

OCEANS OF POSSIBILITIES

Did you know local seafood is a responsible choice?



- Most seafood from the Gulf of Maine is harvested by fishermen and sea farmers following strict rules to make sure we leave enough fish in the water for the future and keep our ecosystem healthy.
- We have a broad diversity of fish, shellfish, and sea greens in the Gulf of Maine – seafood is New England’s most abundant protein source.
- Choosing local seafood is a great way to eat healthy and to support our local communities, too.

Whether you’re at the grocery store or a restaurant, ask questions about where your seafood comes from and ask for local seafood – it makes a difference!

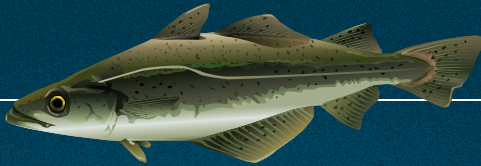
For more information, visit gmri.org/seafood.



**Learning Ecosystems
Northeast**



**Gulf of Maine
Research Institute**
Science. Education. Community.



Island Spiced Pollock Sandwich

with sautéed spinach, tomato, avocado and cherry pepper aioli

*Courtesy of Executive Chef Ray Franklin
Solo Bistro, Bath, Maine*

Pre-heat oven to 350 degrees.

Combine aioli ingredients in blender. Combine island spice mix ingredients in a small bowl.

Clean and pat dry 6 oz pollock portions, dust with spice mix.

Melt 1 tbsp butter in a skillet on medium heat. Brown fish on both sides and finish in oven for 10 to 15 minutes.

Sauté 1 cup baby spinach leaves and 1 tsp chopped garlic with 1 tbsp oil.

Serve fish on a bulky roll spread with the aioli, and top with spinach and sliced tomato and avocado.

Serves: 5 people

Ingredients:

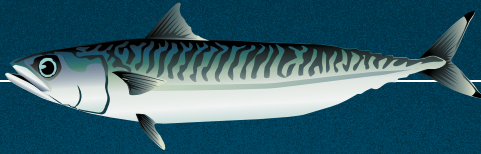
5 (6oz) pollock portions
1 tbsp butter
1 cup baby spinach
1 clove garlic
1 tbsp oil
tomato
avocado
5 bulky rolls

Ingredients for the Island Spice Mix:

1 tbsp paprika
1 tbsp allspice
1 tbsp garlic powder
1 tbsp onion powder
1 tsp cinnamon
1 tsp nutmeg
1 tsp dried thyme
1 tsp ginger powder
salt and pepper

Ingredients for the Cherry Pepper Aioli:

2 egg yolks
2 cherry peppers, seeded and chopped
1 tbsp garlic
1 tbsp shallot or onion
2 oz water
1 ½ cups oil
juice of 1 lemon
1 tsp honey
salt and pepper to taste



Roasted Mackerel

with onions, cherry tomatoes and oregano

*Courtesy of Executive Chef Vini Kurti
Adriatic Restaurant, Salem, Massachusetts*

Preheat the oven to 450 degrees. Thinly slice the onions, cut the tomatoes in half and mince the garlic. Drizzle both sides of the fish with olive oil and season the inside and outside with salt. Using a large skillet, heat the oil and add the onions.

Cook until the onions change color to yellow and add garlic and oregano. Place the onions on a baking sheet. Add tomatoes, bay leaves and the fish.

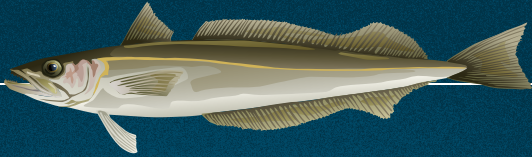
Bake for 40-45 minutes or until the mackerel cooks well and is crispy on top. The onions should turn slightly brown.

Discard the bay leaves. Serve hot with a drizzle of olive oil and a lemon wedge.

Serves: 4 people

Ingredients:

4 fresh mackerel around a pound each, scaled, gutted, gills removed
5 white Spanish onions
½ lb cherry tomatoes
2 cloves garlic minced
½ tbsp dried oregano
olive oil
2 bay leaves
salt and pepper to taste



Pan Seared Whiting

with cauliflower raisin quinoa and citrus pan sauce

*Courtesy of Executive Chef Mitchell Morgan Kaldrovich
Sea Glass Restaurant / Inn by the Sea, Cape Elizabeth, Maine*

Pre-soak raisins (overnight if possible). Cook 2 cups of quinoa according to package instructions.

In a dry food processor with a metal blade, grind the cauliflower florets in small batches, set aside. In a hot skillet add 2 tbsp olive oil and 1 tbsp of the butter. Add the cauliflower and brown, stirring occasionally until caramelized all around. Add the quinoa, almonds and the strained raisins. Cook another 3 minutes and season with salt & pepper, set aside. Keep warm.

Heat a heavy cast iron skillet. Pat dry and season the fillets on both sides. Add 2 tbsp of oil and butter

and cook the nice side down for about 3-4 minutes, depending on thickness. Add more butter if needed and keep basting this butter on top of the fish. When fish gets very crispy turn over and cook it another minute or finish in the oven. When fish is done, place over paper napkins and keep warm. Wipe out skillet, add 2 tbsp butter and heat again. Add the citrus slices and citrus juice and swirl contents of pan creating an emulsion. Season with salt and pepper and chopped herbs if preferred. Serve hot.

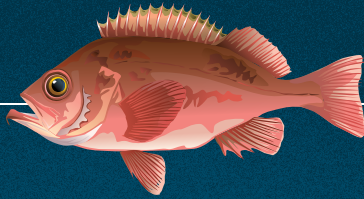
Serves: 4 people

Ingredients:

4 fillets of whiting
4 tbsp unsalted butter
4 tbsp olive oil
4 tbsp toasted almonds

¼ cup raisins, pre-soaked overnight
2 cups cooked organic quinoa
1 head of cauliflower, florets only
salt and pepper

fresh chopped Italian parsley
slices and juices of (1 each): orange, lime, lemon



Maple Miso Redfish

with pickled shiitakes and soba

Courtesy of Executive Chef Gary Caron

Stripers Waterside Restaurant / Breakwater Inn, Kennebunkport, Maine

Pre-cook and chill soba noodles according to package instructions. Slice the mushrooms.

To pickle the shiitakes, bring the soy sauce, sugar, and vinegar to a simmer, remove from the heat and add the shiitakes.

Bring the cider, miso and maple syrup to a boil, reduce heat to keep warm.

Season the fillets with salt and pepper, dredge lightly in the flour.

Warm the soba noodles and pickled shiitakes in the miso broth.

Sauté the redfish with canola oil in a very hot pan, skin side down for two minutes, pressing to prevent the fillets from curling. Turn the fillets and cook for one more minute.

Divide the noodles, mushrooms, and broth between two bowls, top with the redfish and finish with some slices of fresh radish to garnish and add a little crunch.

Serves: 2 people

Ingredients:

12 oz redfish fillets, scaled, boned
flour to dredge
4 oz shiitake mushrooms, sliced

1 cup soy sauce
½ cup sugar
½ cup rice vinegar
1 cup apple cider
3 oz red miso
3 oz maple syrup

4 oz buckwheat soba noodles, cooked and chilled
canola oil
radish slices