



Sea-to-Table



Summer Seafood Series

Introduction

What better way to kick off the summer season, than by enjoying local seafood!

This summer seafood series will make cooking seafood at home fun and delicious! These recipes are created to be versatile and interchangeable with various RI species.

RI Seafood partnered with Dave's Fresh Marketplace and photographer Andrew Moran to bring you a Summer Seafood Series showcasing the diversity of local seafood in the Ocean State.

Seafood is a key ingredient in maintaining good health. It is recommended that we eat seafood at least twice a week, while simultaneously being mindful of where our seafood is being sourced, ensuring that it was caught using sustainable practices.

All recipes are meant to be quick and easy to create at home, and can be modified based on each cook's preference. Share your recipes with us @ri.seafood!





Shellfish

How to Shuck

Clam

1. Clean shells under cold running water to remove sediment
2. Firmly secure clam in towel in your hand
3. Insert shucking tool into hinge on the back of the clam and twist to separate
4. Remove top shell and loosen clam from abductor muscle

Oyster

1. Secure oyster in towel to avoid movement
2. Work oyster knife into the hinge of the shell (bottom where two shells come together)
3. Twist and pry until you feel the shells separate
4. Rotate oyster knife to open shell and free oyster from the muscle on the bottom shell



**Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have a certain medical conditions.*

Classic Mignonette Sauce



4 Servings



20 Minutes

INGREDIENTS

1/4 cup Red Wine Vinegar
1 shallot, minced
Salt and pepper to taste

DIRECTIONS

1. Stir together ingredients and let rest for at least 20 min.
2. Serve on top of a raw shucked oyster



Cocktail Sauce



4 Servings



5 Minutes

INGREDIENTS

½ cup Ketchup

½ tbsp Worcestershire sauce

1 tbsp Lemon Juice

½ tbsp Horseradish

DIRECTIONS

1. Combine all ingredients and serve over raw clams

Tuna Poke

10 Minutes

INGREDIENTS

2 lb tuna
1 cup white or brown rice
Avocado for garnish
Chipotle mayo
2 Medium Radish
Soy Sauce

Sesame seeds
Microgreens
Cucumber
Edamame
Pomegranate Seeds
1 can coconut milk

DIRECTIONS

1. Cook rice by substituting coconut milk for water, add additional 1/2 cup of water to coconut milk
2. Cube tuna into bite size pieces, making sure to remove any bloodline or gristle.
3. Thinly slice cucumber and radishes. Slice avocado
4. Scoop cooked rice into bowl and top with tuna and desired assorted toppings
5. Top with your favorite sauce like chipotle mayo, miso glaze or soy sauce



**Customize each poke bowl to your liking by adding your favorite vegetables, sauces, and more!*



Black Sea Bass Fish Tacos

INGREDIENTS

2 lb black sea bass filets

Salt and pepper

Optional: Cayenne pepper for extra flavor

Tortillas

Taco toppings- avocado, cheese, radish, cucumbers, lime wedges,
mango salsa (recipe on p.11)

DIRECTIONS

1. Season filets with salt and pepper to taste- can be cooked with skin on or off
2. Grease grill or pan and cook sea bass on both sides (3-4 minutes)
3. In a pan, heat tortillas until warmed through- corn or flour
4. Assemble tacos with desired fillings, fish, and top with mango salsa

**Substitute for any white fish- cod, flounder, hake, tautog, etc.*

Mango Salsa



4 Servings



5 Minutes

INGREDIENTS

- 1 cup mango diced
- ½ medium purple onion diced
- 1 medium diced jalapeno
- ½ diced Roma tomato
- ¼ cup cilantro chopped

DIRECTIONS

1. Dice ingredients and add to a small mixing bowl
2. Mix together and refrigerate until ready to use
3. Add to tacos and enjoy







13. *Best Methods: baked whole, grilled (whole, filet), pan fried, braised*

Whole Black Sea Bass



4 Servings



45 Minutes

Note :If possible, ask your seafood market to scale and clean fish. To clean at home, use the back of a knife or curve of a spoon to remove scales from both sides of the whole fish. Make a slice up the belly of the fish to remove innards, including intestines and the heart.

INGREDIENTS

2 Whole Black Sea Bass

Salt and pepper to taste

Olive Oil

Capers

Shallot

Citrus of choice- lemon or orange

Herbs of choice- sage, thyme, rosemary, dill, etc

DIRECTIONS

1. With a knife, score 3-4 inch cuts into both sides of the fish
2. To the cuts, insert whole slices and zest of a citrus of your choice, add capers, diced shallot and herbs of choice.
3. Season with salt and pepper
4. Drizzle with Olive oil
5. Bake in oven at 400°F for 25 minutes or until tender and flaky

Grey Sole Crudo



2 Servings



5 Minutes

INGREDIENTS

1 lb Sole
2-3 Strawberries
4-5 Mint leaves
4-5 Basil leaves

DIRECTIONS

1. Filet small bite size pieces of fish
2. Thinly slice strawberries
3. Cut bite size pieces of herbs
4. Layer ingredients to assemble crudo

**Both recipes can be substituted with any other white fish.*



Black Sea Bass Crudo



2 Servings



5 Minutes

INGREDIENTS

1 lb Black Sea Bass filet
1 small english Cucumber
1-2 Radishes sliced
Snap Peas
½ Lemon sliced
Microgreens

DIRECTIONS

1. Sliced radish and cucumber into small rounds
2. Layer microgreens as the base of the plate
3. Arrange slices of veggies and fish
4. Top with a squeeze of lemon



** Substitute with any other white fish*

Squid & Sea Bass Ceviche

INGREDIENTS

- 1 lb Black Sea Bass filet
- 1 lb Squid
- 2 of each- Lemon, Lime, Orange (juiced)
- 2 Roma tomatoes, diced
- 1 Jalapeno, diced
- 1 Avocado
- 1 Purple onion
- Cilantro bunch-optional
- Salt/Pepper to taste

DIRECTIONS

1. Add juice of lemons, limes & oranges into mixing bowl
2. Cut fish and squid into bite size pieces, add to bowl
3. Dice tomato, onion, jalapeno, add to bowl
4. Add corn nuts
5. Mix all ingredients thoroughly, refrigerate for at least one hour
6. Top with avocado, serve with tortilla chips



Tuna Crudo



2 Servings



5 Minutes

INGREDIENTS

½ lb tuna

Avocado

Salt and pepper

DIRECTIONS

1. Filet small bite size pieces of tuna
2. Thinly slice avocado
3. Arrange fish and avocado slices
4. Top with salt and pepper

** Can also be served topped with sesame seeds and soy sauce*

TARTAR SAUCE INGREDIENTS

1 tablespoon Paprika
1/4 cup Mayo
1/2 Lemon, juiced
2 Minced Pickle

DIRECTIONS

1. Add all ingredients to small bowl, mix until combined, refrigerate until ready to serve.



Beer Battered Skate Wing

INGREDIENTS

2lbs Skate Wing
2 cups Buttermilk
2 cups Flour
2 cups Breadcrumbs
6 Eggs
Salt and pepper to taste

1 tbsp Worcestershire sauce
Half a can of lager beer
2 tbsp Paprika
1 tbsp Old Bay seasoning
1 tbsp Onion Powder
1 tbsp Cayenne Pepper

DIRECTIONS

1. Cut skate wings into bite size pieces, place in ziploc bag and cover with buttermilk. Let sit for at least 3 hours.
2. Pour flour, paprika, old bay, onion powder, salt and pepper into bowl.
3. In another shallow bowl add breadcrumbs and paprika.
4. Into a separate bowl, beat eggs. Add beer and worcestershire sauce.
5. Heat oil in high walled pan at medium high heat.
6. Removed skate from bag, leaving buttermilk on it and add to flour mixture. Next coat in egg mixture and then breadcrumbs.
7. Add pieces of skate into pan, be careful not to crowd the pan.
8. Cook skate on both sides for about 3 minutes until golden brown. Remove from oil and drain excess oil with paper towel.

Tuna and Clementine Crudo

 2 Servings  5 Minutes

INGREDIENTS

½ lb tuna

Clementine orange peeled

Microgreens

Sesame Seeds

DIRECTIONS

1. Thinly slice tuna
2. Peel orange
3. Assemble citrus and tuna on top of micro greens
4. Top with sesame seeds



Clam Pasta



2 Servings



20 Minutes

INGREDIENTS

12 clams

1-2 cloves garlic miced

1/2 cup of White wine

Herbs of choice - rosemary, thyme, etc.

Bacon bits if desired

Lemon wedge

DIRECTIONS

1. Make pasta of choice following directions on box
2. Rinse clams to remove sand and sediment from shells
3. To a deep pan, add rinsed shells
4. Add butter, garlic, herbs, and wine
5. Cover pan and allow clams to steam open before removing lid
6. Add in pasta to clam and juices
7. Top with bacon bits if desired
8. Squeeze with lemon and serve



Grilled Bluefish

INGREDIENTS

2 lb Bluefish
Salt and pepper to taste
Buttermilk
Old Bay Seasoning
Cayenne Pepper
Pineapple rounds
Mixed greens
Strawberries





DIRECTIONS

1. Soak bluefish in buttermilk for at least three hours- use enough to cover filets.
2. Remove from buttermilk and season with salt, pepper, old bay and cayenne
3. Grill on medium heat for 4-5 minutes on each side - filet should appear silvery white when cooked.
4. While fish is cooking, take pineapple and grill on both sides
5. Assemble fish on bed of greens, and grilled pineapple
6. Add chopped strawberries and serve





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