



Maine Fishermen's Forum 2020
We Strive for Five (Ingredients)



Sticky Mango Shrimp -

Yield – 2 servings

10oz large raw shrimp, peeled and deveined
6 cloves garlic
1 tsp curry powder
1 heaping tablespoon Major Grey's Chutney
1 lime

Pantry items

1-2 Tablespoons of any olive oil

- Put a large skillet on medium heat. Peel and finely mince the garlic, then fry it with a tablespoon of olive oil until crisp, then remove and set aside, leaving the garlicky oil in the pan.
- Into the oil, add the curry powder, then add the shrimp. Stir around tossing on all sides and fry for about 4 minutes or until the shrimp are cooked through.
- Stir in the Major Grey's mango chutney for 30 seconds, taste and season as desired with salt/pepper, then dish up.
- On top of the pile of shrimp, scatter the crispy garlic, finely grate the top with lime zest and serve with lime wedges.





Creamy Garlic Scallop Pasta –

Yield – 4 servings

4-6 oz of thinly sliced pancetta

1 lb of medium scallops, cleaned and pat dry

½ cup white wine

1 ½ cups whipping cream

2 plum tomatoes

½ cup grated Parmesan cheese

Pantry items

¾ lb dry angel hair pasta

Salt & Pepper to taste

3 Tbl Extra Virgin Olive Oil

6 cloves garlic, minced

- Cook up the penne or angel hair pasta to al dente. When it's cooked drain the pasta and let it sit. Don't throw away the pasta water as we'll use some of it later.
- Cut up the pancetta into thin strips. Place the strips into a large sauté pan over medium heat for a few minutes, or until the pancetta crisps up. When it's finished, remove the pancetta to a plate with a paper towel to drain.
- Take your scallops, which have been patted dry and season them with salt/pepper and then lay them in a single layer in the pancetta fat to cook. They should only take about 2 minutes per side to brown them. When brown on one side, flip them over and brown the other side. When both sides are brown, remove them to the plate with the pancetta. If you don't pat the scallops dry first, you'll boil/steam then instead of frying them.
- Remove any residual pancetta fat from the pan, add a couple tablespoons of EVOO and minced garlic to the pan. Cook the garlic for a couple of minutes to soften and slightly cook the garlic. Don't overcook it!
- Add white wine and about 1 cup of the pasta water to the pan to deglaze it. Cook this down for several minutes until the liquid has reduced a bit.
- Add heavy cream and simmer for an additional 2-4 minutes. The mixture should continue to thicken up. Season the liquid to taste with additional salt/pepper, then add in the pancetta, tomatoes along with the scallops into the sauce. Stir. Simmer just a minute or so longer to warm the scallops back up. Add a bit more pasta water if the the mixture is too thin, or tap water if it needs to be thinned out. Now add in the cooked pasta to the pan along with ½ cup of freshly grated parmesan cheese. Stir the whole mess well and serve!





Quick Asian Fish Cakes

Yield – 4 servings

*1 stick of fresh Lemongrass or
1 TBL of Stir in Lemongrass Paste
1 large chunk of fresh ginger
½ bunch of fresh cilantro
1lb of Haddock or Salmon Fillets
4 tsp sweet chili sauce or pepper jelly*

Pantry items

*Salt/Pepper
Extra virgin olive oil*

- If you're using fresh lemongrass, "whack" the lemongrass against your work surface with the flat edge of a large knife, and remove the tough outer layer.
- Slice off the outside skin of the ginger, then very finely chop the inside of the stalk. Add to a large bowl, and then add the inside of the fresh lemongrass (or 1 TBL of lemongrass paste) and most of the cilantro, stalks and all into the bowl, reserving a few leaves in a bowl of cold water.
- Chop all the fish into ½ inch chunks over the lemongrass/ginger mix on your cutting board, then push half the fish to one side.
- Chop the rest with a large knife until super-fine, almost like a purée (a food processor works for this as well), then mix the chunkier bits back into the mixture and season with kosher salt and black pepper.
- Divide into 4 piles, then shape and squash into about ¾" thick patties.
- Place each patty into a large non-stick frying pan on a medium-high heat with about 1 tablespoon of olive oil. Cook the patties for 2 minutes on each side, flipping them halfway through the cooking, until both sides are nicely golden.
- Spoon the sweet chili sauce or pepper jelly over the fishcakes while in the pan, add a splash of water to the pan, turn the heat off, and jiggle to coat as the sauce melts on top of the cakes.



- Serve sprinkled with the drained cilantro.

