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Cajun Sweet Potato Seafood Chowder

Ingredients:

8 oz. Andouille Sausage, diced
2 oz. Olive Oil
1 bay leaf
1 diced large onion
4 garlic cloves chopped
dash of paprika
dash of cayenne pepper
4 cups of clam juice or shrimp stock
2 lbs. peeled and diced sweet potatoes
1 ear of corn, de-nibletized (That's a word)
zest and juice of 1/2 a lemon
1 Tbsp. of chopped tarragon
1/2 lb shrimp, cut to spoon size pieces
1/2 lb. crabmeat (claw)
4 oz. Heavy Cream

Cook the Andouille sausage till it becomes crisp and has rendered its fat. Remove the sausage and add the onion and garlic to the fat. Cook until the onions become tender and then add the bay leaf, clam juice, diced sweet potatoes and the cleaned ear of corn. Bring this to a boil.

In a separate pan, heat some oil and toss the shrimp with the cayenne, paprika, salt and pepper. When the oil is ready, cook the shrimp till they develop a tasty outer crust. Turn off the heat and add the Andouille sausage to the pan.

After the sweet potatoes have softened, remove the ear of corn and pulse with your hand blender a few times around. You just want to break up some of the potatoes to help thicken the soup. Now add the corn, lemon zest and juice and continue to cook for a minute or so.

Lastly, add the sausage, shrimp, crab and tarragon. Don't be afraid to make this dish even spicier with more cayenne, but better grab a cold beer too.



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Red Snapper w/ Lemon Butter Cream Sauce

Ingredients:

2 4 oz Fillets of Red Snapper (Skin on)
thyme branches
3 tablespoons of butter
3 garlic cloves
1 shallot, quartered
1/2 cup grape tomatoes cut in half
olive oil
salt and pepper
1/3 cup of heavy cream
teaspoon chopped Parsley
teaspoon chopped Basil
zest and juice of a lemon

Make sure the fish has no scales and is patted dry. Add a turn or two of olive oil to a hot pan and season the fish with salt and pepper. Slice through the skin just a touch to prevent the fish from curling in the hot pan. Add a bit of butter to the pan and when it starts to take on a nutty smell, add the fish skin side down for a minute. Don't disturb the fish for minute and when it starts to release easily from the pan you can turn it over.

When it's turned over add the thyme branches, garlic cloves, shallots, tomatoes and another tablespoon of butter. Tilt your pan and start to baste the fish with this mixture.

After 2 minutes or so, remove the fish, garlic, shallots and tomatoes from the pan and add the third tablespoon of butter and as it starts melting add the cream and whisk till the cream gets hot. Keep whisking add the lemon zest and juice of a lemon. Keep whisking so the sauce doesn't break.

Garnish with fresh parsley and basil.