



# HOOK IT & COOK IT

• MAY 14 - 18, 2015 •

## Recipe Book





## **ANGLING UNLIMITED – SITKA, AK**

### **Menu**

#### **FIRST DAY**

- A. Asparagus Salad with Lingcod
- B. Turmeric Fried Rockfish
- C. Brazilian Seafood Stew

#### **SECOND DAY**

- A. Braised Lingcod with White Wine & Olives
- B. Thinly-sliced Halibut with Kale
- C. Salmon Hash

#### **THIRD DAY**

- A. Asparagus Soup
- B. Blackened Halibut Sushi Roll
- C. Rockfish Swimming Ramen

#### **FOURTH DAY**

- A. Seared Lingcod with Polenta & Potacchio Sauce
- B. Whole Black Rockfish with Olive & Sundried Tomato
- C. Clean out the pantry



## **FRESH ASPARAGUS SALAD WITH POACHED LINGCOD, CHOPPED EGG VINAIGRETTE & PARSLEY**

BY: CHEF LUDGER SZMANIA, WARM SPRINGS INN & WINERY

Serves: 4

### **INGREDIENTS:**

12 oz.      Lingcod, cut into 2-3" chunks  
1.5 lbs.     Asparagus, cleaned  
¼ cup      Onion, diced  
½ cup      White wine  
              Salt & Pepper to taste

### **VINAIGRETTE INGREDIENTS:**

1 ea.        Hard-boiled egg  
2 T.         Chopped red onion  
2 T.         Parsley, finely chopped  
¼ cup      Extra Virgin Olive Oil  
1-2 T.      White Vinegar

### **METHODS:**

Place cleaned asparagus on a cookie sheet pan. Season with oil, salt and pepper. Pre-heat the broiler of your oven on high. Put asparagus in when fully heated and broil for 2-4 minutes or until slightly tender.

### **VINAIGRETTE**

Chop hard-boiled egg and place in a bowl. Add parsley, oil & vinegar, & onion. Blend ingredients together and season with salt & pepper.

**POACHED FISH**

Combine wine, onions and salt & pepper in shallow pot. Bring to a boil, then add Lingcod and cook for 1-2 minutes until firm on outside—about medium rare.

**TO SERVE**

Place asparagus on plate and top with fish. Drizzle fish with egg vinaigrette.



## **BRAISED LINGCOD IN WHITE WINE WITH OLIVES**

BY: CHEF LUDGER SZMANIA, WARM SPRINGS INN & WINERY

Serves: 4

### **INGREDIENTS:**

4- 5oz.      Lingcod or Black Rockfish  
½ cup        Red Onion, diced  
2 cups        Black Olives, pitted & cut in half  
2 cups        Green olives, pitted & cut in half  
½ cup        Parsley, coarsely chopped  
2 cups        White wine, dry  
1 T.          Garlic  
3 cups        Orzo pasta, cooked  
¼ cup        Extra Virgin Olive Oil  
                Salt & Pepper or Chili Flakes  
                Vegetable Oil  
                Dash of Oregano, fresh or dry

### **METHODS:**

Cook orzo pasta in plenty of water. Drain and keep warm.

### **FISH**

Heat large sautee pan over high heat, add oil and brown onions lightly. Add white wine, olive oil, oregano & garlic. Cook for 1 minute to evaporate the alcohol in the wine, then add fish and poach for about 2 minutes. Sprinkle with parsley.

### **TO SERVE**

Place orzo pasta in the middle of a plate and top with poached fish. Pour chunky olive broth over fish and drizzle dish with high quality Extra Virgin Olive Oil.



## **BRAZILIAN SEAFOOD STEW**

### **“Moqueca”**

BY: CHEF LUDGER SZMANIA, WARM SPRINGS INN & WINERY

Serves: 4-6

#### **INGREDIENTS:**

2.5 lbs      Rockfish, cut into 1.5” chunks  
2.5 lbs      Lingcod, cut into 1.5” chunks  
2.5 lbs      Salmon Belly, cut into 1.5” chunks

1 ea.        Red Pepper, cut into ¼” strips  
1 ea.        Green Pepper, cut into ¼” strips  
½ ea.        Large Onion, cut in strips, Julienne  
1-2 ea.      Jalapeño, depending how hot  
1 bunch     Cilantro  
2 tsp.        Garlic, chopped  
3 ea.        Roma Tomatoes  
2 cans        Coconut Milk  
3-4 tsp.     Salt, to taste  
¼ cup        Olive Oil, Pomace

#### **METHODS:**

Heat large, shallow pot (10” diameter, 3” deep) over high heat. Add olive oil & onions. Brown onions a little, then add the peppers & tomatoes. Add garlic, coconut milk, and salt and check seasoning to taste. Let simmer until peppers are tender, then add the fish, jalapeños & cilantro. Check seasoning, serve over rice in a bowl.



## **FRESH ASPARAGUS SOUP WITH SALMON & LEMON CREAM**

BY: CHEF LUDGER SZMANIA, WARM SPRINGS INN & WINERY

Serves: 4

### **INGREDIENTS:**

1 lbs            Fresh Asparagus  
6 oz.            Thinly-sliced Salmon Fillet (4 fillets sliced to about 1.5 oz each)  
1/2                Large Onion, sliced  
6 oz.            Russet Potato, peeled and cut  
2 T                Butter  
1/2 cup          Heavy Cream  
1/4                Lemon  
4 cups          Water  
                    Salt & Pepper

### **METHODS:**

#### **ASPARAGUS**

Clean asparagus then cut the bottom half of each piece off. Keep the tops for garnish in the soup. Cut bottom halves into small pieces and place in blender with 1 cup of water. Blend until very smooth.

In a sauce pan, melt butter and sautee onions. Add potatoes & water. Boil until potatoes are soft, about 35-40 minutes. Season with salt & pepper. Add the blended asparagus mixture and boil. Strain through a semi fine sifter and put back into pot, check seasoning. Whip 1/2 cup heavy cream to soft peak, add salt & squeeze in lemon.

**GARNISH**

Ladle the soup into a soup bowl and place raw slice of salmon in it. Put 1 tablespoon of cream in bowl and sprinkle with parsley and asparagus tops.





## **FRIED TURMERIC ROCKFISH w/BLACK BEANS, FETA & PEPPER VINAIGRETTE**

BY: CHEF LUDGER SZMANIA, WARM SPRINGS INN & WINERY

Serves: 4

### **INGREDIENTS:**

1.5-2 lbs Rockfish Fillets, boneless  
1 cup Flour  
1 tsp. Turmeric

### **VINAIGRETTE INGREDIENTS:**

½ cup Onions  
½ cup Red Pepper, finely diced  
½ cup Green Pepper, finely diced  
½ cup Red Onion, finely diced  
½ cup Chopped Parsley  
½ cup White Vinegar  
½ cup Extra Virgin Olive Oil, seasoned well with Salt & Pepper to taste  
¼ cup Water, “as salty as the sea”

1.5 cups Black Beans, soaked overnight  
½ cup Onion, diced  
1 leaf Bay Leaf  
½ tsp. Dried Cumin  
½ tsp. Oregano

½ cup Feta, crumbled

### **METHODS:**

**L**

Soak black beans overnight in large pot with plenty of water.

The next day, rinse black beans in colander under running water, transfer back to large pot and add 4-5 cups water and simmer for about one hour. Add onions, oregano, bay leaf, cumin, & salt and pepper. Boil over high heat for 2-3 minutes. Remove foam with large spoon and simmer for about an hour.

## **II - VINAIGRETTE**

Put all ingredients for vinaigrette together in a bowl, about an hour before serving. Before serving, check seasoning and add salt and pepper to taste.

## **III.**

Mix the flour and turmeric and dust or drench fish in mixture. Fry in a pan with oil over medium heat until slightly browned on both sides.

## **SERVE:**

On a plate, put a ladle of black beans with some of the crumbled feta cheese on top. Place fish on beans & top with the pepper vinaigrette.



## **Classic Polenta**

BY: CHEF LUDGER SZMANIA, WARM SPRINGS INN & WINERY

Serves 6

### **INGREDIENTS:**

1 C.	Polenta, coarse ground
4 C.	Water
1 tsp.	Salt
2 Tbs.	Butter

### **METHOD:**

Gradually add polenta to boiling, salted water, stirring constantly until thickened. Cook in top of double boiler, stirring frequently, for approximately 25 minutes. Blend in butter.



## **ROCKFISH SWIMMING RAMEN WITH SPINACH & BASMATI RICE**

BY: CHEF LUDGER SZMANIA, WARM SPRINGS INN & WINERY

Serves: 4

### **INGREDIENTS:**

16 oz.      Rockfish seasoned with Salt & Lime, cut into 4 – 4 oz. pieces.  
  
2 T          Cilantro, chopped  
2 T          Vegetable Oil  
2 T          Baby Spinach, cleaned  
½ ea.        Onion, sliced  
              Steamed Basmati Rice

### **SAUCE INGREDIENTS:**

1-2 T        Sambal Oelek  
½ cup        Peanut Butter, smooth  
¼ cup        Soy Sauce  
¾ cup        Water  
1 T          Sugar  
1 T          Rice Vinegar  
2 T          Fish Sauce (if you have)

### **METHODS:**

#### **L**

In a medium pot put peanut butter and all other ingredients (except for rockfish and cilantro) and heat on medium until brought to a slow boil. Use a

whisk to blend all ingredients well. If too thick, add more water and if too thin, add more peanut butter.

### **II.- SPINACH**

In a prying pan, heat 2 tablespoons of oil, add spinach and season with salt. Sautee until half off the spinach is wilted.

### **II - ROCKFISH**

Put rockfish on a cookie sheet pan with a little bit of oil and place under broiler for a couple of minutes.

### **GARNISH**

Place rice in middle of plate and top with spinach. Place rockfish on top of spinach and drizzle with peanut sauce. Sprinkle with cilantro and squeeze some lemon on for good measure.



## **SALMON HASH WITH POACHED EGG & CHEDDAR CHEESE SAUCE**

BY: CHEF LUDGER SZMANIA, WARM SPRINGS INN & WINERY

Serves: 4

### **INGREDIENTS:**

12-16oz. Salmon (tail piece), cut into small pieces  
3 cups Potatoes, cooked & cut into small pieces  
½ cup Green Onions  
4-8 ea. Eggs  
Salt & Pepper to taste

### **CHEESE SAUCE INGREDIENTS:**

½ cup Water  
½ cup Shredded Cheddar Cheese  
½ tsp. Garlic, chopped  
Salt & Pepper, to taste  
1 T. Cornstarch  
3 T. Water

### **Method:**

#### **Cheese sauce**

Boil water over medium heat, add the cheddar cheese, garlic & salt and pepper. With a whisk, stir until smooth. When just starting to boil, make a slurry with the cornstarch and water. Slowly pour into pot & whisk vigorously until smooth as milk. Set aside.

#### **SALMON & POTATOES**

In a Teflon pan, add a little oil and potatoes. Sauté over high heat until brown, add salmon and onions. Sauté until salmon is done.

### **POACHED EGGS**

Fill 3" deep sautee pan with 2" of water and about 1 cup of white vinegar and 1 tbsp. of salt. Bring to a gentle boil and crack eggs into it. Turn heat down to simmer, and cook for about 4 minutes. If you prefer eggs more done, cook for 6 minutes. Remove eggs and place on salmon hash. Pour 1 tbsp. of cheese sauce over egg, garnish with chopped parsley.



# SEARED LINGCOD WITH POTACCHIO SAUCE & POLENTA

BY: CHEF LUDGER SZMANIA, WARM SPRINGS INN & WINERY

Serves: 4

## INGREDIENTS:

4- 3oz.      Lingcod  
1 can        Crushed Tomatoes  
2 T.         Onion, chopped  
½ ea.        Lemon Zest (zests of ½ lemon or to taste)  
1 tsp.        Garlic, chopped  
1 tsp.        Fresh Rosemary, chopped  
2 T.         Fresh Parsley, chopped  
              Extra Virgin Olive Oil  
              Salt & Pepper

## METHODS:

### POTTACHIO SAUCE

In a sauce pot over medium heat, add olive oil & chopped onions. Sautee until onions are lightly browned, and add garlic and brown for a few more minutes. Add tomatoes and simmer for 5 minutes, remove from heat and add rosemary, lemon zests, salt & pepper, and 2-3 tbsp. of high quality olive oil. Check taste...lemon and rosemary should stand out. Add more flavor if needed.

### II.

Make Polenta recipe

### III.

Sear rockfish in hot pan for a couple of minutes on each side. Season with salt & pepper and sprinkle fish with parsley.



**SERVE**

Place fish on polenta and top with Potacchio Sauce. Sprinkle with parsley for garnish.



## Sushi Rolls

BY: CHEF LUDGER SZMANIA, WARM SPRINGS INN & WINERY  
Serves: 4

### **INGREDIENTS:**

2 cups	Sushi Rice
6 oz.	Blackened Halibut
½	Avocado
1 each	Cucumber, cut into 4 long strips
4 each	Green Onion
¼ cup	Sesame Seeds
4 sheets	Nori
	Soy Sauce, light
	Pickled Ginger
	Wasabi
	Rice Wine Vinegar, to taste

### **METHOD:**

Follow rice cooking instructions as laid out in Sushi Rice recipe. Cool in a large, shallow bowl until slightly above room temperature. Season with a little vinegar and soy sauce.

Cover a bamboo rolling mat with plastic wrap. Cut nori sheets in half crosswise. Lay 1 sheet of nori, shiny side down, on the plastic covered mat. Wet your fingers with water and spread about 1/2 cup of the rice evenly onto the nori. Sprinkle the rice with sesame seeds. Turn the sheet of nori over so that the rice side is down. Place

1/8 of the cucumber, avocado and crab in the center of the sheet. Grab the edge of the mat closest to you, keeping the fillings in place with your fingers, and roll it into a tight cylinder, using the mat to shape the cylinder. Pull away the mat and set aside. Cover with a damp cloth. Repeat until all of the rice has been used. Cut each roll into 6 pieces. Serve with pickled ginger, wasabi and soy sauce.



## **THINLY SLICED HALIBUT WITH KALE, PICKLED ONIONS & GARBANZO BEANS**

BY: CHEF LUDGER SZMANIA, WARM SPRINGS INN & WINERY

Serves: 4

### **INGREDIENTS:**

10 oz. Thinly sliced Halibut (about 2.5oz each piece)  
½ ea. Red Pepper, sliced thin  
8 oz. Kale, leafs only and stems removed, cleaned and rough chopped  
1 ea. Red Onion  
1-1.5 cups Garbanzo Beans  
Olive Oil  
Garnish: chopped parsley & red pepper

### **METHODS:**

#### **Pickled Onions**

Peel & slice onion and place in closeable container.

Heat ¾ cup water and ½ cup white vinegar. Add 1 T. salt and 1 T. sugar and a dash of chili flakes. Boil and pour over onions, close container and let steep. Refrigerate for 2-3 days before use.

#### **HALIBUT**

Place sliced halibut on an oiled cookie sheet. Season with salt & pepper. Pre-heat broiler to high. In a large pan, add a little oil and heat. Add kale and season with salt & pepper. When kale is ready to wilt, add garbanzo beans and a little of the pickled onion juice. When kale is wilted, place cookie sheet with fish under broiler for 1 minute. Season with salt & pepper.

**TO SERVE**

Place kale on middle of plate and top with fish. Garnish with pickled onions, red pepper, and parsley.



## **WHOLE-GRILLED BLACK ROCKFISH, SEASONAL GREENS, CHILLED OLIVE & SUN-DRIED TOMATO TAPANADE**

BY: CHEF LUDGER SZMANIA, WARM SPRINGS INN & WINERY

Serves: 4- 6

### **INGREDIENTS:**

**2 Whole Black Rockfish, gutted & de-scaled, about 1- 1½ pounds each**

Mediterranean Bass - very sweet & mild tasting with a velvety texture & bright white meat

### **TAPANADE:**

1 cup Sun-dried Tomatoes, diced

½ cup Kalamata Olives

2 Tbs. Onions, finely chopped

2 Tbs. Parsley, chopped

Chili flakes

2 Lemons

Extra Virgin Olive Oil

Seasonal Green Salad

### **METHOD:**

#### **STEP ONE: MAKE TAPANADE**

Toss all tapenade ingredients together and bowl to marinate. Chill.

#### **STEP TWO: GRILL BLACK ROCKFISH**

Season with salt & pepper and add oregano inside the belly cavity. Heat grill to medium-high heat and cook for about 4-5 minutes on each side. Remove from heat, squeeze with fresh lemon juice and sprinkle with salt & pepper.

**PRESENTATION:**

Divide seasonal greens between four plates. Place rockfish on top of greens and garnish with tapenade.

*How To Bone A Grilled Whole Fish*



1. Separate head and tail from body. With spoon and fork, ease fin bones away from each side of fish.
2. Using fork, roll skin backward from tail, peeling toward head, and remove. Repeat with other side of fish.
3. Divide upper side of fish into two fillets by cutting along natural line down center of fish. Ease bottom fillet off bone with an outward motion, placing it at edge of plate. Repeat with top fillet.
4. With bone structure now fully exposed, lift backbone from head-side first, pull gently back toward tail, and remove, exposing other side of fish.
5. Carefully probe plate-side fillets for errant bones; remove by sliding them in opposite directions onto plate. Replace all four fillets on plate, reconstructing them (if they have broken) into fish's natural shape.