



# New England Seafood

*New England*  
**GUIDES**

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# New England Seafood

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## How to Cook Lobster

Here's how to cook lobster that tastes perfect every time by steaming rather than boiling.

In 1979, we brought you the story of Bertha Nunan, owner of the Lobster Hut in Cape Porpoise, Maine, and arguably America's most famous lobster cook. We stepped inside the Hut's cramped kitchen, where Nunan shared with us her secrets for how to cook lobster that's perfect every time. The lobster was great then, and it's great today. 2013 marked the Hut's 60th season, and shows no sign of slowing down. During summer, the Hut serves as much as 700 pounds of lobster a night. It seems a Nunan lobster is something no one's taste buds can forget. To make your own great-tasting crustacean, here again are Nunan's tips on how to cook lobster.

"When you buy lobsters," she says, "you should know that from winter to summer the lobsters are hard-shelled. They're packed full of meat then, and you need fewer lobsters for a pound of meat if you're making stew. But I prefer them when they're soft-shelled. They're sweeter then."

"The secret to cooking lobsters is not to murder them. Give them a nice, slow, respectable way out. Don't put them in boiling water, and don't drown them in too much water.

"Boiling them in a lot of water just boils their flavor out, and too much water waterlogs them. I put in two inches of water, whether I'm cooking two lobsters or 14. I take a salt container and with the spout open I pour it three times around the pot, then, plop! at the end (about three teaspoons). When the water is boiling, put in the lobsters, put the lid on, and steam them for 20 minutes. Not a minute less or a minute more.

"When they're done, draw up your butter and serve the lobster with a dish of vinegar as well. Now the next step is what a lot of people, and practically all restaurants, ignore. It's why people tell me our lobsters taste the best of any they ever had.

"I always wash the pot after cooking each lobster. Lobsters are scavengers, and they can get pretty greasy from the bait. Look in the pot the next time you cook them and you'll see a sediment from the shell. So I always put in fresh salted water for every batch of lobsters.

"I'll never stop being surprised at what some people will do to a lobster. Some folks, to save time, precook their lobsters. When people arrive, they throw them in boiling water for a minute. That's the worst thing you can do. The lobster just fills with water. If you're eating lobster in a restaurant and when you crack it open water spurts everywhere, you can bet they just threw a precooked lobster in boiling water.

## Guide to New England Steamed Clams

Few summer seafood traditions in New England are as anticipated as the first batch of steamers. Sitting down to the two bowls — one heaped with steamers, the other to collect the discarded shells — plus a few carefully arranged cups of broth and hot butter for swishing and dunking, is a time-honored tradition surpassed only by the lobster that sometimes follows them.

Steamers are one of two kinds of clams commonly eaten in New England, and if you're sometimes confused about the different clam varieties and their various sub-groups, not to mention how you're supposed to eat them,



Photo by Aimee Seavey  
Steamers with broth and hot butter.

don't worry, you're not alone. Let's see if we can break it down, shall we?

Soft-shell clams, also called “steamer clams” or “long-neck clams,” are oval in shape with an often protruding dark neck, or siphon. Small and tender, soft-shell clams are what we use for frying, but they're also (as the name implies) fantastic steamed or in chowder. These guys like to burrow 6-12 inches deep, and you can spot their location by looking for a tiny hole in the wet sand at low tide. This is made by the siphon as it waits to feed.

Hard-shell clams, better known as quahogs, are rounder than soft-shell clams, keep their neck safely on the inside, and don't burrow as deep in the sand. When small, quahogs are referred to as “littlenecks” (the smallest) or “cherrystones” (medium), and both small varieties are a favorite raw or in chowder. The largest, simply referred to as quahogs, can be as big as a fist, and their tougher texture makes them a good choice for chowder or stuffies (which are baked stuffed clams, of course).

Basically, any clam can be used to make chowder. Just choose your variety based on how tender or toothsome you want the chowder to be.

To make steamers, live soft-shell clams are rinsed and soaked carefully to remove sand and grit and then cooked in a large kettle of water with salt added. They're served with the hot broth left over from steaming and melted butter for dipping. If you want to add some color and flavor to your steamers, you can add lemon juice, beer, herbs, garlic, or white wine to the broth.

To eat steamers, select a lucky clam and remove it from the shell by the siphon (or neck). Pull off the turtle-neck-like covering of black skin, then dunk a few times in the reserved broth to swish away any lingering sand before the final dip in melted butter. Repeat, repeat, repeat!

#### **STEAMED CLAMS RECIPE**

The New England seashore is known for its fresh food, and shellfish is an enticing treat for locals and vacationers alike. One of the region's best dishes is steamed clams, and when prepared with this butter and broth combination, it is all the more desirable. Many of our readers recommend the seafood be steamed with beer, but even if you choose to use the traditional method of water, these steamed clams will burst with the taste of a New England summer.

**Ingredients:**

6 dozen clams

water

butter, melted

**Instructions:**

One hour before serving, scrub 6 dozen softshell clams with vegetable brush in cold water; rinse with water until free of sand. Place clams in steamer or on rack in large kettle with 1 cup boiling water (or enough to cover bottom). Cover kettle with tight-fitting lid and steam over low heat just until clams open, about 5 to 10 minutes. Serve steamed clams in soup bowls with individual cups of butter. Pour broth into mugs and sprinkle with a little chopped parsley. To eat: With fingers, pull clams from shells by the neck; dip first in broth to remove any sand, then into butter. Everything except the tough skin of the neck may be eaten. The broth can be drunk when the sand settles to the bottom.

## How to Have a Stovetop Clambake

A traditional beachfront clambake is a signature New England experience, but it's an effort reserved for only the most special occasions (unless you're in possession of a stretch of private beach and ample free time to dig a pit and build a fire). You can, however, reproduce the flavors at home with a stovetop clambake—all you need is a large pot, some seafood, and aromatics like fennel and lemons.

What's the secret to a stovetop clambake? It's all about easy layering.

**Step 1:**

Add the fennel, white wine, celery, lemons, garlic, leeks, and seasonings to 4 quarts of water. Bring to a boil; then add the lobsters, followed by the clams and seaweed.

**Step 2:**

After the lobsters and clams have cooked 6 minutes, add the mussels.

**Step 3:**

Six more minutes of cooking: The shellfish should open and the lobster's done.

### STOVETOP CLAMBAKE RECIPE

**Ingredients:**

1 fennel bulb, with stalk

1 bottle (750ml) dry white wine, such as Pinot Grigio

4 celery stalks, cut into 1-inch lengths

2 lemons, halved lengthwise, then thinly sliced

1 head of garlic, cloves separated

2 leeks, white parts only, finely diced

1 1/2 tablespoons kosher or sea salt  
1 teaspoon paprika  
1 teaspoon chili powder  
1/2 teaspoon cayenne pepper  
8 live lobsters, about 1 1/4 pounds each  
4 pounds littleneck clams  
Fresh seaweed (optional)  
2 pounds mussels, scrubbed and debearded  
1 cup melted salted butter

**Instructions:**

Remove the stalk and fronds from the fennel bulb and chop roughly. Cut the bulb into 1/2-inch-thick rings. Put the chopped fennel and fennel rings into a lobster pot with 4 quarts of water. Add the wine, celery, lemons, garlic, leeks, salt, paprika, chili powder, and cayenne. Bring to a boil. Add the lobsters and clams to the pot with the seaweed, if using. Cover and cook 6 minutes. Add the mussels and continue cooking 6 more minutes. When all the shellfish is open, the lobsters will be done. Remove the seafood from the pot and serve hot with the cooking liquid and melted butter.



Photo by Heath Robbins

Step 3: Six more minutes of cooking: The shellfish should open and the lobster's done.



# The Best Chowder in New England

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Love chowder? We scoured the region to find the best chowder in New England — one from each state — from classic clam to creamy corn.

Just as Southerners bicker about barbecue, New Englanders are choosy about their chowder. Setting aside the issue of regional variations (creamy in Massachusetts, clear broth in Rhode Island), the very philosophy of what makes chowder chowder is subject to debate.

This stew-like dish has been around for centuries, so its precise historical roots are hard to peg. While the name is thought to derive from the French *chaudière*, referring not only to the “cauldron” but the ingredients within, the earliest published recipe comes from the September 23, 1751, edition of the *Boston Evening Post*. A layered “chouder” of onion, potatoes, salt pork, and fish (milk came later) was seasoned with salt, pepper, and herbs such as thyme, and served with hard crackers or “Biscuit.” Later, flour or cracker crumbs were added as a thickener. Over time, that evolutionary tree split further, yielding lobster chowder, Manhattan clam chowder, corn chowder, chicken chowder—enough variations to make an old salt sputter in indignation.

Chowder was never meant to be fancy. But it does evoke community: a shared bowl on a blustery day, a warm and savory meal, a taste of the seaside. We’ve scouted some of the best chowders in New England, honoring tradition while favoring local flavors (and giving vegetarians reason to celebrate as well).

## Corn & Sweet Potato Chowder | Connecticut

Metro Bis at The Simsbury 1820 House. 731 Hopmeadow Street, Simsbury, CT. 860-651-1908; [metrobis.com](http://metrobis.com)

Historically, corn has been a major crop for the farms that lie along the fertile floodplain of the Connecticut River Valley. So while this version of chowder breaks from the usual potatoes and salt pork, its New England and Native American roots are solid. Chef Christopher Prosperi of Metro Bis, an innovative bistro tucked inside an elegant country inn in Simsbury, strips the sweet kernels and simmers the cobs in water to make a wholesome corn broth. In August, when the corn is at its peak, he says the broth is so sweet “you want to bathe in it.” He even freezes bushels of corn so that he can serve the stew year-round. Some added sweet potatoes, a little garlic, and cream turn this chowder from sultry to sassy.

### CORN & SWEET POTATO CHOWDER RECIPE

Yield: 8 servings

#### Ingredients:

8 ears corn, shucked and silks removed  
6 cups plus 1 tablespoon water  
1 tablespoon unsalted butter  
1 tablespoon canola oil  
1 medium-size onion, cut into ¼-inch cubes  
1 rib celery, cut into ¼-inch cubes  
2 teaspoons kosher salt, plus more to taste  
½ teaspoon chopped fresh thyme  
2 large cloves garlic, chopped  
½ cup dry white wine  
½ cup heavy cream  
2 cups diced peeled sweet potatoes (cut into ¼-inch cubes)

1 tablespoon white vinegar  
Freshly ground black pepper, to taste  
2 tablespoons chopped fresh parsley

**Instructions:**

Use a knife to cut the corn kernels from the cobs and set aside. Place the cobs in a 5- to 7-quart pot and cover with 6 cups of cold water. Bring to a simmer and cook 30 minutes. Strain the cobs and discard them, reserving the water, which is now your corn broth. It should equal about 4 cups. Set it aside. Return the pot to the stove over medium-low heat. Add the butter and let it melt; then add the oil. Add the onion, celery, salt, and remaining 1 tablespoon of water. Cook, stirring, until the vegetables are soft and translucent, 6 to 8 minutes. Stir in the thyme and chopped garlic; cook for an additional minute. Increase the heat to medium-high and add the wine. Bring to a simmer, and cook, stirring continuously, until it reduces down to almost dry. Add the reserved corn broth, cream, and sweet potatoes. Bring to a simmer and cook 20 to 30 minutes, or until the potatoes are tender. Add the corn kernels and simmer until just cooked, about 5 minutes. Add the white vinegar, a couple of grinds of black pepper, and parsley. Season to taste with kosher salt. Serve hot.

## Fish Stew | Maine

Helen's Restaurant. 111 Main Street, Machias, ME. 207-255-8423; [helensrestaurantmachias.com](http://helensrestaurantmachias.com)

When Helen and Larry Mugnai opened Helen's Restaurant in Machias, Maine, in 1950, their fish chowder—made with North Atlantic haddock—was served only on Fridays. So you can thank current owners Julie and David Barker, who made some slight alterations (let's call them improvements) to the “wildly popular” chowder, for



Photo by Kristin Teig  
Fish Stew from Helen's Restaurant.

making it a daily item. Its simplicity and resourcefulness are all Down East ingenuity: The haddock is cooked in the potato water, and that broth becomes the basis of the chowder. When a devastating fire last summer forced the Barkers to rebuild their restaurant, they upgraded the design by relocating a fireplace and adding small conference rooms and a bar, but they knew where to draw the line: They wouldn't dream of changing the menu, which means that the haddock chowder is here to stay. Diners will once again enjoy a hearty bowl overlooking the Machias River when the restaurant reopens, which the Barkers say is sometime early this spring.

## FISH CHOWDER RECIPE

Yield: 8-10 servings

### Ingredients:

4 tablespoons unsalted butter  
1 medium-size onion, cut into 1/4-inch cubes  
4 cups water  
2 medium-size russet potatoes, peeled and cut into 1/4-inch cubes  
2 1/2 - 3 pounds skinned fresh haddock, cut into 1 1/2-inch chunks  
2 cups heavy cream  
2 teaspoons kosher salt  
1/4 teaspoon white pepper  
1/4 teaspoon dried dill

### Instructions:

In a 5- to 7-quart pot over medium-low heat, melt the butter. Add the onion and cook, stirring often, until translucent, 6 to 8 minutes. Set aside. Pour the water into a 3- to 4-quart pot and add the potatoes. Bring the water to a boil, then reduce to a simmer and cook until just tender, about 10 minutes. Remove the potatoes with a slotted spoon and set aside. Add the fish to the potato liquid and simmer until the fish begins to flake, about 10 minutes. Remove the fish with a slotted spoon and add it and the potatoes to the cooked onions in the larger pot. Stir. Slowly add the potato/fish broth and the heavy cream to the onion/fish/potato mixture. Stir well. Add the salt and white pepper; then add the dill. Simmer gently over low heat for at least 15 minutes, stirring occasionally. Serve hot.

## Classic New England Clam Chowder | Massachusetts

Chatham Pier Market. 45 Barcliff Avenue Extension, Chatham, MA. 508-945-3474; [chatham pier fish market.com](http://chatham pier fish market.com)

If salt pork, potatoes, and onions define traditional New England clam chowder, then this one is a classic, save for the use of bacon instead of salt pork. There's always a pot simmering at this shingled shack on Chat-ham Pier, ready to ladle into pints and quarts. While purists might protest the roux (a mixture of butter and flour) used as a thickener, this not-too-thick, not-too-thin creamy-briny chowder—full of fresh chopped clams, potatoes, bacon, and a hint of thyme—will win them over. Chowder master Doug Ricciardi's secret? Keep it "old school" by using white pepper. Nothing fancy but mighty fine, especially eaten at the nearby picnic tables on a sunny day with a view of the water and seals swimming by.

## CLASSIC NEW ENGLAND CLAM CHOWDER RECIPE

Yield: 8-10 servings

### Ingredients:

3 strips thick-cut bacon  
4 tablespoons unsalted butter  
1 large onion, cut into 1/4-inch cubes

1 rib celery, cut into 1/4-inch cubes  
1 teaspoon chopped fresh thyme leaves  
2 bay leaves  
2 medium-size white potatoes, peeled and cut into 1/4-inch cubes  
1/2 cup all-purpose flour  
4 cups bottled clam juice, divided  
1 pound chopped fresh clam meat, with juices (see Note)  
Kosher salt to taste  
3 cups light cream  
1 teaspoon white pepper

**Instructions:**

Set a 4- to 6-quart pot over medium-low heat. Add the bacon and cook, turning occasionally, until crisp, 10 to 12 minutes. Remove the bacon, leaving the fat in the pot, and crumble into small pieces; set aside.

Add the butter, onion, celery, thyme, and bay leaves to the pot. Cook, stirring often, until onions are tender and translucent, 6 to 8 minutes. Return the bacon to the pot and stir. Reduce the heat to low and cook, stirring occasionally, while you prepare the potatoes. In a 2- to 3-quart pot on high heat, boil the diced potatoes in salted water until tender, 5 to 8 minutes. Drain and set aside. Turning back to the onion/bacon mixture, increase the heat to medium-low. Add the flour gradually, stirring continuously, until a thick paste forms. Stir and cook 5 minutes. Increase the heat to medium and slowly add the bottled clam juice, 1 cup at a time, incorporating it into the mixture before adding more. Increase the heat to medium-high and add the potatoes and clam meat with its juices. Keep stirring 5 minutes, until the clams are tender. Add the cream slowly; then stir in the white pepper. Discard the bay leaves before serving. Serve hot.

**Note:** Many supermarkets carry frozen, chopped clam meat in 1-pound containers, which is fresher than canned and just as convenient. Simply defrost before using.



Photo by Kristin Teig  
New England Clam Chowder from Chatham Pier Fish Restaurant.

# Seafood Chowder with Lobster | New Hampshire

Newick's Lobster House. 431 Dover Point Road, Dover, NH. 603-742-3205; [newicks.com](http://newicks.com)

Already a successful lobsterman at 18, Jack Newick began buying up land around Dover Point, piece by piece, in the 1940s. More than six decades later, his one-time lobster shack is now a seafood beacon, accommodating up to 600 people at a time and promising a romantic sunset from just about any seat in the house. People make the trek from far south and west to crack open a steamed lobster or gobble up the excellent fried seafood. But the rich seafood chowder—one of six “chowdahs” on the menu—is such a hit that it has to be made off-site. You can get your chowder the “original” way, teeming with bay scallops, shrimp, clams, and haddock—but insiders know to ask for added lobster, which turns this chowder into something like a seafood tour de force.

## SEAFOOD CHOWDER WITH LOBSTER RECIPE

Yield: 10-15 servings

### Ingredients:

3 small (1 pound each or less) lobsters (also called “chicken” lobsters)  
4 cups plus ½ cup lobster cooking water  
3 cups diced red potatoes, skins on (cut into ¼-inch cubes)  
4 strips thick-cut bacon, diced  
4 tablespoons salted butter  
1 medium-size onion, cut into ¼-inch cubes  
2 ribs celery, cut into ¼-inch cubes  
¼ cup all-purpose flour  
½ cup bottled clam juice  
2 cups light cream  
1 pound bay scallops  
1 pound chopped fresh clam meat, with juices  
1½ pounds haddock filet, skinned and cut into 1-inch pieces  
1 pound small (51–60 or 61–70 count) shrimp  
1 cup milk  
1 teaspoon kosher salt  
Freshly ground white or black pepper, to taste  
Garnish: chopped fresh parsley or paprika

### Instructions:

Fill a lobster pot halfway with water and bring to a boil over high heat. Add the lobsters, cover, and reduce the heat to medium; cook 8 minutes. Remove the lobsters and set them aside to cool. Reserve 4½ cups of the lobster water. When lobsters are cool and easy to handle, remove the meat from the claws, claw joints, and tails. Chop the meat coarsely and set aside. Put 4 cups of the reserved lobster water in a 2- to 3-quart pot, add the potatoes, and simmer until tender, 5 to 7 minutes. Drain and set aside. In a skillet over medium heat, fry the bacon, turning occasionally, until cooked but not crisp, 8 to 10 minutes. Set aside. Melt the butter in a 4- to 6-quart pot over medium-low heat. Add the onion and celery, and cook, stirring, until tender, 6 to 8 minutes. Add the bacon and cook another 3 minutes. Add the flour gradually, whisking continuously, to make a roux. Reduce the heat to low and continue stirring 5 minutes. Increase the heat to medium and slowly whisk in the remaining ½ cup of lobster water, then the bottled clam juice and the cream. Add the scallops, clam meat with its juices, haddock, and shrimp. Stir in the cooked potatoes, milk, salt, and pepper. Reduce the heat to low and simmer, stirring occasionally, until all the fish has cooked through and flavors have combined, about 15 minutes. Right before serving, add the lobster meat. Garnish with parsley or paprika.

## Clear Broth Clam Chowder | Rhode Island

Matunuck Oyster Bar. 629 Succotash Road, South Kingstown, RI. 401-783-4202; [rhodyoysters.com](http://rhodyoysters.com)

No wonder Rhode Islanders prefer clear broth over cream—at every turn, they're surrounded by saltwater. To savor the Ocean State's take on chowder, visit Matunuck Oyster Bar, overlooking the eddies of Potter Pond in South Kingstown. This rich broth is loaded with potatoes, bacon, and either cherry-stones or quahogs (same species of hard-shell clam, quahogs being bigger than cherrystones), depending on what's fresh that day. Owner Perry Raso is so fastidious about his shellfish that he operates his own seven-acre oyster farm right by the restaurant.

### CLEAR BROTH CLAM CHOWDER RECIPE

Yield: 8-10 servings



Photo by Kristin Teig  
Fish Stew from Helen's Restaurant.

#### Ingredients:

- 8 pounds small quahogs or large cherrystone clams
- 7 cups water
- 6 cups clam broth (from steaming) or 4 cups clam broth plus 2 cups bottled clam juice
- 3 slices thick-sliced bacon, cut into ¼-inch cubes
- 4 tablespoons unsalted butter
- 2 medium-size onions, cut into ¼-inch cubes
- 3 ribs celery, cut into ¼-inch cubes
- 2 bay leaves
- 2 pounds Yukon Gold or other all-purpose potatoes, peeled and cut into ½-inch pieces
- 2 tablespoons chopped fresh Italian parsley
- 2 tablespoons minced fresh chives
- 1 teaspoon minced fresh dill
- Kosher salt and freshly ground black pepper, to taste

### Instructions:

Scrub the clams and rinse them clean. Add 7 cups of water to a large stockpot fitted with a steamer basket or colander, and bring to a boil. Add half the clams to the basket and cover. Steam until the clams open, 5 to 10 minutes. (Discard any clams that don't open.) Repeat with the second batch of clams. Reserve 6 cups of the broth. Set aside. Cool the clams; remove the meat from the shells and dice it into ½-inch pieces. Keep them covered and refrigerated until ready to use. Put the bacon in a 5- to 7-quart pot over medium heat. Cook, stirring occasionally, until golden brown, about 10 minutes. Pour off all but 1 tablespoon of the bacon fat, leaving the bacon in the pot. Reduce the heat to medium-low. Add the butter, onions, celery, and bay leaves, and cook, stirring occasionally, until the onions are softened but not browned, 6 to 8 minutes. Add the potatoes and reserved clam broth to the pot. Continue cooking over medium heat until the chowder begins to simmer. If it begins to boil, reduce the heat slightly. Cook until the potatoes are tender, about 15 minutes. Just before serving, remove the pot from the heat, stir in the clams and herbs, discard the bay leaves, and season to taste with salt and pepper. Serve hot.

Note: Steaming the clams might seem laborious, but it's actually easy and makes a briny broth. Aim to extract 6 cups of broth from the clams; if not, you'll need to have some bottled clam juice on hand to round it out.

## Manhattan Clam Chowder with Spicy Sausage | Vermont

The Reservoir Restaurant & Tap Room. 1 South Main Street, Waterbury, VT . 802-244-7827; [waterburyreservoir.com](http://waterburyreservoir.com)

How can a restaurant in the only landlocked New England state claim Manhattan clam chowder as its own when the tomatoes are from Rhode Island and the clams come from the coast? Leave it to migration (and the fact that many Manhattanites have found refuge in the Green Mountain State). When Vermont native Shawn Beede attended Johnson & Wales University in Rhode Island, he interned in Bar Harbor, Maine, where his boss served a tomato-based chowder. Now he puts his own stamp on the form by adding spicy sausage and bacon, sourced locally from Vermont Smoke & Cure. It's the perfect antidote to a chilly spring day and a reminder that whatever the form, New Englanders are sticklers when it comes to quality chowder.

### MANHATTAN CLAM CHOWDER WITH SPICY SAUSAGE RECIPE

Yield: 8 servings

#### Ingredients:

- 4 strips thick-cut bacon, diced
- 2 spicy Italian sausages, casings removed
- 1 cup peeled and diced Yukon Gold or other white potatoes (cut into ¼-inch cubes), divided
- 2 tablespoons chopped garlic
- 1 sweet onion, such as Vidalia, cut into ¼-inch cubes
- 2 ribs celery, cut into ¼-inch cubes
- 2 carrots, cut into ¼-inch cubes
- 1 green bell pepper, cut into ¼-inch cubes
- 1 sprig fresh thyme
- 2 sprigs fresh rosemary
- 4 cups bottled clam juice
- 1 28-ounce can plus 1 cup diced tomatoes, including liquid
- 1 tablespoon Old Bay seasoning
- Kosher salt to taste
- 1 tablespoon freshly ground black pepper
- 2 cups chopped or minced fresh clam meat, with juices

**Instructions:**

In a 5- to 7-quart pot over medium heat, cook the bacon, sausages, and ½ cup of the potatoes until the sausages and bacon are browned. (Use a spoon to break up the sausages as you go.) Add the garlic, onion, celery, carrots, bell pepper, and herbs. Cook, stirring, until the vegetables are tender and the onions translucent, about 10 minutes. Increase the heat to medium-high and add the bottled clam juice, stirring to scrape any browned bits off the bottom of the pot. Add the tomatoes in their liquid and the remaining ½ cup of the potatoes. Bring the chowder to a simmer. Add Old Bay and season with salt and pepper. Simmer (don't boil) until the potatoes are tender, 15 to 20 minutes. Add the clam meat with its juices to the chowder just before serving. Serve hot.



Photo by Kristin Teig  
Manhattan Clam Chowder with Spicy Sausage from The Reservoir Restaurant & Tap Room.



# New England Seafood

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## CRAB CAKES WITH ROASTED RED PEPPER & GARLIC AIOLI RECIPE

Yield: 9 cakes, plus 1 1/2 cups aioli

From The Barking Crab, a stalwart restaurant on Boston's waterfront, come these classic cakes, full of sweet meat and just enough crumbs to hold it all together.

### Crab Cake Ingredients:

1 tablespoon vegetable oil (not olive)  
2 tablespoons diced onion  
2 tablespoons diced celery  
1 small clove garlic, finely minced  
2 cups fine dry plain breadcrumbs, divided  
1 teaspoon minced fresh parsley  
1 teaspoon minced fresh tarragon  
1 teaspoon Dijon mustard  
1/2 teaspoon salt  
Dash Worcestershire sauce  
Dash Tabasco sauce  
1-1/4 pounds crabmeat, picked through for shell bits  
1/4 cup finely diced red or yellow bell pepper  
Vegetable oil for frying

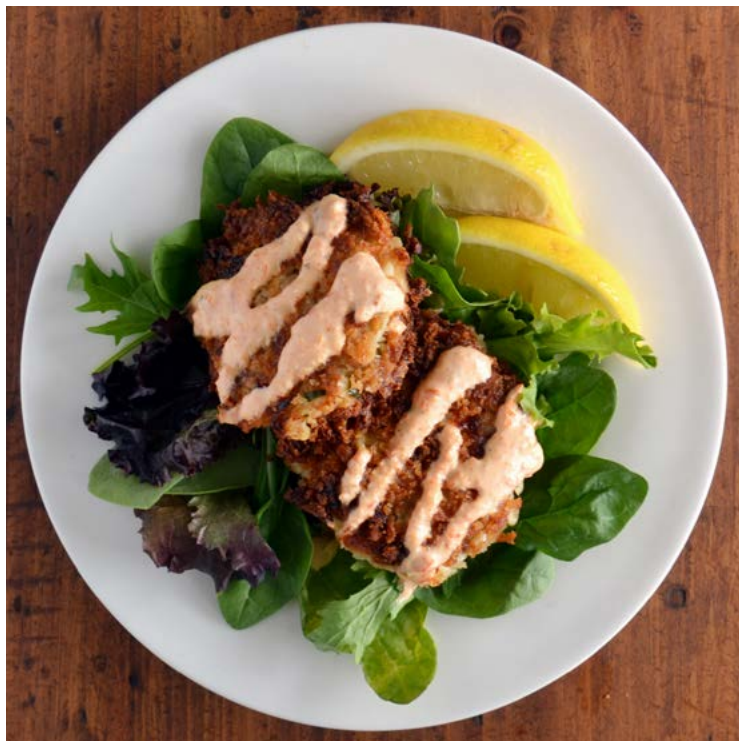


Photo by Aimee Seavey  
Crab Cakes with Roasted Red Pepper & Garlic Aioli Recipe

### Crab Cake Instructions:

In a small sauté pan over medium heat, add oil and cook onion and celery until softened, 4 -5 minutes. Add garlic and cook 1 minute. Transfer to a medium-size bowl and let cool.

Add 1 cup breadcrumbs, herbs, mustard, salt, Worcestershire, Tabasco, crabmeat, and pepper; mix thoroughly. Form into patties about 1/2 inch thick and 3-1/2 inches in diameter.

Spread remaining 1 cup breadcrumbs on a plate. Turn each crab cake in crumbs to coat lightly. Set coated cakes on a wire rack and let dry 15 to 20 minutes.

In a large sauté pan on medium-high setting, heat 1/4 inch oil. Add crab cakes, keeping them well separated, and fry until browned and crisp, about 4 minutes per side. Transfer to a plate lined with a paper towel.

Serve on a bed of greens and top with Roasted Red Pepper & Garlic Aioli.

### Roasted Red Pepper & Garlic Aioli Ingredients:

1 large red bell pepper  
3 large garlic cloves, unpeeled  
1 cup mayonnaise  
1 teaspoon chopped capers  
1 scant tablespoon lemon juice

1/2 teaspoon salt  
Freshly ground black pepper

#### Roasted Red Pepper & Garlic Aioli Instructions:

Heat a cast-iron pan or griddle on medium-high setting. Place pepper on it and press lightly (or place under a broiler--keep an eye on it). Roast pepper, turning and pressing, until all sides are blackened. Place pepper in a small bowl and cover with plastic wrap. When pepper is cool enough to handle, remove blackened outer skin, veins, and seeds. Place garlic on pan and roast, without pressing, until browned on all sides. Remove garlic and set aside. When cool enough to handle, peel garlic. In the bowl of a food processor, purée pepper and garlic. Add mayonnaise, capers, lemon juice, salt, and pepper; pulse to combine.

### **FISH CAKES WITH HOMEMADE TARTAR SAUCE**

Yield: 6 cakes, plus 2/3 cup sauce

#### Fish Cake Ingredients:

1 pound skinned boneless hake filet (or another firm white fish such as haddock)  
Olive oil  
1 large russet potato  
1 tablespoon homemade tartar sauce (recipe below), plus more for serving  
1 teaspoon lemon zest  
1 tablespoon chopped flat-leaf parsley  
1/4 cup chopped scallions  
Kosher salt and freshly ground black pepper, to taste  
Pinch cayenne pepper  
All-purpose flour (for hands)  
1 large egg, beaten  
1 cup panko breadcrumbs  
1/4 cup vegetable oil  
Lemon wedges

#### Instructions:

Preheat your oven to 400°. Pat the fish dry; then place it on a rimmed baking sheet and drizzle lightly with olive oil. Bake until cooked throughout, about 15 to 20 minutes. Cool completely. Bring a pot of salted water to a boil. Peel and chop the potato; then boil until tender, about 10 to 12 minutes. Drain and let it rest in the colander a moment or two; then return the potato to the pot over low heat to dry out, mashing and stirring to prevent sticking. Reserve one cup of mashed potato in the pot (discard the rest, or save it to eat later). Add the tartar sauce, lemon zest, parsley, scallions, salt, pepper, and cayenne to the pot and mix gently, tasting until the seasoning is right. With a fork, flake the fish into the potato and mix gently to combine. With floured hands to prevent sticking, shape the mixture into six 3-inch cakes. Brush each cake with beaten egg and coat completely with panko crumbs. Arrange the cakes on a large plate and chill 30 minutes, or up to one day. In a large frying pan, warm the vegetable oil over medium heat until very hot. Fry the cakes about 5 minutes per side, or until crisp and golden brown, working in batches if needed. Drain on paper towels; then serve hot with tartar sauce and lemon wedges.

#### Tartar Sauce Ingredients:

1/2 cup mayonnaise  
1 heaping teaspoon prepared horseradish  
1 tablespoon spicy relish, drained (use sweet if you prefer)  
1/4 cup thinly sliced scallions  
2 teaspoons flat-leaf parsley, finely chopped  
1 teaspoon lemon juice

Hot sauce, to taste

**Instructions:**

Mix all of the tartar-sauce ingredients together and set aside.

**NEW ENGLAND CLAM DIP RECIPE**

Yield: 2 cups

In this easy New England clam dip recipe, sour cream and cream cheese pair with tender clams, Worcestershire sauce, lemon juice, and onion to form a tasty classic you won't be able to resist. Why settle for store-bought when homemade tastes this good?

**Ingredients:**

- 1 3-ounce package cream cheese, softened
- 1 7-ounce can minced clams
- 1/2 pint (1 cup) sour cream
- 1/8 teaspoon Worcestershire sauce
- 2 tablespoons onion juice (see Note)
- 1-2 tablespoons lemon juice

**Instructions:**

Drain the clams, reserving some of the liquid, and mash into the softened cream cheese. Add the remaining ingredients and blend well. If a thinner dip is required, use 1 or 2 tablespoons of the reserved clam liquid to thin the mixture. Serve with corn or potato chips.



Chips and Dip

Note: Onion juice is easily produced by grating an onion, then straining the pulp to free the onion juice.

**LOBSTER PIE RECIPE**

Yield: 4-6 servings

This dish is inspired by the original Lobster Pie recipe from The Publick House in Sturbridge, Massachusetts, which we ran in the October 1949 issue. Unapologetically rich and unforgettably delicious, it's a celebration food that every New Englander should make at least once.

**Topping Ingredients:**

- 2 1/2 tablespoons salted butter, melted
- 1/2 cup crushed Ritz-style (butter) crackers
- 1/2 teaspoon paprika
- 2 tablespoons grated Parmesan cheese

**Instructions:**

Preheat your oven to 350° and set a rack to the middle position. Make the topping: In a small bowl, stir together the butter, crackers, paprika, and cheese. Set aside.

#### Filling Ingredients:

3 tablespoons plus 5 tablespoons salted butter  
1/4 cup dry sherry  
2 cups (12 ounces) chopped cooked lobster meat  
3 tablespoons all-purpose flour  
1 1/2 cups half-and-half  
4 large egg yolks, lightly beaten  
Garnish: minced chives

#### Instructions:

Next, make the filling: In a large skillet over medium-high heat, melt 3 tablespoons of butter. Add the sherry and boil 1 minute. Add the lobster, stir, and remove from the heat. Strain the juices from the skillet into a liquid measuring cup (reserving the lobster). Set aside. In a 3- to 4-quart sauce-pan over medium-low heat, melt the remaining 5 tablespoons of butter. Add the flour and cook, stirring, until the mixture looks smooth and glossy. Stir the half-and-half into the reserved lobster/sherry mixture; then whisk that into the butter/flour mixture. Increase the heat to medium-high and simmer, stirring continuously, until the sauce thickens, about 3 minutes. Spoon 1/2 cup of the sauce into a small bowl. Add the egg yolks one at a time, beating well after each addition. Add this mixture back to the sauce and stir over low heat until the sauce is smooth and thick, 3 minutes; don't let it boil. Remove from the heat and add the lobster. Pour the mixture into a medium-size casserole dish and sprinkle with the topping. Transfer to the oven and bake until golden brown, 10 to 15 minutes. Serve hot, garnished with minced chives.

### **LOBSTER MAC & CHEESE RECIPE**

Yield: 6 servings

This recipe for Lobster Mac & Cheese is so good that it beat out Bobby Flay's version in a 2010 episode of Throw-down!

#### Pasta Ingredients:

1 pound shaped pasta, such as elbows or shells  
8 tablespoons salted butter, divided  
1 small yellow onion, diced  
1 garlic clove, minced  
5 tablespoons all-purpose flour  
2 cups light cream  
2 cups shredded Gruyere cheese  
3 cups shredded cheddar cheese  
1/2 cup grated Romano cheese  
Kosher or sea salt and freshly ground black pepper to taste  
8 ounces cooked lobster meat (from about two 1-1/2-pound lobsters), cut into bite-size pieces

#### Instructions:

Cook pasta according to package instructions. Drain in a colander, set into the sink, and rinse with cold water. Set aside. Preheat oven to 350°. Melt 3 tablespoons butter in a medium-size saucepan over medium heat. Stir in onion and garlic; cook until onion has softened and turned translucent, about 5 minutes. Transfer to a bowl and set aside. Melt remaining 5 tablespoons butter in the saucepan. Whisk in flour and stir until mixture is light golden-brown and glossy, 8 to 10 minutes. Gradually whisk cream into flour mixture, increase heat to medium-high, and bring to a simmer. Once simmering, reduce heat to medium-low; cook, stirring, until mixture is thick, creamy, and smooth, 10 to 15 minutes. Stir onion/garlic mixture and cheeses into cream mixture until melted and smooth. Season to taste with salt and pepper; then gently stir in lobster and reserved pasta. Pour mixture

into a 4-quart casserole and smooth the top. Next, make the topping: In a small saucepan over medium heat, melt 2 tablespoons butter. Add breadcrumbs and parsley; cook, stirring, until lightly toasted. Sprinkle evenly over casserole. Bake in preheated oven until sauce is bubbly and the top is golden-brown, 10 to 12 minutes.

#### Topping Ingredients:

2 tablespoons salted butter  
3/4 cup panko breadcrumbs  
1 teaspoon chopped fresh parsley

#### Instructions:

Next, make the topping: In a small saucepan over medium heat, melt 2 tablespoons butter. Add breadcrumbs and parsley; cook, stirring, until lightly toasted. Sprinkle evenly over casserole. Bake in preheated oven until sauce is bubbly and the top is golden-brown, 10 to 12 minutes.

### BAKED STUFFED FISH RECIPE

Yield: 4 servings

In the early editions of her book, Fannie Farmer presented a whole haddock larded with pork fat and stuffed with a mixture of cracker crumbs and breadcrumbs, butter, salt, pepper, “a few drops onion juice,” and chopped pickles. We offer a much simpler recipe for baked stuffed fish. It’s stuffed with crackers, yes, but also crabmeat, herbs, and lemon.

#### Ingredients:

1 cup plus 1/2 cup crumbled saltine crackers (about 1 sleeve of crackers, total)  
6 ounces fresh lump crabmeat  
3 tablespoons mayonnaise  
1 tablespoon finely chopped fresh parsley  
1 tablespoon finely chopped fresh chives  
1 small lemon (zest plus 1 teaspoon fresh lemon juice)  
Pinch cayenne pepper  
4 skinless sole fillets or other thin, mild white fish, such as flounder  
2 tablespoons unsalted butter, melted, plus more for pan  
Lemon wedges, for serving

#### Instructions:

Preheat your oven to 350° and set a rack to the middle position. Lightly grease an 8-inch-square baking pan. In a medium-size bowl, combine 1 cup of the crackers with the crabmeat, mayonnaise, parsley, chives, lemon zest, lemon juice, and cayenne. Lay the fish fillets, dark side up, on a work surface. Divide the filling evenly among the fillets, spooning it in the center of the fish. Roll ends up around the filling. Place the fish, seam side down, in the prepared baking pan. Toss the remaining 1/2 cup of the crackers with the melted butter, and sprinkle over the fillets. Bake until the fish is opaque and cooked through, 20 to 25 minutes. Serve immediately with lemon wedges.



Photo by Julie Bidwell  
Baked Stuffed Fish

## SUMMER SUCCOTASH WITH SEARED SCALLOPS

Yield: 4 main servings (or 6 sides)

This recipe for summer succotash is a simple yet hearty New England dish.

### Ingredients:

2 pounds fresh cranberry beans in pods or 2/3 cup dried, totaling 2 cups cooked (see “Note,” below)  
2 tablespoons unsalted butter, divided  
3 ounces salt pork, cut into large pieces  
1/2 cup diced onion  
1 medium-size garlic clove, minced  
2 cups fresh or thawed frozen corn kernels, from 2 to 3 large ears  
1 tablespoon cider vinegar, plus more to taste  
Sea salt and freshly ground black pepper, to taste  
1/2 cup chopped fresh herbs, such as basil or parsley (optional)  
1 pound (about 16) dry sea scallops  
1 tablespoon extra-virgin olive oil

### Instructions:

If you're using fresh beans, shell them and add them to a pot of salted boiling water. Cook, stirring occasionally, until just tender, about 25 minutes. Drain and rinse with cold water; then set aside. For dried beans, cover with water and soak overnight. Drain; then transfer to a pot and cover with 2 inches of water. Cover and bring to a boil; then reduce heat to medium-low and cook (still covered), stirring occasionally, until just tender, 35 to 45 minutes. Drain and rinse with cold water; then set aside. Melt 1 tablespoon of butter in a large skillet over medium heat. Add the salt pork, diced onion, and garlic, and cook until fragrant and golden but not browned. Add the beans and corn and continue cooking, stirring gently to combine, until heated throughout, about 5 minutes. Remove from the heat and discard the salt pork. Add the cider vinegar; then season with salt, pepper, and additional cider vinegar to taste. Add the herbs if you're using them. Keep the mixture warm while you cook the scallops. Remove the small side muscle, if present, from each scallop and discard; then rinse with cold water, pat dry, and season all over with salt and pepper. Heat the olive oil and remaining tablespoon of butter in a large skillet on a medium-high setting until very hot but not smoking. Arrange the scallops in an even layer without touching (separate them into batches if necessary), and sear until the bottoms are a deep golden brown, about 2 minutes. Carefully flip them with a metal spatula and repeat on the other side until the scallops are opaque. (Be careful not to overcook.) When they're done, transfer them to a plate. Ladle the succotash onto 4 plates (about 1 cup per serving) and top with scallops, about 4 per plate. Serve immediately.

### Additional Notes:

If you can't find fresh cranberry beans, the dried variety is available year-round from Bob's Red Mill Natural Foods (store list at: [bobsredmill.com](http://bobsredmill.com)). Or you may also substitute equal amounts of fresh or frozen lima beans. For fresh, reduce the cooking time to 20 minutes and check for tenderness. For frozen, cook 5 minutes.

# Haddock Recipes

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From creamy chowder to crispy beer-battered fish, these haddock dishes are the perfect solution for Lenten menus and meatless Mondays.

With its firm texture and light, slightly-sweet flavor, haddock is a popular cold-water whitefish that works well baked, broiled, fried, or even smoked. It's at its peak during the winter and spring, when the cold air makes for firmer flesh, but you should have no trouble finding it at any time of year. When choosing haddock from the fishmonger or supermarket, look for firm flesh that is bright white, not chalky or grey. Haddock is often sold with the skin—some say to differentiate it from cod. You can bake the fish with the skin on, remove it yourself, or ask them to do it for you at the counter.

Note: While haddock populations suffered from over-fishing in the late 20th century, the species has since begun to recover. We recommend purchasing wild haddock that has been hook-caught, as opposed to fish caught by bottom trawling. For more information on choosing sustainable seafood, visit Seafood Watch from the Monterey Bay Aquarium.

## HOMEMADE FISH STICKS RECIPE

Yield: 4 servings

A New England frozen favorite since the 1950's, homemade fish sticks are easy to make and can be eaten right away or frozen for later.

### Ingredients:

1 large, firm white fish fillet, such as haddock, cod, or pollock (about 1 1/2 lbs.)  
1 cup all-purpose flour  
2 large eggs, beaten  
2 cups panko breadcrumbs  
2 teaspoons Old Bay seasoning  
2 teaspoons dried parsley  
Additional seasoning of your choice  
1-2 tablespoons olive oil  
Salt and pepper to taste

### Instructions:

Preheat oven to 450 degrees. Place flour in one bowl, beaten eggs in a second bowl, and in a large shallow dish, combine the panko and spices. Once combined, toss the crumbs with the olive oil. Cut the fish fillet(s) into equal-sized strips (about 4 inches long). One by one, dredge the strips in the flour, tapping to remove any excess, then arrange on a cutting board. Once all of the strips have been floured, dip them into the beaten eggs, then the seasoned crumbs, making sure to press firmly so the crumbs stick. Arrange the finished fish sticks on a baking sheet lined with foil that has been lightly greased with cooking spray. Give the fish sticks a few spritzes of olive oil or cooking spray, then bake the fish sticks for 10-18 minutes, depending on thickness. Flip the sticks at about 7 minutes so they cook evenly. Alternately, you can add a few inches of oil to a heavy skillet and fry the fish sticks until golden brown, about 3-4 minutes per side. Transfer to a plate lined with paper towels to drain before serving. Serve homemade fish sticks with lemon wedges and tartar sauce or cocktail sauce.



Photo by Aimee Seavey  
Homemade Fish Sticks

Note: If you'd like to freeze your fish sticks for later, transfer the baking sheet with the finished fish sticks to the freezer until the sticks are solid (about 2 hours), then place in a freezer-friendly zip-top bag and keep in the freezer until ready to use. Add a few extra minutes to the baking time when making frozen fish sticks.

### **BEER-BATTERED HADDOCK RECIPE**

Yield: 6 servings

Hot and crispy, this Beer-Battered Haddock is the perfect filling for a fried fish sandwich, or as part of a fisherman's platter served with lemon wedges and tartar sauce.

#### **Ingredients:**

2 cups all-purpose flour

1 tsp seasoning salt

1 tsp paprika

1 - 12 oz beer (Miller Lite preferred)

1/2 cup water

Canola oil

1 large haddock fillet (about 1 1/2 lbs.), cut into 3x2-inch pieces and patted dry

#### **Instructions:**

In a medium bowl, whisk together the flour and seasonings, then add the beer and 1/2 cup water. Whisk to a smooth batter. Pour 2" of canola oil into a large heavy pot and heat over medium-high heat until the temperature reaches 350° on a deep-fry thermometer. Working in batches, dip the haddock into the batter to coat, and then fry. Turn occasionally until fish is cooked and a deep golden brown, about 5 minutes. Transfer to a wire cooling rack until all of the fish is cooked. Serve hot.

### **BAKED HADDOCK WITH OYSTER DRESSING RECIPE**

Yield: 6 servings

#### **Ingredients:**

1 pint oysters cut in pieces

1/2 cup coarse cracker crumbs

1/2 cup warm milk

1/2 teaspoon salt

1/4 teaspoon pepper

2 teaspoons melted butter

(2 tablespoons chopped celery)

2 haddock fillets (1 pound each)

1 egg, lightly beaten

#### **Instructions:**

Mix together oysters, crumbs, milk, salt, pepper, butter, and optional celery. Butter a large baking dish and lay one haddock fillet in it. Brush with egg. Cover with a generous amount of dressing, and top with second fillet. Brush top fillet with egg and cover with remaining dressing. Bake at 375°F for 35-40 minutes, or until fish flakes easily with a fork.



## HADDOCK CHOWDER RECIPE

Yield: 6 servings

You can use any other firm, white fish in this chowder, but haddock has a unique taste.

### Ingredients:

1-1/2 quarts fish stock  
1 onion, peeled and chopped  
2 carrots, peeled and chopped  
2 to 3 potatoes, peeled and chopped  
2 tablespoons chopped parsley  
1 tablespoon chopped basil  
1 cup tomato juice or V-8 juice  
2 pounds haddock, skinned, boned, and cut into 2-inch pieces  
Salt and pepper to taste

### Instructions:

Combine stock, onion, carrots, potatoes, parsley, and basil in soup kettle. Bring to a boil, reduce heat, and simmer, partially covered, 10 minutes. Add tomato or V-8 juice. Bring mixture to a boil again, add haddock, reduce heat, and simmer, partially covered, 10 minutes, or until fish is tender. Season with salt and pepper.



Photo by Kristin Teig  
Haddock Fish Chowder

## BAKED STUFFED HADDOCK RECIPE

“When I cooked this baked stuffed haddock at the inn, it was my specialty. My family likes a wet stuffing, so that’s how I make it. The baking time depends on the size of the fish used.”

### Ingredients:

1 fresh whole haddock, scaled, with skin on  
4 slices butter  
4 medium potatoes, boiled  
3 slices bread  
1 small onion  
1/2 teaspoon salt  
Black pepper to taste  
1/2 cup butter, melted  
1 egg, beaten  
Poultry seasoning to taste

### Instructions:

Cut haddock crosswise 4 times. Place butter in each slit. Grind together potatoes, bread, and onion. Add salt, pepper, melted butter, and beaten egg. If dry, add milk. Add poultry seasoning to taste. Place stuffing under gills. Bake at 350 degrees F. Serve with favorite fish sauce.

## **JIFFY BROILED HADDOCK**

Yield: 6 servings

Fish (especially frozen) is often on the bland side. Made this way it has a little more character.

### Ingredients:

2 pounds haddock fillets, fresh or frozen  
2 tablespoons vegetable oil  
2 tablespoons soy sauce  
2 tablespoons Worcestershire sauce  
1 teaspoon paprika  
1/2 teaspoon chili powder  
1/2 teaspoon garlic powder  
4 or 5 drops Tabasco sauce  
lemon wedges for garnish

### Instructions:

Thaw the fillets if frozen. Place them in a single layer, skin side down, on a well-greased broil-and-serve platter, 10x16 inches. Combine the remaining ingredients and pour over the fillets. Broil about 4 inches from the heat source for 10 to 15 minutes, or until the fillets flake easily when tested with a fork. Baste once during broiling with the sauce in the pan. Serve garnished with lemon wedges.

## **HADDOCK CASSEROLE RECIPE**

Yield: 2-3 servings

“My mother’s haddock casserole -- it’s a simple, simple dish, but delicious.” When haddock isn’t available, Betty substitutes scrod or any other good white fish, which she poaches quickly by covering with water and bringing to a boil. Then she covers the pan, turns off the heat, and lets the fish cook in the hot water until flaky.

### Ingredients:

1 pound fresh or frozen haddock  
3 tablespoons butter or margarine  
2 to 3 tablespoons flour  
1/2 cup milk  
1/4 cup poaching liquid  
1/2 pound cheddar cheese, cut in small chunks or grated  
Dash of pepper

### Instructions:

Poach fish in a large pan until flaky; reserve a little of the water. Melt butter, stir in flour, and gradually stir in mixture of milk and poaching water to make a thick white sauce. Add the cheese to the sauce and heat until the cheese is melted. In a greased casserole, alternate layers of fish and cheese sauce, ending with sauce. Bake uncovered at 350 degrees F for 30 to 45 minutes. Serve hot, accompanied by sweet potatoes.

## **NELLIE REED’S SEAFOOD CASSEROLE RECIPE**

Yield: 8-10 servings

### Ingredients:

1 pound fillet of haddock  
1/2 pound scallops, cut up

Butter  
2 lobsters  
1 can shrimp  
1 can minced clams  
1 can cream of mushroom soup  
1-1/2 cups white or red wine  
1 tablespoon cornstarch for thickening  
Dash of paprika

**Instructions:**

Boil 1 pound fillet of haddock for 15 to 20 minutes, being careful to keep it whole. Sauté scallops in butter with dash of paprika. Boil 2 lobsters, 20 to 25 minutes, and pick meat off. Flake haddock. Put haddock, lobster, scallops, shrimp, and clams in dish and mix lightly. Heat mushroom soup, wine, and cornstarch dissolved in water. Pour sauce over fish. Bake at 350 degrees F for 1 hour.

**MOCK LOBSTER SOUP RECIPE**

Yield: 6 servings

Mrs. Margaret Walbridge Aikkola, a native New Englander now living in Finland, sent Yankee this recipe which her father invented to taste like lobster soup. It does. The dill gives the broth its nutty, lobster-like flavor.

**Ingredients:**

1 pound fish fillets (haddock or flounder) or sea scallops  
1 quart salted water  
a sprig of fresh dill (or a heaping teaspoon of dried dill)  
1 can cream of tomato soup or tomato bisque  
1 tablespoon butter  
pepper  
fresh parsley

**Instructions:**

Bring the water to a boil. Add the fish and dill and simmer until tender, about 15 minutes. Remove the dill sprig. Breakup the fish with a fork. Add the undiluted soup and simmer for 5 minutes longer. Dot with butter and sprinkle with pepper and parsley.



Photo by Aimee Seavey  
Mock Lobster Soup

**BROILED SEAFOOD KABOB RECIPE**

Yield: 4 servings

**Kabob Ingredients:**

12 ounces sea scallops  
8 shrimp, peeled but leaving tail shells on  
12 ounces haddock  
16 chunks onion (parboiled 2 minutes)  
16 chunks green peppers (parboiled 2 minutes)

Instructions:

On each of 8 bamboo or stainless steel skewers place 1-1/2 ounces each scallops and haddock, 1 shrimp, and 2 chunks each onion and green pepper, alternating seafood and vegetables on the skewer.

Marinade Ingredients:

12 ounces beer

1/2 cup salad oil

1 large clove garlic, minced

4 ounces onion, chopped very fine

1/4 cup fresh lemon juice

1 teaspoon salt

1/2 teaspoon fresh ground pepper

1 teaspoon mustard powder

Instructions:

Combine all ingredients, mix well, and pour over kabobs. Marinate for at least 3 hours. When ready to cook kabobs remove them from marinade and place on a broiler rack with a drip pan under it. Broil 10-12 minutes, turning once. While broiling, baste with butter. Serve 2 skewers on a bed of your favorite rice with drawn butter. Spoon drippings over each kabob.

# Cooking Lobster Tails

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## Cooking Lobster Tails | Expert Advice

Want to impress your dinner guests with lobster, but short on time (and money)? Cooking lobster tails at home is an easier and more affordable way to get your lobster fix.

While we love cracking into a whole lobster as much as the next Yankee, sometimes the situation (and the budget) calls for a more modest affair. Lobster tails are a great alternative to whole lobster, because they're less expensive and easier to prepare.

Lobster tails are readily available both fresh and frozen, although the latter are more common (and spares you role of executioner). Most lobster tails come from spiny lobsters, also known as rock lobsters. Spiny lobsters have long, spiny antennae, and, most noticeably, lack the large front claws we see on lobsters here in New England. Their tails, however, are just as firm and flavorful.



Cooking lobster tails (like these grilled lobster tails) is easier and less expensive than cooking the whole lobster.

### LOBSTER TAIL TIPS

- Frozen lobster tails (we prefer cold-water to warm-water) should be thawed in the refrigerator overnight (or for 8-10 hours).
- Lobster tails tend to curl as they cook. To avoid this, insert a skewer through the tail before baking or broil-

ing, then remove it before serving.

- Lobster meat turns rubbery and tough when overcooked. Always keep a careful eye when cooking lobster tails, but make sure the meat reaches at least 135 degrees.
- Once prepared, cooked lobster tails can be served immediately, or chilled and used for salads or lobster rolls.
- When cooking lobster tails for a party, plan for one 8-oz. tail per person.

## HOW TO COOK LOBSTER TAILS

Cooking lobster tails is the same as cooking the whole lobster — they can be boiled, steamed, baked, broiled, or grilled to suit your taste.

Three of the most popular methods are broiling, grilling, and steaming.

### BROILING LOBSTER TAILS

To broil lobster tails, arrange them on a baking sheet, then cut down the tops of the lobster tail-back with kitchen scissors, stopping about an inch from the tail-flap. Gently spread the shell apart, just slightly. At this stage, some folks like to loosen the meat from all the but the base of the tail, and then gently lift the flesh up (not separating it from the base) and allow it to “rest” on the shell where you’ve cut it, but others say that keeping it in the shell helps retain moisture. Season the tail meat with butter and your preferred seasoning, then broil until it is lightly browned and the flesh is opaque. This should take about 15 minutes depending on the size of the tails. Do not let them burn!

### GRILLING LOBSTER TAILS

Cooking lobster tails need not be restricted to the kitchen stove. To grill, split the tails down the middle with a large chef’s knife, pushing the point into the narrow tail end of the tail and then using the heel of your hand to push down and split the rest (finish the job with kitchen scissors if necessary). Separate the two halves, then gently separate the meat from the shell on each side, leaving only the very bottom attached to the shell. Baste the meat on all sides with melted butter and seasonings to taste, then gently return the meat to the shell. Grill, flesh-side down, over high heat for 2-3 minutes, then flip and grill, flesh-side up and slightly off the main heat, for an additional 8 minutes, or until the meat is tender. For the best flavor, continue to baste as the meat cooks.

### STEAMING LOBSTER TAILS

To steam lobster tails, first use kitchen scissors to cut down the tops of the lobster tail-backs, stopping about an inch from the tail-flap. Bring water to a boil in a large stockpot (6-8 cups for every 4 tails), then place 4 tails in your steamer of choice and cover the pot. Steam for 8 to 12 minutes (roughly 1 minute per ounce) or until shells turn bright red and the meat is tender. Remove and rinse with cold water, pat dry, and serve.

## Lobster Tail Recipes

### LOBSTER TAIL CASSEROLE RECIPE

Yield: 8-10 servings

This lobster tail casserole makes a great buffet dish. It’s easy to make, and you can do most of the work well ahead of time.

**Ingredients:**

10 frozen lobster tails (8 ounces each)  
1/4 cup butter or margarine  
1/4 cup flour  
2 teaspoons salt  
1/2 teaspoon pepper  
2 teaspoons paprika  
1 tablespoon onion, minced  
1 teaspoon Angostura bitters  
2-1/2 cups milk  
2-1/2 cups light cream  
1/3 cup dry sherry  
12 ounces medium egg noodles

**Instructions:**

Cover the frozen lobster tails with boiling salted water. Bring to a boil and simmer 5 minutes. Drop the noodles into 3 quarts of boiling water to which you have added 1 tablespoon salt and 1 tablespoon salad oil. Boil for 5 minutes and drain. Melt the butter or margarine; stir in the flour, salt, paprika, pepper, onion and bitters. Add the milk and cream, and stir the sauce until thickened. Add the sherry and the lobster tails, cut into bite-size pieces. Put into a 3-quart buttered casserole and mix with the cooked noodles. Top with buttered bread crumbs. Bake at 375 degrees for 35 minutes.

**CRISPY LOBSTER-TAIL AND PEA-TENDRIL SALAD WITH WARMED LOBSTER VINAIGRETTE RECIPE**

Yield: 6 servings

This lobster tail salad recipe was developed by Lee Skawinski, executive chef and owner, Cinque Terre and Vignola, Portland.

**Ingredients:**

2 fresh basil leaves, chopped fine  
1 shallot, finely diced  
4 tablespoons unsalted butter, melted  
Sea salt and freshly ground black pepper, to taste  
3 boiled or steamed lobsters, tails separated, left in shell and cut in half, claw and knuckle meat removed  
1/2 cup toasted panko crumbs  
2 tablespoons unsalted butter  
2-1/2 tablespoons olive oil, divided, plus extra for garnish  
1/4 cup cherry tomatoes, halved  
1 tablespoon chives, chopped fine  
1 tablespoon parsley, chopped fine  
Juice of 1/2 lemon  
1 tablespoon white wine vinegar, divided  
1/4 pound pea shoots or tendrils (or use mixed spinach leaves and endive)



Photo by Sadie Dayton  
Crispy Lobster-Tail and Pea-Tendrils Salad

**Instructions:**

Heat oven to 400°. In a small bowl, combine basil, shallot, melted butter, salt, and pepper. Brush mixture on lobster tails and coat with toasted panko crumbs. Heat in oven 6 to 8 minutes; then broil 30 seconds. To a medium saute pan over high heat, add 2 tablespoons butter, 2 tablespoons olive oil, tomatoes, chives, parsley, lemon juice, 1/2 tablespoon vinegar, salt, and pepper. Reduce by one-quarter and add lobster. Cover meat completely with vinaigrette and season again. In a large bowl, combine pea shoots with 1/2 tablespoon olive oil, remaining vinegar, salt, and pepper. Reserving vinaigrette, place half a lobster tail in each of 6 bowls; add equal amounts of pea-shoot mix. Add rest of lobster meat, divided equally among 6 portions, and about a tablespoon of warm tomato vinaigrette per serving. Drizzle with olive oil.

**LOBSTER BENEDICT RECIPE**

Yield: 2 servings

**Ingredients:**

2 egg yolks  
2 tablespoons hot water  
1/2 cup clarified butter  
2 tablespoons fresh squeezed lemon juice  
1/4 teaspoon salt  
1 dash cayenne pepper  
2 English muffins, split  
4 eggs  
2 lobster tails, freshly shucked and sliced in half lengthwise

**Instructions:**

For the Hollandaise, place the yolks, hot water, lemon juice, salt, and pepper in a double boiler and beat vigorously with a wire whip. Gradually add the butter, beating constantly. Cook over hot, not boiling, water, and when sauce thickens remove from heat. Toast the English muffins until golden brown. In medium-size skillet bring 1 inch of water to a fast simmer. Crack eggs and slip them slowly into water. Cover and cook 3 to 5 minutes. Add the lobster tails during the last minute of cooking. Place English muffins on plate and place a slice of lobster tail on top of each. Carefully remove eggs from water and place one on top of lobster. Spoon hollandaise over and serve, garnished with fresh fruit.

**GRILLED SEAFOOD SALAD WITH SUMMERTIME CITRUS DRESSING RECIPE**

Yield: 10-12 servings

Made with scallops, shrimp, lobster tails, and calamari in a bright citrus dressing, this flavorful grilled seafood salad makes a perfect summer entree.

**Ingredients:**

12 12-inch wooden skewers  
16 sea scallops  
2 pounds colossal shrimp, peeled and deveined  
Extra-virgin olive oil  
Grill Seasoning Mix  
4 lobster tails, cut in half lengthwise  
2 pounds cleaned baby calamari (tubes only - see Note)  
Citrus Salad Dressing  
1 fennel bulb, quartered and thinly sliced  
Garnish: fresh fennel leaves



**Instructions:**

One day ahead: Place skewers in water to cover, and let soak 10 minutes. Thread scallops and shrimp onto skewers. Brush with olive oil and sprinkle lightly with Grill Mix. Brush lobster tails and calamari with olive oil and sprinkle lightly with Grill Mix. Grill calamari over high heat (400 degrees F to 500 degrees F) 1 to 3 minutes total, turning once, until just opaque (overcooking yields tough, rubbery meat). Grill scallops about 4 to 6 minutes, turning once. Grill shrimp 6 to 8 minutes, turning once. Grill lobster tails 8 to 10 minutes, turning once. Cut calamari into 1/4-inch rings and lobster tails into 1/2-inch chunks; combine with shrimp and scallops. Cover and chill up to 24 hours.

30 minutes ahead: Toss seafood with Summertime Citrus Dressing to coat. Mix in sliced fennel and toss gently. Just before serving: Garnish salad with fresh fennel leaves.

Note: Calamari, or squid, can be purchased fresh or frozen in the seafood departments of most large grocery stores. Baby calamari, measuring 5 inches or less (without tentacles), are more tender than the larger variety.

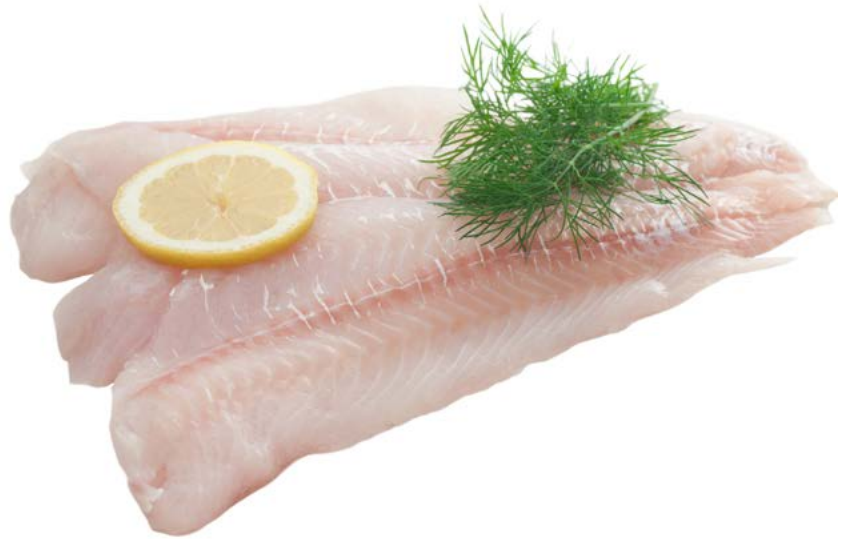


# Cod Fillet Recipes

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Whether roasted with veggies or topped with cracker crumbs and baked 'til golden brown, these cod fillet recipes are sure to satisfy any seafood lover.

With its firm texture and delicate flavor, cod (along with haddock) is a popular cold-water whitefish that works well baked, fried, poached, and salted. When choosing cod from the fishmonger or supermarket, look for firm flesh that is bright white, not chalky or grey.



Note: New England cod populations suffered from extreme over-fishing in the 20th century. When available, we recommend purchasing wild cod that has been hook-caught, as opposed to fish caught by bottom trawling. When sustainable cod is not available, substitute it with another whitefish, such as pollock. For more information on choosing sustainable seafood, visit Seafood Watch from the Monterey Bay Aquarium.

## FOIL-ROASTED COD WITH HERBED VEGETABLES

Yield: 4 servings

Handy aluminum packets keep this Foil-Roasted Cod tender while it bakes alongside fresh veggies and flavorful herbs.

### Ingredients:

- 1 medium zucchini, halved lengthwise and cut into thin half moons
- 1 fennel bulb, trimmed, halved, cored, and sliced thin
- 2 garlic cloves, minced
- 6 scallions, sliced thin
- 1/4 cup chopped fresh basil
- 1 teaspoon dried thyme
- 1/4 cup dry white wine or dry white vermouth
- Table salt and ground black pepper
- 4 boneless, skinless cod fillets (about 2 pounds)
- 4 tablespoons unsalted butter

### Instructions:

Adjust oven rack to lowest position and heat oven to 450 degrees. Combine zucchini, fennel, garlic, scallions, basil, thyme, wine, 1/4 teaspoon salt, and 1/8 teaspoon pepper in large bowl. Lay four 14-inch-long pieces of foil on work surface. Place 1 fillet on lower half of each piece of foil and season with salt and pepper. Top each fillet with one-quarter of vegetable mixture and 1 tablespoon butter. Fold foil over fish and vegetables and crimp edges together to form 4 packets. Arrange packets in single layer on rimmed baking sheet and cook until vegetables are tender and fish is just cooked through, 15 to 20 minutes. Transfer packets to individual plates and carefully cut open with scissors, being careful to avoid steam. Serve.

## OVEN-FRIED FISH FILLETS RECIPE

Yield: 4-6 servings

This recipe for Oven Fried Fish Fillets is an excellent way to prepare fish. It's better than ordinary frying, and it won't smell up your kitchen.

### Ingredients:

2 pounds firm whitefish fillets, such as cod  
1 tablespoon salt  
1 cup milk  
1 cup crushed cornflakes  
1/4 cup butter or margarine, melted  
Lemon wedges

### Instructions:

Cut the fillets into serving pieces. Add the salt to the milk. Dip the fillets in milk and roll in the cornflake crumbs. Place on a shallow, well-greased baking pan, skin down. Sprinkle each piece with melted butter or margarine. Bake in a 500 degree oven for 10-12 minutes, or until the fish flakes. Garnish with lemon wedges and serve with tartar sauce.



Oven Fried Fish Fillets

## BAKED FISH (DAD'S CATCH) RECIPE

Yield: 4-6 servings

Good with any type of fresh or saltwater catch, such as trout, haddock, or cod.

### Ingredients:

4-6 (6-ounce) fillets, skins removed  
4-6 ounces lemon juice  
2 eggs, beaten  
1 cup milk  
1 package Ritz Crackers (Roasted Vegetable is a tasty variation) crushed  
1 package Nabisco original Saltine crackers, crushed  
1 teaspoon parsley  
1/4-1/2 teaspoon Morton Nature's Seasons (Seasoning Blend)  
1/4-1/2 teaspoon garlic powder  
1 tablespoon grated Parmesan cheese  
1/4-1/2 teaspoon of ground cayenne pepper (according to taste)

### Instructions:

Preheat oven to 375 degrees F. Remove skins and rinse fillets, pat dry with paper towel, place skinned fish in a medium glass bowl with lemon juice for about 15 minutes, turning once. In another medium bowl beat together eggs and milk. Crush the crackers and combine with the rest of the ingredients, mix well. Place in a medium bowl or container. Remove fillets from juice, place in egg and milk mixture, turning a few times. Take from milk mixture and lay in cracker mixture turning and patting on crackers until completely covered. Spray a 9x12" roasting/cake pan with cooking spray. Place fillets in pan and bake uncovered 35 to 45 minutes, or until easily flaked with a fork.

## FILLETS OF COD, CAPE ANN STYLE RECIPE

Yield: 2-3 servings

An especially nice fish dish for the uninitiated. The sauce is an impressively rich but easy one.

### Ingredients:

1 pound cod  
6 mushrooms, chopped  
1 to 2 tablespoons chopped parsley  
2 tablespoons finely chopped shallot  
Salt and pepper to taste  
2 tablespoons white wine  
2 tablespoons flour  
1/2 cup milk  
Lemon slices, cucumber balls, and tomato wedges, for garnish

### Instructions:

Arrange fillets of cod in a small buttered baking dish. Sprinkle with mushrooms, parsley, shallot, salt, and pepper. Moisten with white wine. Bake at 350 degrees F for 15 minutes or until fish flakes when tested with a fork; remove fish to serving platter. Combine flour and milk with the remaining juices in the baking pan. Cook, stirring, until the sauce is smooth and slightly thickened. Pour sauce over fish and garnish with lemon slices, cucumber balls, and tomato wedges.

## BAKED FISH FIESTA RECIPE

Yield: 6 servings

This recipe is designed to be attractive and aromatic, as well as delicious.

### Ingredients:

2 pounds cusk, cod, or other firm fish fillets, fresh or frozen  
3/4 cup fine dry bread crumbs  
1/4 cup (4 tablespoons) grated Parmesan cheese  
2 tablespoons chopped parsley  
1 teaspoon salt  
1/4 teaspoon pepper  
1 small clove garlic, minced  
1/4 cup cooking oil  
3 slices bacon, diced  
1 can (8 ounces) stewed tomatoes or 1 cup chopped tomatoes  
2 hard-boiled eggs, sliced

### Instructions:

Cut fish into 6 equal portions (if frozen, thaw first). Combine bread crumbs, 2 tablespoons cheese, parsley, salt, pepper, and garlic. Dip fish in oil, drain, and dip in crumb mixture. Place fillets in individual baking pans or on a baking sheet. Fry bacon pieces until half-done; drain well. Top each fish portion with an equal amount of bacon, tomato pieces, and egg slices. Sprinkle with remaining 2 tablespoons of cheese. Bake in moderate (375 degrees F) oven for 20 minutes or until fish flakes easily when tested with a fork.

## COD WITH GINGER-BASIL BUTTER ON FRAGRANT RICE RECIPE

Yield: 6 servings

This is the ultimate winter warmer, a fragrant dish of cod served over rice seasoned with cumin and turmeric. Served with a butter sauce made with ginger, basil, and star anise, it's a heady combination. But the flavor of the fish still shines through.

### Rice Ingredients:

1-1/4 cups jasmine or basmati rice  
2-1/2 cups water  
2 cinnamon sticks  
1/2 teaspoon cumin seeds  
1/4 teaspoon ground turmeric  
3/4 teaspoon kosher or sea salt

### Instructions:

Put rice into a 3- to 4-quart pot with water, cinnamon, cumin seeds, turmeric, and salt. Bring to a boil over high heat; then reduce heat to low and simmer until all the water has been absorbed, 10 to 12 minutes. Remove from heat and let rice sit, covered, 5 more minutes.

### Fish Ingredients:

2 pounds cod fillets, cut into 6 equal portions  
3/4 teaspoon kosher or sea salt, divided  
12 slices unpeeled fresh ginger  
4 fresh basil stems (with leaves), each cut into 3 pieces  
8 tablespoons (1 stick) salted butter  
6 whole star anise  
1 2-inch piece ginger, peeled, and minced or grated  
1 teaspoon ground cumin  
1/2 teaspoon granulated sugar  
1 serrano chile, halved and thinly sliced (for less heat, remove seeds)  
10 large fresh basil leaves, chopped

### Instructions:

Meanwhile, set out 6 square pieces of aluminum foil, each about 12 inches wide. Lay a piece of fish on each one. Sprinkle with a bit of salt. To each packet add 2 slices ginger and 2 pieces basil stems. Seal each packet. Bring about 1 inch of water to a boil in a large pot fitted with a steamer. Add fish packets to steamer, reduce heat to a simmer, and steam until fish is opaque, 12 to 15 minutes. Remove from heat.

Meanwhile, in a small pot, melt butter until it sizzles. Add star anise, ginger, cumin, sugar, chile, and basil. Simmer 3 minutes. Divide rice among bowls. Top with fish; then spoon butter sauce over fish.

## FISH AND VEGETABLE BAKE RECIPE

Yield: 6 servings

This tasty baked dish pairs firm whitefish with a savory vegetable stuffing.



Photo by Michael Piazza  
Cod with Ginger-Basil Butter on Fragrant Rice

Ingredients:

2 pounds cod or haddock fillets  
3 tablespoons lemon juice  
1-1/2 teaspoons salt  
1/8 teaspoon pepper  
1/2 cup margarine or butter, melted  
1/2 teaspoon salt  
1/2 teaspoon ground sage  
1/2 teaspoon ground thyme  
5 slices bread (crusts removed), cubed  
2 carrots, shredded coarsely  
1 stalk celery, finely chopped  
1 onion, chopped  
3 tablespoons dry bread crumbs  
2 tablespoons snipped parsley  
1/2 teaspoon paprika

Instructions:

If fillets are large, cut into 6 serving pieces. Arrange fish in ungreased baking dish (12x7x2" or 8x8x2"). Sprinkle with lemon juice, 1-1/2 teaspoons salt and pepper. Mix margarine, 1/2 teaspoon salt, sage, thyme, bread cubes, carrots, celery and onion, Spread evenly over fish. Mix bread crumbs, parsley and paprika. Sprinkle over vegetables. Cover and bake in 350 degree oven until fish flakes easily with fork, about 35 minutes.

### **MARINATED FISH WITH SOUR CREAM RECIPE**

Yield: 3 servings

Gourmet fish! A very tasty, extra-special dish. Garnish with fresh parsley before serving, or add snipped chives to the sour cream before spreading it over the fish.

Ingredients:

1 pound firm fish fillets, such as cod or haddock  
1/2 cup oil  
1/4 cup lemon juice  
1 garlic clove  
1 tablespoon minced onion  
3 tablespoons chopped parsley  
1 tablespoon grated lemon rind  
1/2 teaspoon rosemary  
1/2 teaspoon salt  
1/2 teaspoon black pepper  
1/2 cup flour  
1 tablespoon grated Parmesan cheese  
1/2 teaspoon paprika  
1/2 cup sour cream

Instructions:

Marinate fish fillets for several hours at room temperature in mixture of oil, lemon juice, garlic, onion, parsley, lemon rind, rosemary, salt, and pepper. Dredge fish in flour mixed with salt and pepper, Parmesan cheese, and paprika. Fry fish in hot oil until brown, then lay in baking pan and spread with sour cream. Bake at 350 degrees F until fish is done.

## NEW ENGLAND COLD-WATER FISH WITH LEMON AND DILL

Yield: 4 servings

This simple and versatile dish can be made with most firm, white-fleshed fish and can be roasted in whole filets or cooked as individual portions.

### Ingredients:

1-1/2 pounds boneless, skinless cod filet, cut into 4 equal portions  
2 ounces melted butter or olive oil  
Kosher or sea salt, to taste  
1 lemon, including zest, segments, and juice  
2 teaspoons chopped fresh dill  
2 teaspoons chopped fresh parsley  
2 teaspoons extra-virgin olive oil

### Instructions:

Heat oven to 450°. Arrange fish in a shallow roasting pan lined with parchment paper, leaving a bit of space between the portions. Spoon butter or olive oil over the fish, making sure a little goes underneath. Season with salt. Cook 10 minutes per 1 inch of thickness, remove from oven, and let rest 5 minutes before serving. In a small bowl, combine lemon, herbs, and extra-virgin olive oil. Spoon over fish before serving.

## More Cod Recipes

Not a fan of whole fillets? These recipes call for smaller amounts of cod, but they're no less tasty!

### CORN AND COD CHOWDER RECIPE

Yield: 8-10 servings

This milk-based corn and cod chowder combines the sweet taste of corn with fresh fish for a warming, flavorful meal.

### Ingredients:

9 slices bacon, roughly chopped  
3 medium leeks, washed and sliced thin, tough outer and top dark leaves discarded  
4 cups low-salt chicken broth  
1 bay leaf  
3 medium russet potatoes, peeled and cut into 1/4-inch cubes  
2 cups fresh or thawed frozen sweet corn (about 3 ears)  
1 pound fresh skinless, boneless cod fillets (try the thicker loins)  
2 cups whole milk  
1 teaspoon salt  
1 teaspoon ground black pepper, or to taste  
3 tablespoons chopped fresh parsley



Photo by Aimee Seavey  
Corn and Cod Chowder

**Instructions:**

In a heavy-bottomed 5-quart pot over low to medium heat, sauté diced bacon until crisp and golden, stirring often. Remove with slotted spoon and reserve for garnish. Reserve half of bacon fat in pot; discard the rest. Increase heat to medium, add chopped leeks to the drippings, and sauté about 10 minutes, stirring often, until leeks are soft and beginning to brown. Add chicken broth, bay leaf, and potatoes. Bring to a boil, then reduce heat and simmer 10 minutes. Add corn and simmer 10 minutes longer. Using a heatproof measuring cup, scoop out 2 cups of the soup; process soup in blender until smooth. Pour puree back into pot. At this point, soup may be refrigerated for up to 24 hours.

**COD AND POTATO CAKES WITH FRESH TARRAGON MAYONNAISE RECIPE**

Yield: 16 cakes

Crisp and flavorful, these oven-baked Cod and Potato Cakes pair beautifully with homemade Fresh Tarragon Mayonnaise.

**Ingredients:**

- 1 pound fresh cod
- Juice of 1 lemon
- Splash of white wine
- 1 pound Yukon Gold potatoes
- 2 teaspoons chopped garlic
- 1 red onion, finely diced
- 1 egg plus 1 yolk
- 1 small red pepper, finely diced
- 2 tablespoons chopped parsley
- 2 teaspoons salt
- 2 teaspoons white pepper
- 2 teaspoons dried mustard
- 1 teaspoon Worcestershire sauce
- 2 tablespoons clarified butter

**Instructions:**

Steam the cod over water to which the lemon juice and white wine have been added, about 7 minutes or until it flakes. Peel and dice potatoes; simmer until tender. Put the cooled potatoes through a ricer. Saute garlic and onion until translucent. Fold together potatoes, garlic, onion, eggs, red pepper, parsley, seasonings, and Worcestershire sauce. Gently flake and mix the cod into the potato mixture. Form into 2-ounce cakes. (If mixture is too wet, you can add fresh bread crumbs until cakes hold together.) Preheat oven to 350 degrees. Heat the clarified butter in a saute pan. Add the cakes and fry until golden brown. Flip over, and put the saute pan into preheated oven for 5 minutes to finish. Remove from oven and serve cakes hot, topped with Fresh Tarragon Mayonnaise.

Note: Two 2-ounce cakes will make a generous appetizer; 3 cakes with salad or a vegetable side dish are sufficient for an entree.

**Fresh Tarragon Mayonnaise**

**Ingredients:**

- 3 egg yolks
- 4 tablespoons chopped fresh tarragon
- 3 to 4 tablespoons chopped fresh watercress



Juice of 1 lemon  
1 teaspoon Old Bay seasoning  
1 teaspoon salt  
1 teaspoon black pepper  
1 to 1-1/2 cups light olive oil

**Instructions:**

Place egg yolks and next six ingredients in a blender; blend well. On fairly high speed, slowly drizzle oil into the egg mixture, until it forms an emulsified mayonnaise.

**CODFISH BALLS RECIPE**

Yield: 15-20 balls

The real Bostonian Sunday Breakfast, of course, is codfish balls (or cakes, or creamed codfish), baked beans, and brown bread. While commonly made with salt cod, these crispy fried balls can also be made using a fresh cod fillet.

**Ingredients:**

1 lb. salt cod (about 2 cups of cooked, flaked fish)  
2-1/2 cups diced potatoes  
2 tablespoons unsalted butter  
2 large eggs  
salt and pepper

**Instructions:**

Rinse the fish in cold water, then transfer to a shallow casserole dish and cover with cold water. Allow the fish to soak up the water, changing the water a few times as needed, until thoroughly re-hydrated, up to 24 hours. Drain and flake the fish. Boil it with the peeled and cubed potatoes until the potatoes are tender. Drain. Put back on the fire momentarily to dry completely. Mash the mixture, add butter and pepper and beat until fluffy. Add the eggs and continue beating. Shape into 2-inch balls and drop into deep hot fat (375 degrees F) and fry until golden brown. Codfish cakes may be made instead by dropping the mixture onto a hot, lightly greased griddle and browning on both sides. They are good served with fried tomatoes or tartar sauce.



Photo by Aimee Seavey  
Codfish Balls

Note: For flavor and an extra crisp finish, brush each codfish ball with an additional beaten egg and roll in fine breadcrumbs plus 2 teaspoons chopped, fresh parsley before frying. If you want even more flavor (and you might -- this recipe is very basic) feel free to add more herbs, chopped chives, minced onion, or even a pinch of dry mustard or cayenne to your salted codfish balls. Once you've got the fish and the potato, the rest is up to you!

# How to Cook Scallops

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A fresh look at one of New England's treasured seafoods.

First, there's the matter of pronunciation. It's "scawl-up," not "skal-up." You may already know this, but a proper accent will get you far with the old salts who harvest these sweet crustaceans.

Then there's the matter of type. The common Atlantic sea scallop (*Placopecten magellanicus*) is meaty and earthy, big as a Mallomar. You'll find it at restaurants breaded and baked, fried, or seared until it gets a sweetly caramelized crust. The smaller wild bay scallop (*Argopecten irradians*), which thrives especially well among the eel grass in shallower areas around Buzzards Bay, Vineyard Sound, and Nantucket Sound, is smaller, sweeter, rarer, and more expensive. (Farmed bay scallops are grown in bulk in Chinese aquaculture outfits, but can't compare in quality.)

Both types represent one of the most delicious harvests of late fall and winter—bay scallop season tends to peak in the weeks before Christmas. They're rich in omega-3 oils and vitamin B. They also act as natural filters, boosting ocean water quality by collecting bacteria, algae, and pollutants in their digestive tracts (the parts we don't eat). They are jewels of the sea; nature's idea of a perfect protein.

One word of caution for those cooking at home: For best flavor, avoid buying any scallops that are stored in a pool of milky white fluid. That's sodium triphosphate, which makes the meat whiter and softer and more water absorbent. As scallops absorb the water, they grow heavier. So you're paying for more water and less flavor. Look for "dry" scallops, naturally sand-colored and firmer.

Several of the following recipes are designed with sea scallops in mind. For bay scallops, we believe that less is more. Pat them dry (you can toss them with seasoned flour if you like) and cook lightly in a hot pan with a little butter. Finish with a squeeze of lemon and you're done. Or use them in a simple pasta dish with a creamy shallot-wine sauce, or as a garnish for butternut squash soup.

## Scallop Recipes

### BUTTERNUT-CITRUS SOUP WITH BAY SCALLOPS & MUSHROOMS RECIPE

Yield: 10-12 servings

In this recipe, a Butternut-Citrus Soup -- a rich squash soup -- is poured around a small serving of sweet scallops and earthy mushrooms.

Butternut-Citrus Soup Ingredients:

- 8 tablespoons (1 stick) butter
- 3 pounds butternut squash (about two medium-large squashes), peeled and cut into 1-inch chunks
- 2 medium-size onions (about 1-1/2 pounds total), diced
- 4 garlic cloves, minced
- 1-1/2 tablespoons freshly grated ginger
- 2 teaspoons kosher, sea, or table salt, plus extra to taste
- 1-1/2 teaspoons ground cinnamon
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground turmeric
- 1/8 teaspoon cayenne pepper
- 3 cups low-sodium chicken stock or broth

1 cup dry white wine (such as Pinot Grigio)  
 1 cup fresh apple cider  
 3 tablespoons fresh lime juice  
 1/4 cup packed light-brown sugar  
 1/4 cup heavy cream  
 3 tablespoons freshly grated Parmesan cheese  
 Sauteed Scallops & Mushrooms (see recipe below)  
 1/4 cup chopped fresh parsley and tarragon

**Instructions:**

In a Dutch oven over medium heat, melt butter. Add squash, onions, garlic, ginger, salt, cinnamon, cumin, turmeric, and cayenne. Cook, stirring often, until onions soften and appear translucent, 6-8 minutes. Add stock (or broth), wine, cider, lime juice, and brown sugar. Stir, then cover the pot; reduce heat to medium-low, and let mixture simmer until squash is very tender, about 20 minutes. Remove from heat and stir in cream and Parmesan. Using a standing or immersion blender, puree soup until smooth. (If using a standing blender, work in batches.) Pour mixture through a fine-mesh strainer to remove lumps. Taste and add more salt if you like. To serve, arrange an equal portion of Sauteed Scallops & Mushrooms in the center of each bowl and pour soup around it. Garnish with a pinch of fresh herbs. Serve immediately.



Photo by Keller + Keller  
 Butternut-Citrus Soup

**Sauteed Scallops & Mushrooms Ingredients:**

1 pound bay scallops  
 1 leek  
 1/3 pound wild mushrooms (preferably Black Forest [shiitake] or chanterelles)  
 2 tablespoons olive oil  
 2 tablespoons butter  
 1 small garlic clove  
 1/2 teaspoon kosher, sea, or table salt  
 1/2 teaspoon freshly ground black pepper

**Instructions:**

Rinse scallops in cold water and pat dry with paper towels. Put in a bowl and refrigerate, uncovered. Trim roots and green top of leek and discard. Slice remaining white part in half lengthwise and rinse thoroughly, then mince. Clean and trim mushrooms, then cut into strips about 1/4-inch wide and 2 inches long. In a large (14-inch) skillet over medium-high heat, warm butter and olive oil. When butter begins to brown, add leek and mushrooms. Increase heat to high and cook, stirring, until mushrooms begin to brown at the edges, about 6 minutes. Meanwhile, remove scallops from refrigerator and pat dry once more. Add scallops and garlic to the mushroom mixture and cook, stirring often, until scallops are just translucent in the center, about 3 minutes. Season with salt and pepper.

**ANGEL HAIR PASTA WITH SCALLOPS RECIPE**

Yield: 6 servings

**Ingredients:**

2 tablespoons butter

2 pounds bay or sea scallops  
2 shallots, finely chopped  
2 cups white wine  
1 cup heavy cream  
salt and freshly ground black pepper to taste  
2 8-ounce packages fresh angel hair pasta  
1/4 cup chopped fresh parsley

**Instructions:**

If using sea scallops, halve them. In a large, heavy skillet heat the butter and sauté the scallops over high heat, shaking the pan often and tossing the scallops so they don't stick, for two minutes or until they are firm on the outside. Remove them from the pan. Add the shallots and wine to the pan. Bring the wine to a boil and let it bubble vigorously until the wine reduces by half. Pour the cream into the pan with salt and pepper and simmer for 2 minutes. Add the scallops and any liquid that has accumulated around them. Turn off the heat and set the sauce aside. Bring a large saucepan of water to a boil, drop in the pasta, and cook for 3 minutes or until it is just done. Dip a glass measuring cup into the pasta cooking liquid, remove 1/2 cup, and set the liquid aside. Drain the pasta and return it to its saucepan. Add a few tablespoons of the cream sauce and toss well. Add salt and pepper. Cover with a lid. Add the 1/2 cup of pasta cooking liquid to the cream sauce and scallops. Bring it just to a boil. Divide the pasta among 6 dinner plates or pasta bowls. Spoon some sauce and scallops onto each one, sprinkle with parsley, and serve at once.

**GRILLED SCALLOP SKEWERS WITH PANCETTA & ROSEMARY RECIPE**

Yield: 4 entree servings

**Ingredients:**

8 wood skewers, soaked in water at least 30 minutes  
(see "Note," below)  
1/4 cup olive oil  
2 sprigs rosemary  
24 large sea scallops (10-20 count per pound), about  
2 pounds total  
6 ounces thinly sliced pancetta rounds (see "Note,"  
below)  
1/2 loaf (1/2 pound) chewy sourdough bread, cut into  
1-inch cubes  
1/2 teaspoon kosher or sea salt  
Freshly ground black pepper, to taste

**Instructions:**

Prepare your grill for medium-high direct heat (425&deg; on a thermometer; you should be able to hold your hand 2 inches above the grill grate for just 2 to 3 seconds before you have to pull it away). In a small saucepan over medium-high heat, bring oil to a gentle simmer. Add rosemary sprigs and cook, stirring occasionally, 10 minutes. Remove from heat and let sit while you prepare the scallops. Pat scallops dry. Unroll the pancetta rounds so that they look like thin, delicate slices of bacon. Don't worry if the pieces break a bit. Set aside. Wrap each scallop with a pancetta slice. For best results, wrap pancetta around the flat side of the scallop first, then around the round side. Next, prepare the skewers: On each one, thread 3 scallops, alternating with 3 chunks of bread. Divide rosemary oil into two portions. Brush skewers with the first portion, and season with salt and pepper. Lay skewers on the grill grate and



Photo by Heath Robbins  
Grilled Scallop Skewers

cook, turning when pancetta is crispy on the first side and bread is golden brown, 2 to 4 minutes per side. Using a clean brush, dab the finished skewers with the second portion of rosemary oil. Serve immediately.

Note: Pancetta is Italian-style bacon, with a milder flavor than American bacon. You can purchase it in solid chunks or in thinly sliced rounds; you'll want rounds for this recipe. If you can't find pancetta, you can always substitute thinly sliced American bacon if you like. Amanda grills her scallops on woody rosemary branches, which impart a nice herbal flavor. If you have such branches on hand, use them instead of the skewers.

## **HATCH'S SEARED SCALLOPS WITH RED ONION AND PEPPER RECIPE**

Yield: 4 servings

This easy recipe is made with just sautéed onion, garlic, and green pepper served with seared scallops over pasta. The savory vegetables are a great foil for the sweet shellfish, and we think this is one of the best possible uses for the humble and oft-neglected green pepper. A little wine in the sauce makes it perfect.

### **Ingredients:**

3/4 pound angel-hair or spaghettini pasta

1-1/4 to 1 3/4 pounds sea scallops

3 tablespoons olive oil

3 tablespoons salted butter

5 garlic cloves, crushed

1 small red onion, minced

1 small green bell pepper, finely chopped

1 teaspoon kosher salt, divided, plus extra for water

1/4 teaspoon freshly ground black pepper

1/4 teaspoon red chili flakes

1/4 cup dry white wine

2 tablespoons fresh chopped herbs (such as a mix of basil, parsley, and dill)

Garnish: Lemon wedges or slices

### **Instructions:**

In a large pot with salted boiling water, cook pasta according to package directions. Drain and set aside.

If using very thick scallops, slice in half crosswise. Heat olive oil and butter in a large sauté pan over medium heat. Stir in garlic, red onion, green pepper, 1/2 teaspoon salt, black pepper, and chili flakes; cook until onion is translucent, about 10 minutes. Using a slotted spoon, remove onion mixture from pan, leaving some of the butter and olive oil behind. Sprinkle the uncooked scallops all over with the remaining 1/2 teaspoon kosher salt. Turn heat up to medium-high and lay scallops in the pan in a single layer with space between them (depending on pan size, you may need to do this in two batches).

Without disturbing them, let scallops sear and caramelize, 4–6 minutes. They should have a nice brown crust when done. Using tongs, turn each scallop and cook another 2–4 minutes, depending on thickness.

When done, scallops should be opaque throughout (cut to check). Remove from pan. Pour wine into pan; while it sizzles, use a wooden spoon to scrape the browned bits from the bottom of the pan. Stir in fresh herbs and simmer just until wilted. Return scallops and onion mixture to pan and add cooked pasta; toss to combine. Garnish with lemon slices or wedges and serve.

## **BAKED SEA SCALLOPS WITH GARLIC AND VERMOUTH RECIPE**

Yield: 4-6 servings

Contemporary cooks are fond of using red and white wines in their sauces and braises, but we rarely think to use vermouth these days, which is a shame. This fortified wine, flavored with a proprietary blend of herbs and barks,

has a wonderfully concentrated flavor that goes well with seafood and poultry. Scallops and vermouth were a popular pairing in the 1950s and 1960s; in fact, both Craig Claiborne, food editor of the New York Times, and Rene Verdon, chef of the Kennedy White House, published cookbooks that featured scallops marinated in vermouth. The combination of butter, garlic, and vermouth in this sauce is heavenly--be sure to serve with lots of bread for mopping up the juices.

**Ingredients:**

5 tablespoons salted butter, plus extra for dish  
2 pounds sea scallops (see Note, below)  
3 large cloves garlic, minced  
3 tablespoons fresh lemon juice  
2-1/2 tablespoons dry vermouth  
1/4 cup grated Parmesan cheese  
3/4 cup panko breadcrumbs  
1/2 teaspoon freshly ground black pepper  
1-1/2 teaspoons kosher or sea salt



Photo by Aimee Seavey  
Baked Sea Scallops

**Instructions:**

Preheat oven to 350°. Butter the bottom of a 9x13-inch baking dish. Wash scallops and pat dry. Arrange in a single layer in the dish and set aside. Melt butter in a small skillet over medium-low heat. Add garlic and cook until just translucent, about 1 minute. Remove from heat and stir in lemon juice and vermouth. Pour over scallops. Sprinkle cheese, panko, pepper, and salt over scallops. Bake until scallops are just translucent in the center, about 20 minutes. Serve with crusty bread.

Note: If at all possible, seek out “dry” scallops for your cooking. They are pale beige in color and have a purer flavor. So-called “wet” scallops are kept in a phosphate solution that turns them milky white and makes them absorb water, thus diluting their sweetness.

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