

# *School of Cooking*

Martin's

## **Under the Sea**

Hosted by Chef Pete Pica

March 4, 2008

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

### **Almond Crusted Halibut with Buerre Blanc Sauce**

Yield: 10 servings

#### **Ingredients**

1/2 cup + 1 tbsp dry white wine  
3 tbsp cider vinegar  
3 tbsp minced shallots  
1 2/3 sprigs fresh thyme  
1 2/3 bay leaf  
1/2 cup heavy cream  
1 cup unsalted butter, cut into large dices  
1/4 cup chopped fresh chives  
1 tbsp fresh lemon juice

1/4 tsp salt  
1/4 tsp pepper  
10 (6oz) halibut filets  
3 tbsp vegetable oil  
1 tbsp unsalted butter  
1/3 cup blanched almonds  
1bsp unsalted butter, melted  
1 2/3 eggs, lightly beaten

## **Instructions**

Make beurre blanc: In a small saucepan over medium heat, combine wine, vinegar, shallots, thyme and bay leaf. Boil until liquid has evaporated. Stir in cream, and boil until liquid is reduced by half; decrease heat to low. Whisk in butter, 1 piece at a time, adding each new piece before previous one has melted completely. Do not allow sauce to simmer, or it may separate. Strain sauce through a fine sieve into a heatproof bowl. Stir in chives, lemon juice, salt and pepper. Keep warm by setting bowl in a larger container of hot water. Preheat oven on broiler setting. Pat fillets dry, and season with salt and pepper. Heat oil and 1 tbsp butter in a large skillet over medium-high heat. Saute halibut fillets for 2-3 minutes on each side, or until lightly browned and just cooked through. Transfer to a baking sheet, and cool 5 minutes. In a small bowl, stir together bread crumbs, almonds and 1 tbsp melted butter. Brush tops of fillets with egg, and spread with almond mixture. Broil fillets 1-2 minutes, or until browned (watch closely-every broiler has its own personality!). Place fillets on individual plates, and spoon beurre blanc around it.

## **Cioppino (San Franciscan Seafood Stew)**

### **Ingredients**

4 large garlic cloves, minced  
2 medium onions, finely chopped  
1 bay leaf  
1 tsp dried oregano, crumbled  
1 tsp dried of pepper flakes  
1 1/2 tsp salt  
1/2 tsp black pepper  
1/4 cup olive oil  
1 green bell pepper, in into 1/4-inch dice  
2 tbsp tomato paste  
1 1/2 cups dry white wine  
1 (28-32 oz can) whole plum tomatoes, drained, reserving juice, chopped  
1 cup bottled clam juice  
1 cup chicken broth

1 (1-lb) king crab leg, thawed if frozen  
18 small (2 inch) hard shelled clams, such as little necks,  
scrubbed  
1 lb skinless red snapper  
1 lb shrimp (16-20), peeled and deveined  
3/4 lb sea scallops  
1/4 cup fresh flat leaf parsley, finely chopped  
3 tbsp fresh basil, finely chopped

### **Instructions**

Cook garlic, onions, bay leaf, oregano, and red pepper flakes with salt and pepper in oil in an 8-qt heavy pot over moderate heat, stirring until onions are softened, about 5 minutes. Stir in bell pepper and tomato paste and cook, stirring 1 minute. Add wine and boil until reduced by about half, 5-6 minutes. Add tomatoes with their juice, clam juice, and broth and simmer, covered, 30 minutes. Season with salt and pepper. While stew is simmering, hack crab leg through shell into 2-3 inch pieces with a large heavy knife. Add crab pieces and clams and stew and simmer, covered, until clams just open, 5-10 minutes, checking every minute after 5 minutes and transferring opened clams to a bowl with tongs or a slotted spoon. (Discard any unopened clams after 10 minutes) Lightly season fish fillets, shrimp and scallops with salt and add to stew, then simmer, covered, until just cooked through, about 5 minutes. Discard bay leaf, then return clams to pot and gently stir in parley and basil. Serve cioppino immediately in large soup bowls.  
Garnish: Shredded fresh basil leaves and small whole leaves  
Accompaniment: Focaccia or sourdough bread

## **Crab Toasts**

Yield: 10 servings

### **Ingredients**

10 oz cooked crab meat  
10 oz goat cheese, crumbled  
1/2 cup + 2 tbsp scallions, sliced  
5/8 tsp salt  
5/8 tsp cayenne pepper

10 slices of baguette, 1/2 inch thick

### **Instructions**

Preheat broiler to high. Combine crab, cheese, scallions, salt and cayenne in a bowl. Toast the baguette slices on a baking sheet under broiler.

Divide the mixture among the bread, then broil 1-2 minutes, or until cheese browns.

## **Seafood Chowder**

Yield: 10 servings

### **Ingredients**

1 tbsp vegetable oil  
2 cups chopped yellow onion  
1 cup chopped celery  
1/2 cup diced carrots  
1/4 tsp salt  
1/4 tsp cayenne  
4 bay leaves  
1 tsp chopped garlic  
4 cups clam juice  
3 cups tomatoes  
1 1/2 lbs new potatoes, quartered  
2 cups fresh sweet corn kernels  
1/2 cup finely chopped fresh parsley  
4 lbs raw assorted cleaned shellfish  
(medium shrimp, shucked oysters, lobster)  
2 tbsp finely chopped fresh parsley

### **Instructions**

In a large saucepan, over medium heat, add the oil. When the oil is hot, stir in the onions, celery and carrots. Season the vegetables with salt, cayenne, and bay leaves. Sauté for 6 minutes, or until the vegetables are soft and tender. Stir in the clam juice and tomatoes and bring to a boil. Add the potatoes and corn. Simmer for 15 minutes, or until the potatoes are fork-tender. Season the seafood with salt and cayenne. Add the seafood and simmer the soup for 5 minutes. Stir in the parsley

and ladle the soup into serving bowls.