



*Maine Fishermen's Forum 2013*  
*"The Spain in Maine is anything but Plain!"*  
*A culinary tour of Spain*



*ALMEJAS EN SALSA VERDE*  
*(CLAMS IN GREEN SAUCE)*

**Serves: 4 (as a 'tapas' or 2 as a meal)**

*1-1 ½ lb of littleneck clams*

*8 oz white wine*

*4-5 cloves of fresh garlic*

*½ large onion*

*4-5 TBL Extra Virgin Olive Oil*

*2 TBL flour*

*A couple sprigs of flat leaf parsley*

*Salt to taste*

- | Clean clams of debris, sand, etc. and rinse under cold water. Place in a medium sauce pan and pour half of the wine over the clams, then add water until clams are just covered.
- | Bring to a boil, then reduce to a simmer and cook until clams open. Remove from heat, and place clams on a plate. Reserve liquid for later.
- | Finely chop onion and mince garlic. Pour enough olive oil to cover bottom of a large, deep frying pan and heat. When the oil is hot, sauté chopped onions, adding garlic after 3-4 minutes.
- | When onions are transparent, reduce heat to medium low. Add the flour and 'fry' for a couple of minutes. Then slowly pour in rest of the wine and cup or two of reserved liquid while stirring. Retain the rest of the liquid as you may need it later. You're looking to see the sauce thicken up to a 'thin gravy' consistency.
- | Add clams and simmer for 3-4 minutes until thickened. Add some additional liquid if necessary. Note: Sauce will thicken a bit after you add the clams. Add a bit of salt to taste.
- | Finely chop parsley. Sprinkle parsley into pan. Stir mixture. If sauce is too thick, stir in water a bit at a time to thin. Serve!





## **MERLUZA GALICIAN** **(GALICIAN HAKE)**

Serves 4

*4 Fillets of Hake or other Firm Fish*  
*5 Maine potatoes sliced into 1/2 inch thick slices*  
*1 large ripe tomato sliced into 1/2 inch slices*  
*1 large yellow onion, sliced lengthwise into long, thin strips*  
*4-5 cloves of fresh garlic*  
*5 TBL of Extra Virgin Olive Oil*  
*2 heaping tsp of smoked Spanish paprika*  
*1 fresh lemon cut into wedges*  
*A good bunch of flat leaf parsley, chopped*  
*Salt and Pepper to taste*

**Preheat oven to 375°**

- ⌋ Par-boil the potatoes and sliced onions in a pan, season with a little salt and drain when ready. This might take 10 minutes.
- ⌋ In the mean time, using a terra cotta clay, Pyrex® or other oven-proof dish, put the olive oil and garlic in the dish and then in the oven to heat up. This will allow the garlic to infuse the oil.
- ⌋ When the garlic is sizzling away, add the paprika and whisk around the oil. This in turn will also sizzle and, when it does, give it another little stir and add the parsley. The idea is for the oil to cover the entire bottom of the pan.
- ⌋ Drain the potatoes and gently fold them in to the flavored oil, being careful not to break them.
- ⌋ Level them out in your dish. Lay the thickly sliced tomatoes on top, then take the fish and sit the 4 fillets on top of the potatoes, seasoning everything with salt and pepper to taste, and then drizzle some of the infused oil from the bottom of your dish over the fish and potatoes.
- ⌋ Return to the oven. Depending on the thickness of your fish fillets, cook approximately for 15-20 min. Squeeze the lemon wedges on top the whole dish prior to serving.
- ⌋ Serve straight from the oven with some crusty bread and some salad.





## *COCIDO DE PESCADOS* *(CATALAN SEAFOOD STEW)*

Serves: 4-6

*1 large ripe tomato*  
*4-5 TBL Extra Virgin Olive Oil*  
*3-4 cloves Fresh Garlic*  
*10 Blanched Almonds*  
*2-3 TBL finely chopped flat leaf parsley*  
*1 Onion, peeled and chopped*  
*2 Fresh Bay Leaves*

*1 tsp Saffron thread, crushed*  
*2 pints fish stock, warmed in a saucepan*  
*4 cups white wine*  
*2 - 2 ½ pounds monkfish or cod fillet, cut into thick cubes*  
*1 lb squid, cleaned and cut as needed into rings*  
*1 - 1 ½ pounds mussels, washed and de-bearded*  
*12 medium prawns or ½- ¾ lb of uncooked Maine Shrimp*

- } Grate the tomato into a bowl with a box grater, discarding the skin.
- } Heat olive oil in a large Dutch oven or fry pan over medium heat. Add garlic and sauté until golden.
- } Transfer garlic to a mortar and pestle, add almonds and parsley and pound to a coarse paste, set aside. You can use a blender or food processor for this if you'd like.
- } Add onion and bay leaves to Dutch oven and sauté over medium heat for 5 minutes until the onion is softened.
- } Add tomato and saffron, stir well and cook for 1-2 minutes, add the fish stock and wine and cook for 10 minutes over low heat.
- } Add the seafood and cook for 10-12 minutes or until all the seafood is cooked. Season generously with sea salt and freshly ground black pepper then transfer the stew into bowls and top each with a dollop of the pounded garlic, parsley and almond mixture.
- } Serve with a loaf of crusty French or Italian bread

