

CT Seafood – CT Chefs

First Annual Workshop

October 4, 2006

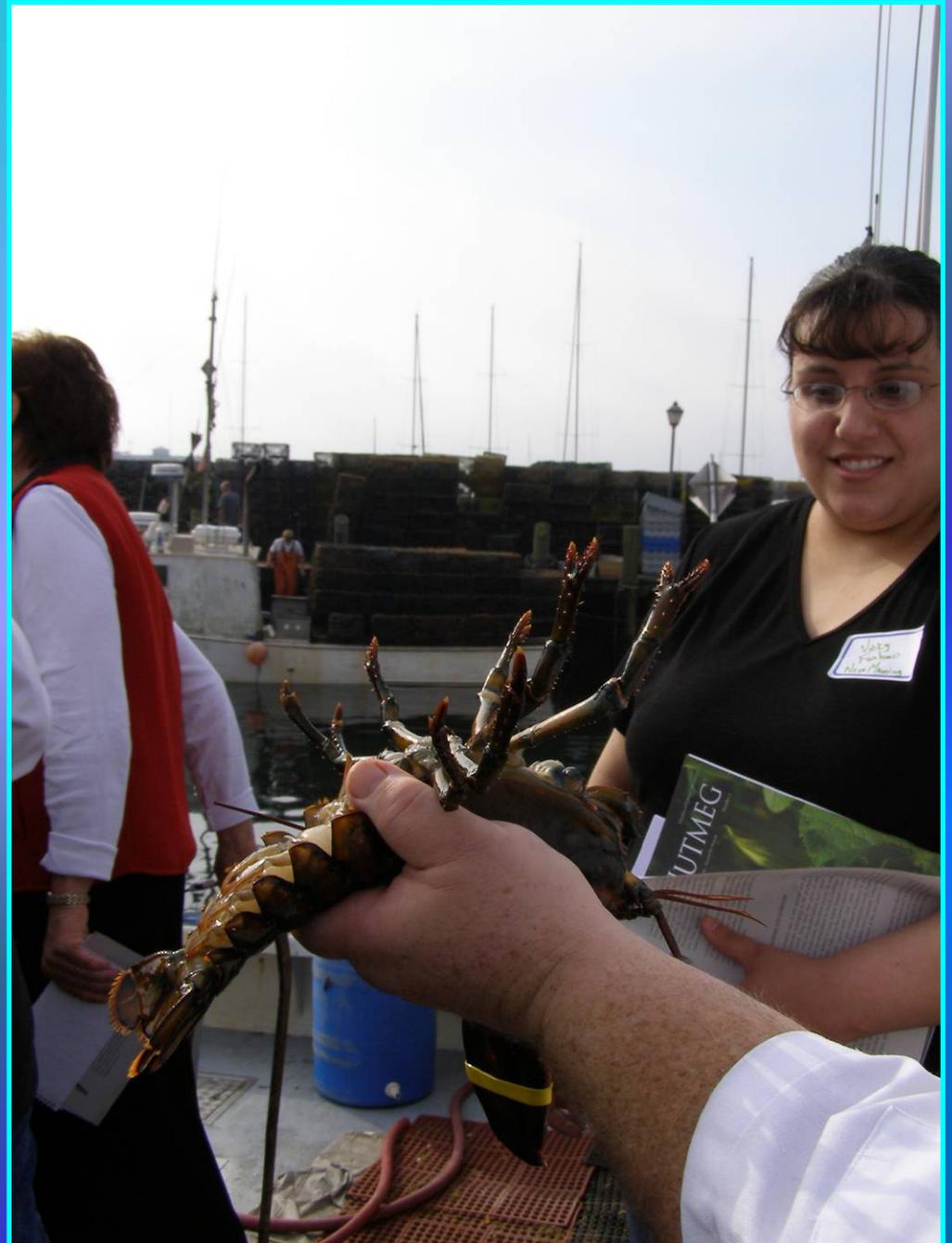
Stonington, CT





Lobsterman Mike Theiler teaches chefs about the “pots” used to catch lobsters

Female lobsters are best for stuffing due to their wider tails





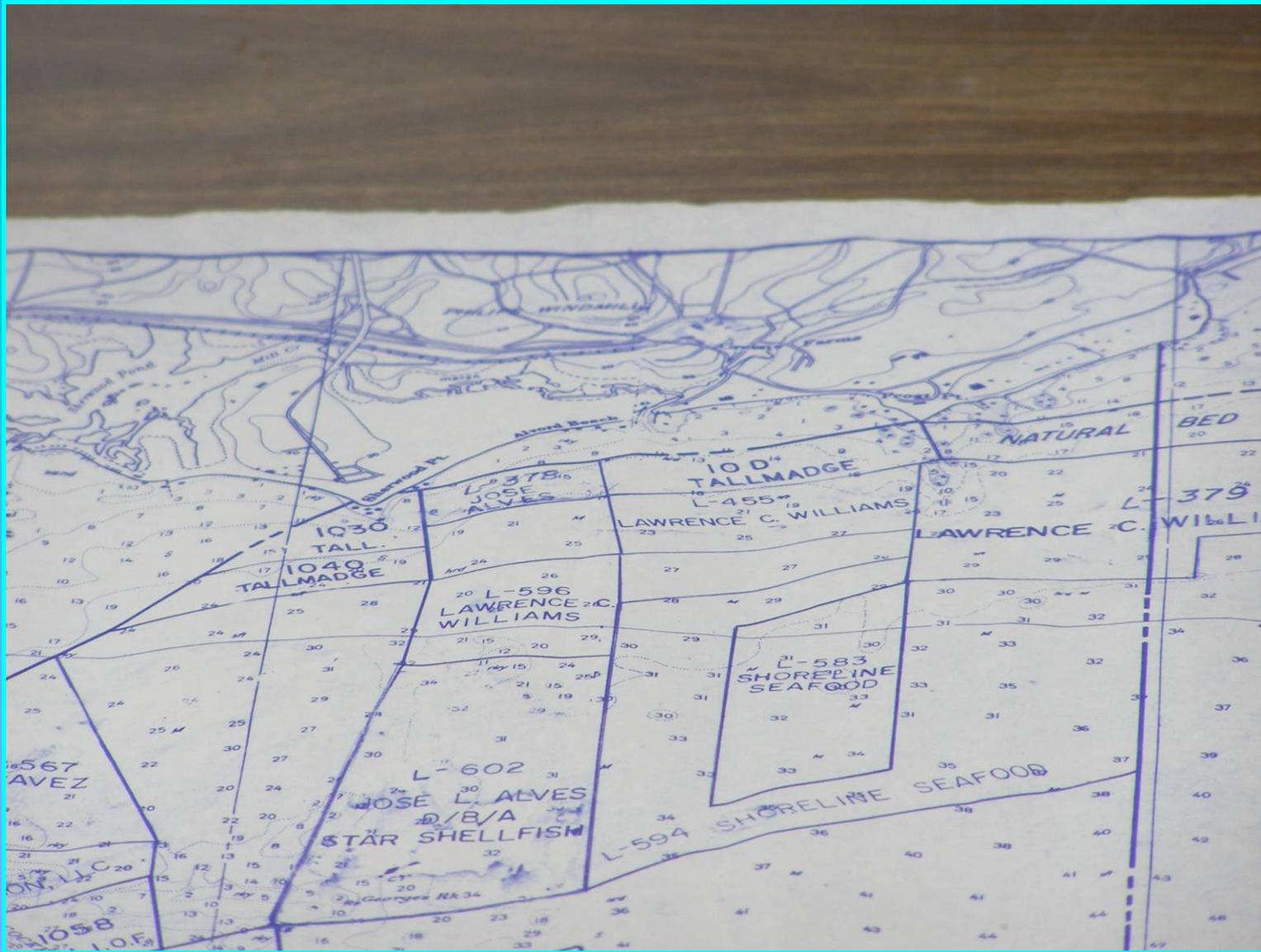
Fisherman Mike Grimshaw displays a blackfish just off the boat



Shell fisherman Larry Williams talks about the state's clam industry



Chefs are invited to sample fresh clams on the half-shell



Mr. Williams explains how the state's shellfish beds are leased



The chefs board the *Stonington Jo* for a tour and presentation on scallops



Bill Bomster, Jr. explains how scallops are flash-frozen at sea to preserve freshness





Gambardella's wholesale receives of fish straight off the boat



Fish are washed and immediately iced to keep them super-fresh



Bureau of Aquaculture Director David Carey and HACCP educator Nancy Balcom explain the vigilant testing and inspection process that ensures the safety of CT Seafood





Chef John Turenne demonstrates the preparation of Scallop Ceviche



Chef Turenne's Scallop Ceviche

(large batch - *Makes about 12 ½ cups serves 24 as an appetizer*)

Amount:	Ingredient:
3 lb.	Dry Sea Scallops, fresh, sliced 1/8 inch rounds
3 medium	Red onion, finely diced
3 cup	Fresh Lime juice
3 – 6 Tbl	Extra Virgin Olive Oil
4 each	Jalapeno pepper, finely diced
½ cup 1Tbl.	Fresh Orange, juiced and pulp diced ¼ inch
1 cup	Fresh cilantro, chopped
To taste	Kosher salt & fresh cracked pepper
	Tortilla Chips for serving

Recipe Method:

In a shallow glass or stainless steel bowl, marinate the sliced scallops and diced onion in the lime juice for 2 – 3 hours. Be sure that the vessel is shallow enough to cover the scallops in the juice, or stir the mix often to submerge all the scallops in juice.

Pour into a strainer and drain off the lime juice.

Combine chilies, cilantro, olive oil, orange pieces and orange juice in a bowl and mix. Add marinated scallops, season as needed with the salt & pepper.

Serve with freshly made tortilla chips.

Feel free to experiment with other fresh summer herbs instead of cilantro, such as basil or chervil.



Chef Christopher Prosperi prepares fresh CT Seafood Chowder



Chef Prosperi's Seafood Chowder

1 large onion, weighing about 12 ounces
¾ pound Russet potatoes
¾ pound butternut squash
6 ears of corn
7 ounces Cod cut into 1 inch pieces
7 ounces clams
1/4 cups diced bacon
2 tablespoons butter
1 tablespoon chopped garlic
2 cups diced celery

1/4 teaspoon kosher salt
1 teaspoon fresh thyme, chopped
1/2 cup cream sherry
Reserved clam juice
2 tablespoons fresh chopped parsley
1/2 cup heavy cream
3-4 dashes Tabasco sauce
1 tablespoon red wine vinegar
salt and pepper to taste
1 teaspoon fresh thyme, chopped, for garnish

Peel the onion and chop into a small dice. Peel the potatoes and squash and chop into a medium dice. You'll have about 2 cups total. Cut the potatoes and squash carefully, you want them to be no bigger than the clams. Set the potatoes, squash and onions aside. Cut the corn off the cob and puree half in a food processor. Steam the clams and reserve the broth for later use. You should have about 3 cups of clam juice total. Put a large stock or chowder pot on a burner set to medium high. Add the butter and bacon and cook to render the bacon fat, about 1 to 2 minutes. Stir in the diced onion and garlic and cook until the onion begins to soften and turn translucent. Place the chopped celery in the pot, add salt, and mix to combine. Cook until the celery begins to soften. Sprinkle in 1 teaspoon of fresh thyme, stir, and pour in the cream sherry. The sherry should begin to bubble and start evaporating. Pour in the reserved clam juice, corn and pureed corn. Stir to combine. The stock will become creamy and lightly thickened as it comes up to the simmer. Put the chopped potatoes and squash in the stock and cook for about 45 minutes or until the potatoes and squash are cooked through. To finish the soup, add the clams and cod with 2 tablespoons of fresh parsley, 1/2 cup cream, 2 tablespoons cream sherry, 3-4 dashes of Tabasco, and 1 tablespoon of wine vinegar. Taste carefully and adjust seasonings, adding salt and black pepper as needed. Serve immediately, garnishing bowls with fresh thyme sprigs.



Chef Jacques Pepin demonstrates his Instant Gravlax



Chefs Prosperi and Turenne observe and learn from the master chef





Chef Pepin's Instant Gravlax

The following recipe, which Chef Pepin demonstrated at the CT Seafood – CT Chefs event, is from the book ***JULIA AND JACQUES COOKING AT HOME*** published by Knopf in 1999, and believed to still be in print.

This is the companion volume to the public television series with the same title that aired soon after the book's publication.

Jacques's Instant Gravlax

(Yield: 8 to 10 slices of salmon, serving 6 to 8 as an hors d'oeuvre, or 4 as a first course)

12 ounces salmon fillet, trimmed and de-boned
1 tsp kosher salt
1/2 tsp freshly ground black pepper
1/4 tsp sugar

For garnishing

1 tsp lemon peel in fine julienne strips or shreds
1 Tbs chopped fresh chives
4 Tbs thinly sliced shallots (4 large shallots)
2 Tbs julienne slivers of fresh radish (2 radishes)
1 Tbs walnut oil
2 Tbs peanut oil

Curing the salmon

Slice the salmon as thin as possible. You should have 8 or more slices, each about 1-1/2 ounces. Stir together the salt, sugar and pepper in a small bowl. Sprinkle half of the mixture evenly over the surface of the serving platter. Lay the salmon slices flat, on top of the seasonings, *without overlapping*. Sprinkle the rest of the seasoning mix evenly over the slices.

Cover the slices air tight with plastic wrap—pressing the wrap so it adheres to the salmon—and set it in the refrigerator for at least 20 minutes, to cure. (You may keep it refrigerated for up to 24 hours, tightly covered, before garnishing and serving.)

Garnishing and serving

Uncover the platter. Sprinkle the lemon zest, chives, radish slivers and sliced shallots all over the slices. Stir together the walnut and peanut oils, and drizzle them over the slices and garnishes.

Arrange the lemon wedges—and cucumber ribbons, if you like—around the edges of the platter. Serve with slices of buttered bread or brioche toast on the side.

For serving

Lemon wedges
Cucumber (for ribbons)
Slices of pumpernickel, brioche or crackers

Special equipment

A serving platter; plastic wrap

FOR MORE INFORMATION

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