



Chefs' Seafood Sampler

Virginia Sea Grant Marine Advisory Program
Virginia Institute of Marine Science
College of William and Mary
Gloucester Point, Virginia



Chefs' Seafood Sampler

Prepared for the Fifth Annual Chefs' Seafood Symposium

April 11, 1994

Virginia Institute of Marine Science

Gloucester Point, VA

Sponsored by

Virginia Sea Grant Marine Advisory Program

Virginia Institute of Marine Science

College of William and Mary

and

Virginia Chefs Association

Program coordinated by

Vicki Clark

Marine Education Specialist

Virginia Sea Grant Marine Advisory Program

and

Hans Schadler

Executive Chef/Director of Food Operations,

Williamsburg Inn

Virginia Chefs Association

**Thanks to the following chefs who shared their
recipes for this booklet:**

Richard Carr, *Berret's Restaurant*, Williamsburg, VA

Curtis Carter, *Hunting Hills Country Club*, Roanoke, VA

D. Bruce Clarke, *J. Sargeant Reynolds Community College*
Richmond, VA

Winslow R. Goodier, *Hermitage Country Club*,
Manakin-Sabot, VA

Richard Ivey, *ARA Services, Virginia Commonwealth
University*, Richmond, VA

Mark W. Kimmel, *Tobacco Company Restaurant*,
Richmond, VA

David Lapinski, *Omni Waterside Hotel*, Norfolk, VA

Melvin J. Nichols, *Fort Magruder Inn*, Williamsburg, VA

Meredith Nicolls, Jr., Tom Nagengast, & Steven Brockman,
The Kitchen at Powhatan Plantation, Williamsburg, VA

Manfred E. Roehr, *Campbells and Chownings Tavern*,
Williamsburg, VA

Hans Schadler, *Williamsburg Inn*, Williamsburg, VA

FRESH MUSSEL AND BAY SCALLOPS IN A SEAFOOD, FENNEL AND SAFFRON BROTH

1	medium onion (diced)
2	leeks, whites only (diced)
1	fennel, bulb only (diced)
8.	tomatoes (peeled, seeded and diced)
1 cup	white wine
1 cup	water
1	fish bouillon cube
1 teaspoon	thyme leaves
1 pinch	saffron
1/2 teaspoon	sea salt
3	mussels
3	bay scallops

Combine all ingredients except shellfish and simmer for approximately 30 minutes on medium heat. Wash the outside shells of mussels and bay scallops. Add to simmering broth and serve after shells open.

Richard Carr, C.E.C.
Berret's Restaurant
199 S. Boundary St.
Williamsburg, VA 23185

SEAFOOD LASAGNE

1/2 pound	100/150 salad shrimp
1/2 pound	sea scallops (cut in half lengthwise)
1/4 pound	lobster meat (cubed)
1 pound	ricotta cheese
6	whole eggs (or egg beaters)
1/2 pound	cottage cheese (low fat)
1 tablespoon	Italian seasoning
1 tablespoon	chopped garlic
1/2 teaspoon	cholula hot sauce
2	egg lasagne sheets
2	spinach lasagne sheets
2 cups	shredded mozzarella cheese
2 cups	shredded parmesan cheese
1/2 gallon	marinara sauce
1 cup	diced shallots
1 cup	butter
Salt & Pepper to taste	

On medium heat, saute your seafood with shallots and 1 cup of butter. Drain and set aside. In a mixing bowl combine ricotta cheese, eggs, cottage cheese, italian seasoning, chopped garlic, hot sauce, salt and pepper. Mix well.

In a 2-inch deep hotel pan, pour some of marinara sauce, cheese mixture, some seafood and spinach lasagne sheets. Repeat the same process for next layer and add 1 cup mozzarella and parmesan cheese and the egg lasagne sheets. Pour rest of marinara and remaining cheese on top. Bake at 350°F for 90 minutes.

Mr. Curtis Carter
Executive Chef
Hunting Hills Country Club
5220 Hunting Hills Drive
Roanoke, VA 24014

BRAISED SHRIMP WITH VEGETABLES

1 pound	fresh, uncooked large shrimp
8 ounces	fresh broccoli
4 ounces	whole button mushrooms
8 ounces (2 cans)	whole or sliced bamboo shoots
1 tablespoon	vegetable oil
1/2 cup	chicken stock or broth
1 teaspoon	cornstarch
1 teaspoon	oyster sauce
1/4 teaspoon	sugar
1/2 teaspoon	grated fresh ginger root
1/8 teaspoon	pepper

Remove shells and back veins from shrimp. Cut broccoli into pieces. Drain mushrooms. Cut whole bamboo shoots into thin slices. Heat oil in wok over high heat. Stir-fry shrimp in oil until tender, about 3 minutes. Add broccoli to shrimp. Stir-fry 1 minute. Add mushrooms and bamboo shoots. Stir-fry for 1 minute longer. Combine remaining ingredients. Pour mixture over shrimp-vegetable mixture. Cook and stir until liquid boils. Cook and stir 1 minute longer.

D. Bruce Clarke
Chef Instructor

J. Sargeant Reynolds Community College
P.O. Box C 32040
Richmond, VA 23261-2040

CHESAPEAKE CRABCAKES WITH THYME CREAM SAUCE

Serves 20

Portion 2 - 3 ounces

2 each	diced onions
1 each	diced green pepper
1 each	diced red pepper
4 pounds	picked backfin crabmeat
2 teaspoons	dry mustard
2 tablespoon	Old Bay seasoning
2 teaspoons	Worcestershire sauce
1 tablespoon	lemon juice
6 each	eggs
2 cups	mayonnaise
10 cups	heavy cream
1 cup	white wine
1 tablespoon	chopped fresh thyme

Saute onions and peppers until tender. Place in refrigerator to cool. Combine crabmeat and the rest of the ingredients. Add the peppers and onions after they have cooled. Portion into three ounce patties. Combine and heat the heavy cream and white wine and reduce by half. Add fresh thyme and season with salt and pepper. Saute crabcakes until golden brown and serve with 2 ounces of sauce.

Winslow R. Goodier, CWC
Executive Chef
Hermitage Country Club
Box 222
Manakin-Sabot, VA 23103

PINEAPPLE PEPPERCORN SMOTHERED MAHI MAHI

1 whole	pineapple
3 tablespoons	coarse grind or cracked peppercorn
2-3 pounds	mahi mahi filet
1	red bell pepper (julienned)
1	yellow bell pepper (julienned)
1 small	papaya (diced, <i>optional</i>)
2 tablespoons	melted butter
salt and pepper to taste	

Clean the pineapple of all skin and "eyes"; remove the core. Process in food processor until ground but still slightly chunky. Remove to a stainless steel bowl. Add the peppercorn. Brush fish with melted butter and place in 2" hotel pan. Top with pineapple-peppercorn mix. Bake in convection oven at 350° for 10-15 minutes or until fish is slightly firm. Saute red and yellow pepper julienne. Place on serving platter and lay mahi-mahi on top. Garnish with diced papaya and serve.

Richard Ivey
Executive Chef
ARA Services

Virginia Commonwealth University
900 Park Ave., Hibbs Bldg.
Richmond, VA 23284

SEVICHE

Makes 6 portions

1 1/4 pounds	sea scallops
1/4 ounce	jalapeno pepper (chopped fine, seeds and stem out)
1/2	red pepper (chopped)
3 ounces	small purple onion (julienned and diced)
1/2 tablespoon	clove garlic, minced fine
1/2 tablespoon	brown sugar
1 1/4 tablespoons	fresh chopped parsley
1 teaspoon	salt
1 teaspoon	white pepper
1 1/2 cups	lime juice
1/2 cup	lemon juice
1 1/2	ripe tomatoes (seeded, chopped in 1/4" cubes)
1 1/2	avocados (peeled and diced; brush with lemon juice)

In a large bowl, combine all ingredients except tomatoes and avocados. Toss gently but thoroughly, being sure the scallops are well coated. Cover and refrigerate for a minimum of 5 hours or until scallops lose their translucent appearance. Toss 3 ounces of marinated scallops with 1/4 cup each diced tomato and avocado. Serve on cold plate lined with leaf lettuce, with cocktail fork and lime slice.

Mark W. Kimmel

C.E.C., A.A.C

Tobacco Company Restaurant

1201 E. Cary St.

Richmond, VA 23219

SCALLOP & SHRIMP BUTTER SAUCE WITH PECAN RICE

Makes 6 servings

2 cups	coarsely chopped pecans
6 cups	hot cooked rice
1 cup	thinly sliced green onions
2 sticks (8 ounces)	unsalted butter or margarine (divided)
1/2 cup each	celery, onions, red bell pepper (diced)
2 tablespoons	cajun seasoning mix (your preference)
2 tablespoons	worcestershire sauce
1/2 pound	broken or small size raw shrimp (shell removed)
1/2 pound	bay scallops (remove any debris)

Roast pecans on shallow baking sheet at 400 degrees for 10 minutes, stirring once or twice. Combine rice, onions, and pecans. Cover and keep warm. Melt 1/2 stick (1/4 cup) butter in 10-inch skillet. Add celery, onions, and red pepper. Cook over medium heat five minutes. Add seasonings and seafood. Add remaining butter, 1/2 stick (1/4 cup) at a time, until each piece is dissolved. Shake pan back and forth and stir with a wooden spoon. Mixture should be creamy with no fat on top. If mixture does begin to separate, remove from heat and cool slightly before adding more butter. Make a rice border on each plate and serve seafood in center. Garnish with lemon and fresh herbs, dust rim of plate with cajun spice.

David Lapinski
Executive Chef

Omni Waterside Hotel at Norfolk
777 Waterside Drive
Norfolk, VA 23510

OYSTERS MAGRUDER

4 Servings

As an Hors d'Oeuvre

1 pint	shucked oysters in liquid
1/4 teaspoon	sugar
1 tablespoon	cider vinegar
1/4 teaspoon	grated nutmeg
1/4 teaspoon	cayenne pepper
5	whole cloves
1 head	baby lettuce
	(wash leaves and pat dry)

Place oysters with their liquid in pan. Add the nutmeg, cider vinegar, cayenne pepper, sugar and cloves. Heat the oyster mixture slowly until their edges curl, about 25 minutes. Once the oysters curl, remove from heat and refrigerate for 8 hours. To serve, nestle each oyster individually in a lettuce leaf, garnish with lemon wedge.

Protein 5 g	Sodium 67 mg
Calories 45	Fat 1 g
Cholesterol 33 mg	

Melvin J. Nichols, C.E.C., C.F.B.E.
Director of Food and Beverage
Fort Magruder Inn
Route 60 East, P.O. Box KE
Williamsburg, VA 23187

SOUTHERN STYLE CRAYFISH

4 Servings

5 pounds	Crayfish
3	dried chili peppers
3	medium onions, sliced
2 tablespoons	dried thyme leaves
2 tablespoons	rosemary
1 tablespoon	dill seeds
2 tablespoons	dried sage
1 tablespoon	celery seeds
1 bulb	garlic (cut into quarters)
4 ounces	cider vinegar

Clean crayfish by rinsing off with cold water. Place 7 quarts of water into a stock pot. Add all the ingredients except the crayfish. Bring to a boil. Add crayfish to the stock pot, cover with a lid and return to a boil. Let crayfish cook for 5 minutes. Remove from heat and strain. If serving hot, place on a large platter and serve. If serving cold, once strained, refrigerate for 2 hours then serve.

Protein 18 g	Sodium 65 g
Calories 100	Fat 0 g
Cholesterol 178 mg	

Melvin J. Nichols, C.E.C., C.F.B.E.
Director of Food and Beverage
Fort Magruder Inn
Route 60 East, P.O. Box KE
Williamsburg, VA 23187

APPLEWOOD SMOKED SALMON TIMBALE

Serves 4

8 ounces Applewood smoked salmon, broken in pieces
4 ounces plain yogurt
2 ounces sour cream
2 ounces sour cream
2 cucumbers
fresh dill
salt and pepper to taste
4 x 2" timbales or pastry cutters

Combine yogurt and sour cream (2 ounces) in bowl. Add salmon and mix (be careful not to break up pieces). Salt and pepper to taste. Fill timbale (or pastry cutter) with mixture and spread thin layer of sour cream (2 ounces) on top. Garnish with fresh dill. Refrigerate if not serving immediately. Peel and seed cucumber. Slice very thin and arrange around timbale. Remove timbale and serve.

Meredith Nicolls, Jr. and Tom Nagengast
The Kitchen at Powhatan Plantation
3601 Ironbound Rd.
Williamsburg, VA 23188

GREEN LIP MUSSEL SALAD

16 mussels

(steamed, chilled, and removed from shell)

mixture of greens

(spinach and arugula or watercress are recommended)

Fennel Vinaigrette:

1 bulb

fennel

1/2 cup

canola oil

1/3 cup

Champagne vinegar

salt & ground white pepper

red onion

Julienne fennel bulb, fine. Mix oil, vinegar, salt and pepper together in a small heavy bottom saucepan. Add fennel, put on low heat and allow to infuse for 2 hours. Do NOT boil or simmer. Remove from heat, strain, allow to cool. Adjust seasoning to taste. For each serving arrange four mussels on bed of greens and ladle on vinaigrette.

Meredith Nicolls, Jr. & Steven Brockman
The Kitchen at Powhatan Plantation
3601 Ironbound Rd.
Williamsburg, VA 23188

SURPRISE SCALLOP DISH

12 ounces	scallops
2 1/2 ounces	butter
3 tablespoons	lemon juice (fresh)
2 tablespoons	chopped fresh shallots
1/3 cup	chopped parsley
2 ounces	apple brandy
2 cups	Seckel pears (washed, cored, cut in 4 - 6 wedges, do not peel)
3 cups	heavy cream (half and half)
1/2 cup	chopped pecans
2 cups	sliced mushrooms
salt and white pepper to taste	
pasta	

Saute scallops in 1 ounce butter for about 1 minute. Add lemon juice. Place scallops in bowl and keep warm.

Saute pear wedges, sliced mushrooms, shallots and parsley in remaining butter; add brandy, cream and liquid from the scallops. Simmer until liquid is reduced by 1/3; add scallops, salt and pepper and simmer until scallops are done, 2 to 4 minutes.

Serve over pasta and sprinkle with chopped pecans.

Enjoy.

Manfred E. Roehr, C.E.C., A.A.C.
Manager, Campbells, Chownings Tavern
Colonial Williamsburg
Drawer B
Williamsburg, VA 23185

WARM SPRING SALAD OF SEAFOOD AND GARDEN MIX PLUM TOMATO BASIL AND GOAT CHEESE VINAIGRETTE

6 ounces mixed seafood

(shrimp, scallops, flounder or other firm fish)

Marinade of salt, chopped dill, parsley, thyme, fresh cracked pepper, mashed garlic clove and olive oil

Mix marinade, pour over seafood, and chill for
30 - 45 minutes.

Garden Mix:

1 medium zucchini, sliced

1 medium ripe tomato, sliced

1 shallot, minced

2 tablespoons red wine vinegar

1 cup assorted greens

3 red radishes, sliced and cut in strips

1/8 cup finely chopped herbs **or** 1 teaspoon provincial
flavor dry herbs (available on supermarket spice shelf)

1/2 cup good olive oil (1/4 cup for salad and
1/4 cup for sauteing)

salt and pepper to taste

One-Step skillet preparation:

Heat olive oil in non-stick skillet or stir-fry wok; sear marinated seafood to ensure that all pieces are well-caramelized and done, but not overcooked. Remove seafood and set aside in warm place. Add shallots and garlic to pan, saute (do not let brown, leave opaque). Add zucchini and herbs; continue sauteing for 1 minute. Remove from pan and keep warm.

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Tomato Basil Vinaigrette:

- 2 ripe Italian tomatoes (peeled, seeded and diced)
 - 2 medium shallots
 - 1 spring onion (cut fine)
 - 1 garlic clove (blanched and crushed)
 - 1 tablespoon fresh squeezed lime juice
 - 1/4 cup good olive oil
 - 2 tablespoons red wine vinegar
 - 2 ounces goat cheese (crumbled)
 - 1 tablespoon fresh basil (chopped, save 1 sprig for garnish)
- fresh ground black pepper
salt to taste

To make vinaigrette: In same skillet, heat remaining olive oil just lightly, add garlic and shallots, sweat lightly, add tomato and basil. Add spring onion, toss well. Add lime juice and vinegar; adjust seasoning.

To assemble, arrange warm zucchini and chilled tomato in circle. In stainless steel bowl, toss greens with olive oil and wine vinegar; add salt and pepper (from peppermill) to taste. Carefully arrange salad in center of ring; garnish salad with seafood. Drizzle with vinaigrette and finish with crumbled goat cheese; garnish with fresh basil leaf. Serve with crunchy French bread, Focaccia bread, or Herb Flatbread.

Hans Schadler, C.E.C., A.A.C.
Executive Chef/Director of Food Operations
Regency Dining Room, Williamsburg Inn
P.O. Box 1776
Williamsburg, VA 23187-1776

