

Sea-to-Table Fall Fishes Seafood Series

INTRODUCTION



Hot summer nights have come to a close and we're celebrating Fall Fishes! Instead of slurping ice-cold oysters and little necks to beat the heat, we've teamed up with Dave's to bring you cozy comfort fishes to share with friends and family around fall fires, on movie nights, and for holiday celebrations. Rhode Island's seafood economy doesn't stop when the nights get cooler. Our fishermen are dedicated to supplying fresh and local catches all year-round.

October is National Seafood Month where everybody is encouraged to show off their favorite seafood recipes! As holidays approach, varying cultures celebrate seafood differently, whether its indulging in the Feast of the Seven Fishes, preparing Christmas Eve Lutefisk, hogging the crab dip on New Years' Eve, enjoying Bacalao a la Vizcaína, or enjoying new traditions.

This book was created to celebrate the abundance of fall species available at your local seafood market. Each recipe is meant to be enjoyed in good company, while having the ability to be modified based on preference or occasion, and applied to species that are in season.

The background of the page is a light blue, textured surface resembling marble. Scattered across this background are various colorful illustrations of seafood. There are several blue fish of different sizes and orientations. There are also several orange crab legs, some whole and some broken into pieces. Red lobsters are shown in various poses. Small red fish and pieces of seafood are also scattered throughout. The overall theme is seafood appetizers.

Appetizers

These dishes are perfect for serving up during Sunday football games, holiday snacks and more! With simple but delicious recipes, you will have the crowd going wild.





Rock Crab Jalapeño Poppers



4 Servings



30 Minutes

INGREDIENTS

12 Crab Claws

6 jalapeños- halved

8 oz cream cheese softened

1/2 cup cheddar cheese

1 lemon juiced

1/2 tsp garlic salt

1/2 tsp paprika

Salt and Pepper to taste

DIRECTIONS

1. Cook crab claws for 7-10 min. in boiling water. Once cooled, pick crab meat out of claws, be careful to check for pieces of the shell
2. Cut jalapeños in half and remove seeds and add to a lined cookie sheet
3. Mix together all other ingredients in a medium bowl
4. Spoon mixture into jalapeños and sprinkle with additional cheese
5. Bake for 20-25 min. at 400 degrees until the cheese is slightly browned. Broil on high for 3 min. for extra browning (optional)

Oyster Rockefeller



4 Servings



20 Minutes

INGREDIENTS

12 oysters

2 cups spinach

1/2 cup parmesan cheese

1/2 medium lemon juiced

3/4 cup breadcrumbs

3 tbsp melted butter

2 garlic cloves

Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 400 degrees
2. Shuck all oysters and set aside on lined baking sheet
3. Using a food processor, combine spinach, butter, garlic, breadcrumbs, lemon, salt and pepper
4. Once mixture has formed a coarse stuffing, add to the top of each oyster
5. Bake in oven for 10-15 min. or until the top is a golden brown. Serve while hot





Tautog Ceviche in Prosciutto Cups



4 Servings



10 Minutes

INGREDIENTS

- 2 lb tautog filets
- 2 of each - lemon, lime, orange (juiced)
- 1 small red and orange bell pepper diced
- 1/2 medium red onion diced
- 2 green onions diced
- 1 jalapeño diced
- 1 pack prosciutto

*Tautog varies with seasonality, can be substituted for various other white fish

DIRECTIONS

1. Into a medium bowl, juice citrus and remove seeds
2. Cube fish filets into bite-size pieces and add to the citrus juice
3. Add onions and peppers
4. Add salt and pepper to taste
5. Refrigerate at least one hour
6. Serve in baked prosciutto cups
7. Wrap prosciutto around muffin tins on the back of a muffin cooking sheet making little cups and bake at 300 degrees for 5-7 min. or until slightly crispy



Quahog Stuffies



4 Servings



30 Minutes

*Reserve clam shells for stuffing

INGREDIENTS

Clams

- 12 large quahogs
- 1/2 cup of white wine
- 1/2 cup water
- 1 tsp red pepper flakes
- 1 tsp salt

Stuffing

- 1 large white onion diced
- 2 medium carrots diced
- 2 celery stalks diced
- 1 lb ground linguisa
- 2 cups breadcrumbs
- 1 lemon juiced
- 1/2 cup parmesan cheese

DIRECTIONS

Clams

1. Place clams in to a high walled pan. Add white wine and lemon, steam clams until they open. Allow clams to cool briefly.
2. Remove clams from the shells and roughly chop in to small pieces

Stuffing

1. In a food processor, add onion, carrots, and celery. Chop on low setting until all veggies are finely diced
2. In a separate pan, brown linguisa and set aside
3. Add chopped carrot, onion, and celery mixutre to the pan that was used for linguisa and cook until softened
4. In a large bowl, combine veggies, linguisa, and clams and add breadcrumbs and parmesan cheese
5. Mix to combine all ingredients
6. Spoon out mixture and fill clam shells
7. Bake at 350 degrees for 15 min.



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



Main Dish

The main course of every meal is meant to be the star of the show. Wow your guests with these simple, yet impressive, seafood dishes.





Fish Stew



4 Servings



40 Minutes



INGREDIENTS

- 1 1/2 tsp coriander
- 1 tsp cumin
- 3/4 tsp tumeric
- 1/2 tsp paprika
- 2 lb black sea bass filet, cubed
- 1 medium red onion chopped
- 1 bell pepper, chopped
- 4 garlic cloves. minced
- 1 28 oz can whole tomatoes
- 1/2 cup white wine
- 4 cups vegetable stock
- 1 small zuchinni chopped
- 2 large carrots peeled and chopped
- 2 green onions chopped
- 1 lemon juiced

DIRECTIONS

1. Heat a large pot and add 3 tbsp of olive oil. Add vegetables and cook for 5 min., stirring occasionally. Season with salt and pepper and add the remaining spices
2. Add tomatoes, white wine, and broth. Bring stew to a boil and then let it simmer for 20 min.
3. Add fish and cook for 6-8 min., or until fish is cooked
4. Garnish with herbs, green onion, and lemon juice

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

INGREDIENTS

24 small quahogs	1 cup chicken broth
1 lb bacon	3 cups milk
2 tbsp butter	8 oz clam juice
1 medium yellow onion, diced	1 bay leaf
4 celery ribs, diced	2 lb russet potatoes
3 garlic cloves, minced	Rosemary, parsley, oregano, thyme
5-7 tbsp all purpose flour	1/4 cup sherry
2 cups water	

DIRECTIONS

1. Rinse clams to remove any sediment. Place in high walled pan. Add 1/4 cup sherry and 2 cups of water and steam until open. Once opened, set aside
2. Cook bacon in large pot. Once cooked, remove and add onions and cook until translucent. Add celery and cook an additional 5 min. Add garlic, bay leaf and seasonings and cook until fragrant
3. Add flour and cook for 2 min. stirring continuously. Add water, half and half, and clam juice. Bring to a boil and reduce to a simmer for 20 min.
4. Peel and dice potatoes and add to soup. Cook 20-25 min. until fork tender
5. Add in cooked clams and allow to simmer for approximately 7 min.
6. Hollow out bread bowl, leaving bottom and sides intact. Ladle into bread bowls and serve

Clam Chowder



4 Servings



45 Minutes

BREAD BOWL INGREDIENTS

900g bread flour

4 1/2 tsp dry yeast

20g salt

2 tbsp dill and rosemary

1 tbsp sage

720g water

DIRECTIONS

1. Combine dry ingredients, whisk to combine
2. Add water, mix until roughly combined. Knead dough for 10 min.
3. Allow to rest for 20 min. using lightly floured hands, reach down one side of the dough to the bottom of the bowl, pull up, and stretch the edge of the dough over the center toward the opposite side. Turn the bowl 90 degrees and repeat, working in a circle around the dough until the dough starts to hold its shape, about 8 -10 rotations
4. Bake at 500 degrees for 27 min. Reduce temp to 475 degrees, uncover and bake for additional 7 min.

INGREDIENTS

- 2 lb tautog filet
- 2 whole lobster
- 1/2 stick butter
- 4 sage leaves
- 1/2 cup breadcrumbs
- 1/4 cup parmesan cheese
- 2 tbsp lemon juice

BEURRE BLANC

SAUCE INGREDIENTS

- 8 tbsp cold butter divided
- 3 tbsp shallot chopped
- 3 tbsp white wine
- 2 tbsp white wine vinegar
- 1/3 cup heavy cream
- Salt and pepper to taste

DIRECTIONS

1. Boil or steam lobster for 7-10 min.
2. Pan fry tautog with butter and sage. Constantly baste filets while cooking. Cook on each side 2-3 min. until no longer opaque
3. Remove lobsters from pot and once cooled, remove tail and claw meat. Add lobster to a food processor and coarsely chop with breadcrumbs, parmesan cheese, and lemon juice
4. Plate tautog with lobster stuffing and top with beurre blanc sauce

BEURRE BLANC DIRECTIONS

1. In medium saucepan melt butter. Add shallots and cook until soft, 1-2 min. Stir in white wine, white wine vinegar, and bring to a light simmer
2. Add cream and salt and bring to a boil. Add remaining butter and stir, until sauce is creamy and coats back of spoon
3. Serve sauce over lobster and fish

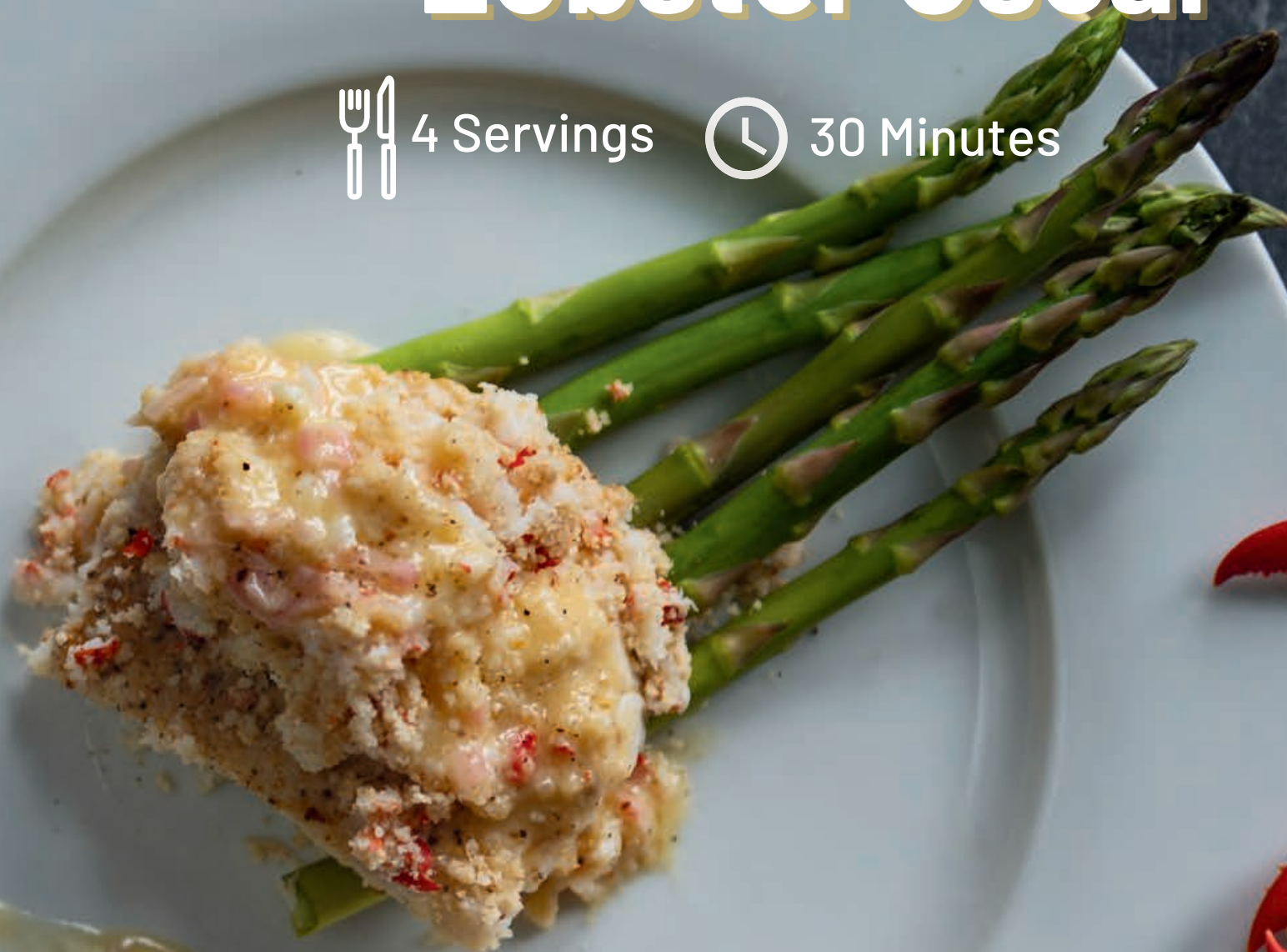
Sage Tautog and Lobster Oscar



4 Servings




30 Minutes



*tautog varies with seasonality,
can be substituted for various
other white fish





**Recipes, Styling, Copy & Design by: RI Seafood- Jordyn Kastlunger and
Molly Ogren**

**Photography & Photo Editing Provided by: Andrew Moran Photography
Seafood Provided by: Dave's Fresh Marketplace**

**Copyright Photography © Andrew Moran 2023
Copyright Design © RI Seafood**

**All rights reserved. No part of this publication may be reproduced, stored in
a retrieval system or transmitted in any form by any means, electronic,
mechanical, photocopying, recording or otherwise, without the prior
written permission of the publishers and copyright holders.**

