

School of Cooking

Martin's

Seafood Lover's Delight

Hosted by Chef Scott Rossen

April 2, 2009

**Martin's Super Markets at Heritage Square
Mishawaka, Indiana**

Fish Tacos

Makes approx. 8 portions

Ingredients

1/2 lb Preferred fish like Cod, Perch, Mahi Mahi
8 Corn tortillas
1 cup seasoned flour
1 lime cut into 8 wedges
1 cup oil for frying

For Pico de Gallo Slaw:

1 1/2 Cups diced tomato
3/4 cup finely shredded green cabbage
1/4 cup fine diced red onion
2 tbsp chopped fresh cilantro
1 tbsp chopped garlic
2 tbsp lime juice
1 jalapeno fine diced
1/4 tsp salt

Instructions

First make Pico de Gallo slaw by combining all ingredients and letting set. Next cut fish into about 2-3 ounce strips and lightly flour then pan fry them in sauté pan with hot oil until brown and cooked through. Then take corn tortillas and lightly toast them on open flame and place fish in middle along with Pico slaw and serve garnished lime wedge.

Parmesan Crusted Salmon

Makes approx. 8 portions

Ingredients

8-6oz salmon filets
8 ounces shredded parmesan
Salt and pepper for seasoning fish
2 ounces cooking oil

For Lemon Garlic Aioli:

1 cup mayonnaise
2 ounces chopped garlic
2 tbsp lemon juice
1 tsp chopped parsley
Salt and Cheyenne pepper to taste

Instructions

First combine all ingredients for aioli in mixing bowl and incorporate thoroughly. Then heat large sauté pan and add oil, next sear seasoned salmon filets on each side until golden brown. Then transfer fish to a cookie sheet or sheet pan with the flesh side up. Top fish with shredded parmesan making sure to cover entire top. Place under broiler and cook until cheese is golden brown. If fish is not done to your liking place in 350 degree oven and bake until desired temperature is achieved.

Whitefish Grenobloise

Makes approx. 8 portions

Ingredients

8- 6-8 oz skinned whitefish filets
1 cup seasoned flour
1 cup white wine
½ cup capers
8 ounces softened butter
2 ounces chopped shallots
1 ounce chopped garlic
2 lemons supremed
2 tbsp chopped parsley
½ cup olive or vegetable oil

Instructions

First lightly flour each filet of whitefish while you are heating a sauté pan with oil in it. When pan is hot sauté whitefish on each side until golden brown. Set fish aside preferably in a warming oven. Then add shallots and garlic to hot pan and sauté quickly then add white wine and reduce until almost dry. Next add capers and then slowly add butter and finish with parsley. Plate fish and pour sauce over fish and garnish with lemon Supremes

Coconut Shrimp

Makes approx. 8 portions

Ingredients

24- 16-20 counts peeled tail on raw shrimp
1 cup flour Seasoned with salt and pepper
4 cups unsweetened shredded coconut or sweetened can be used
2 cups vegetable oil for frying

For Beer Batter:

2 eggs
2 cups flour
2 cups beer
2 tbsp cornstarch
2 tsp baking powder
2 tsp salt
½ tsp black pepper

For Dipping Sauce:

1 cup orange marmalade

1 cup grainy style mustard

Instructions

First make dipping sauce by combine ingredients together and letting set. Next make beer batter by whisking eggs then adding beer and finally add remaining beer batter ingredients and whisking until thoroughly incorporated. Next take shrimp and lightly flour them in seasoned flour then dip them in beer batter then finally roll them in the coconut until coated nicely. After all shrimp are coated with coconut heat a large sauté pan with oil until about 350 degrees. Then place each shrimp in pan and fry until golden brown on each side. Serve with dipping sauce and enjoy.