

Pan Roasted Scup

SERVINGS: 2

PREPPING TIME: 15 MIN

COOKING TIME: 20 MIN

Ingredients

- 1-2 whole scup
- Salt and pepper to taste
- Fresh hearty herbs (such as oregano, thyme, or rosemary)
- Garlic cloves
- Lemon slices
- High heat oil (e.g., vegetable oil or grapeseed oil)
- Olive oil (for drizzling)
- Flaky salt (for garnish)

Directions

1. Preheat the oven to 400°F (200°C).
2. Heat an oven-safe pan, such as cast iron, over medium high heat on the stovetop.
3. Pat the scup dry and season it inside and out with salt and pepper.
4. Stuff the cavity of the scup with hearty herbs like oregano, thyme, or rosemary, as well as garlic cloves and lemon slices.
5. Add the high heat oil of your choice to the heated pan.
6. Once the oil is hot, carefully place the seasoned scup into the pan. Be cautious to not move the fish until it browns enough and releases itself from the pan.
7. Once brown, flip the fish over and transfer the pan to the preheated oven.
8. Roast the fish until a thermometer inserted into the thickest part registers 135°F (57°C), which should take about 10-15 minutes.
9. Remove the pan from the oven and let the fish rest for 5 minutes.
10. Lightly drizzle the roasted scup with olive oil and sprinkle with salt.

Note: If you don't have an oven-safe pan, you can sear the fish on the stovetop and then transfer it to a baking dish or pan for the roasting step.



Baked Whole Fish

By Christine Napolitan

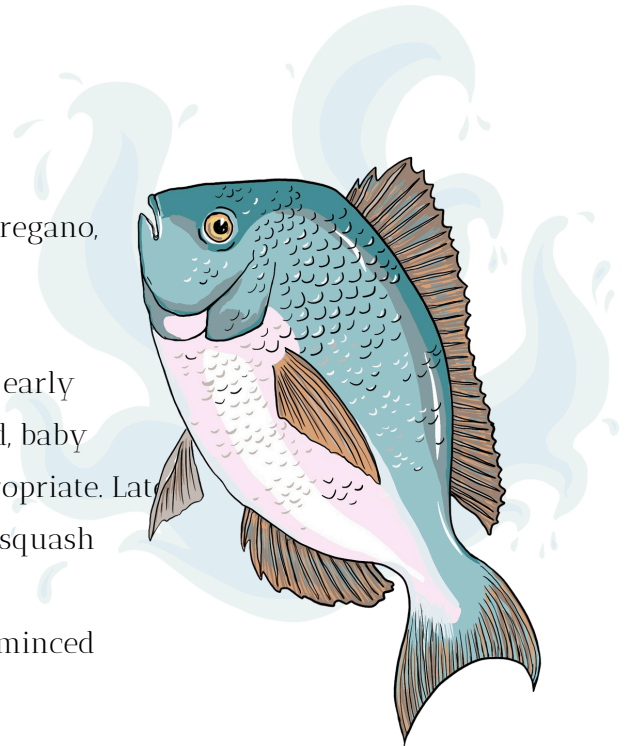
SERVINGS: VARIABLE

PREPPING TIME: 15 MIN

COOKING TIME: VARIABLE

Ingredients

- 1 whole fish, gutted, gills removed and scaled
- 2 lemons, sliced
- Handful of fresh herb sprigs (thyme, tarragon, oregano, parsley, rosemary, cilantro and/or sage)
- Garlic cloves
- 4 cups roughly chopped seasonal vegetables. In early summer, leeks, spring onions, fennel, swiss chard, baby turnips, asparagus, and bok choy would be appropriate. Later in the summer, tomatoes, eggplant, peppers and squash would work.
- 1/8 cup olive oil, infused with 2 cloves grated/minced garlic.
- salt and pepper



Directions

1. Preheat oven to 425* F
2. Make a couple of diagonal slits on either side of the fish for even cooking and to allow the seasonings to penetrate.
3. Sprinkle the fish generously with salt and pepper, inside and out, and stuff the cavity with about half the herbs and a few lemon slices.
4. In a baking pan large enough to hold the fish, toss the vegetables with salt and pepper, half the olive oil, and the rest of the herbs.
5. Bake for about 15 minutes until they are beginning to soften; remove from the oven; place the fish on top, with the rest of the lemon slices, and drizzle the rest of the olive oil over all.
6. Return to the oven and bake until the fish flakes easily, about 8 minutes a pound.
7. It will be easier to lift the fish fillet off the bone if you let it rest for about 10 minutes.
8. With a thin spatula, gently loosen the top fillet from the backbone, and place on a platter. Then lift the backbone and ribs off the second fillet and discard, and place the second fillet on the platter, with the vegetables on the side.
9. Serve with lemon wedges.

Broiled Cajun Bluefish

Recipe by Michael Holtham, as mentioned by Catherine Walthers in
Cook the Vineyard, Martha's Vineyard Magazine, June 22, 2020.

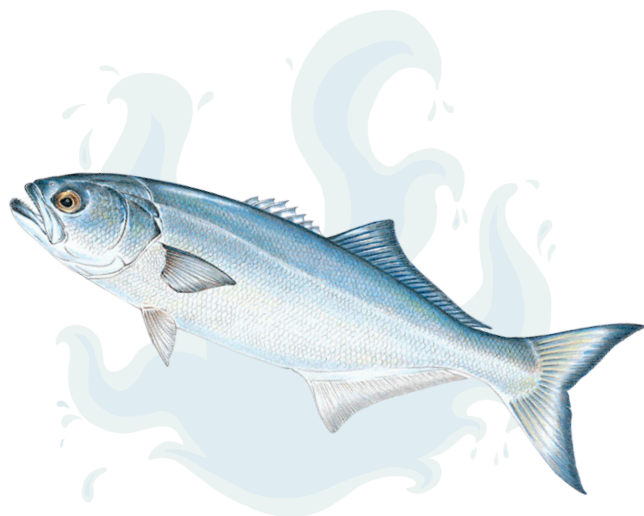
SERVINGS: 4

PREPPING TIME: 5 MIN

COOKING TIME: 10 MIN

Ingredients

- 2 bluefish filets (about 1 ½ pounds)
- Cajun seasoning, store bought or homemade
- Lemon slices, for garnish



Directions

1. Preheat the broiler and arrange a rack 5 to 6 inches from the broiler.
2. Arrange fish on a sheet pan. Rub any amount of the Cajun spice over the bluefish. The more you add, the spicier the fish. You can experiment with the amount best suited to your own family.
3. Broil for 8 to 10 minutes, depending on the size of the filet. Keep a close eye on the fish.
4. Serve with lemon slices.

Roasted Bok Choy and Bluefish

By Christine Napolitan

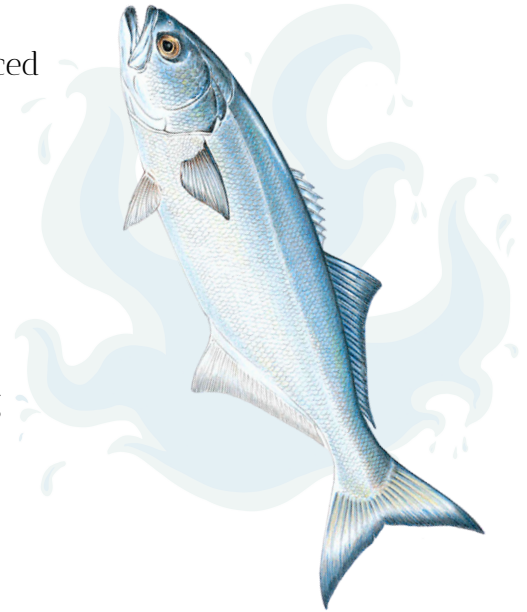
SERVINGS: 2-3

PREPPING TIME: 15 MIN

COOKING TIME: 10-15 MIN

Ingredients

- 8-12 oz bluefish fillet
- 1/2 lb bok choy
- 1 tbsp soy sauce or tamari
- Juice of 1 lemon
- Lemon zest (from 1 lemon)
- 1 bunch scallions, sliced
- 1 tsp sesame oil
- Black pepper or sriracha (optional)
- Sesame seeds for garnish (optional)
- Plain rice for serving



Directions

1. Preheat the oven to 400°F (200°C).
2. Wash the bok choy and slice it into half-inch pieces.
3. Layer the sliced bok choy in the bottom of a glass baking dish that is just big enough to hold the bluefish fillet.
4. In a small bowl, stir together the soy sauce, lemon juice, lemon zest, sliced scallions, sesame oil, and black pepper or sriracha (if using).
5. Place the bluefish fillet on top of the bok choy in the baking dish.
6. Pour the sauce mixture over the fish, ensuring that it is evenly coated.
7. Bake the dish in the preheated oven for about 10 minutes or until the bluefish flakes easily. The cooking time varies depending on the thickness of the fillet.
8. Once cooked, carefully transfer the fish onto a serving platter.
9. The bok choy should be cooked but still crunchy tender. Spoon the pan juices and bok choy over the fish.
10. Garnish with sesame seeds for added flavor and presentation.
11. Serve the baked bluefish with bok choy alongside plain rice.

Pan-Fried Fluke

with Lemon-Caper-Thyme Butter Sauce

Recipe By Susie Middleton, as published in *Cook the Vineyard*,
June 20, 2023

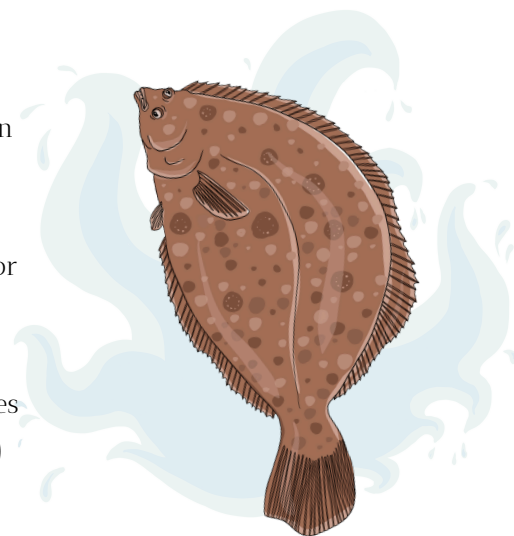
SERVINGS: 2-3

PREPPING TIME: 15 MIN

COOKING TIME: 10 MIN

Ingredients

- 1/3 cup all-purpose flour
- 1 pound fluke filets (4 pieces)
- Kosher salt
- Freshly ground pepper
- 2 1/2 tablespoons fresh lemon juice
- 1 teaspoon fresh lemon zest
- 2 teaspoons chopped garlic
- 1 tablespoon plus 1 teaspoon small (non-pareil) capers
- 2 teaspoons chopped fresh thyme, plus thyme sprigs for garnish if you like
- 3 tablespoons butter (cut 2 tablespoons into small pieces and keep cold in the fridge)
- 1 tablespoon olive oil



Directions

1. Put the flour in a shallow dish and arrange the fish filets, salt, and pepper next to it. Put a large (12-inch) nonstick skillet on the stove. Arrange the lemon juice, the lemon zest, the capers, the garlic and the thyme next to the stove. Be sure you've diced 2 tablespoons of the butter and are keeping it cold in the fridge. Have your serving plates ready on the counter as well.
2. Put the olive oil and the remaining 1 T butter in the skillet and heat over medium heat.
3. Season each fish filet with salt and pepper on both sides and dredge each one lightly in the flour to coat both sides, shaking off any extra.
4. When the butter has melted, arrange the filets in the skillet and turn the heat to medium-high. Cook without disturbing until the bottoms are golden brown and the edges of the top side of the fish have turned opaque (about 3 1/2 to 4 minutes). Adjust the heat down a bit if necessary.
5. Carefully flip the filets over with a fish spatula or other thin spatula and cook on the other side for 2 to 3 minutes (check the bottoms for very light browning). Transfer the fish to serving plates.
6. Immediately turn the heat to medium-low, add the zest, the capers, and the garlic. Stir just to soften for 20 to 30 seconds. Add all of the lemon juice, stir, and remove the pan from the heat. Immediately add the cold butter pieces and swirl them around just until melted. Spoon and scrape (with a silicone spatula) the pan sauce evenly onto each fish filet. Serve right away.

Fluke Fish Tacos

By Catherine Walthers, as published in *BlueDot Living Magazine*,
November 21, 2022

SERVINGS: 4

PREPPING TIME: 20 MIN

COOKING TIME: 10 MIN

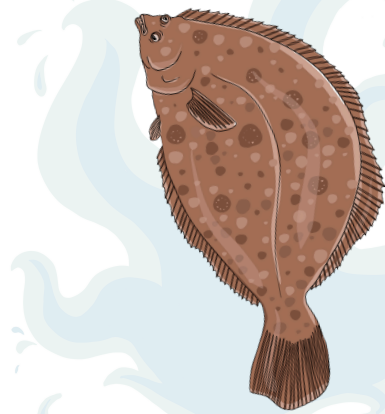
Ingredients

- 3 to 4 pieces of fluke
- 1 egg
- 1/4 cup flour
- 2 cups panko bread crumbs
- 1 package corn tortillas

Salsa: tomatoes, red onion, red pepper, cilantro, garlic, olive oil, and lime.

Lime sauce: mayo, cilantro, salt, and lime

Slaw: green cabbage, carrot



Directions

1. To prep and cook the fish. Slice the fish in half lengthwise to make smaller filet pieces (3 to 4-inch long pieces). Cut any long pieces in half. Season both sides with salt and pepper. Have 3 bowls ready with flour, egg, and panko bread crumbs seasoned with the spices. Dip each filet piece in flour first, then egg, and finally press into the bread crumbs on each side. Put in the refrigerator until ready to cook.

Make the toppings, set aside in bowls that will go on the table.

1. Fresh Salsa: Combine chopped fresh tomatoes, seeds squeezed out, (Maine Backyard brand are good winter tomatoes) with 1 tablespoon or so finely chopped red onion and red pepper, some chopped cilantro, a minced garlic clove, olive oil, and squeeze of a lime. Taste and adjust.
2. Cilantro Lime Sauce: In a food processor, add about a cup of Hellman's mayo with a good handful of chopped cilantro (about half a bunch), pinch of salt, and squeeze of 1/2 or 1 lime, depending on juiciness. Process until smooth. Taste and adjust.
3. Slaw: Combine thinly sliced green cabbage, maybe some red for color, and a grated carrot.
4. Heat a heavy skillet, add a bit of olive oil and butter, and cook the fish until golden on each side, approximately 3 or 4 minutes per side (though this can change depending on thickness). The amount of oil/butter depends on the size of the pan – but it should be enough to get the crust golden. While the fish is cooking, heat the corn tortillas according to package instructions.
5. Place everything on the table: the bowls of toppings, fish on a platter, and tortillas in a basket so everyone can help themselves.

Parmesan-encrusted Sea Robin

Recipe courtesy of EatingWithTheEcosystem.org, originally printed in *Simmering the Sea: Diversifying Cookery to Sustain Our Fisheries*

SERVINGS: 4

PREPPING TIME: 5 MIN

COOKING TIME: 15 MIN

Ingredients

- 4 sea robin tails
- ¼ cup parmesan cheese, finely grated
- ½ tablespoon curry powder
- ½ teaspoon salt
- 2 tablespoons olive oil
- lime or lemon wedge for garnish



Directions

1. Set oven to 350°F.
2. Mix together parmesan cheese, curry powder, and salt.
3. Set a pan over medium heat and add oil.
4. Dredge each fish in parmesan mixture.
5. Sear fish on both sides until golden brown, about 2 to 3 minutes.
6. Place on a roasting rack in oven, belly side down, and roast for 5 to 8 minutes or until done (when internal temperature reaches 145°F).
7. The fish can be served on top of fresh greens, braised lentils, or braised cauliflower.

Note: You may substitute the sea robin tails with monkfish or scallops.

Sear-Roasted Striper Filets

By Susie Middleton, as published in *Cook the Vineyard*,
Martha's Vineyard Magazine, July 26, 2018

SERVINGS: 4

PREPPING TIME: 20 MIN

COOKING TIME: 15 MIN

Ingredients

- 1/4 to 1/2 cup all-purpose flour
- Kosher salt
- 4 6-ounce (skin-on) striper filets (about 1 1/2 pounds)
- 1 tablespoon butter
- 1 tablespoon olive oil



Directions

1. Heat the oven to 400 degrees. Put the flour on a plate. Season the fish filets with salt and dredge the filets in the flour, lightly coating them on all sides.
2. In a large nonstick ovenproof sauté pan (or a cast iron pan), heat the butter and oil over medium heat. When the butter has melted and the pan is hot, add the fish filets, flesh-side down. Cook without disturbing until the bottoms are a nice golden brown, about five minutes. (Depending on your stove, you may need to adjust the heat up a bit.)
3. Gently turn the filets over and put the pan into the oven. Cook until the filets are firm to the touch, between 5 and 7 minutes.
4. Remove from the oven and let rest for a few minutes.
5. Serve each filet with a generous portion of the tomato corn dressing spooned over it. Or arrange each striper filet on a bed of the shiitake spinach sauté. Recipes included here.

Shiitake and Spinach Sauté with Parmigiano

This quick and easy shiitake mushroom, shallot and spinach sauté gets just a touch of cream and some parmesan cheese to bring it together at the end. It's the perfect thing to use as a bed for a sear-roasted striper filet (or any fish), but it's also a nice side or bed for a tenderloin or rib-eye steak or even a sautéed chicken breast. The recipe serves 2 as a side dish, 4 as a "bed."

- 3 tablespoons unsalted butter
- 3 cups thinly sliced shiitake mushroom caps
- 1/3 cup thinly sliced peeled shallots
- Kosher salt
- 5 cups (about 5 ounces) lightly packed baby spinach leaves
- 3 to 4 tablespoons heavy cream
- 1/3 cup grated Parmigiano Regianno



Sear-Roasted Striper Filets

Summer Corn–Cherry Tomato Dressing

While this salsa-like dressing is perfect for turning crispy smashed potatoes into a salad, it's also a great topping for grilled fish or grilled vegetables, toast, or even steak. A nice twist on this is to roast half of the cherry tomatoes before adding to the finished mix. Be generous with the fresh herbs and the acidic ingredients for the brightest flavor.

Makes 4 to 5 cups

2 cups halved or quartered colorful small cherry tomatoes (about 12 ounces)

1½ to 2 cups fresh corn kernels (cut from 3 to 4 cobs)

1/4 cup thinly sliced drained oil-packed sun-dried tomatoes

5 tablespoons extra virgin olive oil

2 to 3 tablespoons tiny herb leaves or very thinly sliced fresh herbs (any combination of chives, parsley, basil, mint, cilantro and/or Thai basil), plus herb sprigs or edible flowers for garnish if desired

1 tablespoon plus 1 teaspoon white balsamic vinegar

1 tablespoon fresh lemon or lime juice

2 teaspoons minced fresh garlic

1/4 to 1/2 teaspoon kosher salt

In a mixing bowl, combine the tomatoes, corn, sun-dried tomatoes, olive oil, most of the herbs, vinegar, lemon juice, garlic, and 1/4 teaspoon salt. Stir gently and let sit for a minute. Stir again, taste, and season with more salt and herbs if needed.

Striped Bass Filet

with Fennel and Preserved Lemons

from "The Art of Blending" by Lior Lev Sercarz

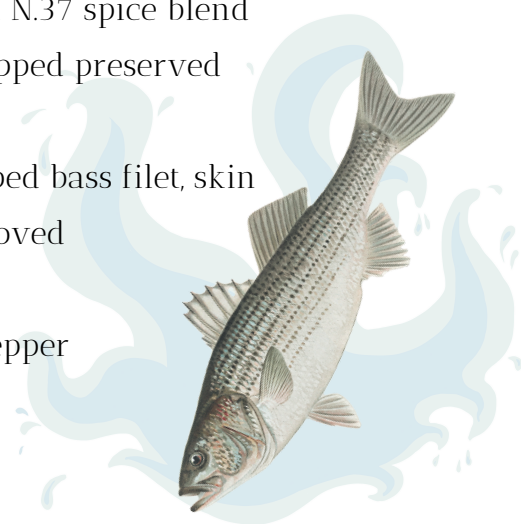
SERVINGS: 8

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

Ingredients

- 3 tablespoons extra-virgin olive oil
- 2 large fennel bulbs, trimmed, halved and thinly sliced
- 1 pint cherry tomatoes, halved
- 4 cloves of garlic, thinly sliced
- 1 tablespoon fresh lemon juice
- 2 tablespoons Izak N.37 spice blend
- 2 tablespoons chopped preserved lemon
- One 3-pound striped bass filet, skin on, pin bones removed
- Salt to taste
- Freshly ground pepper



Directions

1. Preheat the oven to 425 degrees. Rub 1 tablespoon of the olive oil on the bottom of a glass baking dish.
2. In a mixing bowl, combine the fennel, tomatoes, garlic, lemon juice, 1 tablespoon of the olive oil and 1 tablespoon of the Izak spice blend. Season with salt and pepper. Place in the bottom of the baking dish and sprinkle the preserved lemon on top.
3. Rub the remaining 1 tablespoon of olive oil over both sides of the fish and season with salt, pepper and the remaining tablespoon of Izak.
4. Place the fish on top of the vegetables, skin side up.
5. Bake in the oven for about 30 minutes or until the fish is cooked through.
6. Divide the fish among plates. Top with the vegetable mixture, drizzle with some of the cooking liquid and serve.

Seared Sea Scallops

By Susie Middleton, as published in *Cook the Vineyard*,
Martha's Vineyard Magazine, April 20, 2020

SERVINGS: 2

PREPPING TIME: 5 MIN

COOKING TIME: 8 MIN

Ingredients

- 12 large sea scallops, side muscle removed
- Kosher salt
- Freshly ground black pepper
- Extra-virgin olive oil
- A few tablespoons or up to 1/3 cup white wine or citrus juice or a mix of water and vinegar
- 2 tablespoons cold butter
- Chopped parsley or sliced chives (optional)



Directions

1. In a skillet big enough to hold all of the scallops, heat just enough olive oil to cover the bottom of the pan over medium heat.
2. When the oil is hot, season one side of each scallop with salt and fresh pepper and add each to the pan, seasoned side down. Season the top side. Cook (without disturbing) for two minutes. (The scallops should be sizzling in the pan; if not, turn your heat up a bit). Using tongs, check the bottoms to see if each is nicely browned. If not, cook for a minute more.
3. Turn over and cook for 1 to 2 minutes more. Remove from the heat. (Sea scallops vary in size so cooking times are hard to estimate, but err on the side of undercooking rather than overcooking. They firm up and turn white as they cook, but it's perfectly fine for them to be still slightly pink in the middle. The key, though, to extra flavor, is the browning, so starting with a hot pan is important.)
4. Transfer the scallops to two warm dinner plates and return the hot skillet to medium-low heat. Add the liquids to the pan and stir with a wooden spoon to scrape up all of the browned bits (a few seconds).
5. Remove the pan from the heat and stir in the cold butter until creamy. Pour and scrape the sauce over the scallops.
6. Garnish with herbs, if using.



Miso-Glazed Sea Scallops

By Sam Sifton, as published in *Cook the Vineyard*, April 5, 2021.
Reprinted from *The New York Times Cooking No-Recipe Recipe*. Text
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SERVINGS: VARIED

PREPPING TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

- White miso
- Mirin
- Sea Scallops
- Scallions
- Sesame seeds



Directions

Mix together a few tablespoons of miso and mirin so that you like the taste. Brush the mixture on scallops that you've either threaded onto a skewer to grill or placed on an oiled sheet pan to run under the broiler for a few minutes. They'll cook fast and brown easily, aided by the sugar in the mirin. Top them with sliced scallions and some sesame seeds. Candy for dinner. Serve with steamed rice and sauteed greens.

Seared Bonito with Garlic

Adopted from the recipe Katsuo no Tataki: Seared Bonito Sashimi with Garlic from the food blog Thanks for the Meal

SERVINGS: 4

PREPPING TIME: 15 MIN

COOKING TIME: 5 MIN

Ingredients

- 4 loins of bonito with skin
- Ponzu sauce, homemade or bottled

Condiment:

- 8-10 large cloves of garlic
- 2 scallions, thinly sliced
- 3 tablespoons of grated ginger
- 1/2 cup fresh shiso leaves cut into slivers, , or peppermint leaves, thai basil or lemon basil

Garnishes:

- Whole shiso leaves, or alternative
- Sprouts, like radish sprouts
- Edible flours



Directions

Wash, pat dry and lightly salt bonito loins. Loins can be inserted with a metal skewer prior to searing for easier searing. Quickly sear both sides of the loins over a very high heat. 10 - 30 seconds per side depending on preferred doneness. Remove from heat and cut in half inch pieces. Decorate a serving platter with the bonito slices, overlapping them in rows. Add a thick layer of the condiment mixture, patting down firmly, and drizzle liberally with ponzu sauce. Cover with plastic wrap and refrigerate for 3 to 4 hours. Just before serving, remove from the fridge and top with garnishes. Serve with additional ponzu sauce on the side for dipping. You may add additional condiment mixture to the sauce if you prefer.

Black Sea Bass with Garlic Lemon Butter

Adopted from Susie Middleton's recipe on MV Magazine's "Cook the Vineyard" website. I recommend reading her full explanation and recipe on the website. There are other great recipes on there as well!

SERVINGS: 4

PREPPING TIME: 20 - 25 MIN

COOKING TIME: 10 MIN

Ingredients

For the garlic butter

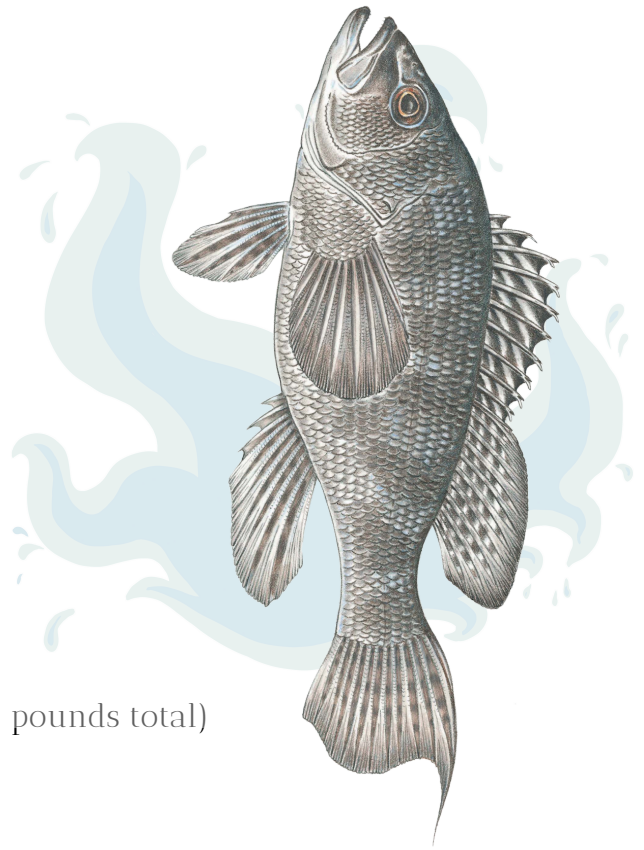
- 2 tablespoons olive oil
- 3 tablespoons unsalted butter
- 2 large garlic cloves, peeled and very thinly sliced crosswise
- 1 ½ teaspoons fresh lemon zest
- 1 tablespoon fresh lemon juice
- Kosher salt

For the fish:

- 4 skin-on black sea bass filets (about 1 ¼ pounds total)
- Kosher salt
- Flour
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon unsalted butter

Optional: chopped capers, olives or anchovies

Suggested pairings: pasta with blistered cherry tomatoes, or crispy smashed potatoes and a green salad.





Black Sea Bass with Garlic Lemon Butter

Directions

For the garlic butter:

1. In a small skillet over medium heat, combine 2 tablespoons of olive oil and 3 tablespoons of unsalted butter. Once the butter has melted, add sliced garlic and a pinch of salt. Cook until the garlic turns lightly golden brown (the butter will bubble vigorously). Remove from heat and mix in lemon zest.
2. Let it cool slightly, then stir in lemon juice and another pinch of salt. Set it aside. Alternatively, you can let the garlic butter rest while cooking the fish and reheat it gently before serving, adding lemon juice and salt just before serving.

To cook the fish::

1. Preheat the oven to 400°F
2. Using a sharp knife, score the skin side of each fillet crosswise in three places, cutting through the skin entirely. Season both sides of the bass fillets with salt. Lightly coat both sides with flour, shaking off excess.
3. In a large nonstick skillet (12-inch), or well-seasoned cast iron pan, heat 1 tablespoon of olive oil and 1 tablespoon of butter over medium heat (or slightly higher if needed). When the butter has melted and the pan is hot, add the four fillets, skin-side down. Cook without moving for 4 minutes. Check with a thin spatula to see if the skin has browned. If not, continue cooking for 1 to 2 minutes.
4. Carefully flip the fillets over (use a second spatula if needed) and place the entire pan in the oven for 4 to 6 minutes, or until the fish is cooked through.
5. Arrange the fillets on plates or a platter. Gently reheat the garlic butter (adding lemon juice, zest, and salt if not done already) and stir in some chopped parsley. Spoon the garlic chips and butter over the fillets and garnish with the remaining parsley.



Lobster Poké

By Chris Fischer and Catherine Young, as published in Cook the Vineyard, September 1, 2016. This recipe was originally published with the article “Some Like it Raw,” *Martha’s Vineyard Magazine*, September 1, 2015.

SERVINGS: 1.5 CUPS

PREPPING TIME: 5 MIN

COOKING TIME: 5 MIN

Poké, a Hawaiian snack, is essentially a jazzed up fish tartar. Chopped seafood is traditionally mixed with salt and/or soy sauce, onions, and often seaweed and chopped kukui (candlenuts—which are local to Hawaii.) A lively play of tastes and textures is the goal. Poké allows plenty of room for variation. We began with lobster—almost but not quite raw. We blanched ours to make it easier to get it out of the shell.

Ingredients

- 1 1-pound live lobster
- Kosher salt
- 1 tablespoon pickled onions, chopped, plus 1 tablespoon pickling liquid
- About 1 tablespoon lemon juice
- Tabasco (or other hot sauce or minced hot chili to taste)
- ¼ cup seeded cucumber, diced and peeled
- 1 tablespoon chives, minced
- About 3 tablespoons soft herbs (we like cilantro, shiso, mint, basil, and dill), minced
- 2 tablespoons lightly salted roasted peanuts, chopped (optional)
- About 1 teaspoon of extra virgin olive oil
- Lettuce leaves for serving



Directions

1. Cook the lobster in boiling salted water for 1 minute, then drain it and refresh in cold water. Remove the lobster from the shell and dice the meat.
2. Dice the pickled onions and combine with the pickling liquid, lemon juice, and about 4 splashes of Tabasco (to start). Add the cucumber, the chives, and the diced lobster.
3. Let the mixture stand for about 5 minutes to allow the flavors to blend.
4. Mix in the remaining herbs and peanuts if using. Add the oil, then taste and adjust the seasoning with Tabasco, lemon juice, and salt as needed.
5. Serve on lettuce leaves or crackers.

Blackened Tautog

Inspired by food blog, [The Top Meal](#), and [NJFishing.com](#)

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 10 MIN

Blackened tautog is a delicious and flavorful dish that's easy to prepare. Tautog, also known as blackfish, has a firm and white flesh that pairs perfectly with blackening seasoning. Here's a recipe for blackened tautog:

Ingredients

For the Blackening Seasoning:

- 2 tablespoons paprika
- 1 tablespoon dried thyme
- 1 tablespoon dried oregano
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 teaspoon cayenne pepper (adjust to your spice preference)
- 1 teaspoon salt
- 1 teaspoon black pepper

For the Tautog:

- 4 tautog fillets (about 6-8 ounces each), skinless and boneless
- 2 tablespoons unsalted butter, melted
- 2 tablespoons vegetable oil

Directions

1. Prepare Blackening Seasoning: In a bowl, combine paprika, thyme, oregano, garlic powder, onion powder, cayenne pepper, salt, and black pepper.
2. Coat Tautog: Brush tautog fillets with melted butter. Generously coat both sides of each fillet with the blackening seasoning, pressing it onto the fish.
3. Heat Skillet: Place a cast-iron skillet over medium-high heat and add vegetable oil. Let it get very hot.
4. Cook Tautog: Carefully add tautog fillets to the hot skillet. Cook for 2-3 minutes on each side until the fish is opaque and has a blackened crust.
5. Serve: Remove from skillet and serve immediately with your choice of sides.



Herbed Butter Tautog

Recipe from Keyingredient food blog, by chef Jim Mac

SERVINGS: 4

PREPPING TIME: 30 MIN

COOKING TIME: 20 MIN

Tautog baked in an herbed butter sauce is a simple and flavorful way to prepare this wonderful fish. Serve it with a crusty loaf of bread and a side salad, or with pasta and blistered tomatoes.

Ingredients

- 1 pound fresh Tautog or blackfish fillet
- 1/4 cup butter
- 2 tablespoon lemon juice
- 3 tablespoon fresh chives, chopped
- 3 tablespoon fresh parsley, chopped
- 3 tablespoon fresh dill, chopped or 1 1/2 teaspoon dried
- dash cayenne pepper to taste
- paprika to taste
- salt to taste



Directions

Preheat oven to 400°F.

In a small saucepan melt butter and stir in lemon juice, 2 tablespoons parsley, 2 tablespoons chives, dill, and cayenne, and salt to taste. Reserve 1 tablespoon each of fresh herbs for garnish at end.

Cut fillets into serving size pieces and place it in a lightly oiled baking dish or cast iron pan. Pour butter and herb mixture over fillets. Sprinkle with paprika. Bake uncovered for about 8 to 10 minutes or until fish begins to flake.

Transfer fish to a warm serving platter. Boil pan juices until reduced to about 1/4 cup and pour over warm fish. Serve immediately and garnish with fresh herbs.

Lobster & Tautog Bisque

Inspired by Tog Chowder recipe published on OnTheWater.com,
October 10, 2021

SERVINGS: 4-6

PREPPING TIME: 40 MIN

COOKING TIME: 60 MIN

Ingredients

For the Seafood Stock:

- 1 whole lobster (about 1.5 to 2 pounds), cooked, with the meat removed and shells set aside
- 1 pound tautog fillets
- 2 tablespoons olive oil
- 1 onion, chopped
- 2 carrots, chopped
- 2 celery stalks, chopped
- 2 cloves garlic, minced
- 2 bay leaves
- 1 teaspoon black peppercorns
- 1 sprig of fresh thyme
- 8 cups water



For the Bisque:

- 3 tablespoons butter
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1/4 cup all-purpose flour
- 1/2 cup dry white wine
- 4 cups seafood stock (from above)
- 1 cup heavy cream
- 1/4 teaspoon paprika
- Salt and pepper to taste
- Chopped fresh parsley for garnish

—Directions on back—



Lobster & Tautog Bisque

Directions

Prepare the Seafood Stock

- In a large stockpot, heat the olive oil over medium heat.
- Dust the tautog fillets in flour, and sauté them for about 3 minutes per side. Remove the tautog.
- Add half the chopped onion and garlic, and all the carrots and celery. Sauté for about 5 minutes until the vegetables start to soften, but don't let them brown.
- Add lobster shells, bay leaves, black peppercorns, and thyme sprig. Pour in 8 cups of water.
- Bring the mixture to a boil, then reduce the heat to a simmer. Allow it to simmer for about 40 minutes, skimming off any foam that forms on the surface.
- Strain the stock through a fine-mesh sieve, reserving the liquid. Discard the solids.

Prepare the Bisque:

- In a large soup pot or Dutch oven, melt the butter over medium heat. Add the rest of the finely chopped onion and garlic and sauté for about 3-5 minutes until they become translucent.
- Sprinkle the flour over the onion and garlic mixture, stirring constantly for 2-3 minutes to make a roux. It should turn a light golden color.
- Slowly pour in the white wine, stirring continuously to combine with the roux. Allow the mixture to simmer for a few minutes to cook off the alcohol.
- Gradually add the seafood stock, stirring continuously to avoid lumps. Bring the mixture to a gentle simmer and cook for about 10-15 minutes, allowing it to thicken.
- Add the heavy cream, paprika, salt, and pepper. Simmer for an additional 5-7 minutes, stirring occasionally.

Blend and Reassemble:

- Use an immersion blender or transfer the bisque to a countertop blender in batches to puree until smooth and creamy.
- Return the bisque to the pot and reheat. Taste and adjust the seasoning with more salt and pepper if needed.
- Return the lobster meat and tautog fillets into the bisque.

Serve:

- Ladle the lobster and tautog bisque into bowls.
- Garnish with chopped fresh parsley.

Grilled Lobster & Lemon Butter

Directions

For the Lobster:

- Kill live lobster before grilling by inserting a sharp knife crosswise where the head meets the shell to sever the spinal cord (there is no need to remove the head).
- Turn lobster over, make deep cut down the length of the body without cutting through the shell, and open it out.
- Remove black vein and stomach near the head, then remove the tomalley.
- Crack the claws and brush them and the body with olive oil, plain butter, or Lemon Butter Sauce (below).
- On an open grill over red-hot coals (or equivalent) grill the whole lobster flesh side down for 6-8 minutes, basting occasionally.
- Turn over, baste, and grill for an additional minute or two.
- Lobster is done when flesh is just opaque and the shell is bright red.
- Serve with Lemon Butter Sauce.

Lemon Butter Sauce:

- 1/2 cup (one stick) butter
- 1 clove garlic, minced
- Juice of 1 lemon.
- Dash of salt

Instructions:

- In heavy, non-aluminum sauce pan, cook garlic in butter over very low heat for 2-3 minutes (do not allow the butter to brown).
- Whisk in lemon juice and remove from heat.
- Season to taste

Alternative: White Wine Sauce

- Use 4 cloves garlic
- 1/2 of 1 lemon
- 1/4 cup dry white wine

