

# RECIPES *of the sea*

## SILVIA BALDINI

### Clams, Mussels, White Beans and Chorizo Sauce

Recipe by Silvia Baldini

Servings: 4 to 6 people

#### Ingredients:

- 4 tablespoons extra-virgin olive oil
- 1 medium celery stalk, finely diced
- 3 medium garlic cloves
- ½ teaspoon hot chili flakes, if desired
- ½ medium white or yellow onion finely diced
- ½ medium fennel bulb, sliced thin
- ½ cup diced chorizo or pancetta
- 1 teaspoon tomato paste
- 1 15-ounce can cannellini beans, drained and rinsed
- ½ cup diced sun-dried tomatoes, if desired
- 2 tablespoons sherry vinegar
- ½ cup dry white wine
- 3 sprigs thyme
- ½ cup parsley leaves, chopped
- 36 littleneck or manila clams, scrubbed and rinsed
- 36 mussels, scrubbed, debearded and rinsed
- ½ lemon
- fine sea salt and freshly ground black pepper
- extra virgin olive oil for drizzling

#### Ingredients:

1. Heat the ¼ cup olive oil in a large heavy-bottom pot over medium to low heat. Add the garlic cloves, the chili peppers flakes, (if using) then the onion and the celery. Gently cook and soften the onion for 5 to 7 minutes, without browning.
2. Add the sliced fennel, the chorizo or panetta and cook for a couple of minutes. Add the tomato paste and cook, stirring for an extra minute. Add the beans, the sun-dried tomatoes (if using) and cook for 3 to 4 minutes over medium heat.
3. Add the sherry vinegar and the white wine, stir for 5 minutes on medium-low heat to cook the alcohol out. Add the thyme and a handful of the chopped parsley. Season lightly with salt and pepper. Set aside.
4. When ready to serve, add the clams and mussels to the beans, squeeze on the lemon juice and stir. Then cover with a lid and cook for 4 to 5 minutes. Uncover and stir with a wooden spoon and cook until some of the clams and mussels start to open. Season lightly with salt and pepper.
5. Keep cooking and with a slotted spoon transfer the opened clams and mussels to a bowl as they open. It should take 7 to 9 minutes. Discard the unopened ones.
6. Stir the beans on low heat, add a little water, a tablespoon at a time, to loosen the sauce if necessary, taste and season with salt and pepper and add the remaining chopped parsley. Discard the garlic cloves and thyme.
7. Add the reserved clams and mussels to the beans, mix and drizzle extra olive oil over the top. Serve with good bread.

*Recipe Notes: This is a great dish for a crowd. You can prepare everything ahead and cook the clams and mussels at the last minute. I like to serve it with good crusty bread or as a delicious sauce for spaghetti.*

#### 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'Olio 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



Special thanks to **Karen Berman** for volunteering her expertise for this collection.



## Easy Grilled Oysters

Recipe by Silvia Baldini

Servings: 6 people

### Ingredients:

- 3 dozen large oysters
- Tarragon Herbed Butter (recipe to follow)
- lemon wedges
- chili flakes
- hot sauce

### Tarragon Herbed Butter

- 1 cup packed tarragon leaves
- ½ cup packed herb leaves such as flat-leaf parsley or chives
- ½ small garlic clove
- ½ cup (1 stick) unsalted butter, room temperature
- ¼ teaspoon finely grated lemon zest
- 1 teaspoon fresh lemon juice
- salt and fresh ground black pepper

### Instructions:

#### Tarragon Herbed Butter

1. Pulse the herbs and garlic in a food processor until finely chopped. Add the butter, lemon zest, and lemon juice and process until smooth; season with salt and pepper. The butter can be made 3 days ahead. Cover and chill. Bring to room temperature before using.

### Oysters

1. Prepare a grill for medium-high heat. Scrub the oysters.
2. Place the oysters, cupped side down, on the grate of the grill, cover and grill until they begin to open, about 2 minutes.
3. Transfer the opened oysters to a platter (discard any that do not open). Let cool slightly, then use an oyster knife or screwdriver to pry the shells open, keeping the cupped side down and retaining as much liquid as possible. Using an oyster knife or paring knife, cut the muscles connecting the oysters to the shells. Serve warm with Tarragon Herbed Butter, lemon wedges, chili flakes and hot sauce.

## Stovetop Clambake

Recipe by Silvia Baldini

*No need to dig a hole for a sand pit. This delicious clambake is a one-pot stovetop dish ready in 25 minutes. The secret to this New England showstopper recipe's success is to add the ingredients in the right order.*

Servings: 8 people

### Ingredients:

- 2 cups white wine
- 1 large bunch fresh thyme
- 8 small celery stalks, cleaned
- 1 large yellow onion, peeled and quartered
- 1 head of garlic
- 4 leaves of fresh bay leaves
- 4 to 6 drops of Tabasco sauce
- 2 medium lemons, quartered
- 1 ½ pounds small baby Dutch yellow or new potatoes
- 8 (1-pound) live lobsters (Shrimp or crabs can be substituted for the lobsters; just reduce the cooking time by 5 minutes.)
- 10 large eggs
- 3 ears of sweet corn, cut crosswise in 6 pieces, husked and halved
- 1 pound chorizo, sliced
- 4 pounds steamer clams, scrubbed
- 2 pounds mussels, scrubbed and debearded
- 1 pound red shrimp cleaned, head on
- 1 tablespoon Old Bay Seasoning
- 2 sticks melted butter

### Instructions:

1. Place a steamer basket in 30-quart pot. Add wine and 12 cups water; cover and bring to a boil. Add the thyme, celery, onion, garlic, bay leaves, Tabasco, lemons and then the potatoes. Cover and cook 5 minutes.
2. Add the lobsters and eggs; cover and cook 10 minutes.
3. Gently place the corn and chorizo in the pot. Cover and cook for 5 minutes. Add the steamer clams, cover, and cook for 10 minutes.
4. Add the mussels and shrimp. Cover and cook until the shellfish open, about 5 minutes (discard any that do not open). Peel 1 egg and cut in half. If it's hard-boiled, the lobsters are ready.
5. Using a slotted spoon and tongs, transfer the clambake to a very large platter or directly on the table covered with newspaper. Sprinkle with Old Bay Seasoning. Serve clambake with melted butter.

## Maple-Glazed Kelp, Carrots, Onions and Rutabagas

*Recipe by Kenneth Bergeron*

Yield: 5 cups

### Ingredients:

- 2 cups julienned carrots,
- 2 cups julienned onions
- 2 cups julienned rutabaga
- 1 tablespoon canola oil
- 1 1/3 cups chopped sugar kelp
- 1 tablespoon chopped fresh ginger
- 3 tablespoons soy sauce
- 3 tablespoons maple syrup
- 1 teaspoon apple cider vinegar
- Pinch of sea salt
- Pinch of ground black pepper
- 1 teaspoon toasted sesame oil
- 2 tablespoons toasted sesame seeds

### Instructions:

1. Over medium heat, sauté carrots, onions and rutabaga in canola oil for 5 minutes.
2. Add the kelp and ginger and sauté for 5 minutes.
3. Add all remaining ingredients except the sesame oil and seeds and sauté for about 10 minutes until the kelp is tender.
4. Garnish with toasted sesame oil and seeds. Season to taste.

Recipe from: *Professional Vegetarian Cooking* by Kenneth Bergeron

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

Recipe by Robert Landolphi

Yields : 8 appetizer portions

### Fresh Green Pea Risotto

#### Ingredients:

- 4 cups chicken stock (you may only need 3)
- 3 tablespoons olive oil
- 4 large shallots, peeled and finely chopped
- 2 cups arborio rice
- 2 cups dry white wine
- 2 to 4 tablespoons freshly grated Parmesan cheese
- 3 tablespoons butter, unsalted if you have it
- 2 tablespoons lemon zest
- 1 cup peas, blanched (fresh, frozen, or snow peas)
- 1/3 cup chopped parsley

### Scallops

#### Ingredients:

- 1 pound Bomster sea scallops
- 2 tablespoons clarified butter, divided (use unsalted if you have not made clarified)
- 1 tablespoon canola oil
- 2 tablespoons finely minced shallots
- 1/4 cup dry white wine
- 1/2 teaspoon salt
- Few grinds freshly ground black pepper
- 2 ounces crispy chopped Applewood bacon
- 8 fresh pea tendrils sprigs for garnish

### Fresh Green Pea Risotto

#### Instructions:

1. Heat the stock in saucepan over medium heat; keep at a low simmer. Heat the olive oil in a heavy-bottomed saucepan over medium heat. Add the shallots and cook, stirring, until translucent. Add the rice, and cook, stirring, until the rice begins to make a clicking sound like glass beads, about 3 to 4 minutes.
2. Add the wine to the rice mixture. Cook, stirring, until the wine is absorbed by the rice.
3. Using a ladle, add 3/4 cup hot stock to rice. Using a wooden spoon, stir the rice constantly, at a moderate speed. (Note: Stirring the rice too vigorously will make your risotto slightly gluey; stirring too little will make it watery. Rice should be only thinly veiled in liquid during the stirring process.)
4. When the rice mixture is just thick enough to leave a clear wake behind the spoon, add another 3/4 cup stock.
5. Continue adding stock 3/4 cup at a time and stirring constantly until the rice is mostly translucent but still opaque in the center. The rice should be al dente but not crunchy. As the rice nears doneness, watch carefully and add smaller amounts of liquid to make sure it does not overcook. The final mixture should be thick enough that grains of rice are suspended in liquid the consistency of heavy cream. It will thicken slightly when removed from the heat.
6. Remove from heat. Stir in butter, lemon zest, peas, and parsley; season with salt and pepper.

### Scallops

#### Instructions:

1. Rinse the scallops gently under very cold water and pat dry completely with paper towels. If they are not dry, they will not brown.
2. In a large sauté pan, heat 1 tablespoon of clarified butter and the oil until it just starts to reach the smoking point.
3. Once the pan and fat are hot, gently place each scallop in, making sure they don't touch. Do not overcrowd the pan. The heat should be medium-high to high.
4. Once you set the scallops in, do not touch for 2 minutes. They must remain in one place so they brown. If you think they are browning too quickly, lift one with a fork or slotted spoon and check. They should be golden in color.
5. Turn each one and again do not touch for 2 minutes. As they cook on the other side, you can see the center start to turn from a slightly off-white color to white. If they are not uniform, you may want to remove the smaller ones first. Once cooked, remove all of them to a plate and lower the heat to medium.
6. Add the remaining tablespoon of clarified butter and the shallots and cook for about 1 minute. Then stir in the white wine. Stir to loosen up brown bits from the pan and cook until the white wine has reduced in volume by half.
7. Season with salt and pepper.
8. Set aside off the heat. Place 1/2 cup of the Green Pea Risotto in the middle of your plate, arrange 2 to 3 scallops on top of the risotto, spoon the pan sauce over the top of the scallops, then sprinkle with chopped bacon and garnish with a pea tendril.

## SALLY MARAVENTANO

### Insalata di Mare Sott'Olio alle Erbe (Seafood Marinated in Herbed Oil)

Recipe by Sally Maraventano

Yield: 10 servings as an appetizer

#### Ingredients:

- 1 cup dry white wine
- 1 teaspoon mustard seeds
- ½ teaspoon red pepper flakes or to taste (optional)
- 2 bay leaves
- ½ lemon
- 2 pounds of calamari (squid) cleaned and cut into rings
- 2 pounds of medium shrimp, shelled and deveined
- 3 tablespoons of chopped fresh basil,
- 3 tablespoons of chopped fresh dill
- 1 tablespoon of chopped fresh lemon thyme
- 3 cloves garlic, minced
- 1½ tablespoons of Dijon mustard
- ¼ cup fresh lemon juice
- 1 cup extra-virgin olive oil
- salt and freshly ground black pepper, to taste
- 2 tablespoons capers, drained
- 2 tablespoons flat-leaf (Italian) parsley, minced for garnish

#### Instructions:

1. Combine the wine, mustard seeds, ½ teaspoon red pepper flakes (if using), the bay leaves and the ½ of a lemon in a 4-quart pot. Add enough water to fill the pot three-fourths full. Heat to boiling. Add the calamari and cook for 8 to 10 minutes or until almost tender.
2. Add the shrimp and cook over high heat until they are opaque in the center, 3 to 4 minutes. Drain the shrimp and calamari. Rinse in cold water to stop the cooking.
3. Combine the basil, dill, lemon thyme, garlic, Dijon mustard, lemon juice and extra-virgin olive oil into a bowl of a food processor and whisk until emulsified. (If you do not have a food processor hand whisk the dressing rapidly until it emulsifies.) Season to taste with salt, pepper and additional red pepper flakes if desired.
4. Mix together the seafood, capers and dressing. Refrigerate and let marinade at least 3 hours or overnight.
5. Before serving, bring to room temperature, garnish with minced parsley and serve with crusty bread.

## LETICIA MOREINOS SCHWARTZ

### Striped Bass with Cashew Soy Butter Sauce

Recipe by Leticia Moreinos Schwartz

Servings: 4 people

#### Ingredients:

- 1¾ sticks (14 tablespoons) unsalted butter
- 3 tablespoons fresh lemon juice
- 2 tablespoons soy sauce
- 1 shallot, finely minced (about 1 tablespoon)
- 1/8 teaspoon sugar
- 4 skin-on bass fillets, (about 4 to 5 ounces each)
- kosher salt and freshly ground pepper
- 1/3 cup cashews, roasted and coarsely chopped
- 1/3 cup peanuts, roasted and coarsely chopped
- chopped fresh chives

#### Instructions:

1. In a medium saucepan, over low heat, melt 12 tablespoons of butter until it develops a nutty aroma and a light golden-brown color. Once the butter starts to turn brown it goes from light to dark quite easily, so keep a close watch. As the butter turns nutty brown, you will see some dark bits on the bottom and that's fine.
2. Add the lemon juice, soy sauce, shallot, and sugar. Whisk the sauce, then remove the pan from the heat, but keep it in a warm spot on the stove.
3. Make 2 or 3 small diagonal cuts on the skin of the fish without piercing the flesh. Season the fish with salt and pepper on both sides.
4. In a large non-stick skillet over medium heat, melt the remaining butter and add the fish, skin side down. Depending on the thickness of the fish, it might curve, so use a flat metal spatula to press the skin down against the skillet, making sure it becomes crispy. Cook until the fish is done, and its flesh turns opaque white, about 2 minutes on each side (to check for doneness, insert a metal skewer or a thick-bladed knife into the center of the fish; it should meet no resistance. Then touch the skewer with your bottom lip; it should feel warm-to-hot. If it's cold, then the fish is not cooked in the center).
5. Reheat the sauce gently over low heat and whisk vigorously to blend it smooth. Add the cashews, peanuts, and chives.
6. To serve, arrange the fish on individual warm plates and spoon the sauce on top.





## Scallops with Caipirinha Risotto

Recipe by Leticia Moreinos Schwartz

Servings: 4 people

### Ingredients:

#### For the Scallops:

- 12 large scallops, (about 1¼ pounds or 20 ounces)
- Wondra Flour
- Kosher salt
- Fresh black pepper
- 2 tablespoons olive oil

#### For the Risotto:

- 1 tablespoon olive oil
- 3 tablespoons unsalted butter
- ¼ cup chopped onion (about half an onion)
- 1 cup Arborio rice
- 4 ½ cups fish stock or chicken stock
- zest of 2 limes
- 1 tablespoon lime juice
- ½ cup cachaca
- 3 tablespoons fresh dill, chopped, plus more for garnish

### Instructions:

1. To prepare the risotto: In a large saucepan, bring the stock to a boil over high heat. Reduce the heat to a low simmer.
2. In a large heavy-bottomed saucepan, heat 1 tablespoon butter and 1 tablespoon olive oil over medium heat.
3. Add the onions and cook, stirring often, until soft and translucent.
4. Add the rice and coat all the grains, stirring constantly with a wooden spoon until rice is shiny, about 2 minutes.
5. Slowly add one ladle of simmering stock. Cook, stirring often, until liquid is absorbed by the rice. Add another ladle and keep cooking and stirring. Continue adding ladles of liquid only when the previous addition has been completely absorbed. Keep heat at low-to-medium so you have better to prepare the scallops while the risotto is cooking.

#### Meanwhile, prepare the scallops:

1. Dredge the scallops with Wondra flour. Season with salt and pepper on both sides. In a large sauté pan, heat the olive oil over high heat.
2. Cook the scallops for 2 minutes on each side, or until lightly golden brown on both sides. Do not overcook or the scallops will taste rubbery. Transfer to a plate with a parchment paper on the bottom. Reserve in a warm place.

#### Assemble the Dish:

1. After 15 minutes, the rice should be al dente (firm yet cooked through) and all the liquid should be absorbed. Remove from the heat.
2. Add the zest, juice, cachaca and dill. Stir well. Finish with 2 tablespoons butter. Taste and season with salt and pepper. Spoon the risotto onto 4 warm plates.
3. Place 3 scallops on top of each and garnish with a sprig of dill. Finish the risotto with a touch of butter if desired.

## Shrimp Moqueca Moqueca de Camarão (Pronounced Moh-ke-kah)

Recipe by Leticia Moreinos Schwartz

Servings: 4 people

### Ingredients:

- 1 ¼ pound shrimp, cleaned and deveined
- 1 scallion (white and green parts) chopped (about ¼ cup)
- 1 small onion, sliced (about 1/3 cup)
- 1 small piece of 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)
- ¾ cup clam juice
- 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
- plum tomatoes, peeled, seeded and sliced, about ½ cup
- cooked rice or farofa (toasted cassava flour), for serving

### Instructions:

1. Place the shrimp in a plastic zipper bag.
2. Prepare the marinade: 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 zipper bag and massage it around the shrimp until it is well covered with the marinade. Remove all the air from the plastic bag and seal it well.
3. Place the shrimp in the refrigerator in a position so that it is covered by the marinade and let it rest for at least 3 hours.
4. Take the shrimp out of the refrigerator at least 30 minutes before using. Preheat the oven to 350°F.
5. Place 3 tablespoons of dendê oil in a large sauté pan over medium heat. Add the remaining scallion, onion, and the green and yellow peppers, and cook until they are soft, about 3 minutes. Add the remaining ginger and garlic and mix well. Cook for another minute or until the mixture is hot.
6. Add the clam juice and let it come to a full boil.
7. Add the coconut milk and tomato paste, and let it come to a full boil, then lower the heat to simmer the sauce nice and gently.
8. In the meantime, prepare to bake the shrimp in the oven by arranging them evenly still in the marinade, in a gratin dish or shallow casserole dish. Pour the lemon juice on top and season lightly with salt and pepper.
9. Bake the shrimp in the oven until it's almost done, about 3 to 4 minutes. You will finish cooking by braising it in the sauce.
10. Carefully transfer the shrimp into the pan with the sauce. Pour in any remaining juices. Braise the shrimp in the sauce over low heat with the pan covered to allow all the ingredients to mingle together for about 5 to 8 minutes.
11. Uncover the pan, add the hearts of palm and tomatoes, and let them get hot.
12. Taste the sauce, then season it with salt and pepper, and sprinkle with the remaining fresh cilantro. Serve it over rice or farofa.







## JEFF TROMBETTA

Note: Farm-raised kelp from Long Island Sound is blanched and frozen before it is sold.

### Dried Kelp and Apple Bites (hors d'oeuvres)

Recipe by Jeff Trombetta

Yield: 24 pieces

(Note: dehydration time requires starting the recipe the night before serving.)

#### Ingredients:

- 1 pound whole blanched kelp leaves, cut into 3-inch pieces, sea salt
- 2 Granny Smith or other tart apples
- $\frac{1}{4}$  cup orange juice or lemon juice (optional)
- toothpicks

#### Instructions:

1. Spread out kelp pieces on grate ready for dehydrator and salt very lightly with sea salt. Dry at 115 to 120 degrees for 8 to 12 hours, until crunchy. The drying time will depend on the ambient humidity.
2. Cut the apple into  $\frac{1}{2}$ -inch by  $\frac{1}{2}$ -inch by 2  $\frac{1}{2}$ -inch lengths. (If desired to prevent browning due to oxidation, toss with orange or lemon juice.) Skewer the dried kelp pieces to the apple with a toothpick.



### Cod and Kelp Crepes

Recipe by Jeff Trombetta

Yield: 6 servings (2 crepes each)

#### Ingredients:

- 4 pounds codfish loin or reconstituted salt cod
- salt and pepper to taste
- 6 tablespoons of chopped parsley
- 3 lemons, juiced
- $\frac{1}{2}$  cup virgin olive oil
- 2 tablespoons butter
- 6 ounces whole blanched kelp leaves, chopped into  $\frac{1}{4}$ -inch pieces
- 6 ounces (about 8 stalks) celery, diced into  $\frac{1}{4}$ -inch pieces
- 24 crepes, homemade or purchased
- $\frac{1}{2}$  cup of Dijon mustard or stone-ground mustard

#### Instructions:

1. Lay the cod out on broiler pan or casserole.
2. Season the cod with salt and pepper, scatter the parsley evenly over it and sprinkle with the lemon juice and olive oil.
3. Either broil or bake the cod at 400°F until flakey and cooked through, being careful not to overcook. Let cool and flake into 1 to 2-inch pieces. Reduce the oven temperature to 350°F.
4. Melt the butter in a pan set over medium heat and sauté the kelp and celery in it.
5. Brush each crepe with a tablespoon of mustard.
6. Place the crepes on a work surface and, working with one at a time, spoon equal amounts of the kelp and celery sauté over each; place equal amounts of flaked cod on top of each.
7. Roll up the crepes and place in a buttered casserole.
8. Bake at 350°F until hot throughout (140 degree internal temperature).
9. Top with a favorite sauce, such as salsa or mustard cream sauce.



## Sliced Sweet Potatoes and Kelp (plain or on a sandwich)

Recipe by Jeff Trombetta

Servings: 12 sandwiches or 48 mini tea sandwiches

### Ingredients:

- 6 pounds sweet potatoes, roasted tender and peeled
- 12 ounces whole blanched kelp leaves, cut into 2-inch pieces
- 3 tablespoons crushed dried or fresh lavender
- kosher salt and pepper to taste
- 4 ounces melted butter
- 24 slices of favorite bread, such as French boule, pumpernickel, multigrain or brioche

### Instructions:

1. Preheat the oven to 375°F. Slice peeled roasted sweet potatoes into ¼-inch thick slices
2. Gently mix sweet potatoes kelp, lavender, salt and pepper and butter.
3. Bake until well heated, until the mixture has reached an internal temperature of at least 165°F.
4. Serve as side dish to accompany a meal or use as a sandwich filling.

### To use as sandwich filling:

1. Arrange 12 slices of the bread on a work surface and spoon equal amounts of the sweet Potato-kelp mixture on each. Top each with another slice of bread and press down firmly.
2. If desired, secure each side with toothpicks and cut into 4 pieces to make tea sandwiches.



## Kelp-filled Squid Tube

Recipe by Jeff Trombetta

Servings: 12 squid tubes

### Ingredients:

- 1 ¾ pounds (about 12) squid tubes and tentacles, cleaned and separated (use half squid and half shrimp, crab or scallops)
- 8 ounces whole blanched kelp leaves, chopped into ¼-inch pieces
- 5 to 7 garlic cloves, chopped
- 3 tablespoons chopped fresh ginger
- kosher salt and pepper to taste
- 1 cup rice flour
- ½ cup ice water
- 2 egg whites, lightly beaten
- 2 tablespoons paprika

### Instructions:

1. Chop the tentacles (Or chop shrimp, crab or scallops if using those.)
2. Mix the kelp with tentacles, garlic, ginger, salt and pepper.
3. Fill squid tubes with kelp mixture (about 2 to 3 tablespoons per tube) and secure the ends tightly with toothpicks.
4. Mix water and rice flour to make a paste as thick as a pancake batter. The amount of water is variable.
5. With an electric mixer, mix the eggs until they are frothy and almost form soft peaks.
6. Fold the eggs into the batter and add the paprika.
7. Keep batter chilled until ready to fry, and while frying keep on an ice bath (a bowl filled with ice and water: don't let the batter touch the ice and water, however).
8. When you are ready to fry, heat the oil in a deep pan over high heat until it reaches a temperature of 360°F. (The oil should be at least 2 inches deep. Affix a cooking thermometer to the pan to ensure the oil is the right temperature.) Line a platter with paper towels and place near the stove, making sure the paper does not touch the heat.
9. Dip squid tube in batter, 3 or 4 at a time. Carefully place into the oil, being careful not to splatter the hot oil, and deep-fry until crisp, turning occasionally with a slotted spoon or kitchen spider. Remove from the oil with the slotted spoon and drain on the papered platter. Repeat with the remaining filled squid tubes.
10. Slice crosswise and serve.

