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# COOKING FISH AND SHELLFISH

Because most fish and shellfish have little connective tissue, the procedures for cooking them are somewhat different from those for cooking meats and poultry. When we cook meats, we are often concerned with tenderizing the product. Fish is naturally tender, however, and cooking—especially overcooking—is more likely to toughen the product and dry it out.

In this chapter, we apply the basic cooking procedures explained in Chapter 15 to the preparation of fish dishes. Our goals are to cook the product just to doneness, to preserve moisture and texture, and to preserve and enhance natural flavors.

Of course, your study of these procedures depends on your understanding of the basic information on fish in the previous chapter. In particular, you may want to review the sections on testing for doneness and on fat and lean fish and their appropriate cooking methods.

## AFTER READING THIS CHAPTER, YOU SHOULD BE ABLE TO

1. Cook fish and shellfish by baking.
2. Cook fish and shellfish by broiling and grilling.
3. Cook fish and shellfish by sautéing and pan-frying.
4. Cook fish and shellfish by deep-frying.
5. Cook fish and shellfish by submersion poaching, shallow poaching, and simmering.
6. Cook fish and shellfish by steaming, sous vide, and mixed cooking techniques.
7. Prepare dishes made of raw seafood.

# BAKING

Whole fish and fish portions may be cooked by baking in an oven. Although large whole fish may be baked, this is usually not practical in volume food service. The method is more often used with steaks and fillets and with small fish. Baking is also a popular method for preparing shellfish such as stuffed clams or oysters.

Baking is often combined with other cooking methods. For example, partially broiled fish can be finished by baking. Baked fish casseroles are usually made with cooked fish.

Whole fish or portions of fish baked in the oven may also be referred to as roasted, as is currently the fashion. The term ***roasting*** may be applied both to basic baking and to moist baking, discussed below.

The basic roasting and baking procedures are explained in detail in Chapter 15, and you should review pages 420–423 as necessary before continuing with this section. However, baking fish presents some unique problems unlike those of roasting meat and poultry. The guidelines and procedures below outline the techniques used for baking fish.

In addition, you should review the procedure for pan smoking (range-top smoke roasting) on page 449 before working with the recipe for Pan-Smoked Salmon on page 630.

## GUIDELINES for Baking Fish

1. Fat fish are better for baking because they are less likely to dry out.
2. Lean fish may be baked successfully if great care is taken not to overcook them. Basting with butter or oil helps prevent drying.
3. In most cases, baking temperatures are from 350° to 400°F (175° to 200°C). Large fish are best baked at the lower end of this range so they bake more evenly.

   It is also possible to bake thin fillets or slices of fillets (cut like scaloppine) at very high temperatures. Great care must be used in this case because the fish may cook in a minute or less, and a few seconds too long might ruin it. The effect of the high heat is almost like broiling, and the normal guidelines for broiling thin fish fillets should be followed, as explained in the next section.
4. It is not possible to give specific baking times because fish vary so much in shape and composition. Different ingredients and types of baking pans also affect the baking time. The following guideline is helpful, however: Measure the thickness of the fish at the thickest point. At 400°F (200°C), baking time is about 10 minutes per inch (2.5 cm) of thickness.
5. Serving baked fish with a sauce or seasoned butter enhances its moistness and improves palatability. Serving with lemon also enhances the fish.
6. If fish is baked with a moist topping or sauce, strictly speaking, it is no longer being cooked by a dry-heat method. However, because the basic procedure is the same, the fish is treated as if it were.

## PROCEDURE for Baking Fish

1. Collect all equipment and food supplies.
2. Prepare and season fish (whole, steaks, fillets) as directed in the recipe.
3. Place the fish on oiled or buttered baking sheets. Brush tops with oil or butter.

   Alternative method: Dip fish in oil or melted butter to coat both sides. Place on baking sheets.
4. Apply toppings, if desired. ***Examples:*** seasoned bread crumbs, lemon slices, mushrooms or other vegetable garnish, and sauces.
5. Bake at 350° to 400°F (175° to 200°C) until done. If the fish is lean and has no moist topping, baste with oil or butter during baking.

## MOIST BAKING OR BRAISING

As we already noted above, if fish is baked with moist ingredients or with liquids, strictly speaking, the method is no longer a dry-heat method, although such preparations are included in this section. In French cooking, baking fish—usually whole fish or large pieces—with vegetables and liquid is called ***braising***. To avoid confusion with the braising method as applied to meats, however, we avoid that term and refer to such dishes as ***baked***.

This procedure is the same as the basic procedure for baking fish described above, with the following special features:

1. The baking pan should be just large enough to hold the fish, so you will not need too much liquid.
2. The bottom of the pan is buttered or oiled, then covered with a layer of sliced or chopped vegetables, such as carrots, onions, shallots, and mushrooms. The vegetables may be raw or first sautéed gently in butter or oil. The fish is then placed on top of the vegetables.
3. Frequently, a small amount of liquid, such as equal parts wine and fish stock, is added. Just enough liquid is used to cover the fish about halfway or less. During baking, the fish is basted with this liquid.
4. The fish may be baked uncovered or covered only lightly. It should not be covered tightly, however, because the liquid must be able to reduce somewhat so it will become more concentrated and more flavorful. Remember also that liquid will be released from the fish, diluting the cooking liquid.
5. For service, the fish is removed from the dish. The liquid is strained, degreased, reduced, and finished in various ways, such as by adding butter, cream, or velouté sauce.

You can see that this is a sort of combination technique. Because it often uses wine and other liquids, the method is, in some ways, similar to shallow poaching, as explained on page 443.

# Baked Cod Fillets Portugaise

**PORTIONS: 12** **PORTION SIZE: 5 OZ (150 G) FISH, 2 FL OZ (60 ML) SAUCE**

| U.S. | METRIC | INGREDIENTS |
|---|---|---|
| 12 | 12 | Cod fillets, 5-oz (150-g) portions |
| 1½ fl oz | 45 mL | Lemon juice |
| 4 fl oz | 120 mL | Melted butter or oil |
| to taste | to taste | Salt |
| to taste | to taste | White pepper |
| 1½ pt | 720 mL | Portugaise Sauce (p. 195) |

**PROCEDURE**

1. Place cod fillets on a well-oiled baking sheet or baking pan, flesh side up (that is, skin side down).
2. Brush the fish lightly with lemon juice. Then brush generously with the butter or oil and season lightly with salt and pepper.
3. Place the pan in a preheated 350°F (175°C) oven until done, about 10–15 minutes.
4. Halfway through the cooking time, check the fish and, if the tops appear to be drying out, brush with more butter or oil.
5. Serve each portion with 2 fl oz (60 mL) sauce. Nap the sauce across the center of the portion. Do not cover the entire fillet. For an alternative plating, see photo.

**Per serving:** Calories, 170; Protein, 16 g; Fat, 10 g (53% cal.); Cholesterol, 60 mg; Carbohydrates, 4 g; Fiber, 1 g; Sodium, 250 mg.

## VARIATIONS

Many other fish may be baked according to the basic recipe, such as

Haddock (fillets or steaks)
Halibut (steaks or fillets)
Snapper (fillets)
Bluefish (fillets)
Bass (fillets)
Mackerel (fillets)
Pike (fillets)
Salmon (fillets or steaks)
Perch (fillets)
Swordfish (steaks)
Flounder (fillets)
Whitefish (fillets)

Other appropriate sauces may be used, such as

Melted butter
Beurre noisette
Maître d'hôtel butter
Tomato and tomato-based sauces such as Creole (not for salmon or for very delicate fish like flounder)
Mustard (for strong-flavored fish only, such as mackerel or bluefish)
Curry (not for salmon or other fat fish)



Baked Cod Fillet Portugaise with a bouquet of vegetables

# Baked Fish with Tomatoes and Mushrooms

PORTIONS: 10 PORTION SIZE: 1 FISH

| U.S. | METRIC | INGREDIENTS |
|---|---|---|
| 10 | 10 | Small whole fish, about 12 oz (375 g) each (see *Note*) |
| to taste | to taste | Salt |
| to taste | to taste | Pepper |
| pinch | pinch | Dried thyme |
| 10 | 10 | Parsley sprigs |
| as needed | as needed | Olive oil |
| 8 oz | 250 g | Onion, small dice |
| 1 oz | 30 g | Shallots, minced |
| 8 oz | 250 g | Mushrooms, chopped |
| 1 lb | 500 g | Tomato concassé |
| 8 fl oz | 250 mL | Dry white wine |

**PROCEDURE**

1. Scale and clean the fish, but leave the heads on. Season the fish inside and out with salt and pepper, and put a small pinch of thyme and a sprig of parsley in the cavity of each.
2. Select as many baking pans as necessary to just hold the fish in a single layer. Oil the pans with a little olive oil.
3. Sauté the onions and shallots in a little olive oil about 1 minute. Add the mushrooms and sauté lightly.
4. Put the sautéed vegetables and the tomatoes in the bottoms of the baking pans.
5. Put the fish in the pans. Oil the tops lightly. Pour in the wine.
6. Bake at 400°F (200°C) until the fish is done. The time will vary but will average 15–20 minutes. Baste often with the liquid in the pan.
7. Remove the fish and keep them warm until they are plated.
8. Remove the vegetables from the pans with a slotted spoon and check for seasonings. Serve a spoonful of the vegetables with the fish, placing it under or alongside each fish.
9. Strain, degrease, and reduce the cooking liquid slightly. Just before serving, moisten each portion with 1–2 tbsp (15–30) mL of the liquid.

**Per serving:** Calories, 350; Protein, 55 g; Fat, 9 g (24% cal.); Cholesterol, 120 mg; Carbohydrates, 6 g; Fiber, 1 g; Sodium, 210 mg.

***Note:*** Many types of fish can be used, including sea bass, red snapper, porgy, perch, and trout. As an alternative, use thick steaks or thick pieces of fillet from larger fish such as cod or tilefish.

## VARIATIONS

### Baked Fish à la Menagère

Use butter instead of olive oil. Substitute sliced leeks for part or all of the onion. Omit the tomatoes. Add 4 oz (125 g) sliced carrot and cook it with the leek. Slice the mushrooms instead of chopping them, and add them to the pan raw. Add 1 cup (250 mL) fish stock along with the wine. After straining and reducing the cooking liquid in step 9, thicken it very lightly with a little beurre manié. Enrich the sauce with a little raw butter or cream.



Baked Fish with Tomatoes and Mushrooms

# Baked Pike Fillets English Style

PORTIONS: 12 PORTION SIZE: 1 FILLET, 5 – 6 OZ (150–180 G)

| U.S. | METRIC | INGREDIENTS |
|---|---|---|
| 12 | 12 | Pike fillets, 5–6 oz (150–180 g) each |
| 1 fl oz | 30 mL | Lemon juice |
| to taste | to taste | Salt |
| to taste | to taste | White pepper |
| 5 oz | 150 g | Melted butter |
| 12 oz, or as needed | 360 g, or as needed | Bread crumbs, dry |
| 12 fl oz | 360 mL | Herb Butter Sauce (p. 198, optional) |
| 12 | 12 | Lemon wedges |

**PROCEDURE**

1. Brush the fillets lightly with lemon juice and season with salt and pepper.
2. Dip both sides of each fillet in the butter and then in the bread crumbs. Press the crumbs on lightly so they adhere.
3. Place the fillets flesh side up (skin side down) on a sheet pan (if cooking in quantity) or on sizzler platters (if cooking to order).
4. Place in an oven heated to 400°F (200°C) and bake until fish is done and crumbs are lightly browned.
5. Place the fish on hot plates. Spoon a thin band of butter sauce onto the plate partway around the fish.
6. Place a lemon wedge on each plate and serve immediately.

**Per serving:** Calories, 350; Protein, 33 g; Fat, 14 g (36% cal.); Cholesterol, 155 mg; Carbohydrates, 22 g; Fiber, 1 g; Sodium, 370 mg.

# Baked Clams Oreganata

PORTIONS: 10 PORTION SIZE: 3 CLAMS (APPETIZER PORTION)

| U.S. | METRIC | INGREDIENTS |
|---|---|---|
| 30 | 30 | Cherrystone clams |
| 2 fl oz | 60 mL | Olive oil |
| 1 oz | 30 g | Onions, shallots, or scallions, chopped fine |
| 1 tsp | 5 mL | Finely chopped garlic |
| 1 fl oz | 30 mL | Lemon juice |
| 10 oz | 300 g | Fresh bread crumbs |
| 1 tbsp | 15 mL | Chopped parsley |
| ¾ tsp | 3 mL | Dried oregano |
| ⅛ tsp | 0.5 mL | White pepper |
| ⅓ cup | 25 g | Parmesan cheese |
| as needed | as needed | Paprika |
| 10 | 10 | Lemon wedges |

**PROCEDURE**

1. Open the clams (see Fig. 20.9 for technique). Catch the juice in a bowl.
2. Remove the clams from the shell. Place them in a strainer over the bowl of juice. Let them drain 15 minutes in the refrigerator. Save the 30 best half-shells.
3. Chop the clams into small pieces.
4. Heat the oil in a sauté pan. Add the onion and garlic. Sauté about 1 minute, but do not brown.
5. Add half the clam juice and reduce by three-fourths over high heat.
6. Remove from the heat and add the lemon juice, crumbs, parsley, oregano, and white pepper. Mix gently to avoid making the crumbs pasty.
7. Taste and adjust seasonings if necessary. (Clams are usually very salty.)
8. Cool the mixture. Mix in the chopped clams.
9. Fill the 30 clamshells with the mixture. Sprinkle with parmesan cheese and (very lightly!) with paprika.
10. Place on a sheet pan and refrigerate until needed.
11. For each order, bake 3 clams in a hot oven (450°F/230°C) until they are hot and the top is brown.
12. Garnish with lemon wedge.

**Per serving:** Calories, 180; Protein, 10 g; Fat, 8 g (41% cal.); Cholesterol, 20 mg; Carbohydrates, 16 g; Fiber, 1 g; Sodium, 230 mg.

***Note:*** Clams and oysters are often baked on a bed of rock salt to hold them steady. The rock salt also holds heat well.



Baked Clams Oreganata

# Pan-Smoked Salmon Fillet with Pepper Salad

PORTIONS: 12 PORTION SIZE: 4 OZ (125 G) FISH, 4 OZ (125 G) GARNISH

| U.S. | METRIC | INGREDIENTS |
|---|---|---|
| 3 lb | 1.5 kg | Salmon fillets |
| 1 fl oz | 30 mL | Vegetable oil |
| ¾ tsp | 3 mL | Ground coriander |
| ¾ tsp | 3 mL | Ground cumin |
| ¼ tsp | 1 mL | Ground cloves |
| ½ tsp | 2 mL | Ground fennel |
| ½ tsp | 2 mL | Black pepper |
| 1 tsp | 5 mL | Salt |
| 3 lb | 1.5 kg | Roasted Pepper Salad (p. 697) |

**PROCEDURE**

1. Cut the salmon fillets into 4-oz (125-g) portions.
2. Brush the salmon lightly with oil.
3. Combine the spices and salt. Sprinkle over the fish to coat them in a light, even layer.
4. Set up a smoke-roasting system as shown in Figure 4.1. Heat the pan of wood chips or sawdust on top of the stove until smoke appears. Lay the salmon fillets on the rack, cover, and turn the heat to medium-low. Smoke-roast for 2 minutes.
5. Transfer the pan to an oven preheated to 400°F (200°C) and continue roasting another 8–10 minutes, or until the fish is just cooked through.
6. Arrange the salmon fillets and the pepper salad on plates. Serve immediately.

**Per serving:** Calories, 370; Protein, 29 g; Fat, 25 g (60% cal.); Cholesterol, 70 mg; Carbohydrates, 9 g; Fiber, 2 g; Sodium, 470 mg.



Pan-Smoked Salmon Fillet with Pepper Salad

# Baked Oysters with Balsamic Vinegar, Arugula, and Pine Nuts

PORTIONS: 12 PORTION SIZE: 3 OYSTERS (APPETIZER PORTION)

| U.S. | METRIC | INGREDIENTS |
|---|---|---|
| 36 | 36 | Oysters |
| ½ oz | 15 mL | Balsamic vinegar |
| 1 oz | 30 g | Arugula, chopped |
| 1 oz | 30 g | Pine nuts, toasted |
| 1½ fl oz | 45 mL | Olive oil |

**PROCEDURE**

1. Open the oysters as shown in Figure 20.8. Arrange the oysters on a sheet pan.
2. Top each oyster with a few drops of balsamic vinegar, then with a little chopped arugula, a few pine nuts, and, finally, about ¼ tsp (1.2 mL) olive oil. If the oysters are not salty, you may wish to add a little salt.
3. Bake at 450°F (230°C) for a few minutes, just until the oysters are hot. Serve immediately.

**Per serving:** Calories, 70; Protein, 3 g; Fat, 6 g (77% cal.); Cholesterol, 15 mg; Carbohydrates, 2 g; Fiber, 0 g; Sodium, 75 mg.

# Roasted Monkfish with Spinach and White Beans

**PORTIONS: 12** **PORTION SIZE: 6–8 OZ (180–240 G) FISH, 3 OZ (90 G) BEANS, 2 OZ (60 G) SPINACH**

| U.S. | METRIC | INGREDIENTS |
|---|---|---|
| 6–12 | 6–12 | Garlic cloves |
| 12 | 12 | Monkfish tails, boned, skinned, and trimmed, 6–8 oz (180–240 g) each |
| to taste | to taste | Salt |
| to taste | to taste | White pepper |
| as needed | as needed | Flour |
| 3 oz | 90 g | Butter |
| 3 fl oz | 90 mL | Olive oil |
| 12 fl oz | 360 mL | White wine |
| 2 lb 4 oz | 1.1 kg | Cooked white kidney beans, cannellini beans, or navy beans |
| to taste | to taste | Butter or olive oil |
| 1 lb 8 oz | 720 g | Cooked spinach, buttered |

**PROCEDURE**

1. Cut the garlic cloves lengthwise into slivers.
2. Lard the monkfish with the garlic by making slits in the fish with the point of a paring knife and inserting the slivers in them.
3. Season the fish with salt and pepper. Dust the fish lightly with flour and shake off excess.
4. Heat the butter and oil in a sauté pan. Brown the monkfish on all sides.
5. Add the wine and transfer the pan to an oven heated to 400°F (200°C). Roast 4–5 minutes, or until the fish is cooked. (*Note*: The pan must not be too large, or too much liquid will evaporate.)
6. Remove the fish from the pan and keep warm.
7. Add the beans to the pan and set over moderate heat. Cook until the beans are hot and the liquid, if any, is reduced so that the beans are quite moist but without excess liquid. Adjust the seasonings. Add a little butter or olive oil if desired.
8. Spoon 3 oz (90 g) beans onto the center of each dinner plate and spread them out slightly.
9. Place 2 oz (60 g) spinach in a small mound in the center of the beans.
10. Cut each monkfish tail into 3 pieces and arrange on or around the spinach.

**Per serving:** Calories, 450; Protein, 36 g; Fat, 18 g (36% cal.); Cholesterol, 65 mg; Carbohydrates, 30 g; Fiber, 11 g; Sodium, 135 mg.



Roasted Monkfish with Spinach and White Beans

## ADDITIONAL RECIPE

*This additional recipe may be found on your CulinarE-Companion recipe management program:*

**Baked Stuffed Mackerel**

# BROILING AND GRILLING

Broiled and grilled seafood items, like grilled meats, are increasingly popular. Customers perceive them as simpler and more healthful and, because they are prepared quickly, as fitting the faster pace of modern life.

Grilled dishes are, in their purest form, simple and straightforward, but they lend themselves to many variations in presentation. By varying sauces, vegetable accompaniments, and garnishes, you can offer a great assortment of grilled fish on the menu. And, because the sauces and accompaniments are generally prepared ahead of time, these dishes are still quick to prepare, even if the presentation is elaborate.

A slightly crisped, browned, or grill-marked surface is important to the appeal of grilled or broiled fish. Do not cover the item with sauce, and do not serve too much sauce. A small piece of seasoned butter or a drizzle of a flavorful condiment or sauce can be used to decorate the top of the item. In most other cases, it is better to place sauces on the side. Appropriate healthful sauces include vegetable coulis and salsas. For richer dishes, beurre blanc is a good accompaniment, especially for lean fish like halibut.

Another popular approach is to serve the fish without a sauce, except perhaps for a small dab of a condiment such as a relish or chutney, and to complement the fish with an attractive variety of vegetables.

Carefully review the explanation and the basic grilling and broiling procedure explained on pages 430–431. In addition, observe the following guidelines:

## GUIDELINES for Broiling or Grilling Fish

1. Because of the intense heat of the broiler, great care is needed to avoid overcooking the fish.
2. Select appropriate fish for broiling or grilling. Small slices and thin fillets are usually too delicate to be placed directly on the grid of a broiler or grill. Arrange them on oiled sheet pans, broiler platters, or other baking dishes or pans, and cook under a broiler. Alternatively, place fish in hinged hand racks to protect them and to help keep them from breaking apart. Whole fish or thick slices of firm fish such as salmon, shark, and swordfish can be placed directly on the grill if care is taken to avoid breaking them up. Be sure the grid is clean and oiled to prevent sticking.
3. Fat fish is best for broiling because it doesn't get as dry as lean fish. However, all fish, fat or lean, should be coated with a fat before broiling to reduce drying.
4. Lean fish may be dredged in flour before dipping in oil or melted butter. The flour helps form a flavorful browned crust.
5. Instead of being dredged with flour, fish may be coated with fat and then with bread crumbs or cornmeal. Use caution, however, as bread crumbs burn very easily. Use this technique only with items that cook quickly.
6. If the fish has an attractive skin (such as red snapper and black sea bass), the skin may be left on and used as the presentation side. This enhances appearance and also helps hold the delicate flesh together. Make sure the fish is thoroughly scaled. To prevent splitting during cooking, score the skin with a sharp knife, making a series of parallel cuts across the fish or cutting in a diamond pattern for larger fish. For small fillets, scoring may not be necessary.
7. Broil fish to order and serve immediately.
8. Broiled fish may be garnished lightly with paprika if more color is desired, but don't overdo it. A common fault in broiling or baking fish is coating them with a heavy layer of paprika, which ruins their delicate flavor.
9. Thick cuts should be turned once during broiling in order to cook evenly. Thin pieces may be arranged on an oiled pan and broiled on one side only. Lobster is also broiled without turning.



### KEY POINTS TO REVIEW

- What are the steps in the basic procedure for baking fish? Describe guidelines for success in baking fish.
- What is braising of fish, and how does it compare to baking?
- What are the steps in the basic procedure for broiling or grilling fish? Describe guidelines for success in broiling and grilling fish.

# Broiled Fish Steaks Maître d'Hôtel

PORTIONS: AS NEEDED PORTION SIZE: 5–6 OZ (150–175 G)

| U.S. | METRIC | INGREDIENTS |
|---|---|---|
| as needed | as needed | Fish steaks, 5–6 oz (150–175 g) each (see *Note*) |
| to taste | to taste | Salt |
| to taste | to taste | White pepper |
| as needed | as needed | Oil or melted butter |
| as needed | as needed | Maître d'Hôtel Butter (p. 198) |
| as needed | as needed | Lemon wedges |

**PROCEDURE**

1. Season the steaks with salt and pepper.
2. Place the oil or melted butter in a small pan. Dip both sides of the steaks in it to coat completely.
3. Place on the rack of a preheated broiler. Broil under medium heat until half cooked. Turn over with a spatula. At this point, it may be necessary to brush the tops of the steaks with more oil or butter if they are becoming dry.
4. Complete the cooking on the second side.
5. Plate the fish. Place a slice of seasoned butter on top of each steak. Garnish the plate with a lemon wedge. Serve immediately.

**Per serving:** Calories, 320; Protein, 27 g; Fat, 22 g (63% cal.); Cholesterol, 105 mg; Carbohydrates, 2 g; Fiber, 1 g; Sodium, 2460 mg.

***Note:*** Salmon, tuna, and swordfish steaks are ideal for broiling, but they are also expensive. Other fish steaks that may be broiled include cod, haddock, halibut, king mackerel, and large bluefish.

Fillets may also be broiled using this recipe if they are thick or firm enough to avoid breaking up on the grill.

## VARIATIONS

For lean white fish (halibut, cod, etc.), dredge in flour and shake off excess before dipping in the melted butter or oil. Broil as in the basic recipe.

Other compound butters may be used in place of maître d'hôtel butter.

For fat fish, omit the butter and serve the fish with a small quantity of flavorful vinaigrette.

# Grilled Mahi-Mahi with Fruit Salsa

PORTIONS: 12 PORTION SIZE: 6 OZ (180 G)

| U.S. | METRIC | INGREDIENTS |
|---|---|---|
| 3 fl oz | 90 mL | Lemon juice |
| 1 tsp | 5 mL | Salt |
| ¼ tsp | 1 mL | White pepper |
| ⅛ tsp | 0.5 mL | Cayenne |
| 12 | 12 | Mahi-mahi fillets, 6 oz (180 g) each |
| 4 fl oz, or as needed | 125 mL, or as needed | Vegetable oil |
| 1 lb 2 oz | 600 g | Fruit Salsa (p. 221) |

**PROCEDURE**

1. In a nonreactive container, mix together the lemon juice, salt, white pepper, and cayenne.
2. Place the fish fillets in the mixture, turning them to coat all sides. Let stand 15 minutes.
3. Remove the fish from the marinade. Dip the fillets in the oil and remove, letting the excess oil drip off.
4. Grill the fillets on a preheated, seasoned grill or broiler. Grill until just done. Do not overcook, or the fish will be dry.
5. Plate the fillets. Next to each fillet, place 1½ oz (50 g) fruit salsa.

**Per serving:** Calories, 210; Protein, 32 g; Fat, 6 g (27% cal.); Cholesterol, 125 mg; Carbohydrates, 5 g; Fiber, 1 g; Sodium, 170 mg.

# Grilled Tuna with Balsamic Vinaigrette and Sweet-Sour Baby Onions

PORTIONS: 4 PORTION SIZE: 5–6 OZ (150–180 G) TUNA

| U.S. | METRIC | INGREDIENTS |
|---|---|---|
| 1 fl oz | 30 mL | Balsamic vinegar |
| ½ oz | 15 mL | Water |
| ¼ tsp | 1 mL | Parsley, chopped |
| ¼ tsp | 1 mL | Chives, chopped |
| to taste | to taste | Salt |
| to taste | to taste | White pepper |
| 2½ fl oz | 75 mL | Olive oil |
| 1 oz | 30 g | Roasted red pepper (p. 289), small dice |
| 4 | 4 | Tuna steaks, 5–6 oz (150–180 g) each |
| to taste | to taste | Salt |
| 8 oz | 240 g | Cipolline in Agrodolce (p. 320) |

**PROCEDURE**

1. Make a vinaigrette (see p. 670 for procedure) with the vinegar, water, herbs, salt, pepper, and olive oil.
2. Mix in the diced red pepper.
3. Season the tuna steaks with a little salt and brush with a little of the vinaigrette.
4. Grill the steaks until rare or medium rare.
5. For each portion, arrange the onions in the center of the plate.
6. Cut the steak in half to display the interior. Arrange the two halves on top of the onions.
7. Spoon a little vinaigrette around the tuna.

**Per serving:** Calories, 450; Protein, 36 g; Fat, 26 g (54% cal.); Cholesterol, 65 mg; Carbohydrates, 14 g; Fiber, 1 g; Sodium, 220 mg.



Grilled Tuna with Balsamic Vinaigrette and Sweet-Sour Baby Onions

# Broiled Salmon in Escabeche

**PORTIONS: 12** **PORTION SIZE: 5–6 OZ (150–180 G)**

| U.S. | METRIC | INGREDIENTS |
|---|---|---|
| 4 fl oz | 120 mL | Lime juice |
| 1 tsp | 5 mL | Salt |
| ½ tsp | 2 mL | Pepper |
| ½ tsp | 2 mL | Ground cumin |
| ½ tsp | 2 mL | Ground allspice |
| 12 | 12 | Salmon steaks, 5–6 oz (150–180 g) each |
| 2 fl oz | 60 mL | Vegetable oil |
| 12 oz | 360 g | Onion, sliced ⅛ in. (3 mm) thick |
| 6 | 6 | Garlic cloves, peeled and halved |
| 4 | 4 | Pickled jalapeños, sliced |
| | | Sachet: |
| 6 | 6 | Whole cloves |
| ½ tsp | 2 mL | Whole allspice |
| 1 tsp | 5 mL | Peppercorns |
| ½ tsp | 2 mL | Cumin seed |
| 3 | 3 | Bay leaves, broken |
| 1 tsp | 5 mL | Dried oregano |
| 1-in. piece | 2–3 cm piece | Cinnamon stick |
| 6 fl oz | 180 mL | Cider vinegar |
| 1 pt | 500 mL | Water |
| as needed | as needed | Vegetable oil |
| as needed | as needed | Cilantro leaves |

**PROCEDURE**

1. In a nonreactive container, mix together the lime juice, salt, pepper, ground cumin, and ground allspice.
2. Place the salmon steaks in the mixture, turning them to coat both sides.
3. Refrigerate 30–60 minutes.
4. Heat the oil in a sauté pan over moderate heat.
5. Add the onion. Sauté until lightly browned.
6. Add the garlic and jalapeños. Sauté 2–3 minutes.
7. Add the sachet, vinegar, and water. Simmer over low heat until reduced by half.
8. Remove the salmon from the marinade and pat dry with clean towels.
9. Dip the salmon in oil and remove, letting the excess oil drip off.
10. Broil the steaks on a preheated, seasoned broiler or on a grill. Broil until just done. Do not overcook, or the fish will be dry.
11. Serve each steak with about 1½ fl oz (45 mL) onion, spice, and vinegar mixture. Top with a few cilantro leaves.

**Per serving:** Calories, 260; Protein, 31 g; Fat, 12 g (43% cal.); Cholesterol, 80 mg; Carbohydrates, 5 g; Fiber, 0 g; Sodium, 150 mg.



Broiled Salmon in Escabeche

### VARIATION

For a more traditional escabeche, add the fish to the hot vinegar mixture and cool. After 1 hour, refrigerate the fish in the liquid. To serve, rewarm to room temperature or slightly warmer.

## ESCABECHE

The word *escabeche* (ess ka bey chay) is Spanish for "brine," and *en escabeche* means "pickled." Many foods en escabeche are popular in the cuisines of Mexico, especially seafood and vegetables. The method originated as a way to preserve foods by pickling them in vinegar and spices. Today, with refrigeration available, they are enjoyed for their flavors more than their keeping qualities.

In a true escabeche, the food is left in the vinegar mixture for a time at room temperature or refrigerated long enough for it to develop a pickled taste. It is later served at room temperature or rewarmed. In addition, fish prepared this way is often pan-fried in oil before being pickled. The accompanying recipe is modified from the traditional methods for a lighter flavor. The fish is grilled rather than pan-fried, and the spice and vinegar mixture is served with it as a sauce rather than being used to pickle it.

# Broiled Lobster

PORTIONS: 1 PORTION SIZE: 1 LOBSTER

| U.S. | METRIC | INGREDIENTS |
|---|---|---|
| 1 | 1 | Live lobster, 1–1½ lb (450–700 g) |
| 1 tsp | 5 mL | Finely chopped shallot |
| 1 tbsp | 15 g | Butter |
| 1 oz | 30 g | Dry bread crumbs |
| 3 tbsp | 45 mL | Chopped parsley |
| to taste | to taste | Salt |
| to taste | to taste | Pepper |
| as needed | as needed | Melted butter |
| 2 fl oz | 60 mL | Melted butter |
| as needed | as needed | Lemon wedges |

**PROCEDURE**

1. Split the lobster as shown in Figure 20.13. Remove and discard the stomach (just behind the eyes) and the vein that runs through the tail. The liver and coral may be left in or removed and added to the stuffing (step 3), as desired.
2. Sauté the shallot in the butter just until it starts to become tender.
3. Optional step: Chop the lobster coral and liver (tomalley) and add to the pan. Sauté just until firm, 10–20 seconds.
4. Add the bread crumbs and brown them lightly in the butter. Remove from the heat.
5. Add the parsley. Season the crumbs with salt and pepper.
6. Place the lobster shell side down on a small sheet pan or in a shallow baking pan. Fill the body cavity with the crumb mixture. Do not put the crumbs over the tail meat.
7. Brush the tail well with melted butter.
8. Place a few of the legs on top of the stuffing. If the lobster was split by the first method, shown in Figure 20.13(g), weight the end of the tail to keep it from curling.
9. Place the lobster under the broiler at least 6 in. (15 cm) from the heat. Broil until the crumbs are well browned.
10. At this point, the lobster will probably not be completely cooked, unless it is very small and the broiler heat very low. Place the pan with the lobster in a hot oven to finish cooking.
11. Remove the lobster from the heat and serve immediately with a small cup of melted butter and with lemon garnish.

**Per serving:** Calories, 760; Protein, 12 g; Fat, 71 g (82% cal.); Cholesterol, 210 mg; Carbohydrates, 22 g; Fiber, 1 g; Sodium, 1090 mg.

**VARIATION** Broiled Rock Lobster Tail

Rock lobster is usually dry if broiled like lobster. A better method is to poach it in salted water (p. 648) until just cooked. Then split the tails, brush with butter, and run under the broiler 1–2 minutes.

# Broiled Shrimp, Scampi Style

PORTIONS: 10 PORTION SIZE: 4½ OZ (125 G)

| U.S. | METRIC | INGREDIENTS |
|---|---|---|
| 50 | 50 | Shrimp, size 16/20 |
| 6 oz | 175 g | Butter |
| ½ cup | 125 mL | Oil, preferably olive oil (see *Note*) |
| 1 tbsp | 15 mL | Garlic, very finely chopped |
| 1 fl oz | 30 mL | Lemon juice |
| 2 tbsp | 30 mL | Chopped parsley |
| to taste | to taste | Salt |
| to taste | to taste | Pepper |

**PROCEDURE**

1. Peel, devein, and butterfly the shrimp as shown in Figure 20.16. Leave tails on.
2. Place shrimp in individual service casserole dishes or in a shallow baking pan, tails up and cut side down. (Shrimp will curl more when cooked, so tails stand up as shrimp are broiled.)
3. Keep refrigerated until needed.
4. Heat butter and oil in a saucepan until the butter is melted.
5. Add the garlic, lemon juice, parsley, salt, and pepper.
6. Pour the butter sauce over the shrimp.
7. Place under the broiler at medium heat. Broil until the tops are lightly browned. (Don't worry if the tips of the tails burn a little; this is normal.)
8. Transfer the shrimp to the oven above the broiler for a few minutes to finish cooking.

**Per serving:** Calories, 250; Protein, 7 g; Fat, 25 g (88% cal.); Cholesterol, 95 mg; Carbohydrates, 1 g; Fiber, 0 g; Sodium, 210 mg.

***Note:*** All butter may be used, instead of a mixture of butter and oil. Or, if you are using a good-quality olive oil, use more oil and less butter or all olive oil. Serve this dish with rice or with plenty of bread to soak up the flavorful butter.

**(continues on next page)**

### VARIATIONS

The shrimp can be marinated 1–2 hours in the oil, chopped garlic, lemon juice, and seasonings. Add the butter at cooking time. Or omit the butter when cooking, and serve small cups of garlic butter on the side.

#### Shrimp Brochettes

Marinate the shrimp as indicated above. Put the shrimp on skewers and broil, basting several times with the marinade and melted butter.

#### Broiled Scallops

Place the scallops in individual service casseroles (5–6 oz/150–175 g per portion). Top each portion with 1 tbsp (15 mL) dry bread crumbs. Pour the butter sauce over the scallops and broil as in the basic recipe.

#### Broiled Fish Fillets or Steaks with Garlic Butter

Use fillets or steaks of any lean, white fish. Place fish on sheet pans and prepare according to procedure for Broiled Scallops, using the bread crumbs.

### SHRIMP, SCAMPI-STYLE

*Scampo* (plural: *scampi*) is the Italian word for the crustacean called "langoustine," also known as Norway lobster or Dublin Bay prawn. A common way to cook scampi is with garlic butter, as illustrated by this recipe. Scampi aren't shrimp (Italian for shrimp is *gambero* or *gamberetto*), so the commonly used menu term "shrimp scampi" should be understood to mean "shrimp cooked like scampi."

# Oysters Casino

**PORTIONS: 12** **PORTION: 3 OYSTERS (APPETIZER PORTION)**

| U.S. | METRIC | INGREDIENTS |
|---|---|---|
| 36 | 36 | Oysters |
| ½ lb | 225 g | Butter |
| 2 oz | 60 g | Green bell pepper, chopped fine |
| 1 oz | 30 g | Pimiento, chopped fine |
| 1 oz | 30 g | Shallots, chopped fine |
| ¼ cup | 60 mL | Chopped parsley |
| 1 fl oz | 30 mL | Lemon juice |
| to taste | to taste | Salt |
| to taste | to taste | White pepper |
| 9 strips | 9 strips | Bacon |

**PROCEDURE**

1. Open oysters as shown in Figure 20.8. Discard top shell.
2. Place oysters on a sheet pan or in a shallow baking pan (see *Note*).
3. Place the butter in the bowl of a mixer and beat with the paddle attachment until soft and smooth.
4. Add the green pepper, pimiento, shallots, parsley, and lemon juice. Mix until evenly combined. Season to taste with salt and pepper. (Casino butter can be rolled in parchment, refrigerated or frozen, and sliced to order.)
5. Cook the bacon in the oven or on the griddle until about half cooked. Drain.
6. Cut each strip into 4 pieces.
7. Place about 2 tsp (10 mL) butter mixture on top of each oyster.
8. Top each oyster with a piece of bacon.
9. Run the oysters under the broiler until the bacon is brown and the oysters are hot. Do not overcook.

**Per serving:** Calories, 610; Protein, 26 g; Fat, 51 g (75% cal.); Cholesterol, 230 mg; Carbohydrates, 12 g; Fiber, 0 g; Sodium, 860 mg.

***Note:*** Broiled or baked oysters and clams are often placed on beds of rock salt to hold them steady.



Oysters Casino

### VARIATION

#### Clams Casino

Prepare as in the basic recipe, using cherrystone or littleneck clams.

## ADDITIONAL RECIPE

*This additional recipe may be found on your CulinarE-Companion recipe management program:*

**Broiled Mako Shark Steaks with Browned Garlic Vinaigrette**

# SAUTÉING AND PAN-FRYING

As in meat and poultry cookery, the exact distinction between sautéing and pan-frying fish is impossible to draw. For many purposes, the two terms are used interchangeably. For example, many fish preparations that do not involve deglazing the pan are commonly referred to as sautéed. In many ways, they seem more like pan-fried items, except that only a small amount of fat is used. You should review the basic procedures in Chapter 15 (pp. 432–437), but be aware that there are many variations on these procedures.

A classic method for sautéing fish is called **à la meunière** (mun yair). In this preparation, the product is dredged in flour and sautéed in clarified butter or oil. It is then plated and sprinkled with lemon juice and chopped parsley, and freshly prepared hot brown butter (beurre noisette) is poured over it. When the hot butter hits the lemon juice, it creates a froth. The fish should then be served at once. The basic procedure for sautéing à la meunière is given below.

Other pan-fried or sautéed fish preparations may call for Standard Breading Procedure (p. 155) or for dredging the fish with a product other than flour, such as cornmeal. Also, a variety of garnishes may be used.

The procedures and variations just described apply to most popular sautéed and pan-fried fish recipes. In general, because most types of fin fish are so delicate, especially if filleted, they do not lend themselves to a great many sautéing variations. Rather, variety is created with accompaniments, sauces, and garnishes. On the other hand, firm shellfish, like shrimp and scallops, are easy to sauté, and there is a greater variety of recipes for them.

## GUIDELINES for Sautéing and Pan-Frying Fish and Shellfish

1. Lean fish are especially well suited to sautéing because the cooking method supplies fat the fish lack.

   Fat fish may also be sautéed, as long as you take care not to get them too greasy.
2. Sautéed fish is usually given a coating of flour, breading, or other starchy product before sautéing. This forms a crust that browns attractively, enhances the flavor, and helps hold the fish together and prevent sticking.
3. Fish may be soaked in milk briefly before dredging in flour. This helps the flour form a good crust.
4. Clarified butter and oil are the preferred fats for sautéing and pan-frying. Whole butter is likely to burn, unless the fish items are very small.
5. Use a minimum of fat. About ⅛ inch (3 mm), or enough to cover the bottom of the pan, is enough.
6. Observe the guidelines for the basic sautéing procedure (p. 433). In particular, be sure the pan is hot before adding the fish to it. After the item has begun to cook, adjust the heat as necessary. Small items, such as shrimp and scallops, are sautéed over high heat. Larger items, such as whole fish or thick steaks, require lower heat to cook evenly.
7. Very large fish may be browned in fat and then finished in the oven, uncovered.
8. Brown the most attractive side—the presentation side—first. For fillets, this is usually the flesh side or the side against the bone, not the skin side.
9. Handle fish carefully during and after cooking to avoid breaking the fish or the crisp crust.
10. Sauté or fry to order and serve immediately.

## PROCEDURE for Cooking Fish à la Meunière

1. Collect all equipment and food supplies.
2. Heat a small amount of clarified butter in a sauté pan.
3. Season the fish and dredge in flour. Shake off excess.
4. Place the fish in the pan, presentation side down.
5. Sauté the fish, turning once with a spatula, until both sides are brown and the fish is just cooked through.
6. Remove the fish from the pan with a spatula and place on a serving plate, presentation side up.
7. Sprinkle the fish with lemon juice and chopped parsley.
8. Heat some raw butter in the sauté pan until it turns light brown. Pour it over the fish immediately.
9. Serve at once.

### PROCEDURE VARIATION

Instead of sprinkling the lemon juice and parsley on the fish, deglaze the pan with lemon juice after the butter turns brown in step 8. Be careful, as the hot butter may spatter when the lemon juice hits it. Then add the parsley to the lemon butter. Pour this mixture over the fish.

# Fillets of Sole Meunière

PORTIONS: 10 PORTION SIZE: 4 OZ (125 G)

| U.S. | METRIC | INGREDIENTS |
|---|---|---|
| 20 | 20 | Sole fillets, 2 oz (60 g) each |
| to taste | to taste | Salt |
| to taste | to taste | White pepper |
| 3 oz | 90 g | Flour |
| 6 oz | 175 g | Clarified butter or oil, or a mixture of butter and oil |
| 1 fl oz | 30 mL | Lemon juice |
| ¼ cup | 60 mL | Chopped parsley |
| 5 oz | 150 g | Butter |
| 20 | 20 | Slices of peeled lemon |

**PROCEDURE**

1. Have all ingredients ready, but do not season and flour the fish until immediately before cooking.
2. Unless you are cooking to order, use as many sauté pans as necessary to hold all the fillets, or cook them in several batches. Place the sauté pans over medium heat so they will be ready as soon as the fish is floured.
3. Season the fillets with salt and pepper. Place the clarified butter in the hot pans to heat. Dredge the fish in flour and shake off excess. Place the fish in the pans flesh side (presentation side) down.
4. Sauté until lightly browned. Turn over with a spatula and brown the other side. Be careful not to break the fillets when turning.
5. Remove the fillets from the pan with a spatula, being careful not to break them. Plate the fish on hot dinner plates.
6. Sprinkle the fish with lemon juice and chopped parsley.
7. Heat the butter in small saucepan or sauté pan until it turns light brown (beurre noisette).
8. Pour the hot butter over the fish.
9. Quickly place a lemon slice on top of each fillet and serve immediately.

**Per serving:** Calories, 370; Protein, 20 g; Fat, 29 g (71% cal.); Cholesterol, 130 mg; Carbohydrates, 7 g; Fiber, 0 g; Sodium, 370 mg.

## VARIATIONS

Other white fish fillets, as well as shellfish such as scallops and shrimp, may be cooked by the same procedure.

Placing the fish in milk before dredging in flour helps form an attractive, well-browned crust. However, the fish must be drained well before flouring or the flour coating might become heavy and pasty.

### Fillets of Fish Doré

Sauté the fish as in the basic recipe, but serve without the lemon juice, chopped parsley, and beurre noisette. Garnish the plate with lemon and parsley sprig. (Doré means "golden.")

### Trout Meunière

Prepare whole, drawn trout as in the basic recipe. Dip the fish in milk before dredging in flour to form a better crust.

### Fish Sauté Amandine

Prepare as in the basic recipe. Brown sliced almonds in the butter used for garnishing. Omit garnish of lemon slices, and garnish plate with lemon wedges.

### Fish Sauté Grenobloise

Prepare as in the basic recipe. Garnish the fish with capers and diced, peeled lemon sections in addition to the chopped parsley before pouring on the brown butter.

### Sautéed Soft-Shell Crabs

Prepare as in the basic recipe. Serve 2 per portion. Chopped parsley and lemon slices may be omitted.



Scallops Meunière

# Spicy Shrimp or Scallop Sauté

PORTIONS: 10 PORTION SIZE: 4 OZ (125 G)

| U.S. | METRIC | INGREDIENTS |
|---|---|---|
| 1 tsp | 5 mL | Paprika |
| ¼ tsp | 1 mL | Cayenne |
| ¼ tsp | 1 mL | Black pepper |
| ¼ tsp | 2 mL | White pepper |
| ¼ tsp | 1 mL | Dried thyme |
| ¼ tsp | 1 mL | Dried basil |
| ¼ tsp | 1 mL | Dried oregano |
| ½ tsp | 2 mL | Salt |
| 2½ lb | 1.25 kg | Peeled, deveined shrimp or scallops |
| 6 oz | 175 g | Onion, sliced |
| 1 | 1 | Garlic clove, chopped |
| as needed | as needed | Clarified butter |

**PROCEDURE**

1. Mix together the spices, herbs, and salt.
2. If the shrimp or scallops are wet, dry them with paper towels. If you are using sea scallops and they are large, cut them into halves or quarters.
3. Toss the shrimp or scallops with the dry seasonings.
4. Sauté the onion and garlic in a little clarified butter until they are tender and only lightly browned. Remove them from the pan and set them aside.
5. Add a little more butter to the pan and sauté the seafood just until it is cooked.
6. Return the onion and garlic to the pan and toss to combine. Serve immediately, accompanied by white rice.

**Per serving:** Calories, 160; Protein, 18 g; Fat, 9 g (50% cal.); Cholesterol, 185 mg; Carbohydrates, 2 g; Fiber, 0 g; Sodium, 390 mg.

**VARIATION**

For spicy fish fillets, season fish well with the dry seasoning mix in the basic recipe. Then dredge them in flour and sauté as for meunière.

# Escalope of Salmon with Red Wine Sauce

PORTIONS: 12 PORTION SIZE: 4 OZ (120 G) SALMON, 1½ FL OZ (45 ML) SAUCE

| U.S. | METRIC | INGREDIENTS |
|---|---|---|
| 4 lb (approx.) | 2 kg (approx.) | Salmon fillet (see *Note*) |
| as needed | as needed | Clarified butter |
| 18 fl oz | 540 mL | Beurre Rouge for Fish (p. 198) |

**PROCEDURE**

1. Following the procedure in Figure 20.5, cut twelve 4-oz (120 g) escalopes from the fillet.
2. Heat a thin film of oil over high heat in as many sauté pans as needed to hold the salmon.
3. Sauté the salmon escalopes about 1–2 minutes per side. Remove and drain briefly on paper towels to absorb excess butter.
4. Plate the salmon. Spoon 1½ fl oz (45 mL) of sauce around each escalope.

**Per serving:** Calories, 590; Protein, 36 g; Fat, 46 g (71% cal.); Cholesterol, 200 mg; Carbohydrates, 1 g; Fiber, 0 g; Sodium, 390 mg.

***Note:*** The weight given for the salmon includes skin, which is discarded after the escalopes are cut. If you are using skinless fillets, the weight needed is less.

**VARIATION**

## Escalope of Salmon with Herb Cream

In place of the beurre rouge, serve the fish with Herbed Cream Sauce (p. 211).



Escalope of Salmon with Red Wine Sauce

# Crab Cakes with Roasted Pepper Rémoulade

**PORTIONS: 8** **PORTION SIZE: 4 OZ (125 G)**

| U.S. | METRIC | INGREDIENTS |
|---|---|---|
| 1½ lb | 720 g | Crabmeat |
| 2 oz | 60 g | Fresh bread crumbs |
| 3 oz | 90 g | Mayonnaise |
| 2 | 2 | Eggs, beaten |
| 1 tsp | 5 mL | Prepared mustard |
| 1 tsp | 5 mL | Worcestershire sauce |
| 1 tsp | 5 mL | Salt |
| ¼ tsp | 1 mL | White pepper |
| 1½ tbsp | 22 mL | Chopped parsley |
| 4 | 4 | Scallions, chopped fine |
| as needed | as needed | Clarified butter, for cooking |
| 1½ oz | 45 g | Roasted red bell peppers, peeled, cored, and seeded (Fig. 11.14) |
| 8 fl oz | 240 mL | Rémoulade Sauce (p. 222) |
| 8 | 8 | Lemon wedges |

**PROCEDURE**

1. Pick over the crabmeat to remove any bits of shell.
2. Mix together the bread crumbs, mayonnaise, eggs, mustard, Worcestershire sauce, salt, pepper, parsley, and scallions. Fold in the crabmeat.
3. Form by hand into round cakes. For each portion, allow 1 large cake, about 4 oz (125 g), or 2 small cakes, about 2 oz (60 g) each (see *Note*).
4. Pan-fry the cakes in butter until browned on both sides and cooked through.
5. Cut the roasted peppers into brunoise. Mix into the rémoulade.
6. Serve each crab cake with 1 fl oz (30 mL) sauce and 1 lemon wedge.

**Per serving:** Calories, 440; Protein, 21 g; Fat, 36 g (72% cal.); Cholesterol, 145 mg; Carbohydrates, 7 g; Fiber, 0 g; Sodium, 1070 mg.

***Note:*** This mixture has very little bread filler, so it may be some what difficult to handle. If desired, add more bread crumbs to make a firmer mixture that will pack more easily into cakes. The texture of the crabmeat may also affect the texture of the cakes and the quantity of bread crumbs needed.

# Cornmeal-Crusted Soft-Shell Crabs

**PORTIONS: 10** **PORTION SIZE: 1 CRAB**

| U.S. | METRIC | INGREDIENTS |
|---|---|---|
| 10 | 10 | Soft-shell crabs |
| 8 oz | 250 mL | Milk |
| 5 oz | 150 g | Cornmeal |
| 4 fl oz | 125 mL | Oil |
| 6 oz | 175 g | Butter |
| to taste | to taste | Salt |
| 5 fl oz | 150 mL | Rémoulade Sauce (p. 222) |

**PROCEDURE**

1. Clean the crabs as shown in Figure 20.17.
2. Dip the crabs in milk. Drain, then dredge in cornmeal. Discard leftover milk.
3. Heat the oil and butter in enough sauté pans to hold the crabs in a single layer (or pan-fry in separate batches). Place the crabs in the pan upside down and cook over moderate heat until lightly browned. Salt lightly to taste while the crabs are cooking. Turn over and brown the other side. Remove from the pan and drain a few seconds on paper towels to remove excess fat.
4. Serve each crab with 1 tbsp (15 mL) rémoulade sauce.

**Per serving:** Calories, 420; Protein, 16 g; Fat, 27 g (57% cal.); Cholesterol, 120 mg; Carbohydrates, 30 g; Fiber, 2 g; Sodium, 500 mg.



Cornmeal-Crusted Soft-Shell Crab on a bed of sautéed Swiss chard, with corn, roasted cherry tomatoes, Corn Purée, and sautéed polenta squares

# Peppered Haddock with Garlic Mashed Potatoes and Parsley Sauce

**PORTIONS: 12** **PORTION SIZE: 5 OZ (150 G) PLUS GARNISH**

| U.S. | METRIC | INGREDIENTS |
|---|---|---|
| 10 fl oz | 300 mL | Olive oil |
| 1 fl oz | 30 mL | Lemon juice |
| ½ cup | 125 mL | Chopped parsley |
| ½ tsp | 2 mL | Salt |
| 3 lb 12 oz | 1.8 kg | Haddock fillets, cut into 5-oz (150-g) portions |
| 2 tbsp | 30 mL | Crushed black peppercorns |
| 1 tsp | 5 mL | Salt |
| 2 fl oz | 60 mL | Olive oil |
| 2 lb 4 oz | 1.1 kg | Garlic Mashed Potatoes (p. 359) |

**PROCEDURE**

1. Prepare the sauce: Combine the oil, lemon juice, chopped parsley, and salt in a blender. Process until the parsley is puréed.
2. Coat the fish fillets evenly with a light sprinkling of crushed peppercorns. Season with salt.
3. Heat the olive oil in as many sauté pans as necessary to hold the fish in a single layer.
4. Place the fish in the pans, presentation side down, and sauté over moderate heat until lightly browned and about half cooked. Turn over and finish the cooking.
5. Place a 3-oz (90-g) portion of potatoes in the center of each plate. Top with the fish fillet. Drizzle about 1 fl oz (30 mL) sauce in a circle around the fish.

**Per serving:** Calories, 480; Protein, 28 g; Fat, 33 g (62% cal.); Cholesterol, 95 mg; Carbohydrates, 17 g; Fiber, 2 g; Sodium, 420 mg.

## VARIATIONS

Other firm-fleshed white fish, such as cod, sea bass, striped bass, red snapper, or grouper, may be substituted.

### Peppered Haddock with Purée of Flageolet Beans

Substitute Purée of Flageolet Beans with Garlic (p. 381) for the potatoes.



Peppered Haddock with Garlic Mashed Potatoes, Parsley Sauce, and fried parsley

# Shrimp and Cucumber in Thai Red Curry

PORTIONS: 12 PORTION SIZE: 6 OZ (180 G)

| U.S. | METRIC | INGREDIENTS |
|---|---|---|
| 2 fl oz | 60 mL | Vegetable oil |
| 2½ lb | 1.2 kg | Shrimp, medium to large, peeled and deveined |
| 12 oz | 375 g | Cucumber, peeled, seeded, medium dice |
| 18 fl oz | 550 mL | Thai Red Curry Sauce (p. 216) |

**PROCEDURE**

1. Heat the oil in a sauté pan or wok over high heat.
2. Add the shrimp and stir-fry until well seared.
3. Add the cucumber and stir-fry 1 minute.
4. Add the curry sauce. Cook a few minutes longer, or until the shrimp are completely cooked.
5. Serve with rice.

**Per serving:** Calories, 200; Protein, 17 g; Fat, 16 g (65% cal.); Cholesterol, 140 mg; Carbohydrates, 2 g; Fiber, 2 g; Sodium, 450 mg.

***Note:*** This method of making a curry is designed for advance preparation and quick, last-minute cooking. A more traditional method is to make the sauce as an integral sauce. Stir-fry the shrimp, add curry paste (see sauce recipe, p. 216), and cook until aromatic. Add the coconut milk, other liquids, flavorings, and any other ingredients indicated in the sauce recipe, and finish cooking.



Shrimp and Cucumber in Thai Red Curry

# Skate with Caper Butter

PORTIONS: 12 PORTION SIZE: 4 OZ (125 G)

| U.S. | METRIC | INGREDIENTS |
|---|---|---|
| 12 | 12 | Skate fillets, 4 oz (125 g) each |
| to taste | to taste | Salt |
| to taste | to taste | White pepper |
| 3 fl oz | 90 mL | Vegetable oil |
| 3 fl oz | 90 mL | Clarified butter |
| as needed | as needed | Flour |
| 1 oz | 30 g | Shallots, chopped fine |
| 6 fl oz | 180 mL | White wine |
| 1 fl oz | 30 mL | Lemon juice |
| 12 tbsp | 180 mL | Capers, drained |
| 12 oz | 360 g | Butter, cut into small pieces |
| to taste | to taste | Salt |

**PROCEDURE**

1. Season the fillets with salt and white pepper.
2. Heat the oil and clarified butter in a sauté pan over moderate heat.
3. Dredge the fillets in flour and shake off excess.
4. Sauté the fish, browning it lightly on both sides, until done.
5. Place the fillets on hot dinner plates.
6. Drain the butter and oil from the sauté pan, leaving a thin film on the bottom.
7. Add the shallots and sauté just until they are soft.
8. Add the wine. Reduce until about 1 fl oz (30 mL) remains.
9. Add the lemon juice and capers.
10. Whip in the raw butter as for making beurre blanc (p. 197).
11. Season the caper butter to taste with salt.
12. Pour the butter over the fish fillets.

**Per serving:** Calories, 450; Protein, 2 g; Fat, 37 g (90% cal.); Cholesterol, 115 mg; Carbohydrates, 5 g; Fiber, 0 g; Sodium, 510 mg.

## VARIATION

For a different kind of caper butter, plate the sautéed skate and top each portion with 1 tbsp (15 mL) capers. Pour hot beurre noisette over the fish, using 1–2 tbsp (15–30 mL) butter per portion.

# ADDITIONAL RECIPES

*These additional recipes may be found on your CulinarE-Companion recipe management program:*

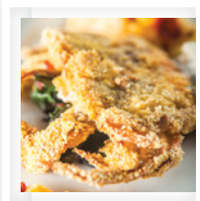
**Pan-Fried Catfish with Shrimp Etouffée**

**Sautéed Scallops with Tomato, Garlic, and Parsley**

# DEEP-FRYING

Deep-frying is perhaps the most popular method of preparing fish in North America. While fried fish may not be the most subtle or refined preparation, it can be of very high quality if the fish is fresh and not overcooked, the frying fat is of good quality, and the item is served without delay after cooking.

Guidelines and procedures for deep-frying meat, poultry, and fish are explained in Chapter 15, which also includes a core recipe for the popular British classic Fish and Chips, batter-coated fried fish fillets with French fries. Review pages 438–439 as needed before continuing with this section. Note also that the batter recipes on page 347 can also be used for seafood.



## KEY POINTS TO REVIEW

- What are the steps in the basic procedure for sautéing fish à la meunière?
- What are the guidelines for success in sautéing and pan-frying fish?
- What kinds of fish and seafood items are most appropriate for deep-frying?
- Why is fish usually breaded or battered before being deep-fried?

Lean fish—either small whole fish or small portions such as fillets or sticks—and shellfish such as shrimp, clams, oysters, and scallops are best for deep-frying.

Fish to be fried is breaded or battered to protect it from the frying fat and to protect the frying fat from it. Also, the breading or batter provides a crisp, flavorful, and attractive coating.

Frozen breaded fish portions are widely used. They should be fried without thawing.

Fried fish is usually served with lemon and/or a cold sauce such as tartar, rémoulade, or cocktail sauce on the side.

Breading procedures are discussed in detail in Chapter 7, and general guidelines for deep-frying are outlined in Chapter 12. There is no need to repeat them here, but you should review those sections if necessary.

## Fried Breaded Fish Fillets

**PORTIONS: 12** **PORTION SIZE: 4 OZ (125 G)**

| U.S. | METRIC | INGREDIENTS |
|---|---|---|
| | | Standard Breading Procedure (see *Note*): |
| 2 oz | 60 g | Flour |
| 2 | 2 | Whole eggs, beaten |
| 4 fl oz | 120 mL | Milk |
| 10 oz | 300 g | Dry bread crumbs |
| 12 | 12 | 4-oz (125-g) fillets of lean, white fish, such as haddock, perch, pike, bass, sole, or flounder |
| to taste | to taste | Salt |
| to taste | to taste | White pepper |
| 12 | 12 | Parsley sprigs |
| 12 | 12 | Lemon wedges |
| 12 fl oz | 300 mL | Tartar sauce |

**PROCEDURE**

1. **Set up a breading station (p. 155): Place the flour in one pan, the eggs beaten with milk in a shallow bowl, and the bread crumbs in another pan.**
2. **Season the fish lightly with salt and white pepper.**
3. **Bread the fish fillets by passing them through the flour, egg wash, and crumbs. Press the crumbs on firmly. (See p. 155 for detailed breading instructions.)**
4. **Fry the fillets until golden brown in deep fat heated to 350°F (175°C).**
5. **Drain and serve immediately. Garnish each portion with a parsley sprig and lemon wedge. Serve with 1 fl oz (25 mL) tartar sauce.**

**Per serving:** Calories, 490; Protein, 25 g; Fat 36 g (66% cal.); Cholesterol, 115 mg; Carbohydrates, 16 g; Fiber, 1 g; Sodium, 430 mg.

***Note:*** Quantities given for breading materials are only guidelines. You may need more or less, depending on the shapes of the fish pieces, the care used in breading, and other factors. In any case, you will need enough so even the last piece to be breaded can be coated easily and completely.

**(continues on next page)**

### VARIATIONS

Breaded fish fillets may also be pan-fried in butter or oil (see previous section).

#### Fried Breaded Scallops

Prepare as in the basic recipe. Use wire baskets in the breading station to simplify the procedure, as explained on page 154.

#### Fried Breaded Shrimp

Peel, devein, and butterfly shrimp, as shown in Figure 20.16. Leave tails on. Bread and fry as in the basic recipe.

#### Fried Oysters or Clams

Prepare like scallops.

# Cod Cakes

**PORTIONS: 12** **PORTION SIZE: 2 CAKES, 2½ OZ (75 G) EACH**

| U.S. | METRIC | INGREDIENTS |
|---|---|---|
| 2 lb | 900 g | Cooked cod |
| 2 lb | 900 g | Potato purée (p. 358) |
| 2½ oz (1½ eggs) | 70 g (1½ eggs) | Whole eggs, beaten |
| ⅔ oz (1 yolk) | 20 g (1 yolk) | Egg yolks, beaten |
| to taste | to taste | Salt |
| to taste | to taste | White pepper |
| pinch | pinch | Ground ginger |
| | | Standard Breading Procedure: |
| as needed | as needed | Flour |
| as needed | as needed | Egg wash |
| as needed | as needed | Bread crumbs |
| as desired | as desired | Tomato sauce or tartar sauce |

**PROCEDURE**

1. Flake the fish until it is well shredded.
2. Combine with the potato, egg, and egg yolk. Mix well.
3. Season to taste with salt, pepper, and a little ground ginger.
4. Scale the mixture into 2½-oz (75-g) portions. Shape into round, slightly flattened cakes.
5. Pass the cakes through the Standard Breading Procedure (p. 155).
6. Deep-fry at 350°F (175°C) until golden brown.
7. Serve 2 cakes per portion. Accompany with tomato sauce or tartar sauce.

**Per serving:** Calories, 280; Protein, 23 g; Fat, 6 g (19% cal.); Cholesterol, 110 mg; Carbohydrates, 33 g; Fiber, 2 g; Sodium, 360 mg.

### VARIATION

#### Salmon or Tuna Cakes

Prepare as in the basic recipe, using well-drained canned salmon or tuna. If you have duchesse potato mixture on hand, simply combine equal parts fish and duchesse mixture. No additional eggs are needed, as the potatoes already contain eggs.



Salmon Cakes with mixed greens

# Deep-Fried Calamari with Spicy Tomato Sauce and Aïoli

PORTIONS: 12 PORTIONS SIZE: 6 OZ (175 G) SQUID, 2 FL OZ (60 ML) EACH SAUCE

| U.S. | METRIC | INGREDIENTS |
|---|---|---|
| 4½ lb | 2.25 kg | Small cleaned squid (Fig. 20.12) |
| 4 fl oz | 125 mL | Lemon juice |
| 1 lb | 500 g | Flour |
| 3 tbsp | 45 mL | Salt |
| 1½ pt | 750 mL | Italian Tomato Sauce for Pasta (p. 405) |
| to taste | to taste | Hot red pepper sauce |
| 1½ pt | 750 mL | Aïoli I (p. 222) or Aïoli II (p. 675) |
| as desired | as desired | Optional garnish: Deep-fried parsley leaves |

**PROCEDURE**

1. Slice the body sacs of the squid crosswise into rings. Leave the tentacle sections whole, or cut them in half if they are large.
2. Combine the squid with the lemon juice and marinate, refrigerated, 2–3 hours.
3. Mix the flour and salt.
4. Drain the squid and dry on clean towels. Immediately before cooking, toss the squid with the flour, then shake in a large strainer to remove excess flour.
5. Deep-fry at 350°F (175°C) just until lightly golden. Remove from the fryer and drain.
6. Heat the tomato sauce and season to taste with the hot pepper sauce.
7. Heap the fried squid in the center of the serving plates, accompanied by 2 fl oz (60 mL) of each of the sauces in small cups. If desired, top with a little deep-fried parsley.

**Per serving:** Calories, 700; Protein, 30 g; Fat, 50 g (64% cal.); Cholesterol, 395 mg; Carbohydrates, 33 g; Fiber, 2 g; Sodium, 1710 mg.

## VARIATION

For other versions of deep-fried calamari, bread the squid (see Standard Breading Procedure, p. 155) or dip in batter, using one of the batter recipes for Onion Rings (p. 347); the recipe for Beer Batter is recommended. Follow steps 6–8 in the Onion Rings recipe for battering and frying.



Deep-Fried Calamari with Spicy Tomato Sauce and Aïoli

# Shrimp and Vegetable Tempura

**PORTIONS: 8** **PORTION SIZE: 3 SHRIMP, PLUS VEGETABLES**

| U.S. | METRIC | INGREDIENTS |
|---|---|---|
| 24 | 24 | Large shrimp |
| 2 | 2 | Green bell peppers |
| 10 oz | 300 g | Sweet potatoes |
| 16 | 16 | Small mushrooms (or halves or quarters of large mushrooms) |
| 12 oz | 375 g | Cake flour or other low-gluten flour |
| 12 fl oz | 375 mL | Water, ice cold |
| 3 | 3 | Egg yolks |
| 12 fl oz | 375 mL | Dashi (p. 171) |
| 2½ fl oz | 75 mL | Soy sauce |
| 1½ fl oz | 50 mL | Mirin (sweet rice wine) |
| as needed | as needed | Flour for dredging |
| 4 oz | 125 g | Daikon (large white Japanese radish), grated |
| 1½ tbsp | 22 mL | Grated fresh ginger root |

**PROCEDURE**

6. Peel the shrimp, leaving the tails attached. Devein and butterfly them.
7. Core and seed the peppers. Cut each one lengthwise into 8 wedges or strips.
8. Peel the sweet potatoes. Cut into slices about ⅛ in. (4 mm) thick.
9. Clean the mushrooms and trim the bottoms of the stems.
10. Sift the flour into a mixing bowl.
11. Mix together the water and egg yolks.
12. Mix the liquid into the flour until just combined. Do not worry about a few lumps. The batter should be somewhat thinner than pancake batter.
13. Make a dipping sauce by combining the dashi, soy sauce, and mirin.
14. Divide the shrimp and vegetables equally into 16 portions. Fry the vegetables first, then the shrimp, by dredging with flour, shaking off the excess, then dipping in the batter and dropping into clean frying fat at 350°F (175°C). Fry just until lightly golden.
15. Drain and serve at once. Tempura is traditionally served on a bamboo tray covered with a clean piece of absorbent paper. Accompany with about 2 fl oz (60 mL) dipping sauce in a shallow bowl. Put a small mound each of grated daikon and grated ginger on each serving tray. The diner mixes these to taste into the dipping sauce.

**Per serving:** Calories, 380; Protein, 11 g; Fat 12 g (28% cal.); Cholesterol, 115 mg; Carbohydrates, 56 g; Fiber, 3 g; Sodium, 560 mg.

## TEMPURA

Tempura (TEM-poo-rah) is not a native Japanese dish but rather originated with the deep-fried dishes Portuguese traders and missionaries introduced to Japan in the sixteenth century. Japanese cooks transformed the dish by perfecting a particularly light, lacy batter and by serving the tempura with a dipping broth based on dashi (p. 171) and soy sauce and flavored with grated ginger and daikon radish.

# POACHING AND SIMMERING

The procedures in this section all involve cooking seafood in a liquid at temperatures lower than boiling. Basic techniques and guidelines for ***simmering*** and ***submersion poaching*** are explained in detail on pages 440–441 of Chapter 15. ***Shallow poaching*** is discussed on pages 443–444.

## SUBMERSION POACHING AND SIMMERING IN COURT BOUILLON

Recall that the difference between simmering and poaching is primarily one of temperature. Simmered foods are cooked at about 185°–200°F (85°–94°C), while poached foods are cooked at 160°–185°F (71°–85°C). The lower temperature of poaching better preserves the texture of delicate fish items. Simmering is used primarily for shellfish such as lobster, while fin fish are rarely simmered.

As explained in Chapter 15, the liquid typically used for poaching fish is called **court bouillon**. As defined there, court bouillon consists of water containing seasoning, herbs, and usually an acid. Refer to the recipes on pages 649–650.

In quantity food service, this method is perhaps used most often for cooking large whole fish to be decorated and served cold on a buffet. Slightly higher simmering temperatures are used for cooking crustaceans, such as lobster, crab, and shrimp.

### TRUITE AU BLEU

The famous preparation called **truite au bleu** (blue trout) in French and *forelle blau* in German is made by poaching trout that are alive until cooking time. The fish must be alive and must not be washed in order for the fish to turn blue. Live fish have a protective slippery coating on the skin, and the blue color results from the vinegar in the court bouillon reacting with this coating.

## SHALLOW POACHING

Shallow poaching is a technique used primarily for fish. Procedures and guidelines are explained at length in Chapter 15, followed by a classic recipe for fish poached in white wine and fumet. Review this section as necessary.

### Glazing

Shallow-poached fish is sometimes glazed before serving. This is done as follows:

1. According to the particular recipe, combine the finished sauce with egg yolk, hollandaise sauce, and/or lightly whipped cream. Alternatively, combine the reduction of the cooking liquid with Mornay sauce instead of fish velouté.
2. Coat the fish with the sauce and run the plate or platter under the salamander or broiler for a few seconds, or until the sauce is golden brown.

   *Note*: It's a good idea to test a little of the sauce under the salamander before coating the fish to make sure it will brown.

## GUIDELINES for Poaching Fish in Court Bouillon

1. Both fat and lean fish may be cooked by this method.
2. Seasoned liquid for cooking fish may be as simple as salted water. More often, however, it contains flavoring ingredients such as spices, herbs, and mirepoix, and acid ingredients such as lemon juice, vinegar, and white wine.
3. Cook flavoring ingredients in court bouillon to extract the flavors before cooking the fish.
4. To cook seafood in court bouillon, follow the basic procedures for simmering and poaching detailed on pages 440–441. Cooking temperature is 160°–180°F (70°–80°C), well below boiling. A temperature of 160°F (70°C) is sufficient to cook fish, and it reduces the likelihood of overcooking. Higher temperatures are harmful to the delicate texture and flavor of fish.

   Lobsters, crabs, and shrimp may be cooked at a simmer because their textures are less fragile. The terms *boiled lobster* and *boiled fish* are often used but are inaccurate. Lobster and fish should never be boiled.
5. Start shellfish, small fish, and portion cuts in hot liquid to preserve flavors. Start large fish in cold liquid to cook more evenly and to avoid sudden contractions that would split the skin and spoil the appearance.
6. Special fish poachers with racks are best for poaching. They allow the fish to be removed from the liquid without damage. If these utensils are not available, wrap the fish in cheesecloth so it can be lifted out easily, or tie the fish loosely to a board.
7. Serve poached fish with an appropriate sauce, such as hollandaise for hot fish and a mayonnaise-based sauce for cold fish. Mild vinaigrettes go well with both hot and cold poached fish.

# Ordinary Court Bouillon for Fish

YIELD: 1 GAL (4 L)

| U.S. | METRIC | INGREDIENTS |
|---|---|---|
| 1 gal | 4 L | Water |
| 8 fl oz | 250 mL | White vinegar, wine vinegar, or lemon juice |
| 8 oz | 250 g | Onions, sliced |
| 4 oz | 125 g | Celery, sliced |
| 4 oz | 125 g | Carrots, sliced |
| 2 oz | 60 g | Salt |
| ¼ tsp | 2 mL | Peppercorns, crushed |
| 1 | 1 | Bay leaf |
| ½ tsp | 1 mL | Dried thyme |
| 10–12 | 10–12 | Parsley stems |

**PROCEDURE**

1. Combine all ingredients (Fig. 21.1) in a stockpot or saucepot and bring to boil.
2. Reduce heat and simmer 30 minutes.
3. Strain and cool.

**Per 1 fl oz (29.57 mL):** Calories, 0; Protein, 0 g; Fat, 0 g (0% cal.); Cholesterol, 0 mg; Carbohydrates, 0 g; Fiber, 0 g; Sodium, 170 mg.



**FIGURE 21.1** Court bouillon ingredients.

# Court Bouillon with White Wine

YIELD: 1 GAL (4 L)

| U.S. | METRIC | INGREDIENTS |
|---|---|---|
| 2 qt | 2 L | Water |
| 2 qt | 2 L | White wine |
| 4 oz | 125 g | Onions, sliced |
| 4 oz | 125 g | Celery, coarsely chopped |
| 4 oz | 125 g | Leeks, coarsely chopped |
| 1 | 1 | Bay leaf |
| ½ tsp | 2 mL | Peppercorns, crushed |
| ½ tsp | 2 mL | Dried thyme |
| 10–12 | 10–12 | Parsley stems |
| 2 | 2 | Whole cloves |
| 1 oz | 30 g | Salt |

**PROCEDURE**

1. Combine all ingredients in a stock pot and bring to a boil.
2. Reduce heat and simmer about 20 minutes.
3. Strain and cool.

**Per 1 ounce:** Calories, 40; Protein, 0 g; Fat, 0 g (0% cal.); Cholesterol, 0 mg; Carbohydrates, 2 g; Fiber, 0 g; Sodium, 274 mg.

# Poached Whole Fish

PORTIONS: 10 PORTION SIZE: 4 OZ (125 G)

| U.S. | METRIC | INGREDIENTS |
|---|---|---|
| 5 lb | 2.5 kg | Drawn fish |
| | | *or* |
| 4 lb | 2 kg | Dressed fish (1 large or 2 or more smaller fish; see *Note*) |
| 3 qt or as needed | 3 L or as needed | Court bouillon, cold |
| | | Suggested sauces: |
| | | Hollandaise |
| | | Mousseline |
| | | Beurre noisette |
| | | Herb vinaigrette |

**PROCEDURE**

1. Place the clean dressed or drawn fish on the lightly oiled rack of a fish poacher. If a rack is unavailable, wrap the fish in cheesecloth or tie it loosely on a board so it can be lifted out when cooked.
2. Place the fish in the poaching pan and pour in enough court bouillon to cover the fish completely.
3. Set the pan over moderately low heat and slowly bring barely to a simmer.
4. Reduce heat to very low and cook the fish at below the simmering point until done. The fish will feel firm, not mushy, at its thickest part, and the backbone, as seen inside the cavity, will no longer be pink. Total cooking time will vary from 5 to 20 minutes, depending on the size of the fish and the exact cooking temperature. In general, plan on about 8–10 minutes for every inch of thickness at the thickest point.
5. For serving hot: Remove fish from liquid, drain well, and serve immediately with choice of sauce.

   For serving cold: Add ice to the court bouillon to stop the cooking. Cool the fish rapidly in the liquid and refrigerate. Drain when chilled.

**Per serving:** Calories, 220; Protein, 47 g; Fat, 2 g (9% cal.); Cholesterol, 140 mg; Carbohydrates, 0 g; Fiber, 0 g; Sodium, 320 mg.

***Note:*** For attractive presentations, such as for buffet work, fish is often poached with the head on.
Suggested fish for poaching whole:

| | | |
|---|---|---|
| Haddock | Red snapper | Striped bass |
| Cod | Salmon | Trout |



Poaching whole fish

## VARIATIONS

### Poached Fish Steaks

Prepare as in the basic recipe, except start with boiling court bouillon. Drain the cooked fish, remove skin and center bone, and serve immediately with selected sauce. Suggested fish steaks: cod, haddock, halibut, turbot, salmon.

### "Boiled" Shellfish (Lobster, Crab, Shrimp)

Prepare as for fish steaks using salted water, court bouillon, or acidulated water (4 oz lemon juice and ½ oz salt per quart of water/125 mL lemon juice and 15 g salt per liter). Water may simmer when cooking shellfish.

# Scallops and Shrimp à la Nage ♥

**PORTIONS: 12** **PORTION SIZE: 8 OZ (240 G)**

| U.S. | METRIC | INGREDIENTS |
|---|---|---|
| 9 oz | 270 g | Carrots, trimmed and peeled |
| 9 oz | 270 g | Leeks, trimmed and cleaned |
| 6 oz | 180 g | Celery, trimmed |
| 1½ oz | 45 g | Butter |
| 3 pt | 1.5 L | Court Bouillon with White Wine (p. 649), strained |
| 1 lb 8 oz | 720 g | Shrimp, peeled and deveined |
| 1 lb 8 oz | 720 g | Scallops |
| to taste | to taste | Salt |
| 2 tbsp | 30 mL | Chives, chopped |

**PROCEDURE**

1. Cut the carrots, leeks, and celery into julienne.
2. Sweat the vegetables in butter for a few minutes.
3. Add the court bouillon and simmer until the vegetables are cooked but still slightly crisp. Remove them from the court bouillon with a slotted spoon.
4. Return the court bouillon to a simmer. Add the shrimp and scallops. Poach them gently until they are just cooked, about 5 minutes.
5. Remove the seafood from the court bouillon with a slotted spoon and keep warm.
6. Bring the court bouillon to a boil and reduce by one-third.
7. Season and strain through cheesecloth or a fine chinois.
8. Divide the shrimp, scallops, and vegetables among broad soup plates or other appropriate dishes for service.
9. Pour the hot court bouillon (reheated if necessary) over them. Sprinkle with chives and serve immediately.

**Per serving:** Calories, 220; Protein, 20 g; Fat, 4 g (16% cal.); Cholesterol, 115 mg; Carbohydrates, 11 g; Fiber, 1 g; Sodium, 740 mg.

## VARIATIONS

A small amount of crème fraîche or herb butter may be stirred into the broth after it is reduced in step 6.
*Note*: For the meaning of the term à la nage, see p. 444.

### Salmon à la Nage

Omit the shrimp and scallops. For each portion, use one boneless, skinless salmon fillet, 4–5 oz (125–150 g).



Scallops and Shrimp à la Nage

# Zuppa di Vongole

PORTIONS: 8

| U.S. | METRIC | INGREDIENTS |
|---|---|---|
| 7½ lb | 3.5 kg | Small clams, such as littlenecks |
| 8 fl oz | 250 mL | Water |
| 3 fl oz | 90 mL | Olive oil |
| 2½ oz | 75 g | Onion, small dice |
| 1–3 | 1–3 | Garlic cloves, chopped |
| 3 tbsp | 45 mL | Chopped parsley |
| 6 fl oz | 175 mL | White wine |
| 12 oz | 350 g | Canned plum tomatoes, with juice, coarsely chopped |

**PROCEDURE**

1. Scrub the clams under cold water to remove sand and grit from the shells.
2. Put the clams and water in a heavy covered pot and heat gently, just until the clams open. Set the clams aside. Strain and reserve the liquid.
3. Depending on how you wish to serve them, you can leave the clams in the shell or shell all but 4–6 of them per portion to use as garnish.
4. Heat the olive oil in a large pot. Sauté the onion until soft but not brown.
5. Add the garlic and cook another minute.
6. Add the parsley and the wine and boil for 1 minute.
7. Add the tomatoes and the reserved clam juice. Simmer 5 minutes.
8. Taste for seasoning and adjust if necessary.
9. Add the clams and reheat them gently. Do not overcook, or the clams will be tough.
10. Serve with plenty of crusty bread for dipping in the broth.

**Per serving:** Calories, 680; Protein, 93 g; Fat, 18 g (25% cal.); Cholesterol, 240 mg; Carbohydrates, 22 g; Fiber, 1 g; Sodium, 470 mg.

## VARIATIONS

### Zuppa di Cozze

Substitute mussels for the clams.

### Zuppa di Frutti di Mare

Use a mixture of clams, mussels, squid (cut up), and shrimp (shelled). Keep all the items separate. Cook the clams and mussels as in the basic recipe. Add the squid at the same time as the tomatoes and broth. Simmer slowly, covered, until tender. Add the shrimp and cook just 1 minute before adding the clams and mussels.

### Zuppa di Pesce

Use a mixture of shellfish and fin fish, as desired. Add each type of fish just long enough before the end of cooking so it cooks through without overcooking.



Zuppa di Vongole

## ADDITIONAL RECIPE

*This additional recipe may be found on your CulinarE-Companion recipe management program:*

**Pesce con Salsa Verde**

# STEAMING, SOUS VIDE, AND MIXED COOKING TECHNIQUES

The recipes in this section are placed here because they are difficult to classify as one of the basic cooking methods, although they are all based on moist-heat methods. As preparation for working with this section, you should review the explanation of steaming methods in Chapter 15 (p. 446). That discussion is concerned primarily with steaming in a compartment steamer and steaming on a rack above a simmering liquid. In this section, you will find that a number of other techniques also use trapped steam to cook seafood.

Most of the recipes in this section share two characteristics:

1. The item cooks in its own juices and, usually, a small amount of added liquid.
2. The item is served with its flavorful cooking liquid.

In some cases, enough liquid is added to barely cover, and the item simmers. In other cases, little liquid is added and the item cooks in the steam trapped by the pot lid.

The French term **étuver** (ay too vay) is used for this kind of procedure, in which the item cooks slowly in very little liquid. The word is usually translated as "stew," but this may be misleading. More precisely, it means "to cook or steam in its own juices" or "to sweat."

In addition, this section includes two traditional recipes for dishes made with cooked seafood.

Finally, this section also contains recipes for fish cooked sous vide. It is essential that you read the discussion of sous vide cooking, and especially the safety precautions, on pages 121–123 before you try this recipe.

## VARIATIONS

Note the following three variations represented by the recipes in this section:

1. The product is cooked for a few minutes in fat over low heat, along with mirepoix or onion, to begin extracting juices. A little liquid is then added, the pot is covered, and the item is cooked. ***Example:*** Fisherman's Stew (p. 658).
2. The product is sautéed over high heat. Then other ingredients and liquids are added and the item is cooked, covered, over low heat. ***Example:*** Lobster à l'Americaine (p. 654).
3. The product is simply placed in a pot with liquids and flavoring ingredients. The pot is covered, and the item is steamed or simmered. ***Example:*** Moules Marinière (p. 655).

## COOKING EN PAPILLOTE

An unusual version of the third variation above is called cooking **en papillote** (on poppy-yote), or in paper. The fish item, plus flavoring ingredients and sauce, is tightly enclosed in a piece of parchment so steam cannot escape. When the paper package is heated, the item steams in its own moisture. All the juices, flavors, and aromas are held inside the paper, which is not opened until it is placed before the customer.

Sometimes a starch-thickened sauce is used in cooking fish en papillote. In this case, the fish is usually precooked (poached) so it will not exude juices that would dilute and spoil the sauce. The problem with this method is that the fish is often overcooked by the time it reaches the customer.

## STOVETOP STEAMING

The simplest method of steaming is to place the item on a rack above simmering liquid, cover the pan, and steam until done. Because it does not come in contact with seasoned liquid or fat during cooking, steamed seafood is usually delicate in flavor, even more so than submersion-poached seafood. For this reason, this method is usually used when the cook wants to emphasize the pure, natural taste of the best-quality seafood.

Three methods are available to season and flavor steamed seafood:

1. Apply salt and other seasonings directly to the item.
2. Season the steaming liquid with aromatic herbs and other ingredients. The steam rising from the liquid carries a little of the aroma to the fish. This method gives only the subtlest and most delicate flavors to fish and is most effectively used with mild-tasting seafood.



### KEY POINTS TO REVIEW

- What are the steps in the basic procedure for poaching fish in court bouillon (submersion poaching)? Describe guidelines for success in poaching fish in court bouillon.
- What tools and procedures are used for steaming fish? How is fish cooked en papillote?

3. Serve the seafood with an appropriate sauce. Accompaniments as simple as melted butter and lemon wedges are classic accompaniments to steamed seafood.

## COMPARTMENT STEAMING

Two precautions should be observed if you cook fish and shellfish in a compartment steamer:

1. Watch the cooking time carefully. Fish cooks quickly, especially in the high heat of a steamer, and is easily overcooked.
2. Avoid pressure-steaming fish and shellfish, if possible. The high temperatures toughen fish protein very quickly. Lobster tails and similar items can become rubbery.

# Lobster à l'Americaine

**PORTIONS: 2** **PORTION SIZE: ½ LOBSTER**

| U.S. | METRIC | INGREDIENTS |
|---|---|---|
| 1 | 1 | Live lobster, about 1½ lb (700 g) |
| 1 oz | 30 g | Butter, softened |
| 2 fl oz | 60 mL | Oil |
| 1 tbsp | 15 mL | Finely chopped shallot |
| ½ tsp | 2 mL | Finely chopped garlic |
| 2 fl oz | 60 mL | Brandy |
| 6 fl oz | 200 mL | White wine |
| 4 fl oz | 125 mL | Fish stock |
| 4 oz | 125 g | Tomato concassé (p. 290) |
| | | *or* |
| 2 oz | 60 g | Tomato purée |
| 1 tbsp | 15 mL | Chopped parsley |
| ¼ tsp | 1 mL | Dried tarragon |
| pinch | pinch | Cayenne |

**PROCEDURE**

1. **Cut up the lobster as shown in Figure 20.14.**
2. **Remove the tomalley (liver) and coral (if any). Mash them in a small bowl with the soft butter.**
3. **Heat the oil in a sauté pan and add the lobster pieces. Sauté over high heat until the shells turn red.**
4. **Drain off the oil by tilting the pan and holding the lobster in with the pan lid.**
5. **Add the shallot and garlic to the pan. Sauté for a few seconds.**
6. **Remove from the heat (to avoid burning yourself if the brandy flares up) and add the brandy. Return to the heat and add the wine, fish stock, tomato, parsley, tarragon, and cayenne.**
7. **Cover the pan and simmer until the lobster is cooked, about 10–15 minutes.**
8. **Remove the lobster from the cooking liquid and place it on a serving platter or in broad soup plates for service. The meat may be left in the shell or removed from the shell, as desired.**
9. **Reduce the cooking liquid over high heat to about 6 oz (175 mL).**
10. **Remove from the heat and stir in the mixture of butter, tomalley, and coral from step 2. Heat the sauce gently for a minute, but do not boil or it will curdle. Adjust the seasoning.**
11. **Strain the sauce and pour it over the lobster. Serve immediately.**

**Per serving:** Calories, 340; Protein, 7 g; Fat, 26 g (67% cal.); Cholesterol, 50 mg; Carbohydrates, 5 g; Fiber, 1 g; Sodium, 230 mg.

**VARIATIONS**

### Lobster Newburg

Prepare through step 4. Omit remaining ingredients. Instead, add 1 tbsp (15 mL) brandy, 3 tbsp (45 mL) sherry or Marsala or Madeira wine, and 3 fl oz (100 mL) fish stock. Cover and simmer as in the basic recipe. Remove lobster meat from shells and discard shells. Reduce cooking liquid by half and add 1 cup (250 mL) heavy cream or light cream sauce. Reduce the sauce slightly and finish by adding the mixture of butter, tomalley, and coral (step 10 in the basic recipe). If desired, flavor with more sherry. Pour sauce over the lobster meat.

### Shrimp à l'Americaine or Shrimp Newburg

Shrimp may be cooked using the main recipe or the variation. They should be shelled before combining with the finished sauce.

# Moules Marinière (Steamed Mussels)

**PORTIONS: 10** **PORTION SIZE: APPROX. 12 OZ (360 G)**

| U.S. | METRIC | INGREDIENTS |
|---|---|---|
| 7 lb | 3.2 kg | Mussels, in shells |
| 3 oz | 90 g | Shallots or onions, chopped fine |
| 6 | 6 | Parsley stems |
| ¼ tsp | 1 mL | Pepper |
| 1 cup | 250 mL | White wine |
| ¼ cup | 60 mL | Chopped parsley |
| 3 oz | 90 g | Butter |
| to taste | to taste | Salt |
| to taste | to taste | Lemon juice |

**PROCEDURE**

1. Scrub the mussels well with a stiff brush and remove the beards. Clean them well by soaking them according to the procedure given in Chapter 20.
2. Place the mussels in a stockpot or large saucepot. Add the shallots or onions, parsley stems, pepper, and wine.
3. Cover the pot and set it over moderately high heat. Cook until the mussels open, about 5 minutes.
4. Drain the mussels and strain the liquid through cheesecloth into a broad saucepan. Bring to a boil.
5. Add the parsley and butter. Swirl the liquid in the pan until the butter is melted. Season to taste with salt and a few drops of lemon juice.
6. For service, remove the top shells of the mussels (or leave them on, if desired). Place the mussels in broad soup plates and pour the sauce over them.

**Per serving:** Calories, 220; Protein, 20 g; Fat, 11 g (44% cal.); Cholesterol, 65 mg; Carbohydrates, 8 g; Fiber, 0 g; Sodium, 540 mg.

## VARIATIONS

### Steamed Mussels (without wine)

Substitute water for the wine and add 2 fl oz (60 mL) lemon juice. Increase the onion or shallot to 6 oz (175 g) and add 3 oz (90 g) sliced celery.

### Mussels in Cream

Prepare the basic recipe. Reduce the cooking liquid by half and add 1 cup (250 mL) heavy cream or a liaison of 2 egg yolks and 1 cup (250 mL) heavy cream.



Moules Marinière

# Mackerel en Papillote

**PORTIONS: 1** **PORTION SIZE: 4 OZ (125 G)**

| U.S. | METRIC | INGREDIENTS |
|---|---|---|
| 1 | 1 | Mackerel fillet, 4 oz (125 g) (see *Note*) |
| 2 tsp | 10 mL | Melted butter |
| to taste | to taste | Salt |
| to taste | to taste | White pepper |
| 2 tsp | 10 mL | Chopped parsley |
| pinch | pinch | Dried marjoram |
| 1 tsp | 5 mL | Very finely chopped shallots |
| 2 | 2 | Thin lemon slices |

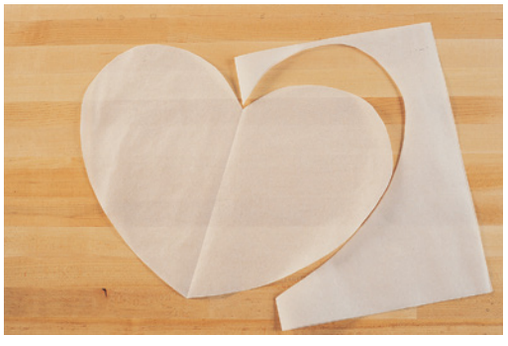
**PROCEDURE**

1. Cut out a piece of parchment in a heart shape, as shown in Figure 21.2. (Foil may be used instead of parchment.) The piece must be big enough to hold the fish and still have room for crimping the edges. Oil the parchment and place on the workbench oiled side down. (If using foil, place it oiled side up.)
2. Place the fillet on one side of the heart. Brush with melted butter and sprinkle with salt, pepper, parsley, marjoram, and chopped shallot. Lay the lemon slices on top.
3. Fold and crimp the parchment, as shown in the illustration, to enclose the fish tightly.
4. Place the folded package in a sauté pan or, if several orders are being done at once, on a sheet pan. Set on the range to start the cooking.
5. As soon as the paper begins to puff, place the pan in a hot oven (450°F/230°C). Bake until the parchment is puffed and browned, 5–8 minutes. (If the paper doesn't brown, you may run it under the broiler for a second.)
6. Serve immediately. The parchment should be cut open in front of the customer.

**Per serving:** Calories, 290; Protein, 20 g; Fat, 23 g (71% cal.); Cholesterol, 85 mg; Carbohydrates, 1 g; Fiber, 0 g; Sodium, 150 mg.

***Note:*** Pompano or bluefish may be used.

**FIGURE 21.2** Preparing foods en papillote.



(a) Cut out a heart-shaped piece of parchment by folding a parchment sheet in half and cutting half a heart from the folded side. Oil or butter the parchment and place on the work surface, oiled side down.



(b) Place the fish fillet or other item plus any sauce, topping, or seasoning, on one side of the heart.



(c) Fold over the other half of the heart. Starting at the top of the fold, make a small crimp in the edges as shown.



(d) Continue crimping around the edge. Each crimp holds the previous one in place.



(e) When you reach the bottom of the heart, fold the point under to hold it in place. The papillote is now ready for cooking.

# Steamed Sea Bass with Garlic and Ginger

**PORTIONS: 10** **PORTION SIZE: 5–6 OZ (150–180 G)**

| U.S. | METRIC | INGREDIENTS |
|---|---|---|
| 10 | 10 | Sea bass fillets, skin on, 5–6 oz (150–180 g) each |
| 10 | 10 | Scallions, trimmed, halved lengthwise |
| 10 thin slices | 10 thin slices | Fresh ginger root, peeled |
| 4–5 | 4–5 | Garlic cloves |
| 5 | 5 | Scallions, sliced thin |
| 5 fl oz | 150 mL | Soy sauce |
| 5 fl oz | 150 mL | Peanut oil |

**PROCEDURE**

1. With the point of a sharp knife, lightly score the skin of the sea bass, making 3 or 4 diagonal cuts across the fillets.
2. Arrange the scallion halves on the rack of a steamer.
3. Place the fillets, skin side up, on top of the scallions.
4. Cut the ginger slices into thin shreds.
5. Cut the garlic cloves into paper-thin slices.
6. Scatter the ginger and garlic on top of the fillets.
7. Pour water into the bottom of a steamer and bring to a boil.
8. Place the steamer rack holding the fish in the steamer, cover, and steam just until the fish is done, about 4–8 minutes, depending on the thickness of the fish.
9. Remove the fish and the scallions from the steamer. Discard the scallion halves.
10. Place the fillets on hot plates.
11. Sprinkle the tops of the fillets with the scallion slices.
12. Pour 1 tbsp (15 mL) soy sauce over each portion.
13. Heat the peanut oil until it is very hot, almost smoking.
14. Pour 1 tbsp (15 mL) oil over each portion.
15. Serve immediately.

**Per serving:** Calories, 280; Protein, 29 g; Fat, 17 g (54% cal.); Cholesterol, 60 mg; Carbohydrates, 4 g; Fiber, 1 g; Sodium, 1130 mg.

## VARIATION

Instead of finishing with soy sauce and hot oil, serve with Oriental Vinaigrette (p. 672).

# Fisherman's Stew

PORTIONS: 10 PORTION SIZE: SEE STEP 9

| U.S. | METRIC | INGREDIENTS |
|---|---|---|
| 2 lb | 900 g | Fish steaks or fillets (see *Note* for suggested fish) |
| 10 | 10 | Clams, in shell |
| 20 | 20 | Mussels, in shell (or 10 more clams) |
| 5 | 5 | Lobster tails, small (or 10 large shrimp) |
| 4 fl oz | 125 mL | Olive oil |
| 8 oz | 250 g | Onions, sliced |
| 8 oz | 250 g | Leeks, cut julienne |
| 2 tsp | 10 mL | Chopped garlic |
| ¼ tsp | 1 mL | Fennel seed |
| 12 oz | 350 g | Tomato concassé or drained, chopped canned tomato |
| 2 qt | 2 L | Fish stock |
| 4 fl oz | 100 mL | White wine (optional but recommended) |
| 2 | 2 | Bay leaves |
| 2 tbsp | 30 mL | Chopped parsley |
| ¼ tsp | 1 mL | Dried thyme |
| 2 tsp | 10 mL | Salt |
| ¼ tsp | 1 mL | Pepper |
| 20–30 | 20–30 | French bread slices, dry or toasted |

**PROCEDURE**

1. Cut the fish into 3-oz (90-g) serving pieces.
2. Scrub the clams and mussels well.
3. Cut the lobster tails in half lengthwise with a heavy chef's knife. Remove the intestinal vein.
4. Heat the oil in a heavy saucepot or large straight-sided sauté pan.
5. Add the onions, leeks, garlic, and fennel seed. Sweat them in the oil for a few minutes.
6. Add the pieces of fish and the lobster tails (or shrimp). Cover and cook over low heat for a few minutes to begin extracting juice from the fish.
7. Remove the cover and add the clams and mussels.
8. Add the tomato, fish stock, wine, bay leaves, parsley, thyme, salt, and pepper. Cover and bring to a boil. Reduce heat and simmer 5–10 minutes, or until the clams and mussels are open.
9. To serve, place 2 or 3 thin slices of French bread in the bottoms of soup plates. For each portion, place 1 piece of fish, 1 clam, 2 mussels, and ½ lobster tail in each plate. Ladle 8 fl oz (250 mL) broth and vegetables over the fish.

**Per serving:** Calories, 470; Protein, 32 g; Fat, 26 g (51% cal.); Cholesterol, 90 mg; Carbohydrates, 25 g; Fiber, 2 g; Sodium, 910 mg.

***Note:*** Any firm fish may be used, such as halibut, cod, haddock, sea bass or striped bass, red snapper, or mackerel. Avoid delicate fish like flounder or sole, which break up easily during cooking. If desired, reduce or eliminate shellfish from the recipe and increase the quantity of fish.



Fisherman's Stew

# Sea Bass Sous Vide with Asian Sweet-and-Sour Sauce

**PORTIONS: 4** **PORTION SIZE: 1 FISH FILLET, 6 OZ (180 G)**

| U.S. | METRIC | INGREDIENTS |
|---|---|---|
| 1 oz | 30 g | Fresh ginger root |
| as needed | as needed | Water |
| 4 | 4 | Sea bass fillets, skin on, 6 oz each |
| to taste | to taste | Salt |
| 2 fl oz | 60 mL | Oil |
| 6 fl oz | 180 mL | Asian Sweet-and-Sour Sauce (p. 218) |
| 1 fl oz | 30 mL | Basil Oil (p. 222) or Basil Sauce (p. 224), if possible made with Thai basil |
| as needed | as needed | Thai basil or cilantro leaves |

**Per serving:** Calories, 480; Protein, 33 g; Fat, 28 g (53% cal.); Cholesterol, 75 mg; Carbohydrates, 22 g; Fiber, 2 g; Sodium, 125 mg.

## PROCEDURE

1. Review the guidelines for safe sous vide cooking on pages 121–123.
2. Peel and grate the fresh ginger. Gather the grated ginger in a small square of cheesecloth and squeeze out the juice into a small ramekin. Discard the solids. Dilute the juice with approximately 3 times its volume of water.
3. Brush the skin side of the fillets lightly with the ginger juice.
4. Sprinkle both sides of the fillets lightly with salt.
5. Vacuum-pack each fillet in a plastic bag.
6. Cook at 140°F (60°C) for 12 minutes in a thermal bath (p. 123).
7. Remove the fillets from their bags. Heat the oil in a sauté pan over high heat. Carefully place the fillets in the pan, skin side down, and cook just until the skin is lightly browned, about 1 minute.
8. For each portion, spoon a pool of 1½ fl oz (45 mL) sauce in the center of each plate. Spread the sauce a little with the back of a spoon. Place a fillet on the sauce, skin side up. Drizzle a little basil oil or basil sauce around the outside of the sweet-sour sauce.
9. Garnish the top of the fish with a few leaves of Thai basil or cilantro. If desired, deep-fry the herb garnish.

### PROCEDURE VARIATION: COMBI OVEN

If an immersion circulator thermal bath is not available, cook the vacuum-packed fish in a combi oven at 140°F (60°C) in steam mode for 12 minutes.



Sea Bass Sous Vide with Asian Sweet-and-Sour Sauce

# Butter-Poached Salmon Sous Vide

PORTIONS: 2 PORTION SIZE: 6 OZ (180 G)

| U.S. | METRIC | INGREDIENTS |
|---|---|---|
| 6 oz | 180 g | Butter |
| ½ tsp | 2 mL | Fresh thyme |
| ¼ tsp | 1 mL | Fennel seeds |
| ½ | ½ | Bay leaf |
| 8 | 8 | Peppercorns |
| 2 | 2 | Salmon fillets, 6 oz each |
| to taste | to taste | Salt |
| to taste | to taste | White pepper |

**PROCEDURE**

1. Combine the butter, thyme, fennel seed, bay leaf, and peppercorns in a small saucepan. Heat to melt the butter.
2. Clarify the butter (see p. 196 for procedure) and strain out the seasonings.
3. Season the salmon fillets with salt and white pepper.
4. Place the salmon fillets in vacuum bags, add the clarified butter, and vacuum seal at 95 percent vacuum.
5. Cook the salmon in an immersion circulator heated to 128°F (53°C) for 25 minutes, until the internal temperature of the salmon is 128°F (53°C).
6. If using immediately, carefully remove the salmon from the bag, and place the salmon on a towel to remove excess butter. Serve.
7. If storing for later service, plunge the sealed bags of salmon in ice water until the salmon has cooled to at least 41°F (5°C). Refrigerate.

**Per serving:** Calories, 520; Protein, 39 g; Fat, 41 g (71% cal.); Cholesterol, 195 mg; Carbohydrates, 0 g; Fiber, 0 g; Sodium, 85 mg.



Butter Poached Salmon Sous Vide on Orange and Tarragon Fennel Sous Vide, with Red Pepper Coulis, Asparagus Cream, and a salad of shaved fennel, asparagus, and red onion with lemon and olive oil

## ADDITIONAL RECIPES

*These additional recipes may be found on your CulinarE-Companion recipe management program:*

**Seafood Casserole au Gratin**

**Seafood Newburg**

# SEAFOOD SERVED RAW

Raw oysters and clams have long been enjoyed in North American restaurants as well as in homes. Smoked salmon, too, has always been a popular raw seafood item, although many people don't think of it as raw fish because it has been processed.

More recently, with the popularity of Japanese sushi and sashimi, many more people enjoy eating items made with raw fish, and chefs are experimenting with new ways to serve raw seafood items. Because of the danger of contamination from polluted fishing waters, however, many health officials advise against serving raw seafood. Nevertheless, these items remain popular. If you choose to serve raw seafood, observe the following guidelines:

1. Use only the freshest fish.
2. Buy the fish from a reliable purveyor.
3. Use only saltwater seafood from clean waters. Do not use freshwater fish, which is more likely than saltwater fish to contain parasites. To destroy possible parasites in saltwater fish, freeze it, and then thaw it before use.
4. Observe the strictest sanitation procedures.
5. Keep the fish cold. Handle it as little as possible.

Four kinds of raw fish recipes are included in this section. **Fish tartare** is a mixture of chopped raw fish mixed with various condiments and seasonings. **Fish carpaccio** is a dish consisting of very thin slices of firm, meaty fish such as tuna, served with various garnishes and usually with a piquant sauce such as a vinaigrette. ***Carpaccio*** (karpachio), is the Italian word for a dish of thin slices of raw beef, served the same way. **Seviche**, or ***ceviche*** (seh vee chay, or, in Spanish, seh bee chay), is a preparation, native to Latin America, of raw seafood marinated in an acid mixture. The acid coagulates the protein so the texture of the raw fish resembles that of cooked fish. It is common to say the acid "cooks" the fish. However, because the food is not subjected to heat, it is important to still think of the item as raw, for sanitation reasons. **Sushi** is seasoned Japanese short-grain rice garnished with one or more foods, usually, but not always, raw fish.

Sushi has become especially popular in Western countries, but there is much confusion about it. Sushi is often equated with raw fish, but in fact the term refers to cooked rice lightly flavored with seasoned vinegar. The rice is served with various garnishes, which include not only raw fish (the most popular garnish) but also cooked seafood and many kinds of vegetables and pickles.



## KEY POINTS TO REVIEW

- What are five safety guidelines for serving raw fish items?
- What is seviche? How is it made?
- What is the basic meaning of the term ***sushi***? How is sushi rice made?
- What is seafood tartare? How is it made?
- What is tuna carpaccio? How is it made?

# Tuna Carpaccio

**PORTIONS: 8** **PORTION SIZE: 2½ OZ (75 G)**

| U.S. | METRIC | INGREDIENTS |
|---|---|---|
| 1 lb 4 oz | 600 g | Yellowfin tuna or other red-fleshed tuna |
| 8–12 oz | 240–360 g | Micro greens or baby arugula |
| 8–12 fl oz | 240–360 mL | Mustard Vinaigrette (p. 670) |

**PROCEDURE**

1. On a slicing machine, or with a very sharp knife, cut the tuna into slices weighing 2½ oz (75 g) each.
2. Place each slice between two sheets of plastic film. Carefully pound each slice until it is paper thin, being careful to keep it of even thickness.
3. If the carpaccio is not to be served immediately, keep it between the layers of plastic film and refrigerate.
4. Lay each portion of tuna flat in the center of a cold plate.
5. Toss the greens with just enough of the vinaigrette to coat them lightly.
6. Arrange the greens in a mound in the center of the sheet of tuna.
7. Drizzle the remaining vinaigrette over the tuna.

**Per serving:** Calories, 270; Protein, 18 g; Fat, 22 g (72% cal.); Cholesterol, 35 mg; Carbohydrates, 1 g; Fiber, 1 g; Sodium, 280 mg.

# Sushi Rice

YIELD: ABOUT 2½ LB (1.1 KG)

| U.S. | METRIC | INGREDIENTS |
|---|---|---|
| 3 cups | 750 mL | Japanese short-grain rice (see *Note*) |
| 3½ cups | 875 mL | Water, cold |
| 3–4 fl oz | 100–125 mL | Sushi vinegar (see *Note*) |

**PROCEDURE**

1. Wash the rice in several changes of cold water. Drain well.
2. Put the drained rice in a heavy saucepan and add the measured water. Cover tightly and let stand at least 30 minutes.
3. With the cover in place, set the pan over high heat and bring to a boil. When the water boils, reduce the heat to medium and let cook until all the water is absorbed. Do not remove the cover to check, but listen to the sounds. The bubbling will stop, and there will be a faint hissing sound.
4. Reduce the heat to very low and cook another 5 minutes. Then remove from heat and let stand at least 15 minutes before removing the cover. You now have the basic white rice that is eaten with Japanese meals.
5. In Japan, mixing in the vinegar is done in special wooden tubs used only for this purpose (to avoid off flavors). The advantage of wood is that it absorbs excess moisture. If you use a nonabsorbent mixing bowl, transfer the rice to a clean bowl whenever the mixing bowl becomes coated with moisture. Using a wooden paddle or plastic spatula, break up the hot rice to get rid of all lumps. At the same time, fan the rice to cool it.
6. When the rice is slightly warm to the touch, begin adding the sushi vinegar. Add a little at a time while mixing gently. The rice is ready when it has a glossy appearance and a very mild taste of the vinegar. The vinegared rice is best if used within 2–3 hours, and it must not be refrigerated.

**Per 1 ounce:** Calories, 40; Protein, 1 g; Fat, 0g (0% cal.); Cholesterol, 0 mg; Carbohydrates, 9 g; Fiber, 0 g; Sodium, 105 mg.

***Note:*** Do not confuse Japanese short-grain rice with glutinous rice, which is an entirely different product.

Sushi vinegar is commercially available, but it can also be made in the kitchen. Combine 1 pint (500 mL) Japanese rice vinegar, 8 oz (250 g) sugar, and 4 oz (125 g) salt. Heat and stir until the sugar and salt are dissolved, then cool.

## VARIATIONS

### Nigirizushi (Finger Sushi)

1. Prepare wasabi (green horseradish) by mixing wasabi powder with a little water to form a thick paste. Let stand, covered, a few minutes to allow flavor to develop.
2. Prepare sushi toppings by cutting very fresh fish fillets (use saltwater fish or smoked salmon) into slices about 1½ × 2½ in. (4 × 6 cm). Tuna, the most popular fish for sushi, is tender and is usually cut about ¼ in. (6 mm) thick. Other fish are cut thinner.
3. Wet your hands with cold water to keep the rice from sticking to them, then pick up about 2 tbsp (30 mL) sushi rice. Shape it into firm oval about 1½ in. (4 cm) long (Fig. 21.3). Pick up a slice of fish in one hand. Dip a finger of the other hand in the wasabi and spread a very small amount on the underside of the fish slice. Drape the fish over the rice, with the wasabi underneath next to the rice, and press it gently but firmly in place. Serve with soy sauce for dipping.

### Chirashizushi (Scatter Sushi)

Fill a serving bowl half full of sushi rice. Carefully and attractively arrange an assortment of raw fish, cooked shrimp, crabmeat, and neatly cut vegetables such as snow peas, cucumbers, carrots, mushrooms, and pickled ginger on top of the rice.

### Kappa-maki (Cucumber Roll)

To make rolled sushi, you will need a special bamboo mat called a sudare (Fig. 21.3). You could also use a sheet of parchment, but the roll will be harder to make.

1. Peel a cucumber. Cut it in half and scrape out the seeds. Cut lengthwise into julienne.
2. Cut a sheet of nori (a type of seaweed for rolled sushi) in half crosswise. Toast it by passing it briefly above a burner flame, being careful not to burn it.
3. Put the bamboo mat on the table in front of you with the bamboo strips horizontal. Put the half-sheet of nori on the mat, smooth side down.
4. Cover the two-thirds of the nori closest to you with a layer of sushi rice about ¼ in. (6 mm) thick.
5. Spread a light streak of wasabi from right to left across the middle of the rice.
6. Lay strips of cucumber evenly on top of the strip of wasabi.
7. Lift the edge of the mat closest to you and roll up firmly. This is best done by lifting the mat with the thumbs while holding the cucumber in place with the fingers. Press the roll in the mat gently but firmly to make it tight.
8. Wipe the blade of a very sharp knife, then cut the roll in half crosswise. Do not saw the roll but cut it cleanly with a single stroke. Wiping the blade on a damp cloth after every cut, cut each half-roll into 3 or 4 pieces.

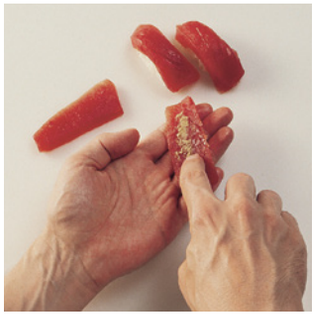
### Tekka-maki (Tuna Roll)

Make kappa-maki, but instead of cucumber, use raw tuna cut into bâtonnet strips.

**FIGURE 21.3** Making sushi.



**(a)** For nigirizushi, wet your hands with cold water to keep the rice from sticking to them. Form a bit of rice into a small oval in one hand.



**(b)** In the other hand, pick up a slice of fish and smear a dab of wasabi on the bottom of it.



**(c)** Top the rice with the fish, wasabi side against the rice, and press in place in the palm of one hand with two fingers of the other.



**(d)** Turn it over and press the same way. Then press the sides with the thumb and forefinger to finish shaping it.



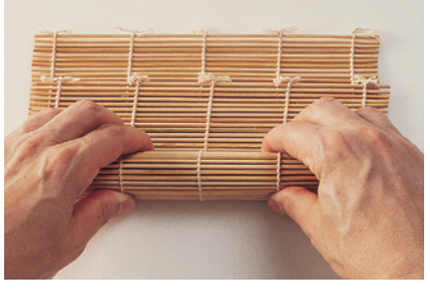
**(e)** For rolled sushi, put a half-piece of nori on the sudare (bamboo mat). Wetting your hands with cold water to keep the rice from sticking to them, spread a layer of sushi rice over the bottom two-thirds of the nori.



**(f)** Lay strips of the filling across the middle of the rice.



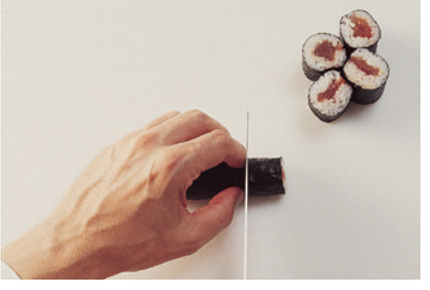
**(g)** Holding the filling in place with the fingers, lift the corner of the mat with the thumbs and roll up.



**(h)** Press the mat firmly and evenly to make a tight roll.



**(i)** Using a dampened knife, cut the roll in half with a single forward stroke.



**(j)** Wipe the blade between cuts, and cut each half-roll into 3 or 4 pieces.

## SUSHI: A JAPANESE CLASSIC

Fish and rice dominate the cuisine of the island nation of Japan, and these two staples are combined in sushi, a classic Japanese preparation that is especially popular in the West. Sushi originated many years ago as a way of preserving fish by salting it and packing it with vinegared rice. When the fish was eaten, the rice was discarded.

In Japan, it takes many years of apprenticeship to become a sushi master, or *itamae* (ee-tah-mah-eh). A master is skilled in preparing rice properly, making rice fingers of just the right size and compactness for nigirizushi, and especially in selecting, judging, and cutting the many varieties of fresh seafood used as toppings.

When one is eating nigirizushi, it is considered improper to dip the rice ball into soy sauce. The large amount of soy sauce absorbed by the rice masks the fresh flavor of the toppings and makes the rice ball break up. Instead, turn the sushi over and dip the seafood topping lightly in the sauce.

Incidentally, in Japanese, an initial S sound, as in the word *sushi*, may change to a Z sound when it is in the middle of a compound word, as in *nigirizushi*.

# Tuna Tartare

YIELD: APPROX. 1 LB 12 OZ (850 G) PORTIONS 8 PORTION SIZE: 3½ OZ (105 G)

| U.S. | METRIC | INGREDIENTS |
|---|---|---|
| 1 lb 8 oz | 720 g | Sashimi-quality tuna, well trimmed |
| 1 oz | 30 g | Shallots, minced |
| 2 tbsp | 30 mL | Parsley, chopped |
| 2 tbsp | 30 mL | Fresh tarragon, chopped |
| 2 tbsp | 30 mL | Lime juice |
| 1 fl oz | 30 mL | Dijon-style mustard |
| 2 fl oz | 60 mL | Olive oil |
| to taste | to taste | Salt |
| to taste | to taste | White pepper |

**PROCEDURE**

1. Mince the tuna with a knife. The most effective way to do this is to cut it into thin slices, cut the slices into thin strips, and cut the strips into very small dice. (The fish may also be chopped with a food processor, although the result is not as good as hand cutting. Pulse the machine, and be careful not to process the fish to a paste.) Do not pass the fish through a grinder, as this produces an undesirable texture.
2. Mixed the chopped tuna with the remaining ingredients shortly before serving, seasoning to taste with salt and pepper. Do not mix too long in advance, as the acidity of the lime juice coagulates the protein as for seviche (p. 661).
3. Tuna tartare may be served very simply mounded on a small plate or in more elaborate ways (see variations).

**Per serving:** Calories, 200; Protein, 21 g; Fat, 12 g (54% cal.); Cholesterol, 35 mg; Carbohydrates, 2 g; Fiber, 0 g; Sodium, 130 mg.



Tuna Tartare

### VARIATIONS

Omit the shallots, parsley, tarragon, lime juice, and mustard. Add some chopped chives and a dash of hot pepper sauce.

Place a round biscuit cutter in the center of a plate. Fill it with the tartare and smooth the top. Remove the cutter (Fig. 21.4). Garnish and decorate as desired. For example, place a fresh herb leaf or dab of caviar on top, and place spoonfuls of caviar around the disk of tartare. With a squeeze bottle or spoon, place a ring of vinaigrette on the plate around the tartare.

## Salmon Tartare

Substitute salmon for the tuna. Be sure all bones, skin, and sinews are removed from the salmon. In addition, cut away the dark, fatty tissue that runs down the centerline of the fillet on the skin side.

## Tartare of Salmon and Sea Bass

In place of the tuna, use 12 oz (340 g) sea bass and 12 oz (340 g) salmon.

**FIGURE 21.4** Shaping food with a ring mold.



**(a)** Position a ring mold on the plate. Fill with the food and level the top with a palette knife or spatula.



**(b)** Carefully lift off the mold.

# Scallop Seviche

PORTIONS: 12 PORTION SIZE: 4 OZ (125 G)

| U.S. | METRIC | INGREDIENTS |
|---|---|---|
| 2 lb | 1 kg | Sea scallops (see *Note*) |
| 8 fl oz | 250 mL | Lime juice |
| 4 oz | 125 g | Red onion, chopped fine |
| 1 | 1 | Jalapeño, seeded and chopped fine |
| 6 tbsp | 90 mL | Chopped cilantro |
| 2 | 2 | Avocados, medium dice |
| 8 oz | 250 g | Tomato, peeled and seeded, small dice |
| to taste | to taste | Salt |
| 4 fl oz | 125 mL | Olive oil |
| as needed | as needed | Lettuce leaves |

**PROCEDURE**

1. Cut the scallops into quarters vertically, then slice crosswise ¼ in. (6 mm) thick.
2. In a nonreactive container, mix together the scallops, lime juice, and onion.
3. Refrigerate about 12 hours, or until the scallops have the texture of cooked scallops.
4. Drain the scallops and onions, discarding the lime juice.
5. Gently toss the scallops with the jalapeño, cilantro, avocado, and tomato.
6. Add salt to taste.
7. Mix in the olive oil.
8. To serve, line small bowls or cups with lettuce leaves and spoon in the seviche.

**Per serving:** Calories, 220; Protein, 14 g; Fat, 15 g (61% cal.); Cholesterol, 25 mg; Carbohydrates, 8 g; Fiber, 2 g; Sodium, 130 mg.

***Note:*** As an alternative to sea scallops, use bay scallops and leave them whole.



Scallop Seviche

## TERMS FOR REVIEW

**à la meunière**
**court bouillon**
**truite au bleu**
**étuver**
**en papillote**
**fish tartare**
**fish carpaccio**
**seviche**
**sushi**

## QUESTIONS FOR DISCUSSION

1. What major precaution must be taken when baking or broiling lean fish?
2. Describe the procedure for cooking fish à la meunière.
3. Which side of a fish fillet is the presentation side?
4. What techniques can you use for lifting whole poached fish out of court bouillon without breaking it or damaging its appearance?
5. What temperatures are best for poaching fish?
6. What techniques can be used to make a sauce that is suitable for glazing poached fish?
7. Discuss the precautions a cook should take to ensure that raw fish is safe to eat.