



Maine Fishermen's Forum 2015
"The Best of What's Around
Making the best of what you've got...
What to make with leftover fish/seafood



Chimchurri Sauce

1/2 cup red wine vinegar
1 teaspoon kosher salt plus more
3-4 garlic cloves, thinly sliced or minced
1 shallot, finely chopped
1 green or red jalapeño, finely chopped
2 cups minced fresh cilantro
1 cup minced fresh flat-leaf parsley
1/3 cup finely chopped fresh oregano t
3/4 cup extra-virgin olive oil

- Combine vinegar, 1 teaspoon salt, garlic, shallot, and chile in a medium bowl and let stand for 10 minutes.
- Stir in cilantro, parsley, and oregano.
- Using a fork, whisk in oil.
- If using as a marinade and sauce**, remove 1/2 cup chimichurri to a small bowl, season with salt to taste, and reserve as sauce.
- Put meat in a gallon ziplock bag. Toss with remaining marinade. Cover and chill for at least 3 hours or overnight.
- Remove meat from marinade, and grill. Spoon reserved sauce over grilled meat.

- If just using it as a sauce over leftover fish**, just spoon the completed sauce over warmed up fish





Seafood Gumbo

1 1/2 cups vegetable oil
1 1/2 cups bleached all-purpose flour
2 cups chopped yellow onions
1 cup chopped green bell peppers
1 cup chopped celery

Got sausage? Use it

1/2 pound of any pre-cooked sausage, such as kielbasa, smoked sausage, or (dare I say!) even hot dogs will do in a pinch, cut crosswise into 1/4-inch thick slices

Got Chicken breasts or leftover turkey? Use it

1 pound of boneless chicken breasts, cut into medium pieces

Got Shrimp? Use it

2 pounds medium shrimp, peeled and deveined

Got left over lobster meat? Use it

2 pounds tails or cooked lobster meat

Got ANY other leftover fish or seafood?

Use 1-2lbs of that!

Creole seasoning

2 1/2 quarts shrimp stock, (chicken stock or water can be used)

6 cups cooked long grain white rice, warm

Louisiana File ' Powder (dried leaves of the sassafras tree)

- In a large, heavy pot or a Dutch oven over medium heat, combine the oil and flour.***
- Stirring slowly and constantly, make a dark brown roux, the color of chocolate, 20 to 25 minutes.***
- Add the chopped onions, bell peppers, chopped celery, and the sausage.***
- Season with Creole seasoning. Cook, stirring, until the vegetables are very soft, 8 to 10 minutes.***
- Add the stock and chicken(or turkey), stir until the roux mixture and broth are well combined.***
- Bring to a boil, then reduce the heat to medium-low and cook, uncovered, stirring occasionally, 2 hours.***
- Meanwhile, season the remaining seafood with Creole seasoning, then add the seafood to the gumbo. Cook for an additional 15 minutes.***
- Remove from the heat and let sit for 5 minutes before skimming off the fat that has risen to the surface. Before serving, taste for seasonings and adjust.***
- Serve the gumbo in individual soup or gumbo bowls with the rice.***
- Pass the file ' powder at the table.***

Yield: 6 to 8 servings





Fruits of the Sea al Cartoccio

Serves: 2-3

1 Fish fillet (ANY fish fillet will work)OR 2 uncooked Chicken Breasts

2 oz white wine (recommnd Pinot Grigio)

1 Tbl Basil, Chiffonade

1-2 Zucchini, cut into 1/2 " thick rounds

1 can Italian stewed tomatoes

6-8 Kalamata Olives pitted, cut into chunks

6-8 Garlic Cloves, sliced thin

2 Tbl Extra Virgin Olive Oil, prefer herb infused oil

1 piece of parchment paper (fold in half on short edge)

- ❑ **Preheat the oven to 425 degrees F.**

- ❑ Season fish fillet with salt and white pepper, then drizzle with good olive oil.
- ❑ Place fish near the center, lower half of a piece of kitchen parchment paper.
- ❑ Other ingredients are placed around the fish. Splash with wine.
- ❑ The paper is then folded over in a series of sequential folds that seals the package.
- ❑ Place on a cookie sheet in preheated oven.
- ❑ Bake until just done - approximately 20-25 minutes, depending on the thickness of fish.
- ❑ Using a meat thermometer, cook until fish reaches approx. 130 degrees. Do not overcook.
- ❑ Remove from oven to serving platter. Pull top portion off the paper. Careful. There will be LOTS of juice.

- ❑ Sprinkle with basil and drizzle with olive oil. Serve immediately

