



Culinary Institute
of America

Global Fish & Seafood

Day 4



Learning Objectives

- Identify key regional and global fish and seafood varieties used in professional kitchens.
- Describe common cooking techniques used in global seafood preparation.
- Recognize iconic seafood dishes and connect them to their cultural and geographic origins.
- Explain regional flavor profiles, including common herbs, spices, marinades, and sauces used in seafood dishes around the world.
- Apply global techniques and ingredients to create seafood dishes that reflect traditional flavor combinations and methods.

East & Southeast Asia

- **Key fish & seafood:** snapper, mackerel, squid, shrimp, crab
- **Key techniques:** steaming, stir-frying, grilling, deep frying, poaching, raw
- **Flavors:** soy sauce, sesame oil, ginger, garlic, miso, rice vinegar, lemongrass, chili, coconut milk, tamarind
- **Popular dishes:**
 - Japanese miso grilled salmon
 - Thai green curry with shrimp
 - Vietnamese caramelized fish (cá kho tộ)



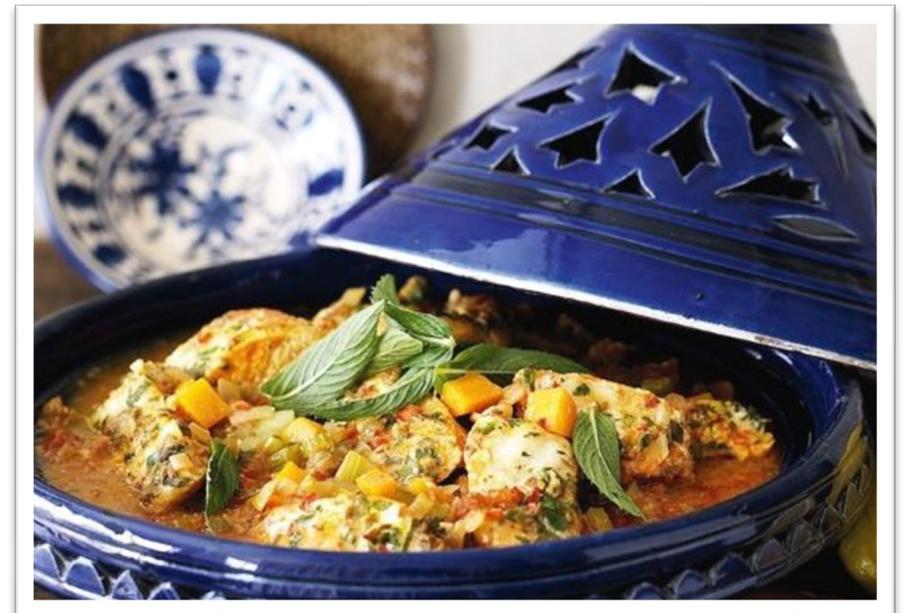
South Asia

- **Key fish & seafood:** tilapia, pomfret, prawns, catfish
- **Key techniques:** simmering, shallow frying, steaming, grilling, pickling
- **Flavors:** turmeric, cumin, coriander, mustard seeds, curry leaves, garam masala, tamarind, green chili
- **Popular dishes:**
 - Goan fish curry
 - Bengali mustard fish
 - South Indian tamarind prawn curry



Mediterranean

- **Key fish & seafood:** sea bass, sardines, octopus, anchovies, mussels
- **Key techniques:** grilling, roasting, poaching, stewing, frying
- **Flavors:** olive oil, lemon, oregano, rosemary, garlic, paprika, saffron, preserved lemon
- **Popular dishes:**
 - Greek grilled octopus with lemon and oregano
 - Moroccan chermoula fish tagine
 - Spanish paella with seafood



Northern & Central Europe

- **Key fish & seafood:** herring, trout, cod, smoked salmon
- **Key techniques:** smoking, pickling, baking, poaching, pan-frying
- **Flavors:** dill, horseradish, capers, butter, vinegar, mustard, cream
- **Popular dishes:**
 - Scandinavian gravlax
 - German pickled herring
 - British fish pie



Latin America & Caribbean

- **Key fish & seafood:** snapper, mahi-mahi, shrimp, conch
- **Key techniques:** smoking, pickling, baking, poaching, pan-frying
- **Flavors:** lime, cilantro, chili peppers, achiote, coconut milk, garlic, onion
- **Popular dishes:**
 - Peruvian ceviche
 - Jamaican escovitch fish
 - Brazilian moqueca (fish stew in coconut milk)



Oceania & Pacific Islands

- **Fish & seafood:** tuna, snapper, wahoo, shellfish
- **Key techniques:** raw, grilling, steaming, poaching, pit-roasting
- **Flavors:** coconut, lime, ginger, soy, tropical fruits, taro leaves
- **Popular dishes:**
 - Hawaiian poke
 - Fijian kokoda (citrus-marinated fish with coconut)
 - Samoan oka l'a (raw fish salad)



North America

- **Key fish & seafood:** lobster, crab, salmon, catfish, halibut
- **Key techniques:** boiling, steaming, smoking, frying, grilling
- **Flavors:** Old Bay seasoning, Cajun spice, butter, lemon, BBQ, maple glaze
- **Popular dishes:**
 - New England lobster roll
 - Southern fried catfish
 - Pacific Northwest cedar plank salmon



New England (Northeast)

- **Key fish & seafood:** lobster, clams, scallops, cod, haddock
- **Key techniques:** boiling, baking, steaming, pan-searing
- **Flavor profile:** buttery, creamy, herbaceous (thyme, parsley), simple seasoning (lemon, salt, pepper)
- **Popular dishes:**
 - Lobster roll
 - Clam chowder (cream-based)
 - Baked stuffed clams



Mid-Atlantic (New York to Virginia)

- **Key fish & seafood:** blue crab, oysters, striped bass, fluke
- **Key techniques:** broiling, frying, stewing, grilling
- **Flavor profile:** briny, tangy, mustard-based sauces, Old Bay seasoning, vinegar-based slaws
- **Popular dishes:**
 - Chesapeake Bay crab cakes
 - Oyster stew
 - Long Island clam bake



Southeast (Carolinas to Florida)

- **Key fish & seafood:** shrimp, grouper, snapper, she-crab, oysters
- **Key techniques:** deep frying, boiling, sauteing, grilling
- **Flavor profile:** spicy, smoky, acidic (vinegar BBQ), Creole/Cajun influences in parts of Florida
- **Popular dishes:**
 - Shrimp and grits
 - Lowcountry boil
 - Fried catfish



Gulf Coast (Louisiana to Texas)

- **Key fish & seafood:** crawfish, shrimp, redfish, catfish, oysters
- **Key techniques:** blackening, simmering, deep frying, griddling
- **Flavor profile:** bold, spiced (Cajun, Creole), smoky, roux-based, garlic-heavy
- **Popular dishes:**
 - Crawfish étouffée
 - Blackened redfish
 - Seafood gumbo



Pacific Northwest

- **Key fish & seafood:** salmon, halibut, Dungeness crab, black cod, geoduck
- **Key techniques:** smoking, grilling, poaching, boiling
- **Flavor profile:** earthy, herbal (dill, fennel), wood-smoked, citrus-accented
- **Popular dishes:**
 - Cedar plank salmon
 - Smoked salmon
 - Dungeness crab boil



California

- **Key fish & seafood:** spot prawns, uni (sea urchin), halibut, rockfish, squid
- **Key techniques:** stewing, grilling, frying, raw
- **Flavor profile:** fresh, light, avocado/lime/cilantro, Mediterranean and Latin influences
- **Popular dishes:**
 - Cioppino (seafood stew)
 - Baja-style fish tacos
 - Grilled calamari



Hawaii

- **Key fish & seafood:** Ahi tuna, mahi-mahi, opakapaka, tako (octopus)
- **Key techniques:** raw, steaming, grilling, curing
- **Flavor profile:** tropical, umami, soy-based marinades, ginger, seaweed, sesame oil
- **Popular dishes:**
 - Poke
 - Lau lau with fish
 - Lomi salmon





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Any Questions?