

Island Spiced Pollock Sandwich

with sautéed spinach, tomato, avocado and cherry pepper aioli

Pre-heat oven to 350 degrees.

Combine aioli ingredients in blender.

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: 5-6 people

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

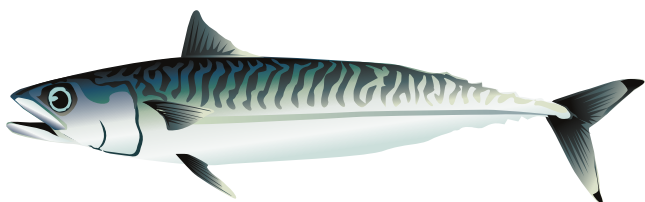
Ingredients for the island spice mix:

- 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

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Roasted Mackerel

with onions, cherry tomatoes and oregano

Preheat the oven to 450 degrees. 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.

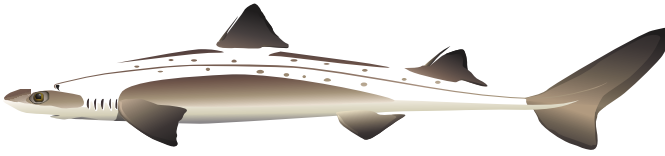
Serves: 4 people

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

Ingredients:

- 4 fresh mackerel around a pound each, scaled, gutted, gills removed
- 5 white Spanish onions thinly sliced
- ½ lb grape tomatoes cut in half
- 2 cloves garlic minced
- ½ tbsp dried oregano
- Olive oil
- 2 bay leaves
- Salt and pepper to taste

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Roasted Cape Shark (Dogfish)

with red curry and bok choy

Add oil to a large pot or Dutch oven. Sweat down onion, garlic, ginger, and lemongrass until translucent. Add peppers, chiles. Add cumin and coriander and cook for 1 minute. Add liquids (chicken stock and coconut milk). Add brown sugar. Cook the curry for 30-40 minutes, reducing it by 1/3. After reducing, add sachet and let steep for 10 minutes. Right before serving, add your cilantro and mint. (May serve as a more chunky texture or transfer to food processor for a smoother sauce).

For the dogfish: Pre-heat oven to 400 degrees. Cut your portions to between 5-7 oz. Remove any remaining blood line and ensure the fish is clean. Season both sides of the fish with salt and pepper. In a saute pan, heat 1/5 cup of canola oil. Sear the fish on one side for approximately 2 minutes. Transfer to oven and roast for 3-4 minutes.

Rinse bok choy, then saute in oil or butter for 1-2 minutes. Add a pinch of salt. Finish with lime juice and zest.

Serves: 6-8 people

*Courtesy of Executive Chef Steve Corry
Five Fifty-Five, Portland, Maine*

Ingredients for the curry:

- 1 red onion - small dice
- 2 red bell peppers
- 3 fresno chiles
- 4 cloves of garlic - peeled and minced
- 2 tbsp of fresh ginger - peeled and minced
- 1 stalk of lemongrass - minced
- ½ tbsp ground cumin
- ½ tbsp ground coriander
- 2 tbsp brown sugar
- 1 bunch of cilantro
- ½ bunch of mint
- 4 cups chicken stock
- 2 cans of coconut milk
- ½ cup canola oil

(Optional: may add 1 tbsp of soy sauce or fish sauce for additional seasoning)

Ingredients for the bok choy:

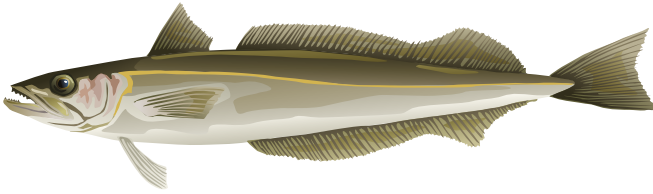
- 1 bunch bok choy
- 1 lime (zest and juice)
- Pinch of salt
- 1 tbsp oil or butter
- 1 sachet - 1 each star anise and 4 each kaffir lime leaves

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Pan Seared Whiting

with cauliflower raisin quinoa and citrus pan sauce

In a dry food processor with a metal blade, grind the 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

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

Ingredients:

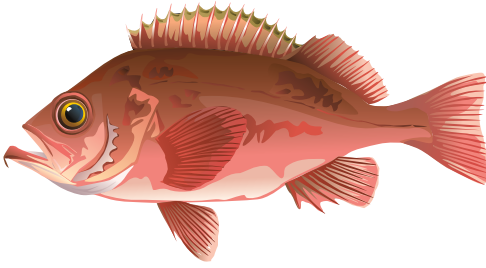
- 4 fillets of whiting
- 4 tbsp unsalted butter
- 4 tbsp olive oil
- 2 tbsp capers
- 4 tbsp toasted almonds
- ¼ cup raisins, pre-soaked overnight
- 2 cups cooked organic quinoa
- 1 head of cauliflower, florets only
- Salt and pepper
- Fresh chopped Italian parsley
- Slices and juices of (1 each): orange, lime, lemon

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Maple Miso Redfish with pickled shiitakes and soba

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

Courtesy of Executive Chef Gary Caron

Stripers Waterside Restaurant / Breakwater Inn, Kennebunkport, Maine

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

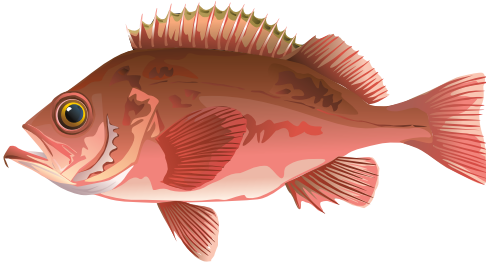
4 oz buckwheat soba noodles, cooked and chilled

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Redfish “Leche de Tigre” Ceviche with Avocado Espuma

Combine all ceviche ingredients except the redfish and let liquid marinate for at least 2 hours. Skin and finely dice the redfish fillets. Pour liquid over redfish and allow to marinate for at 1 hour, but no more than 2 hours.

For the avocado espuma, split and seed the jalapeno. Combine milk, cilantro, jalapeno, and lemon juice and blend until smooth. Dice the avocado and blend until creamy. Top the ceviche with avocado espuma when ready to serve.

Serves: 16 people

*Courtesy of Executive Chef Noly Lopez
Frontier, Brunswick, Maine*

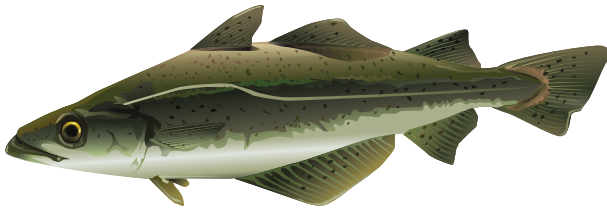
Ingredients for the ceviche:

- 1 cup olive oil, extra virgin
- 1 cup lime juice, preferably fresh
- 4 tsp. sugar
- 1 tsp. each: coriander, cumin, black peppercorn, bay leaf
- 8 fillets of redfish
- Salt to taste

Ingredients for the espuma:

- 0.5 cup milk, whole
- 1 cup cilantro leaves
- 0.5 jalapeno, split & seeded
- 2 tsp. lemon juice
- 1 avocado, diced
- Salt to taste

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Atlantic Pollock in cartoccio with preserved blood orange

In a small roasting pan layer the sliced oranges with the remaining preserved orange ingredients, cover with the oil, and wrap with foil. Place in a preheated 275 degree oven for several hours. The oranges should be very aromatic and soft to the touch.

For the fish, divide the ingredients into four equal parts and assemble as follows. Lay a paper down flat on the counter; place potatoes first in the center, then fennel, then olives, followed by the fish. Season the fish with salt and pepper. Add about a teaspoon of finely chopped preserved orange and spread on the fish. Top with whole thyme and a drizzle of olive oil.

Fold the paper over the fish from one corner to the other creating a triangle. Starting from one side, fold the corner in and then roll the edge upward a half inch at time creating a seal. Continue along the entire edge and fold in the other corner. It should now resemble a calzone.

Prepare the other three papers and place on a baking pan. Make a small slit on the top of each paper and roast in a 375 degree oven for about 30 minutes. Use a temperature probe to ensure the internal temperature is at 145 degrees. Place the paper on a plate and tear open when ready to serve.

Serves: 4 people

*Courtesy of Executive Chef James Walter
Five-O Shore Road, Ogunquit, Maine*

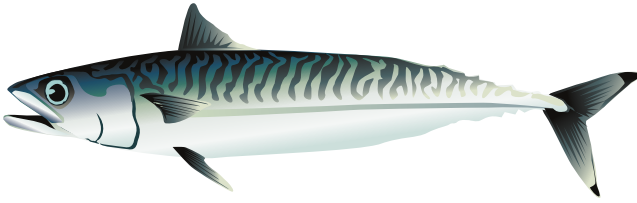
Ingredients for the pollock:

- 8 6-8 ounce portions of Atlantic pollock fillets
- 8 creamer Yukon potatoes ½ C fennel shaved
- ¼ cup rough chopped Castelvatrano olives
- 1 tsp. kosher salt
- 8 tsp. ground black pepper
- 1 sprig fresh thyme
- 1 tsp. minced garlic
- ¼ cup extra virgin olive oil
- Parchment paper cut into four large squares

Ingredients for the preserved orange:

- 2 Blood Oranges Sliced and seeded
- ¼ cup sugar
- 1 tsp. salt
- 2 sprigs rosemary
- 2 bay leaves
- 1 cup canola oil

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Mackerel Escabeche

Season the fish with kosher salt and fresh crack black pepper. Lightly coat the fish in the flour (optional).

In a large cast iron skillet or sauté pan, heat about 1/4 cup of the oil over medium-high heat. Add the fish in batches and cook until brown on both sides and just cooked through, adding more oil as needed for each batch. Remove and drain on paper towels. Lay the fish in glass baking dish. Discard oil.

In a clean skillet, heat 1 cup of oil over medium heat. Add the onions, garlic, carrot, paprika, bay leaves, thyme, peppercorns and salt. Cook, stirring occasionally until the onions are soft, 8 to 10 minutes. Add the vinegar. Let boil then turn off the heat. Pour the mixture over the fish, cover tightly, and refrigerate at least 12 and up to 24 hours. Serve chilled.

Serves: 4 people

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

Ingredients:

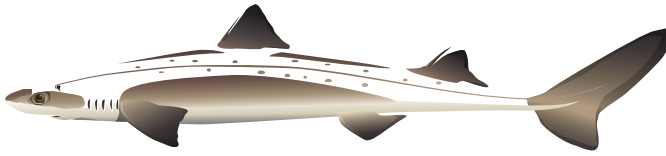
- 4 Atlantic Mackerel Fillets
- 1 cup all-purpose flour (optional)
- 1 and ¼ cup olive oil
- 1 large Spanish onion, sliced
- 1 Large carrot, peeled & finely sliced
- 2 cloves garlic, thinly sliced
- 2 bay leaves
- 1 sprig fresh thyme
- 12 whole black peppercorns
- Dash of smoked paprika
- 1 teaspoon salt
- 1 cup Champagne Vinegar
- Lemon wedges, as garnish

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Grilled Dogfish Kebabs with Couscous and Salsa Verde

In a bowl whisk together the marinade ingredients. Add the dogfish in the bowl. Mix well, cover and refrigerate for one hour. Arrange the dogfish and the vegetables on the pre-soaked skewers alternating the fish and the vegetables. Season with salt and cook on the preheated grill until the dogfish is cooked thru and the vegetables are nice and crisp, approximate 6-7 minutes on each side.

For the couscous bring the water to a boil. Add curry and salt. Add couscous, mix well, cover and remove from the heat. Let sit for 7 minutes. Fluff couscous with a fork. Let it cool then add olive oil, scallions and cucumber.

For the salsa verde, place bread in a bowl. Pour vinegar and let sit until the bread softens for 15 min. In a food processor combine the bread and the other ingredients.

Place the couscous in the center of a diner plate. Arrange the dogfish kebabs and top with salsa verde.

Serves: 5 people

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

Ingredients for the marinade:

- 2 tbs olive oil
- 1/3 cup fresh squeezed lemon juice
- 2tbs dry sherry
- 2 cloves minced garlic
- 1 tsp fresh thyme
- 1/2 tsp chopped tarragon
- Pinch ground black pepper

Ingredients for the kebabs:

- Wooden Skewers soaked in warm water for one hour
- 2 pound dogfish cut into cubs
- 1 orange bell pepper cut into chunks
- 1 medium red onion cut into chunks
- 1/2 lb grape tomatoes

Ingredients for the couscous:

- 1.5 cups water
- 1.5 cups Couscous
- 1 tbs olive oil
- 1/4 cup chopped scallions
- 1/4 cup seeded and chopped cucumber
- 1 tsp yellow curry
- 1 tsp salt

Ingredients for the salsa verde:

- 1 slice of white bread, crust removed
- 1/2 tbs white wine vinegar
- 1 cup flat parsley
- 1/4 cup green olives
- 1/4 cup drained capers
- 2 anchovy fillets

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