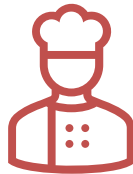




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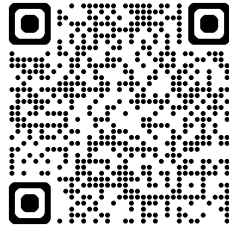
Seafood Boot Camp 2-Day

WELCOME!



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BEFORE WE GET STARTED

Let's take a quick look at some of our favorite at-home cooking tips from our chefs!

MISE EN PLACE—EVERYTHING IN ITS PLACE!

- **Read** through the recipe before starting
- **Check** serving amount, temperature, and cooking times
- **Gather** your ingredients before starting to prep
- **Measure** or weigh each ingredient for accurate amounts
- **Keep** your cooking space clean and organized as you go
- **Follow** proper handling, storing, and safety of food, and equipment

SAFETY RULES FOR CUTLERY

- **Always use a sharp knife**, and cut away from the body
- **Place knives** on flat surfaces away from the edge of a table, with the tip facing away from you—and never catch a falling knife
- **Walk** with knives straight down at your side
- **Use correct size and type of knife:** Chef knife for basic chopping and dicing; boning knife for removing bones from meats and poultry; serrated knife to get through crusts of bread; paring knife when peeling fruits and vegetables; and steel for honing the blade edge, not sharpening.



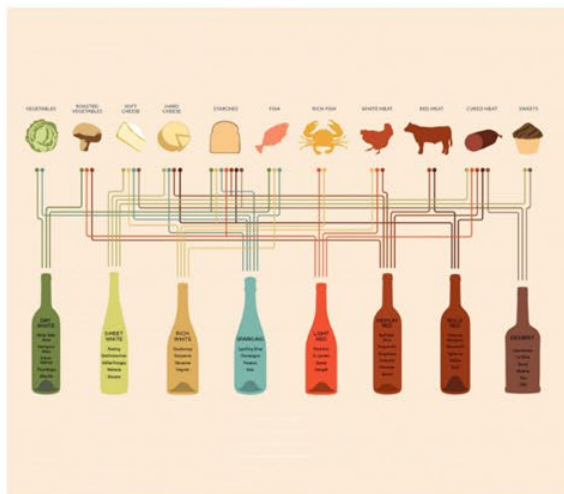
COOKING ESSENTIALS

- **Start with fresh ingredients:** Visit your garden or local farmers' market and select seasonal vegetables, fruits, herbs, and more.
- **Plan your menu:** Once your ingredients are selected, have fun creating a menu around what's fresh and delicious.
- **Sourcing and sustainability:** Learn more about where your food comes from and, if possible, buy local.
- **Use recipes as guidelines:** Feel free to make adjustments as you cook based on the seasonality, textures, and flavors of your ingredients.

THINK LIKE A CHEF!

Matching Food and Wine at Home

- **Salty snack-type foods** pair well with sparkling wines
- **Spicy, salty, or smoked** dishes pair well with fruity, low-alcohol wines
- **Rich or heavy dishes** pair well with full-bodied wines
- **Acidic dishes** pair well with high-acid wines
- **Desserts** pair well with sweet wines that are typically as sweet as the dessert being served



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 Pepperpress 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
Water	1 gal
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)	½ cup
Salt, sea (Divided)	2 Tbsp.
Lemon, juice, fresh	¼ cup
Lime, juice, fresh	¼ cup
Orange, juice, fresh	½ cup
Miso paste	¼ cup
Pepper, togarashi	½ tsp.
Ginger, powdered	1 tsp.
Soy sauce	1 Tbsp.
Oil, canola	½ cup
Scallion (Green onion), slivered	¼ cup

Method

1. In a large stockpot, bring the water to a low simmer. Add the lobster and salt. Poach until translucent, 3 to 4 minutes. Remove the lobster. Cool to room temperature in the shell. Reserve.
2. In two separate pots of water, add the red and yellow beets. Add ¼ cup of the vinegar and salt to each pot. Cook until tender, about 1 hour. Remove the beets. Cool and reserve.
3. For the vinaigrette, in a saucepan, place the lemon, lime, and orange juice. Bring it to a boil and reduce the liquid by ½. 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 ½-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
Cream, light	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 over low heat, place the butter. Add the shallot, garlic, and celery. 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 up.
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, whole	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 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. Transfer the stock to a fine mesh strainer. Strain and place back in the pot.
5. Reduce the stock over low heat to intensify flavors 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, grated	1 Tbsp.
Lime, juice, fresh	½ cup
Onion, red, thin julienne	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, leaves, 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 cool. Reserve.
2. In a small bowl, place the lime zest and juice, onion, garlic, salt, and pepper. Whisk to combine. Macerate for 10 minutes.
3. In a large mixing bowl, place the reserved shrimp, lime juice mixture, red and yellow bell peppers, tomato, oil, shrimp, cilantro, chile, Toss lightly and 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 (Roma)

1 lb.

Salt, kosher

½ Tbsp.

Method

1. Score an X at the top of the tomato, making sure not to cut too deeply. Trim out the stem core, leaving the tomato whole.
2. In a medium pot, 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 water bath to stop the cooking process. Allow them to cool completely.
4. Remove the tomatoes. Peel and discard 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. Continue this process for the remaining tomatoes.
6. Transfer to a cutting board and dice.

OYSTERS ROCKEFELLER

Yield: 24 oysters

Ingredients	Amounts
Butter, unsalted	¼ cup
Shallot, minced	¼ cup
Garlic, minced	1 Tbsp.
Spinach, roughly chopped	2 cups
Cream, heavy	½ cup
Lemon, zest, grated	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, sprinkle breadcrumbs on 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, grated	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	⅛ 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 at the bottom of a 2-inch ring mold.
4. Add the lobster mixture to the ring mold and top with the 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	12 ea.
Shrimp, large, peeled, de-veined cut into 3 equal pieces	12 ea.
Pepper, bell, red, med. diced	½ cup
Pepper, bell, green, med. 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	1 tsp.
Ketchup	2 Tbsp.
Sesame seeds	2 Tbsp.
Scallion (Green onion), slivered	¼ cup

Method

1. Soak the bamboo skewers in water for at least 30 minutes to prevent them from burning during cooking.
2. Assemble the kebabs on the skewers by alternating shrimp, pepper, and onion. Brush with the oil and reserve.
3. For the glaze, in a small saucepan, combine the sugar, vinegar, soy sauce, water, cornstarch, Sriracha, and ketchup. Simmer over medium-low heat, 2 to 3 minutes. If the glaze gets too thick, add a little water. Reserve.
4. Heat the grill and brush it with oil. Grill the kebabs for 1 to 2 minutes on each side.
5. Brush both sides of the kebabs with the reserved glaze.
6. Sprinkle the kebabs with sesame seeds and scallions. Serve warm.

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, place the carrot, scallion, daikon, seaweed, vinegar, ginger, garlic, sesame oil, sesame seeds, soy sauce, sugar, canola oil, salt, and pepper. Mix to combine. Allow it to macerate for 15 minutes.
2. Shuck the oysters (see Chef demo). Clean the bottom shell with soapy water and allow it to dry.
3. Fill each bottom shell with 2 tablespoons of the carrot salad. Reserve.
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, flat-leaf, leaves, fresh, chopped	1 Tbsp.
Breadcrumbs, fresh	1 cup
Salt, sea	to taste
Pepper, black, ground	to taste
Butter, unsalted, melted	¼ cup
Lemon, zest, grated	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 lengthwise and remove the inside body parts, the claws, and knuckles. Poach in salted water for 5 to 7 minutes. Remove and cool to room temperature.
3. Remove the lobster meat from the shell. Largely dice the meat.
4. Heat the butter in a sauté pan over medium heat. Add the mushrooms, shallot, and garlic. Sauté until tender, 5 to 7 minutes.
5. Add the tomato. Simmer for 2 to 3 minutes. Cool.
6. Add the parsley, breadcrumbs, and lobster meat. Season with salt and pepper to taste. Place the mixture in the lobster body cavity. Reserve.
7. For the lemon butter, in a small bowl, combine the melted butter, lemon zest, and juice.
8. Season the reserved 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. Heat a deep fryer to 325°F.
2. 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.
3. Place 1 spoonful at a time of the lobster mixture into the preheated deep fryer. Fry, 3 to 4 minutes. Drain on paper towels.
4. 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. For the batter, in a large bowl, place the milk, yeast, water, sugar, and flour. Whisk to combine. 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, 31/40, 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
Pork, sausage, andouille, small diced	½ cup
Water	¼ cup
Okra, sliced	½ cup
Rice, white, steamed	3 cups

Method

1. For the spice blend, in a small bowl, 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. Sear until medium rare, 2 to 3 minutes. Remove the shrimp from the pan and reserve.
3. Add the butter, onion, bell pepper, sausage, and water. Cook for 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	½ cup
Wine, white, dry	½ cup
Water	¼ cup
Cream, heavy	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. In a large pot over medium heat, melt the butter. Add the garlic and shallot. Sauté until fragrant, about 1 minute.
2. Add the tomato. Simmer, 3 to 4 minutes.
3. Add the wine, water, cream, and saffron. Mix to incorporate. 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 towel, to redistribute the mussels. Discard any mussels that do not open.
5. Transfer the mussels to a large bowl. Top with the scallions, lemon, and chives. Serve 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
Cream, light	½ cup
Lemon, zest, grated	1 Tbsp.
Lemon, juice, fresh	2 Tbsp.
Salt, sea	to taste
Pepper, black, ground	to taste
Pasta, linguini, thin	¼ lb.
Cheese, Parmesan, shaved	¼ cup
Parsley, flat-leaf, leaves, fresh, julienne	2 Tbsp.
Bread, French, sliced	1 ea.

Method

1. In a large pot, soak the clams in cold water for 10 minutes. Scrub 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. Bring a pot of salted water to a boil. Add the pasta. Cook until tender but still firm to the bite (*al dente*), 8 to 10 minutes. Drain.
7. In a large bowl, add the cooked pasta, clams, and half of the cheese. Gently toss. Garnish with the remaining cheese and parsley.
8. 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	6 ea.
Oil, olive, extra virgin	as needed
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 both types of mushrooms, wine, and herbes de Provence. Reduce the cooking liquid by ½.
4. Add the demi-glace. Simmer for 5 minutes. Season with salt and pepper to taste. Reserve.
5. For the croutons, cut the bread slices with a 3-inch circle cutter. Transfer the bread slices to a sheet pan and toss with the oil. Toast in the preheated oven, until lightly browned and crisp, about 10 minutes.
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
Shrimp, large, peeled, de-veined	24 ea.
Pasta, bow tie, dried	½ lb.
Lemon, juice, fresh	¼ cup
Lemon, zest, grated	1 Tbsp.
Vinegar, wine, red	¼ cup
Onion, red, small diced	¼ cup
Garlic, minced	1 tsp.
Crab, meat, lump	1 cup
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, flat-leaf, leaves, 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 ½ lengthwise.
2. Bring a pot of salted water to a simmer. Add the shrimp. 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. Cook until tender but still firm to the bite (*al dente*), 4 to 7 minutes. Reserve.
4. In a small bowl, combine the lemon juice and zest, vinegar, onion, and garlic. Mix to combine. Macerate for 5 minutes.
5. In a large serving bowl, place all the remaining ingredients. Mix well to combine. Season with salt and pepper to taste.
6. Add the bow tie pasta. Toss with the lemon mixture Stir to incorporate.

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
Curry, paste, Thai, 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, julienne	2 cups
Carrot, julienne	$\frac{1}{2}$ cup
Lime, juice, fresh	$\frac{1}{4}$ cup

Method

1. For the curry sauce, in a large saucepan over medium-high heat, place the garlic, shallot, ginger, and water. Mix to combine. 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. 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, flat-leaf, 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, 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, stirring occasionally, over low heat, for 3 to 7 minutes.
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, pitted, 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	⅛ tsp.
Bay leaf, dried	1 ea.
Parsley, flat-leaf, stem, fresh	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 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, place the sherry and balsamic vinegar, garlic, shallot, salt, and pepper. Whisk to combine. Macerate for 5 minutes.
2. Slowly whisk in the mustard.
3. Slowly whisk in the pure olive oil.
4. Slowly whisk in the extra virgin olive oil. The vinaigrette is now ready to serve.

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, apple cider	¼ cup
Salt, celery	1 tsp.
Carrot, shredded	¼ cup
Celery, small diced	¼ cup
Sugar, granulated	1 Tbsp.
Salt, kosher	to taste
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, place the white and red cabbage, walnuts, apple, mayonnaise, vinegar, celery salt, carrot, celery, sugar, salt, and pepper. Mix to combine. Let it rest for 1 hour.
3. For the beer batter, in a large bowl, place the flour, egg, garlic powder, onion powder, white pepper, salt, and beer. Whisk until smooth.
4. Dip the cod fillets in the batter. Coat evenly. Transfer to the preheated deep fryer, working in batches to avoid overcrowding. Deep-fry for 3 to 4 minutes. Remove the cod and transfer to a wire rack to drain. Repeat this process until all the cod fillets are fried.
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, grated	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. Reserve.
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, grated	1 tsp.
Lemon, juice, fresh	1 Tbsp.
Garlic, minced	1 tsp.
Shallot, minced	1 Tbsp.
Parsley, flat-leaf, leaves, 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 to combine.
3. Season the halibut with salt and pepper. Brush them with the lemon butter mixture.
4. Transfer the halibut on a baking dish. Cook in the preheated oven until the fish is warm in the center, 5 to 7 minutes.
5. On a serving platter, evenly spread the Puttanesca Sauce.
6. Place the halibut on top. Serve warm.

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, sweet, leaves, 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. Sauté, stirring frequently until tender, 3 to 5 minutes.
2. Add the tomato paste. Stir to incorporate. Cook for 2 to 3 minutes. Do not brown.
3. Add the wine, water, and tomato concassé. Mix to combine. Cook at a low simmer for 1 hour.
4. Add the kalamata and green olives, capers, red pepper flakes, basil, and oregano. Stir to incorporate. Cook for 5 minutes.
5. Season with salt and pepper to taste. Keep warm until service.

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. Preheat deep fryer 380°F.
2. Slice the squid into ¼-inch rings. Cut the tentacles in ½ or ¼.
3. In a large bowl, place the sliced squid and milk. Soak the squid until ready to fry.
4. Place the flour in a large bowl. Working in small batches, toss the squid in the flour.
5. Transfer the breaded squid to the deep fryer. Fry in the hot oil until light golden brown in color, 1 to 3 minutes per piece. Drain the fried squid a wire rack.
6. Lightly season the fried squid with salt.
7. Serve immediately, garnished with lemon wedges and Lemon Caper Remoulade.

LEMON CAPER REMOULADE

Yield: 1 ½ cups

Ingredients	Amounts
Salt, sea, fine	½ tsp.
Mayonnaise	1 cup
Pickles, cornichon, chopped	½ cup
Lemon, zest, grated	1 Tbsp.
Lemon, juice, fresh	2 Tbsp.
Capers, non-pareil, chopped roughly	2 Tbsp.
Pepper, black, ground	to taste
Parsley, flat-leaf, fresh, chopped	1 Tbsp.
Chive, minced	1 Tbsp.
Worcestershire sauce	1 tsp.
Tabasco sauce	⅛ tsp.

Method

1. In a medium bowl, place the sea salt, mayonnaise, pickles, lemon zest and juice, capers, pepper, parsley, and chives. Stir to combine.
2. 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
Cream, heavy	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
Herbes 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. Cook for 1 minute.
3. Add the wine. Bring it to a boil.
4. Add the stock, cream, and mustard. Mix to combine. Simmer for 5 minutes. If the sauce is too thick, add a little water. If it is too thin, reduce.
5. Using an immersion blender, mix the sauce until it is light and frothy. Reserve.
6. 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.
7. Sauté the fish, herb side down over medium-low heat. Cook gently until medium rare, about 2 minutes on each side.
8. 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.
9. 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, grated	1 Tbsp.
Lemon, juice, fresh	¼ cup
Parsley, flat-leaf, 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, in a medium pot, 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.
2. Fluff the couscous with a fork, remove from the pot, and cool to room temperature.
3. Add the olive oil, lemon juice and zest, parsley, chives, mint, and cilantro. Season with salt and pepper to taste. Reserve.
4. For the spice blend, in a small bowl, combine the salt, pepper, Berber spice, and coriander seed.
5. Season the snapper with the spice blend. Dredge it in the flour.
6. Heat the oil in a sauté pan over medium heat. Add the floured snapper. Sauté, skin side down for 3 to 4 minutes. Gently turn it over and sauté for another minute. Serve medium rare.
7. To serve, 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 WINGS WITH LEMON PARSLEY POTATOES

Yield: 6 portions

Ingredients	Amounts
Potato, Yukon Gold, size A, peeled	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, grated	1 Tbsp.
Lemon, juice, fresh	¼ cup
Parsley, flat-leaf, fresh, finely chopped	2 Tbsp.
Pepper, black, cracked	2 tsp.
Salt, sea	to taste

Method

1. Using a large Parisian scoop, make 42 potato balls. 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, cool, and reserve.
3. Season the skate with salt and pepper. Dust with flour.
4. Heat the oil in a large sauté pan over high heat. Add the skate wings. Cook for 2 minutes on each side. Remove from the heat and transfer to a wire rack to drain.
5. In another large sauté pan over medium heat, melt and lightly brown the butter, stirring constantly with a wooden spoon.
6. Add the potatoes to the pan. Cook for 2 minutes until lightly brown.
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. Serve warm.

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, flat-leaf, fresh, chopped	1 Tbsp.
Mustard, Dijon	1 tsp.
Salt, sea	to taste
Pepper, black, ground	to taste
Bread, sourdough, loaf, sliced, toasted	1 ea.

Method

1. For the sauce, in a small bowl, place the mustard, oil, and vinegar. Whisk to combine. 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 each portion 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-glacé	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, place the bacon over medium heat. Cook the bacon until lightly brown, 2-3 minutes per side. Remove and reserve.
2. Add the butter, shallot, garlic, and thyme to the pan. Stir to combine. Cook for 2 minutes.
3. Add the mushrooms and reserved bacon. Stir to incorporate. Cook for 2 minutes.
4. Add the wine and demi-glacé. Simmer for 10 minutes. The sauce should be thick enough to coat the back of a spoon (*nappé*). Reserve warm.
5. In a medium pot, boil the celery root in water until tender, 10 to 15 minutes. Remove.
6. Transfer the cooked celery root to a blender with the butter. Season with salt and pepper to taste. Purée until smooth.
7. Season the monkfish with salt and pepper. Lightly flour.
8. 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.
9. 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	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 as needed with salt and pepper.
2. Heat a medium skillet on medium-high heat until very hot. Add the oil to the hot pan.
3. Add the tuna. Sear to rare doneness, about 1 minute on each side. Cool. Slice thin. Reserve.
4. For the vinaigrette, in a small bowl, combine the soy sauce, lemon juice, sriracha, peanuts, and peanut oil. Whisk to combine.
5. In a large bowl, place the mesclun greens, peanuts, cilantro, mint, bean sprouts, and 2 tablespoons of the vinaigrette. Toss to combine the ingredients.
6. 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
Cream, heavy	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, place the cayenne, black pepper, garlic powder, onion powder, salt, paprika, oregano, and thyme. Mix to combine. Reserve.
2. For the grits, in a large pot, place the water, milk, cream, butter, salt, and pepper. Bring to a boil. Add the grits. Stir, and cook until creamy and tender, about 20 minutes. Reserve warm.
3. Add the cheese. Stir to incorporate. If the grits are too thick, add more water.
4. Season the catfish in the spice blend and dip in the melted butter.
5. 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.
6. Serve immediately with the reserved 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, flat-leaf, 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. Reserve.
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. Remove the peppers. Reserve.
3. Heat the oil in a large sauté pan over medium-high heat. Add the reserved 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. Heat a deep fryer to 300°F.
2. Cut the potatoes into 30 circles with about 1/8-inch diameter.
3. Place the potatoes to the preheated deep fryer. Fry until light brown, about 2 to 3 minutes. Remove from the oil. Season with salt and pepper to taste. Transfer to a wire rack to drain.
4. In a large bowl, place the tuna, oil, wasabi, scallion, ginger, sesame seeds, jalapeño, salt, and soy sauce. Mix gently to combine.
5. 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, stirring frequently, about 2 minutes.
2. Add the sugar, sake, and mirin. Mix to combine. Increase the heat. Bring the mixture to a boil.
3. Add the miso and soy sauce. Stir to incorporate. Cook for 1 minute. Cool.
4. Marinate the cod fillets in ½ 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 the fillets under the broiler until lightly browned, 3 to 4 minutes.
8. Finish cooking in the preheated oven until medium doneness, 10 to 15 minutes.
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	½ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Butter, unsalted	1 cup
Capers, non-pareil, drained, rinsed	¼ cup
Lemon, juice, fresh	¼ cup
Parsley, flat-leaf, fresh, chopped	¼ cup
Almonds, sliced	¼ cup

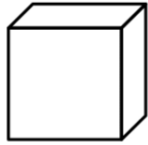
Method

1. Preheat oven to 350°F.
2. Cut the asparagus on a bias into 1 ½-inch pieces.
3. In a large pot of salted water, blanch the asparagus for 1 minute. Transfer to an ice water bath to stop the cooking process. Cool and reserve.
4. Season the sole with salt and pepper. Dredge (coat) it in the 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. Transfer the sole to a baking sheet lined with parchment paper.
6. In a large sauté pan, place ½ cup of butter. Add the asparagus and season with salt and pepper. Reserve warm until service.
7. In a small sauté pan, brown the butter over medium heat. Add the capers, lemon juice, and parsley. Stir to incorporate.
8. Finish cooking the sole in the preheated oven for about 3 minutes.
9. 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.

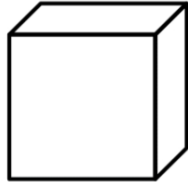
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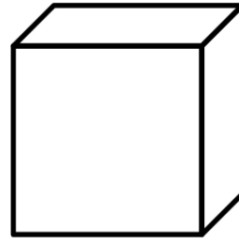
BASIC KNIFE CUTS



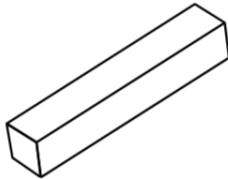
Small Dice
1/4" cube



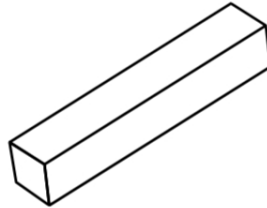
Medium Dice
1/2" cube



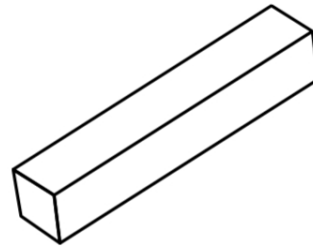
Large Dice
3/4" cube



Fine Julienne
1/16" sq x 2 inch



Julienne
1/8" sq x 2 inch



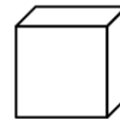
Batonnet
1/4" sq x 2 inch



Mince
<1/16" cube



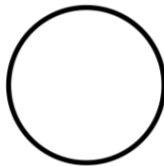
Chop
1/8"-1/4" cube



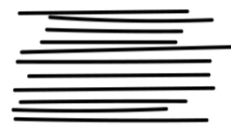
Brunoise
1/8" cube (fine dice)



Bias
diagonal cut



Rondelle
1-8"-1/2" round



Chiffonade
rolled, sliced thin

CONVERSION TABLES

METRIC WEIGHTS AND MEASURES EQUIVALENCIES

1 gram (g)	=	1/28 oz. (or 0.035 oz.)
½ ounce (oz.)	=	14 g
1 ounce	=	28.35 g. (approx. 30 g)
2 ounces	=	56 g. (approx. 60 g)
4 ounces	=	110 g
6 ounces	=	170 g
8 ounces	=	225 g
12 ounces	=	340 g
1 pound (16 oz.)	=	453.6 g (454 g)
1 kilogram (kg)	=	2.21 lb.
1 liter	=	35 fl. oz. (1 ¾ pt.)

METRIC CONVERSION TABLE

To Change...	To...	Multiply by
Pounds (lb.)	Grams (g)	453.6
Ounces (oz.)	Grams (g)	28.35
Pounds (lb.)	Kilograms (kg)	.45
Teaspoons (tsp.)	Milliliters (ml)	5
Tablespoons (Tbsp.)	Milliliters (ml)	15
Fluid Ounces (fl. oz.)	Milliliters (ml)	30
Cups	Liters (l)	.24
Pints (pt.)	Liters (l)	.47
Quarts (qt.)	Liters (l)	.95
Gallons (gal.)	Liters (l)	3.8
Temperature (°F)	Temperature (°C)	5/9 after subtracting 32*

*Example: 9°F above boiling equals 5°C above boiling.

TEMPERATURE EQUIVALENCIES

Fahrenheit (°F)	Celsius (°C)	Classification
250	130	very cool
300	150	low
325	165	moderate-low
350	180	moderate
400	200	moderate-hot
425	220	hot
450	230	very hot

US CUSTOMARY LIQUID VOLUME CONVERSIONS

1 tablespoon (Tbsp.)	=	3 teaspoons (tsp.)
1 fluid ounce (fl. oz.)	=	2 tablespoons (Tbsp.)
1 cup	=	8 fluid ounces (fl. oz.)
1 pint (pt.)	=	2 cups
1 pint (pt.)	=	16 fluid ounces
1 quart (qt.)	=	2 pints (pt.)
1 gallon (gal.)	=	4 quarts (qt.)
1 gallon (gal.)	=	128 fluid ounces (fl. oz.)

US TO METRIC DRY MEASURES CONVERSIONS

tsp.	Tbsp.	oz.	cup	lb.	grams
3	1	1/2	1/16	---	14
6	2	1	1/8	1/16	28
12	4	2	1/4	1/8	57
24	8	4	1/2	1/4	113
36	12	6	3/4	3/8	170
48	16	8	1	1/2	227
96	32	16	2	1	454

VOLUME MEASURE CONVERSIONS

US	Metric
1 tsp.	5 milliliters (ml)
1 Tbsp.	15 ml
1 fl. oz./ 2 Tbsp.	30 ml
2 fl. oz./ 1/4 cup	60 ml
8 fl. oz./ 1 cup	240 ml
16 fl. oz./ 1 pint (pt.)	480 ml
32 fl. oz./ 1 quart (qt.)	960 ml
128 fl. oz./ 1 gallon (gal.)	3.84 liters (L)

These materials were developed at the Culinary Institute of America.

Seafood Boot Camp 2 Day v.180.docx

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