

RECIPES *of the sea*



JAMES WAYMAN

Crispy Fried Whole Whiting with Thai Red Curry, Jasmine Rice

Serves 4

Marinade

- 4 whole whiting, gutted, scaled, gills removed
- ½ cup quality fish sauce such as Red Boat brand
- ½ cup fresh lime juice
- ½ cup fresh cilantro, chopped
- 4 cloves garlic, minced
- 1 tablespoon ground black pepper

1. Put three angled vertical cuts into both sides of each fish, mix all ingredients together and pour over the fish in a non-reactive pan at least four hours prior to cooking and up to one day before. Make sure to massage some of the chunky bits into the cavity of the fish and into the cuts and refrigerate for at least four hours prior to cooking and up to one day.

Make the curry, up to a day before

- 4 guajillo chilies, seeded
- up to 10 Thai red chilies depending on how hot you would like it, seeding optional
- 1 stalk lemongrass
- 2 cloves garlic
- 2 tablespoons ginger root
- 1 small shallot
- ¼ teaspoon cumin
- ¼ teaspoon coriander
- 3 kaffir lime leaves (optional)
- ¼ cup neutral oil such as canola or grapeseed
- 3 tablespoons lime juice
- 2 tablespoons fish sauce
- 1 can coconut milk

1. Roughly dice the chilies, lemongrass, garlic, ginger and shallot and transfer them to a blender. Add the cumin, coriander and ¼ cup of canola oil and blend to a paste.
2. Sauté paste on medium-low heat stirring constantly for 5 minutes after it starts to sizzle. Add coconut milk and bring to a simmer. Simmer for 15 minutes, put back in blender and blend till smooth, strain if necessary through a fine sieve. Finish curry with fish sauce and lime juice.
3. Cook the desired amount of jasmine rice. Remove fish from refrigerator and bring to room temperature before frying.
4. To cook fish you will need a Fry Daddy or a cast iron Dutch oven, enough canola or peanut oil at 350 degrees to cover the fish. Cook them two at a time until golden brown and take out and drain on paper towels.
5. Serve fish with jasmine rice, curry sauce underneath and a generous squeeze of lime on top.

James Wayman is the executive chef at the Mystic Oyster Club.

ROBERT LANDOLPHI

Our Smoked Bluefish Paté

Yields 16 ounces

- ½ pound smoked bluefish, skin discarded, bloodline removed
- 2 tablespoons finely chopped shallot
- 2 tablespoons fresh lemon juice
- 1 (8-ounce) package cream cheese, softened
- 2 tablespoons of mayonnaise
- 3 tablespoons of drained horseradish
- 3 tablespoons finely chopped fresh chives
- salt and pepper to taste.

Accompaniment: toasts or crackers

1. Place bluefish fillets in a food processor and pulse until chopped fine.
2. Combine bluefish with remaining ingredients and blend with a spoon until smooth.
3. Paté can be made 5 days ahead and chilled, covered. Bring to room temperature to soften (about 1 hour) before serving.

Robert Landolphi is the assistant director of culinary development at the University of Connecticut, overseeing UConn's catering operation.

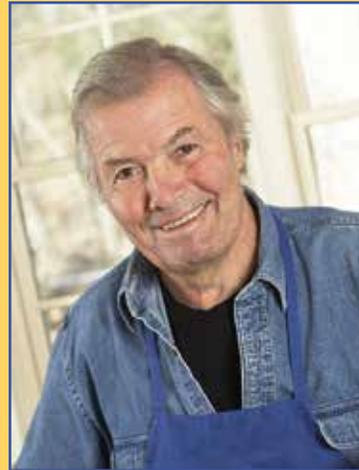


Photo: Tom Hopkins

JACQUES PEPIN

Jacques Pepin's Fish Tacos

(from his book "A Grandfather's Lessons - In the Kitchen with Shorey")

Serves: 2

These tacos make a great lunch. One fillet of fish is enough for two large tacos. The fish could be grilled, but in this recipe it is seared in a very hot dry pan (cast iron is ideal). The tortillas are quickly heated in the microwave oven at the last moment.

- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 2 tablespoons peanut oil
- 1 fillet black sea bass (about 6 ounces)
- 2 flour tortillas, about 8 inches across

Garnishes

- ½ cup shredded iceberg lettuce
 - ½ cup hot salsa (store-bought or homemade)
 - ½ cup sliced mild onion, such as Vidalia or Maui
 - ½ cup loosely packed fresh cilantro leaves
 - 1 large jalapeño pepper, seeded and coarsely chopped (about 3 tablespoons)
1. Heat a large sturdy skillet, preferably cast iron, until very hot. Salt, pepper, and oil the fish fillet and place it in the hot skillet. Cook for about 1½ minutes on each side, until seared but still slightly under-cooked in the center.
 2. Meanwhile, wrap the tortillas in paper towels and microwave them for 1 minute.
 3. Cut the fish fillet in half, place one half on each tortilla, and add the garnishes to your liking. Wrap and enjoy.

Jacques Pepin of Madison, an internationally known chef and television personality, is the author of numerous cookbooks.



LETICIA MOREINOS SCHWARTZ

Brazilian Fish Stew

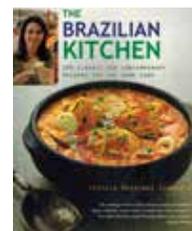
Moqueca de Peixe (Pronounced Moh-ke-kah)

Serves: 4

- 1 ¼ pound sea bass
- 1 scallion (white and green parts) chopped (about ¼ cup)
- 1 small onion, sliced (about 1/3 cup)
- 1 small piece fresh ginger, peeled and finely chopped (about 1/8 cup)
- 4 large cloves of garlic, minced (about 2 tablespoons)
- 5 tablespoons palm oil (dendê oil)
- 2 tablespoons extra virgin olive oil
- 4 tablespoons freshly chopped cilantro
- ½ cup sliced green bell pepper, about half a pepper
- 1/3 cup sliced yellow bell pepper, about one third of a pepper
- 1 ¼ cups fish stock
- 1 cup coconut milk
- 2 tablespoons tomato paste
- 1 tablespoon lemon juice
- Kosher salt and freshly ground pepper
- 3 small stalks of canned or jarred hearts of palm, drained and diced, about 1/3 cup
- 2 plum tomatoes, peeled, seeded and sliced, about 1 cup

1. Cut the fish into big chunks, about 2 inches wide and place in a plastic zippered bag.
2. Prepare the marinade for the fish: in a bowl, mix together half of the scallion, half of the onion, half of the ginger, and half of the garlic. Add 2 tablespoons of the dendê oil, all the olive oil and half of the cilantro. Pour this marinade into the plastic zippered bag and massage it around the fish until it is well covered. Remove all air from the plastic bag and seal it well. Chill in the refrigerator for at least 3 hours.
3. Take the fish out of the refrigerator at least 30 minutes before using. Preheat the oven to 350°F.
4. Place 3 tablespoons of dendê oil in a large sauté pan over medium heat. Add the remaining scallion, onion and green and yellow peppers, and cook until soft, about 3 minutes.
5. Add the remaining ginger and garlic and mix well. Cook for another minute or until hot.
6. Add the fish stock and let it come to a full boil.
7. Add the coconut milk and tomato paste, and let it come to a full boil again, then lower the heat to simmer the sauce nice and gently.
8. In the meantime, roast the fish in the oven by spreading the fish with the marinade, in a gratin dish. Pour the lemon juice on top and season lightly with salt and pepper.
9. Roast in the oven until it's almost done, about 10 to 12 minutes. You will finish cooking the fish by braising in the sauce.
10. Carefully transfer each chunk of fish into the pan with the sauce. Pour in any remaining juices. Braise the fish in the sauce over low heat with the pan covered, until the fish is soft and tender, about 5 to 8 minutes.
11. Uncover the pan, add the hearts of palm and tomatoes, and let get it hot.
12. Taste the sauce then season with salt and pepper; sprinkle with the remaining fresh cilantro. Serve it over rice.

Leticia Moreinos Schwartz of Greenwich (www.chefleticia.com) authored the award-winning cookbooks *"The Brazilian Kitchen"* and *"My Rio de Janeiro."* Extensively featured in media outlets such as the *New York Times* and the *Today Show*, she also serves as the spokeswoman for Merck's campaign promoting healthy cooking. During the 2016 Rio Olympics, she was NBC's food correspondent as ambassador of Brazilian cuisine.



JEFF TROMBETTA

Grilled Kelp Wrapped Potato Slices

Serves: 5 portions; 15 pieces (3 pcs per portion)

- 1 ¾ pounds (approximately 3-4) Russet (Idaho) Potatoes
 - 6 ounces whole blanched kelp leaves
 - salt and pepper to taste
 - ½ cup virgin olive oil
1. Slice potatoes lengthwise into ¼-inch slices
 2. Season potatoes with salt and pepper
 3. Cut kelp leaves into appropriate lengths to wrap around potatoes slices width-wise to cover potatoes 1 ½ to 2 times (about 5 inch lengths)
 4. Brush with olive oil and grill, turning regularly until potatoes are knife-tender.

Jeff Trombetta is a professor of culinary arts at Norwalk Community College. He has developed more than 100 recipes using kelp, which will be featured in his forthcoming cookbook, *Kelping Today, Culinary Applications*.



SALLY MARAVENTANO

Linguine Fra Diavolo Spicy Seafood Marinara over Linguine

Servings: 10 - 12 as first course

- 4 tablespoons of extra-virgin olive oil
 - 3 large cloves of garlic, minced
Peperoncino - crushed red pepper flakes to taste (optional)
 - 1 cup of dry white wine
 - 1 35-ounce can of Italian plum tomatoes (preferably San Marzano), coarsely crushed
 - 1 teaspoon of oregano
5 to 6 fresh basil leaves, slivered
Salt and freshly ground pepper to taste
 - 2 pounds of linguine pasta or spaghetti
 - 2 pounds of cockles or 1 dozen littleneck clams
 - 2 pounds of large shrimp, shelled, cleaned and de-veined
 - 1 pound of sea scallops
 - 4 tablespoons of flat leaf Italian parsley, minced
1. To clean the littleneck clams or cockles, soak them in 3 quarts of water to which ¼ cup of sea salt has been added for several hours or overnight. Before using, drain and scrub well under running water. Discard any that are not tightly closed.
 2. In a wide saucepan or skillet large enough to hold the sauce and the clams, gently sauté the garlic and in the olive oil over medium-low heat just until it is translucent, NOT brown.
 3. Add the crushed tomatoes, wine, oregano, basil leaves and salt and pepper and crushed red pepper flakes, if using, to taste. Bring to a boil.
 4. Return the pan to a low flame and simmer for 15 – 20 minutes. Add the clams.
 5. Meanwhile, bring 6 quarts of salted water to a boil and cook the linguine according to package directions, about 7 to 10 minutes, until “al dente”. Drain and reserve 1 cup of the pasta cooking water.
 6. As the clams begin to open, add the shrimp and scallops to the marinara sauce and simmer for an additional 5 to 6 minutes. Be careful not to overcook the seafood. If the sauce is too thick, add some of the pasta water.
 7. Add the pasta to the seafood sauce, give a few turns of the pepper mill and toss well, adding additional pasta water if necessary. Serve in individual bowls, garnishing with parsley before serving.

Traditionally in Italy grated cheese is not served with seafood sauces.

Sally Maraventano is the owner of Cucina Casalina, (<http://www.cucinacasalinga.com/>) a regional Italian cooking school in Wilton.

Many thanks to our Connecticut chefs who contributed their recipes using local seafood.

Go to: <https://seagrant.uconn.edu/publications/wrack-lines/> for these additional recipes from our chef contributors:

Silvia Baldini:

- Clams, Mussels, White Beans and Chorizo Sauce
- Easy Grilled Oysters
- Stovetop Clambake

Kenneth Bergeron:

- Maple-Glazed Kelp, Carrots, Onions and Rutabagas

Robert Landolphi:

- Pan Seared Sea Scallops topped with Applewood Bacon with Green Pea Risotto

Sally Maraventano:

- Insalata di Mare Sott'Olivo alle Erbe (Seafood Marinated in Herbed Oil)

Leticia Moreinos Schwartz:

- Shrimp Moqueca
- Scallops with Caipirinha Risotto
- Striped Bass with Cashew Soy Butter Sauce

Jeff Trombetta:

- Dried Kelp and Apple Bites
- Cod and Kelp Crepes
- Sliced Sweet Potatoes and Kelp (plain or on a sandwich)
- Kelp-filled Squid Tubes

SILVIA BALDINI

Oven-Baked Whole Fish

Servings: 8

- 4 1 to 1 ¼ pound whole fish—porgy (scup), black sea bass or Branzino (European sea bass)
- 2 large lemons, sliced
- 1 whole lemon, juiced
- 4 sprigs rosemary
- 8 bay leaves
- 8 cloves garlic, unpeeled
- bunch parsley
- ½ cup olive oil
- 1 medium red onion, sliced
- 1 bunch thyme

1. Preheat the oven to 425° and line a large tray with baking paper, then scatter lemon slices, rosemary, sliced red onion, garlic, and bay leaves on it.
2. Season the fish cavities with salt and stuff 2 lemon rounds, a bay leaf, some of the thyme, a garlic clove, parsley and 1 rosemary sprig in each. Season the fish with salt and pepper and drizzle with olive oil and the lemon juice.
3. Roast the fish in the oven for about 25 minutes, until just cooked through.

Silvia Baldini of New Canaan (www.silviabaldini.com) established the creative food group Strawberry & Sage, has appeared on the Food Network and other TV shows, competed on “Chopped Champions,” is the lead chef on FabFitFun.com and is launching the online store The Secret Ingredient Girls with partner Alina Lawrence.