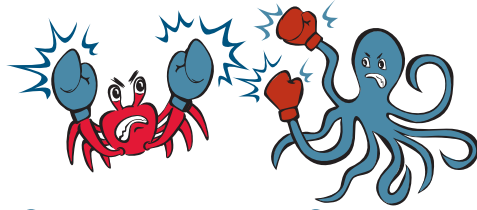


# SOUTHPAW JOHNNIES



## SEAFOOD SHACK

"I COULD HAVE BEEN A CONTENDER"

Est:1974 BEST Seafood VALUE on Main Street

### *Mussels Marseilles*

#### *Ingredients*

11515		
64085	5 lbs.	Mussels
56496	1 qt	heavy cream
11511	6 oz	Pastis
97455	5 c	diced tomatoes
99711	½ c	sliced garlic
98954	4 c	chopped fennel
9003190	2 c	diced red pepper
99932	2 c	diced carrots
90845	3 c	diced carrots
56921	1/2lb	butter
97626	½ c	chopped parsley
		salt & pepper

#### *Method*

- Heat a brazier & melt the butter
- Sweat the onions & season
- Add the carrots,peppers & fennel sweat & season
- Add garlic & tomatoes cook three minutes
- Deglaze with the wine & reduce by 3/4
- Add the Pastis,reduce by 1/2
- Add the cream and reduce by 1/2
- Add the mussel ,cover & cook until all have opened
- Plate and garnish with chopped parsley
- Serve with grilled crostini

## *Baby Clams & Mussels in Saffron Shallot Broth*

<b>Item #s</b>	<b>Ingredients</b>
31891	4 T Olive Oil
99711	1 T Chopped garlic
99905	3 Shallots diced
36761	2 C Clam Juice
21820	1 pinch Saffron
00000	1 Cup Dry white wine
97160	1 Cup diced tomato
98981	1 Lemon squeezed
97627	½ Bunch parsley
33961	1 T Honey
64086	1 ½ lbs Pei Mussels
15265	12 baby clams

### **Method**

- Heat oil in pan over medium skillet, add garlic & sauté.
- Add shallots and cook.
- Add clam juice & saffron, wine lemon juice and simmer.
- Add in clams, mussels and cook until open.
- Finish dish off by adding honey and chopped parsley.

Spoon into large bowls and enjoy with some rustic bread

## ***CHESAPEAKE PASTA SALAD***

<b>Item #</b>	<b>Amount</b>	<b>Ingredients</b>
39790	1 – lb.	Lump Crab
98657	4 each	Orange Supremes
97851	3 each	Grapefruit Supremes
12935	1 – lb.	Pennette Pasta
31891	2 – oz	EVOO
21271	1 – tsp	Orange Oil
98955	¼ cup	Toasted Fennel Seed
21285	½ tsp	Sea Salt
42526	TT	4 Color Pepper
91941	½ c	mint
99646	½ c	basil

- Method -**
- 1) Cook and Chill Pasta
  - 2) Peel fruit and cut into supremes
  - 3) Chiffonade the mint & basil
  - 4) Blend the orange and evoo
  - 5) Toss the pasta with the oil and fennel seed
  - 6) Gently fold in the supremes & crab

Add the herbs and season

## ***Salsa & Sea Scallop Seviche***

<b>ITEM#</b>	<b>AMOUNT</b>	<b>INGREDIENT</b>
71455	2 lb	fresh salsa
65025	1 lb	20/30 sea scallops
9756	4 oz	lime juice
74047	2 tbsp	chopped cilantro
98981	8 pc	lemon wedge
97825	8 pc	lime wedge

### **METHOD**

- Remove the mussel from the scallops, slice in ½
- Place scallops in lime juice and marinate for 1 hour, drain well
- Fold the scallops and cilantro into the salsa
- Serve in a large cocktail glass garnished with lemon & lime wedges

Yield: 6-8 portions depending on your menu

## ***Lobster Salad***

### **Ingredients**

15360	2 lb	Lobster Meat
99120	4 oz	diced celery ¼"
99675	½ cup	Chives, diced fine
99621	2 tbs	Tarragon, fresh
17081	6 oz	Mayonnaise
56121	2 oz	Sour Cream
98981	2 tbs	Lemon juice
22006	1 tbs	Dijon mustard
40770	1 tsp	Old bay seasoning
97626	2 oz	Parsley, chopped fresh

### **Method**

- Combine all ingredients, except lobster meat and mix well, gently fold in the lobster

## *Mussels in a Saffron Tomato Broth*

<b>Item#</b>	<b>Ingredients</b>	
98955	1 each	fennel bulb (diced fine)
97930	1 each	onion (diced fine)
97176	2 each	tomato (seeded and diced fine)
43161	¼ cup	tomato paste
98151	2 each	garlic clove (minced)
64085	1 lb	mussels (cleaned and debearded)
21820	pinch	saffron
00000	1 cup	white wine
54875	2 tblspn	olive oil
00000	2cup	fish stock
97626	2 tblspn	Parsley (chopped)
97580	1 each	lemon (wedges)

### **Method**

- Bring white wine to boil with saffron threads and let simmer for 5 minutes, strain and set aside
- Heat large sauce pan and add olive oil, add garlic, onion and fennel, sauté till tender
- Add mussels and cook till shells start to open
- Add white wine infusion, fish stock, tomato paste and diced tomatoes
- Simmer for 5 minutes
- Set aside to cool,
- Arrange mussels on serving platter and spoon saffron tomato broth over mussels
- Top with chopped parsley, garnish with lemon wedges and croutons

## *Mussels in a Tomato & Herb Broth*

<b>Item#</b>	<b>Ingredients</b>	
98955	1 each	fennel bulb (diced fine)
97930	1 each	onion (diced fine)
97176	2 each	tomato (seeded and diced fine)
43161	1 tsp	tomato paste
98151	2 each	garlic clove (minced)
64085	1 lb	mussels (washed & cleaned )
00000	1 cup	red wine
54875	2 tblspn	olive oil
97626	2 tblspn	Parsley (chopped)
99648	2 tbsp	Basil (chopped)

### **Method**

- Heat large sauce pan and add olive oil, add garlic, onion and fennel, sauté till tender
- Add red Wine and reduce by ½
- Add paste and cook 2 minutes
- Add mussels and cook till shells start to open
- Add diced tomatoes
- Simmer for 5 minutes
- Add parsley & basil
- Arrange mussels on serving platter and spoon tomato broth over mussels
- Garnish with a sprig of parsley and a grilled sliced of crusty bread

## *Mussels Marseilles*

### **Ingredients**

11515		
64085	5 lbs.	Mussels
56496	1 qt	heavy cream
11511	6 oz	Pastis
97455	5 c	diced tomatoes
99711	½ c	sliced garlic
98954	4 c	chopped fennel
9003190	2 c	diced red pepper
99932	2 c	diced carrots
90845	3 c	diced carrots
56921	1/2lb	butter
97626	½ c	chopped parsley salt & pepper

### **Method**

- Heat a brazier & melt the butter
- Sweat the onions & season
- Add the carrots, peppers & fennel sweat & season
- Add garlic & tomatoes cook three minutes
- Deglaze with the wine & reduce by 3/4
- Add the Pastis, reduce by 1/2
- Add the cream and reduce by 1/2
- Add the mussels, cover & cook until all have opened
- Plate and garnish with chopped parsley
- Serve with grilled crostini

## ***OYSTERS ROCKEFELLAR***

<b>Item No.</b>	<b>Amounts</b>	<b>Ingredients</b>
S3340	24	Med to Lg Oysters on ½ Shell
98426	4 bags	Spinach – double washed
19775	½ cup	Culinary Cream
54011	1 cup	Shredded Parmesan Cheese
98586	¼ cup	Minced Shallots
99711	2 tbs	Minced Garlic
93126	3 oz	Pernod or Ricard Sea Salt
66775	2 oz	Butter
32151		Cracked Pepper

### **Method**

- Sweat garlic and shallots in butter in large sauce pan
- Add spinach and pernod cook until tender
- Add culinary cream and shredded parmesan cheese blend well and cook 2 minutes
- Top each oyster with mixture, sprinkle with grated parmesan cheese, salt & pepper
- Bake at 450° until brown & bubbly
- Plate on bed of hot rock salt

## *Salmon Oskar*

<b>ITEM#</b>	<b>AMOUNT</b>	<b>INGREDIENT</b>
64124	6	6 oz salmon fillets
29780	1lb	Jumbo Lump Crab
71365	1 lb	Blanched Asparagus pieces
50181	1 ½ c	Heavy Cream
98641	2 ½ c	Sliced Cremini Mushrooms
25881	1 c	Flour
26771	TT	Kosher salt
42596	TT	Cracked Pepper
61140	1/4 c	Pecorino Romano
56920	3 oz	Butter

### **METHOD**

- Season the salmon, dredge in seasoned flour and sauté in butter
- When you turn the fillet over, add the asparagus and mushrooms to the pan and cook until mushrooms are tender
- Add the cream and reduce by ½, add the cheese, season and gently add the crab
- Plate the salmon 1 pc per plate and top with the sauce, making sure the crab is on the top
- Garnish with a pinch of fresh micro greens

## *Grilled Caesar Salad*

### **Ingredients**

99913	¼ each	Romaine hearts
30200	1 oz	Olive oil
99522	3 oz	Romaine, cut
30945	1 oz	Croutons, garlic herb
54010	2 oz	Parmesan cheese (*see note)
18830	2 oz	Dressing, creamy Caesar
45421	1 oz	Roasted peppers
15526 or 15524		Shrimp Skewer
Recipe attached		Roasted Garlic, Rosemary and Lemon Marinade

### **Method**

- Brush shrimp with marinade and grill for 3-5 minutes, set aside
- Cut romaine head into ¼ lengthwise, Brush with olive oil, season with salt and pepper and grill on char grill till browned evenly (be careful not to burn), set aside
- \* In heated non-stick Teflon pan or on clean griddle place 1 ounce of cheese in area of 2-3 inch diameter and let brown. With heat resistant rubber spatula turn the cheese over and brown on the other side. Remove from heat and place on flat surface to cool. Cut in ½ for plating and set aside.
- Set out plate and place two grilled romaine wedges at 11:00 and 1:00 with top of lettuce pointing outwards serving as an under liner
- In separate bowl combine cut romaine, dressing and croutons
- Place in middle of salad plate and garnish with parmesan crisps and roasted red pepper strips
- Top with grilled shrimp skewer

## *Jumbo Lump Crab Salad Martini*

### **Ingredients**

40310	1 lb	Blount jumbo lump crabmeat
18680	1 tsp	Dijon mustard
56205	3 tbsp	Crème Fraiche
97676	2 tbsp	Scallion, diced fine
74036	1 tbsp	Red pepper, brunoise
74045	1 tbsp	Green pepper, brunoise
97447	1 tbsp	Yellow pepper, brunoise
98981	1 each	lemon

### **Method**

- Empty crab into stainless steel bowl and gently check for shells
- In separate bowl combine crème fraiche, scallions, peppers, mustard and mix well
- Gently fold into crab and gently mix being careful not to break up crab meat
- Fill Martini glass and garnish with lemon slice and chopped scallion
- Serve immediately