

Fishermen's Forum 2009

Cooking Seminar Recipes

All recipes make approx. 14-16 mini 'burgers'

Shrimp Sliders with Wasabi Mayo

1 lb Maine shrimp peeled and deveined, uncooked

1 egg, lightly beaten

¼ cup finely chopped parsley leaves

½ cup panko bread crumbs

Kosher salt

Freshly ground black pepper

Premade 'Parker House' style dinner rolls

Cherry or Grape tomato slices, for serving

Wasabi mayo, recipe follows

For the shrimp burgers: finely chop half of the shrimp and mix with the egg. Coarsely chop the remaining shrimp and put into a bowl. Add the finely chopped shrimp and egg mixture, bread crumbs and salt and pepper (to taste) to the bowl of coarsely chopped shrimp. Combine the mixture but don't go overboard. The objective here is to combine the mixture, not break down the coarse shrimp any further.

Prepare the buns by slicing each roll in half widthwise. Heat a large frying pan, electric skillet or other large frying surface. Scoop using a melon baller or tablespoon. Scoop a heaping spoonful of the 'slider' mixture and place it into the fry pan. Push it down a bit to form it into a small patty. Cook them in the fry pan until browned all both sides. Don't overcrowd the fry pan for best results.

To assemble: Place a burger on a mini bun. Top with a slice of cherry tomato and some wasabi mayo. Cover with the top bun and secure each with a toothpick.

Wasabi Mayo:

1 cup mayonnaise

¼ cup prepared wasabi (available in the Asian section of the Supermarket)

1 tsp freshly grated ginger

1 tsp sugar

Pinch salt

Combine ingredients in a small bowl. Taste and adjust heat and seasoning as desired. Cover and refrigerate until ready to serve.

Enjoy with a chilled Brown Rice and Cranberry Salad on a hot summer day! (recipe included)

Grandma Hilda's Salmon Sliders with Apricot Glaze

Burgers:

16 oz Salmon, cooked

2 eggs, lightly beaten

1 cup crumbs from day old bread

1 cup cracker crumbs (recommend Ritz crackers)

¼ cup finely chopped onion

Salt to taste

Dash of freshly cracked pepper

1 TBL dried parsley flakes

2 TBL flour

Premade 'Parker House' style dinner rolls

Apricot Glaze:

4 tablespoons Apricot preserves, chopped

2 ½ tablespoons unsalted butter

¼ tsp cayenne pepper

Optional: Splash of dark rum

Canola oil for frying

For the salmon burgers:

Break up $\frac{3}{4}$ of the salmon into small pieces and mix with the egg in a large bowl. Break up the remaining salmon into 'rough chop' medium size pieces and put into the bowl with the remaining salmon. Add the bread crumbs, cracker crumbs and salt and pepper (to taste) to the bowl. Combine the mixture but don't go overboard. The objective here is to combine the mixture, not break down the salmon any further.

Prepare the buns by slicing each roll in half widthwise. Heat a large frying pan, electric skillet or other large frying surface. Scoop using a melon baller or tablespoon. Scoop a heaping spoonful of the 'slider' mixture and place it into the fry pan. Push it down a bit to form it into a small patty. Cook them in the fry pan until browned all both sides. Don't overcrowd the fry pan for best results.

To assemble: Place a burger on a mini bun. Top with some apricot glaze. Cover with the top bun and secure each with a toothpick.

For the Apricot Glaze:

Place preserves, butter and cayenne in a saucepan and cook over medium heat, stirring until preserves and butter have melted. If desired, add just a splash of good dark rum. Simmer for another 2-3 minutes. Remove from heat and set aside.

Serve with a simple salad of arugula lettuce, shavings of good romano cheese, a small amount of very good extra virgin olive oil and a small amount of white balsamic vinegar. For an added treat, place 4-5 medium shrimp on the BBQ grill. Grill for 1-2 minutes or until they pick up nicely. Add to the salad, season with freshly cracked pepper and a bit of kosher or sea salt, and toss gently.

Clam Cake Sliders with Creamy Salsa Verde

2 ¼ cups of chopped clams (about 30 cherrystone or steamer clams)

1 ½ cups all purpose flour

1 ½ tsp baking powder

½ tsp kosher salt

½ tsp Emeril's Essence Seasoning

1/8 tsp cayenne

1 large egg, beaten

½ cup milk

½ cup clam juice

3 Tbl chopped shallots

1 Tbl finely chopped green onions

1 Tbl minced parsley

1 tsp minced garlic

1 cucumber, skin removed, cut into thin round slices

Creamy Salsa Verde, recipe follows

Premade 'Parker House' style dinner rolls

Drain the clams while making the batter.

In a large bowl, sift the flour, baking powder, salt, Essence and cayenne. Add the egg, milk and clam juice and mix to make a thick batter. Fold in the clams, shallots, green onions, parsley and garlic.

Heat a large frying pan, electric skillet or other large frying surface. Using a gravy ladle or a tablespoon, ladle onto a well oiled pan, creating silver dollar sized dollops. Do not crowd your pan. Cook them in the fry pan until browned all both sides.

After removing from the pan, season lightly with additional Emeril's Essence, if desired.

To assemble: Place a burger on a mini bun. Top with a slice of cucumber and some creamy salsa verde. Cover with the top bun and secure each with a toothpick.

Creamy Salsa Verde Sauce:

1 cup mayonnaise

1 cup of good quality bottled green salsa

¼ tsp salt

¼ tsp fresh cracked pepper

Mix all ingredients in a bowl. For best results prepare at least an hour before serving to allow flavors to mix well.

Serve with a salad made of alternating slices of beefsteak tomato, slices of fresh mozzarella and fresh basil leaves, with a bit of kosher salt, freshly cracked pepper and drizzled with extra virgin olive oil and some good balsamic vinegar.

EXTRAS:

Salad Recipes

Ensalada de Tuscano Arugula Salad with Grilled Shrimp

Makes 4-6 servings

1 bunch Arugula lettuce

1 small block of Romano cheese

3-4 medium shrimp (PER PERSON), uncooked, peeled and deveined

¼ Cup of Good quality Extra Virgin Olive Oil

2 Tbl balsamic vinegar

Optional: 1 Tbl. White truffle oil

Emeril's Essence

In a medium bowl, add about 1-2 teaspoons of Emeril's Essence. Then toss in the shrimp and toss. Place shrimp on a BBQ and cook just until shrimp are pink. Then remove and reserve to add to completed salad.

To prepare salad:

Tear the arugula leaves into bite sized pieces into a large bowl. Drizzle in olive oil to moisten (but not completely wet) the lettuce. If desired add 1 about tablespoon white truffle oil. Add 1-2 Tbl (to taste) of balsamic vinegar. Toss lettuce mixture. Add shrimp to bowl and toss again. Do not over toss or seasoning will come off shrimp. Place into separate bowls to serve.

Now, using a vegetable peeler, shave a good amount of Romano cheese all over the lettuce in each bowl. You are trying to achieve long slices here. LIGHTLY toss one last time to mix (but not break up) the cheese into the lettuce. If desired add some fresh cracked pepper to each salad and enjoy!!

Brown Rice and Cranberry Salad

Makes 16 cups or approx 30 servings

1 ½ cups Brown Rice

1 ½ cups wild rice

1 cup chopped pecans or walnuts

½ cup minced shallots

6 Tbl balsamic vinegar

¼ cup extra virgin olive oil

½ cup fresh orange juice

Salt and Pepper to taste

4 stalks of celery, finely diced

1 1/3 cups dried cranberries, diced

2/3 cup chopped fresh parsley

In a large pot, bring 12 cups of salted water to a boil. Add wild and brown rice and cook uncovered, until tender, about 35-45 minutes. Drain and spread onto a large baking sheet to cool.

In a skillet, stir nuts over medium low heat, until fragrant, 5-10 minutes.

In a small bowl, whisk shallots, vinegar, oil and orange juice until blended. Season with salt and pepper.

In a VERY large bowl, combine rice, toasted nuts, celery and cranberries. Pour dressing over salad and toss to coat. The salad will keep, uncovered overnight in the refrigerator if needed.

Just before serving, add parsley. Adjust seasonings and toss well. Spoon onto a platter and serve.