

Chef



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THE DAILY GAZETTE

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When Credibility Matters

seafood treasures



seafood

treasures



- Start your journey with the decadent Garlic Butter Shrimp Scampi, a perfect blend of succulent shrimp and rich garlic butter sauce. For a refreshing yet elegant dish, try the Lemon Herb Grilled Salmon, marinated in fresh herbs and zesty lemon. Warm up with a bowl of New England Clam Chowder, a comforting classic with tender clams and creamy broth.



- Spice things up with Cajun Shrimp and Grits, where southern charm meets bold flavors. The Baked Cod with Parmesan Crust offers a crispy, cheesy top that pairs beautifully with the tender fish underneath. For a touch of luxury, the Lobster Bisque delivers a silky, flavorful experience.

- If you're craving something vibrant and fresh, the Spicy Tuna Poke Bowl and Shrimp and Avocado Salad are perfect picks. The Classic Fish and Chips brings the beloved pub favorite right to your kitchen, while Scallops with Lemon Garlic Sauce provide a delicate, buttery delight.

- Explore the rich flavors of Crab Cakes with Remoulade Sauce and the festive Seafood Paella, packed with a variety of seafood

treasures. For those who love grilling, Grilled Swordfish Steaks and Mussels in White Wine Sauce are must-tries. The Teriyaki Glazed Salmon offers a sweet and savory option, and the Seafood Soup is hearty and flavorful.

- Pasta lovers will adore Shrimp Alfredo Pasta, while Thai Coconut Curry Shrimp brings a spicy, exotic twist. Try the Baked Clams Oreganata for an Italian-inspired treat, or enjoy the classic Lobster Rolls for a taste of New England.
- For more adventurous palates, the Seared Ahi Tuna with Soy Sauce and Ginger and Seafood Stuffed Bell Peppers offer delightful variations. Enjoy a brunch favorite with the Smoked Salmon Bagel, or indulge in the Miso Glazed Black Cod. The Garlic Butter Lobster Tail is perfect for special occasions, and Fish Tacos with Mango Salsa provide a fun, tropical flair.
- Don't miss out on the Steamed Snow Crab Legs and Pesto Grilled Shrimp Skewers for easy, delicious meals. Finally, the Bouillabaisse brings the best of French cuisine to your table with its rich, aromatic broth and diverse seafood selection.

Difficulty scale

■ □ □ | Easy to do

■ ■ □ | Requires attention

■ ■ ■ | Requires experience

garlic butter

shrimp scampi

■ □ □ | Preparation time: 10 minutes - Cooking time: 10 minutes

ingredients

- > 1 lb large shrimp, peeled and deveined
- > 4 tablespoons unsalted butter
- > 4 cloves garlic, minced
- > ¼ teaspoon red pepper flakes (optional)
- > ¼ cup dry white wine or chicken broth
- > 1 tablespoon lemon juice
- > Salt and black pepper to taste
- > ¼ cup fresh parsley, chopped
- > ½ lb linguine or pasta of your choice

method

1. Cook the pasta according to package instructions. Drain and set aside. Season the shrimp with salt and pepper.
2. In a large skillet, melt 2 tablespoons of butter over medium heat. Add minced garlic and red pepper flakes. Sauté until fragrant, about 1 minute.
3. Add the shrimp to the skillet. Cook for about 2-3 minutes on each side until they turn pink and opaque. Remove the shrimp from the skillet and set aside.
4. In the same skillet, add the remaining 2 tablespoons of butter. Pour in the white wine (or chicken broth) and lemon juice. Bring to a simmer and cook for 2-3 minutes, allowing the sauce to reduce slightly.
5. Return the shrimp to the skillet and toss to coat with the sauce. Stir in the chopped parsley. If using pasta, add it to the skillet and toss everything together. Serve immediately.

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Serves 4



tip from the chef

Chef's Tip: Serve with lemon slices and garlic bread!



lemon herb

grilled salmon

■ □ | Preparation time: 10 minutes - Cooking time: 10 minutes

method

1. In a small bowl, whisk together the olive oil, lemon juice, minced garlic, dried thyme, dried rosemary, salt, and black pepper.
2. Place the salmon fillets in a shallow dish or a resealable plastic bag. Pour the marinade over the salmon, ensuring each fillet is well coated. Marinate for at least 15 minutes.
3. Preheat the grill to medium-high heat. Oil the grill grates to prevent sticking.
4. Place the salmon fillets on the grill, skin side down. Grill for about 4-5 minutes per side, or until the salmon is opaque and flakes easily with a fork.
5. Remove the salmon from the grill and transfer to a serving platter. Serve with lemon wedges.

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 Serves 4

ingredients

- > 4 salmon fillets (about 6 oz each)
- > 2 tablespoons olive oil
- > 2 tablespoons lemon juice
- > 2 cloves garlic, minced
- > 1 teaspoon dried thyme
- > 1 teaspoon dried rosemary
- > Salt and black pepper to taste
- > Lemon wedges, for serving

tip from the chef

Serve with sauteed fresh spinach and cherry tomatoes!



new england clam chowder

■ ■ □ | Preparation time: 15 minutes - Cooking time: 30 minutes

ingredients

- > 4 slices bacon, diced
- > 1 medium onion, chopped
- > 2 cloves garlic, minced
- > 3 cups potatoes, peeled and diced
- > 2 cups clam juice (or bottled clam juice)
- > 1 cup water
- > 2 (6.5 oz) cans chopped clams, with juice
- > 1 cup heavy cream
- > 1 teaspoon dried thyme
- > Salt and black pepper to taste
- > 2 tablespoons all-purpose flour
- > 2 tablespoons butter
- > Fresh parsley, chopped (for garnish)

method

1. In a large pot, cook the diced bacon over medium heat until crispy. Remove bacon and set aside, leaving about 1 tablespoon of bacon fat in the pot. Add the chopped onion and minced garlic to the pot and sauté until the onion is translucent.
2. Add the diced potatoes, clam juice, and water to the pot. Bring to a boil, then reduce heat and simmer until potatoes are tender, about 15 minutes.
3. In a small saucepan, melt the butter over medium heat. Stir in the flour and cook, stirring constantly, for about 1-2 minutes to form a roux. Do not let it brown.
4. Add the roux to the pot with the potatoes and stir well to combine. Add the chopped clams with their juice, heavy cream, dried thyme, and cooked bacon. Simmer for another 5-10 minutes until the chowder thickens. Season with salt and black pepper to taste.
5. Ladle the chowder into bowls and garnish with chopped fresh parsley. Serve hot.

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Serves 4



tip from the chef

Serve with toasted french bread and some extra crumbled bacon!



cajun shrimp and grits

■ ■ □ | Preparation time: 10 minutes - Cooking time: 25 minutes

method

1. In a medium saucepan, bring 4 cups of water or chicken broth to a boil. Stir in the grits and reduce heat to low. Cook, stirring occasionally, until thickened, about 15-20 minutes. Stir in the shredded cheddar cheese, butter, and salt to taste. Keep warm.
2. In a bowl, toss the shrimp with the Cajun seasoning until well coated.
3. In a large skillet, heat the olive oil over medium-high heat. Add the chopped bell pepper and onion, and sauté until softened, about 5 minutes. Add the minced garlic and cook for another minute.
4. Add the seasoned shrimp to the skillet and cook until they turn pink and opaque, about 2-3 minutes per side. Remove the shrimp and set aside.
5. In the same skillet, add the chicken broth and lemon juice. Bring to a simmer, scraping up any browned bits from the bottom of the pan. Return the shrimp to the skillet and toss to coat in the sauce. Serve the shrimp and sauce over the warm cheesy grits. Garnish with chopped green onions.

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Serves 4

ingredients

For the Grits:

- > 1 cup stone-ground grits
- > 4 cups water or chicken broth
- > 1 cup shredded sharp cheddar cheese
- > 2 tablespoons butter
- > Salt to taste

For the Shrimp:

- > 1 lb large shrimp, peeled and deveined
- > 2 tablespoons olive oil
- > 2 tablespoons Cajun seasoning
- > 1 bell pepper, chopped
- > 1 small onion, chopped
- > 2 cloves garlic, minced
- > ½ cup chicken broth
- > 1 tablespoon lemon juice
- > Chopped green onions or parsley, for garnish

tip from the chef

Serve with your favorite cheddar biscuits!



baked cod

with parmesan crust

■ ■ □ | Preparation time: 10 minutes - Cooking time: 15 minutes

ingredients

- > 4 cod fillets (about 6 oz each)
- > ½ cup grated Parmesan cheese
- > ¼ cup breadcrumbs
- > 2 tablespoons fresh parsley, chopped
- > 2 cloves garlic, minced
- > 1 teaspoon lemon zest
- > ¼ teaspoon salt
- > ¼ teaspoon black pepper
- > 2 tablespoons olive oil
- > Lemon wedges, for serving

method

1. Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper or lightly grease it.
2. In a bowl, combine the grated Parmesan cheese, breadcrumbs, chopped parsley, minced garlic, lemon zest, salt, and black pepper. Mix in the olive oil until the mixture is well combined and crumbly.
3. Pat the cod fillets dry with paper towels. Place them on the prepared baking sheet.
4. Evenly distribute the Parmesan mixture over the top of each cod fillet, pressing down lightly to adhere.
5. Bake in the preheated oven for 12-15 minutes, or until the fish is opaque and flakes easily with a fork. Serve with lemon wedges.

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Serves 4



tip from the chef

Serve with a side of orzo and extra lemon wedges!



lobster bisque

■ ■ □ | Preparation time: 15 minutes - Cooking time: 45 minutes

method

1. In a large pot, bring salted water to a boil. Add the lobster tails and cook for 5-6 minutes until they turn bright red and the meat is opaque. Remove the lobster tails, let them cool slightly, then extract the meat and chop it into bite-sized pieces. Reserve the shells.
2. In the same pot, melt the butter over medium heat. Add the chopped onion, garlic, celery, and carrot. Sauté until the vegetables are soft, about 5-7 minutes. Stir in the tomato paste and cook for another 2 minutes.
3. Sprinkle the flour over the vegetables and stir well to combine. Cook for 1-2 minutes, then slowly add the white wine, stirring constantly until smooth.
4. Add the seafood stock, paprika, and the reserved lobster shells. Bring to a boil, then reduce the heat and let it simmer for 20-25 minutes. Remove the lobster shells and use an immersion blender to puree the soup until smooth.
5. Stir in the heavy cream and the chopped lobster meat. Season with salt and black pepper to taste. Simmer for an additional 5 minutes until heated through. Ladle the bisque into bowls and garnish with chopped fresh parsley.

ingredients

- > 2 lobster tails (about 1 lb total)
- > 2 tablespoons butter
- > 1 medium onion, chopped
- > 2 cloves garlic, minced
- > 2 celery stalks, chopped
- > 1 carrot, chopped
- > ¼ cup tomato paste
- > ¼ cup all-purpose flour
- > ½ cup dry white wine
- > 4 cups seafood stock (or chicken stock)
- > 1 cup heavy cream
- > 1 teaspoon paprika
- > Salt and black pepper to taste
- > Fresh parsley, chopped (for garnish)

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Serves 4

tip from the chef

Serve with garlic bread or crackers!



spicy tuna

poke bowl

■ □ □ | Preparation time: 20 minutes - Cooking time: 0 minutes

ingredients

For the Tuna:

- > 1 lb sushi-grade tuna, diced
- > 2 tablespoons soy sauce
- > 1 tablespoon sesame oil
- > 1 tablespoon sriracha sauce
- > 1 teaspoon rice vinegar
- > 1 teaspoon honey
- > 1 teaspoon sesame seeds

For the Bowl:

- > 2 cups cooked sushi rice or short-grain rice
- > 1 avocado, cut into chunks
- > 1 cucumber, cut into sticks
- > ½ cup edamame, cooked
- > 1 carrot, cut into sticks
- > 2 green onions, chopped
- > Pickled ginger (optional)

For Garnish:

- > Sesame seeds
- > Sriracha sauce
- > Soy sauce
- > Wasabi (optional)

method

1. In a bowl, combine the diced tuna, soy sauce, sesame oil, sriracha sauce, rice vinegar, honey, and sesame seeds. Mix gently to coat the tuna evenly. Let it marinate while you prepare the rest of the ingredients.
2. Cut the avocado, cucumber, and the carrot, cook the edamame if it's not pre-cooked, and chop the green onions.
3. Divide the cooked rice evenly among two bowls. Arrange the avocado, cucumber, edamame, carrot, and green onions around the rice.
4. Spoon the marinated spicy tuna over the rice in each bowl.
5. Garnish with additional sesame seeds, pickled ginger (if using), and drizzle with more sriracha and soy sauce if desired. Serve immediately.

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Serves 2



tip from the chef

This dish is great for a light lunch!

classic fish and chips

■ □ | Preparation time: 20 minutes - Cooking time: 30 minutes

method

1. Peel and cut the potatoes into thick strips. Rinse in cold water and pat dry with a towel. Heat vegetable oil in a deep fryer or large pot to 325°F (165°C). Fry the potatoes in batches for about 5-6 minutes until they are soft but not browned. Remove and drain on paper towels.
2. In a bowl, mix 1 cup of flour, baking powder, and salt. Gradually whisk in the cold sparkling water or beer until the batter is smooth and thick. Set aside.
3. Increase the oil temperature to 375°F (190°C) for the second fry of the chips and the frying of the fish.
4. Pat the fish fillets dry with paper towels. Dredge them lightly in extra flour, shaking off excess. Dip the fillets into the batter, ensuring they are well coated. Carefully place them into the hot oil and fry for about 4-5 minutes until golden and crispy. Remove and drain on paper towels.
5. Return the par-cooked chips to the hot oil and fry for an additional 2-3 minutes until golden and crispy. Remove and drain on paper towels. Season with salt to taste.

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Serves 2

ingredients

For the Fish:

- > 4 cod or haddock fillets (about 6 oz each)
- > 1 cup all-purpose flour
- > 1 teaspoon baking powder
- > 1 teaspoon salt
- > 1 cup cold sparkling water or beer
- > Extra flour for dredging
- > Vegetable oil for frying

For the Chips:

- > 4 large russet potatoes
- > Vegetable oil for frying
- > Salt to taste

tip from the chef

Serve the fish and chips immediately, with tartar sauce and malt vinegar on the side!



shrimp and avocado salad

■□□ | Preparation time: 15 minutes - Cooking time: 0 minutes

ingredients

- > 1 lb cooked shrimp, peeled and deveined
- > 2 avocados, diced
- > 1 cup cherry tomatoes, halved
- > ¼ cup red onion, finely chopped (optional)
- > ¼ cup fresh cilantro, chopped
- > 1 tablespoon olive oil
- > 1 tablespoon lime juice
- > Salt and black pepper to taste

method

1. Dice the avocados, halve the cherry tomatoes, finely chop the red onion, and chop the fresh cilantro.
2. In a large bowl, gently mix the diced avocados, cherry tomatoes, red onion, and cilantro.
3. Add the cooked shrimp to the bowl with the vegetables.
4. In a small bowl, whisk together the olive oil, lime juice, salt, and black pepper.
5. Pour the dressing over the shrimp and vegetable mixture. Gently toss to combine. Serve immediately.

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Serves 2



tip from the chef

Serve over fresh bibb lettuce with lemon wedges and crackers!



scallops

with lemon garlic sauce

■ ■ □ | Preparation time: 10 minutes - Cooking time: 10 minutes

method

1. Pat the scallops dry with paper towels. Season both sides with salt and black pepper.
2. In a large skillet, heat the olive oil over medium-high heat. Add the scallops and sear for 2-3 minutes on each side until they are golden brown and opaque. Remove the scallops from the skillet and set aside.
3. In the same skillet, add the butter and let it melt. Add the minced garlic and sauté for about 1 minute until fragrant.
4. Pour in the chicken broth and white wine (if using). Bring to a simmer and cook for 2-3 minutes, allowing the sauce to reduce slightly. Stir in the lemon juice.
5. Return the scallops to the skillet and spoon the sauce over them. Cook for an additional 1-2 minutes until the scallops are heated through. Garnish with fresh thyme and serve with lemon wedges.

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Serves 2

ingredients

- > 1 lb sea scallops
- > Salt and black pepper to taste
- > 2 tablespoons olive oil
- > 2 tablespoons butter
- > 3 cloves garlic, minced
- > ¼ cup chicken broth
- > ¼ cup dry white wine (optional, can replace with more chicken broth)
- > 2 tablespoons lemon juice
- > Thyme sprigs for garnish
- > Lemon wedges for serving

tip from the chef

Serve as a side with your favorite grilled steak!



crab cakes

with remoulade sauce

■ ■ □ | Preparation time: 20 minutes - Cooking time: 10 minutes

ingredients

For the Crab Cakes:

- > 1 lb lump crab meat, drained
- > ½ cup breadcrumbs
- > ¼ cup mayonnaise
- > 1 egg
- > 2 tablespoons Dijon mustard
- > 2 green onions, finely chopped
- > ¼ cup bell pepper, finely chopped (red or green)
- > 1 tablespoon Old Bay seasoning (or to taste)
- > Salt and black pepper to taste
- > 2 tablespoons olive oil or vegetable oil for frying

For the Remoulade Sauce:

- > ½ cup mayonnaise
- > 2 tablespoons Dijon mustard
- > 1 tablespoon capers, chopped
- > 1 tablespoon sweet pickle relish
- > 1 tablespoon fresh parsley, chopped
- > 1 teaspoon Worcestershire sauce
- > 1 teaspoon hot sauce (optional)
- > Salt and black pepper to taste

method

1. In a large bowl, gently mix together the lump crab meat, breadcrumbs, mayonnaise, egg, Dijon mustard, green onions, bell pepper, Old Bay seasoning, salt, and black pepper. Be careful not to break up the crab meat too much.
2. Divide the crab mixture into 8 equal portions. Shape each portion into a patty about 1 inch thick.
3. Heat olive oil or vegetable oil in a large skillet over medium-high heat. Carefully place the crab cakes in the skillet and cook for about 4-5 minutes on each side until golden brown and heated through. You may need to cook them in batches depending on the size of your skillet.
4. While the crab cakes are cooking, prepare the remoulade sauce. In a small bowl, mix together the mayonnaise, Dijon mustard, capers, sweet pickle relish, fresh parsley, Worcestershire sauce, hot sauce (if using), salt, and black pepper. Adjust seasoning to taste.

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Makes: 8 crab cakes - Serves 2-4

tip from the chef

Serve the crab cakes hot, topped with a dollop of remoulade sauce on each cake or on the side, along with peas, cherry tomatoes and lemon wedges!



seafood paella

■ ■ ■ | Preparation time: 15 minutes - Cooking time: 30 minutes

method

1. Clean and prepare the seafood as needed (peel shrimp, clean mussels and clams). Heat the seafood broth in a saucepan and keep it warm.
2. In a large paella pan or skillet, heat olive oil over medium heat. Add the chopped onion and diced red bell pepper. Sauté for 3-4 minutes until softened. Add minced garlic and cook for another minute until fragrant.
3. Stir in the paella rice, saffron threads, and smoked paprika. Cook for 1-2 minutes, stirring constantly, until the rice is well coated with oil and spices.
4. Pour in the white wine (if using) and cook for 1 minute to evaporate the alcohol. Add the diced tomato and frozen peas. Pour in the warm seafood broth, season with salt and black pepper to taste, and stir gently to combine. Arrange the seafood evenly on top.
5. Bring the broth to a boil, then reduce the heat to low. Simmer uncovered for about 15-20 minutes, or until the rice is tender and the liquid is absorbed. Avoid stirring the paella once the rice has started to cook.
6. Remove the paella from the heat and cover with a clean kitchen towel. Let it rest for 5 minutes. Garnish with chopped fresh parsley and serve with lemon wedges on the side.

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Serves 4

ingredients

- > 1 lb mixed seafood (such as shrimp, squid, mussels, and clams)
- > 1½ cups Spanish paella rice (Bomba or Calasparra rice)
- > 3 cups seafood broth (or chicken broth)
- > 1 onion, finely chopped
- > 1 red bell pepper, diced
- > 3 cloves garlic, minced
- > 1 tomato, diced
- > ½ cup frozen peas
- > ¼ cup white wine (optional)
- > 1 teaspoon saffron threads
- > 1 teaspoon smoked paprika
- > Salt and black pepper to taste
- > 2 tablespoons olive oil
- > Lemon wedges, for serving
- > Fresh parsley, chopped, for garnish (optional)

tip from the chef

Adjust the seafood and ingredients to your preference and availability.



grilled

swordfish steaks

■ ■ □ | Preparation time: 15 minutes - Cooking time: 10 minutes

ingredients

- > 4 swordfish steaks (about 6 ounces each)
- > 3 tablespoons olive oil
- > 2 tablespoons fresh lemon juice
- > 2 cloves garlic, minced
- > 1 teaspoon dried oregano
- > Salt and pepper, to taste
- > Rosemary sprigs for garnish (optional)

method

1. In a small bowl, combine 3 tablespoons olive oil, 2 tablespoons lemon juice, 2 cloves minced garlic, 1 teaspoon dried oregano, salt, and pepper. Brush the mixture onto both sides of the swordfish steaks. Let them marinate for at least 10 minutes.
2. Preheat your grill to medium-high heat (about 400-450°F).
3. Place the swordfish steaks on the preheated grill. Grill for 4-5 minutes on each side, or until the fish is opaque and flakes easily with a fork.
4. Swordfish should have grill marks and be cooked through but still moist inside.
5. Remove the swordfish from the grill and let it rest for a minute. Serve hot with your choice of sides.

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Serves 4



tip from the chef

Serve with grilled lemon wedges and a string bean and tomato salad!



mussels

in white wine sauce

■ □ | Preparation time: 10 minutes - Cooking time: 15 minutes

method

1. Clean and debeard 2 pounds of fresh mussels. Discard any that are open and do not close when tapped.
2. In a large pot, heat 3 tablespoons of olive oil over medium heat. Add 4 minced garlic cloves and cook until fragrant, about 1 minute.
3. Pour in 1 cup of dry white wine and 1 cup of chicken broth. Bring the mixture to a boil.
4. Add the cleaned mussels to the pot. Cover and cook for 5-7 minutes, or until all the mussels have opened. Discard any mussels that do not open.
5. Stir in ¼ cup of chopped fresh parsley and season with salt and pepper to taste. Serve immediately with the lemon wedges and crusty bread or over pasta.

ingredients

- > 2 pounds fresh mussels, cleaned and debearded
- > 3 tablespoons olive oil
- > 4 cloves garlic, minced
- > 1 cup dry white wine
- > 1 cup chicken broth
- > ¼ cup chopped fresh parsley
- > Salt and pepper, to taste
- > Lemon wedges for garnish
- > Crusty bread or pasta (optional)

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Serves: 4

tip from the chef

Enjoy your mussels in a delicious white wine sauce with a glass of white wine!



teriyaki

glazed salmon

■ ■ □ | Preparation time: 15 minutes - Cooking time: 10-12 minutes

ingredients

- > 4 salmon fillets (about 6 ounces each)
- > ¼ cup soy sauce
- > ¼ cup mirin (Japanese sweet rice wine)
- > 2 tablespoons honey
- > 2 tablespoons rice vinegar
- > 1 clove garlic, minced
- > 1 teaspoon fresh ginger, grated
- > 1 tablespoon sesame oil
- > 1 tablespoon cornstarch (optional, for thickening)
- > 1 tablespoon water (optional, for thickening)
- > Sesame seeds, lemon wedges and chopped green onions for garnish (optional)

method

1. In a small bowl, mix ¼ cup soy sauce, ¼ cup mirin, 2 tablespoons honey, 2 tablespoons rice vinegar, 1 minced garlic clove, and 1 teaspoon grated ginger. Optional: Mix 1 tablespoon cornstarch with 1 tablespoon water to create a slurry if you prefer a thicker sauce.
2. Place the 4 salmon fillets in a shallow dish. Pour half of the teriyaki sauce over the salmon, turning to coat evenly. Marinate for at least 10 minutes.
3. Heat 1 tablespoon sesame oil in a large non-stick skillet over medium-high heat. Add the salmon fillets, skin side down if applicable. Cook for 4-5 minutes on each side, or until the salmon is cooked through and has a nice glaze.
4. In a small saucepan, bring the remaining teriyaki sauce to a simmer. If using the cornstarch slurry, add it now and cook until the sauce thickens about 1-2 minutes.
5. Drizzle the cooked salmon with the thickened teriyaki sauce. Garnish with sesame seeds, lemon wedges and chopped green onions, if desired. Serve immediately with rice, steamed spinach & avocado slices.

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Serves 4



tip from the chef

Enjoy your teriyaki glazed salmon!



seafood soup

■■■ | Preparation time: 20 minutes - Cooking time: 40 minutes

method

1. Heat $\frac{1}{4}$ cup olive oil in a large pot over medium heat. Add 1 chopped onion, 2 minced garlic cloves, and 1 chopped green bell pepper. Sauté until the vegetables are soft, about 5-7 minutes.
2. Stir in 1 cup dry white wine and let it simmer for 2-3 minutes. Add 1 (28-ounce) can of crushed tomatoes, 1 cup fish stock or chicken broth, 1 teaspoon dried oregano, 1 teaspoon dried basil, and $\frac{1}{2}$ teaspoon red pepper flakes. Bring to a boil, then reduce heat and simmer for 20 minutes.
3. Add 1 pound of clams and 1 pound of mussels to the pot. Cover and cook until the shells open, about 5-7 minutes. Discard any that do not open. Stir in $\frac{1}{2}$ pound large shrimp, $\frac{1}{2}$ pound scallops, and 1 pound firm white fish chunks. Simmer until the shrimp are pink and opaque and the fish is cooked through about 5 minutes.
4. Season with salt and pepper to taste. Stir gently to combine all ingredients.
5. Ladle the soup into bowls. Garnish with chopped fresh parsley. Serve hot with crusty bread.

ingredients

- > $\frac{1}{4}$ cup olive oil
- > 1 large onion, chopped
- > 2 cloves garlic, minced
- > 1 green bell pepper, chopped
- > 1 cup dry white wine
- > 1 (28-ounce) can crushed tomatoes
- > 1 cup fish stock or chicken broth
- > 1 teaspoon dried oregano
- > 1 teaspoon dried basil
- > $\frac{1}{2}$ teaspoon red pepper flakes
- > 1 pound clams, scrubbed
- > 1 pound mussels, scrubbed and debearded
- > $\frac{1}{2}$ pound large shrimp, peeled and deveined
- > $\frac{1}{2}$ pound scallops
- > 1 pound firm white fish (such as cod or halibut), cut into chunks
- > Salt and pepper, to taste
- > Fresh parsley, chopped (for garnish)

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Serves 4

tip from the chef

You can adjust the quantity and type of seafood in this soup to your liking!



lobster and shrimp alfredo pasta

■ ■ □ | Preparation time: 15 minutes - Cooking time: 15 minutes

ingredients

- > 12 ounces fettuccine pasta
- > 1 pound large shrimp, peeled and deveined
- > 1 pound of cooked lobster, cut into chunks
- > 2 tablespoons olive oil
- > 4 tablespoons butter
- > 3 cloves garlic, minced
- > 1 cup of cherry tomatoes, sliced in half
- > 1 cup heavy cream
- > 1 cup grated Parmesan cheese
- > ¼ teaspoon salt
- > ¼ teaspoon black pepper
- > Fresh parsley or green onions, chopped (for garnish)

method

1. Cook 12 ounces of fettuccine pasta according to the package instructions. Drain and set aside.
2. In a large skillet, heat 2 tablespoons olive oil over medium-high heat. Add 1 pound of large shrimp and cook until they turn pink and opaque, about 2-3 minutes per side. Remove shrimp from the skillet and set aside.
3. In the same skillet, melt 4 tablespoons of butter over medium heat. Add 3 minced garlic cloves and cook until fragrant, about 1 minute. Stir in 1 cup of heavy cream and bring to a simmer. Cook for 2-3 minutes, stirring occasionally.
4. Gradually stir in 1 cup of grated Parmesan cheese until the sauce is smooth and creamy. Season with ¼ teaspoon salt and ¼ teaspoon black pepper.
5. Add the cooked pasta, lobster and shrimp back to the skillet, tossing to coat them evenly with the Alfredo sauce. Garnish with chopped fresh parsley and serve immediately.

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Serves 4

tip from the chef

Serve with garlic bread!



thai coconut

curry shrimp

■ ■ □ | Preparation time: 15 minutes - Cooking time: 15 minutes

method

1. Heat 1 tablespoon vegetable oil in a large skillet or wok over medium heat. Add 1 chopped onion, 2 minced garlic cloves, and 1 tablespoon grated fresh ginger. Sauté until the onion is translucent, about 3-4 minutes.
2. Stir in 2 tablespoons of red curry paste and cook for 1 minute. Add 1 can of coconut milk and 1 cup of chicken or vegetable broth. Bring to a simmer.
3. Add 1 tablespoon fish sauce and 1 tablespoon brown sugar. Stir to combine.
4. Add 1 pound of peeled and deveined large shrimp, 1 thinly sliced red bell pepper, and 1 cup of snap peas to the skillet. Simmer until the shrimp are pink and opaque and the vegetables are tender about 5-7 minutes.
5. Stir in the juice of 1 lime. Garnish with chopped fresh cilantro, red pepper slices and green onion slices and serve immediately.

ingredients

- > 1 tablespoon vegetable oil
- > 1 onion, chopped
- > 2 cloves garlic, minced
- > 1 tablespoon fresh ginger, grated
- > 2 tablespoons red curry paste
- > 1 (14-ounce) can coconut milk
- > 1 cup chicken or vegetable broth
- > 1 tablespoon fish sauce
- > 1 tablespoon brown sugar
- > 1 pound large shrimp, (tails and head on optional)
- > 1 red bell pepper, thinly sliced (reserve some for garnish)
- > 1 green onion, thinly sliced (reserve some for garnish)
- > 1 cup snap peas (optional)
- > Juice of 1 lime
- > Fresh cilantro, chopped (for garnish)

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Serves 4

tip from the chef

Serve with a side of rice and warm pita bread!



baked

clams oreganata

■ ■ □ | Preparation time: 20 minutes - Cooking time: 10 minutes

ingredients

- > 24 littleneck clams, scrubbed and rinsed
- > 1 cup breadcrumbs
- > 3 cloves garlic, minced
- > ¼ cup fresh parsley, chopped
- > 1 teaspoon dried oregano
- > ¼ cup grated Parmesan cheese
- > ¼ cup olive oil
- > 1 lemon, cut into wedges
- > Salt and pepper, to taste

method

1. Preheat your oven to 450°F (230°C). Shuck 24 littleneck clams, reserving the clam meat and discarding the top shell. Place the clam meat back in the bottom shells and arrange them on a baking sheet.
2. In a bowl, combine 1 cup breadcrumbs, 3 minced garlic cloves, ¼ cup chopped fresh parsley, 1 teaspoon dried oregano, ¼ cup grated Parmesan cheese, salt, and pepper. Mix well.
3. Spoon the breadcrumb mixture evenly over each clam.
4. Drizzle ¼ cup olive oil over the clams.
5. Bake in the preheated oven for 8-10 minutes, or until the breadcrumbs are golden brown and the clams are cooked through. Serve immediately with lemon wedges.

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Serves 4

tip from the chef

Serve as an appetizer with crusty french bread!



lobster rolls

■ ■ □ | Preparation time: 15 minutes - Cooking time: 5 minutes

method

1. In a large bowl, combine 1 pound of chopped cooked lobster meat, $\frac{1}{4}$ cup mayonnaise, 1 tablespoon fresh lemon juice, 2 tablespoons finely chopped celery, and 1 tablespoon chopped fresh chives. Season with salt and pepper to taste. Mix gently to combine.
2. Brush the inside of 4 top-split hot dog buns with 2 tablespoons of melted butter.
3. In a skillet over medium heat, toast the buttered buns until they are golden brown, about 2 minutes per side.
4. Line each toasted bun with a lettuce leaf (optional), then fill with the lobster mixture and serve immediately.

ingredients

- > 1 pound cooked lobster meat, chopped
- > $\frac{1}{4}$ cup mayonnaise
- > 1 tablespoon fresh lemon juice
- > 2 tablespoons celery, finely chopped
- > 1 tablespoon fresh chives, chopped
- > Salt and pepper, to taste
- > 4 top-split hot dog buns
- > 2 tablespoons butter, melted
- > Lettuce leaves (optional, for serving)

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Serves 4

tip from the chef

Serve with a small side salad and fries!



seared ahi tuna

with soy sauce and ginger

■ ■ □ | Preparation time: 15 minutes - Cooking time: 6 minutes

ingredients

- > 4 ahi tuna steaks (about 6 ounces each)
- > ¼ cup soy sauce
- > 1 tablespoon fresh ginger, grated
- > 2 cloves garlic, minced
- > 2 tablespoons sesame oil
- > 1 tablespoon rice vinegar
- > 1 tablespoon honey
- > 4 tablespoons of black & white sesame seeds for crust
- > 2 green onions, thinly sliced (optional, for garnish)
- > Wasabi sauce for serving
- > Soy sauce for serving

method

1. In a bowl, combine ¼ cup soy sauce, 1 tablespoon grated fresh ginger, 2 minced garlic cloves, 2 tablespoons sesame oil, 1 tablespoon rice vinegar, and 1 tablespoon honey. Mix well.
2. Place the 4 ahi tuna steaks in a shallow dish and pour the marinade over them. Let the tuna marinate for at least 10 minutes, turning once to coat both sides.
3. Heat a large non stick skillet or grill pan over high heat until it is very hot. Remove the tuna steaks from the marinade, letting the excess drip off. Dredge the tuna steaks in the sesame seeds coating the tuna evenly. Sear the tuna steaks for 1-2 minutes on each side, depending on your desired level of doneness. For rare, the tuna should be seared on the outside and still pink in the middle.
4. Remove the tuna from the pan and let it rest for a minute. Slice the tuna steaks and garnish with sesame seeds and thinly sliced green onions. Serve immediately with sides of wasabi sauce and soy sauce.

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Serves 4

tip from the chef

Serve with a side of rice!





seafood

stuffed bell peppers

■ □ | Preparation time: 20 minutes - Cooking time: 30 minutes

method

1. Preheat your oven to 375°F (190°C). Cut the 4 large bell peppers in half and remove the seeds. Place the peppers in a baking dish.
2. Heat 1 tablespoon olive oil in a skillet over medium heat. Add 1 finely chopped small onion and 2 minced garlic cloves. Sauté until the onion is translucent, about 3-4 minutes. Add ½ pound chopped shrimp and cook until pink, about 2-3 minutes.
3. In a large bowl, combine the cooked shrimp, ½ pound crab meat, 1 cup cooked rice, ½ cup grated Parmesan cheese, ¼ cup mayonnaise, 1 tablespoon chopped fresh parsley, 1 teaspoon Old Bay seasoning, salt, and pepper to taste. Mix well.
4. Spoon the seafood mixture evenly into the prepared bell peppers. Sprinkle ½ cup breadcrumbs over the tops for a crunchy topping (optional).
5. Bake in the preheated oven for 25-30 minutes, or until the peppers are tender.

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Serves 4

ingredients

- > 4 large bell peppers (any color), cut in half and seeds removed
- > 1 tablespoon olive oil
- > 1 small red onion, finely chopped
- > 2 cloves garlic, minced
- > ½ pound shrimp, peeled, deveined, and chopped
- > ½ pound crab meat
- > 1 cup cooked rice
- > ½ cup grated Parmesan cheese
- > ¼ cup mayonnaise
- > 1 tablespoon fresh parsley, chopped
- > 1 teaspoon Old Bay seasoning
- > Salt and pepper, to taste
- > ½ cup breadcrumbs (optional, for topping)

tip from the chef

Serve with your favorite green salad!



smoked

salmon bagel

■ □ □ | Preparation time: 10 minutes - Cooking time: 0 minutes

ingredients

- > 4 bagels, split and toasted
- > 8 ounces smoked salmon
- > ½ cup cream cheese
- > 1 tablespoon capers, drained
- > ¼ red onion, thinly sliced
- > Fresh dill, for garnish
- > Lemon wedges, for serving (optional)

method

1. Split and toast 4 bagels until they are lightly golden and crisp.
2. Spread each half of the toasted bagels with 1-2 tablespoons of cream cheese.
3. Divide 8 ounces of smoked salmon evenly among the bagel halves, placing it on top of the cream cheese.
4. Sprinkle 1 tablespoon of drained capers over the smoked salmon. Place a few slices of thinly sliced red onion on top.
5. Garnish with fresh dill. Serve with lemon wedges on the side.

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Serves 4



tip from the chef

These Salmon Bagels are great for a Sunday brunch!



miso glazed

black cod

■ ■ □ | Preparation time: 10 minutes - Cooking time: 10 minutes

method

1. In a bowl, whisk together $\frac{1}{4}$ cup white miso paste, $\frac{1}{4}$ cup mirin, 2 tablespoons sake, 2 tablespoons brown sugar, and 1 tablespoon soy sauce until smooth.
2. Place the 4 black cod fillets in a shallow dish or resealable plastic bag. Pour the miso glaze over the fillets, turning to coat evenly. Let marinate for at least 30 minutes in the refrigerator.
3. Preheat your oven to 400°F (200°C). Heat 1 tablespoon vegetable oil in an oven-safe skillet over medium-high heat. Remove the cod fillets from the marinade (reserve the marinade) and sear them skin side down for 2-3 minutes until golden brown.
4. Transfer the skillet to the preheated oven and bake for 5-7 minutes, or until the fish is cooked through and flakes easily with a fork. Baste the fillets with the reserved marinade halfway through baking.
5. Remove from the oven and garnish with sesame seeds and sliced green onions, if desired.

ingredients

- > 4 black cod fillets, about 6 ounces each
- > $\frac{1}{4}$ cup white miso paste
- > $\frac{1}{4}$ cup mirin (Japanese sweet rice wine)
- > 2 tablespoons sake (Japanese rice wine)
- > 2 tablespoons brown sugar
- > 1 tablespoon soy sauce
- > 1 tablespoon vegetable oil
- > Sesame seeds, for garnish (optional)
- > Sliced green onions, for garnish (optional)

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Serves 4

tip from the chef

Serve hot with steamed rice or spinach and your favorite vegetables



garlic butter

lobster tail

■ ■ □ | Preparation time: 10 minutes - Cooking time: 10-12 minutes

ingredients

- > 4 lobster tails, about 6 ounces each
- > ½ cup unsalted butter, melted
- > 4 cloves garlic, minced
- > 1 tablespoon fresh parsley, chopped
- > Salt and pepper, to taste
- > Lemon wedges, for serving

method

1. Preheat your oven to 425°F (220°C).
2. Using kitchen shears, carefully cut the top of each lobster tail shell lengthwise. Pull the lobster meat partially out of the shell and lay it on top.
3. In a small bowl, combine ½ cup melted unsalted butter, 4 minced cloves of garlic, and 1 tablespoon chopped fresh parsley. Mix well.
4. Brush the garlic butter mixture generously over the exposed lobster meat and inside the shell.
5. Place the prepared lobster tails on a baking sheet or in a baking dish. Bake for 10-12 minutes, or until the lobster meat is opaque and cooked through, and the shells are bright red.
6. Remove from the oven and season with salt and pepper to taste. Serve hot with lemon wedges on the side.

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Serves 2



tip from the chef

Serve with steamed asparagus, and a side of melted butter!



fish tacos

with mango salsa

■ □ □ | Preparation time: 20 minutes - Cooking time: 10 minutes

method

1. In a bowl, combine 1 diced ripe mango, ½ diced red bell pepper, ¼ cup finely chopped red onion, ¼ cup chopped fresh cilantro, juice of 1 lime, and salt and pepper to taste. Mix well and set aside.
2. In a separate bowl, toss 1 pound of white fish fillets with 1 tablespoon olive oil, 1 teaspoon ground cumin, 1 teaspoon chili powder, salt, and pepper.
3. Heat a large skillet over medium-high heat. Add the seasoned fish fillets and cook for about 3-4 minutes per side, or until the fish is cooked through and flakes easily with a fork.
4. While the fish is cooking, warm the tortillas in a dry skillet or microwave according to package instructions.
5. Place some shredded cabbage or lettuce on each tortilla. Top with the cooked fish and a generous spoonful of mango salsa. Serve with lime wedges on the side.

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Serves 4 (2 tacos per person)

ingredients

For the Fish Tacos:

- > 1 pound white fish fillets (such as cod or tilapia), cut into small pieces
- > 1 tablespoon olive oil
- > 1 teaspoon ground cumin
- > 1 teaspoon chili powder
- > Salt and pepper, to taste
- > 8 small corn or flour tortillas
- > Shredded cabbage or lettuce, for serving
- > Lime wedges, for serving

For the Mango Salsa:

- > 1 ripe mango, peeled and diced
- > ½ red bell pepper, diced
- > ¼ cup red onion, finely chopped
- > ¼ cup fresh cilantro, chopped
- > Juice of 1 lime
- > Salt and pepper, to taste

tip from the chef

Enjoy your mango fish tacos with a side of Pico de Gallo and tortilla chips!



steamed

snow crab legs

■ □ □ | Preparation time: 10 minutes - Cooking time: 10 minutes

ingredients

- > 2 pounds snow crab legs
- > Water, as needed for steaming
- > Lemon wedges, for serving
- > Melted butter, for serving
- > Grilled corn on the cob (optional)

method

1. Fill a large pot with a few inches of water and place a steaming basket or rack inside. Make sure the water does not touch the bottom of the basket when boiling.
2. Place 2 pounds of snow crab legs in the steaming basket or on the rack. Cover the pot with a lid and bring the water to a boil over high heat.
3. Once boiling, steam the crab legs for 5-7 minutes, or until they are heated through.
4. Remove the crab legs from the steamer and transfer them to a serving platter. Serve hot with lemon wedges and melted butter on the side for dipping.
5. Crack open the crab legs and enjoy the sweet, tender meat with your preferred dipping sauce.

Serves 2-4 (depending on appetite)

tip from the chef

This simple recipe ensures delicious, perfectly steamed snow crab legs that are easy to prepare and enjoy. Serve with grilled or steamed corn on the cob and melted butter!



pesto grilled

shrimp skewers & pasta

■ □ | Preparation time: 15 minutes - Cooking time: 6-8 minutes

method

1. In a bowl, combine 1 pound of peeled and deveined large shrimp with ½ cup of basil pesto, one tablespoon of olive oil, juice of 1 lemon, salt, and pepper. Toss to coat the shrimp evenly. Marinate for 10-15 minutes.
2. Thread the marinated shrimp onto bamboo skewers, dividing evenly among the skewers.
3. Preheat your grill to medium-high heat.
4. Place the shrimp skewers on the preheated grill. Grill for 2-3 minutes per side, or until the shrimp are opaque and cooked through.
5. Remove the shrimp skewers from the grill. Place the spaghetti on a serving platter. Remove the shrimp from the skewers, (optional) and place on top of the pasta. Serve hot as a main dish with additional lemon wedges on the side.

ingredients

- > 1 pound large shrimp, peeled and deveined
- > 1 pound of Spaghetti pasta cooked al dente
- > ½ cup basil pesto (homemade or store-bought)
- > 1 tablespoon olive oil
- > 1 lemon, juiced
- > Salt and pepper, to taste
- > Bamboo skewers, soaked in water for 30 minutes
- > Fresh basil leaves for garnish
- > Lemon wedges for serving

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Serves 4

tip from the chef

Serve with a side salad and garlic bread!



bouillabaisse

■ ■ □ | Preparation time: 20 minutes - Cooking time: 30 minutes

ingredients

- > ¼ cup olive oil
- > 1 onion, chopped
- > 2 cloves garlic, minced
- > 1 fennel bulb, thinly sliced
- > 1 leek, thinly sliced
- > 1 carrot, peeled and diced
- > 1 celery stalk, diced
- > 1 teaspoon saffron threads
- > 1 bay leaf
- > 1 teaspoon dried thyme
- > 1 (28-ounce) can diced tomatoes
- > 4 cups fish or seafood stock
- > 1 cup dry white wine
- > Salt and pepper, to taste
- > 1 pound mixed seafood (such as shrimp, mussels, clams, squid, firm fish like cod or halibut), cleaned and cut into chunks
- > Fresh parsley, chopped, for garnish
- > Crusty bread, for serving

method

1. Heat ¼ cup olive oil in a large pot or Dutch oven over medium heat. Add 1 chopped onion, 2 minced garlic cloves, thinly sliced fennel bulb, leek, diced carrot, and celery. Cook until vegetables are softened, about 5-7 minutes.
2. Stir in 1 teaspoon saffron threads, 1 bay leaf, and 1 teaspoon dried thyme. Cook for 1 minute until fragrant. Add 1 can (28 ounces) diced tomatoes with their juices. Cook for another 5 minutes, stirring occasionally.
3. Pour in 4 cups of fish or seafood stock and 1 cup of dry white wine. Season with salt and pepper to taste. Bring to a simmer and cook for 15 minutes to allow flavors to meld.
4. Add 1 pound of mixed seafood (such as shrimp, mussels, clams, squid, and chunks of firm fish). Cover and simmer gently for about 5-7 minutes, or until seafood is cooked through and shellfish have opened (discard any unopened shells).
5. Ladle the bouillabaisse into bowls. Garnish with chopped fresh parsley. Serve hot with crusty bread on the side.

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Serves 4

tip from the chef

Enjoy your comforting and flavorful bouillabaisse! Adjust the seafood selection based on your preferences and availability.



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