

# -----EUCLID FISH COMPANY 2018 WINTER COOKING DEMO-----

## Recipe #1: Sole En Papillote



### INGREDIENTS:

Serving Size: 1 | Yield: 6 oz. portion

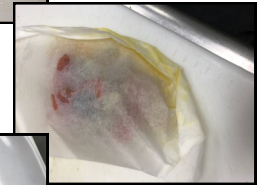
- Parchment Paper
- 6 oz. Sole Fillet
- 4 Roasted Tomatoes
- 2 Artichoke Hearts, Halved
- 1 tsp. Capers
- .25 oz. Celery, Julienne
- 1 Tbsp. Extra Virgin Olive Oil
- 1 Tbsp. Stock, Fish or Chicken
- Salt and Pepper to taste

### DIRECTIONS:

For the parchment paper: Tear a piece of parchment paper big enough to wrap the 6 oz. piece of sole. Fold the piece of parchment paper in half.

From the crease, cut out a large heart shape. | As pictured >>>

1. Lay out the parchment "heart" flat on the counter
2. Place the sole fillet on one half of the heart
3. Season the sole with salt and pepper to taste
4. Top the fish with the julienned celery, roasted tomatoes, artichoke heart halves and capers
5. Drizzle the olive oil and stock over the vegetables
6. Fold the empty half of the "heart" parchment paper over the fish
7. From one end, start to make small folds to seal the parchment. Continue until the entire heart has been sealed
8. Bake at 425° F for 10 minutes
9. Using scissors or a sharp knife, open the package. Use caution as steam will vent
10. Serve the sole hot, and on the parchment paper. You can use chopped parsley or chives for additional flavor, color and a beautiful plate presentation



## Recipe #2: Mussels Arabiatta



### INGREDIENTS:

Yield: 2—8 oz. portion | Time: 15 minutes

- 2 tbsp. olive oil
- 1 tbsp. garlic, chopped
- 1 tbsp. shallot, chopped
- 1 c. dry white wine
- 28 oz. arabiatta sauce
- 1 lb. mussels, cleaned
- 2 tbsp. fresh herbs

### DIRECTIONS:

1. Heat oil in a heavy bottom pan
2. Sauté garlic and shallots until tender
3. Add white wine and reduce by half
4. Add arabiatta sauce and heat until simmering
5. Add the mussels and cover
6. Simmer until the mussels all open up—approximately 5-10 minutes
7. Add fresh herbs and stir to coat
8. Transfer to a serving bowl and discard the ones that do not open
9. Serve with crusty bread for dipping

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## Recipe #3: Crabmeat Stuffed Shrimp



### INGREDIENTS:

Crab Stuffing Only: Yield 4 / Portion Size: 1 oz. | Crabmeat Stuffed Shrimp:  
Yield 4 / Portion Size: 6 Stuffed Shrimp (approx. 24 stuffed shrimp total)

#### **Crabmeat Stuffing:**

- 1 tbsp. chopped garlic
- 1 tbsp. chopped shallots
- 2 eggs
- 1 oz. melted butter
- 3/4 c. mayonnaise
- 3 tbsp. old bay seasoning
- 1 tbsp. lemon juice
- 4 dashes tobasco sauce
- 1 c. panko bread crumbs
- 1 lb. crab meat (lump or backfin)

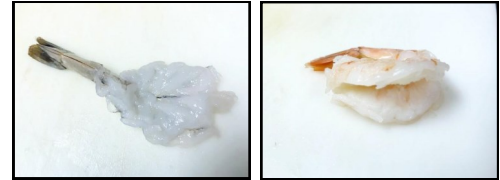
#### **Crabmeat Stuffed Shrimp:**

- 1 1/2 lb. 16/20 ct. peeled and deveined tail on shrimp, thawed
- White wine for drizzling
- Butter or olive oil for drizzling
- Salt and pepper to taste
- Lemons for additional flavor, if desired

### DIRECTIONS:

1. Combine the first 8 ingredients in a bowl and mix well
2. Fold in the panko and let rest for 15 minutes so the bread crumbs can absorb the liquid
3. Fold in the crabmeat and stir until evenly distributed. (You can use this recipe to stuff a variety of different products– shrimp, fresh fish fillets, lobster, etc...)
4. Preheat the oven to 400° F
5. Butterfly the shrimp– to do so, cut the top half of the shrimp from head to tail– make sure not to cut all the way through
6. Turn the shrimp upside down, and spread the meat where the cuts were made so the tail is facing upwards
7. Place a small amount of stuffing on the inner portion of the shrimp
8. Fold the tail around and use the pointed part of the tail to skewer itself
9. Place the shrimp on a buttered baking dish.
10. Drizzle white wine, butter (or olive oil) over the shrimp
11. Season with salt and pepper
12. Bake for approximately 7-10 minutes or until the shrimp is cooked through

Step 5 pictured below. (both raw/cooked shrimp are shown.)



Step 6 pictured below. (both raw/ cooked shrimp are shown.)



Step 7/ Step 8 pictured left.



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