

Forum 2004
Maine Aquaculture Feast
Cooking Recipes

Smoked Salmon Quesadillas - Make 16 batches

Servings: 3-6

1/4 cup fresh goat cheese
1/4 cup cream cheese
1 avocado, thinly sliced
1 Anaheim chili, roasted, peeled, cored, & seeded
1 red bell pepper, roasted, peeled, cored, & seeded
1/4 cup chopped scallions
4 oz. smoked salmon (or more if feeling decadent)
3 flour tortillas

- Mash goat cheese and cream cheese till well mashed.
- Spread 1/3 of cheese mixture on 1/2 of tortilla. Layer 1/3 of remaining ingredients in the following order: chili & pepper, avocado, scallions, salmon. Note: To 'cool' it down somewhat, substitute 1 can of diced green chilies for the fresh Anaheim chili.
- Fold tortilla, press to seal.
- Repeat with remaining 2 tortillas and ingredients.
- In skillet (pref. non-stick) toast both sides of quesadilla till light brown. Cut into wedges and serve immediately.

Easy Paella - Make 6 Batches in Roaster

Prep Time: 10 minutes

Cook Time: 45 minutes

Servings: 4-6 Servings

2 tablespoons olive oil
2 chicken legs with skin
Salt
Pepper
1 cup chopped onion
1/2 cup chopped green pepper
1/2 cup chopped red pepper
1 bay leaf
2 links spicy sausage, sliced
2 cups chopped canned tomatoes
1 tablespoon paprika
2 cups rice
5 cups chicken stock
6 clams, scrubbed and soaked in cold water to remove sand
6 mussels, scrubbed
6 medium shrimp, shelled and deveined
1 cup frozen peas, thawed

- ❑ In a large heavy casserole pan, heat oil. Season chicken with salt and pepper and brown in pan.
- ❑ Remove meat to a plate. Stir in onion and peppers and cook until tender. Stir in bay leaf and sausage and cook until sausage is browned. Stir in rice and cook for 2 minutes.
- ❑ Return chicken to pan. Pour in chicken stock and stir to combine.
- ❑ Bring to a simmer, cover cook for 20 to 30 minutes over medium heat.
- ❑ When rice is nearly done, add extra water if necessary, and stir in clams, mussels and shrimp.
- ❑ Cook for 10 more minutes and stir in peas. Serve hot.

SCALLOPS PALERMO - Make 8 batches

Servings: 4

1 – ½ LB Sea Scallops

½ LB Cooked Medium Shrimp

1 Small Onion, Finely Chopped

3 Cloves Garlic, Finely Chopped

½ Cup Extra Virgin Olive Oil

1 Cup Good Quality Wine

3 Cups Chopped and Strained Canned Tomatoes (I prefer Pomi Brand Or Any Good Quality Imported Italian Tomato)

Salt And Pepper

2 Tablespoons Finely Chopped Fresh Basil

3 Tablespoons Finely Chopped Fresh Parsley

Red Pepper Flakes As Desired

1 Pound Fresh Linguine Or Long Pasta Of Choice

½ - ¾ Cup Seasoned Italian Breadcrumbs

- In a separate pan, over medium high heat, add about 4 tablespoons of Olive Oil. When oil is very hot and about to smoke, add a single layer of scallops, Note: If VERY large, cut the scallops in half lengthwise first. Brown 2-3 minutes on each side and remove from pan to a plate. Do NOT overcook.
- While the scallops are browning, heat a pot of salted water and bring to a boil. Cook the pasta until it is "al dente".
- Drain well, and return the pasta to the pot. You can add a couple of tablespoons of oil to the pasta to keep it from sticking.
- To make the sauce, in a medium stockpot, heat the rest of the olive oil in a large frying pan or saucepan, and once hot add the onions. Cook until translucent and soft, and then add the garlic. Cook just a minute or two until fragrant.
- Add the wine, and cook until it's reduced by half. Add the tomatoes and stir.
- Next season with salt, pepper, fresh basil and a dash of red pepper flakes. Cook for 15 minutes over low heat.
- Add the browned scallops to the sauce. Cook for an additional 15 to 20 minutes over low heat until scallops are fully cooked and sauce is bubbling.
- When all cooking is done, turn off heat on sauce. Stir in the cooked medium shrimp into the sauce. Cover to keep warm and warm up the shrimp.
- In another dry, preferably non-stick pan, add bread crumbs. Stir or toss rapidly and toast for 5-8 minutes over high-medium high heat until crumbs begin to get a deep golden color. Be careful not to burn them. When done, IMMEDIATELY remove into a bowl or other heat resistant container.

To serve, divide the pasta into four individual serving plates, top with plenty of sauce and seafood. Sprinkle with the fresh parsley and sprinkle liberally with hot toasted bread crumbs.

Zeadey's "Stolen Mussels" - Make 8 batches

Prep Time: 1 hour Cook Time: 10 minutes
Servings: 2-4

4 pounds mussels
6 Tbl PLUS 2 Tbl (1 stick total) Butter
1 entire head of FRESH garlic, peeled and finely chopped
4 sprigs fresh thyme
½ cup sherry
2 Tbl Lemon Juice
Pinch red pepper flakes
1/2 cup roughly chopped parsley

- ❑ Rinse the mussels under cold running water while scrubbing with a vegetable brush. Discard any with broken shells.
- ❑ In a Lobster Pot or other large stock pot, melt 6 Tbl butter over medium heat. Add and sauté all but about 2 Tbl of the garlic, the thyme and red pepper flakes to create a base flavor. Cook just until softened, but NOT browned, about 1-2 minutes.
- ❑ Add the Sherry and lemon juice and cook for another 2 minutes to concentrate flavor.
- ❑ Add the mussels and give them a good toss.
- ❑ Cover the pot and steam over medium-high for 5-6 minutes, JUST until the mussels open.
- ❑ Toss in the parsley and season lightly with salt/pepper to taste and toss again.
- ❑ Add the remaining 2 Tbl garlic and remaining 2 Tbl butter. Toss until melted and well mixed.
- ❑ Serve with plenty of fresh Italian bread to sop up the broth.

Bahamian Halibut - Make 6 batches

Prep Time: 15 Minutes
Ready in: 5 Hours

Cook Time: 25 Minutes
Servings: 3-4

*4 'Good Size' (approx. 2 pounds) Halibut filets
1/2 cup dark rum (recommend Pusser's Rum)
1/2 cup fresh lime juice
4 Tbl olive oil
2 red onions, sliced into thin rings
1 lemon, sliced
2 teaspoons dried oregano
4 tablespoons butter
Kosher Salt / Fresh cracked black pepper to taste*

- ❑ Arrange the fish fillets in an oven proof 9x13 glass baking dish. Pour the rum and lime juice over the fish and place a thick slice onion on each fillet. Cover and refrigerate for 2 to 4 hours.
- ❑ Preheat oven to 350 degrees F.
- ❑ Remove fish from the refrigerator and pour off about 3/4 of the liquid. Leave the onion slices in the dish and place a thick slice of lemon on each fish fillet.
- ❑ Sprinkle with oregano and black pepper to taste. Place a pat of butter or margarine on each fillet.
- ❑ Bake, covered, for about 20 to 30 minutes or until fish begins to flake. Be careful not to over cook the fish or it will be dry. Serve with the cooked onion and lemon slices.

“Parrot Head” Key Lime Pie - Make 4 Pies

1 1/2 cups graham cracker crumbs

1/2 cup granulated sugar

4 tablespoons (1/2 stick butter) melted

Optional- Just as good, you can substitute a premade store bought Graham Cracker shell

2 (14-ounce) cans condensed milk

*8-9 fresh limes to produce 1 cup of fresh juice **INCLUDE** pulp*

2 whole eggs

*3-4 tablespoons **COARSE** sugar (can substitute granulated)*

1 tablespoon lime zest

- Preheat the oven to 375 degrees F.
- In a bowl, mix the graham cracker crumbs, sugar, and butter with your hands. Press the mixture firmly into a 9-inch pie pan, and bake until brown, about 20 minutes. Remove from the oven and allow to cool to room temperature before filling.
- Lower the oven temperature to 325 degrees F.
- Squeeze limes to get all the juice and pulp that you can from all the fresh limes. If necessary, you can ‘cheat’ and add a little bottled lemon juice to get your 1 cup, but most of it should be fresh juice.
- In a separate bowl, combine the condensed milk, lime juice, and eggs. Using a hand mixer, whisk until well blended and place the filling in the cooled pie shell.
- Bake in the oven for 15 minutes.
- As it comes out of the oven, sprinkle the coarse sugar and lime zest as a garnish on top of the pie.
- Allow to chill in the refrigerator for at least 2 hours before serving. Serve with a garnish of whipped cream and lime twist on each plate.