



Maine Fishermen's Forum 2010
“Dinner in a Flash! Concept to Table in 30 min or less!”



SHRIMP SCAMPI OVER PASTA

Serves: 3-4

Kosher salt

3/4 pound uncooked linguine or angel hair (preferably whole wheat)

3 tablespoons unsalted butter

2 1/2 tablespoons good olive oil

1/8 teaspoon hot red pepper flakes

1 1/2 tablespoons minced garlic (4 cloves)

*1-1 1/2 pound Maine shrimp, raw, peeled and deveined
freshly ground black pepper*

1/3 cup chopped fresh parsley leaves

*1/4 cup freshly squeezed lemon juice (approx
juice of 2 lemons)*

1/2 lemon, zest grated

1/4 lemon, thinly sliced in half-rounds

¼ teaspoon of capers

- In a large pot of boiling salted water add the linguine, angel hair or other pasta, and cook for 7 to 10 minutes, or according to the directions on the package.
- Meanwhile, in another large (12-inch), heavy-bottomed pan, melt the butter and olive oil over medium-low heat.
- Add the red pepper flakes. Let it sizzle for 15-20 seconds, then add the garlic. Saute for 45 seconds to a minute. Be careful, the garlic burns easily!
- Add the shrimp, sauté until the shrimp have just turned pink, about 5 minutes, stirring often.
- Remove from the heat, add the parsley, capers, lemon zest, lemon juice, and lemon slices. Toss to combine. Salt and Pepper to taste.
- When the pasta is done, drain the cooked pasta and then put it back in the pot. Immediately add the shrimp and sauce, toss well. Remove lemon slices and serve.





SALMON FILLET IN PARCHMENT *WITH JULIENNE VEGETABLES*

Serves: 1-2

1/3 cup julienned fennel bulb

1/2 teaspoon freshly ground black pepper

1/3 cup julienned leeks, white part only

1/2 teaspoon whole coriander seed, ground fine

1/3 cup julienned carrots

1 (8-ounce) salmon fillet, bones removed

1/3 cup julienned snow peas

1 peeled orange cut into chunks with white, membrane removed (or 1 can mandarin oranges)

1 teaspoon salt

1-2 tablespoons dry vermouth or Grand Mariner (or chicken stock)

- ❑ Take a 15 by 36-inch piece of parchment paper and fold in 1/2 like a book.
- ❑ Draw a large 1/2 heart on paper with fold of paper being the center of the heart.
- ❑ Cut out heart and open.
- ❑ Lay fennel, leeks, carrots, and snow peas on parchment in center to 1 side of fold.
- ❑ Mix together salt, pepper, and ground coriander.
- ❑ Sprinkle vegetables with 1/2 of salt, pepper, and coriander.
- ❑ Lay salmon on top of vegetables and season with remaining salt, pepper and coriander.
- ❑ Top with the orange chunks and sprinkle with vermouth or Grand Mariner.
- ❑ Fold other side of heart over fish and starting at top of heart shape, fold up both edges of parchment, overlapping folds as you move along.
- ❑ Once you reach the end tip, twist several times to secure tightly. Place on cookie sheet and bake in a preheated 400 degree oven until just done - approximately 10 minutes, or until fish reaches 131 degrees.
- ❑ Open parchment carefully and serve for a complete meal.





AMALFI COAST FISH

Serves: 3-4

2 tablespoons olive oil

1 onion, thinly sliced

2 cloves garlic, minced

½ teaspoon Anchovy Paste

*1 (14.5 ounce) can diced tomatoes undrained
(Italian style)*

*1/2 cup pitted Kalamata olives, sliced or rough
chopped*

1 tablespoon chopped fresh curley parsley

1/2 cup dry white wine

1 pound cod or other firm fish fillets

- ❑ In a large frying pan, heat oil over medium heat.
- ❑ Saute onions and garlic in olive oil until softened.
- ❑ Add anchovy paste and let it 'melt' in the pan. Mix around.
- ❑ Stir in tomatoes, olives, parsley, and wine. Simmer for 5 minutes.
- ❑ Place fillets in sauce. Simmer for about 5 more minutes in a loosely covered pan, or until fish turns white and begins to flake.
- ❑ Spoon sauce over fish. Serve!!

