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:

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

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.
### BRAISED SHRIMP WITH VEGETABLES

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Description</th>
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<tbody>
<tr>
<td>Fresh, uncooked large shrimp</td>
<td>1 pound</td>
<td></td>
</tr>
<tr>
<td>Fresh broccoli</td>
<td>8 ounces</td>
<td></td>
</tr>
<tr>
<td>Whole button mushrooms</td>
<td>4 ounces</td>
<td></td>
</tr>
<tr>
<td>Whole or sliced bamboo shoots</td>
<td>8 ounces (2 cans)</td>
<td></td>
</tr>
<tr>
<td>Vegetable oil</td>
<td>1 tablespoon</td>
<td></td>
</tr>
<tr>
<td>Chicken stock or broth</td>
<td>1/2 cup</td>
<td></td>
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<tr>
<td>Cornstarch</td>
<td>1 teaspoon</td>
<td></td>
</tr>
<tr>
<td>Oyster sauce</td>
<td>1 teaspoon</td>
<td></td>
</tr>
<tr>
<td>Sugar</td>
<td>1/4 teaspoon</td>
<td></td>
</tr>
<tr>
<td>Grated fresh ginger root</td>
<td>1/2 teaspoon</td>
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<tr>
<td>Pepper</td>
<td>1/8 teaspoon</td>
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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, optional)
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
(cheded 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.
OYSTERS MAGRUDER

4 Servings
As an Hors d'Oeuvre

1 pint ··
1/4 teaspoon
1 tablespoon
1/4 teaspoon
1/4 teaspoon
5
1 head

shucked oysters in liquid
sugar
cider vinegar
grated nutmeg
cayenne pepper
whole cloves
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.

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<tbody>
<tr>
<td>Protein</td>
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<td>Fat</td>
<td>0 g</td>
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<tr>
<td>Cholesterol</td>
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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.

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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.

(continued on page 16)
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.
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