

These recipes thanks to:
Captain Fred from Ohio ([Independence Fisherman](#))

Sent September 2015

Basic Fish Cooking Wahoo, Dorado, Tuna, Yellow Tail, Fred from Ohio

Don't Over Cook

Remove Skin, make Steaks 1 ½ inches or so.

Season Fish, salt/pepper (other options, Sesame seeds, Chopped dried onions, Blackening seasoning, Old Bay, chopped macadamia nuts.

{make a contrast, if the sauce is mild, put heat on fish, if sauce has heat salt and pepper only}

Sear in a hot pan with a splash of oil (peanut is great)

Finish in a 375 to 400 degree oven, remove from pan and let rest in a warm spot,

Spoon sauce over or under fish, garnish and serve with rice and salad.

I have been searing fish one minute per side (the cooking progresses 1/8 to ¼ up the side of the fish steak) and finishing in a pre heated 375 degree oven for 8 minutes in a cast iron fry pan. The timing depends on the quantity, size and temperature of the fish, and your oven.

Also Grilling is a excellent way to prepare any of these fish.

These fish that are more or less interchangeable, based on my own experience. Again, this is a matter of opinion, and there are no hard and fast rules: in reality fish covers a broad spectrum of flavors and textures. But this should at least provide a starting point for experimentation.

I find the Wahoo to be dryer and firmer and the Dorado and Yellow Tail go well with a cream base sauce and Tuna is a little of each.

Use other wines, liquors, cheeses and herbs, use what you have and experiment.

Cilantro Serrano Cashew Sauce (from: Chef Mark on the Qualifier 105)

Serrano	4
cilantro	1 bunch
parsley	1 bunch
cashews	1 cup
olive oil	1 cup
rice wine vinegar marukin	1 cup
Honey	1/2 cup
Heavy cream	4 oz

Put in Blender then heat for 10 min (warm not boiling) The amount is for 25 servings

Mango Sweet Chili Sauce (from: John, SDFD)

mangos 3
May ploy sweet chili sauce 1/3 bottle
Chinese five spice 1t
Heavy cream 4 oz
Cal chili sauce Sirach 2t or to taste for heat
Blend all and heat for 10 min

These were the sauces on the Q 105 2006 trip

I toned the quantity down for a double house size.(double house that means 8 people)

Any left over can be frozen and reused at a later date.

Mango Salsa (from: John, SDFD)

2 mangos chopped
½ onion chopped fine
2 tomatoes chopped
Cilantro chopped
Serrano chilies put in as much heat as you want

Wishbone salad dressing, Italian, or oil and vinegar
Stir and serve over cooked fish

Lemon Butter Cream Sauce, Captain Fred's Classic Lemon Butter Cream Sauce

This is a great sauce and easy to make.

¼ lb Butter
½ tsp Salt
Pinch, White Pepper
1 tsp Dry Mustard
1 ¼ Tbl Lemon juice
Pinch, Lemon Zest
½ pt. Heavy Cream
¼ cup Milk (to dissolve corn starch in)
1 tsp Corn Starch

To a sauce pan, add butter, salt, pepper, mustard, heat to light bubble.
Add lemon juice and simmer 3 minutes, whisk to blend. Add Cream and cook gently for 3 minutes.

Add corn starch dissolved in milk, whisk and cook 5 minutes.

Pour under and over cooked fish, sprinkle on some fresh chives.

Variations: Sherry, White Wine, Shallots, Lime Juice, Capers, Honey, Hot Sauce.

Fish, 3 pounds, 2 Packs

Cut skinned fish in 2 inch pieces.

¼ Cup Flour

salt & pepper

½ cup peanut oil

1 X 2 X 2 is a great size on the fish pieces. Mild flavored fresh fish

Great with, Dorado, Yellow tail, Wahoo or Tuna.

Lightly coat fillets with salt, pepper . Dust with flour and sauté in a small amount of peanut oil, 3 minutes or less per side. Be careful not to over cook. Drain and place in dish in a warm oven, 170 degrees or less, this is just keeping it warm . Start the sauce first so everything is ready together.

This sauce reheats nicely.

Hollandaise Sauce:

4 egg yolks, at room temperature

½ teaspoon of salt

½ teaspoon of dry mustered

1 tablespoon of lemon juice

Shot of Tabasco

¼ pound of butter

Into a blender place the yolks, salt, mustard, lemon juice, and Tabasco. Blend for 3 seconds. Then, while blender is going, pour in the butter, which should be hot. (The temperature of the butter is the secret: **Make it very hot** without burning I, and the hollandaise will thicken immediately)

Yellowtail Filet, with Potato "scales" By Jeff Grant of Royal Star

Trim filet, Cut a Russet potatoes into 4 equal lengthwise wedges. Pare the wedges until they resemble one inch cylinders. Slice thinly into rounds. Rub fish with soft butter on one side and press sliced potatoes into butter layering as you go to resemble "scales".

Fry in a hot Teflon skillet, potato side down, until scales are golden brown. Carefully turn over & bake in a 350 degree oven till done (4 to 6 minutes).

For a sauce, sauté, minced shallot until soft. Add two cups good red wine & reduce by 2/3rds. Take off heat & add 6 oz COLD butter cut into cubes. Stir constantly until butter is incorporated. Season with salt and pepper to taste.

Steam Spinach or Swiss Chard. Sauce on plate, greens on sauce, fish on top of greens. Serve immediately.

Pan Seared Wahoo With an Apple Mango Chutney

2 each granny smith apples, diced
1 each ripe mango, diced
3 tablespoons scallions, chopped
1 tablespoon cilantro, chopped
1 tablespoon rice wine vinegar
1 each lemon juiced
2 tablespoons extra virgin olive oil
1 tablespoon sugar
pinch of cinnamon
kosher salt and pepper to taste
2 dashes bitters
1 tablespoon Grand Marnier

Combine all ingredients and refrigerate 24 hours.
season Wahoo with salt and pepper and sear in a hot pan dry or with a little oil (peanut is great)
finish in a 400 degree oven
remove from pan a let rest in a warm spot
spoon chutney into hot pan and bring up to temp
adjust seasoning(more sugar or s & p)

Spoon over Wahoo and dig in!

Grilled Tuna in Ginger-Cilantro Butter Sauce

Ingredients:

4 tuna fillets, 6 oz. each

Marinade:

1/4 cup dry sherry
1/4 cup light soy sauce
2 Tbsp oyster sauce

2 Tbsp sesame oil
8 chives (green onions), chopped
2 Tbsp vegetable oil
2 Tbsp lemon juice
1/2 tsp freshly ground black pepper
1/4 cup finely minced fresh ginger
lemon wedges

Sauce:

2/3 cup dry white wine
1/4 cup white wine vinegar
1 Tbsp finely minced fresh ginger
1 small shallot, minced
1 cup unsalted butter, at room temperature
1 tsp grated or minced lemon zest
1/4 cup finely minced cilantro
1/4 tsp white pepper
1/4 tsp salt

1. Combine all marinade ingredients. Marinate tuna for at least one hour. Reserve the marinade
2. In a small non-corrosive saucepan, combine wine, vinegar, ginger, and shallot. Boil over high heat until about 4 tsp remains
3. Prepare and preheat the grill
4. Grill the fish over medium high heat until it just begins to flake, about 8 minutes. Turn just once during grilling, and brush with reserved marinade. Transfer fish to heated dinner plates or a serving platter
5. Bring wine sauce to a boil and add butter. Cut up butter to aid melting
6. Beat sauce vigorously with a whisk until butter is nearly all melted then transfer to a bowl
7. To sauce, add lemon peel, cilantro, pepper, and salt. Season to taste
8. Spoon sauce around fish and serve.

Grilled Margarita Grouper

Ingredients:

1 1/2 lbs grouper fillets
1/3 cup white or gold tequila
1/2 cup triple sec
3/4 cup fresh lime juice
1 tsp salt
2-3 large cloves fresh garlic, crushed
2 tsp vegetable oil

3 medium tomatoes, diced
1 medium onion, finely chopped
1 Tbsp minced jalapeno or Serrano Chile
2-4 Tbsp chopped fresh cilantro
1 pinch sugar

1. Combine tequila, triple sec, lime juice, garlic, salt, and oil
2. Place fish in a single layer in a flat dish. Pour tequila mixture over, and marinate for 1/2 hour at room temperature, or 3 hours in the refrigerator
3. Before serving, combine tomatoes, onion, Chile, cilantro, sugar, and salt to taste for fresh tomato salsa
4. Remove fish from marinade (reserve) and pat dry. Brush fish on both sides with oil, and ground pepper
5. Cook on greased grill over high heat until flesh is opaque (about 4 minutes per side)
6. Boil sauce in a saucepan for about two minutes, remove and discard the garlic cloves, and spoon over fish
7. Serve alongside fresh tomato salsa

Baked Dorado in White Wine and Mustard Sauce

Ingredients:

Dorado fillets

Equal parts:

Dijon mustard

Mayonnaise

White Wine

1. Mix mustard, mayonnaise, and white wine. Make enough to cover all of the fillets you will be cooking
2. Place fish in a baking dish (you may want to butter the dish to prevent sticking), and cover with the sauce. Bake at 350 until the fish flakes

Grilled Fish Steak

Ingredients:

2 lbs fillets

½ tsp salt

1 Tbsp achiote paste (substitute 1 Tbsp ground annatto seed)

1 tsp oregano

5 cloves garlic, peeled

6 peppercorns, ground

2 Tbsp regular orange juice

2 Tbsp cider vinegar

3 Tbsp water
olive oil

1. Combine all ingredients except fish and olive oil in a blender. Blend into a smooth paste.
2. Smear the paste onto the fleshy side of the fillet. Marinate overnight
3. When ready to cook, coat both sides of fillets with olive oil
4. Grill for 7-10 minutes per side, depending on thickness. Fish will flake easily when cooked

Orange Glazed fish

Ingredients:

4 fish fillets
2 Tbsp orange marmalade
1 tsp minced fresh ginger root
1 tsp minced garlic
½ tsp ground white pepper
¼ cup white wine vinegar
¼ cup fresh lemon juice
¼ cup fresh orange juice
½ cup olive oil or walnut oil
salt
freshly ground black pepper
olive oil
fresh greens

1. Brush fillets with olive oil and hit each side with a few grinds of black pepper. Cover and refrigerate until ready to use
2. In a non-reactive saucepan, combine marmalade, ginger, garlic, white pepper, white wine vinegar, lemon juice, and orange juice. Bring to a boil and cook until reduced to about ½ cup. Whisk in oil and refrigerate until ready to use
3. Oil the grill and preheat
4. Warm the marinade slightly. Oil may have separated during storage. If so, whisk to recombine
5. Brush the fillets lightly with the marinade, and place on grill
6. Grill until fish feels slightly springy to the touch. If fillets are less than ½ inch thick, grill one side only
7. Serve on warmed plates with mixed greens and remaining sauce

Wahoo Kabob

Ingredients:

½ lb Wahoo, cut in squares
1 cup fresh basil leaves
1 tsp olive oil
2 Tbsp lemon juice

4 cloves fresh garlic, minced
salt
15 cherry tomatoes
12 whole mushrooms
1 yellow pepper, cut in squares
1 green pepper, cut in squares

1. Combine basil, oil, lemon juice, garlic, and salt in blender or food processor. Process until smooth. The result should be a brush able sauce – add 1 Tbsp water if too thick
2. Alternate fish and vegetables on skewers. Brush on all sides with sauce
3. Place on a hot grill and cook until fish flakes easily, about 5 minutes each side

Carolina Wahoo

Ingredients:

Wahoo meat, boneless and skinless, about 1 ½ to 2 pounds, cut into pieces about 1 ¾ to 2 inches thick by 2-3 inches across;
Extra virgin olive oil;
Shallots, 3, minced;
Garlic, several cloves, minced, or to taste;
Carrot, chopped, about ½ cup;
Parsley, chopped, about 1/3 cup;
Celery, chopped, about 1/3 cup;
Juice of 1 lime;
Salt and black pepper to taste;
Sauterne or Madeira wine, about 2/3 cup;

Instructions:

Heat olive oil in a large skillet with tight fitting lid – to about medium heat.
Add garlic and shallots and sauté until translucent.
Add rest of vegetables and toss.
Move vegetables to side of skillet, add Wahoo and sear lightly on each side.
Add salt, pepper, lime juice, then place vegetables on top of pieces of Wahoo and replace lid.
Turn down heat slightly and simmer for a couple of minutes.
Turn fish over, add wine, and replace and simmer over low heat for 2 more minutes.

Do not overcook.

Serve over garlic toast

I made this in two pans by finishing fish in oven.

Smoked Fish Pate

You can substitute any smoked fish. Serve with crackers. 8 ounces smoked fish 8 ounces cream cheese 1 tablespoon prepared horseradish 2 teaspoons Dijon mustard cayenne pepper salt and freshly ground black pepper (optional) Combine the fish, cream cheese, horseradish, mustard,

and a pinch of cayenne pepper in a food processor. Taste and add salt and pepper, if you wish. Let the flavors meld for several hours to one day before serving.

Beer-Battered Wahoo!

1 Bottle of Guinness Stout.
4 Eggs.
1 Teaspoon of Paprika.
1 Teaspoon of ground Pepper.
2 Cups of Butter Milk Pancake Mix.
2 Bags-o-Pre-Slivered Almonds. The bag is about 6" x 8" or so.
4 Drops of Vanilla Extract.
2 Drops of Orange Extract.
1 Wahoo

Brown the Slivered Almonds in butter. Drain and completely dry the Almonds. Allow the Almonds to cool to room temp. Mince the Almonds to about ½ the slivered size. In a 9" pie pan: Sift the Pancake Mix and add the Almonds, add the Paprika, add the Pepper, blend the mix completely. In a 9" pie pan: Scramble the eggs and add ½ the bottle of Guinness, add the Vanilla Extract, add the Orange Extract, blend the batter completely, Drink the other half of the Guinness. Slice the Wahoo Dredge butter flied Wahoo in Egg/Beer batter. Coat completely. Dredge in Mix. Coat completely. Dip back into Egg/Beer batter. Dip back into Mix. Place the battered and breaded meat into a very hot and lightly oiled pan. Turn frequently. Cooking time is dependent on heat. Cook until the coating is golden brown.

Cream Sauce Recipes

Asiago Cream Sauce

2 ounces unsalted butter
¼ cup diced onions
1 teaspoon chopped garlic
2 tablespoons all purpose flour
1 ¾ cups chicken broth
2 ¼ cups heavy cream
1 teaspoon salt
1 teaspoon black pepper
pinch cayenne pepper
¼ cup white wine

¼ cup shredded asiago cheese
1 ounce butter

In a saucepan melt 2 ounces butter. Add onions and chopped garlic. Saute over medium heat for 5 minutes. Add flour and mix thoroughly. Cook for 4 minutes, then add the chicken broth, let thicken and add the cream and reduce for 20 minutes. Add the salt, pepper and cayenne. Whisk in white wine and let simmer for another 5 minutes. Turn off the flame and whisk in the other 1 ounce of butter and asiago cheese. Cool in refrigerator.

Aurora Sauce

1 ½ cups mayonnaise
1/3 cup heavy cream
1/3 cup chili sauce
2 teaspoons Worcestershire sauce
1 teaspoon lemon juice

Combine all ingredients and serve well chilled.

Champagne Cream Sauce

1 small shallot diced
1 tablespoon sweet butter
½ cup Champagne
½ cup heavy cream
½ cup grated Parmesan cheese

Sauté the shallot in the butter over medium heat. Add the champagne, cream and Parmesan cheese. Stir for 1 minute until thickened.

Chipotle Cream Sauce

6 shallots, peeled and roasted
1 large carrot, peeled and diced
1 tablespoon vegetable oil
2 chipotles en adobo
¼ cup white wine
3 cups heavy cream

Sauté the carrot in oil till tender. Add the shallots, chipotles and wine and simmer for 1 minute. Add the cream, raise the heat and reduce by half. Place the mixture in a blender or food processor and puree. Strain the sauce, season with salt and serve

Cream Sauce

2 tablespoons olive oil
1 tablespoon minced garlic
1 tablespoon minced shallots
2 tablespoons Disaronno or other amaretto liqueur
1 cup chicken stock
1 ½ cups heavy cream
2 tablespoons chives

To prepare sauce, heat olive oil in heavy bottomed skillet. Add garlic and shallots, cook until tender and remove pan from heat. Add Disaronno, return pan to burner and reduce liquid by half. Add chicken stock and reduce again by half. To this mixture, add heavy cream and cook over medium until sauce is slightly thickened. Remove pan from heat and stir in chives.

Creole Cream Sauce

4 tablespoons butter
2 tablespoons flour
2 eggs, well beaten
1 cup cream or milk
½ cup green onion tops chopped fine
salt, pepper and paprika

Melt butter, add flour and stir for a minute or two. Combine milk with eggs and onions and slowly stir into butter and flour mixture. Add seasonings and boil until sauce thickens. Remove to serving bowl or pot. Makes about 1 ½ cups of sauce.

Garlic Cream Sauce

1 quart heavy whipping cream
1 cup water
2 teaspoons chicken base
1 teaspoon white pepper
2 teaspoons minced garlic in oil
½ teaspoon paprika
½ cup butter
½ cup flour

Make a roux by mixing together the butter and flour. Over low heat, constantly stirring, mix together roux, whipping cream, minced garlic, paprika and chicken base.

Ginger Cream Sauce

1 tablespoon olive oil
3 ½ tablespoons minced fresh ginger
2 shallots, minced
1 tablespoon minced garlic
1 cup bottled clam juice
2/3 cup dry white wine
1 cup whipping cream

Mix ginger, shallots and garlic in heavy small saucepan. Sauté in oil till limp. Add clam juice and wine. Boil mixture until liquid is reduced to ¼ cup, about 15 minutes. Add cream to ginger mixture in saucepan. Boil until mixture thickens to sauce consistency, about 5 minutes.

Hazelnut Cream Sauce

1 cup sour cream
1 cup hazelnut coffee creamer

Stir until completely blended.

Horseradish Cream Sauce

1 cup sour cream
3 tablespoons prepared horseradish
2 teaspoons lemon juice
2 scallions, finely chopped
salt and pepper to taste

Combine all ingredients thoroughly. Cover and chill until ready to serve.

Kiwi Cream Sauce

4 kiwi fruit, peeled and sliced
½ cup chopped fresh pineapple
1 shallot diced
¼ cup brandy
¼ cup crème de banana
1 cup heavy cream
2 tablespoons butter

Sauté shallot in butter until just tender. Add brandy and crème de banana. Add heavy cream and reduce by half, then fold in fruit.

Lemon Cream Sauce

1 tablespoon butter
1 tablespoon flour

1 cup milk
¼ teaspoon dill weed
¼ teaspoon salt
½ cup shredded Swiss cheese
1 to 2 tablespoons lemon juice

Melt butter, stir in flour. Add milk, stirring constantly heat until sauce is bubbly and smooth. Cook 2 to 3 minutes. Add dill weed, salt and cheese. Stir to melt cheese. Remove from heat and stir in lemon juice.

Madeira Cream Sauce

2 tablespoons unsalted butter
½ onion or 6 shallots, peeled and finely chopped
¼ cup Madeira or medium sherry
½ cup cream
1 teaspoon cornstarch
½ cup chicken or vegetable stock
2 tablespoons chopped chives or tarragon
pepper to season

Add the onion or shallot to a medium pan and cook in butter for about 3 to 4 minutes over low heat until softened. Add the Madeira or sherry and bring to the boil. Simmer 3 minutes. Add the cream and continue to boil until the mixture has reduced by half. Mix the cornstarch and stock together and stir in and cook until thickened. Add the chives and season with pepper.

Mustard Cream Sauce

1 tablespoon butter
1 tablespoon vegetable oil
1 garlic clove, crushed
2/3 cup medium dry white wine
2/3 cup sour cream
2 tablespoons mild whole grain mustard

Heat the butter and oil in a large frying pan and fry the garlic for 1 minute without browning it. Add the wine then add the sour cream and mustard. Cook for 2 to 3 minutes, stirring.

Orange Cream Sauce

2 tablespoons butter
2 tablespoons chopped shallots
1 tablespoon chopped garlic
2 tablespoons olive oil

¼ cup orange liqueur, such as Triple sec or Grand Marnier
½ cup orange juice
¾ cup whipping cream
¼ cup chicken stock
3 oranges, peeled and sectioned
2 oranges, cut into thin slices for garnish
12 maraschino cherries, cut in half, for garnish
2 tablespoons chopped fresh Italian parsley, for garnish

Cook the butter in a large pan over medium high heat until sizzling, about 2 minutes. Add the shallots and garlic and cook for 3 minutes. Pour in the orange liqueur, stirring well to dislodge the pan residues and cook for 2 minutes. Add the orange juice, cream and chicken stock and bring back to a boil. Stir in the remaining salt and pepper, reduce the heat to low. Simmer for 8 to 10 minutes. Just before serving gently stir in the orange sections.

Pesto Cream Sauce

2 teaspoons olive oil
¼ red onion, sliced
1 tablespoon finely chopped garlic
½ cup good white wine
½ cup cream
¼ teaspoon black pepper
8 slices sun dried tomato
1 tablespoon pesto

Sweet onion and garlic in oil for 2 to 3 minutes. Do not brown. Add white wine, cream, black pepper and sun dried tomatoes and bring to a boil in a large pan. Turn down heat to simmer. Cover and cook 2 to 3 minutes. Add pesto to sauce. Warm through.

Thyme Cream Sauce

1 tablespoon olive oil
2 cups sliced mushrooms
1 tablespoon garlic
salt and pepper to taste
2 teaspoons dried thyme
1 teaspoon tarragon
1 teaspoon dill
¼ cup white wine
1 cup heavy cream
½ cup mild cheese (boursin cheese)
1 tablespoon butter
1 teaspoon fresh lemon juice

Heat a tablespoon of olive oil and the mushrooms, garlic, salt, pepper and herbs until mushrooms soften. Deglaze pan with wine, reduce for one minute, then add cream and the boursin cheese. Let mixture simmer until thickened, add butter and lemon juice, heat through.

Tomato Cream Sauce

½ cup heavy cream
2 cups tomato sauce
2 tablespoons fresh, chopped basil or parsley
salt and pepper
dash of red pepper flakes, optional

Mix the cream with the tomato sauce and heat. Season with the fresh, chopped herb of choice, salt and pepper as needed, as well as the red pepper flakes if you are using them.

Tomato Vodka Cream Sauce

¼ pound butter
½ teaspoon red pepper flakes
½ cup vodka
1 can Italian crushed tomatoes
¾ cup Parmesan cheese
½ cup Romano cheese
1 cup heavy cream

Melt butter over high heat until bubbly. Add red pepper flakes. Rapidly add vodka. Simmer for 2 minutes. Simmer tomatoes with the two cheeses for three minutes, then add 1 cup of heavy cream and simmer for one minute.

Turmeric Cream Sauce

½ pint vegetable stock
2 tablespoons soy sauce
¼ pint cream
1 teaspoon turmeric

Preheat a medium saucepan. Pour in the vegetable stock and soy sauce. Heat through. Add the cream and turmeric to the cooking broth. Boil for 3 to 4 minutes

Wasabi Cream Sauce

1 ounce butter, melted
4 ounces heavy cream
2 teaspoons lemon juice
4 tablespoons wasabi paste

Pour the butter into a small pan and set over a high heat. Stir in the cream, lemon juice and let it bubble for 2 minutes. Take it off the heat and set it aside for a minute or two. Mix in the wasabi paste. Taste it, you may like to add salt and pepper.

Wine and Pepper Cream Sauce

2 tablespoons unsalted butter
2 shallots, finely chopped
1 tablespoon brandy
½ cup dry white wine
½ cup chicken stock
2 teaspoons green peppercorns, coarsely crushed
3 tablespoons whipping cream
1 tablespoon fresh parsley, chopped
fresh parsley sprig, optional

Melt butter in a skillet. Add shallots and cook gently 3 minutes. Add brandy to pan and allow to heat through for a few seconds, then flame. When flames subside, add wine to shallots. Stir in stock and peppercorns and boil rapidly for 2 to 3 minutes or until slightly reduced. Remove from heat and stir in cream and chopped parsley. Return to medium heat and heat through 2 to 3 minutes, stirring constantly. Garnish with parsley sprig, if desired. Makes ¾ cup.

Baked Sheep Head : *scale this up or down for larger or smaller fish.*

One- 2 to 3 pound whole sheep head, cleaned and scaled, head on or off.

1/2 cup extra-virgin olive oil
1/3 cup fresh lemon juice, also optional slices for a garnish
1/2 cup dry white wine
1 1/2 tsp. coarse (Sea/Kosher) salt
1 tsp. fresh ground pepper
½ cup celery diced
2 tbsp. fresh thyme chopped
3 tbsp. fresh oregano chopped
3 tbsp. fresh parsley chopped

3 cloves of garlic, chopped fine

1/4 cup fresh green onion, chives or regular onions, chopped

Heat oven to 375 degrees F. Lightly oil a shallow roasting pan.

With a knife, make 3 cuts through skin of fish 1/4 to 1/2 inch deep on one side.

Place fish in oiled pan or on a small rack in the pan.

Drizzle, inside and out, with a mix of lemon juice, oil, and wine.

Sprinkle with salt and pepper.

Chop the thyme, oregano, parsley, garlic and onion and pack in slashed side of fish, place the rest loosely in side the cavity of the fish along with the celery

Bake seasoned fish until cooked through and just flakes -- about 45 minutes total, or 10 minutes per each inch thickness. { 140 degrees internal }

Check the thickest part near spine of fish.

Let rest for 5 minutes, Garnish if desired.

Serve with brown or white short grain rice and a salad.

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For a different taste exchange herbs and use:

Lemon zest, cilantro, jalapeno pepper, cumin. soy sauce, teriyaki, ginger, tarragon, fennel, dill, rosemary and bay to name a few.

Canning Tuna Captain Fred

Fill jar with Tuna with a 1/2 to 3/4 inch head space.

To each jar add,

1 Jalapeno pepper, thin slice

1/2 tsp Salt, canning

1 Tbl Olive Oil, virgin

1 tsp Vinegar, rice

Use plastic fork {thermal cracking ?} to fill voids with the oil and vinegar in each jar, wipe rim of jar twice with a clean cloth dipped in vinegar. Place canning lid and band on each jar and tighten. Gently rinse each jar with warm water. Put in canner.

Canner holds (8) wide mouth pint jars, per level (16) total.

Add 3 quarts of cool water to canner with 1/4 cup of white vinegar.

Close canner turn heat to medium {rise temp slowly to prevent thermal cracking}, when steam coming out of vent,

Evac air for 7 to 10 minutes, place regulator on vent pipe.

Build steam to 10 to 11 psi. time for 90 to 100 minutes.

A small increase to pressure or time will not effect the canned product. But do at least, 10# / 90 minutes.

After canning period, with all pressure at 0, open canner, place jars to cool, away from drafts. When completely cool (next day) remove band, gently rinse jars with soapy water and let dry. Inspect jars and mark information and date.

Options to try, use ½ pt jars.

Try some light smoked tuna, or even a small piece per jar.

Note: This recipe is for all fish. The vinegar will soften any bones etc.

Rev:08/22/2015

Marmitako – A Traditional Basque Tuna Stew, Captain Fred

The Basque region of Spain is home to various fish recipes and Marmitako is one of the most delicious. “Marmita” is the name of the casserole dish the stew is cooked in and adding “-ko” on the end means “from the pot.” Most Basque dishes are cooked in a pot but only the following tuna recipe has this special name.

Marmitako used to be cooked on fishing boats but it is also served in lots of Basque Country restaurants. Sometimes this dish is made with salmon but tuna is the traditional fish used. The stew is thick, especially when the potatoes are split open, since this releases more starch into the dish and thickens the sauce up. If you want to make this recipe in advance, make it up until where you are supposed to add the fish and the reheat it the following day and add the fish. Serve with lots of Fresh Crusty Bread,

This recipe features yellowfin tuna but you can use another kind of tuna filet or tuna steak for this. Thawed tuna is fine. Actually most tuna is flash-frozen because that kills bacteria. Thawed tuna is just as good as fresh tuna and you can easily find this fish in the grocery store. The carrots, potatoes, bell pepper, and onions add nutrients and the chilies, red pepper flakes, wine, parsley, and bay leaf add a wonderful flavor to this delicious Spanish tuna recipe.

Ingredients

1 1/2 to 2 lb Tuna, in 1/2 inch cubes
2 cups Onion, chopped
1/2 cup Carrot, chopped finely
2 Tbl Olive Oil, extra virgin
1 lb Potatoes peeled, cubed Russet or Yukon Gold
2 Tbl Chilies, (mild) Anaheim, (Poblano)
1/2 cup Bell Pepper Red, chopped
1/2 cup Bell Pepper, Green, chopped
3/4 teaspoon salt
1 bay leaf
2 Garlic Cloves, fine chopped
2 cups Vegetable Broth, (Better than Bouillon, vegetable base)
1/8+ tsp Red Pepper, flakes
1 cup White Wine, dry
2 Tbl Parsley, fresh, chopped

Instructions

- 1.Heat the oil in a big pot over a moderate heat.
- 2.Add the carrot and cook for 5 minutes, stirring a few times.
- 3.Add the bell pepper, chilies and onion and cook for 15 minutes or until everything is tender, stirring occasionally.
- 4.Add the garlic, bay leaf, and potatoes (cook till soft) and cook for 3 minutes, stirring often.
- 5.Add the wine, salt, broth and red pepper flakes, stirring well to combine. Bring the mixture to a boil.
- 6.Cover and simmer for 10 minutes or until the potatoes are soft, stirring occasionally.

{The above can be made a day in advance, on serving day, bring to a boil and add thawed fish and parsley. }

7. Discard the bay leaf. Stir in the parsley and tuna and toss the mixture for 1 minute or until the tuna changes color.

8. Divide the Marmitako between 4 bowls and serve with Crusty bread to mop up the wonderful juices.

Gefilte Fish, Loaf, Source: Jewish Foods, Shayla Goldstein

2 lbs. Whitefish, chopped fine (Yellow Tail, Cod, Ling)

2 Onions, chopped fine

2 stalks Celery, cut lengthwise in strips

5 Carrots, (4 quartered lengthwise, 1 grated)

$\frac{3}{4}$ cup Matzo Meal

3 Tbl Parsley Leaves, chopped

1 Tbl. Peanut Oil

3 cloves Garlic minced

1 Tbl. Sugar

$\frac{1}{2}$ tsp. Salt

$\frac{1}{4}$ tsp Black Pepper

$\frac{1}{2}$ tsp. Nutmeg

1 large Egg

2 large Egg Whites

$\frac{1}{2}$ cup cold Water

1 Tbl Butter to oil Bake Pan

Steam the carrots, celery until slightly softened, 7-8 minutes.

In a bowl, combine the onions with the fish, grated carrot, matzoth meal, oil, sugar, salt, pepper, nutmeg, egg and whites and cold water..

Place 1/4 of the fish mixture in a Buttered 9x5-inch loaf pan; arrange two partly cooked carrots and celery lengthwise on top of the mixture; top with another 1/4 of the mixture; arrange two more carrots on top; repeat with another 1/4 of the mixture and remaining carrots, and cover with the remaining mixture.

Preheat the oven to 350 degrees.

Bake for 1 hour. Remove from the oven and cool in the pan. Then turn out, cover and refrigerate until chilled. Slice and serve.

Variations: Dill for a different taste. As Zev said “beet horseradish”, Use a food processor, process the fish and ingredients to a paste

Serve with Horseradish Sauce:

1/4 cup Mayonnaise

1/4 cup Prepared Horseradish

1/3 cup Ketchup

1 tsp Lemon juice

¼ tsp Black Pepper

Mix well

Horseradish Sauce II:

3/4 cup Sour Cream

1/4 cup white prepared Horseradish

1 Tbs. Onion powder

1 Tbl Lemon juice

In the Torah's account of the creation of the world, the word "blessing" is used three times. The first is regarding the creation of fish, the second regarding the creation of man, and the third regarding Shabbat. When a human eats fish on Shabbat, he is thus beneficiary of a triple blessing.

rev: 03/08 Capt Fred

Mussels, Captain Fred's

2 cups Wine, White Riesling

1 can White Clam Sauce. 10 ½ oz

2 Bay Leaf

½# Sweet Butter {1 stick for 2 servings}

½ tsp Black Pepper, ground

1 Tbl Lemon Juice

1 tsp Lemon Zest

4# Mussels {2# Mussels for 2 servings}

½ cup Parsley, Chopped

2 Green Onions, separate bottom from top

2 cups Shrimp cooked (frozen thawed)

1 Crusty French or Italian Bread

Add to a large pot, wine, white clam sauce, bay leaf, butter, lemon juice and zest. Simmer 30 minutes total, 15 minutes uncovered to remove alcohol and concentrate flavors.

Sort and rinse mussels, put in container on frig. If some shells are cracked, as long as they are holding fast, they are good to go. They will only be kept in the frig for a short time and no need to sort again.

Drink a glass of wine. ½ hour before serving as guest/guests arrive.

Add Mussels, Parsley, bottom of green onions, cook 30 minutes. Just before serving Add Shrimp and green onion tops and serve with the bread in bowls of mussels and broth with bread.

Rev: 10/30/2011

Tuna Noodle Casserole, Captain Fred's

1 pt. jar Tuna, drained broken up

16 oz Shell Noodles, dry pasta

4 Tbl Butter, divided in 1/2

1 cup Onion, yellow, diced

2 Garlic Cloves, pressed

1 cup Celery, chopped fine

1 cup, 8 oz Mushrooms, chopped medium fine

2 cans Cream of Chicken Soup (Cambles) with 2 cans of milk

1 cup Water

2 cup Peas, frozen

1 tsp Salt

¼ tsp Pepper, black

¼ tsp Paprika

1 ½ cups Mozzarella Cheese, shredded (6 oz)

1 ½ cups Cheddar Cheese Mild, shredded (6 oz)

1 cup Panko, Bread Crumbs

In a pot, cook the noodles according to package instructions. Drain pasta in a strainer.

In the now-empty stock pot, melt the butter. Add onions and saute until onions are tender, add celery cook 5 minutes, add more butter and cook mushrooms 10 minutes (till they release their juice) Put all of this in a large mixing bowl.

To pot add Cream of chicken soup with milk, water, heat to boil, simmer 2 minutes. Remove

from heat. Add the peas, salt and pepper to this, let rest for 5 minutes. Add sour cream & mix.

Add cooked pasta and drained tuna to sauce, stirring to coat. Stir in mozzarella cheese.

Pour into a lightly buttered 3 qt. 9x13-inch baking dish. Top with shredded mozzarella cheese, and panko, dust with paprika.

Bake uncovered at 350 degrees. Bake for 30 minutes or until cheese is bubbly.

Optional: 1/2 cup French Fried Onions. Vegetables, White Wine, Rice. liquid from tuna

Revised:05/05/2015

Tuna Salad Spread, Captain Fred

1 jar Tuna, drained

1/3 cup Celery, finely chopped

1/4 cup Sour Cream

1/4 cup Mayonnaise

1/4 cup Miracle Whip

1/4 cup Pickle Relish, sweet

1 tsp Mustard Powder

1 tsp Fruit fresh

2 tsp. Lemon Juice

1/4 tsp Pepper, black

Preparation:

Drain and flake the tuna into medium chunks, in a small separate bowl (over mixing the tuna will break it up to much). In a medium bowl combine celery, pickle relish, sour cream, mayonnaise, miracle whip, mustard, fruit fresh, lemon juice and pepper, blend well. Add tuna and gently blend. Cover tightly and refrigerate. Check for salt and adjust.

Spread tuna mixture on lightly toasted bread, with lettuce.

Options: Parmesan cheese, capers, olives, hard-cooked egg, peeled and chopped, red bell pepper, green onions, black olives. Split a pita bread, place shredded lettuces and tuna salad.

Tartar Sauce, Captain Fred

2 Tbl Sugar

1 tsp Parsley Flakes dry

½ tsp Onion Powder

½ tsp Mustard Powder

1 tsp Fruit Fresh (ascorbic acid or 1 Tbl lemon juice)

1 tsp Lemon Juice

1 cup Mayonnaise

½ cup Sweet Pickle Relish

¼ cup Miracle Whip Salad Dressing

Mix ingredients until well blended. Store in a tightly covered container in the refrigerator. {Fruit Fresh is ascorbic acid, equal to 1 Tbl lemon juice}

Makes about 2 cup.

Additions: Capers, garlic, horseradish, red pepper, lime juice, tarragon, merin

Rev: 01/18/2011

Wasabi Tartar Sauce

"A great, easy spicy sauce for tuna, crab cakes, or even shrimp cocktail! For those who like a little spice!" recipe yield: 1 1/4 cups

INGREDIENTS

3 tablespoons wasabi powder

1/4 cup mayonnaise

1/4 cup sour cream

1/2 cup prepared Dijon-style mustard

2 tablespoons hot pepper sauce

1/4 cup chopped green onion

salt and pepper to taste

DIRECTIONS

Blend wasabi, mayonnaise, sour cream, mustard, and hot pepper sauce. Mix in the green onion.

Season with salt and pepper, cover, and refrigerate until ready to serve.

"A great, easy spicy sauce for tuna, crab cakes, or even shrimp cocktail! For those who like a little spice!"

recipe yield: 1 1/4 cups

Tuna Confit

Confit (con-FEE) method intensifies flavor and gives meat and fish, a supremely tender texture.

From the French confire, meaning "to conserve," confit dates from ancient times, before refrigeration made the practice unnecessary. In rural families, fattened duck, geese and pigs would be slaughtered in the fall, then transformed into pâtés, sausages and confit, the latter two for long keeping.

Cooks learned that they could extend the life of confit by first salting the meat to draw out liquid. Cooking the salted meat slowly in a bath of fat made it tender, and storing it under a blanket of the strained fat allowed it to last, and even improve, for months. Even today, in some French homes, the season's jars and stone crocks of confit are not refrigerated; instead, they're kept in a cool basement.

The confit tradition persists in southwest France.

Confits made with seafood such as halibut and tuna Salmon Slowly poaches large chunks of well-seasoned albacore loin in extra virgin olive oil. The result far surpasses even the fanciest canned tuna and lasts for at least 10 days in the refrigerator. Use this splendid confit in a light pasta sauce, but it can also be flaked into green salads.

Tuna Confit Recipe Captain Fred

Ingredients:

3 cups Extra Virgin olive oil, more if needed to cover the tuna during
cooking and storage

1 medium yellow onion, cut in 1/2-inch slices

2 sprigs fresh rosemary

6 sprigs fresh thyme

2 bay leaf

2 garlic cloves smashed

1 tsp. black peppercorns, coarsely cracked

Zest of 1 lemon, pared in strips

1 Tbs. coarse salt more if needed to taste

2 lb. fresh Tuna, cut into 1 to 1 ½ -inch cubes.

Combine the oil, onion, herbs, peppercorns, lemon zest, and salt in a deep sauté pan . Heat to between 140° and 150°F, stirring occasionally, and cook for 20 min. to infuse the flavors of the aromatics into the oil and to pasteurize it for a long shelf life. Taste the oil; it should be slightly salty. Leave to cool for about 30 min.; the oil will be warm.

Put the pan back over medium-low heat and slip the tuna into the barely warm oil. (The tuna must be covered by the oil; add more if needed.) Slowly bring the oil to 150°F again. Cook for 10 minutes. Do not boil. Turn off the heat, take the pot from the heat, and let the tuna cook slowly in the warm oil. Repeat with any remaining pieces of tuna.

Transfer the tuna to a storage dish (I prefer glass or crockery, but an airtight plastic container will do fine), strain the oil over the fish, discarding the aromatics, and let it cool. Best to marinate overnight. If not using right away, cover the container tightly and refrigerate. The tuna will keep, covered in oil and refrigerated, for up to 2 weeks.

Note: A Crock Pot works great. This recipe works only with tuna Not other fish, they get mushy.

Italian Tuna Salad: AKA Salad Niçoise

This is a **room temperature** meal in its self or accompaniment.

Confit Tuna, 2 cups

Potatoes, 4 medium cooked in jackets

Onion, small or Shallot

Oil from Confit

Red wine vinegar

Green Beans, cooked and cooled

Black olives

Tomatoes

Salad Greens

Celery leaves

Egg, Hard cooked

Salad Greens

Oil from Confit

Red wine vinegar

Bring a portion of Confit tuna to room temperature (amount depending if main, or accompaniment to meal)

Potatoes, cooked in jackets , cool and cut into one inch cubes.

½ cup celery leaves, any stems cut fine, coarse chop the leaves.

Cut onion paper thin, Tomatoes sliced, Eggs sliced. Arrange on top of bed of salad greens. Mix Oil from Confit and Red wine vinegar together and drizzle over salad.