

Sea Food Foraging Recipes

ADVENTURE SPORTS



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Sea Food Foraging



Porphyra nereocystis



Porphyra nereocystis is epiphytic (real close neighbor to) on the Bullwhip Kelp, genus name *Nereocystis*. *Porphyra* as most know it, is commonly called nori. If you eat sushi, then you have probably seen *Porphyra*. It's the seaweed that your uncooked fish is wrapped in at the sushi bars.

Porphyra, commonly know as nori, is the most widely consumed seaweed in the world! It's commonly found in Asian food, especially Japanese food, which has lead to the huge nori industry in Japan. With a very interesting heteromorphic life history, *Porphyra* has just everything you would want in an alga! And they're great to eat!

Nereocystis luetkeana



Otherwise known as the Bullwhip Kelp, *Nereocystis* is one of the giant kelps that make the great kelp forests, where sea otters and other critters live. Washed up on the beach they may look like dismembered tentacles of mythic sea creatures, or horrendously huge pieces of spaghetti. They have been used to weave baskets and also make great musical instruments.

Pelvetia compressa



Pelvetia compressa (now *Silvetia compressa*) is a common rocky intertidal brown alga on the west coast of North America ranging from Coos Bay, Oregon to lower California (Ensenada.)

Pelvetiopsis limitata



Resembling a dwarf Fucus, and even behaving like Fucus (if one were to believe that algae can behave in specific manners at all), Pelvetiopsis grows mostly atop of rocks in the upper intertidal zone. One way to distinguish these two from each other, is to look for a midrib. Fucus has a midrib and Pelvetiopsis lacks the midrib. Also, believe it or not, if you squeeze the receptacles (swollen tips) of Fucus, an ooze will come out. This ooze undoubtedly contains Fucus eggs which if you have microscopic vision, you can see that the eggs are composed of 8, yes count them 8 functional eggs. Pelvetiopsis on the other foot, only has 1 functional egg.

Iridaea flaccida



Greek myths describe Iris, the goddess of the rainbow, as a messenger for the Olympian deities. The characteristics of the alga Iridaea flaccida strikingly reflect its namesake. The same properties of light which produce a rainbow provide Iridaea's surface with its brilliant iridescence. Vibrant colors wash across the thallus surface due to the multilayered construction of its cuticle. Flaccida subtly manages to communicate its phase of life history to the casual observer--yet it lives an isomorphic existence. Both its iridescent cuticle and the differences in blade strength between its life phases provide insights into the adaptations of wave-swept algae to mechanical stress.

Ulva fenestrata



Ulva is very common along California in bays as well as heavily exposed sites and easily recognized by the small holes in the thallus. Ulva is a genus of algae that includes species that look like bright green sheets and live primarily in marine environments. They can also be found in brackish water, particularly estuaries. They live attached to rocks in the middle to low intertidal zone, and as deep as 10 meters in calm, protected harbors. Ulva are usually seen in dense groups. Commonly known as the sea lettuce or the green laver, Ulva species can be eaten in soups and salads, and used as a substitute for nori (Porphyra), the popular seaweed in sushi. Ten species of Ulva exist worldwide, all of which have representation on the coast of California. The shapes of Ulva are quite varied- circular to oval to long and narrow, ranging in size from microscopic to 65 cm. They have fine, silky textures with waved or ruffled margins. The delicate blades of Ulva are usually only 40 microns thick.

Ulva taeniata



This alga characteristically has a ribbon-like thallus, and we have found it growing abundantly in semi-sheltered habitats.

Postelsia palmaeformis



The common name of this seaweed is the “sea palm”. It grows on the tops of rocks in areas associated with intense wave action. When they reach maturity, spores are produced that slime off of the sharply attenuated blades during low tide, where they then settle and differentiate.

Fucus gardneri



Fucus, pronounced like mucus, is a funny looking alga that grows in the upper intertidal zone. The inflated ends are called receptacles (these house reproductive parts, i.e. eggs and sperm), and they are fun to pop. But be careful, because Fucus sometimes feels like mucus.

Limpets



Limpets are in the group of sea snails that are found all over the world. You will find them clinging to rocks. Their homes are usually a scraped out region of a rock as large and as thick as their shells. During the day, they look for food. They live on algae. Limpets use their tongues to scrape algae off the rocks.

California Mussel



If you haven't eaten mussels before, they have a mild, delicate flavor all their own, not like the stronger flavors of clams and oysters. The wild mussels along our coast are the California Mussel (*Mytilus californianus*) and differ from the commercial Blue Mussel (*Mytilus edulis*) by being slightly tougher, but if you keep to the medium-size ones you almost can't tell the difference. As hors d'oeuvre, their mild richness carries without a dipping sauce. They make an excellent addition to mixed seafood chowder. Of course, there's mussel stew, mussel risotto, or my favorite, mussel pasta.

WARNING: Under certain conditions, wild mussels can be harmful to your health, even fatal.

For our protection, the California Department of Health Services operates a shellfish monitoring program where wild mussels are tested regularly. There is an annual quarantine period from May 1st to October 31st, when most outbreaks of Paralytic Shellfish Poisoning (PSP) have occurred. If a problem appears outside the quarantine period, an alert is issued. Radio, T.V., and newspapers are notified. Signs are posted at ocean accesses. Also, there is the "Shellfish Information Line" which has a recorded message of the current conditions, and should be referred to before you go out, even during the "good" season. Call toll free at 1-800-553-4133 or 1-510-540-2605.

How do mussels become dangerous? They filter the sea water for their diet of micro-organisms. The problem comes with the bloom of certain micro-organisms, occurring when light and temperature are just right. Some species of microscopic creature contains a trace of poison that in itself may not be enough to matter to a creature the size of a human. And though the mussel remains unaffected by the poison, it stores it in its flesh in increasing doses until it can become bio-concentrated to lethal levels for humans. When the bloom goes away, the poison levels in the mussels dissipate and they become edible again. Some people mistakenly believe the bloom known as "Red Tide" to be the source of the problem, but the organisms responsible for PSP can bloom without changing the color of the water, and so, water clarity is no guarantee.

Gooseneck Barnacle



The Gooseneck Barnacle (*Pollicipes polymerus*) is made up of two distinct parts: (1) the chalky gray calcareous plates of varying sizes which enclose most of the viscera and appendages and (2) the tough leathery stalk or neck which is brown or red and contains the gonads and adhesive gland.

Gooseneck barnacles feed on amphipods and other creatures up to the size of a house fly. The size of the food eaten by the gooseneck barnacle is larger than that collected by acorn barnacles. To feed, the gooseneck barnacle spreads its cirri to form a net and instead of facing the incoming waves they take advantage of the water running off the rocks or the down-rushing water. All organisms in a particular area will be oriented the same way. When sufficient food has accumulated on the cirri, they withdraw the catch and transfer the food to the mouth parts.

They are found on rocky cliffs exposed to the open Pacific coast. They are restricted to rocks sheltered from direct sunlight and are fairly restricted to the upper 2/3 of the mid-intertidal zone.

California Recipes



Fish Broth

When fish broth is one of the ingredients in a sauce recipe and you cooked the fish you are going to use with it in a liquid, then that liquid becomes the broth you will usually use in making the sauce. If your fish was not cooked in a liquid, if the liquid wasn't suitable for your sauce or if you want to complete the sauce by the time the fish is cooked, this is a good recipe to follow. You can add to or change the ingredients in this basic recipe to suit your taste. Add more wine, or use none at all. Add more spices, or use none at all. You can even strengthen it if you like with a little chicken or veal broth.

Ingredients

- 1-2 pounds of fish trimmings (carcass, including head and tail) or whole dressed fish, head and tail left on.
- 4-6 cups of water
- ½ cup white wine or 2 tablespoons vinegar
- 1-2 carrots, sliced
- 2 onions, sliced
- 1 large stalk of celery, chopped
- Mushroom stems and peelings (optional)
- 1-2 bay leaves
- 1-2 sprigs of parsley (add last 5 minutes only for delicate flavor)
- 1-2 sprigs of fresh thyme to taste
- 2-4 peppercorns
- 1 clove garlic
- Salt and pepper to taste (go easy on these seasonings until after broth is reduced).

Preparation

Simmer, covered, for at least 2 hour. taste. adjust seasonings and strain.

Note: For a slightly stronger, different flavor, leave skin on carrot. For a delicate flavor, use a delicately flavored fish: removing the skin also results in a less strong flavor.

Fish Fumet

Boil broth down to ½ - ¼ normal strength. Traditionally fumet is a strong broth.

Cevichi

Ingredients

- 2 Red Onions
- 2 Green Peppers
- Hot Sauce, Tabasco
- 4 Cans Hernandez™ Salsa
- 6 Lemons
- 2 Avocados
- 2 Cucumber
- Shrimp
- 2 Cans (16 oz.) Contadine™ Pear tomatoes
- 2 Fresh Red Peppers
- Parsley
- Roses Lime Juice
- White Wine - Dry
- French Bread
- A Fresh Catch of a Variety of Rock Fish and or Scallops.

Preparation

Slice Fish into ¼ inch thick pieces without the bones and cook them with lemon juice. Add roses lime juice and wine allow to set while vegetables are being chopped. When fish has turn white add vegetables and other ingredients using or adding Tabasco to taste. Serve with Bread.

Porphyra soup

Use various species of porphyra

Porphyra consists of about 20 percent protein while possessing very few calories.

Ingredients

- 1 tablespoon salad oil
- 1 small onion thinly sliced
- ½-cup thinly sliced celery
- ¼-inch fresh ginger, minced
- 1 tablespoon soy sauce
- 1 14-ounce can beef broth
- 1 cup water
- ½ cup dried crumbled porphyra
- ½ cup slivered porphyra from homemade plugs

Preparation

- Heat oil in a saucepan over medium flame and sauté the onion and celery until the onion is translucent 5 to 7 minutes.
- Stir in the ginger, soy sauce, beef broth, water, and sea vegetable. Bring to a boil. Reduce heat and simmer covered for 5 minutes.

Kombu Dashi (or soup stock)

Use Laminaria ochotensis, Ulva or porphyra

Kombu dashi is the basic soup stock of Japanese cuisine. Its uncomplicated yet refined taste suits the Japanese palate.

Ingredients (3 Cups)

Preparation

- Use a length of dried kombu about 4 inches wide by 6 inches long. Place it in a pot with about 3 Cups of water. Bring the water just to the boiling point. Do not allow the water to boil because this will produce a less than subtle stock.

Alternate Recipe

Chop 2 to 3 fronds of laminaria into 1-inch size pieces, cover with water. Simmer for 10 minutes. Filter out the laminaria. Bring to a boil. Add a bag of bonito chips. Count to 30 or 60, filter and serve. Add 5 to 7 finely sliced ends of green onions. Your guest will be treated to a subtle soup to pique their appetites.

Sushimaki

Use Porphyra tenera or porphyra nereocystis

Ingredients (Serves 6 to 8)

- 2-ounce package Kanpyo™ dashi stock
- honey
- soy sauce
- sea salt
- 10 sheets dried nori
- 2-ounce package shiitake mushrooms
- 2 medium carrots
- 10 stalks watercress
- 4 ounces raw tuna fish, cubed
- small bamboo mat on which to roll sushi
- vinegar liquid
- sushi rice

Preparation

- **Kanpyo:** Wash and cook in water until it is soft. Add enough dashi stock to cover and cook until tender. Add 4 tablespoons honey, 3 teaspoons soy sauce, and 2 teaspoons salt, and continue cooking for 10 minutes. Cut to the length of the non sheets.
- **Shiitake Mushrooms:** Wash and cook in enough water to cover until it is soft. Continue cooking until the mushrooms are very tender. Add 3 tablespoons honey and 4 tablespoons soy sauce, and cook until the sauce is absorbed. Cut into 1½-inch-long strips.
- **Carrots:** Cut them lengthwise into ¼-inch strips. Cook in 1 cup of water for 7 to 10 minutes. Add 2 tablespoons honey and 1 teaspoon salt and cook for 5 minutes more.
- **Watercress:** Clean and steam for 1 minute until it is slightly wilted. Drain. Gently squeeze out the remaining water.
- **Raw Tuna:** Cook in a saucepan with 3 tablespoons honey and 4 tablespoons soy sauce until the fish changes color slightly.
- Place a sheet of non on a lightly oiled square bamboo mat. Sprinkle some vinegar liquid on the non sheet and spread sushi rice on 2/3 of the nori to a thickness of about ½ inch. Arrange 5 strands of Kanpyo and 1 row each of mushrooms, carrots, watercress, and tuna lengthwise on the rice about 1/3 from the farthest edge of the non.
- Roll away from you taking care to keep the ingredients in place with your fingers. When the edge of the mat touches the rice, lift the mat slightly and apply a gentle pressure to tighten the roll. To serve as hors d'oeuvres, cut into ½-inch rounds. To serve as a main course, cut in half and then in fours. Arrange on plates, cut side up.

Variation

- Line the rice with grated vegetables like carrots or radishes, chopped scallions, and saueed cabbage leaves.

Eulachon in Sea Lettuce, Makah Indian Style

Use Porphyra (various species) or substitute with various species of Ulva, Monostroma, or Porphyra

Since the Porphyras were also called sea lettuce by many Indian tribes, it is hard to reconstruct historical recipes. The genus most tender at any given season should be the one used in cooking.

Preparation

- Eulachon (candlefish) is an extremely oily West Coast fish. Traveling in schools, it can be scooped up in a net while you are standing knee-high in the sea.
- Soak the fish for about 2 hours in 4 parts salt water to 1 part vinegar. Add garlic or spices to the solution if desired.
- Dry the fish thoroughly and wrap it in a piece of sea lettuce.
- Dip in batter for frying or deep fry without batter.

Stuffed King Salmon Baked in Kelp, Indian Style

Use Laminaria (various species)

The Indian tribes of the Pacific Northwest prepared king salmon in this fashion. The thin delicate kelp s are best suited to this recipe.

Ingredients

- 2 or 3 fresh kelp fronds
- 1 21-pound king salmon

Preparation

- Wash the freshly foraged fronds in sand-free seawater. Cut off the stipes (stems) and chop them into pea-sized rounds.
- Mix ingredients for the stuffing well.
- Scale the fish, slit the fish on the underside, and remove the guts. Pack the stuffing in, and tie the fish securely with twine. Wrap the stuffed fish in a layer of laminaria.

Fillets in Nori Wrappers

Use Porphyra tenera or substitute with various species of Porphyra suborbiculata or Porphyra

Ingredients (Serves 4 to 6)

- 2 pounds fish fillets (tight fleshed fish)
- 10 sheets dried nori
- ½ cup whole wheat flour
- ½ cup wheat germ
- 1 teaspoon Japanese chili powder
- 2 to 3 eggs, beaten
- peanut oil

Preparation

- Wash fish and pat dry with a clean towel. Cut fillets to about 2 inches by 4 inches.
- Cut nori sheets in fours. Wrap the nori around the fillets.
- Combine the flour, wheat germ, and chili powder. Paint each wrapper with beaten egg and roll in the flour mixture. Coat about 6 to 8 at a time and fry in hot peanut oil until they become a rich golden brown. Then turn and fry the other side.
- Serve hot.

Fried Sweet Kelp Chips

Use Laminaria (various species) or substitutes with Pleurophycus gardneri or Laminaria saccharina

Laminaria, gathered and sold commercially in North America, is often labeled kombu. The thinner, more delicate species are delicious prepared this way.

Ingredients

- 16 cups fresh kelp fronds

Preparation

- Dried Laminaria may be fried in oil as is, without soaking in water. Just cut the large fronds into squares or rectangles of about 1 inch by 2 inches and fry in peanut oil, a few at a time. Remove to an absorbent paper towel.
- Sprinkle with raw sugar. Serve.

Steamed Sea Palm

Use Postelsia palmaeformis

Note that California Fish and Game Regulations prohibit the harvesting of Sea Palm.

Though the sea palm looks like a tiny palm tree, all parts of it are tender and delicious, when prepared. The Chinese community in San Francisco considers this sea vegetable a special treat!

Ingredients (Serves 4 to 6)

- 4 cups fresh sea palm (stipe only), about 4 to 6 plants

Dressing

- ½ cup rice or cider vinegar
- 4 tablespoons honey
- salt and white pepper to taste

Preparation

- Collect only fresh sea palms. (Stipes should snap crisply when bent.) Dry the blades for tasty snacks. Rinse the stipes in cold water. Cut into 2-inch lengths. Steam them, then cut again down the center. Chill well.
- Mix the dressing and pour over the sea vegetable. Serve.

Sea Lettuce Salad

Use ulva lactuca

Ingredients (Serves 2 to 4)

- 5 cups fresh Ulva fronds
- ½ cup onions, sliced into thin rounds

Cream Dressing

- 8 tablespoons fresh cream
- ½ tablespoon fresh lemon juice
- ½ tablespoon cider vinegar
- 1 tablespoon olive oil
- pinch of cayenne pepper

Preparation

- Wash the fresh sea vegetable quickly in lukewarm water. Pat the fronds dry with a clean towel. Chop finely.
- Prepare the cream dressing. Pour over salad and toss with the onion rounds.

Limpets Klallam, Indian Style

Preparation

- Find a large intertidal rock that is covered with limpets.
- Lay a blanket of carefully rinsed (in sand-free seawater) sea vegetable over the rock and cover the sea vegetable with hot stones. The tiny mollusks will loosen their holds as they become cooked. Eat them on the spot or take them home.
- The steamed layers of sea vegetable might then be gathered and eaten as a side dish with butter, sea salt, and cracked pepper to taste

Pacific Sea Vegetable Soup

Use Porphyra nereocystis

A well-favored fish stock is the secret to this tasty soup. Fish stock can often be purchased in dehydrated form as bullion cubes. However, it is simple to make and can be stored in the refrigerator or frozen. Simply boil the head and bones of the fish in enough water to cover, adding salt and a little white wine. Then boil uncovered until the liquid is reduced by half and then strain through cheesecloth.

Ingredients (Serves 4)

- sesame oil
- 1 small onion, thinly sliced
- 4 2-inch by 5-inch strips dried Porphyra fronds
- 1 cup snow pea pods
- ¼-inch slice fresh ginger root, minced
- 1 tablespoon soy sauce
- 2 cups fish stock, heated

Preparation

- Heat a little oil and sauté the onion until it becomes translucent.
- Stir in remaining ingredients and bring to a boil. Reduce heat. Simmer for 5 minutes, covered. Serve.

Ulva Soup

Use Ulva lactuca or substitutes with various species of Ulva.

Ulva creates a very nice soup base and background flavor for most clear soups.

Ingredients (Serves 6 to 8)

- ½ cup fresh ulva fronds
- 2 quarts water
- ½ cup carrots, chopped
- ½ cup leftover cooked chicken, diced
- 2 tablespoons soy sauce
- ½ teaspoon cracked black pepper

Preparation

- Wash and clean the Ulva thoroughly in lukewarm fresh water. Remove any small snails that may be feeding on the blades.
- Boil the carrots in the water until they are tender. Cut the Ulva into 1-inch squares and drop into the boiling soup. Add the diced chicken.
- Simmer gently 5 minutes more. Season. Serve.

Korean Cold Seaweed Soup

냉국 (Neng Kook)

Ingredients (Serves 8 to 10)

- 2 oz. Dried Porphyra (Nori) or 2-3 cups fresh Porphyra.
- 4 (1"x3") Cucumbers
- 2 green onions – sliced very thinly (*optional*)
- 1 Tbs crushed sesame seeds
- 2 Tbs Sesame oil
- 1 Tbs crushed and finely chopped garlic
- 2 Tbs *Kook Ganjang* (*soy sauce for soup*)
- 2 Tbs coarsely ground Korean hot pepper (*Cayenne pepper - optional*)
- 2 Tbs Dashida™ (*a seasoned beef bouillon - optional*)
- 3 Tbs rice vinegar
- 2 Tbs sugar

Preparation for the Seaweed

- Break the dried seaweed (or cut the fresh) in 1 to 1½ inch lengths.
- Soak the dried seaweed in just enough water to cover it for about 3 to 5 minutes. (Don't soak fresh seaweed.)
- Strain the seaweed from the water to remove as much water as possible.
- In a bowl, mix the seaweed, garlic, pepper (*optional*), green onion (*optional*), soy sauce, sesame seed and sesame oil.

Preparation for the Soup Mix

- Boil 8 cups of water and add 2 Tbs of Dashida (beef bouillon). Place in refrigerator till cold. (Optionally the soup is sometimes served with ice.)
- Add the vinegar and sugar to the cold soup mix.

Directions for Serving

- Cut cucumber into thin (1/8 to ¼ inch) diagonal slices – then cut again in thin strips.
- Place some seaweed in your bowl and add a few pieces of cucumber on top.
- Pour cold soup over it and serve cold.

Ichiban Dashi (1st dashi)

Ingredients

- 10 cm square of *konbu* (10g dried kelp)
- 10-20 g dried *katsuobushi*
- 5 cups of water.

Preparation

- Wipe surface of kelp, removing dirt and sand by slightly damp kitchen towel.
- Place water and kelp into pot, heat them on middle (rather low) flame.
- Remove kelp when kelp comes up on surface. If you boil *dashi*, it becomes slimy and murky.
- Just before it comes to a boil add *katsuobushi* at once, after 10 seconds turn off flame.
- Prepare strainer covered with thin cloth on top.
- When *katsuobushi* are sinking down place it on the strainer. Reuse the ingredients for 2nd *dashi*.

Niban dashi (2nd dashi)

Ingredients

- Recycled Kelp and *katsuobushi* from 1st *dashi*
- 5 cm square Kelp
- 3 cups water
- 5 g *katsuobushi*.

Preparation

- Place recycled ingredients and a new piece of kelp into pot with water, start heat.
- Add *katsuobushi* when it come to a boil. Continue heat on low flame for 10 minutes.
- Stop heat, put it on strainer covered with a thin cloth on top.

Konbu Dashi

Ingredients

- 15 cm square dried kelp
- 5 cups water

Preparation

- Soak in water for 2 hours.
- Optional: soak it in water for a while and take out just when it comes to a boil.

Miso soup

Ingredients (for 4 servings)

- 7 g dried kelp (*Hoshi wakame*)
- 1/2 block *tofu*
- 4 cups *dashi* (*niboshi dashi*)
- 80-90 g *miso*.

Preparation

- Soak kelp (*wakame*) in warm water, remove hard stems and rinse with water, strain with net and cut into bite size pieces.
- Heat *dashi* without bringing it to a boil.
- Smash *miso* through a net ladel (*misokoshi*) into *dashi*, when it is about to boil remove foam rising on the top.
- Add *wakame*.
- Place *tofu* on palm, cut lengthwise and then into 1/8 thick pieces. Slide into soup.
- When *tofu* floats to the top turn off heat.

California Mussels



Mussels

Although the mussel has played a noteworthy role in gastronomy for thousands of years. Americans rank as late appreciators of this delectable shellfish. Historical indifference in this country—few early cookbooks even acknowledge its existence—relegated the mussel to wallflower status while its cousin was endlessly feted at elaborate clambakes. Over the years, however, as the country has become home to people from every corner of the globe, the esteem in which this mollusk is held internationally has spread to the western side of the Atlantic. Traditional recipes have been assimilated and adapted and have served as inspiration for new preparations, creating a rich potpourri represented in part by the recipes that follow. The sweet, delicate flavor of the mussel can be highlighted by such simple treatments as steaming in wine, or the mollusk can be combined with a variety of ingredients to produce a dish of great complexity as well as elegance.

Whereas mussels are cultivated in Europe to supply a multitude of devotees. American shores harbor a natural, and still relatively neglected, abundance. The prolific blue-black bivalve is easy to harvest along the littoral at low tide as it clings to piers or surf-washed rocks. Called “poor man’s oyster,” the mussel supplies a wealth of flavor and versatility at nominal outlay, and the investment of effort in cleaning and preparation is amply repaid in savor.

To Clean Mussels

Scrub the mussels well in several changes of water, scrape off the beards, and rinse the mussels. Soak the mussels in just enough cold water to cover for several hours or overnight to disgorge any sand. Or soak the mussels in cold water sprinkled with a handful of cornmeal for 1 hour. Drain the mussels and rinse them under running cold water.

To Steam Mussels

Arrange the mussels in one layer in a baking pan and put the pan in a preheated very hot oven (450° F.) for 7 to 8 minutes, or until the shells have opened. Discard any unopened shells.

Mussels Steamed in Wine

Clean 4 quarts mussels. In a large heavy kettle simmer 1 cup chopped onion, ½ cup chopped celery, ¼ cup chopped scallion, 2 tablespoons chopped parsley, and 2 teaspoons minced garlic in ½ stick (¼ cup) butter, covered, for 15 minutes, or until the vegetables are soft. Add the mussels, 1½ cups each of dry white wine and white fish stock or clam juice, and pepper to taste and cook the mixture, covered, over moderately high heat, shaking the pan occasionally, for 7 to 8 minutes, or until the shells have opened. Discard any unopened shells. Divide the mussels and the broth among 4 heated bowls and serve them with French bread and butter. Serves 4.

Mussels in Curry Mayonnaise

Make mussels steamed in wine, using 3 quarts mussels. Transfer the mussels with a skimmer to a deep dish, strain the broth through a cheesecloth-lined sieve into a bowl, and reserve it. Shell the mussels, reserving one fourth of the shells, remove and discard the black rims, and chill the mussels, covered.

In a bowl combine 1 tablespoon each of lemon juice and chili sauce and 1 teaspoon curry powder. Whisk in ¾ cup mayonnaise, ½ cup at a time, and whisk in 2 to 3 tablespoons of the reserved broth, or enough to thin the mayonnaise to the desired consistency. Put 2 mussels in each of the reserved shells, fill the shells with the mayonnaise, and divide the mussels among 4 plates. Chill the mussels for at least 4 hours, garnish them with chopped parsley, and serve them with lemon wedges. Serves 4.

Creamed Mussel Soup with Rice

Clean and steam 3 quarts mussels. Shell the mussels, reserving the liquor, remove and discard the black rims, and put the mussels in a bowl. Strain the reserved liquor through a cheesecloth-lined sieve into the bowl. In a large saucepan sauté 1 cup minced onion and ½ cup minced celery in 2 tablespoons olive oil until the onion is soft and lightly colored. Add 2 tomatoes, peeled, seeded, and chopped, and 1 teaspoon minced garlic and simmer the mixture for 5 minutes. Stir in 1 teaspoon saffron threads and the liquor, reserving the mussels. Add 4 cups white fish stock or water and a bouquet garni composed of 6 sprigs of parsley, 3 sprigs of thyme, and 1 bay leaf and bring the liquid to a boil. Sprinkle in ¼ cup rice, rinsed, and simmer the soup for 20 minutes, or until the rice is tender. Remove and discard the bouquet garni, whisk in ¼ cup *crème fraîche*, and simmer the soup for 5 minutes. Add the reserved mussels and salt and pepper to taste. Divide the soup among 4 heated bowls. Serves 4.

Mussel and Eggplant Salad

Clean and steam 1 quart mussels. Shell the mussels, remove and discard the black rims, and in a bowl reserve the mussels, covered and chilled.

In a gratin dish combine enough peeled and diced eggplant to measure 2 cups (about ½ pound). ½ cup oil,

1 teaspoon salt, ½ teaspoon thyme, and pepper to taste. Bake the eggplant in a preheated hot oven (400° F.) for 30 minutes, or until it is tender. Let the eggplant cool.

In a salad bowl combine 2 tablespoons lemon juice and 1 teaspoon each of anchovy paste and crushed and minced garlic. Add the eggplant mixture, the reserved mussels, ½ cup minced sweet red onion, and 1/3 cup pine nuts, toasted. Toss the mixture well and chill the salad, covered, for at least 4 hours. Garnish the salad with minced parsley and serve it on lettuce leaves on a platter. Serves 2 as an entree or 4 as a first course.

Mussel Sauce

Make ½ recipe mussels steamed in wine. Transfer the mussels with a skimmer to a deep dish and strain the broth through a cheesecloth-lined sieve into a saucepan. Shell the mussels, remove and discard the black rims, and reserve the mussels, covered. Reduce the broth over high heat by half. In a skillet sauté 2 teaspoons minced garlic in 2 tablespoons olive oil for a few seconds. Add 1 tomato, peeled, seeded, and chopped, 1 teaspoon oregano, and ½ teaspoon tomato paste and simmer the mixture for 5 minutes. Add the broth and simmer the sauce, stirring occasionally, for 10 minutes. Fold in the reserved mussels. Serve the sauce over cooked, drained, and buttered spaghetti or *linguine* or over steamed rice. Makes about 1½ cups.

Herbed Mussels en Brochette

Clean and steam 3 quarts mussels. Shell the mussels and remove and discard the black rims. In a saucepan blanch about 1/3 pound bacon in boiling water for 5 minutes, drain it, and pat it dry with paper towels. Cut it into 1-inch squares. Thread the mussels on six 8-inch skewers, alternating each mussel with a square of the bacon, or thread the mussels and bacon on twelve 4-inch skewers (for hors d'oeuvres). Roll the brochettes in melted butter or oil and coat them with 1 cup flour combined with 1 tablespoon minced parsley, 1 teaspoon each of thyme and tarragon, and salt and pepper to taste. In a large skillet sauté the brochettes in 3 tablespoons each of butter and oil for 2 minutes on each side, or until they are golden. Transfer the brochettes, to paper towels to drain. Serve the brochettes with tartar sauce. Serves 6 as a first course or 12 as an hors d'oeuvre.

Mussel Fry

Make beer batter

Make ½ recipe mussels steamed in wine. Transfer the mussels with a skimmer to a deep dish, reserving the broth for another use, shell the mussels, and remove and discard the black rims. Dip the mussels in the batter. In a deep fryer lower the mussels, 1 at a time, into hot deep oil (375° F.), fry them, 8 to 10 at a time, for 2 to 3 minutes, or until they are golden, and transfer them with a slotted spoon to paper towels to drain. Arrange the mussels on a heated serving dish, garnish them with sprigs of parsley, and serve them with lemon wedges. Serves 4 to 6.

Stuffed Mussels au Gratin

Clean and steam 1½ quarts mussels. Shell the mussels, reserving the bottom shells, remove and discard the black rims, and return the mussels to the shells. In a skillet sauté 1 tomato, peeled, seeded, and chopped, with 1 tablespoon minced fresh basil, ½ teaspoon tomato paste, and salt and pepper to taste in 2 tablespoons butter for 10 minutes, or until most of the liquid has evaporated. Add ¾ cup *duxelles*, ½ cup stale bread crumbs, and salt and pepper to taste, remove the pan from the heat, and combine the mixture well. With a narrow metal spatula cover the mussel in each shell with some of the *duxelles* mixture. Arrange the mussels in a shallow baking dish, sprinkle them with freshly grated Parmesan cheese and oil or melted butter, and bake them in a preheated hot oven (450° F.) for 10 minutes, or until the topping is golden. Serve the mussels with lemon wedges. Serves 4.

Mussel Croquettes

Clean and steam 2 quarts mussels. Shell the mussels, remove and discard the black rims, and chop the mussels. In a bowl combine the mussels with ½ cup *duxelles*, ½ cup thick bechamel sauce, 2 tablespoons freshly grated Parmesan cheese, 1 tablespoon minced parsley, and salt and pepper to taste and chill the mixture, covered, for at least 3 hours: Form the mixture into 6 cork-shaped croquettes. Dust the croquettes with flour, dip them into 1 egg, lightly beaten, and roll them in fine stale bread crumbs. In a deep fryer fry the croquettes in batches in hot deep oil (375° F.), turning them once, for 3 to 4 minutes, or until they are golden. Transfer the croquettes with a slotted spoon to paper towels to drain. Serve the croquettes with lemon wedges. Makes 6 croquettes.

Thick Béchamel Sauce

In a saucepan melt 1½ tablespoons butter, stir in 2 tablespoons flour, and cook the roux over low heat, stirring, for 3 minutes. Remove the pan from the heat, add 1 cup scalded milk in a stream, whisking, and continue to whisk the mixture until it is thick and smooth. Add salt and white pepper to taste and simmer the sauce over low heat for 15 minutes. Makes about 1 cup.

Mussel Pilaf

Clean 2 quarts mussels. Arrange the mussels in one layer in a baking pan with ¾ cup boiling water and bake them in a preheated very hot oven (450° F.) for 7 to 8 minutes, or until the shells have opened. Discard any unopened shells. Transfer the mussels with a skimmer to a deep dish, strain the broth through a cheesecloth-lined sieve into a bowl, and reserve it. Shell the mussels, remove and discard the black rims, and reserve the mussels, covered.

In an ovenproof saucepan sauté ¼ pound sliced bacon, cut into ½-inch pieces, in 1 tablespoon oil for 5 minutes. Add 1 cup each of minced onion and peeled, seeded, and chopped tomato, ½ cup minced green pepper, and ½ teaspoon minced garlic and simmer the mixture until the onion is translucent and the bacon is crisp. Add ¾ cup rice and stir the mixture until the rice is well coated with the fat. Add the reserved broth and enough white fish stock or water to cover the rice by ½ inch. Bake the rice, tightly covered, in a preheated moderately slow oven (325° F.) for 20 to 25 minutes, or until it is tender. Season the mixture with salt and pepper and fold in the reserved mussels. Serve the pilaf with freshly grated Parmesan cheese. Serves 2.

Goan-Style Mussels

6 SERVINGS

- 30 to 36 small to medium-size mussels (about 3 pounds)
- 1 tablespoon coarsely chopped ginger
- 8 cloves garlic
- ¼ cup vegetable oil
- 2 medium-size onions, finely chopped (about 1½ cups)
- 1½ to 2 fresh, hot green chili peppers, sliced into thin rounds
- ½ teaspoon ground turmeric
- 2 teaspoons ground cumin
- ¾ cup finely grated fresh coconut (see Note)
- ½ teaspoon salt

1. Wash and scrub the mussels well, removing the beards attached to them.

2. Place the ginger and garlic in the container or a blender or food processor. Add ½ cup of water and process until smooth.

3. In a large pot, heat the oil over moderate heat. When hot, add the onions and sauté until translucent. Add the ginger-garlic mixture, chili peppers, turmeric and cumin. Stir and cook for a minute; then add the coconut and salt. Stir and cook for another minute. Add 1 cup of water and bring to a boil.

4. Add the mussels to the boiling mixture and mix well. Cover tightly and lower the heat slightly. Steam the mussels for 6 to 10 minutes, or until they open. Discard any that do not open. Transfer to a serving bowl and serve hot.

NOTE: Choose a coconut with a fair amount of liquid inside so that you know it's fresh. Using an ice pick or a nail, and a hammer, pierce the three "eyes" of the coconut. Drain off the coconut milk and reserve for another purpose. Using the blunt edge of a cleaver (or a hammer), hit the center of the coconut. It should split into two pieces. Using a paring knife, carefully pry the coconut meat from the shell; then, with a swivel-bladed peeler, remove the thin, brown inner skin from the meat. Using a cheese grater, shred the meat finely or cut it into small pieces and chop it finely in a blender or food processor.

Soupe de Moules la Mériadeck ***(Mussel Soup)***

Clean 2 quarts (about 4 pounds) mussels. In a large kettle combine them with 2 cups water and 1 cup dry white wine. Bring the liquid to a boil over high heat, reduce the Heat to moderately high. and steam the mussels covered.

shaking the pan once or twice. for 5 to 6 minutes. or until the shells have opened.

Discard any unopened mussels. Transfer the mussels with a skimmer to bowl.

strain the broth through a fine sieve into another bowl, and reserve it.

In a large saucepan heat ½ cup olive oil over moderately high heat until it is hot.

Reduce the heat to moderate, add onion and 2 shallots, all minced, and 1 leek, well washed and thinly sliced, and cook the vegetables, stirring. for minutes. Add 1 large carrot. ¼ pound mushrooms. and 1 garlic clove, all minced, and 1 tomato peeled, seeded, and chopped, and cook the vegetables. stirring, for 5 minutes Add the reserved broth and simmer the mixture for 10 minutes.

Shell the mussels, remove and discard the black rims, and puree half of them in a food processor fitted with the steel blade or in a blender. Stir the puree into the soup and add salt and pepper to taste Add the remaining mussels and simmer the soup for 6 minutes. or until the mussels are hot. Ladle the soup into heated bowls and serve it with garlic croutons.

Serves 4.

Velouté de Moules La Réserve

Mussel Soup with Garlic Mayonnaise

Clean 2 quarts (about 4 pounds) mussels. In a large heavy casserole combine them with $\frac{3}{4}$ cup water. Bring the water to a boil over high heat. reduce the heat to moderately high, and steam the mussels, covered, shaking the pan once or twice for 5 to 6 minutes. or until the shells have opened. Discard any unopened mussels. Transfer the mussels with a skimmer to a bowl, shell them, and remove and discard the black rims. Strain the liquor through a fine sieve into another bowl. In a saucepan sauté 12 small garlic cloves, peeled, in $\frac{1}{2}$ stick ($\frac{1}{4}$ cup) butter and 1 tablespoon oil over moderately high heat for 2 to 3 minutes. or until they are lightly colored. Add the liquor and $2\frac{1}{4}$ cups water, bring the broth to a boil, and simmer it for 5 minutes. Strain the broth through a fine sieve into another bowl forcing the garlic through the sieve, if desired. In a small bowl combine 2 garlic cloves, crushed and minced, with $\frac{3}{4}$ cup mayonnaise. In a large saucepan whisk $\frac{1}{2}$ cup of the broth into 3 tablespoons of the garlic mayonnaise. Add the remaining broth and lemon juice, salt, and pepper to taste, stirring. Add the mussels and heat the soup over low heat for 2 to 3 minutes. or until it is very hot. Do not let it boil. Ladle the soup into heated bowls, serve it with sautéed croutons, and serve the remaining mayonnaise separately.

Serves 4 to 6.

To Clean Mussels

Scrub the mussels well in several changes of water, scrape off the beards. and rinse the mussels. Soak the mussels in just enough cold water to cover for several hours, or overnight, to disgorge any sand. Or soak the mussels in cold water sprinkled with a handful of cornmeal for 1 hour. Drain the mussels and rinse them under running cold water.

Mussel and Clam Cioppino

Clean 18 mussels and scrub well 12 littleneck clams (or other small hard-shell clams). In a large deep skillet sauté 1 onion, 1 green pepper, and 2 garlic cloves. all minced, in $\frac{1}{4}$ cup oil until the onion is soft. Add 2 cups with white fish stock made with $2\frac{1}{2}$ cups water. 3 tomatoes peeled seeded and minced, $\frac{1}{2}$ cup dry white wine. 2 tablespoons minced parsley. and 2 teaspoons basil, bring the liquid to a boil, and simmer the mixture partially covered for 15 minutes. In a kettle combine the clams and mussels with the tomato mixture and bring the liquid to a boil over high heat. Reduce the heat to low and cook the mixture, covered, for 10 minutes, or until the clams and mussels open. Discard any clams or mussels that do not open, season the soup with salt and pepper, and ladle it into 4 heated bowls. Garnish each serving with minced parsley and serve the soup with sourdough bread.
Serves 4.

To Steam Mussels

Arrange the mussels in one layer in a baking pan and put the pan in a preheated very hot oven (450° F.) for 7 to 8 minutes, or until the shells have opened. Discard any unopened shells.

Stuffed Mussels

Clean 3 quarts (about 6 pounds) mussels, arrange them in one layer in shallow baking pans, and bake them in a preheated hot oven (425° F. for 6 to 7 minutes, or until they open. Remove the mussels from their shells, discarding the black rims and reserving one fourth of the shells, and reserve them, covered. Strain the liquor through a cheesecloth, lined sieve into a bowl. In another bowl combine 2 sticks 1 cup butter, softened, 4 tablespoons minced shallot, 2 garlic cloves, crushed with the flat of a knife and minced, 3 tablespoons each of minced parsley and day-old bread crumbs, and salt and pepper to taste. Put 2 of the reserved mussels in each shell and moisten the mussels with the juices. With a spatula fill each shell with the butter mixture mounding it slightly. Chill the mussels until the butter is firm.

Arrange the mussels on a bed of coarse salt or rock salt in a baking pan and put them under a preheated broiler for 2 to 3 minutes or until they are hot and the crumbs are golden. Arrange the mussels around a lemon half on each of 6 plates and sprinkle the lemon halves with parsley.

Steamed Mussels in Wine

Clean 4 quarts mussels. In a heavy kettle sauté ¾ cup chopped onion in ½ stick ¼ cup) butter until it is softened, add the mussels, 2 tablespoons minced parsley, 1 teaspoon minced garlic, and ¼ teaspoon each of thyme and pepper, and pour in 1 1/3 cups dry white wine. Bring the liquid to a boil over high heat, reduce the heat to moderately high, and steam the mussels, covered, shaking the pan once or twice, for 6 to 7 minutes, or until the shells have opened.

Moules Marinière a la Crème ***(Mussels Steamed in Wine with Cream)***

Clean 2 quarts (about 4 pounds) mussels. In a large heavy saucepan sauté 3 tablespoon minced shallot in 2 tablespoons butter for 2 to 3 minutes, or until it is softened Add the mussels, 2 tablespoons minced parsley, pepper to taste, and 2 cups Muscadet or other dry white wine. Bring the liquid to a boil and steam the mussels, covered, over high heat, shaking the pan once or twice, for 6 to 7 minutes. or until the shells have opened Discard any unopened shells. Transfer the mussels with a slotted spoon to a heated deep serving dish, keep them warm, and reduce the cooking liquid over high heat for 5 minutes. Add 1 cup *crème fraiche* and reduce the sauce for 2 to 3 minutes, or until it thickens. Pour the sauce over the mussels and sprinkle the dish with minced parsley. Serves 4.

Mussel Spaghetti

Fumé

This is the essence of your flavor. It is the liquor of mussel that makes the sauce.

sauté in a big iron pot, longest cooking items first:

- ½ cup olive oil, extra virgin
- 1 carrot chopped coarse
- ½ cup coarse chopped celery
- 1 medium coarse chopped onion, yellow
- 6 mushrooms, chopped
- 4 cloves garlic, smashed, chopped
- 1 teaspoon fresh oregano and thyme
- ½ cup coarse chopped Italian parsley

When onions are clear, add mussels. Pour in a bottle of good Chianti wine, cover and steam until mussels open (about 15-20) minutes. Take mussels out of pot. Throw unopened mussels away. Clean shells of mussel meat, discarding tough beard fibers. Reduce mussel liquor in pot by ½.

Linguine Piccole Pasta

Boil pasta until al dente (slightly chewy). Rinse in hot water. Coat in olive oil.

Light Marinara

In a tall sided large iron skillet, sauté longest cooking items first:

- ½ cup olive oil, extra virgin
- ½ cup julienne chopped carrots
- ½ bunch celery stalks, cleaned and cut at an angle
- 3 medium yellow onions, julienne cut
- 16 mushrooms sliced
- 1 teaspoon each fresh oregano and thyme, fine
- 1 garlic bundle, smashed, chopped fine
- 8 fresh, organic, sweet Italian tomatoes diced and smashed as they cook in sauce
- 1 tablespoon tomato paste
- 1 cup Italian parsley, chopped coarse

When onions are clear, carrots and celery are soft, add reduced mussel liquor from fume. Decant or filter into pan with Marinara sauce. Add a squeeze of lemon, the mussel meat, coarse chopped, just before serving. Garnish with parsley and freshly grated parmesan.

Grand Marnier Mussel Stew

Grand Marnier Mussel Stew was a recipe that was created for a contest given to San Francisco chefs for alternate food creations for Thanks Giving. This mussel stew being an alternative for the traditional clam chowder.

The recipe is in two movements: a fume with mussels in alcohol and cream based soup with potatoes and vegetables.

Fume

- 4 tbsp. Butter
- ½ c Bacon or salt pork or barbecued tofu depending on your pleasure, chopped
- ½ c each carrots, celery, onions, mushrooms, parsley, chopped fine
- 2 cloves garlic, smashed & chopped
- 1 tbs. Each oregano & thyme
- Dash saffron, curry. & fresh cracked pepper
- 5 lbs. Mussels
- 1 cup each brandy and Grand Mariner

Melt the butter; put in the spices. meat or meat substitute, and sauté the vegetables in descending order of toughness. When onions are clear and carrots are soft, dump in Mussels. Don't bother to clean the shells . . . adds more flavor. Pour in liquor cover to steam. Remove Mussels when shells open and meat begins to coalesce. Don't over cook. Place in a pan to cool. Allow fume to simmer. You want to reduce the fume by ½. Remove Mussel meat from shells, discard beard, and save meat.

Soup

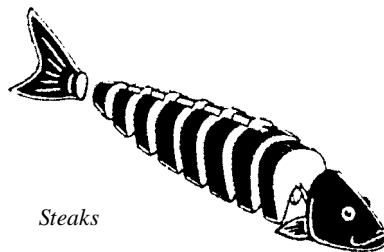
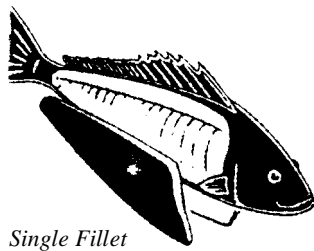
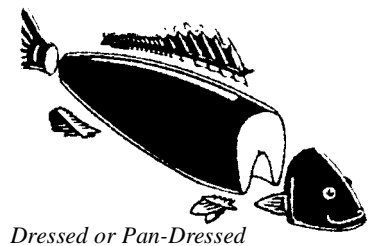
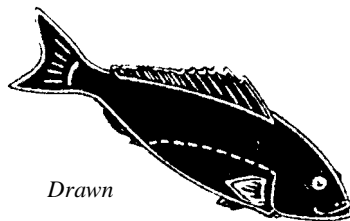
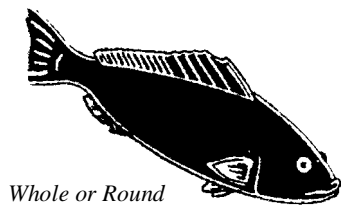
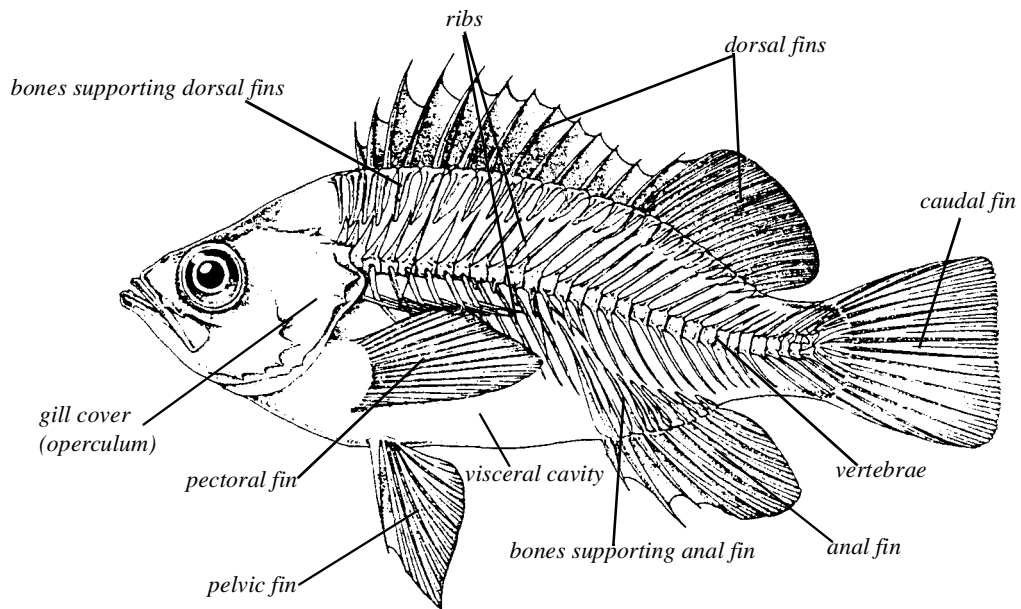
- 4 oz. Butter
- 1 slices Bacon. salt pork. or barbecued tofu, chopped
- 2 cup carrots finely grated
- 2 cup celery, onions, portabello mushrooms, parsley & cilantro, chopped course
- 3 cloves garlic, smashed and chopped
- 2 tbsp. Each oregano & thyme
- 2 c up 1 inch chopped, boiled red potatoes, al dente
- 2 qt. Whipping cream, or ½ & ½, or nondairy creamer—your preference
- 1 tsp. Each curry, saffron & pepper
- ½ cup flour

Melt butter in a 1-gallon soup pan. Put in ham meat and cook till clear. sauté vegetables in descending order of hardness. Save parsley & cilantro to the end. Mix in spices. When onions are clear mix-in the flour. When flour is well mixed add cream. Mix until smooth. Add boiled potatoes. When Mussel Fume is to the desired concentration, filter it into this soup mixture. Do not pour the last of it for it contains the "enemy", sand. Add parsley and cilantro at the end. As you serve add the 2 tbsp. of Mussel meat to each portion.

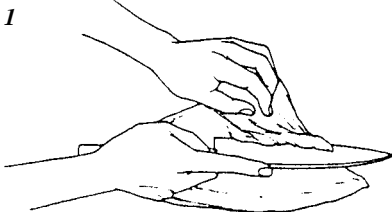
Santa Cruz Sashimi



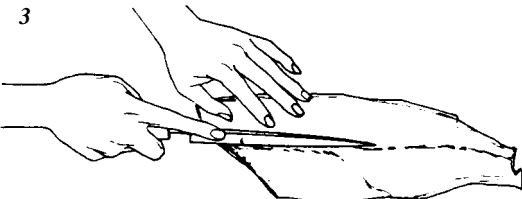
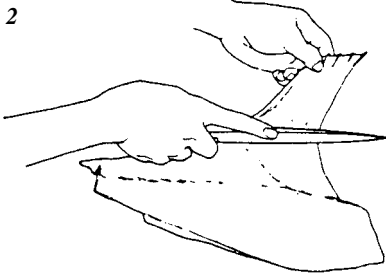
Selecting and Cutting



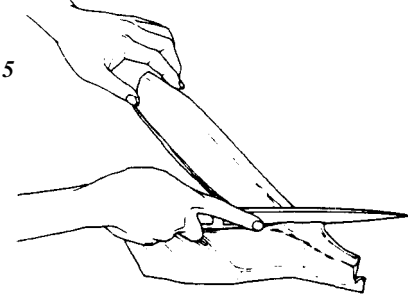
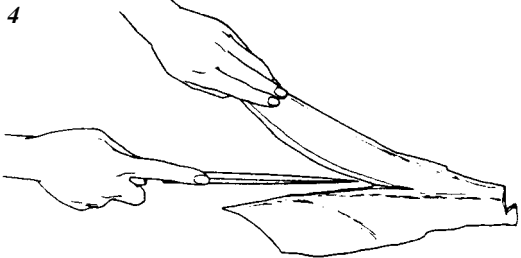
Slicing Techniques for Sashimi



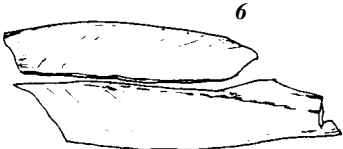
1 Slice away bones (ribs) that line the visceral cavity.



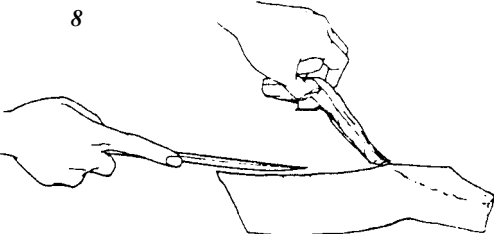
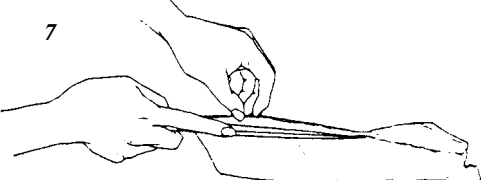
3 Slice just above lateral line (containing bones).



5 Cut below the lateral line on the larger piece to remove the bony strip of flesh.



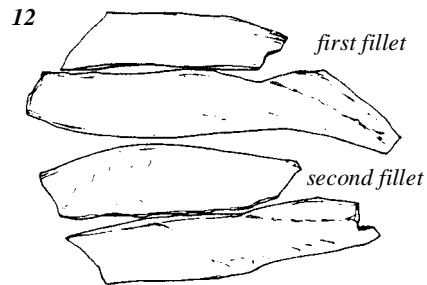
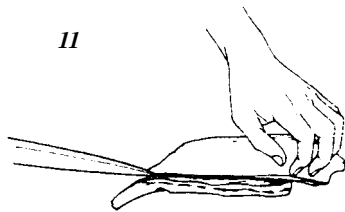
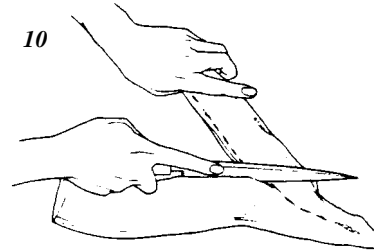
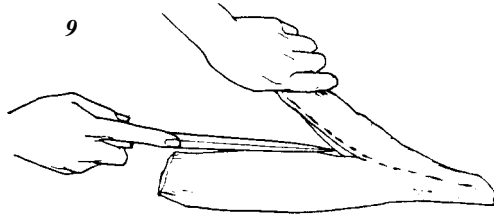
6 Where the fillet narrows, cut up at an angle to form two pieces, each of even width.



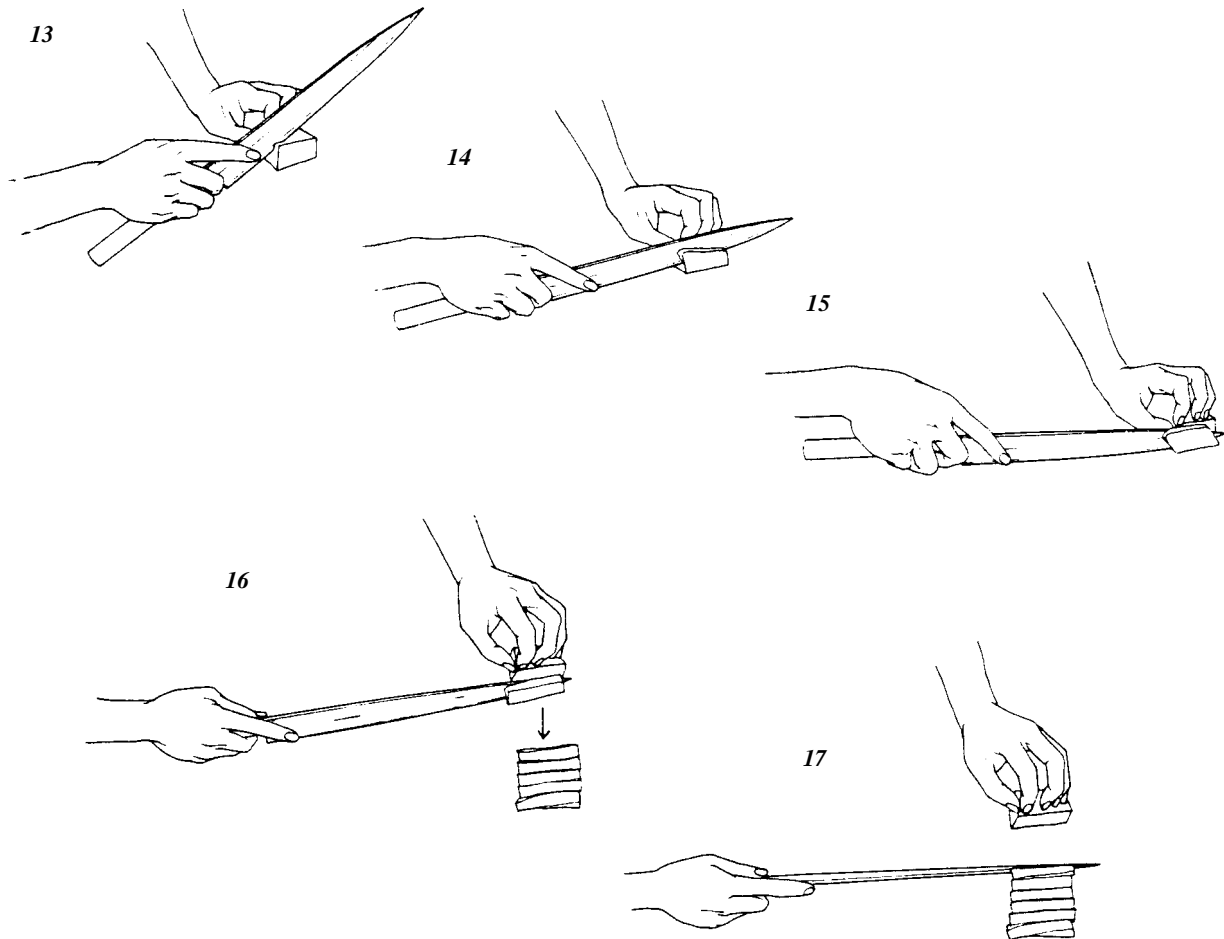
Rectangular 3/8 inch (1-cm) slices—the *hira-zukuri* cut: All the work up to this point has been done with a kitchen carver, but from this point on use a fish slicer (*sashimi-bocho*).

Because this cutting technique can be applied to any type of fish, the 3/8-inch (1-cm) slice made with the *hira-zukuri* technique is the most useful for all *sashimi* cutting methods. Place fillet lengthwise on the board, skin side up, the thin side toward you and thick side away from you. Hold the knife so that top of blade is inclined very slightly to the left. Use the knife in a sweeping draw from the base to the tip, cutting through the fillet without force or much pressure.

*For the second fillet, cut with the *sanmai oroshi* technique, proceed as previously, but start cutting this fillet below the lateral line; when two pieces of even width are cut, remove the lateral line bony strip from the smaller one.*



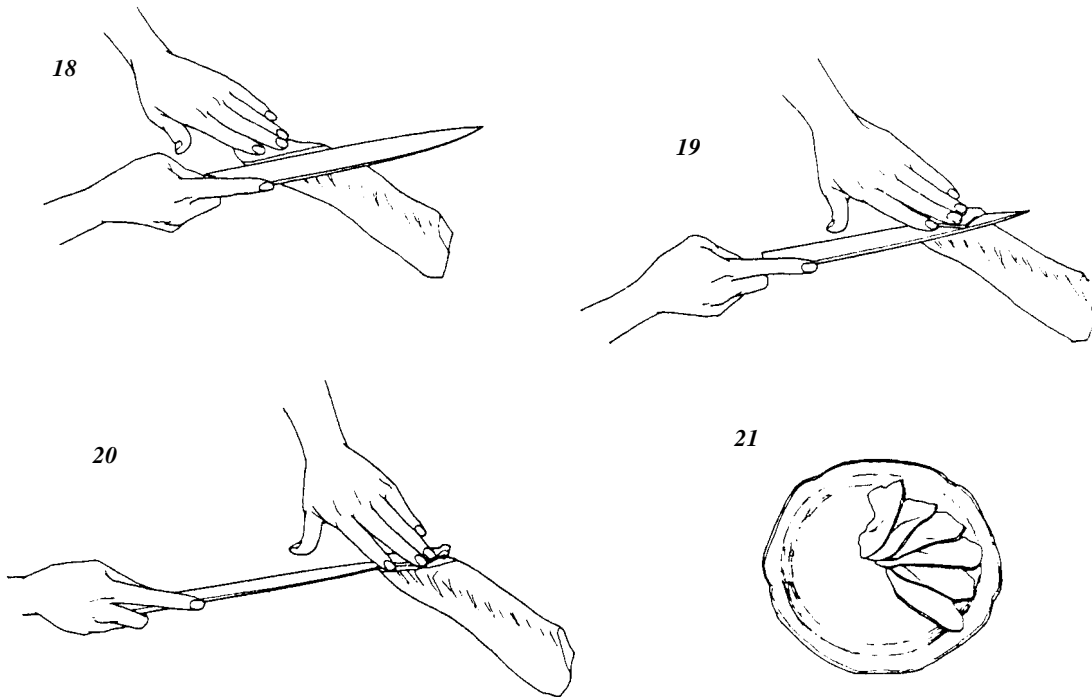
Start slicing at the *right* of the fish. A 3/8-inch (1-cm) slice is standard, but firm-fleshed fish may take as thin as a 1/8-inch (½-cm) slice, and soft-fleshed fish as large as a ½-inch (1½-cm) slice. Your technique will naturally become refined with practice.



Wipe the blade with a moist, clean towel occasionally. Because of the way the knife is held, each slice comes to rest on the blade near the tip. Slide the tip of the blade with the slice attached a few inches to the right, then lay the slice on its right side, as shown. Repeat this procedure of cutting till you have a neat row of "domino" slices.

Transfer one portion (5 or 6 slices) to plate or dish, using chopsticks or your fingers to arrange slices. The dish or plate should be already chilled and garnished with a bed of finely shred-cut giant white radish (*daikon*), lettuce, or cucumber. After placing the row of "domino" slices against the bed of shredded vegetable, arrange other garnishes: sprigs of

shiso buds and a curl of carrot. Add the cone of spicy condiment, *wasabi* horseradish in this case. Serve immediately. Offer TOSA SOY SAUCE.



The *usu-zukuri* cut is to all fish cutting techniques what the backhand is to racquet sports. You begin cutting from the left of the fillet with the cutting edge of the knife at a very acute angle to achieve a cut across the grain of the flesh. Study the accompanying sketches. The firmer the flesh of the fish, the thinner the slice. The thickest slice is no more than 1/16 inch (14 cm). Somewhat thicker slices, called *sogi-zukuri*, are made with the same cutting method.

Because the slices are so thin, transfer each slice immediately to a plate or small serving platter, overlapping the slices slightly to make a rosette. With the fingertips of your free hand, lightly guide each slice as you work to keep it from folding.

Add garnishes to the rosette—a decorative leaf, curl of carrot, and the spicy condiments, in this case, mounds of finely chopped green onion and grated RED MAPLE RADISH. Serve immediately with PONZU SAUCE.

Paper-thin slices—the *usu-zukuri* cut: This method of cutting thin slices is most appropriate for firm, white-fleshed fish such as sea bream, sea bass, *hirame* flounder. Place fillet skin side up and thick flesh side away from you. Hold the knife so that the top is inclined to the right and the beveled edge of the blade is almost horizontal. Slice off a paper-thin slice, from the left of the fillet.

Fried Fillets Tarragon

(Serves 4—6)

- 2 pound flounder fresh fillets, or any other delicately flavored salt or fresh water filler
- 1 tablespoon sherry wine
- 1 egg
- 1/2 cup dry breadcrumbs unseasoned
- 1 pinch garlic powder
- Salt and pepper to taste
- ½ teaspoon dried tarragon, crumbled further between your fingers
- 3 to 4 tablespoons cooking oil

Add sherry to egg and beat lightly. Combine bread-crumbs, garlic powder, salt, pepper and tarragon, and mix well. Dip fillets in beaten egg mixture, coat with crumbs and let stand for 5 minutes. In a large, heavy skillet, heat oil to sizzling (but not smoking) hot. Add fillets, a few at a time so skillet is not cooled too much, and cook for about 3 minutes or until golden brown on one side. Turn and cook until second side is brown or until flakes separate easily when gently probed with tines of a fork. Serve immediately with lemon wedges.

Oven-Fried Fillets Tarragon

Prepare fillets in same manner as for Fried Fillets tarragon. arrange in well-greased, shallow metal baking pan, dot with butter or margarine and place pan near top of oven. Bake in oven preheated to 500 degrees 3—8 minutes or until fish flakes easily when tested with a fork and crust is golden-colored.

Adventurous Sauces



Sushi Vinegar

Ingredients

- 1 cup Rice vinegar
- 1 - 1 1/2 cup sugar
- 2 teaspoon salt
- ebi or opi (dried shrimp)
- 1 6" strip dried seaweed (dashi kombu)
- grated fresh ginger root

Preparation

- Make 1-2 days before using.
- Mix in glass jar or container.
- Stir occasionally until mixture is syrupy.
- Refrigerate what is not used.

Tarragon Hollandais Sauce

Ingredients

In a blender, whirl until smooth:

- 2 egg yolks
- 1/4 teaspoon dry tarragon
- 1 tablespoon lemon juice
- 2 teaspoon water
- 1/2 teaspoon Dijon mustard

Preparation

With blender on high speed, add in a slow steady stream of 1/2 cup hot melted butter. Stir 1/2 tablespoons of sweet pickle relish. Serve at once.

Sesame Soy Sauce ***(Goma-joyu)***

makes 1 2 cup

Toast 2 Tablespoons white sesame seeds in a dry frying pan till golden brown and grind to a flaky paste in a Japanese grinding bowl (*suribachi*). Stir well into 1/2 cup of TOSA SOY SAUCE (or use dark soy sauce plus 1/2 Tbsp mirin from which alcohol has been burnt off).

Plum Soy Sauce ***(Bainiku-joyu)***

makes 2 cup

Rub 2 Tbsps PICKLED PLUM meat (*bainiku*, available canned) through a sieve. Or remove seeds and use the meat of whole red pickled plums (*umeboshi*) and rub through a sieve. Combine 2 Tbsps sieved plum with 1/2 cup TOSA SOY SAUCE. Mix well and use.

Horseradish Soy Sauce ***(Wasabi-joyu)***

makes 1/2 cup

Mix 1 Tbsp finely grated wasabi horseradish with 1/2 cup TOSA SOY SAUCE (or use dark soy sauce).

Ginger Soy Sauce ***(Shoga-joyu)***

makes 1 2 cup

Mix 1 Tbsp finely grated ginger with 1/2 cup TOSA SOY SAUCE (or use dark soy sauce). Prepare only immediately before using.

Note: In using the two immediately preceding, which include condiments, it is, of course, not necessary to garnish plates with or use any other spicy condiment.

Sea Food Pasta



Limpet Pasta

Limpet pasta is a clammy feast that is bound to pique the palate and quench hunger quickly.

Ingredients

- Several handfuls of limpets
- 1 lb pasta, precooked
- 1/4 cup butter
- 1/4 cup olive oil
- 5 clove garlic
- 1/2 cup chopped green onions
- 1/4 cup capers
- 1 tea fresh cracked popper
- 1/2 cup parsley
- 1/2 cup fresh grated parmesan cheese
- 1/4 cup white wine
- 2 lemons

Preparation

- Take several handfuls of limpets and wash dirt from meaty foot.
- Boil pasta or reheat preboiled in hot water in a colander.
- Place butter and oil in a wok.
 - Add garlic and onions. Sauté
 - Fill wok 3/4 with pasta. Toss until all strands are loaded with garlic oil.
 - Add 2 to 3 handfuls of limpets.
 - Add capers and pepper, followed with parsley, Parmesan cheese, lemon and wine.

Do not overcook the limpets, serve when limpets fall from their shell.

Adjust lemon to taste.

Ginny's Ginger Sea Vegetable Salad Surprise

Use *Ulva lactuca*, *enteromorpha intestinalis*, *monostroma latissimum*, *Iridaea*, *porphyra*, *fucus*, *nemalion*.

Preparation

- Wash vegetables in fresh water, drain and dry.
- Chop the enteromorpha and nemalion coarsely.
- Chop the ulva and Iridaea finely.
- Sprinkle the porphyra and fucus over salad as if they were sunflower seed and radishes.
Remember salads must have a variety of tastes, textures and color. You may add thin slices of red onion and spinach leaves (wild alternatives: watercress and miners lettuce).

Ginger Dressing

Ingredients

- 2 cups sesame oil, extra mild pure pressed
- 5 oz. toasted sesame oil
- 2" square fresh ginger, peeled, sliced, smashed and chopped
- 1/2 teaspoon chopped fresh oregano
- 1/2 teaspoon chopped fresh thyme
- 1 cup rice wine vinegar
- 1/4 cup chopped fine *sushi yo shoga*, sliced pickled ginger

This is a lot of dressing, however, it gets better with time. If you like it, it goes well with many conventional leaf salads.

Sesame Pickled Sea Vegetable

This recipe is for pasta like, crunchy sea vegetable. Crunchy fronds are also suitable but must be cut fine so that maximum surface area is in contact with the sauce. This is a tangy appetizer to stoke the taste buds.

Ingredients

- 3 tablespoons sesame oil
- 2 cloves garlic, smashed and minced
- 2 teaspoons sesame seeds
- 2-3 hot Japanese peppers, seedless, chopped
- 2 tablespoons rice vinegar

Preparation

- Wash sea vegetables in water, dry and cut into 1/2 inch sections.
- Put oil in pan. Sauté garlic, sesame seeds and hot peppers until brown. Pour over sea vegetable.
- Mix and add vinegar to taste.
- Cool and serve.

Abalone Wonton à la Anne

In the famous sea food cook off of '81, Grindy and I put together a host of gourmet goodies to tantalize the palates of Santa Cruz. We just had everything—scallops, abalone, red snapper, ling cod, crab, mussels, and halibut . . . all fresh and fixed with hard fought attention. In the middle of the fray, Anne's famous wontons were presented and the crowd was never the same. Here is Anne's famous recipe.

Ingredients

- 1 lb abalone
- 1 egg
- 3/4 cup dried yellow onion
- 1 teaspoon curry powder
- parsley
- 1 tablespoon honey
- 1 tablespoon Tamari™ soy sauce
- 1-2 pinch of salt and pepper
- 1-2 pinch of kelp powder

Preparation

- smash the abalone to smithereens
- Beat the eggs slightly and mix everything together.
- Place a teaspoon full of the mixture onto a wonton skin. Wet the edges and fold.
- Deep fry and enjoy.

Seafood Pasta

Ingredients (Serves 12)

- 5 lbs fish filets, (no bones), cut into 1/2 inch cubes
- 2 lbs linguine pasta (precooked and coated with oil)
- 3 yellow onion, chopped Julienne
- 1 large portabello mushroom, chopped into 1/2" to 3/8" sections
- Sun dried tomatoes, chopped Julienne
- Tear Drop tomatoes, Stemmed and chopped in half
- 1 bunch of garlic, peeled, smashed and chopped
- Red and Yellow bell pepper, gutted, chopped Julienne
- Coating, such as flour or shake-n-bake ...
- 1 tablespoon pepper
- 1 pinch saffron
- 1 cup basil, broccoli, cauliflower and parsley, chopped
- 1/8 lb pinion nuts
- 2 lemons
- 2 tablespoon fresh oregano
- 2 tablespoon fresh thyme
- 1 bottle white wine
- 1 cup olive oil

Preparation

- Coat fish
- Heat oil and add garlic—cook till garlic turns brown then add the fish.
 - Cook fish for about 5 minutes until brown.
 - Take fish out of pan.
- Cook vegetables—add more oil in necessary
- Add pinion nut—cook till brown
- While still cooking, add spices (pepper, saffron, basil, oregano and thyme).
- When onions are clear, add precooked pasta.
- Stir and toss until all is mixed.
- Add sun dried tomatoes and parsley
- Add 1 cup of white wine
- At the end add fish and cover the fish with pasta
- After fish is warm, squeeze lemons, stir and serve.

Remember when you add pasta, you need to turn the flame down and keep the pasta moving or it will burn.

