catch cook eat.

Recipes from CCA’s kitchen to yours.
pecan-crusted speckled trout

ingredients

SAUCE:
½ c mayonnaise
½ c honey mustard
1 heaping tbsp parsley, chopped
3 green onions, chopped
Juice of 1 lemon
Salt and pepper to taste

TROUT:
4-6 (6 oz) trout fillets
Canola oil
1 stick unsalted butter

PECAN CRUST:
1 c pecans, finely chopped
2 c finely crushed potato chips
1 tbsp dried parsley
1 tsp crushed red pepper flakes
½ tsp Cajun seasoning

BATTER:
1 c milk
1 egg
½ c all-purpose flour
¼ tsp Cajun seasoning

directions

SAUCE: Whisk together all ingredients and set aside.

TROUT: In a large bowl thoroughly combine the potato chips, pecans, parsley, crushed red pepper and Cajun seasoning.

In a separate bowl make the batter by whisking together the milk, egg, flour and Cajun seasoning.

Dip each fillet in the batter, then press into the pecan-chip mixture, getting a heavy, even coating on both sides. Repeat with all fillets, set aside and let sit about 10 minutes before cooking.

Heat 3 tablespoons butter and 3 tablespoons oil in a large sauté pan over medium-high. Sauté until crust is browned and fish is cooked through, 4-5 minutes per side. Add more butter and oil to pan for frying if needed.

TO SERVE: Place fillet on a plate and spoon sauce over the top. Garnish with extra green onions and parsley and serve immediately. SERVES 4 TO 6.

pair it
Chalone
Estate
Chardonnay

To buy or for more information
shrimp and roasted asparagus bisque

**ingredients**

**BISQUE:**
- ½ c butter
- ¾ c all-purpose flour
- 1 c yellow onion, chopped
- 2 stalks celery, chopped
- ½ c green bell pepper, chopped
- 4 cloves garlic, minced
- ½ tsp Old Bay seasoning
- 1 c dry white wine
- 2 c half-and-half
- 8 c seafood stock
- 2 lb fresh asparagus, roasted
- 2 lb fresh medium shrimp, peeled, deveined, roughly chopped
- Cajun seasoning

**CROUTONS:**
- Day old French bread
- Olive oil
- Salt and black pepper
- 1 c finely grated Parmesan cheese

**GARNISH:**
- Fresh parsley, chopped

**directions**

**CROUTONS:** Preheat oven to 400°F. Cut bread into cubes and place in a large bowl. Drizzle cubes with olive oil, salt, pepper and grated Parmesan. Mix well. Spread evenly on a baking sheet and bake, stirring once, until light golden brown, about 10-15 minutes.

**ASPARAGUS:** Preheat the oven to 400°F. Trim off the tough ends of the asparagus and place on a baking sheet. Drizzle with olive oil, sprinkle liberally with salt and pepper, and toss to coat completely. Spread the asparagus in a single layer and roast the asparagus for about 20-25 minutes, or until tender but still crisp.

**BISQUE:** In a large Dutch oven, melt butter over medium heat. Add flour and cook, stirring constantly, about 6 minutes. Stir in onion, celery, bell pepper, garlic, Old Bay and wine. Cook, stirring constantly, for about 7 minutes.

Add half-and-half, roasted asparagus and half of your shrimp to flour-vegetable mixture, with an emersion blender, blend until smooth.

Add seafood stock and incorporate well with emersion blender. Bring to a boil over medium-high heat, then reduce heat to low and simmer 35-40 minutes. Add remaining half of your shrimp and 1½ tsp Cajun seasoning and cook until shrimp are pink and firm, about 10 minutes.

**TO SERVE:** Spoon shrimp and asparagus bisque into individual bowls, garnish with homemade croutons and chopped parsley. SERVES ABOUT 8.

pair it
Clifford Bay Sauvignon Blanc

To buy or for more information
yellowfin tuna tartare tostados

**ingredients**

**TOSTADO SHELL:**
Canola oil, for frying
Large flour tortillas, cut to desired shape
Course kosher salt

**TARTARE:**
2 c sushi-grade yellowfin tuna, finely diced
2 tbsp sesame oil
1 tbsp olive oil
1 jalapeño, minced
1 tbsp toasted sesame seeds
1 tbsp Sriracha sauce
1 tbsp soy sauce
3 tbsp cilantro, chopped
3 tbsp green onion, chopped
1 large avocado, diced
Salt and pepper

**AVOCADO SPREAD:**
2 large avocados, diced
3 tbsp fresh lime juice
1 clove garlic
Salt and pepper

**GARNISH:**
Fresh cilantro, chopped
Green onion, chopped
Toasted sesame seeds

**directions**

**TOSTADO SHELL:** Heat oil in a large skillet on high heat until oil is very hot. Fry the tortilla pieces a few at a time until lightly golden brown and crisp. Drain on paper towels and season with salt.

**TARTARE:** Mix tuna, sesame oil, olive oil, jalapeño, sesame seeds, Sriracha sauce, soy sauce, cilantro and green onion in a large bowl. Gently fold in the avocado and season with salt and pepper, to taste.

**AVOCADO SPREAD:** Combine all ingredients in a blender and blend until smooth.

**TO SERVE:** Place fried tortilla piece on a plate and add a thin layer of the avocado spread. Top the spread with a large spoonful of the tuna tartare. Garnish the finished tostado with cilantro, green onion and sesame seeds.

**pair it**
Tahbilk Marsanne

To buy or for more information.
lobster mac & cheese

ingredients

MAC & CHEESE:
- Extra virgin olive oil
- Cajun seasoning
- 4 tbsp salted butter
- 1 lb trottole pasta (any medium sized pasta will work)
- 4-6 raw lobster tails, de-shelled, cleaned, chopped (Use as much lobster as you like.)
- ½ c yellow onion, finely chopped
- ¼ c green onion, chopped
- ¼ c red bell pepper, diced
- 4 cloves garlic, minced
- ¹⁄₃ c all-purpose flour
- 2 c whole milk
- 1 c heavy whipping cream
- 1 dash ground nutmeg
- ¼ c fresh parsley, chopped
- 4 c grated cheeses (Any preferred shredded cheese can be used, this recipe used 3 c Mexican blend and 1 c Italian blend shredded cheese.)

CRUMB TOPPING:
- 4 tbsp salted butter
- 1 c panko bread crumbs

directions

Preheat oven to 400°F.

Bring a large pot of salted water to a boil. Add the pasta and cook for 2 minutes less than al dente. Drain, rinse with cold water, set aside.

In a large, high-sided nonstick skillet, heat 1 tablespoon extra virgin olive oil on medium-high. Add chopped lobster meat and ¼ teaspoon Cajun seasoning. Sauté until cooked and meat is opaque, about 3-5 minutes. Remove meat from skillet with a slotted spoon and set aside. Leave all cooking liquid in the skillet.

To same skillet with lobster cooking liquid, add 4 tablespoons butter and melt over medium heat. Add yellow and green onions, bell pepper and garlic. Sauté until soft, about 5 minutes. Add flour, stir and cook for about 3-5 minutes.

Into flour/vegetable mixture, whisk in milk and cream 1 cup at a time. Whisk constantly until flour and liquid are completely incorporated, removing all lumps and making a smooth thick sauce.

Remove from heat and add ¾ teaspoon Cajun seasoning, nutmeg and chopped fresh parsley. Stir in all cheese. Gently fold in lobster and pasta, incorporating completely. Transfer to a 4 quart baking dish.

CRUMB TOPPING: Melt 4 tablespoons butter in a pan over low heat. Thoroughly mix in the panko bread crumbs and Cajun seasoning, coating all bread crumbs in butter. Sprinkle all buttered bread crumbs over macaroni mixture.

Bake, uncovered, for about 20 minutes, or until the sauce is bubbling and the topping is golden-brown. Remove from oven and let rest for about 10 minutes before serving.

SERVES ABOUT 8.

pair it
Chalk Hill Estate
Chardonnay

To buy or for more information
pan fried redfish caprese with honey basil vinaigrette

ingredients

3 large firm tomatoes, sliced into 1/2” thick rounds
1 large ball fresh mozzarella cheese, sliced in 1/4” rounds
5 medium redfish fillets, cut into about 4” squares
1/2 c plain yogurt
1/2 tsp Cajun seasoning
1/2 tsp garlic powder
1 c yellow cornmeal
Canola oil for frying
Salt and black pepper

TAPENADE:
1 c kalamata olives, pitted
1 clove garlic
1 anchovy fillet
1 tbsp pine nuts
1/4 c extra virgin olive oil

HONEY BASIL VINAIGRETTE:
1/4 c red wine vinegar
1 tbsp Dijon mustard
2 tbsp honey
1/4 c extra virgin olive oil
12 basil leaves, finely chopped

GARNISH:
Fresh basil, chopped
Fresh chives, chopped

directions

TAPENADE: Combine olives, garlic, anchovies and pine nuts in a food processor and pulse until combined but not smooth. With the motor running, slowly add the oil until emulsified. Season with salt and pepper, to taste.

VINAIGRETTE: Whisk together vinegar, Dijon mustard and honey in a medium bowl. Slowly whisk in the olive oil until emulsified. Season with salt and pepper, to taste, and then stir in the basil.

REDFISH: Place cornmeal in a shallow bowl for dredging, mix in 1 teaspoon Cajun seasoning. Combine the yogurt, Cajun seasoning and garlic powder. Spread the yogurt mixture on all sides of the redfish fillets. Dredge the redfish in the cornmeal. In a large skillet, heat about 1/4 cup of oil on medium-high. Place the cornmeal coated redfish into the hot oil and fry for about 3 minutes on each side, or until cooked through. Drain the fish on a paper towel. Set aside for assembly.

TO SERVE: Place a tomato slice on a plate and spread with some of the tapenade. Top with a piece of redfish and finish with a generous amount of the basil vinaigrette. Garnish with the additional chopped fresh basil and chives.

SERVES ABOUT 6-8
**orange-balsamic glazed salmon kebabs**

**ingredients**

- 2-3 lbs salmon, skin removed, cubed
- Salt and black pepper
- GLAZE:
  - 1/2 c balsamic vinegar
  - 1/2 c orange juice, no pulp
  - 3/4 c orange marmalade
  - 2 cloves garlic, minced
- 6 small lemons, sliced 1/4" thick
- 6 navel oranges, sliced 1/4" thick
- 1 bunch green onions
- Fresh dill, chopped

**directions**

**GLAZE:** In a small pot over medium heat stir together the vinegar, orange juice, marmalade and garlic. Let it come to a boil for 1 minute then reduce heat to low and allow to thicken, about 10-15 minutes.

**KEBABS:** Assemble kebabs by alternating pieces of fish, lemon, orange and green onion. Season assembled kebabs with salt and pepper.

Heat grill to high and generously brush grates with oil to prevent sticking.

Place skewers on hot grill and baste very generously with glaze. Cook on one side for about 2 minutes, then flip and baste again generously. Cook an additional 1-2 minutes or until salmon is cooked to desired doneness.

Remove skewers from grill and garnish with fresh chopped dill. SERVES 6 TO 8.