\*\*

\$7

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

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

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

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

## Grade Ahi Tuna

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

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

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Grilled Scallop and Zucchini Salad

Serves 4

Alright, so maybe you spent your weekend elbow deep in baby back ribs while bathing your palate with endless glasses of ice cold beer...ok maybe that was me. Fear not fellow weekend bingers, this light and delicious recipe will have you back on track to a lighter you, poised to take on your most challenging Zumba DVD...feel the burn tiger.

Ingredients

2 tablespoons Dijon mustard

2 tablespoons white-wine vinegar

1/4 cup olive oil

1 ½ to 2 pounds of large Sea Scallops

3 medium or 2 large zucchini cut into ½ inch slices lengthwise

Salt and freshly ground black pepper

12 basil leaves, shredded

Mixed field Greens to serve over

How it's done

Prepared charcoal or preheat gas grill to high heat

In a small bowl combine the mustard and vinegar, beating them together until blended and then whisk in the olive oil.

Place the Zucchini and scallops on a platter and brush with half of the vinegar oil mixture.

Grill the zucchini until they are lightly seared but still crisp about 2 minutes per side and set aside. Next grill the scallops about 3 minutes per side or until opaque in the center. Transfer Scallops to a glass bowl. Cut the zucchini on a diagonal into 1 inch pieces and place in the bowl with the grilled scallops. Toss the Scallops, zucchini and basil with the remaining oil and vinegar dressing and season to taste with salt and pepper. Serve over the mixed field greens. Should you not adhere to the Zumba philosophy I might have some old Jane Fonda videos I can lend you...sorry you have to supply your own head band.

Seared Cod over a Spicy Cilantro Tomato Sauce

Serves 4

There are times when the warm hug of a home cooked meal is the perfect expression

of your affections. This dish is not one of them; in fact, this dish is more along the lines of a spicy, yet loving slap, that states...hey pay attention! I Love You!...alright is more like a little "rough play"...I might have revealed too much.

#### Ingredients

4 portions of Cod fillet about 6 to 8 ounces each: You could also use Hake or Haddock with great success

3 tablespoons of olive oil divided

1 medium yellow onion, sliced into rings

1 Jalapeno pepper, seeds removed, chopped; if you don't like things to spicy then please stop wondering why you're not a good dancer. Go for it...I dare you

2 Roma (plum) tomatoes seeded and chopped

4 large Roma (plum) tomatoes, sliced

2 good handfuls of fresh Spinach chopped coarsely

2 tablespoons of picked cilantro leaves

Salt and pepper

#### How it's done

In a sauce pan heat the olive oil and toss in the onions and peppers and sweat them gently until soft. Then add the tomatoes and leave to cook on a medium- low heat until the tomatoes are very soft.

While the tomato sauce is cooking, season the Cod with salt and heat some olive oil in a sauté pan. When the oil is very hot, add the Cod and sear for 2-3 minutes on each side. While the Cod is cooking, finish the tomato sauce.

Add the spinach to the tomato sauce and once it has wilted, add half of the cilantro, and season to taste with salt and pepper. Remove from heat.

To serve, spoon the tomato sauce into 4 shallow bowls and place a Cod fillet on top. Finish with a scattering of cilantro. Now please remember this recipe is not a license to beat your dinner guest, unless of course they like that kind of thing...oh behave.

## June 23, 2011

Good morning to all or our beloved friends and clients and may I send my sincerest wishes for a delicious and sundrenched Summer to all

Although I am quite sure my physique is not ready for that Speedo I purchased last month I do have some tips for our "Thicker" travelers, such as myself, on how to shed or even conceal our full flavored body configurations

1 Avoid melting cheese on, let's say, everything...don't get me wrong I'm a full-fledged fromage freak, but, will dipping strawberries in Cheddar really add another flavor dimension...I think not

2 Studies have shown that drinking extremely cold beverages actually burns 2 to 3 calories per serving...that's why I thoroughly enjoy my "Light Beer Pops"...I'll print the recipe next week

3 Incorporating the lean and voluptuous protein that is Fish and Seafood into your diet will put you on track to a more vivacious and svelte you...Whew...nice shameless plug fishman...thank you

4 Never bring your swimsuit to a "Pool Party"! Please, I'd rather be beaten like a

human Piñata...”Honey I think I see candy coming out” “No, that Chunky Bar just fell out of his pocket”.

5 Try a little love and dare I say, tolerance with yourself...and if that doesn't work, remember, a good tan hides a multitude of sins

I hope you enjoy today's recipes...thank you

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

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Grilled Icelandic Arctic Char on our Classic Caesar Salad

With a choice of Soft Drink\*\*

\$15

“Popcorn” Rock Shrimp Platter

Served with French Fries Cole Slaw, Cocktail Sauce and Homemade Tartar Sauce

\$10

Spicy Crispy Tilapia Pita Wrap

Spicy Panko Crusted Tilapia with Lettuce, Tomato, and Chipotle Mayo on Locally Baked Pita

With a Choice of Soft Drink\*\*

\$7

Grilled Ginger Lime Sea Bream on a Mixed Field Green Salad

With a choice of Soft Drink\*\*

\$8

Grilled Sesame Soy Wild Sockeye Salmon Pita Wrap

With Oven Roasted Veggies and Wasabi Sauce

With a choice of Soft Drink\*\*

\$9

Metro Fish Tacos

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

With a Soft Drink\*\*

\$8

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

Grilled Balsamic Chicken Pita Wrap

Grilled Fresh Chicken Breast with Lettuce, Tomato and a Basil Aioli on fresh Baked Pita

With a choice of Soft Drink

\$8

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Grilled Tuscan Shrimp Skewers

With a Fire Roasted Red Pepper Salsa

Serves 4

Have you ever wanted to take a cooking class in the heart of Tuscany while sipping on

the regions renowned wines? Well this recipe, although Tuscan inspired, is nothing like that experience, except for the fact that you will take you palate on duty free trip to the heart of Italy....another bright spot is I just saved you \$4,000...so how about another bottle of wine

#### Ingredients

##### For the Red Pepper Salsa

3 large Sweet Red Bell Pepper  
2 tablespoons capers rinsed and drained  
1 tablespoon olive oil  
4 anchovies, drained, chopped  
1 teaspoon of grated orange zest  
2 teaspoons balsamic vinegar  
1 pinch of crushed red pepper flakes  
Salt and pepper

##### For the Shrimp Skewers

¼ cup of fresh Rosemary leaves  
¼ cup of olive oil  
3 cloves of garlic  
2 teaspoons of grated orange zest  
½ teaspoon salt  
½ teaspoon ground black pepper

1 ½ to 2 pounds of large shrimp peel and deveined with the tails on

Either metal or wooden skewers if you are using wooden skewers be sure to soak them in water for about an hour

#### How it's done

##### For the Red Pepper Salsa

Prepare the charcoal or preheat the gas grill to high

Char peppers directly on the grill until blackened on all sides. Enclose in paper bag 10 minutes. Peel and seed peppers. Transfer peppers to a food processor; using the pulse button puree peppers coarsely. Transfer peppers to bowl. Mix in remaining ingredients. Season salsa to taste with salt and pepper. Let stand 1 hour. (Salsa can be prepared 1 day ahead. Cover and refrigerate.)

##### For the Shrimp Skewers

Place shrimp in a glass bowl.

In food processor combine rosemary, oil, garlic, orange zest, salt, and pepper in processor; blend until thick and almost smooth. Pour Rosemary puree into bowl with shrimp and toss to coat and marinate for 20 minutes. Thread shrimp onto skewers and grill on high heat for 2 to 3 minutes a side. Plate shrimp skewers and serve with Roasted Red Pepper salsa. Now fortified with this Italian Renaissance feast, you will be better apt to crack the Da Vinci code that is the passive aggressive spouse...I'm ready.

#### Grilled Tilapia with an Easy Green Olive Dressing

Serves 4

OK I admit it, sometimes Tilapia can be viewed as the “Plain Jane” of the fish family. But thanks to famous fish stylist, Marcos, and the generous folks at Vidal Sassoon we have taken this weekday dinner staple and transformed it for a sultry night on the Amalfi coast....i know, you barely recognize it.

#### Ingredients

1 tablespoon unsalted butter

3 tablespoons of olive oil separated

2 white anchovies chopped

1/4 to 1/2 teaspoon crushed red pepper flakes

2 tablespoons pine nuts...Metro carries a Turkish Pine Nut, which is

1 1/2 tablespoons of capers rinsed drained and chopped

4 Imported green olives, pitted and finely chopped...Metro carries a Lebanese and a Sicilian variety...either way you're in for a sexy olive...grrr

The juice of 1 lemon...Metro's free lemons for smiles is still in full swing

3 tablespoons of chopped flat leaf parsley

#### Salt

1 1/2 to 2 pounds of Tilapia fillet: You could even use Catfish or Sea Bass fillet

#### How it's done

In a saucepan, melt the butter with 2 tablespoons of the olive oil. Cook over moderate heat until the butter browns slightly and smells nutty, 2 minutes. Add the anchovy, crushed red pepper, pine nuts, capers, olives and lemon juice and cook for 1 minute. Season with salt and remove from the heat and stir in parsley and set aside at room temperature.

Next prepare your charcoal or preheat a gas grill or grill pan to high heat.

Brush the Tilapia fillet with the remaining olive oil and season with salt. Grill over high heat until just cooked through, about 2 minutes per side. Transfer Tilapia to a serving platter and spoon over dressing. “So what do you think Tilapia?” “I love my new image and it has empowered me to go back to school and get my degree...Thank you Marcos”

## June 21, 2011

This humble Fishmonger would like to Congratulate the High School Class of 2011 and share with you this timeless quote from Mr. Benjamin Franklin "An investment in knowledge always pays the best interest." And by that he meant, get a backpack, take the last shekels to your name, and spend the summer somewhere in Europe...It's well documented that the “Benster” was a notorious party animal and only did his best writing after one of his infamous colonial “all-nighters”. I'm pretty sure he invented cheese fries. Seriously, try to follow your passion and you too could be a fishmonger someday. I hope you enjoy today's recipes

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

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

Grilled Sesame Soy Hamachi over a mixed Field Green Salad  
With a choice of Soft Drink\*\*  
\$9

Panko Crusted Soft Shell Crab  
On a Classic Caesar Salad  
With a choice of Soft Drink\*\*  
\$14

Metro Famous Fish Cake Pita Wrap  
Homemade Fish Cake with Lettuce, Tomato, Tarter and Hot Sauce  
On locally baked Pita Bread  
With Potato chips  
\$7

Tuna Salad Roll  
Fresh steamed (not canned) Tuna Salad on a fresh baked Portuguese Roll  
With lettuce and Tomato  
With a choice of Soup\*  
\$8

Grilled Blackened Salmon Pita Wrap  
Spicy grilled organic Salmon with Lettuce, Tomato and Spicy Mayo on locally bake pita  
With Potato Chips and a choice of Soup\*  
\$9  
(For those Folks who love fish eaters but not fish)

Grilled South Western Chicken Pita Wrap  
Grilled Fresh "Fajita" Spiced Chicken Breast with Lettuce, Tomato and a Chipotle  
Mayo on fresh Baked Pita  
With a choice of Soft Drink\*\*  
\$8

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

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

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

Don't Forget, We Make a Mean Gazpacho

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this year with a gorgeous selection of Seafood for the folks of Bucks County...The  
Ottsville Farmers Market is open Friday's only, from April 29th 2011 till October 15,  
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735-5121 end\_of\_the\_skype\_highlighting

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Along with our fresh fish selections we are delighted to announce Metropolitan Seafood will be offering our World Famous Fish and Chips on FRIDAYS ONLY Please feel free to call our store (908-735-5121 [begin\\_of\\_the\\_skype\\_highlighting](#) 908-735-5121 [end\\_of\\_the\\_skype\\_highlighting](#)) to have anything in particular brought down for you, but as always a great selection will abound.

From the Waters of the World: Hamachi (Yellow-Tail)(See Recipe Below), Fresh never frozen Chilean Sea Bass, Branzini (Branzino), New Zealand Scampi's, Wild Caribbean Hopper Pink Shrimp, Mediterranean Durato, Cold Water New Zealand Lobster Tails, Spanish Octopus both large and baby

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

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

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

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

Sautéed Lemon Garlic Red Snapper on Baby Arugula  
Serves 4

If you ever had the desire to be bath in the unfettered sunshine of your family's sincerest adulation then buy them a puppy. But if you just want them to love you a little more make this dish and enjoy the warm embers of their gratitude...it's that easy

Ingredients

1 ½ to 2 pounds of Red Snapper fillet; you could also use with great success Sea Bass, Flounder or even Tilapia

2 tablespoons olive oil separated

The juice of one lemon... don't forget that Metro gives away lemons to all members of

the human race. Please have your ID card on hand

½ teaspoon of lemon zest

1 large garlic clove, chopped finely

½ teaspoon finely chopped fresh rosemary

Salt and pepper

Flour for dusting

½ cup dry white wine

1 pint grape tomatoes, halved

4 handfuls of Baby Arugula

How it's done

In a glass pie plate whisk together the 1 tablespoon of olive oil, lemon, lemon zest, garlic and rosemary; season salt and pepper. Place Snapper fillets in the plate and turn to coat and place in the refrigerator for 20 minutes turning once.

Heat the remaining olive oil in a non-stick frying pan over moderately high heat.

Remove fillets from marinade and pat dry with a paper towel and dredge in flour making sure to shake any excess flour off. Sauté the snapper fillets skin side down first for 4 minutes or until skin is golden and crisp, flip fish and cook for another 3

minutes or until just cooked through. Transfer Snapper fillet to a warm platter

Next pour wine into the pan and simmer, uncovered, until reduced by half. Add the tomatoes and cook until heated through and then season to taste with salt and pepper.

To served divide Baby Arugula among serving plates. Arrange Snapper on the Arugula.

Pour any accumulated juice on the plate into the pan with the tomatoes and then pour over the Snapper. Son of a Gun! I promise I wasn't going to cry today but I just thought of the new puppy licking my face...sob, sniff, sniff, whew...I got to go.

Grilled Hamachi (Yellow Tail) With a Ginger Tomato Dressing

Serves 4

Excuse me oh humble fish monger, but this recipe seems too sexy for a weekday meal...Shut the Fish-n-Chips up. There is no such thing as too sexy when it comes to your loved ones nourishment. And besides they don't have to know how easy this is...and feel free to milk it a bit..." I'm so happy you enjoyed everything that makes all the hard work worthwhile...Man, I could use a foot massage".

Ingredients

For the Ginger Tomato Dressing

½ pound of Roma (Plum) Tomatoes chopped

1 tablespoon finely grated peeled fresh gingerroot

1 tablespoon tomato paste

1 small clove of garlic chopped fine

3 tablespoons balsamic vinegar

1/2 cup extra-virgin olive oil

For the Grilled Hamachi marinade

4 tablespoons olive oil

3 garlic cloves, chopped fine

The juice of one lemon

2 tablespoons finely grated peeled fresh gingerroot  
1 ½ tablespoons soy sauce  
2 tablespoons of fresh chopped cilantro  
2 teaspoons Dijon mustard  
1 good pinch of crushed red pepper flakes  
1 ½ to 2 pounds of Hamachi fillet, skin on  
4 handfuls of Baby Spinach

How it's done

For the Ginger Tomato Dressing

In a blender, whizz together all ingredients except oil until smooth. With motor running, add oil in a stream with salt and pepper to taste and blend until emulsified. The dressing can be made 1 day ahead and refrigerated. Note; bring to room temperature and whisk before serving.

For the Grilled Hamachi

In a small bowl whisk together all of the ingredients. Place Hamachi fillet in a large zip lock bag and pour in marinade and let marinate for 30 to 45 minutes.

Prepare charcoal or preheat your gas grill to high heat.

Clean grill grates well and brush grates with olive oil.

Remove fish from marinade and grill, flesh side down first, for about 4 to 5 minutes per side or until just cooked through. To serve, place spinach on four plates, peel fish off the skin with a spatula and arrange on top of spinach and spoon over dressing.

Consider yourself warned I've seen this dish convert a simple foot massage into a full body kneading session...I'm just saying

## June 16, 2011

Good morning to all of our beloved friends and clients who will be honoring the world's Dads this weekend

What to get Dad has always been a conundrum since most of us could color "World's Best Dad" on a homemade card and as a Father myself, I can tell you, those were some of the best gifts ever.

And although I dare not tell you lovely fellow travelers what to do, the following are just a few suggestions to make Dad's Day a memorable one

1. Leave the Old Man alone...meaning don't ask what he wants to do this Sunday when he's nestled in a sea of pillows on the sofa watching Sports Center...he's doing it
2. Offer him his favorite libation perhaps in a unique way...I always love a baby pool filled with Scotch and a little ice...yum
3. Buy him a pair of Levi's, of course, the correct size, but change the waist size with a permanent marker..."can you believe I still wear a 32 waist"...yes, at your knee's Dad
4. And lastly don't take him out to dinner where he has to tuck in his shirt...for the love of Pete Man, pick up some Seafood at Metro throw him a spatula and kooky apron and Let him get his "Grill On"...of course keep the cold beers coming like an iv drip. I hope you enjoy today's recipes...thank you

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[end\\_of\\_the\\_skype\\_highlighting](#)

Grilled Icelandic Arctic Char on our Classic Caesar Salad  
With a choice of Soup\*  
\$15

Soft Shell Crab Club  
Panko crusted soft crab served with lettuce, tomato, hickory smoked bacon,  
mayonnaise and on a locally baked Portuguese Roll  
With a Choice of Soup\*  
\$11

Crispy Southwestern Tilapia Pita Wrap  
Spicy Panko Crusted Tilapia with Lettuce Tomato, and Chipotle Mayo on Locally Baked  
Pita  
With a Choice of Soft Drink\*\*  
\$7

Grilled Ginger Lime Sea Bass on a Mixed Field Green Salad  
With a choice of Soft Drink\*\*  
\$9

Metro's Crab Cake Platter  
With Crisp French Fries, Cole Slaw, Tartar and Cocktail sauce  
With a Choice of Soft Drink\*\*  
\$12

Metro Fish Tacos  
Panko Crusted fish served on a flour tortilla with lettuce, Pico de Gallo sauce and  
Baja Sauce and a side of our homemade Pickled Jalapeños and Onions  
With a Soft Drink\*\*  
\$8  
(For those Folks who love fish eaters but not fish)

Grilled Tuscan Chicken Pita Wrap  
Grilled Fresh Rosemary Scented Chicken Breast with Lettuce, Tomato and a Basil Aioli  
on fresh Baked Pita  
With a choice of Soft Drink  
\$8

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

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

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

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

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

From the South: Fresh Blowfish Tails, Mahi Mahi (See Recipe Below), Red Drum (Redfish) , Real American Red Snapper, Soft Shell Crabs, Pink Grouper, Rock Shrimp, Blue Crab Cocktail Claws, Fresh Lump and Jumbo Lump Crab Meat, Sushi Grade Ahi Tuna (See Recipe Below)

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

From the Pacific Northwest: Wild Alaskan Taku River King Salmon, Wild Alaskan Ivory Salmon, Wild Washington State Sockeye Salmon, Fresh Plump Shucked Washington

State Oysters, Jumbo King Crab Legs and Snow(Ophelia) Crab Legs and Cocktail Claws,  
Sockeye Salmon

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

THIS WEEKEND'S OYSTER SELECTION WILL INCLUDE THE FOLLOWING DELIGHTS

East Coast: Katama Bay Oysters (Martha's Vineyard, MA.)

Flying Point (Maquoit Bay, Maine)

St. Simon (New Brunswick, Canada)

Flowers (Oyster Bay Harbor, NY)

Beau Soleil (New Brunswick, Canada)

West Coast: Peale Passage (Shelton, Washington St.)

Kumomoto (Humbolt Bay, California)

Quilcene (Hood Canal Washington St.)

This Weekend's Local Artisanal Cheeses

Please don't hesitate to ask for a taste!

Bobolink Dairy Milford NJ

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

Valley Shepherd Creamery Long Valley NJ

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

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

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

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

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

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 \$30.00lb

Nettlesome: Cave aged 4+ months, with the unique addition of Stinging

Nettles...herbaceous and truly memorable \$28.00lb

Oldwick Shepherd: Aged 5+ months, this sheep's milk cheese is nutty, full flavored,  
and undeniably sheep! Baaaah \$30.00lb

Grilled Rosemary Lemon Mahi and Red Potatoes

Serves 4

I'm sorry what did you say?...You don't want to become a Stone Cold Sexy grill master  
whose mere spatula swagger will render your dinner guests into impassioned

piscivorous slave. No problem, throw some soy hotdogs on the grill and feel the cold shoulder of culinary unattractiveness.

#### Ingredients

1/4 cup olive oil plus additional for brushing

The juice of one lemon

The grated zest of 1/2 a lemon

2 teaspoons minced fresh rosemary

2 garlic cloves, crushed with the flat part of your knife and coarsely chopped

Salt and pepper

1 1/2 pound of large Red Potatoes cut into 1/2 inch rounds

1 1/2 to 2 pounds of Mahi fillet skinned: this recipe also works great with Yellow Tail (Hamachi), Cobia or Swordfish steaks cut into 3/4 inch steaks

#### How it's done

In a glass bowl whisk together the 1/4 cup oil, lemon juice, lemon zest, rosemary, and garlic and then season with salt and pepper Place potato rounds in medium bowl; add

2 tablespoons dressing. Place Mahi in a glass pie plate; add 2 tablespoons dressing.

Let the potatoes marinate at room temperature for 30 minutes, turning occasionally.

Let the Mahi marinate covered in the refrigerator for 30 minutes turning once.

Prepare charcoal or preheat gas grill to medium-high heat. When the grill is ready, brush the grates with a little olive oil. The potatoes will take longer than the fish so start them first. Remove potato rounds from the marinade and season with salt and pepper and grill for about 8 to 10 minutes per side or until tender. When the potatoes are almost done, remove Mahi from marinade and season with a little salt and pepper and grill for about 5 to 6 minutes per side. To serve, arrange potato rounds and Mahi on a serving platter and drizzle with the remaining marinade. Garnish with Lemon wedges and Rosemary sprigs and be prepared to be garnished with wet and dare I say, slightly inappropriate, kisses...note; they are only inappropriate if you are blood related.

#### Grilled Korean Style Tuna Pepper Steak

Serves 4

Are you trying to politically indoctrinate my dinner table fishman? Simmer down McCarthy, my most political maneuver was when I test drove a Daewoo after an all-night Sake jaunt. Seriously this dish will have you not only licking your fingers but also your dinner mate's as well...seat your guest accordingly or it just gets awkward.

#### Ingredients

2 tablespoons sugar

6 tablespoons soy sauce

2 tablespoons sake

4 large cloves garlic, finely chopped

6 scallions, white part only, minced

1 tablespoon finely grated fresh ginger

4 teaspoons toasted sesame oil

1 1/2 to 2 pounds of Sushi Grade Tuna steaks 1 inch thick

2 tablespoons of canola or vegetable oil

Salt and pepper

1 Sweet Red Bell pepper seeded and cut in half long ways

1 Yellow Pepper seeded and cut in half long ways

1 large or 2 small Red Onions cut into ½ inch rounds

How it's done

Prepare charcoal or Preheat gas grill to high heat.

Next in a glass bowl whisk together the sugar, soy sauce, sake, garlic, scallions, ginger and sesame oil. Place the vegetables in a large zip lock bag and pour half the marinade into the bag and marinate for 30 minutes at room temperature.

After marinating, grill peppers and onions until they are crisp tender about 6 minutes per side. Bring your grilled vegetables to cutting board and cut peppers into ½ inch thick strips and separate onions into rings, transfer to a warm serving platter and cover with foil.

Next take the Tuna steaks out of the marinade and grill for 2 minutes on each side for Rare 3 to 4 for Medium Rare. Remove from grill, cover and let rest for 5 minutes. To serve, slice Tuna steaks into ½ inch strips, against the grain, and arrange over Peppers and Onions...if you didn't feel the slightest pang of amorous hunger after reading this recipe then you might need a culinary soul bypass...I'm just saying

## June 14, 2011

Good morning to all of our beloved friends and clients and I just wanted to sincerely thank all of you who have been so patient while we are in the process of moving our store to Lebanon.

Also thank you for all the "Jokes" you have so lovingly sent me over the past year(s)...and some were truly quite funny. However, if you are going to poke fun please be funny. So Matt in Annandale..."Hailey's Comet" references will never even elicit a chuckle and Jane in Whitehouse..."May Never"...not even a tee hee. But to Bruce in Milford...what the heck does my receding hairline have to do with how long the move is taking...that's just mean dude...you need to watch some Oprah reruns and fill up your love tank. On that note, I hope you enjoy today recipes and as always thank you for accepting this email.

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Some Great Take-Out Specials

908-735-5121 begin\_of\_the\_skype\_highlighting 908-735-5121  
end\_of\_the\_skype\_highlighting

Lunch order of Fish and Chips

This is the real thing with slaw, tartar sauce and malt vinegar

With a choice of Soft Drink\*\*...what the...

\$7

Grilled Lime Ginger Wild Sockeye Salmon

Over a mixed field green salad  
With a choice of Soft Drink\*\*  
\$9

Our World Famous Fried Fish Pita Wrap  
Panko Crusted Fish Wrap in a locally baked Pita with Lettuce, Tomato and homemade  
Tarter Sauce  
With a choice of Soft Drink\*\*  
\$6

Grilled Blackened Catfish Roll  
With lettuce tomato and Spicy Tartar Sauce  
on fresh Baked Portuguese Roll  
With a small French Fry  
\$8

Grilled Day Boat Sea Scallops  
On Top of our Homemade Caesar Salad  
\$12  
(For those of you who love fish eaters, but not fish)

Grilled Sesame Soy Chicken on Top of a Mixed Field Green Salad  
Choice of soft drink\*\*  
\$8

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

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

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

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

From the Waters of the World: Wild Caribbean Hopper Pink Shrimp(See Recipe Below) Fresh never frozen Chilean Sea Bass, Branzini (Branzino), New Zealand Scampi's, Hamachi (Yellow-Tail, Mediterranean Durato, Cold Water New Zealand Lobster Tails, Spanish Octopus both large and baby

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

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

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

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

Quick Sautéed Grouper over Fennel and Orzo

Serves 4

With a simple Green Salad this is a perfect weeknight dinner for 4...not to mention you get to let your little chef come out to the culinary playground during the week...and you best give that little chef some playtime before he gets mischievous and makes those microwave S'mores again...Alright! It was one time...can we please let it go...

Ingredients

1 large bulb Fennel trimmed and quartered reserving the fronds and chopping them

2 cloves garlic

3 cups of Fish or Chicken Stock separated...both made without chemicals but fortified with love at Metro

1 cup orzo pasta

4 scallions sliced thin on angle

4 grouper fillets skinned 6 ounce each; you could also use Snapper, Sea Bass, or even Halibut fillet

1 tablespoon flour

2 tablespoons Romano cheese plus more for serving

2 tablespoons of unsalted butter separated  
2 tablespoons olive oil  
2 tablespoons fennel seeds lightly toasted in a dry pan until fragrant

How it's done

Heat 2 tablespoons of olive in a skillet over medium high heat. Add the fennel and garlic to the pan and sauté until browned. Next add 1 cup of the stock and lower heat to a simmer and cover and cook for about 15 to 20 minutes or until fennel is tender. Next remove vegetables from skillet and mince garlic and chop fennel into 1 inch pieces and set aside.

To make the orzo melt 1 tablespoon butter, add the scallions and sauté until they are translucent. Next add the orzo and mix to coat with butter. Then add 2 cups of stock; bring to a boil and cook until al dente. When the orzo is done add fennel and garlic cover and keep warm.

While the orzo is cooking season the Grouper fillets with salt and pepper, dust with the flour and sauté in 1 tablespoon of butter until slightly browned and completely cooked about 3 to 4 minutes per side.

To serve, mix 2 tablespoons Romano into the orzo.

Pour Orzo into 4 plates then top with Grouper fillet and garnish with the chopped fronds and about half of the fennel seeds

Pass around extra cheese and the remaining toasted fennel seeds to your dinner mates and after dinner why don't continue this "Recess" theme and suggest a friendly game of kick ball...or if you are on your third glass of wine...Dodge Ball.

## Grilled Shrimp and Green Beans with Gremolata

Serves 4

Besides being a fantastic and delicious condiment for any grilled fish or meat, Gremolata was also my stage name when I "danced" in the late eighties. "It's Rainin Really Overweight Men..." try getting that one out of your head.

Ingredients

For the Shrimp

2 pounds of large Shrimp cleaned and deveined with the tails left on...why the tails on...it slows the bigger travelers, like me, down. I can even handle shelled nuts...Hey...I thought we were in the "no judge" zone...we're not?

Olive oil for drizzling

Salt and pepper

For the Green Beans

2 pound fresh green beans cleaned and picked

Salt and pepper

Olive oil for drizzling

For the Gremolata

1 bunch flat leaf parsley

1 bunch cilantro

1 large or 2 small garlic cloves

1 lemon all the grated zest grated and the juice

1 pinch of crushed Red pepper flakes

Olive Oil

Salt and pepper

How it's done

Prepare charcoal grill or preheat gas grill to high heat.

For the Gremolata - Finely chop parsley and cilantro, add to a bowl. Take the back of your knife and smash the garlic, chop very finely and add to bowl. Add the zest of one lemon and add the juice of half. Drizzle with some olive oil, about a tablespoon or so. Add the red pepper flakes, and season with salt and pepper to taste and set aside.

For the Green Beans

Cut a large enough piece of heavy duty aluminum foil to hold the green beans leaving a 2 inch border. Rinse the green beans in cold water and place on foil. Season with salt and pepper and drizzle beans with olive oil. Place another piece of foil on top and fold the edges to seal well place on a hot grill for about 20 minutes flipping once until beans are tender.

For the Shrimp

Place shrimp on a plate and drizzle with olive oil and season with salt and pepper.

When the green beans are almost done grill shrimp for about 2 minutes per side or until just cooked through. Transfer to warm plate and cover with foil.

To serve remove green beans from foil and plate on a large serving platter. Arrange grilled shrimp over the green beans and spoon over Gremolata. Please don't be alarmed should one of your dinner guests slip a dollar in your apron...there just showing appreciation for a great show.

## June 9, 2011

Good morning to all of our beloved friends and clients who are still looking salubrious and somewhat unscathed by this bout of Hades that Mother Nature has so lovingly wrapped in a sweaty tee-shirt for us...thank you M'Lady. On the bright side the staff at Metro has come up with another Customer Service stroke of genius. Along with offering fresh seafood, cheeses and other gourmet delights, we have expanded our service menu to include a very tasteful "Ice Cube Massage". Please see a Metro Specialist for more information. I hope you enjoy today's cool and sumptuous recipes...thank you

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

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

Great Take-Out Special

908-735-5121 [begin\\_of\\_the\\_skype\\_highlighting](#) 908-735-5121

[end\\_of\\_the\\_skype\\_highlighting](#)

Hey! Gazpacho is Back!

Grilled Basil Balsamic Halibut Roll

With Lettuce, Tomato and Basil Aioli

With a choice of Soft Drink\*\*  
\$9

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

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

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

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

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

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

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

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

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

Hey! Gazpacho is Back!

To all of our Pennsylvania Travelers we will be at the Ottsville Farmers Market again this year with a gorgeous selection of Seafood for the folks of Bucks County...The

Ottsville Farmers Market is open Friday's only, from April 29th 2011 till October 15, between 4:00 and 8:00pm. Should you need anything in particular held for you, please feel free to call the Main store at 908-735-5121 [begin\\_of\\_the\\_skype\\_highlighting](#) 908-735-5121 [end\\_of\\_the\\_skype\\_highlighting](#)

To all of our fellow travelers to the South, Metro will be at the Stockton Market on Fridays from 1-7p.m., in addition to Saturdays 9:00am to 4:00pm and Sundays from 10:00am to 4:00pm

Along with our fresh fish selections we are delighted to announce Metropolitan Seafood will be offering our World Famous Fish and Chips on FRIDAYS ONLY Please feel free to call our store (908-735-5121 [begin\\_of\\_the\\_skype\\_highlighting](#) 908-735-5121 [end\\_of\\_the\\_skype\\_highlighting](#)) to have anything in particular brought down for you, but as always a great selection will abound.

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

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

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

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

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

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

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

THIS WEEKEND'S OYSTER SELECTION WILL INCLUDE THE FOLLOWING DELIGHTS

East Coast: Delaware Bays ONLY \$1.00 ea.!!!

Flying Point (Maquoit Bay, Maine)

St. Simon (New Brunswick, Canada)

Flowers (Oyster Bay Harbor, NY)

West Coast: Peale Passage (Shelton, Washington St.)

Kumomoto (Humbolt Bay, California)

Quilcene (Hood Canal Washington St.)

This Weekend's Local Artisanal Cheeses

Please don't hesitate to ask for a taste!

Bobolink Dairy Milford NJ

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

Valley Shepherd Creamery Long Valley NJ

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

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

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

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

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 \$30.00lb

Oldwick Shepherd: Aged 5+ months, this sheep's milk cheese is nutty, full flavored, and undeniably sheep! Baaaah \$30.00lb

Oven Poached Halibut with an "Easy" Sauce Gribiche

Serves 4

Sauce Gribiwhatche? This classic French egg sauce is usually made with raw egg yolks similar to a Mayo emulsion, but the "easy" version will have you hailing as a Sauce Gribiche master...by the way this entire meal can be made in advance and served cold or room temp to battle those steamy summer nights. Slightly embarrassed, I must admit that once I licked some of this sauce off my finger only to propose to it later that evening...I'm just saying

Ingredients

For the Sauce Gribiche

1 cup Mayonnaise

1 cup of Lebneh or Greek Style Yogurt...Hey Metro carries Lebneh and gives out lemons like scurvy is still in fashion

6 tablespoons of chopped baby dill pickles or Cornichons

6 tablespoons of minced shallots

6 tablespoon of chopped flat leaf parsley

4 tablespoons capers rinsed drained and chopped

1 teaspoon minced fresh thyme leaves

1 hard-boiled large egg, chopped fine

For the Poached Halibut

6 cups of vegetable stock...Made at Metro

½ cup white wine

4 fillets of Halibut 6 to 8 ounces each you could also of course do this with Salmon

How it's done

For the Sauce Gribiche

In a bowl stir together the mayonnaise, the Lebneh, chopped pickle, shallot, parsley, capers, minced thyme and chopped egg, season with salt and pepper to taste; cover and refrigerate.

For the Poached Halibut

Preheat oven to 400° degrees

Next place Halibut fillets in a baking pan just big enough to hold the halibut fillets, single layer, with a little room to spare. Make sure the fillets are placed in the pan skin side down and seasoned with a little salt and pepper.

Next bring the stock and the wine to a boil then pour over Halibut until the fish is just covered. Cover pan tightly with aluminum foil and place in the oven for 15 minutes.

Remove from oven and let rest for 10 minutes. Remove the foil and gently transfer fillet to a dish, cover with plastic wrap and refrigerate (this can be done a day in advance).

To serve place halibut fillets on a small bed of Mixed field greens and spoon over some sauce Gribiche and put extra on the table for passing. My last warning; I once knew this guy who accidently poured some on a dinner guest...nine months later they had twins...unfortunately his wife was not that excited.

Grilled Swordfish on a Summer Lentil Salad

Serves 4

If for some reason you have the sneaky suspicion you are being cajoled into preparing refreshing and delicious Middle Eastern cuisine without your conscious consent...then you are correct sir. Please relax and give in to your healthy craving to smear Hummus on the world to make it a more palatable place. However, I must sadly inform you that this culinary hypnosis will not afford you the olive skin or large nose of Jamie Far...one of our most celebrated Lebanese brethren

Ingredients

For the Lentil Salad

2-15.5 ounce cans of Lentils rinsed and drained...I do dig the Goya

1 small red onion, thinly sliced

1 English (Seedless) cucumber, washed halved, sliced

4 Plum (Roma) tomatoes chopped  
1/2 cup fresh mint leaves, shredded  
2 tablespoons lemon juice  
2 tablespoons olive oil

For the Grilled Swordfish

4 Swordfish Steaks 6 to 8 ounces each...This is a super versatile dish and you could also use Mahi fillets (skinned) Halibut or even Tuna.

¼ cup olive oil

The juice of 1 lemon

Salt and pepper

1 clove garlic minced

½ small red onion, chopped fine

¼ teaspoon dried mint

¼ teaspoon cumin

How it's done

For the Lentil Salad

Combine lentils, onion, cucumber, tomatoes, mint, lemon juice and oil in a bowl.

Toss to combine and then season with salt and pepper to taste; cover and refrigerate

For the Grilled Swordfish

In a small glass bowl combine olive oil, lemon juice, garlic, onion, mint and cumin and whisk together season with salt and pepper and add swordfish steaks to plate turning to coat. Cover plate with plastic wrap and marinate for 1 hour turning once.

Prepare charcoal or preheat gas grill to high. Remove Swordfish from marinade and grill for 4 to 5 minutes per side on well brushed grates. Divide lentil salad among 4 plates and top with Swordfish. Lastly, if you view Hummus as the glue that holds together humanity...well you're right my friend.

## June 7, 2011

Good morning to all of our beloved friends and clients who might want to take heed from this guilt ridden fishmonger.

In light of the mishap bestowed upon a US representative from NY...and no, I'm not judging...I have to admit I also have been sending salacious photos on twitter and facebook. It started off with an innocent shrimp cocktail pic seductively draped in sauce, but when I starting tweeting pictures of Tuna and Sword Kebobs glistening with a green peppercorn aioli...well,(sob, sniff, sniff) I'm deeply sorry. I had a slip in judgment, and rest assured I have had no culinary relations with any of these correspondents. I hope you enjoy todays easy recipe

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

If you don't feel like cooking here are

Some Great Take-Out Specials

908-735-5121 [begin\\_of\\_the\\_skype\\_highlighting](#) 908-735-5121

[end\\_of\\_the\\_skype\\_highlighting](#)

Mediterranean Roasted Sea Bass with tomatoes and Kalamata olives  
on our Classic Caesar Salad  
This one brings back the honor that is the Caesar Salad  
\$12

Grilled South Western Grouper Sandwich  
On a fresh baked Portuguese Roll  
With Roasted Veggies and Chipotle Mayo  
With a cup of soup\*  
\$9

Metro's Famous Fish Cake Roll  
A Home-Made Fish Cake with lettuce tomato, Tarter and hot sauce on a fresh baked  
Portuguese Roll  
With a choice of Soft Drink  
\$7

Spiced Rubbed Monkfish Kebob on Rice and Roasted Veggies  
With Tzatziki Sauce (Yogurt Sauce)  
\$9

Grilled Ginger Salmon Pita Wrap  
With Oven Roasted Veggies and Wasabi Sauce  
With a choice of soup\*  
\$9

A Chilled Grilled Swordfish Salad over a Mixed Field Green Salad  
With a Choice of Soup\*  
\$8

Our "Locally" Famous Fish Taco  
Metro Fish Tacos  
Your choice fried or grilled fresh seasonal fish served on a flour tortilla with lettuce,  
tomato and Baja Sauce, Pico Gallo sauce with Pickled Jalapeños and Onions on the  
side  
With a choice of Soft Drink\*\*  
\$8

(For those who dig Seafood lovers but not Seafood)

A Chicken Club Roll  
Panko Crusted Chicken Breast with Smoked Bacon,  
Lettuce, Tomato and Mayo on a Fresh Baked Portuguese Roll  
With a choice of Soft Drink

\$8

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

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

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

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

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

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

Pan Roasted Trout fillets with an Herbed Cream Sauce

Serves 4

OMG! Did you save heavy cream...take it easy Richard Simmons you probably just ate a pint of "Chunky Monkey" this weekend. A little heavy cream, like all things in life, is well within the boundaries of a healthy living.

Ingredients

1 ½ to 2 pounds of Trout fillet, skin on and scaled...I personally love the local Musky trout fillet from Metro...but that's just me.

Salt and pepper

2 tablespoons of fresh chopped Basil

1 tablespoon of fresh chopped flat leaf parsley

2 teaspoons of fresh chopped chives

3 tablespoons unsalted butter

1/2 cup heavy cream

How it's done

Preheat oven to 400° degrees.

Pat the trout fillet dry with paper towel and then arrange in a single layer in a large buttered ovenproof frying pan. Next season fillets with salt and pepper; sprinkle with

basil, parsley and chives, then dot with butter.

Bake for about 10 minutes, basting once or twice, until the flesh is almost opaque to the center and barely separates when tested with a fork.

Transfer the fillets to a warm serving platter.

Add cream to the juices in the pan. Cook and stir over med heat on the stove until just to blended and reduced slightly to the consistency of the original heavy cream.

Season the sauce with salt and pepper to taste then spoon over the fish. And the next time one of your loved ones is preaching you the evils of heavy cream while their mouth is on the other end of a banana daiquiri...please hug them...hard, not a "911" hard but "you should mind your own business" hard...yeah that's the kind I mean.

Flounder with Sautéed Baby Spinach and Capers

Serves 4

I can't help but wonder fellow travelers, why we are always striving for a constant stream of happiness, have we forgotten the cleansing properties of a good cry. Why just the other day I was watching one of those "dog/master" movies and was whaling like the proverbial banshee...okay, it freaked my family out a bit, but who couldn't use a good soul shower every now and then. The pure flavors and sincerity of this dish will surely have your dinner guests weeping with gratitude...even the "tough" guys...trust me.

Ingredients

4 fillets of Flounder 6 to 8 ounces each

2 tablespoons of olive oil

1 cup of fish or chicken stock...both made lovingly at Metro

6 ounces baby spinach

2 tablespoons of capers rinsed and drained

2 tablespoon of fresh lemon juice...and if Metro ever stops giving away free lemons then, rest assured, I'm dead

How it's done

Season the Flounder fillets on both sides with salt and pepper.

Heat a large non-reactive skillet to high heat with the 2 tablespoons of olive oil. When the oil begins to smoke, add the flounder fillets and sauté for about 1 ½ minutes per side or until lightly brown and just cooked through. Transfer fillets to a warm platter.

Next add the capers to the pan and cook for about 30 seconds and then deglaze the pan with the stock, reducing to about a 1/3 of a cup. Next add the baby spinach and cook until the spinach wilts. Finally add lemon juice to spinach and season to taste with salt and pepper. Pour spinach over the flounder and please remind your guest that their warranted tears of joy will dilute the gentle flavors of your sauce.

## June 2, 2011

Good morning to all of our beloved friends and clients who have so kindly provided us with feedback regarding our recipe program

To Peter in Tewksbury...I'm very happy you got lucky, preparing the "Fettuccini with Cockles and Shrimp"...are you a gambler? And to Andrea in Pittstown, that's awesome that your husband agreed to not let your Mother In-law spend the

weekend after making him the “Skate with a Grape Tomato Butter”. And finally, you’re welcome Christine from Clinton for “hooking you up” with the future father of your children...I didn’t know that “Creole Catfish with Lemon and Capers” had that kind of pull. I only hope that you feel all the briny love we have for you. Thank you and I hope you are enjoy todays effortless and delectable grilling recipes.

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

Grilled Icelandic Arctic Char on our Classic Caesar Salad  
With a choice of Soup\*  
\$15

Metro’s Falafel with the Works  
A vegetarian fava bean Pattie with lettuce, Tomato, pickled wild Cucumber  
With Tahini (Sesame) Sauce and hot Sauce on locally bake Pita Bread  
With a choice of Soup\*  
\$5

Spicy Crispy Catfish Pita Wrap  
Spicy Panko Crusted Catfish with Lettuce Tomato, and Chipotle Mayo on Locally  
Baked Pita  
With a Choice of Soft Drink\*\*  
\$5

Grilled Ginger Lime Sea Bass on a Mixed Field Green Salad  
With a choice of Soft Drink\*\*  
\$9

Metro’s Crab Cake Platter  
With Crisp French Fries, Cole Slaw, Tartar and Cocktail sauce  
With a Choice of Soft Drink\*\*  
\$12

Metro Fish Tacos  
Panko Crusted fish served on a flour tortilla with lettuce, Pico de Gallo sauce and  
Baja Sauce and a side of our homemade Pickled Jalapeños and Onions  
With a Soft Drink\*\*  
\$8  
(For those Folks who love fish eaters but not fish)

Grilled Balsamic Chicken Pita Wrap  
Grilled Fresh Chicken Breast with Lettuce, Tomato and a Basil Aioli on fresh Baked

**Pita**

**With a choice of Soft Drink**

**\$8**

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

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

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

**Hey! Gazpacho is Back!**

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

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

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

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

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

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

**THIS WEEKEND'S OYSTER SELECTION WILL INCLUDE THE FOLLOWING DELIGHTS  
East Coast: Katama Bay Oysters (Martha's Vineyard, MA.)  
Flying Point (Maquoit Bay, Maine)  
St. Simon (New Brunswick, Canada)**

Flowers (Oyster Bay Harbor, NY)  
Hemlock (Cos Cob, Conn)

West Coast: Peale Passage (Shelton, Washington St.)  
Kumomoto (Humbolt Bay, California)  
Quilcene (Hood Canal Washington St.)  
This Weekend's Local Artisanal Cheeses  
Please don't hesitate to ask for a taste!  
Bobolink Dairy Milford NJ  
Cave Aged Cheddar: A truly exceptional cheddar, full flavored and complex

Valley Shepherd Creamery Long Valley NJ  
Califon Tomme: Aged 3+ months, this creamy, Tangy Cheese reminds me of a young-aged Gouda Style. Delectable melt-ability  
Tewksbury: Aged 12+ months, this gem from the Cave is both nutty and full-flavored, while still representing the purity of the milk throughout  
Valley Thunder: Aged 10+ months this cheese is produced with great love and care first draped in cloth, the aged to pay homage the heartiest British Cheddar Makers \$28.00lb  
Pepato: Aged 5+ months, this is a refined Shepherd's Basket, with an gentle "kiss" of cracked white peppercorn \$30.00lb  
Perlita: Aged 12+ Moths, not quite Mimolette, but the cantaloupe flesh is pure, salted caramel  
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 \$30.00lb  
Nettlesome: Cave aged 4+ months, with the unique addition of Stinging Nettles...herbaceous and truly memorable \$28.00lb  
Oldwick Shepherd: Aged 5+ months, this sheep's milk cheese is nutty, full flavored, and undeniably sheep! Baaaah \$30.00lb

### Mediterean Grilled Calamari

Serves 2 as a main or 4 for an awesome appetizer

This is one of those dishes where after the first bite, you just want to call your mother up and tell her you would have preferred to have been bottle fed if she'd just made this dish once growing up...

#### Ingredients

1 pound of cleaned large squid rinsed and patted extremely dry with paper towels

2 teaspoons of kosher or sea salt

Juice of 1 one lemon...maybe Metro gave you a free lemon...yeah right, they gave you 2.

1/3 Cup olive oil

1 tablespoon of Harissa paste

6 Cloves garlic, thinly sliced

2 teaspoons fresh minced cilantro plus some whole leafs for garnish

2 tablespoons of flat leaf parsley chopped

Lemon wedges for serving

How it's done

Place the cleaned dried squid tubes and tentacles in large glass bowl, sprinkle with salt and lemon juice.

Next place olive oil, harissa, and garlic in a small saucepan. Heat, over low-moderate setting for 5 minutes. Remove from heat and set aside for 10 minutes.

Add parsley and cilantro to the saucepan then pour over squid; mix well and try to get some of the marinade inside the squid tubes; cover bowl with plastic wrap and chill for 1 hour, tossing at least once during that time.

Prepare charcoal grill or heat gas grill to medium high heat.

Next Grill the whole squid tubes and tentacles, over medium high flame, 2 minutes on each side then transfer to a cutting board and let rest for a minute.

Cut squid into ½ inch rings and cut tentacles in half; serve with lemon wedges and chopped cilantro. Please be careful when allowing a dinner guest to taste from your fingers...sure it's kind of funny when they nip a piece of your finger off, but a trip to the emergency room is always a buzz kill.

## Grilled Salmon with Potato Salad

Serves 4

For those fellow travelers whose ethic and religious upbringing makes you prone to guilt you might find yourself racked with it from this incredibly easy and delicious recipe.

Should your pangs of guilt overcome you, then inform your dinner guests that the meal will be completed with personal foot massages...hey, it's your guilt

Ingredients

2 pounds of small New Red Potatoes

Olive oil for brushing grill

4 fillets of Salmon 6 to 8 ounces each: Metro has more Salmons to choose from then I have chins...Organic Farm Raised and, depending on the season, numerous wild varieties

1 pound of string beans, thinly sliced diagonally

1 cup of flat leaf parsley leaves

2 lemons, rind finely grated, juiced: Best tell your Metro Seafood associate you need two free lemons today...he'll probably think that they are for your Vodka and that's cool also

2 tablespoons of olive oil

How it's done

In a large saucepan of boiling salted water, cook potatoes for 12 minutes or until just tender. Drain. Set aside to cool slightly then cut the potatoes into ½ inch-thick slices.

Meanwhile, prepare charcoal grill or preheat gas grill to high. Just before grilling "brush" grates with oil using folded paper towels that you dipped in olive oil: Note use your tongs for this. Next brush Salmon fillets with olive and season with salt and pepper to taste. Grill fillets, flesh side down first, for 5 to 6 minutes each side

or until just cooked through. Cool slightly.

Meanwhile grill and place beans in a heatproof glass bowl. Pour over boiling water. Set aside for 2 minutes or until tender. Drain.

Combine potato, beans and parsley. Whisk together lemon rind, juice and olive oil in a small bowl and season to taste with salt and pepper. Divide potato salad among plates. Top with Salmon fillets and drizzle dressing over. If you happen to be dining with your in-laws and the foot massage thing freaks you out...it should, just offer them a bottomless wine glass.