

# **SEAFOOD BOOT CAMP**

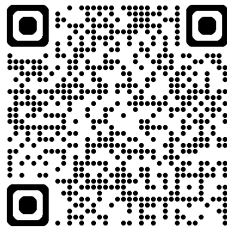
**Welcome!**



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# SEAFOOD BOOT CAMP

This two-day boot camp class is designed for those who practice the art of cookery, as a professional or as a food enthusiast. In this two-day course, you will gain knowledge of techniques that will elevate your culinary repertoire.

Discussion will include identification of the different species of seafood, their habitats and life cycles, as well as determining freshness and buying tips. Butchering and portioning will be performed by each student daily.

Gently applied dry-and moist-heat cooking methods will be used to create dishes that are moist and flavorful. Dishes will feature a wide variety of sauces and garnishes inspired by cuisines from around the world.

# Course Syllabus

## DAY ONE

- ☑ Welcome and Overview
- ☑ Kitchen Production Exercise
  - Menu and Recipe Review
  - Chef Demonstrations
  - Buying and Freshness tips
  - Whole Lobster Butchering and Parts Identification
  - Clam and Oyster Shucking
  - Shrimp Peeling and De-veining
- ☑ Cooking Techniques
  - Poach, Steam, Bake, Sear, Grill and Fry
- ☑ Cooking Preparations
  - Stew
  - Beignets
  - Stuffing
  - Rice and Pasta
  - Ceviche
  - Red Wine Sauce
- ☑ Lunch from Production
- ☑ Critique, Feedback and Review

## DAY TWO

- ☑ Kitchen Production Exercise
  - Menu and Recipe Review
  - Chef Demonstration
  - Buying and Freshness tips
  - Round and Ground Fish Butchering and Portioning
  - Octopus and Calamari Cleaning
- ☑ Cooking Techniques
  - Grill, Char, Tartare, Sashimi, Roasting, and Blackening
- ☑ Cooking Preparations
  - Tomato Sauce
  - Beer Batter
  - Glaze
  - Vinaigrette
- ☑ Lunch from Production
- ☑ Critique, Feedback and Review

# **DAY ONE:**

## **TEAM PRODUCTION ASSIGNMENTS**

### **EACH STUDENT**

Whole Lobster Butchering

### **TEAM ONE**

Chilled Lobster with Beets in a Citrus Miso Vinaigrette

Lobster Stew with Sherry and Cream

Spicy Shrimp Ceviche

Oysters Rockefeller

### **TEAM TWO**

Lobster Salad with Avocado Peppercrest Greens

Shrimp and Pepper Kebabs with Sweet and Sour Glaze

Fried Oysters with Gingered Carrot Seaweed Salad

Whole Baked Lobster with Mushrooms

### **TEAM THREE**

Lobster Beignets with Wasabi Emulsion

Seared Cajun Shrimp with Steamed Rice

Mussels in Saffron and White Wine Broth

Steamed Clams with Parmesan and Pasta

### **TEAM FOUR**

Seared Lobster Tail in a Mushroom Red Wine Sauce

Crab and Shrimp with Bowtie Pasta and Feta

Seared Scallops in a Red Thai Curry Sauce

Baked Clams Casino

# CHILLED LOBSTER WITH BEETS IN A CITRUS MISO VINAIGRETTE

*Yield: 6 portions*

Ingredients	Amounts
Lobster, tail, 4 oz, in shell, split in half lengthwise	3 ea.
Salt, sea	2 Tbsp.
Beet, red, large	2 ea.
Beet, yellow, large	2 ea.
Vinegar, wine, red (Divided)	1/2 cup
Salt, sea	1 Tbsp.
Lemon, juice, fresh	1/4 cup
Lime, juice, fresh	1/4 cup
Orange, juice, fresh	1/2 cup
Miso paste	1/4 cup
Pepper, togarashi	1/2 tsp.
Ginger, powdered	1 tsp.
Soy Sauce	1 Tbsp.
Oil, canola	1/2 cup
Scallion (Green onion), slivered	1/4 cup

## Method

1. In a large pot, bring 1 gallon of water to a low simmer. Add the lobster and salt. Poach for 3 to 4 minutes until translucent. Remove the lobster. Allow them to cool to room temperature in the shell.
2. In separate pots of water, cook the red and yellow beets. To each pot, add the beets, 1/4 cup of the vinegar, and salt. Cook until tender, about 1 hour. Remove the beets. Allow them to cool.
3. In a saucepan, place the lemon, lime, and orange juice. Bring it to a boil and reduce by 1/2. Allow it to cool.
4. Add the miso, pepper, ginger, soy, and oil. If the vinaigrette gets too thick, add a little water.
5. Cut the cooled beets into 1/2-inch thick, 1-inch circles. Arrange 2 yellow and 2 red beets per plate, shingling them in the center of the plate. Place the lobster on top of the beets, then the scallion. Drizzle with the vinaigrette.

# LOBSTER STEW WITH SHERRY AND CREAM

*Yield: 6 portions*

Ingredients	Amounts
Butter, unsalted	½ cup
Shallot, thinly sliced	¼ cup
Garlic, minced	½ tsp.
Celery, peeled, thinly sliced	½ cup
Light cream	1 ½ cups
Wine, sherry	½ cup
Lobster, stock (Recipe follows)	1 cup
Lobster, meat, cooked, large diced	1 ½ cups
Salt, sea	to taste
Pepper, black, ground	to taste
Paprika, ground	1 tsp.
Scallion (Green onions), greens, thinly sliced	¼ cup

## Method

1. In a sauté pan, heat the butter over low heat. Add the shallot, garlic, and celery and cook until tender, 3 to 5 minutes.
2. Add the cream, sherry, and lobster stock. Simmer for 5 minutes. Remove the pan from the heat.
3. Add the lobster meat and allow it to warm.
4. Season with salt and pepper to taste. Garnish with the paprika and scallion.

**Note:** The liquid is very light, which allows the lobster flavor to come through.

# LOBSTER STOCK

*Yield: ½ gallon*

Ingredients	Amount
Oil, canola	¼ cup
Lobster, bodies, cut into 1-in. pieces	4 ea.
Garlic, chopped	1 tsp.
Shallot, chopped	¼ cup
Tomato, paste	2 Tbsp.
Water	3 qt.
Brandy	¼ cup
Salt, sea	2 tsp.
Peppercorns, black	5 ea.

## Method

1. Preheat a 1-gallon pot over medium heat. Add the oil and lobster. Cook until the lobster is bright red, 3 to 5 minutes.
2. Add the garlic and shallot. Cook until it is soft, 1 to 2 minutes.
3. Add the tomato paste. Cook over low heat for 5 minutes, stirring often being careful not to brown the tomato paste.
4. Add the water, brandy, salt, and peppercorns. Cook for 20 minutes. Strain through a fine strainer.
5. Reduce the stock to intensify flavor as needed. Use stronger stocks for sauces and lighter stocks for soups.

**Note:** Do not overcook the stock with the lobster bodies or it will smell like ammonia.



## SPICY SHRIMP CEVICHE

*Yield: 6 portions*

Ingredients	Amounts
Water	1 qt.
Salt, sea	as needed
Shrimp, large, split in half, de-veined	24 ea.
Lime, zest	1 Tbsp.
Lime, juice, fresh	½ cup
Onion, red, thin julienned	½ cup
Garlic, minced	½ tsp.
Salt, sea	to taste
Pepper, black, ground	to taste
Pepper, bell, yellow, small diced	¼ cup
Pepper, bell, red, small diced	¼ cup
Tomato concassé (Recipe follows)	¼ cup
Oil, canola	¼ cup
Cilantro, fresh, chopped	2 Tbsp.
Chile, jalapeño, minced	1 Tbsp.
Cucumber, seedless, ¼-in. sliced	1 ea.

### Method

1. In a large pot, bring the salted water to a simmer. Turn off the heat and add the shrimp. Allow the shrimp to cook until translucent, about 30 seconds. Remove the shrimp and allow them to cool.
2. In a small bowl, combine the lime zest and juice, onion, garlic, salt, and pepper. Allow it to macerate for 10 minutes.
3. Add the red and yellow bell peppers, tomato, oil, shrimp, cilantro, and chile. Toss lightly and allow it to macerate for 5 minutes.
4. Serve in small bowls with all the juice and the cucumber slices.

**Note:** To increase or lessen the spice level, add more or less jalapeño.

# TOMATO CONCASSÉ

*Yield: 2 cups*

## Ingredients

## Amounts

Tomato, plum

1 lb.

Salt, kosher

½ Tbsp.

## Method

1. Score an X at the tip of the tomato, making sure not to cut too deeply. Trim out the stem core, leaving the tomato whole.
2. Bring water to a boil, add the salt, and blanch the tomatoes for 30 seconds.
3. Remove the tomatoes and transfer them immediately into an ice bath. Allow them to cool.
4. Remove the tomatoes and peel away the skin with a paring knife. If properly blanched, the skin will remove easily and none of the flesh will be removed.
5. Halve the tomato crosswise at its widest point. Gently squeeze out the seeds or quarter the tomatoes and cut away the seeds.
6. Small dice the tomatoes.

## OYSTERS ROCKEFELLER

*Yield: 24 oysters*

Ingredients	Amounts
Butter, unsalted	¼ cup
Shallot, minced	¼ cup
Garlic, minced	1 Tbsp.
Spinach, roughly chopped	2 cups
Heavy cream	½ cup
Lemon, zest	1 tsp.
Lemon, juice, fresh	1 Tbsp.
Chile, cayenne, ground	to taste
Salt, sea	to taste
Pepper, black, ground	to taste
Cheese, Parmesan	¼ cup
Cheese, Romano	¼ cup
Oyster, medium, opened, left in bottom shell	24 ea.
Breadcrumbs, fresh	¼ cup
Lemon, cut into wedges	2 ea.

### Method

1. In a sauté pan, add the butter, shallot, and garlic. Cook over low heat until the shallots are tender but not colored, 3 to 5 minutes.
2. Add the spinach, cream, lemon zest, and juice. Cook for 3 minutes. Remove from the heat.
3. Fold in the cayenne, salt, pepper, Parmesan, and Romano cheese. Allow it to cool.
4. Place 1 tablespoon of the cooled mixture over each oyster, add breadcrumbs to the top, and cook under a broiler until lightly browned, 3 to 4 minutes.
5. Serve 3 oysters per person, garnished with a lemon wedge.

# LOBSTER SALAD WITH AVOCADO PEPPERCRESS GREENS

*Yield: 6 portions*

Ingredients	Amounts
Lobster, meat, cooked, large diced	2 cups
Mayonnaise	½ cup
Lemon, zest	1 Tbsp.
Lemon, juice, fresh	1 Tbsp.
Tarragon, fresh, chopped	1 Tbsp.
Chive, fresh, sliced	1 Tbsp.
Tomato, concassé, small diced	½ cup
Chile, cayenne, ground	1/8 tsp.
Salt, sea	to taste
Pepper, black, ground	to taste
Avocado, ripe, mashed	3 ea.
Lime, juice, fresh	2 Tbsp.
Salt, sea	to taste
Pepper, black, ground	to taste
Peppercress, fresh	2 cups

## Method

1. In a large bowl, place the lobster meat, mayonnaise, lemon zest and juice, tarragon, chives, tomato, and cayenne. Mix gently to combine. Season with salt and pepper to taste.
2. In a small bowl, place the avocado and lime juice. Season with salt and pepper to taste. coarsely mash together.
3. Divide the avocado mixture into 6 portions. Place it in the bottom of a 2-inch ring mold.
4. Add the lobster mixture to the ring mold and top with peppercress greens.

**Note:** This recipe can be turned into seafood salad by adding shrimp and crab.

# SHRIMP AND PEPPER KEBABS WITH A SWEET AND SOUR GLAZE

*Yield: 6 portions*

Ingredients	Amounts
Skewer, wooden, soaked	12 ea.
Shrimp, large, peeled, de-veined cut into 3 equal pieces	12 ea.
Pepper, bell, red, medium diced	½ cup
Pepper, bell, green, medium diced	½ cup
Onion, red, medium diced	½ cup
Oil, canola	as needed
Sugar, granulated	½ cup
Vinegar, rice	¼ cup
Soy sauce	¼ cup
Water	½ cup
Cornstarch	2 Tbsp.
Sriracha sauce	1 tsp.
Ketchup	2 Tbsp.
Sesame seeds	2 Tbsp.
Scallion (Green onion), slivered	¼ cup

## Method

1. Place the kebabs on skewers by alternating shrimp, pepper, and onion. Brush them with oil.
2. For the glaze, in a small saucepan, combine the sugar, vinegar, soy sauce, water, cornstarch, Sriracha, and ketchup. Simmer for 2 to 3 minutes. If the glaze gets too thick, add a little water. Reserve.
3. Heat the grill and brush it with oil. Grill the kebabs for 1 to 2 minutes on each side.
4. Brush both sides with the glaze.
5. Sprinkle the kebabs with sesame seeds and scallions.

# FRIED OYSTERS WITH GINGERED CARROT SEAWEED SALAD

*Yield: 6 portions*

Ingredients	Amounts
Carrot, large, shredded	2 cups
Scallion (Green onion), thinly sliced	¼ cup
Radish, white (Daikon), large, shredded	½ cup
Seaweed, aki nori, chopped	¼ cup
Vinegar, rice	½ cup
Ginger, fresh, minced	1 Tbsp.
Garlic, minced	½ tsp.
Oil, sesame	2 Tbsp.
Sesame seeds	2 Tbsp.
Soy sauce	2 Tbsp.
Sugar, granulated	1 Tbsp.
Oil, canola	¼ cup
Salt, sea	to taste
Pepper, black, ground	to taste
Oyster, large, with shells	18 ea.
Egg, whole	3 ea.
Milk, whole	2 Tbsp.
Flour, all-purpose	½ cup
Breadcrumbs, panko	2 cups
Oil, canola	as needed

## Method

1. For the carrot salad, in a large bowl, combine the carrot, scallion, daikon, seaweed, vinegar, ginger, garlic, sesame oil, sesame seeds, soy sauce, sugar, canola oil, salt, and pepper. Allow it to macerate for 15 minutes.
2. Shuck the oysters. Clean the bottom shell with soapy water and allow it to dry.
3. Fill each bottom shell with 2 tablespoons of the carrot salad.
4. In a small bowl, whisk together the egg and milk.
5. To bread the oysters, dip them in flour, then the egg mixture, then the panko.
6. Heat deep fryer to 350°F. Fry the oysters until golden brown, 1 to 2 minutes.
7. Arrange the oysters in each bottom shell, on top of the carrot salad.

# WHOLE BAKED LOBSTER WITH MUSHROOMS

*Yield: 6 portions*

Ingredients	Amounts
Lobster, whole, 1 ¾ lb.	3 ea.
Salt, sea	2 Tbsp.
Butter, unsalted	¼ cup
Mushroom, white, sliced	2 cups
Shallot, sliced	¼ cup
Garlic, minced	1 tsp.
Tomato, concassé, large diced	½ cup
Parsley, fresh, chopped	1 Tbsp.
Breadcrumbs, fresh	1 cup
Salt, sea	to taste
Pepper, black, ground	to taste
Butter, unsalted, melted	¼ cup
Lemon, zest	1 tsp.
Lemon, juice, fresh	2 Tbsp.
Salt, sea	to taste
Pepper, black, ground	to taste

## Method

1. Preheat oven to 325°F.
2. Split the lobster in half lengthways and remove the inside body parts. Remove the claws and knuckles. Poach in salted water for 5 to 7 minutes. Allow it to cool to room temperature.
3. Remove the lobster meat from the shell. Large dice.
4. Heat the butter in a sauté pan over medium heat. Add the mushrooms, shallot, and garlic and sauté until tender.
5. Add the tomato. Simmer for 2 to 3 minutes. Allow it to cool.
6. Add the parsley, breadcrumbs, and lobster meat. Season with salt and pepper to taste. Place the mixture in the lobster body cavity.
7. For the lemon butter, in a small bowl, combine the melted butter, lemon zest, and juice.
8. Season the lobster tails with salt and pepper to taste. Spoon the lemon butter over the tails.
9. Bake the lobsters in the preheated oven until medium doneness and translucent, 10 to 15 minutes.

# LOBSTER BEIGNETS WITH WASABI EMULSION

*Yield: 12 beignets*

Ingredients	Amounts
Savoy Beignet Dough (Recipe follows)	3 cups
Lobster, meat, cooked, med. diced	2 cups
Ginger, fresh, minced	1 tsp.
Garlic, minced	1 Tbsp.
Scallion (Green onion), sliced	½ cup
Soy sauce	2 Tbsp.
Salt, sea	to taste
Pepper, black, ground	to taste
Mayonnaise	1 cup
Wasabi	2 Tbsp.
Lime, juice, fresh	1 Tbsp.

## Method

1. For the beignets, in a large bowl, place the savory beignet dough, lobster, ginger, garlic, scallion, soy sauce, salt, and pepper. Mix gently to combine.
2. Heat a deep fryer to 325°F. Fry 1 spoonful of the mixture at a time. Drain on paper towels.
3. For the sauce, combine the mayonnaise, wasabi, and lime juice. Serve on the side.

**Note:** For a mild sauce, add less wasabi. For a stronger-flavored sauce, add more wasabi.



## SAVORY BEIGNET DOUGH

*Yield: 3 cups*

### Ingredients

### Amounts

Milk, whole	½ cup
Yeast	1 tsp.
Water	½ cup
Sugar, granulated	1 tsp.
Flour, all-purpose	½ cup
Egg, whole	2 ea.
Salt, kosher	½ tsp.
Pepper, black, ground	1 pinch
Flour, all-purpose	1 ½ cups

### Method

1. In a large bowl, place the milk, yeast, water, sugar, and flour. Mix them together to make a batter. Allow it to stand for 10 minutes to activate the yeast.
2. Add the eggs, salt, and pepper. Mix well.
3. Add the remaining flour. Mix to make a stiff batter.
4. Cover and allow it to rise for 1 hour.

# SEARED CAJUN SHRIMP WITH STEAMED RICE

*Yield: 6 portions*

Ingredients	Amounts
Paprika, ground	2 Tbsp.
Thyme, ground	2 tsp.
Garlic, powder	2 tsp.
Onion, powder	2 tsp.
Chile, cayenne, ground	½ tsp.
Parsley, dried	1 Tbsp.
Salt, sea	1 Tbsp.
Shrimp, large, peeled, de-veined	30 ea.
Oil, canola	¼ cup
Butter, unsalted	½ cup
Onion, yellow, small diced	½ cup
Pepper, bell, green, small diced	½ cup
Sausage, andouille, small diced	½ cup
Water	¼ cup
Okra, sliced	½ cup
Rice, white, steamed	3 cups

## Method

1. For the spice blend, combine the paprika, thyme, garlic powder, onion powder, cayenne pepper, parsley, and salt. Season the shrimp on both sides.
2. Heat the oil in a large sauté pan over medium heat. Add the shrimp and sear until medium rare. Remove the shrimp from the pan.
3. Add the butter, onion, bell pepper, sausage, and water. Cook for 3 to 4 minutes.
4. Return the shrimp to the pan. Add the okra. Cook for 1 minute.
5. Serve over steamed rice.

# MUSSELS IN SAFFRON AND WHITE WINE BROTH

*Yield: 6 portions*

Ingredients	Amounts
Butter, unsalted	¼ cup
Garlic, chopped	2 tsp.
Shallot, chopped	1 Tbsp.
Tomato, seeded, chopped	1/2 cup
Wine, white, dry	½ cup
Water	¼ cup
Heavy cream	½ cup
Saffron, threads	1 tsp.
Mussel, scrubbed, debearded	3 lb.
Scallion (Green onion), thinly sliced	2 ea.
Lemon, juice, fresh	1 Tbsp.
Chive, fresh, snipped	1 Tbsp.
Bread, baguette, sliced	1 ea.

## Method

1. Melt the butter in a large pot over medium heat. Add the garlic and shallot. Sauté until fragrant, about 1 minute.
2. Add the tomato. Simmer for 3 to 4 minutes.
3. Add the wine, water, cream, and saffron. Simmer for 5 minutes.
4. Add the mussels, cover, and steam until they open, 5 to 7 minutes. Shake the pot, holding down the lid with a kitchen towel, to redistribute the mussels. Discard any mussels that do not open.
5. Top with the scallions, lemon, and chives. Serve in a large bowl with the baguette.

## STEAMED CLAMS WITH PARMESAN AND PASTA

*Yield: 6 portions*

Ingredients	Amounts
Clam, littleneck	36 ea.
Wine, white, dry	1 cup
Water	1 cup
Garlic, thinly sliced	2 Tbsp.
Shallot, thinly sliced	2 Tbsp.
Butter, unsalted	½ cup
Light cream	½ cup
Lemon, zest	1 Tbsp.
Lemon, juice, fresh	2 Tbsp.
Salt, sea	to taste
Pepper, black, ground	to taste
Pasta, thin linguini, blanched	¼ lb.
Cheese, Parmesan, shaved	¼ cup
Parsley, fresh, julienned	2 Tbsp.
Bread, French, sliced	1 ea.

### Method

1. Soak the clams in cold water for 10 minutes. Scrub them to remove any sand or dirt.
2. For the sauce, in a large pot, place the wine, water, garlic, and shallot. Bring it to a boil.
3. Add the clams, cover, and cook until the clams open, 6 to 8 minutes. Remove the clams from the pot and reserve.
4. Reduce the clam broth to 1 cup. Add the butter and cream. Simmer for 3 to 4 minutes.
5. Finish the sauce with lemon juice and zest. Season with salt and pepper to taste.
6. Add the cooked pasta, clams, and half of the cheese. Gently toss. Garnish with the remaining cheese and parsley.
7. Serve with French bread.

# SEARED LOBSTER TAIL IN A MUSHROOM RED WINE SAUCE

*Yield: 6 portions*

Ingredients	Amounts
Butter, unsalted	¼ cup
Shallot, small diced	¼ cup
Garlic, minced	1 Tbsp.
Mushroom, portobello, small diced	1 cup
Mushroom, shiitake, small diced	1 cup
Wine, red, dry	1 cup
Herbes de Provence	1 tsp.
Demi-glace	1 cup
Salt, sea	to taste
Pepper, black, ground	to taste
Bread, white, fresh	6 ea.
Lobster, tail, 4 oz.	3 ea.
Butter, unsalted	½ cup
Chive, bâtonnet	¼ cup

## Method

1. Preheat oven to 350°F.
2. For the sauce, heat the butter in a sauté pan over low heat. Add the shallot and garlic. Sauté for 2 minutes.
3. Add the mushrooms, wine, and herbes de Provence. Reduce by 1/2.
4. Add the demi-glace. Bring it to a simmer and cook for 5 minutes. Season with salt and pepper to taste.
5. For the croutons, cut the bread slices with a 3-inch circle cutter. Toast in the preheated oven.
6. Split the lobster tails in half.
7. Heat the butter in a sauté pan over low heat. Add the split lobster tails and sauté, basting the tails with butter, for 2 to 3 minutes on each side. Allow the tails to rest in the butter.
8. Place the croutons in the center of a plate. Spoon 1 tablespoon of lobster cooking butter on the croutons. Remove the lobsters from the shells and place them on the croutons.
9. Drizzle the sauce around the plate and top with the chives.

# CRAB AND SHRIMP WITH BOWTIE PASTA AND FETA

*Yield: 6 portions*

Ingredients	Amounts
Crab, meat, lump	1 cup
Shrimp, large, peeled, de-veined	24 ea.
Pasta, bow tie	½ lb.
Lemon, juice, fresh	¼ cup
Lemon, zest	1 Tbsp.
Vinegar, red	¼ cup
Onion, red, small diced	¼ cup
Garlic, minced	1 tsp.
Tomato, concassé, small diced	½ cup
Pepper, bell, green, small diced	¼ cup
Pepper, bell, yellow, small diced	¼ cup
Cucumber, small diced	½ cup
Parsley, fresh, chopped	2 Tbsp.
Dill, fresh, chopped	2 Tbsp.
Cheese, feta, small diced	½ cup
Oil, olive, pure	½ cup
Olive, niçoise, chopped	½ cup
Salt, sea	to taste
Pepper, black, ground	to taste

## Method

1. Split the shrimp in half lengthwise.
2. Bring a pot of salted water to a simmer. Add the shrimp and poach for 1 to 2 minutes. Remove the shrimp and allow it to cool to room temperature.
3. Bring a pot of salted water to a boil. Add the pasta and cook until firm to the bite (*al dente*), 4 to 7 minutes.
4. In a small bowl, combine the lemon zest and juice, vinegar, red onion, and garlic. Allow it to macerate for 5 minutes.
5. In a large serving bowl, combine all the ingredients. Season with salt and pepper to taste.

## SEARED SCALLOPS IN A RED THAI CURRY SAUCE

*Yield: 6 portions*

Ingredients	Amounts
Garlic, minced	1 tsp.
Shallot, minced	2 tsp.
Ginger, fresh, minced	1 tsp.
Water	$\frac{3}{4}$ cup
Thai curry paste, medium hot	1 Tbsp.
Coconut, milk	1 cup
Cornstarch	1 Tbsp.
Peanut, butter	$\frac{1}{4}$ cup
Fish sauce	1 Tbsp.
Sugar, brown	2 Tbsp.
Scallop, sea, large	18 ea.
Salt, sea	as needed
Pepper, black, ground	as needed
Flour, all-purpose	as needed
Oil, canola	as needed
Cilantro, fresh, rough chopped	$\frac{1}{4}$ cup
Scallion (Green onion), slivered	$\frac{1}{4}$ cup
Papaya, green, julienned	2 cups
Carrot, julienned	$\frac{1}{2}$ cup
Lime, juice, fresh	$\frac{1}{4}$ cup

### Method

1. For the curry sauce, in a large saucepan, combine the garlic, shallot, ginger, and water. Bring it to a boil.
2. Add the curry paste, coconut milk, cornstarch, peanut butter, fish sauce, and brown sugar. Bring to a simmer and cook for 2 to 3 minutes. If the sauce is too thick, add more water. If it is too thin, reduce the sauce for another minute.
3. Season the scallops with salt and pepper. Lightly flour.
4. Heat a large, heavy-bottomed skillet over medium heat. Add the canola oil and heat until it shimmers. Add the floured scallops and sear until medium rare, 1 to 2 minutes on each side. Drain on paper towels.
5. Arrange 3 scallops per plate. Drizzle sauce on top of the scallops and around the plates.
6. For the green papaya salad, in a medium bowl, combine the cilantro, scallion, papaya, carrot, and lime juice.
7. Garnish the scallops with the salad.

## BAKED CLAMS CASINO

*Yield: 24 clams*

Ingredients	Amounts
Clam, washed	24 ea.
Wine, white, dry	1 cup
Pork, bacon, small diced	½ cup
Onion, yellow, small diced	½ cup
Pepper, bell, green, small diced	½ cup
Pepper, bell, red, small diced	½ cup
Garlic, minced	1 Tbsp.
Chile, jalapeño, minced	1 Tbsp.
Parsley, fresh, minced	2 Tbsp.
Butter, unsalted	¼ cup
Lemon, zest	1 Tbsp.
Breadcrumbs, fresh	1 cup
Red pepper flakes	1 tsp.
Cheese, Parmesan	2 Tbsp.
Lemon, juice, fresh	2 Tbsp.
Salt, sea	to taste
Pepper, black, ground	to taste

### Method

1. In a large pot, place the clams and white wine. Cover and cook for 8 to 10 minutes. Remove the meat from the shells.
2. Chop the meat, clean the shells, and reserve the clam juice.
3. Cook the bacon until lightly browned. Drain  $\frac{3}{4}$  of the bacon fat from the pan.
4. Add the onion, bell peppers, garlic, jalapeño, parsley, and butter. Cook for 3 to 7 minutes over low heat.
5. Add the lemon zest, breadcrumbs, red pepper flakes, cheese, and clams. Add a  $\frac{1}{2}$  cup of the reserved clam juice. Season with salt and pepper to taste.
6. Fill the clam shells with stuffing. Cook under a broiler until lightly browned, 3 to 7 minutes.

**Note:** The clam broth should be strong in flavor. If not, reduce by  $\frac{1}{2}$  when adding to the mixture. Add just enough clam broth to moisten.



## **DAY TWO:**

### **TEAM PRODUCTION ASSIGNMENTS**

#### **EACH STUDENT**

Whole Round & Flat Fish Butchering

#### **TEAM ONE**

Grilled Octopus Salad with Sherry Vinaigrette

Beer-Battered Cod with Apple Walnut Coleslaw

Hamachi with Daikon Radish Salad

Baked Halibut Puttanesca

#### **TEAM TWO**

Fried Calamari with Lemon Caper Remoulade

Salmon with an Herbes de Provence Crust and Dijon Emulsion

Moroccan Red Snapper with Herbed Couscous

Seared Skate Wing with Lemon Parsley Potatoes

#### **TEAM THREE**

Salmon Tartare with Gribiche Sauce

Roasted Monk Fish with Celery Root Purée and Red Wine Sauce

Seared Tuna with Mixed Greens and Peanut Sauce

Blackened Catfish with Creamy Grits

#### **TEAM FOUR**

Sautéed Calamari Rings in Spicy Chili Oil

Asian Tuna Tartare and Potato Crisps

Shiitake-Miso Glazed Cod with Jasmine Rice

Sautéed Whole Sole with Brown Butter Asparagus

# GRILLED OCTOPUS SALAD WITH SHERRY VINAIGRETTE

*Yield: 6 portions*

Ingredients	Amounts
Court Bouillon (Recipe follows)	1 gal.
Octopus, legs	6 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Oil, olive, pure	¼ cup
Mesclun greens	3 cups
Beans, fava, blanched	½ cup
Fennel, shaved into rings	½ cup
Olive, green, chopped	¼ cup
Capers, non-pareil, chopped	1 Tbsp.
Onion, red, shaved into rings	¼ cup
Sherry Wine Vinaigrette (Recipe follows)	1 cup

## Method

1. Poach the octopus in the court bouillon over low heat until tender but not mushy, 1 to 1 ½ hours. Remove from the heat and cool to room temperature.
2. Cut the octopus legs into 3 equal pieces. Season with salt and pepper to taste. Toss with the olive oil.
3. Grill the octopus, charring lightly on all sides, about 1 minute per piece.
4. In a large bowl, place the mesclun, beans, fennel, olives, capers, and onion. Add 1/2 of the Sherry Wine Vinaigrette. Toss to combine. Place on top of the plate.
5. Place the octopus on the bottom half of the plate and drizzle with the remaining vinaigrette.

# COURT BOUILLON

*Yield: 1 gallon*

## Ingredients

## Amounts

Water	5 qt.
Vinegar, wine, red	1 cup
Salt, sea	2 Tbsp.
Shallot, sliced	¼ cup
Garlic, sliced	¼ cup
Thyme, ground	1 pinch
Bay leaf	1 ea.
Parsley, fresh, stem	3 ea.
Peppercorns, black	3 Tbsp.

## Method

1. In a large pot, bring all the ingredients to a simmer over medium high heat for 20 minutes.
2. The court bouillon is now ready to use.

## SHERRY WINE VINAIGRETTE

*Yield: 1 cup*

Ingredients	Amounts
Vinegar, sherry	¼ cup
Vinegar, balsamic	1 Tbsp.
Garlic, minced	¼ tsp.
Shallot, minced	1 Tbsp.
Salt, sea	to taste
Pepper, black, ground	to taste
 Mustard, Dijon	 1 tsp.
 Oil, olive, pure	 ¼ cup
Oil, olive, extra virgin	¼ cup

### Method

1. In a small bowl, combine the sherry and balsamic vinegar, garlic, shallot, salt, and pepper. Let it macerate for 5 minutes.
2. Slowly whisk in the mustard.
3. Slowly whisk in the pure olive oil. Slowly whisk in the extra virgin olive oil.

**Note:** The blending of oils and vinegars in this recipe creates a more complex vinaigrette.

# BEER-BATTERED COD WITH APPLE WALNUT COLESLAW

*Yield: 6 portions*

Ingredients	Amounts
Cabbage, white, shredded	1 cup
Cabbage, red, shredded	1 cup
Walnuts, chopped	¼ cup
Apple, small diced	½ cup
Mayonnaise	1 cup
Vinegar, cider	¼ cup
Salt, celery	1 tsp.
Carrot, shredded	¼ cup
Celery, small diced	¼ cup
Sugar, granulated	1 Tbsp.
Salt, kosher	
Pepper, black, ground	to taste
Flour, all-purpose	1 ½ cups
Egg, whole	2 ea.
Garlic, powder	1 tsp.
Onion, powder	1 tsp.
Pepper, white, ground	1 tsp.
Salt, sea	1 Tbsp.
Beer	1 ½ cups
Cod, fillet, 6 oz., skinless, boneless	6 ea.

## Method

1. Heat a deep fryer to 350°F
2. For the coleslaw, in a large bowl, combine the white and red cabbage, walnuts, apple, mayonnaise, vinegar, celery salt, carrot, celery, sugar, salt, and pepper. Allow it to sit for 1 hour.
3. For the beer batter, in a large bowl, combine the flour, egg, garlic powder, onion powder, white pepper, salt, and beer. Whisk until smooth.
4. Dip the cod fillets in the batter. Deep-fry for 3 to 4 minutes.
5. Serve with coleslaw on the side.

**Note:** For a more acidic coleslaw, add more vinegar. To make it less acidic, add more mayonnaise.

# HAMACHI WITH DAIKON RADISH SALAD

*Yield: 6 portions*

Ingredients	Amounts
Hamachi, sashimi grade	1 lb.
Vinegar, rice	¼ cup
Ginger, minced	1 Tbsp.
Soy sauce	¼ cup
Wine, rice, Japanese ( <i>Mirin</i> )	¼ cup
Oil, canola	½ cup
Wasabi	1 Tbsp.
Pepper, togarashi	1 tsp.
Lemon, zest	1 Tbsp.
Lime, zest, fresh	1 Tbsp.
Scallion (Green onion), slivered	¼ cup
Radish, daikon, grated	2 cups
Carrot, grated	½ cup
Salt, sea	to taste
Pepper, black, ground	to taste
Cucumber, thinly sliced	½ cup

## Method

1. Remove all the fat from the hamachi. Thinly slice on the bias.
2. For the sauce, in a small bowl, combine the vinegar, ginger, soy sauce, mirin, oil, wasabi, togarashi, lemon zest, and lime zest. Allow it to stand for 5 minutes.
3. For the salad, in a large bowl, combine the scallion, daikon, carrot and ¼ cup of the sauce. Season with salt and pepper to taste.
4. Arrange the hamachi in a circular pattern on the plate, folding it over to create height.
5. Place the salad in the center and drizzle the remaining sauce around the plate.
6. Garnish the top of the hamachi with cucumber slices.

## BAKED HALIBUT PUTTANESCA

*Yield: 6 portions*

Ingredients	Amounts
Butter, unsalted, softened	½ cup
Lemon, zest	1 tsp.
Lemon, juice, fresh	1 Tbsp.
Garlic, minced	1 tsp.
Shallot, minced	1 Tbsp.
Parsley, fresh, chopped	1 Tbsp.
Halibut, fillet, 4 to 6 oz.	6 ea.
Salt, sea	as needed
Pepper, black, ground	as needed
Puttanesca Sauce (Recipe follows)	1x recipe

### Method

1. Preheat oven to 350°F.
2. In a medium bowl, place the butter, lemon zest, lemon juice, garlic, shallot, and parsley. Mix well.
3. Season the halibut with salt and pepper. Brush them with the lemon butter mixture.
4. Place the halibut on a baking dish. Cook in the preheated oven until warm in the center, 5 to 7 minutes.
5. Carefully arrange on top of the Puttanesca Sauce.

## PUTTANESCA SAUCE

*Yield: 6 portions*

Ingredients	Amounts
Garlic, minced	2 Tbsp.
Oil, olive, pure	½ cup
Tomato, paste	1 Tbsp.
Wine, red	½ cup
Water	½ cup
Tomato, concassé, small diced	3 cups
Olive, kalamata, pitted, chopped	¼ cup
Olive, green, pitted, chopped	¼ cup
Capers, non-pareil	1 Tbsp.
Red pepper flakes	1 tsp.
Basil, fresh, chopped	1 Tbsp.
Oregano, fresh, chopped	1 tsp.
Salt, sea	to taste
Pepper, black, ground	to taste

### Method

1. Heat the oil in a sauté pan over low heat. Add the garlic and sauté until tender.
2. Add the tomato paste and cook for 2 to 3 minutes. Do not brown.
3. Add the wine, water, and tomato concassé. Cook at a low simmer for 1 hour.
4. Add the kalamata and green olives, capers, red pepper flakes, basil, and oregano. Cook for 5 minutes.
5. Season with salt and pepper to taste.



# FRIED CALAMARI WITH LEMON CAPER REMOULADE

*Yield: 10 portions*

Ingredients	Amounts
Squid, rinsed	2 lb.
Milk, whole	3 cups.
Flour, all-purpose	as needed
Oil, canola	as needed
Salt, sea	to taste
Lemon, cut into wedges	2 ea.
Lemon Caper Remoulade (Recipe follows)	1 ½ cups

## Method

1. Slice the squid into ¼-inch rings. Cut the tentacles in ½ or quarters.
2. In a large bowl, soak the squid in the milk until ready to fry.
3. Place the flour in a large bowl. Working in small batches, toss the squid in the flour.
4. Deep-fry the squid in hot oil until light golden brown in color. Drain the fried squid on absorbent paper or a draining rack.
5. Lightly season the fried squid with salt.
6. Serve immediately, garnished with lemon wedges and Lemon Caper Remoulade.

## LEMON CAPER REMOULADE

*Yield: 1 ½ cups*

Ingredients	Amounts
Anchovy, filet	1 ea.
Garlic, clove, medium	1 ea.
Salt, sea, fine	½ tsp.
Mayonnaise	1 cup
Lemon, zest	1 Tbsp.
Lemon, juice, fresh	2 Tbsp.
Capers, non-pareil, chopped roughly	2 Tbsp.
Pepper, black, ground	to taste
Parsley, fresh, chopped	1 Tbsp.
Chive, minced	1 Tbsp.
Worcestershire sauce	1 tsp.
Tabasco sauce	1 dash

### Method

1. Finely chop the anchovy and garlic together.
2. Add the salt and mash with the side of the knife.
3. Transfer to a medium bowl. Add the mayonnaise and whisk to incorporate.
4. Add the lemon zest and juice, capers, pepper, parsley, and chives. Stir to combine.
5. Adjust the seasoning with the Worcestershire and tabasco sauce.

# SALMON WITH AN HERBES DE PROVENCE CRUST AND DIJON EMULSION

*Yield: 6 portions*

Ingredients	Amounts
Butter, unsalted	¼ cup
Garlic, minced	1 tsp.
Shallot, minced	1 Tbsp.
Flour, all-purpose	1 Tbsp.
Wine, white, dry	¼ cup
Stock, chicken	½ cup
Heavy cream	1 cup
Mustard, Dijon	¼ cup
Salmon, fillet, skinless, 4 oz.	6 ea.
Salt, sea	as needed
Pepper, black, ground	as needed
Oil, olive, pure	¼ cup
Herbs de Provence	¼ cup
Spinach, baby, fresh, stemmed	2 cups

## Method

1. For the sauce, heat the butter in a medium saucepan over low heat. Add the garlic and shallot. Cook until soft, about 2 minutes.
2. Add the flour and cook for 1 minute.
3. Add the wine. Bring it to a boil.
4. Add the stock, heavy cream, and mustard. Simmer for 5 minutes. If the sauce is too thick, add a little water. If it is too thin, reduce. With an immersion blender, mix the sauce until it is light and frothy.
5. Season the salmon with salt and pepper. Dip the top of the salmon in oil and then in the herbes de Provence, making a crust.
6. Cook gently until medium rare, about 2 minutes on each side.
7. In a large sauté pan over medium heat, place the spinach leaves. Cook until they start to shrink and just wilt. Place the spinach in the center of the plate with the salmon on top.
8. Drizzle sauce around the plate.

# MOROCCAN RED SNAPPER WITH HERBED COUSCOUS

*Yield: 6 portions*

Ingredients	Amounts
Water	3 cups
Salt, sea	½ tsp.
Couscous, dry	1 ½ cups
Oil, olive, extra-virgin	½ cup
Lemon, zest	1 Tbsp.
Lemon, juice, fresh	¼ cup
Parsley, fresh, chopped	¼ cup
Chive, fresh, sliced	¼ cup
Mint, fresh, chopped	¼ cup
Cilantro, fresh, chopped	¼ cup
Salt, sea	to taste
Pepper, black, ground	to taste
Red snapper, fillet, skin on, 4 oz.	6 ea.
Berber spice	1 Tbsp.
Coriander seed, cracked	1 Tbsp.
Salt, sea	1 Tbsp.
Pepper, black, ground	1 tsp.
Flour, all-purpose	as needed
Oil, canola	as needed

## Method

1. For the couscous, bring the water to a boil. Add the salt and stir in the couscous. Remove from heat, cover, and let it cook for 15 minutes. Fluff with a fork, remove from the pot, and cool to room temperature.
2. Add the olive oil, lemon juice and zest, parsley, chives, mint, and cilantro. Season with salt and pepper to taste.
3. For the spice blend, in a small bowl, combine the salt, pepper, Berber spice, and coriander seed.
4. Season the snapper with the spice blend. Dredge it in the flour.
5. Heat the oil in a sauté pan over medium heat, Add the floured snapper and sauté skin side down for 3 to 4 minutes. Gently turn it over and sauté for another minute. Serve medium rare.
6. Place the couscous in the center of a serving plate. Arrange the fish on top. Drizzle with additional olive oil and lemon juice.

# SEARED SKATE WING WITH LEMON PARSLEY POTATOES

*Yield: 6 portions*

Ingredients	Amounts
Potato, Yukon Gold, size A	4 ea.
Water	1 gal.
Skate, wing, boneless, skinless, 4 oz.	6 ea.
Salt, sea	as needed
Pepper, black, ground	as needed
Flour, all-purpose	as needed
Oil, canola	as needed
Butter, unsalted	1 cup
Lemon, zest	1 Tbsp.
Lemon, juice, fresh	¼ cup
Parsley, fresh, finely chopped	2 Tbsp.
Pepper, black, cracked	2 tsp.
Salt, sea	to taste

## Method

1. Peel the potatoes. Using a large Parisian scoop, make 42 potato balls. Place them in cold water. Reserve the potato scraps for another use.
2. Bring the water to a boil. Add the potato balls and blanch until cooked but not mushy, 7 to 8 minutes. The balls should hold their shape. Remove and let it cool.
3. Season the skate with salt and pepper. Dust the skate with flour.
4. Heat the oil in a large sauté pan over high heat. Add the skate wings and cook for 2 minutes on each side. Remove from the heat and drain.
5. In another large sauté pan, melt the butter and lightly brown, stirring with wooden spoon.
6. Add the potatoes and cook for 2 minutes until lightly browned.
7. Gently fold in the lemon zest and juice, parsley, and pepper. Season with salt to taste.
8. Place the fish in the center of a serving plate with the potatoes arranged around it.
9. Drizzle butter from the potato pan on top of the skate.

## SALMON TARTARE WITH GRIBICHE SAUCE

*Yield: 6 portions*

Ingredients	Amounts
Mustard, Dijon	1 tsp.
Oil, olive, extra virgin	½ cup
Vinegar, wine, red	¼ cup
Egg, hard cooked, peeled, chopped	2 ea.
Salmon, boneless, skinless, small diced	2 cups
Pickle, gherkin, minced	¼ cup
Capers, non-pareil, chopped	1 Tbsp.
Shallot, chopped	1 Tbsp.
Dill, fresh, chopped	2 tsp.
Parsley, fresh, chopped	1 Tbsp.
Salt, sea	to taste
Pepper, black, ground	to taste
Mustard, Dijon	1 tsp.
Bread, sourdough, loaf, sliced, toasted	1 ea.

### Method

1. For the sauce, in a small bowl, combine the mustard, oil, and vinegar. Gently fold in the egg, being careful not to break it up.
2. In a large bowl, place the salmon, pickle, capers, shallot, dill, parsley, and mustard. Lightly mix with a fork. Season with salt and pepper to taste.
3. Divide the mixture into 6 portions. Place it in a ring mold and spoon the sauce around the mold.
4. Serve with sourdough toast.

# ROASTED MONKFISH WITH CELERY ROOT PURÉE AND RED WINE SAUCE

*Yield: 6 portions*

Ingredients	Amounts
Pork, bacon, diced	¼ cup
Butter, unsalted	1 Tbsp.
Shallot, minced	¼ cup
Garlic, minced	1 Tbsp.
Thyme, ground	1 tsp.
Mushroom, white, sliced	1 cup
Wine, red	1 cup
Demi-glace	1 cup
Celery root, peeled, cubed	2 cups
Butter, unsalted	2 Tbsp.
Salt, sea	to taste
Pepper, black, ground	to taste
Monkfish, 4 oz. fillet, boneless, skinless	6 ea.
Salt, sea	as needed
Pepper, black, ground	as needed
Flour, all-purpose	½ cup
Oil, canola	½ cup

## Method

1. In a medium saucepan, cook the bacon until lightly brown. Remove the bacon.
2. Add the butter, shallot, garlic, and thyme. Cook for 2 minutes.
3. Add the mushrooms. Cook for 2 minutes.
4. Add the wine and demi-glace. Simmer for 10 minutes. The sauce should be thick enough to coat the back of a spoon (*nappé*).
5. In a medium pot, boil the celery root in water until tender. Remove.
6. In a blender, place the cooked celery root and butter. Season with salt and pepper to taste. Purée until smooth.
7. Season the monkfish with salt and pepper. Lightly flour. Heat the oil in a large sauté pan over medium-high heat. Add the monkfish and sauté until brown on both sides, about 6 minutes.
8. Serve the monkfish on top of the celery root purée. Spoon the sauce around the purée and fish.

# SEARED TUNA WITH MIXED GREENS AND PEANUT SAUCE

*Yield: 6 portions*

Ingredients	Amounts
Tuna, steak, 6 oz.	3 ea.
Salt, sea	as needed
Pepper, black, ground	as needed
Oil, canola	as needed
Soy sauce	2 Tbsp.
Lemon, juice, fresh	2 Tbsp.
Sriracha sauce	1 Tbsp.
Peanuts, chopped	1/4 cup
Oil, peanut	1/2 cup
Mesclun greens	3 cups
Peanuts, chopped	1/4 cup
Cilantro, fresh, leaves, pinched	1/4 cup
Mint, fresh, leaves, pinched	1/4 cup
Bean sprouts	1/2 cup

## Method

1. Season the tuna with salt and pepper. Heat a medium skillet on medium-high heat until very hot. Add the oil to the hot pan. Add the tuna and sear to rare doneness, about 1 minute on each side. Allow the tuna to cool. Slice thin.
2. For the vinaigrette, in a small bowl, combine the soy sauce, lemon juice, sriracha, peanuts, and peanut oil.
3. In a large bowl, place the mesclun greens, peanuts, cilantro, mint, bean sprouts, and 2 tablespoons of the vinaigrette.
4. Place the salad in the center of the plate. Gently arrange the tuna over the salad and spoon the vinaigrette around.



# BLACKENED CATFISH WITH CREAMY GRITS

*Yield: 6 portions*

Ingredients	Amounts
Chile, cayenne, ground	1 Tbsp.
Pepper, black, ground	1 Tbsp.
Garlic, powder	1 Tbsp.
Onion, powder	1 Tbsp.
Salt, sea	2 Tbsp.
Paprika, ground	1 Tbsp.
Oregano, dried	1 tsp.
Thyme, dried	1 tsp.
Water	2 cups
Milk, whole	1 cup
Heavy cream	½ cup
Butter, unsalted	½ cup
Salt, sea	as needed
Pepper, black, ground	as needed
Grits	¾ cup
Cheese, Parmesan	½ cup
Catfish, fillet, 4-5 oz., boneless, skinless	6 ea.
Butter, unsalted, melted	1 cup

## Method

1. For the spice blend, in a small bowl, combine the cayenne, black pepper, garlic powder, onion powder, salt, paprika, oregano, and thyme.
2. For the grits, in a large pot, place the water, milk, cream, butter, salt, and pepper. Bring it to a boil. Stir in the grits and cook for 20 minutes.
3. Add the cheese. If the grits are too thick, add more water.
4. Season the catfish in the spice blend. Dip the catfish in the melted butter. In a cast iron skillet over medium-high heat, cook the catfish for 2 minutes on each side. The fish should be black on the outside and cooked in the middle.
5. Serve immediately with the grits on the side.

# SAUTÉED CALAMARI RINGS IN SPICY CHILI OIL

*Yield: 6 portions*

Ingredients	Amounts
Calamari, tubes, medium size	18 ea.
Oil, olive, pure	½ cup
Chile, jalapeño, ¼-in. sliced	¼ cup
Pepper, red, frying, ¼-in. sliced	1 cup
Onion, red, ¼-in. sliced	½ cup
Garlic, thinly sliced	¼ cup
Chili powder	1 Tbsp.
Oil, olive, pure	as needed
Parsley, fresh, chopped	2 Tbsp.
Lemon, juice, fresh	¼ cup
Salt, sea	to taste
Pepper, black, ground	to taste
Bread, French, ½-in. slice, toasted	18 ea.

## Method

1. Wash the calamari. Cut them it into ¼-inch circles. Dry completely on a sheet pan.
2. Heat the olive oil in a sauté pan over medium heat. Add the jalapeño, red pepper, onion, garlic, and chili powder. Cook for one minute, keeping the peppers crunchy. Remove the peppers and reserve.
3. Heat the oil in a large sauté pan over medium-high heat. Add the calamari. Sauté for 2 minutes.
4. Add the reserved peppers, parsley, and lemon juice. Season with salt and pepper to taste.
5. Serve in a bowl-style plate with the French bread.

**Note:** The drier the calamari rings are, the better they will sauté. If they are too wet, they will boil in the oil.

# ASIAN TUNA TARTARE AND POTATO CRISPS

*Yield: 6 portions*

Ingredients	Amounts
Potato, russet	2 ea.
Oil, canola	as needed
Salt, sea	to taste
Pepper, black, ground	to taste
Tuna, yellowfin, small diced	1 ½ lb.
Oil, canola	2 Tbsp.
Wasabi	1 Tbsp.
Scallion (Green onion), chopped	1 Tbsp.
Ginger, pickled, chopped	1 Tbsp.
Sesame seeds	1 Tbsp.
Chile, Jalapeño, minced	½ Tbsp.
Salt, kosher	1 tsp.
Soy sauce	1 tsp.

## Method

1. Cut the potatoes into 30 circles about 1/8-inch in diameter.
2. Heat a deep fryer to 300°F. Fry the potatoes until light brown. Season with salt and pepper to taste.
3. In a large bowl, place the tuna, oil, wasabi, scallion, ginger, sesame seeds, jalapeño, salt, and soy sauce. Mix gently to combine.
4. Divide the tuna mixture into 6 portions. Place in a circle mold. Top with the fried potato crisps.

# SHIITAKE-MISO GLAZED COD WITH JASMINE RICE

*Yield: 6 portions*

Ingredients	Amounts
Garlic, minced	1 tsp.
Ginger, fresh, minced	1 Tbsp.
Mushroom, shiitake, brunoise	1 cup
Oil, canola	2 Tbsp.
Sugar, brown	2 Tbsp.
Sake	½ cup
Wine, rice, Japanese ( <i>Mirin</i> )	¼ cup
Miso, paste, dark	½ cup
Soy sauce	¼ cup
Cod, fillet, skinless, 4 oz.	6 ea.
Salt, sea	as needed
Pepper, black, ground	as needed
Sesame seeds	2 Tbsp.
Rice, jasmine, steamed	3 cups

## Method

1. For the glaze, in a sauté pan over low heat, place the garlic, ginger, shiitake, and oil. Cook for 2 minutes.
2. Add the sugar, sake, and mirin. Bring it to a boil.
3. Add the miso and soy sauce. Cook for 1 minute. Allow it to cool.
4. Marinate the cod fillets in 1/2 of the glaze for 30 minutes at room temperature.
5. Preheat oven to 350°F.
6. Lightly season the cod with salt and pepper. Arrange the cod so that they are not touching on a parchment lined sheet pan. Brush the top of each cod with additional glaze.
7. Cook under the broiler until lightly browned, 3 to 4 minutes.
8. Finish cooking in the preheated oven until medium doneness.
9. Sprinkle with sesame seeds. Serve with the rice.

# SAUTÉED WHOLE SOLE WITH BROWN BUTTER ASPARAGUS

*Yield: 6 portions*

Ingredients	Amounts
Asparagus, medium	30 ea.
Sole, cleaned, skinless, 14 oz.	6 ea.
Salt, sea	as needed
Pepper, black, ground	as needed
Flour, all-purpose	as needed
Oil, canola	as needed
Butter, unsalted	1 cup
Capers, non-pareil, drained, rinsed	1/4 cup
Lemon, juice, fresh	1/4 cup
Parsley, fresh, chopped	1/4 cup
Almonds, sliced	1/4 cup

## Method

1. Preheat oven to 350°F.
2. Cut the asparagus on a bias into 1 1/2-inch pieces.
3. In a large pot of salted water, blanch the asparagus for 1 minute. Shock in ice water until cool. Reserve.
4. Season the sole with salt and pepper. Dredge it in flour.
5. Heat the oil in a large sauté pan over medium heat. Add the sole until it is lightly browned, 3 to 4 minutes on each side. Place the sole on a baking sheet lined with parchment paper.
6. In a small sauté pan, brown the butter over medium heat. Add the capers, lemon juice, and parsley.
7. Finish cooking the sole in the oven for about 3 minutes.
8. Carefully transfer the sole to a serving plate. Spoon the brown butter sauce over the top. Serve with the reserved, warm asparagus. Top with almonds.

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These materials were developed at the Culinary Institute of America.

Seafood Boot Camp 2 Day Muller v.160.docx

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