

# FEAST OF THE SEVEN FISHES GUIDE

Tips and recipes from Executive Chef Angelo Loria from Vince & Joe's Gourmet Market

## How to Select Fresh Fish and Shellfish

Whether you're buying whole fish, fillets, or shellfish, a few simple guidelines will help you pick the freshest and best-quality products:

Fresh fish or shellfish should always smell fresh like the sea, not "fishy."

When selecting a whole fish, look for:

- o Clear, bright, and bulging eyes, not cloudy or sunken
- o Scales should be tightly attached to the skin, not sticky or tacky
- o Flesh that is springy when touched, not soft
- o Bright pink to maroon-colored gills

When buying shellfish, such as shrimp, the items in a grocery store case have typically been frozen and thawed. Choose frozen items, since most frozen seafood has been processed using the IQF (individually quick frozen) process when caught.

When buying live shellfish, like clams, mussels, and oysters, look for tightly closed shells or shells that close when touched. If you notice any shells that are open before cooking, discard them. Also, if you notice any shells that are closed after cooking, discard them as well.

When buying live shellfish, such as crab and lobster, look for signs of movement. When buying any fish or shellfish, transport them home as quickly as possible and store in the refrigerator until just before cooking.

## Smoked Salmon 7 Layer Dip

### INGREDIENTS

- 4 ounces cream cheese
- 2 ounces fresh goat cheese
- 3 tablespoons prepared beet horseradish
- 2 teaspoons finely grated lemon zest
- 1 pound hot-smoked salmon, skin removed, flaked, divided
- 2 large radishes, trimmed, finely chopped
- 1/3 cup finely chopped red onion
- 1/2 cup drained capers, chopped
- 3 tablespoons finely chopped chives
- 2 Belgian endives, leaves separated
- Bagel chips or pumpernickel bread (for serving)

### PREPERATION

Line a 6"-diameter ring mold, 6"-diameter cake pan or springform pan, or 16-oz. ramekin with plastic wrap, pressing it along the bottom and up the sides (you can also use a small bowl, but the layers won't be quite as even). Pulse cream cheese, goat cheese, horseradish, and lemon zest in a food processor until well combined and creamy.

Press a third of smoked salmon into an even layer across the bottom of mold. Spread half of cream cheese mixture evenly over salmon, smoothing surface with a rubber spatula.

Toss radishes and onion in a small bowl to combine, then scatter over cream cheese mixture and press down lightly into mixture. Top with half of remaining salmon, making an even layer, then scatter capers over. Spread remaining cream cheese mixture over capers and finish with a final layer of the remaining salmon. Cover dip with plastic wrap and chill at least 1 hour to let dip set and flavors meld.

Uncover dip and carefully invert onto a plate. Remove ring mold, then carefully peel away plastic. Top with chives. Serve with endives and bagel chips for spreading over.

## Smoked Trout Dip

### INGREDIENTS

- 12 ounces smoked trout, skin and bones removed
- ⅓ cup labneh (Lebanese strained yogurt)
- ¼ cup crème fraîche
- 1 tablespoon (or more) fresh lemon juice
- 3 tablespoons finely chopped fresh chives, plus more for serving
- 1 tablespoon finely chopped fresh dill, plus more for serving
- Kosher salt, freshly ground pepper
- Olive oil (for drizzling)

### PREPARATION

Using a fork, mix trout, labneh, crème fraîche, lemon juice, 3 Tbsp. chives, and 1 Tbsp. dill in a medium bowl until trout flakes into very small pieces. Season with salt, pepper, and more lemon juice, if desired.

Just before serving, drizzle dip with oil and top with more chives, dill, and pepper.

## Pan Seared Squid

### INGREDIENTS

- ½ cup mayo
- 1 garlic clove, finely grated
- 1 tablespoon fresh lemon juice
- Kosher salt and freshly ground black pepper
- 1 pound cleaned squid, bodies halved lengthwise, tentacles left whole
- 1 tablespoon Sherry vinegar or red wine vinegar
- ¼ teaspoon crushed red pepper flakes
- 8 cups purslane or watercress with tender stems
- 1 teaspoon finely grated lemon zest

### RECIPE PREPARATION

Whisk mayo, garlic, and lemon juice in a small bowl. Season with salt and pepper. Cover mayo and chill.

Heat 1 Tbsp. grapeseed oil in a large skillet, preferably cast iron, over high heat. Add half of squid and season with salt and pepper. Cook, tossing occasionally, until lightly charred and cooked through, about 2 minutes; transfer to a plate. Repeat with remaining squid and 1 Tbsp. grapeseed oil.

Return reserved squid to skillet, add vinegar and red pepper flakes, and cook, scraping up browned bits from bottom of skillet, about 1 minute.

### Shrimp w/ Chili, Cilantro and Lime

#### INGREDIENTS

- 16 jumbo shrimp, unpeeled, preferably head-on
- 6 tablespoons fish sauce (such as nuoc nam or nam pla), divided
- 4 tablespoons vegetable oil, divided, plus more for grill
- 2 teaspoons turmeric
- 30 cilantro sprigs, chopped
- 10 long red chiles (such as Holland or Anaheim), stemmed
- 8 garlic cloves
- 2 1' pieces ginger, peeled
- 1/4 cup fresh lime juice
- 2 tablespoons palm sugar or (packed) light brown sugar

#### RECIPE PREPARATION

Combine shrimp, 2 Tbsp. fish sauce, 2 Tbsp. oil, and turmeric in a large bowl; toss to coat. Let stand for 30 minutes.

Purée 4 Tbsp. fish sauce, 2 Tbsp. oil, cilantro, and remaining ingredients in a blender or food processor until a coarse mixture forms; transfer dipping sauce to a small bowl and set aside.

Pan with high heat. Shake excess liquid from shrimp and place shrimp in pan. Cook, turning occasionally, until shrimp are charred and cooked through, 5-6 minutes.

Serve immediately with sauce.

### Pasta w/ Clam Sauce

#### INGREDIENTS

- 6 1/2 pounds clams
- 6 tablespoons olive oil divided
- 1/2 cup dry white wine, divided
- 3 garlic cloves, sliced, divided
- 1 tablespoon crushed red pepper
- 1 pound spaghetti or linguine
- Kosher salt and freshly ground black pepper
- 3 tablespoons chopped flat-leaf parsley

## RECIPE PREPARATION

Place clams in a sink filled with cold water. Scrub shells well with a coarse brush to remove any sand. Drain water and soak clams in clean water, repeating until water remains clean.

Heat 2 Tbsp. oil in a large pot with a lid over medium heat. Add ¼ cup wine, 1 garlic clove, and ½ tablespoon crushed red chili peppers. Add half of clams, cover, and cook over high heat, shaking pan frequently, until clams open (keep lid on pot so heat is not released, making cooking time longer). As soon as clams open, transfer clams and their juices to a large bowl (discard any clams that do not open). Repeat process with 2 Tbsp. oil, remaining ¼ cup wine, 1 garlic clove, 1 crushed red pepper, and remaining clams.

Meanwhile, cook pasta in a large pot of boiling salted water, stirring occasionally, until tender but al dente; drain, reserving 1 cup pasta cooking liquid.

Heat remaining 2 Tbsp. oil in pot with lid over medium heat. Add remaining 1 garlic clove and remaining 1 chile; stir until garlic is fragrant and light golden, 1-2 minutes. Return clams and their juices to pot; toss to coat and remove from heat. Add pasta and toss to coat evenly with juices, adding pasta cooking liquid by ¼-cupfuls if pasta is dry. Season to taste with salt and pepper. Sprinkle parsley over

## Octopus

1. Place the octopus in a colander, rinse it well with cold water, and drain.
2. Using a long pair of tongs (or a coat hanger), hook the octopus through the slit just above the eyes. (The flesh is strong, and won't tear; the weight of the octopus will keep it secured.) Quickly but completely submerge the octopus in boiling water for about 3 seconds, then lift it out. Repeat the process twice more. Return the octopus to the pot, then add 1 halved onion and 1 bay leaf and cook until tender-about 30 minutes for a 1½-pound octopus.
3. Remove the octopus from the pot, shake off excess water, and drain on a wooden cuttingboard (wood will absorb extra water). With scissors or a sharp knife, remove the tentacles, then cut the head and tentacles into 1" segments.