



Maine Fishermen's Forum 2018
"la Cucina Famiglia – My Family's Kitchen"
#CookYourHeritage



Pasta al Tonno e Pomodoro –
(Spaghetti with Tuna – St. Joseph Spaghetti)

Serves: 4-6

3 Tablespoons Extra Virgin Olive Oil

Dried Red Pepper Flakes, to taste

2 cloves garlic, minced

2 cups Italian plum tomatoes, crushed

½ tsp dried rosemary

1 6-7oz of fresh cooked tuna, or a can of good quality tuna, preferably packed in olive oil

2 TBL capers

1 cup Italian seasoned bread crumbs

Finely ground black pepper, to taste

1lb penne, linguine or other pasta

- Bring water to a boil and salt it.
- Drain the oil from the tuna and reserve the oil and flake the tuna. Set aside.
- In a large heavy-bottomed skillet, heat the oil from the tuna over medium heat. When hot, add the garlic. Cook, stirring for about a minute, until the garlic starts to soften. Be careful not to burn the garlic.
- Add the tomatoes. Cook, stirring, for about 5 minutes, until the tomatoes begin to liquefy. Add the red pepper flakes, along with a dash of salt and the freshly cracked black pepper. Stir and cook for an additional 5 minutes.
- Add the tuna and the capers, stirring to mix well with the sauce. Remove from heat, toss with pasta and serve.
- In a dry frypan, lightly toast the breadcrumbs. Top each plate some toasted breadcrumbs. Enjoy!





Stufato di pesce Siciliano (Sicilian Fish Stew)

Yield – 4-6 servings

*Extra Virgin Olive Oil
1 yellow onion, chopped
2 celery ribs, chopped
Salt and Pepper
4 large garlic cloves, minced
½ tsp dried thyme
Pinch of Red Pepper Flakes
¾ cup dry white wine*

*1 28oz. can whole plum tomatoes, rough chopped,
Drained, juice reserved
3 cups vegetable broth
¼ cup golden raisins
2 TBL capers
2 lb skinless sea bass, hake or other firm flake fish
½ cup chopped Italian flat leaf parsley, stems removed*

- Heat 1 tbsp olive oil in stock pot or Dutch oven over medium heat.
- Add onions, celery, and a little salt and pepper (about 1/2 tsp each).
- Cook, stirring regularly, until softened (about 4 minutes). Add thyme, red pepper flakes and garlic and cook briefly until fragrant (about 30 more seconds).
- Now, stir in the white wine and reserved tomato juice from can. Bring to a simmer, and cook until the liquid is reduced by about 1/2.
- Add the tomatoes, vegetable broth, raisins, and capers. Cook for 15-20 minutes over medium heat until flavors combine.
- Pat the fish dry and season lightly with salt and pepper. Insert the fish pieces into the cooking liquid, and give everything a gentle stir so that the fish pieces are nicely covered in the cooking liquid.
- Bring to a simmer and cook for another 5 minutes. Remove the pot from the heat and cover. Let it sit off heat for another 4-5 minutes so that the fish will finish cooking. Fish should be flaky when gently pulled apart with a paring knife. Finally, stir in the chopped parsley. The longer you cook it, the better it will taste!
- Ladle the hot fish stew into serving bowls. Serve with your favorite crusty bread! Enjoy!





Clams Casino

Yield: 4 appetizer servings

*1/2 cup Italian Seasoned bread crumbs
2 tablespoons olive oil
2 tablespoons unsalted butter, melted,
plus 1 tablespoon ,cold, unmelted
2 tablespoons finely grated Parmesan cheese
1 tablespoon plus 1 teaspoon finely chopped parsley
1/8 teaspoon freshly ground pepper
1/2 cup dry white wine*

*1/2 cup minced shallots
1/4 cup finely chopped red bell pepper
1/2 teaspoon crushed red pepper
1/2 cup strained clam juice
3 teaspoons minced garlic
3 sprigs fresh thyme
24 to 26 littleneck clams, purged and scrubbed clean
1-2 slices bacon, chopped
2 ounces chopped prosciutto*

Preheat the oven to 450 degrees.

- In a fry pan, over medium heat, combine the bread crumbs with 1 tablespoon olive oil, 1 tablespoon of the melted butter, Parmesan cheese, 1 tablespoon chopped parsley and the black pepper and toss until crumbs begin to brown. Don't overcook. Dump crumbs into a bowl to cool.
- In a large, high sided sauté pan with a lid over medium heat add the remaining 1 tablespoon of the melted butter and olive oil. When hot, add 2 teaspoons the garlic, white wine, thyme sprigs and the clams. Place the lid on the pan, increase the heat to medium-high and cook the clams until they all open, 3 to 4 minutes. Using tongs or a slotted spoon, transfer the clams to a bowl to cool. Strain the broth through a fine mesh sieve and set aside.
- In another medium sauté pan over medium heat, cook the bacon and prosciutto for 2-4 minutes, or until crisp. Add the shallots, red bell pepper, remaining garlic, and crushed red pepper, and cook for 2 minutes longer. Add the clam juice and continue to cook until thick, about 2 to 3 minutes. Remove from the heat and swirl in 1 tablespoon of cold butter. Set aside.



- To prepare the clams, remove the top shell of each clam and discard. Transfer the clams (in their bottom shells) to a cookie sheet. Using a small spoon, top each clam with about ½ - 1 teaspoon of the bacon/butter mixture. Then sprinkle each clam with 1 to 2 teaspoons of the bread crumbs - enough to cover. NOTE: If you have any breadcrumbs left they can be frozen for up to 6 months.
- At this point, place the clams in the 450 degree oven and cook until the clams are heated through, about 4-6 minutes. Enjoy!
- Serve immediately with lemon wedges.

