

“Recipes” from Maine Fishermen’s Forum Seafood Cooking Demonstration

On Friday, March 5 2021, Chef Patrick Vigue showed how easy it is to prepare delicious Maine seafood. Following are his recipes. The quotes indicate amounts of each are truly up to you... we’ve put guidance here but all these recipes should be made to suit your taste. Maine seafood is delicious – get creative!

Dish 1: Oysters on the half shell with Maine Blueberry Mignonette

- Maine oysters – however many you like!
- Shallot, minced (1 large or 2 small, minced)
- Red Wine Vinegar – roughly ½ cup
- Black Pepper – to taste, maybe ¼ tsp?
- Wild Maine Blueberries (frozen) – 1 cup

Place defrosted blueberries in a bowl (or let them defrost in the bowl). Add vinegar, freshly cracked pepper and shallot. Whisk or stir together, and feel free to smash the berries a little bit if you like. The flavor will improve with time so feel free to do this in advance.

Dish 2: Casco Bay Mussels with Allagash White, Chorizo, Fennel, and Leeks

- Mussels – 2 to 4 pounds
- Olive oil – 1 tbs
- Spicy Chorizo – one half pound to a pound
- Allagash White – 12-16 ounces
- Fennel Bulb – one small one, or half a large, chopped.
- Onion – 1 or 2, chopped
- Butter – at least half a stick
- Parsley, Tarragon and chives – fresh or dried, or fine herbs if you can get them.
- S+P

Place a Dutch oven or large skillet (big enough to accommodate everything and with a tight-fitting lid) over medium high heat. Add olive oil, heat briefly, then add fennel and onion. Once caramelized slightly, add chorizo. Break chorizo up as it cooks using spatula. Add mussels, Allagash, butter and herbs. Cover with lid and cook until mussels open. Add salt, pepper and more herbs to taste, then enjoy with a lovely baguette!

Dish 3: Broiled Fish Tacos with Mango Salsa and Lime Crema

- 10 oz salmon
- 10 oz hake
- White flour tortillas
- Mango
- Roma (plum) Tomato
- Red Onion
- Jalapeno Pepper
- Lime crema in food processor
 - Sour cream

- Lime – juice and zest
- Garlic - chopped
- Salt
- Cilantro leaves
- Red Cabbage - shredded
- Limes for garnish
- S+P

Cut fish into finger-sized pieces that will easily fit in a taco. Season with salt and pepper if desired. Preheat toaster oven to 450 or broil. Spray a toaster oven sheet with oil, place fish on the pan, then spray fish slightly to coat with oil. Place in toaster oven for 5-10 minutes or until done. Ensure that the hake is fully cooked through. Cook salmon to desired doneness.

Prepare the lime crema by putting all ingredients in a food processor and whizzing together.

Dice red onion, jalapeno pepper, mango and roma (plum) tomato. Place in a bowl, add salt and pepper and a little acid (lime juice or vinegar) if you like. Let macerate – the flavor will improve with time.

To assemble: heat tortillas in a pan or directly on burner so they soften and get slightly browned. Lay a thin bed of cabbage in the bottom of the taco shell, add fish, and finish with salsa and a drizzle of lime crema.

Dish 4: Fresh Pasta with Lobster and Littleneck Puttanesca

- Cold cracked lobster (can also use cooked lobster)
- 5-10 Littleneck Clams
- Fresh Pasta
- Black Olives
- Capers
- Oregano
- Sweet Onion, chopped
- White Wine
- Flat Anchovies, chopped
- Crushed Tomatoes
- Red Pepper Flakes
- Parsley
- S+P

Cook pasta according to instructions. Meanwhile, place a large dutch oven or skillet over medium high heat. Add a touch of olive oil, then add sweet onion – cook for a few minutes then add olives, capers, and anchovies. Add tomato paste and cook two minutes. Add crushed tomatoes and mix thoroughly. Add clams to sauce. Close lid and cook until clams open, adding white wine or water if necessary to prevent the sauce getting too dry. When clams are open, remove from pan and take clams out of their shells. Keep clams to the side as you add the lobster. Cook until lobster is firm (if using cooked lobster, just heat to warm). Add clams back to the pan and season with salt and pepper, herbs, and spices.

Add cooked pasta to the pan and toss together. Serve and enjoy!