



Maine Fishermen's Forum 2005 *“Seafood with a Passport”*



FRENCH - Lobster Stuffed Pork (or Beef) Tenderloin with Béarnaise Sauce

Servings: 6-8

2 1lb-1 ¼ lb lobsters, steamed, meat removed (or the leftover meat from 2-3 lobsters)

¼ cup Extra Virgin Olive Oil

1/4 pound bacon, chopped

1/2 cup chopped onion

3 tablespoons minced celery

2-4 teaspoons minced garlic

4 oz. baby chanterelle, or shitake mushrooms, stems trimmed and sliced

Emeril's Essence

2 tablespoons minced green onions

2 tablespoons dry white wine

1 tablespoon chopped fresh parsley leaves

1 pork (or beef) tenderloin, about 2 1/2 pounds, trimmed and butter flied

- ❑ **Preheat the oven to 325 degrees F.**
- ❑ In a large skillet, heat 1 teaspoon of the oil over medium-high heat. Add the bacon and cook, stirring, until crisp and the fat is rendered, about 5 minutes.
- ❑ Remove with a slotted spoon. Drain off all but 2 teaspoons of fat from the pan.
- ❑ Add the onion and celery and cook, stirring, until soft, about 2 minutes. Add the garlic and cook, stirring, for 30 seconds. Add the mushrooms and a pinch each of salt and pepper, and cook until the mushrooms give off their liquid, 3 to 4 minutes. Add the green onions and stir. Add the wine, increase the heat, and cook until it has nearly all evaporated, 1 to 2 minutes. Add the parsley and stir. Remove from the heat, stir in the cooked bacon, and let cool.
- ❑ Spread the butter flied pork, cut side up, flat on a surface. Spread the bacon-vegetable mixture in a line across the meat, about 2 inches from the top, leaving a 1/2-inch border on the sides. Lay the lobster meat on top of the mixture, going “north-south” across the pork.



- ❑ Pull the top flap over the lobster meat and roll the meat over the stuffing, jellyroll fashion, and tuck in the ends. Tie with kitchen twine every 2 inches.
- ❑ Place in a large heavy roasting pan, rub on all sides with the remaining 2 teaspoons olive oil, and season lightly with salt and pepper or Emeril's Essence. Place over medium-high heat and sear the meat on all sides, about 6 minutes. Place in the oven and roast to desired internal temperature. (130 degrees for med. Rare beef, 155-160 degrees for properly done pork)
- ❑ Remove from oven and let roast rest for at least 10 minutes before carving. Remove the kitchen twine and slice. Serve with the Knorr Swiss Béarnaise Sauce.





AMERICAN - Cedar Planked Salmon with Maple Rum Glaze

Servings: 3-4 Servings

1 cup pure maple syrup

2 tablespoons finely grated peeled fresh ginger root

4 tablespoons fresh lemon juice

3 tablespoons soy sauce

1 1/2 teaspoons minced garlic

1-2 oz dark rum (recommend Pusser's Rum)

2 tablespoons of cornstarch

An UNTREATED cedar plank (about 17 by 10 1/2 inches) (leftover from your last house remodeling)

1 (1 1/2-pound) center-cut salmon fillet with skin

Greens from 1 bunch scallions

Preheat oven to 325 degrees (or preheat a barbeque)

- ❑ In a small heavy saucepan simmer maple syrup, ginger root, 3 tablespoons lemon juice, soy sauce, garlic, rum and salt and pepper to taste until reduced to about 1 cup, about 30 minutes, and let cool. (Maple glaze may be made ahead and chilled, covered. If made ahead, bring maple glaze to room temperature before proceeding.)
- ❑ NOTE: If using the oven method, lightly oil and heat cedar plank in middle of oven 15 minutes. If using the BBQ method, soak cedar plank in water for 15 minutes.

NOTE: PLANK WILL PRODUCE SMOKE AT THIS POINT!

If cooking inside, be sure that you have proper ventilation.

- ❑ Arrange scallion greens in one layer on plank to form a bed for fish.
- ❑ When ready to cook, heat the glaze over low heat until heated through. While sauce is heating, stir in remaining tablespoon lemon juice as well as 2 Tbl cornstarch (mixed into 4Tbl COLD water) to help reconstitute and further thicken the glaze. Proper consistency is like a brown gravy. Remove pan from heat and keep sauce warm, covered.
- ❑ Now, put salmon, skin side down, on scallion greens and brush with warmed glaze. Season salmon with salt and pepper and roast in middle of oven (or BBQ) until just cooked through, about 20-25 minutes if using baking pan or about 35-40 if using plank. When half the cooking time is complete, baste fish with more glaze.
- ❑ Cut salmon crosswise into 6 pieces, and place on a serving tray.
- ❑ Drizzle salmon with remaining warm sauce.





ITALIAN – Tuscan Seafood and Sausage Pasta with Spicy Cream Sauce

Servings: 4

1 Lb. linguine or penne pasta
2 tablespoons extra-virgin olive oil
8 ounces hot (or mild) Italian sausage, removed from its casings and cut into 1/2-inch pieces
1/2 cup red bell pepper, cut into thin 1-inch strips
1/2 cup yellow bell pepper, cut into thin 1-inch strips
1/2 cup chopped shallots
1 tablespoon minced garlic
1/4 cup chopped green onions, plus extra for garnish
1 tablespoon, plus 2 teaspoons Essence, recipe follows
1/4 cup dry white wine
1 1/2 pounds small raw shrimp, peeled and deveined (leftover from your last dinner party)
2 teaspoons fresh lemon juice
1 1/2 cups heavy cream
1/2 cup grated Parmesan
3 tablespoons finely chopped fresh parsley

- ❑ Bring a large pot of salted water to a boil. Add the pasta and cook until al dente, about 8 minutes for dry pasta. Drain in a colander. Return to the pot and toss with 1 tablespoon of the oil. Cover and keep warm while finishing the recipe.
- ❑ While the pasta is cooking, in a large sauté pan, cook the sausage over medium-high heat until browned and cooked through, about 4 to 5 minutes. Remove with a slotted spoon and drain on paper towels. Pour off the fat from the pan.
- ❑ Heat the oil in the pan over medium-high heat. Add the bell peppers and shallots and cook, stirring, until just soft, about 3 minutes. Add the garlic, green onions, and 1 tablespoon of the Essence, and cook, stirring, for 1 minute.
- ❑ Deglaze with white wine and cook until almost completely reduced. Add the shrimp and sprinkle with the remaining 2 teaspoons of the Essence.
- ❑ Cook, stirring, until the shrimp are just pink, about 1 minute. Add the lemon juice and cream and bring to a boil. Cook, stirring until starting to thicken, about 1 minute.
- ❑ Add the cooked pasta, cheese, and parsley, and toss to combine. Cook until the pasta is heated through and well coated, about 1 minute. Remove from the heat and adjust the seasoning, to taste.
- ❑ Garnish with additional chopped green onions, and serve.





THAILAND - Easy Thai Seafood Basil

Normal Servings: 2

1 lb. Scallops (if using Sea Scallops, cut in ½ or ¼ depending on size)

1 lb. Medium shrimp, peeled, deveined, tails removed

10-20 chiffonade (thinly slice) Fresh Basil leaves

4 large Garlic cloves, finely chopped

6 oz. Thai fish sauce

1 medium thinly sliced white onion

1 large bell pepper cut into bite size pieces

3 oz. Thai Chili Sauce

3 oz. Chicken (or fish) Stock

Few drops Sesame Oil

½ Cup Canola or Peanut Oil

- ❑ Heat and season your wok on highest setting. Take basil leaves, deep fry a few at a time in the wok for 30-40 seconds, until crispy. Drain on absorbent paper & put aside.
- ❑ Next, add the seafood to the wok. Cook for 3-4 minutes or until they just start to brown.
- ❑ Now, add the Vegetables and garlic, cook for another 45-60 seconds.
- ❑ Season as desired with the Chili Sauce and Fish Sauce.
- ❑ De-glaze the wok with approx. 3 oz of stock. Don't make it too watery. Add 2-3 drops of Sesame Oil. Cook an additional 2-3 minutes.
- ❑ Right before serving, mix in a handful of the fried basil leaves
- ❑ Serve with Jasmine rice & a salad of cucumber, scallions & cilantro leaves, dressed with lime juice.



Dessert –

CREOLE CREAM CHEESE AND PRALINE ICE CREAM

*2 cups heavy cream
1/2 cup sugar
1 vanilla bean
Pinch of salt
5 egg yolks
2 3/4 cups Whipped Cream cheese
1 cup crumbled pralines**

Using a sharp knife, split the vanilla bean in half and scrape out the inside, reserve the bean. In a nonreactive saucepan.

Combine the cream, sugar, vanilla seeds, scraped vanilla bean, and salt, over medium heat. Bring the cream to the boiling point and scald it. Remove from the heat.

Beat the egg yolks in a bowl. Add the cream mixture, about 1/4 cup at a time, to the beaten eggs, whisking in between each addition, until all is used.

Pour the mixture into a saucepan, and cook, stirring, over medium heat, for 2 to 3 minutes, or until the mixture becomes thick enough to coat the back of a spoon. Remove from the heat.

Stir in the cream cheese and blend thoroughly. Fold in the pralines. Pour the filling into the ice cream machine and follow the instructions for churning time.

Yield: about 1/2 gallon

* America's best Pralines – Order them from Aunt Sally's in New Orleans.
Contact them at: <http://www.auntsallys.com> or 1-800-642-7257



CHICORY COFFEE ICE CREAM

2 tablespoons Community New Orleans Blend instant coffee
1 quart whole milk
2 cups heavy cream
2 cups sugar
Pinch of black pepper
8 egg yolks, beaten

- ❑ In a large saucepan, over medium heat, combine the instant coffee, milk, cream, sugar and black pepper together. Whisk until the sugar is dissolved.
- ❑ Bring the milk up to a boil and then reduce to a simmer, this will scald the milk. Temper the beaten egg yolks into the hot milk. Continue to cook the until the mixture comes back to a boil.
- ❑ This mixture will be thick and will coat the back of a spoon. Remove from the heat and strain into a glass bowl. Cover the top of the mixture with plastic wrap and cool completely. Place the mixture in the refrigerator and chill completely.
- ❑ Pour the filling into the ice cream machine and follow the instructions for the churning time.

Yield: about 1/2 gallon

