

Seafood School

Pan Seared Scallops with Asparagus Risotto
Sautéed Shrimp with Creole Mustard Sauce
Parmesan Crusted Fish with Fresh Tartar Sauce
Baked Fish with White Wine and Fresh Herbs
Grilled Mahi Mahi with Shoyu Chile Sauce

Pan Seared Scallops with Asparagus Risotto

2 tablespoons olive oil
1 medium white onion, finely chopped
1- $\frac{3}{4}$ cups arborio rice
 $\frac{1}{2}$ cup dry white wine
4 cups chicken stock, heated
1 tablespoon unsalted butter
1 pound asparagus, trimmed, cut on diagonal into $\frac{1}{2}$ -inch pieces
1 cup freshly grated Parmesan cheese
16 large scallops
Salt and pepper

1. Bring large heavy pot to medium heat. Add the oil and the onions and cook until translucent. Add the rice, cook until nutty and then deglaze with wine. Add the stock in 1 cup increments, stirring often. Season with salt and pepper.
2. Meanwhile, melt the butter over medium-high heat in a large skillet. Add the asparagus and cook until tender. Season with salt and pepper. Add the asparagus to the rice. Stir in the parmesan; season with salt and pepper.
3. Meanwhile, bring a heavy skillet to medium-high heat and add the oil. Season scallops with salt and pepper. Cook, turning once, until golden brown and just cooked through. Serve over risotto.

Sautéed Shrimp with Creole Mustard Sauce

1 tablespoon butter
1 tablespoon oil
1 pound large shrimp, peeled and deveined
1 shallot, finely diced
 $\frac{1}{2}$ cup white wine
 $\frac{1}{2}$ cup shrimp stock
 $\frac{1}{2}$ cup heavy cream
1 tablespoon whole grain mustard
Fresh tarragon
Salt and pepper

1. Bring a heavy skillet to medium-high heat and add the butter and oil. Season shrimp with salt and pepper. Cook, turning once, until center is opaque. Remove from pan and set aside.
2. Add shallot and cook until softened. Add the white wine and cook until reduced by half. Add the stock and cream and reduce to sauce consistency. Add mustard and season with tarragon, salt and pepper. Serve over shrimp.

Parmesan Crusted Fish with Roasted Pepper Coulis

1 cup flour
2 eggs
1 cup panko bread crumbs
1 cup finely shredded parmesan cheese
2 pounds red snapper fillets
Vegetable oil
Salt and pepper

Roasted tomatoes
Fish stock

1. Place flour and eggs in separate bowls. Mix together the bread crumbs and cheese in a third bowl. Dredge fish in flour, then eggs and then in bread crumbs, turning to coat. Place on a sheet pan and let rest 10 minutes.
2. Add vegetable to a sauté pan and heat to a temperature of 360 degrees. Fry fish, turning once, until golden brown and cooked through. Remove from pan and drain on a wire rack. Keep warm.
3. Meanwhile, add tomatoes to blender. Puree with a little fish stock. Season with salt and pepper. Serve with fish.

Baked Fish with White Wine and Fresh Herbs

1 tablespoon butter
1 tablespoon oil
1 cup finely julienned leeks
2 cups finely julienned zucchini
2 cups finely julienned yellow squash
4 8-ounce skinless fish fillets
4 tablespoons unsalted butter
½ cup vegetable stock
¼ cup white wine
Fresh Thyme
Salt and pepper

1. Preheat oven to 400 degrees. Bring a large sauté to medium heat and add the butter and oil. Add the vegetable and cook until just softened. Place fish on vegetables and add the stock and wine. Bake until fish is just cooked through; season with thyme, salt and pepper.

Potatoes Au Gratin

2 tablespoon olive oil
2 large onions, thinly sliced
3 pounds Yukon Gold potatoes, peeled and sliced 1/8 inch thick
1 pint whole milk
Parmesan cheese
Fresh thyme
Salt and pepper

1. Preheat oven to 375 degrees. Add oil to a large skillet and set over medium heat. Cook onions slowly over medium heat until nicely browned. Set aside.
2. To assemble the dish, cover the bottom of the baking dish with a layer of overlapping potatoes. Sprinkle with ½ of the onions and season with thyme, salt and pepper. Repeat with second layer. Top with parmesan cheese. Pour milk over potatoes.
3. Bake for approximately 1 hour or until potatoes are tender and top is golden brown.

Grilled Mahi Mahi with Chile Sauce

¼ cup vegetable oil
1 garlic clove, minced
1 tablespoon finely grated fresh ginger
½ cup sugar
½ cup soy sauce
¼ cup white wine
2 tablespoons chile pepper paste
1 teaspoon red wine vinegar
2 tablespoons cornstarch dissolved in 3 tablespoons of water
½ teaspoon Asian sesame oil
½ cup chopped scallions

4 8-ounce Mahi Mahi fillets
Sesame seeds
Salt and pepper

1. Bring a medium saucepan to medium heat and add the oil. Cook the garlic and ginger until softened. Lower the heat and add the sugar, soy sauce, wine, chile pepper paste and vinegar; simmer until the sugar dissolves, about 5 minutes. Remove the sauce from the heat, cover and let stand for 1 hour.
2. Strain the sauce and return it to the saucepan. Bring to a boil over moderately high heat. Whisk in the cornstarch mixture and bring back to a boil. Remove from the heat, stir in the sesame oil and scallions and transfer to a bowl.
3. Meanwhile, preheat grill to medium-high heat. Season fish with salt and pepper. Grill, turning once, until center is just cooked. Remove from heat and let stand five minutes. Serve with sauce; garnish with sesame seeds.