

Under The Sea June 2012

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Appetizers

Double Tomato Bruschetta



Rated: ★★★★★

Submitted By: Laurie Thompson

Photo By: COOKIEMONSTER803

Prep Time: 15 Minutes

Cook Time: 7 Minutes

Ready In: 35 Minutes

Servings: 12

“A delicious and easy appetizer. The balsamic vinegar gives it a little bite. Dried basil can be substituted but it is best with fresh.”

INGREDIENTS:

6 roma (plum) tomatoes, chopped	¼ cup fresh basil, stems removed
½ cup sun-dried tomatoes, packed in oil	¼ teaspoon salt
3 cloves minced garlic	¼ teaspoon ground black pepper
¼ cup olive oil	1 French baguette
2 tablespoons balsamic vinegar	2 cups shredded mozzarella cheese

DIRECTIONS:

1. Preheat the oven on broiler setting.
2. In a large bowl, combine the roma tomatoes, sun-dried tomatoes, garlic, olive oil, vinegar, basil, salt, and pepper. Allow the mixture to sit for 10 minutes.
3. Cut the baguette into ¾-inch slices. On a baking sheet, arrange the baguette slices in a single layer. Broil for 1 to 2 minutes, until slightly brown.
4. Divide the tomato mixture evenly over the baguette slices. Top the slices with mozzarella cheese.
5. Broil for 5 minutes, or until the cheese is melted.

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<http://allrecipes.com/Recipe/double-tomato-bruschetta/detail.aspx>

Grilled Shrimp and Romaine



Prep Time: 15 mins

Total Time: 22 mins

Servings: Makes: 4 servings

Ingredients

- ¼ cup olive oil
- ½ tsp. kosher salt or ¼ tsp. salt
- 1 lb. fresh or frozen large shrimp, peeled and deveined
- 2 hearts of romaine lettuce, halved lengthwise
- ¼ cup finely shredded Parmesan cheese
- 2 lemons
- Olive oil
- Kosher salt or salt and freshly ground black pepper

Directions

In small bowl whisk together the ¼ cup olive oil and ½ teaspoon kosher salt. Set aside. On four 10-inch metal skewers, thread shrimp, leaving ¼-inch space between each shrimp*. Brush oil mixture over cut sides of lettuce and the shrimp.

For a charcoal grill, grill shrimp on the rack of an uncovered grill directly over medium coals for 5 to 8 minutes or until shrimp are opaque, turning once halfway through grilling. Grill lettuce, cut side down, for 2 to 4 minutes or until grill marks develop on the lettuce and lettuce is slightly wilted. (For a gas grill, preheat grill. Reduce heat to medium. Cover and grill shrimp and lettuce as above.)

Place lettuce in serving bowl. Remove shrimp from the skewers. Place in bowl with lettuce and sprinkle with the Parmesan cheese. Squeeze the juice of one of the lemons over the shrimp and lettuce and drizzle with additional olive oil. Sprinkle with additional kosher salt and freshly ground black pepper. Cut the remaining lemon in wedges and serve with the salad. Makes: 4 servings

* if desired, rather than putting the shrimp on skewers, you can cook them on the grill in a grill wok. Preheat the grill wok on the grill for 5 minutes. Add shrimp to the grill wok and cook and stir for 5 to 8 minutes or until shrimp are opaque.

<http://www.recipe.com/grilled-shrimp-and-romaine/>

Tuna and Avocado Stuffed Shells

This fun salad is made with grilled fresh tuna which keeps the sodium level low. For a quick version, substitute one 9-ounce can of water-pack, solid white tuna, drained and broken into small chunks, for the grilled tuna.



Total Time: 25 mins

Servings: 4 main-dish servings

Ingredients

8 Jumbo shell macaroni
8 ounce tuna fillet, cooked and broken into small chunks*
1 medium avocado, halved, seeded, peeled, and coarsely chopped
3 tablespoons walnut oil or cooking oil
3 tablespoons lemon juice
2 tablespoons snipped fresh chives
1 tablespoon Dijon-style mustard
1 medium cantaloupe, cut into wedges

Directions

Cook pasta shells according to package directions. Drain; rinse with cold water. Drain; set aside. In a large mixing bowl stir together tuna, avocado, oil, lemon juice, chives, and mustard. Spoon about $\frac{1}{4}$ cup of the tuna salad mixture into each shell. Arrange 2 filled shells per serving with a cantaloupe wedge on each plate. Makes 4 main-dish servings.

NOTE

To cook tuna fillet, rub with cooking oil. Grill fish on rack of an uncovered grill directly over medium to medium-hot coals 8 to 12 minutes, turning once, until fish just flakes with a fork. Cover and refrigerate until cool enough to handle.

<http://www.recipe.com/tuna-and-avocado-stuffed-shells/>

Main Course



STEAMED HALIBUT AND ASPARAGUS IN PARCHMENT

Serves: 4

Prep Time: 25 min

Cook Time: 25 min

Ready In: 50 min

Ingredients

- 1 1/2 pounds small red potatoes, sliced about 1/4 inch thick
- 4 (6 ounce) halibut fillets, skin removed
- 2 teaspoons kosher salt
- 1 teaspoon black pepper
- 2 tablespoons chopped fresh tarragon
- 4 scallions (trimmed and cut into 1-inch pieces)
- 1 pound asparagus, trimmed and cut into 1-inch pieces
- 1 tablespoon extra-virgin olive oil
- Parchment paper (cut into 8 15-by-15-inch sheets)

Directions

1. Heat oven to 400° F. Divide 4 of the parchment paper sheets between 2 baking sheets. (The paper sheets may overlap slightly.)
2. Place 1/4 of the potatoes in the center of each sheet. Rinse the halibut fillets and pat them dry with paper towels.
3. Place the fillets on top of the potatoes. Season with the salt and pepper.

4. Add the tarragon, scallions, and asparagus. Drizzle with the oil. Top with the remaining parchment paper sheets and fold the edges over several times to seal.
5. Bake for 25 minutes. (Although you can't check for doneness, this is ample time for the fish and potatoes to cook through.)
6. To serve, place a packet on each plate and cut open.
7. And the next time, try...
8. Using almost anything that swims in place of the halibut. Salmon, tuna, and cod all work just fine and cook in about the same amount of time.

<http://easyrecipes.com/recipes/show/id/11>



Linguine with White Clam Sauce

Gourmet | June 2005

Food Editor: Gina Marie Miraglia Eriquez

Father: Alexander J. Miraglia, Howard Beach, NY

No matter what Italian restaurant we visit, my dad can't seem to resist ordering linguine with clams. Although they're not technically clams, cockles work best in this dish, since they're very small and have tender, sweet flesh. You can identify them by their tiny size (about 1/2 to 1 inch across) and green-tinged shells.

Yield: Makes 4 main-dish to 8 first-course servings

Active Time: 25 min

Total Time: 35 min

ingredients

- 1/3 cup extra-virgin olive oil
- 1 medium onion, chopped
- 6 garlic cloves, finely chopped
- 3/4 teaspoon dried hot red pepper flakes
- 1/4 teaspoon dried oregano
- 1/3 cup dry white wine
- 1/3 cup bottled clam juice
- 1 lb linguine
- 2 lb small cockles (up to 1 inch across; 5 to 6 dozen), scrubbed well
- 2 tablespoons cold unsalted butter, cut into small pieces
- 1/3 cup chopped fresh flat-leaf parsley

Accompaniments: extra-virgin olive oil for drizzling; dried hot red pepper flakes

preparation

Heat oil in a 5- to 6-quart heavy pot over moderately high heat until hot but not smoking, then sauté onion, stirring, until golden, about 4 minutes. Add garlic, red pepper flakes, and oregano and cook, stirring occasionally, until garlic is golden, about 2 minutes. Stir in wine and clam juice and boil, uncovered, stirring occasionally, until slightly reduced, about 3 minutes.

Cook pasta in a 6- to 8-quart pot of [boiling salted water](#) until al dente, then drain in a colander.

While pasta is cooking, stir cockles into sauce and simmer, covered, stirring occasionally, until cockles open wide, 4 to 6 minutes. (Discard any cockles that have not opened after 6 minutes.) Remove from heat and stir in butter until melted.

Add pasta to cockles along with parsley and salt to taste, then toss with sauce until combined well.

Cooks' note:

- You can substitute bottled baby clams in the shell for the cockles. They're available at some Italian markets and by mail order from D. Coluccio & Sons (718-436-6700). Stir clams into sauce and cook until just heated through.

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<http://www.epicurious.com/recipes/food/printerfriendly/Linguine-with-White-Clam-Sauce-232139#ixzz1YcotRhAB>

Lemon Cream Pasta with Chicken



Rated: ★★★★★

Submitted By: Lisa Ramos

Photo By: maimai

Prep Time: 1 Hour
Cook Time: 10 Minutes

Ready In: 1 Hour 10 Minutes
Servings: 4

"This deliciously different dish incorporates a classic combination of flavors: lemon, chicken, and garlic. "

INGREDIENTS:

3 skinless, boneless chicken breast halves	2 (14.5 ounce) cans chicken broth
1 lemon, quartered	1/4 cup fresh lemon juice
2 teaspoons garlic powder, divided	1 (8 ounce) package rotelle pasta
1 teaspoon ground black pepper, divided	1 cup heavy cream
	1 teaspoon grated lemon zest

DIRECTIONS:

1. Preheat oven to 350 degrees F (175 degrees C). Place chicken in a lightly greased baking dish. Squeeze lemon over both sides of the chicken breasts and season both sides using 1 1/2 teaspoons garlic powder and 3/4 teaspoon pepper. Bake for 40 minutes, or until juices run clear and chicken is no longer pink inside.
2. Meanwhile, in a large saucepan, season the chicken broth with the remaining 1/2 teaspoon garlic powder and 1/4 teaspoon pepper. Bring to a boil and add lemon juice and pasta. Cook over medium heat, stirring occasionally, until all liquid is absorbed, about 25 minutes.
3. Cut cooked chicken into bite-sized pieces and stir into cooked pasta, along with the cream and lemon zest. Cook, stirring, over low heat for 5 minutes. Remove from heat and let stand 5 minutes. Stir thoroughly before serving.

Side Dish

Bacon-Wrapped Asparagus



Rated: ★★★★★

Submitted By: Patricia Kitts

Photo By: CookinBug

Prep Time: 20 Minutes

Cook Time: 10 Minutes

Ready In: 30 Minutes

Servings: 2

"My husband and I grill dinner almost every night, and I love grilling asparagus for a side dish,' relates Patricia Kitts of Dickinson, Texas. 'I serve these bacon-wrapped spears with grilled meat and sliced fresh tomatoes for a wonderful meal."

INGREDIENTS:

10 spears fresh asparagus, trimmed
1/8 teaspoon pepper

5 bacon strips, halved lengthwise

DIRECTIONS:

1. Place asparagus on a sheet of waxed paper; coat with nonstick cooking spray. Sprinkle with pepper; turn to coat. Wrap a bacon piece around each spear; secure ends with toothpicks. Grill, uncovered, over medium-low heat for 8-12 minutes or until bacon is crisp, turning occasionally. Discard toothpicks.

Bacon Wrapped Scallops

By MizzNezz on December 22, 2002



Photo by ProudMamaT

★★★★★ 41 Reviews

-  **Prep Time:** 20 mins
- **Total Time:** 32 mins
- **Yield:** 40 appetizers

About This Recipe

"I love making these appetizers at Christmas time. Always well received!! I'm guessing on the servings, depends on the size of the scallops."

Ingredients

- 2 lbs bacon (regular sliced, not thick)
- 2 lbs sea scallops (if very large, cut in half)
- 3 tablespoons butter
- 1 tablespoon minced garlic
- 1/3 cup chicken broth

Directions

1. Cut bacon strips in half.
2. Wrap a piece of bacon around each scallop; secure with toothpick.
3. Arrange the wrapped scallops on a baking sheet.
4. Broil 5 inches from heat for 3 minutes per side, or until bacon is crisp.
5. In small skillet, melt butter; add garlic and saute 1 minute,.
6. Add broth and bring to a boil.
7. Cook 2 minutes.
8. Place scallops in large bowl; pour broth over, Gently toss to coat.



Creamy Parmesan Risotto

Serves 4

Hands-on Time: 40m

Total Time: 40m

Ingredients

- 3 to 4 cups low-sodium chicken broth
- 4 tablespoons unsalted butter
- 1 medium onion, finely chopped
- 1 clove garlic, minced
- 1 1/2 cups Arborio rice
- 1 cup dry white wine, such as Pinot Blanc or Sauvignon Blanc
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1/2 cup freshly grated Parmesan, plus more for serving

Directions

1. In a medium saucepan, bring the broth to a simmer and keep warm over low heat.
2. In a separate medium saucepan, melt 2 tablespoons of the butter over medium heat. Add the onion and garlic and cook, stirring with a wooden spoon, until the onion is transparent, about 5 minutes. Add the rice and cook, stirring, until it is well coated with the butter and starts to turn translucent, about 2 minutes. Add the wine and simmer gently until all the liquid is absorbed, 3 to 5 minutes.
3. Ladle 1/2 cup of the warm broth into the rice mixture and simmer, stirring occasionally, until the broth is absorbed. Repeat, adding 1/2 cup of broth at a time, until the rice is cooked through but still firm, 20 to 25 minutes total.
4. Add the remaining butter and the salt, pepper, and 1/2 cup of Parmesan. Stir to incorporate. Adjust seasoning with more salt to taste. Serve immediately, topping with additional Parmesan.

<http://www.realsimple.com/food-recipes/browse-all-recipes/creamy-parmesan-risotto-1000001038780/index.html>

Dessert

Coffee Meringues

Get your coffee fix with these cute meringue cookies.



Photo by: Quentin Bacon

- **YIELD:** Makes about 40 1 1/2-inch meringues
- **COURSE:** Desserts, Cookies

Ingredients

- 3 large egg whites
- 1/2 teaspoon cream of tartar
- 3/4 cup sugar
- 1/2 teaspoon vanilla
- 1 1/2 tablespoons instant espresso powder
- 1 tablespoon whole roasted coffee beans

Preparation

1. In a bowl, with an electric mixer (fitted with whisk attachment) on high speed, beat egg whites and cream of tartar until thick and foamy. Gradually add sugar and continue to beat until mixture holds stiff, shiny peaks. Beat in vanilla and espresso powder.

2. Spoon meringue in 1 1/2- to 2-inch-wide mounds, about 1 inch apart, onto cooking parchment-lined or buttered and floured 12- by 15-inch baking sheets (see notes). Gently place one coffee bean on each mound.

3. Bake in a 200° oven until meringues are light brown and give slightly when gently pressed, 1 1/4 to 1 1/2 hours; switch pan positions halfway through baking. Turn off heat and leave meringues in closed oven for 1 hour.

4. Slide a spatula under meringues to release

<http://www.sunset.com/food-wine/kitchen-assistant/favorite-easy-cookie-recipes-00400000048557/page18.html>

Basic Crepes



Rated: ★★★★★

Submitted By: JENNYC819

Photo By: Shalaine_1

Prep Time: 10 Minutes
Cook Time: 20 Minutes

Ready In: 30 Minutes
Servings: 4

"No need to be intimidated -crepes are surprisingly easy. Mix simple, everyday ingredients -milk, egg, flour and the like -swirl the mix in a lightly oiled pan and fill with sweet or savory delights."

INGREDIENTS:

1 cup all-purpose flour
2 eggs
1/2 cup milk

1/2 cup water
1/4 teaspoon salt
2 tablespoons butter, melted

DIRECTIONS:

1. In a large mixing bowl, whisk together the flour and the eggs. Gradually add in the milk and water, stirring to combine. Add the salt and butter; beat until smooth.
2. Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each crepe. Tilt the pan with a circular motion so that the batter coats the surface evenly.
3. Cook the crepe for about 2 minutes, until the bottom is light brown. Loosen with a spatula, turn and cook the other side. Serve hot.

Chocolate Ganache and Strawberry Tarts



Chocolate Ganache and Strawberry Tarts (Adapted from [MasterChef](#)) ([Printable recipe](#))

Makes 4x10cm tarts (preferably use loose-bottomed tart tins)

Ingredients of tart shells:

- 100 gm plain flour
- 85 gm butter, room temperature
- Pinch of salt
- 1 to 2 tsp cold water

Ingredients of chocolate ganache:

- 145 gm dark chocolate, finely chopped
- 125 ml cream
- 35 gm butter
- 5 tbsp caster sugar, or to taste

Ingredients of topping:

- 8 to 12 strawberries, thinly sliced
- 2 tbsp strawberry jelly (or jam)
- water to dissolve jelly





Method:

1. Place the flour, butter and a pinch of salt in a food processor and blend until the mixture resembles fine breadcrumbs. Add 1-2 teaspoons cold water and blend again until the dough just comes together. Tip out onto a lightly floured board or clean bench and form dough into a disc, enclose in cling film and refrigerate for 15 to 25 minutes.
2. Roll pastry out to 3-5mm thick, then use to line four 10cm loose-bottomed tart tins. Prick the base with a fork, then place back in the fridge to rest for about 15 minutes.
3. To make the ganache: place the cream and butter in a heatproof bowl over simmering warm water, heat until butter has melted. Add chocolate and sugar into the mixture, then stir until the chocolate has melted. Remove from heat.
4. Preheat the oven to 180°C. Line the pastry case with baking paper and pastry beads or uncooked rice. Blind-bake for 8-10 minutes, then remove baking paper and beads and bake for another 5-10 minutes until golden. Press down any bubbles that have risen up and allow to cool. Remove from tart tins and place on a serving plate.
5. Heat jelly with water until completely dissolved.
6. Transfer the chocolate ganache into the tart shells. Spread evenly with the back of a spoon or palette knife. Arrange the strawberry slices on top and brush with jelly on top of the strawberries. Serve immediately.

<http://en.christinesrecipes.com/2010/07/chocolate-ganache-and-strawberry-tarts.html#ixzz1YcwCOMvs>

Cocktail



Mango-Peach Sangria

Ingredients

Servings: 4

Total Time: 30 min

- 1/3 cup(s) sugar
- 1/3 cup(s) water
- 1 cup(s) Grand  Marnier
- 1 bottle(s) Viognier
- 1 mango, chopped
- 2 peaches, cut into thin wedges
- 1/4 cup(s) mint

Directions

1. **In a saucepan, cook the sugar and water until the sugar dissolves; transfer to a pitcher and refrigerate until cold. Stir in the Grand Marnier, Viognier, mango, peaches, and mint and serve over ice.**

<http://www.delish.com/recipefinder/mango-peach-sangria-recipe>



Live Basil Gimlet

5 large basil leaves

1 1/2 ounces gin

3/4 ounce fresh lime juice

1/2 ounce simple syrup.

Put 4 basil leaves in a cocktail shaker and press them gently with a muddler or a wooden spoon. Add the gin, lime juice and simple syrup. Fill with ice, shake vigorously and strain into a chilled coupe or other small glass. Garnish with the remaining basil leaf.

Yield: 1 drink.