

SEAFOOD RECIPES

Delicious Frugal Nourishing



SEAFOOD FRIED RICE

Seafood fried rice is one of many examples of how you can stretch good quality food to feed many people.....

Buying high quality seafood is crucial as we learned in our last lesson. However, like most things, buying quality is expensive. There are many tricks and recipes that could serve you in learning how to serve seafood more frugally, but here are a few recipes to get you started. These recipes use other protein sources (eggs and bacon, lentils, and protein stretching broth) to up the protein content of the dishes without having to depend completely on seafood as the sole source of protein.



These recipes are filling because we add other ingredients, like soaked

whole grains or legumes to pump up the “fill factor”, or serve with filling & frugal side dishes. There is no reason to feel like you are on a deprived diet just because you can’t afford large fillets of salmon for each person.



Recipes

Seafood Fried Rice

Bacon, Eggs, leftover rice and salmon, form the base of a delicious and easy to throw together dinner. Lime, ginger, garlic and soy sauce flavor it all.

Pan Fried Small Fish

Small fish is often a great frugal deal, but whole fish can seem intimidating. Thankfully they are very easy and simple to pan fry (and they are so delicious this way too!) Serve over braised lentils to stretch them even further.

Braised Lentils

Lentils are simply braised with onions, garlic and thyme and served with a drizzle of balsamic vinegar.

Miso Salmon & Spinach Soup

Deliciously flavored miso soup with salmon, spinach and grains for a hearty dinner.

4 slices of bacon , chopped into small pieces
2 eggs, lightly whisked
4-6 cups of cold, leftover brown rice
3 garlic cloves, finely minced
1 tablespoon freshly grated ginger
2-4 green onions
1 cup of frozen peas
1 cup of leftover seafood (shrimp, salmon, white fish, etc)
Fresh Limes (2-4)
Naturally Fermented Soy Sauce



Seafood Fried Rice

1) In a large saucepan, fry the bacon over med-high heat until crispy, stirring to prevent burning. Remove from pan. Take out some of the bacon grease, leaving enough to scramble the eggs with. In the middle of the pan, quickly scramble the eggs until just cooked. Remove from the pan, Add two tablespoons (or more!) of bacon grease

back into the pan for the next step.

2) Over medium high heat, add the cold rice, ginger and garlic cloves and green onions. Cook for several minutes, stirring as needed, until heated through. Add the peas and give it a stir and cook for another minute or two, or

until the peas are heated through. Add the seafood, and give a quick toss and cook until just heated through.

3) Stir the bacon and eggs back into the dish and squeeze the juice of one lime over the dish as well as about two tablespoons soy sauce. Serve with extra lime wedges & soy sauce



Name Shoyu is organic, unpasteurized soy sauce. It's won awards for taste but is pricey. Look for good deals on Amazon, and mothenature.com. To save, split a large size in bulk, it's a lot cheaper per ounce. Other cheaper but good brands include, Eden and San-J.

Recipe Notes:

Make this pork free by using beef bacon (US Wellness Meats carries beef bacon made with grass feed beef) or by simply sautéing in a combination or butter and olive oil, olive oil, or tallow.

This recipe is easily adaptable to whatever you have on hand, and it doesn't have to use seafood. You can use leftover chicken, shredded or cubed beef or even just use the eggs and bacon! Feel free to play around with the recipe to use what you have on hand.

Pan Fried Small Fish served over Braised Lentils

1-2 pounds dressed whole small fish such as trout, sardines, smelts etc.

1 cup of unbleached white flour or sprouted whole wheat flour

Salt and Pepper

3 tablespoons butter

3 tablespoons olive oil (or use lard, tallow or bacon drippings instead of the butter and oil)

1) Rinse off the fish and pat dry. In a shallow dish mix the flour with a generous sprinkle of both salt and pepper. Coat both sides of the fish with this mixture.

2) Heat the fat in a large saucepan (big enough for the fish to lay flat) over medium-high heat until fat is hot. Add the fish and fry on both sides until browned. Adjust the heat so that it's always bubbling, but not burning. Fish is done when there is no blood in the interior, but it's almost always done when golden on the outside. Drain on paper towels and place on braised lentils. Just be careful of bones as you eat. Serves up to 6 people.



Serve with a side of steamed and buttered potatoes and a side salad for a special, but frugal meal.



You can use this same idea with fillets as well. You don't have to just use whole fish. Use fish fillets placed on top of braised lentils too! It's delicious. I used rainbow trout for this recipe.

STRETCHING SEAFOOD WITH LENTILS

Braised Lentils

2 tablespoons olive oil
1 small red onion, finely minced
3 garlic cloves, finely minced
2 cups lentils, soaked in warm water overnight and rinsed
8 cups of water
2 teaspoons dried thyme
2 tablespoons balsamic vinegar
Fresh thyme, parsley, or other herb for garnish if desired

1) Heat olive oil in a large saucepan or pot over medium high heat. Place one piece of onion in the oil, when it starts to sizzle add the

rest of the onion as well as the garlic. Saute until softened, but not browned.
2) Add the lentils, garlic, and dried thyme and bring to a boil. Turn down the heat to low and keep at a low simmer, covered. Cook for 20-30 minutes, or until the lentils are soft, but not mushy.
3) Salt and pepper and drizzle balsamic vinegar to taste. Garnish with optional herbs. Plate on a large platter.

Stretching Seafood in a Soup

Miso Salmon and Spinach Soup Serves 4 hearty portions, 6 smaller portions

The quinoa and salmon give this soup a lot of flavor along with the ginger, garlic, miso and soy sauce. Quinoa is high in nutrients and protein, so it's a great grain to use. However, you could also use brown rice, just adjust the cooking time to 45 minutes. Make sure you check out the serving suggestions in the recipe notes.

8 cups of chicken stock
2 inch piece of kombu seaweed (opt.)
1 ½ tablespoons grated fresh ginger
1-3 garlic cloves, finely minced
1 cup of quinoa, soaked overnight in 2 cups of water with 2 tablespoons of vinegar or lemon juice and rinsed
½ pound salmon fillets (skinless, boneless)
1 bunch of spinach, well rinsed
¼ cup of miso (I like white, you can use what you prefer)
2 tablespoon naturally fermented soy sauce

1-Put the chicken stock, optional seaweed, ginger, garlic and quinoa in a large pot and bring to a boil. Reduce heat and simmer for 15-20 minutes, or until the quinoa is just soft.

2-Meanwhile wash the spinach. I wash each little bunch of spinach, break off the root ends and then cover it with water



Using your soup pot in your kitchen on a consistent basis will save you money! There is nothing quite like soup to stretch food out.

several times in a bowl. Make sure you wash off all of the grit and dirt.

3) Add the spinach and the salmon and cook until the spinach is wilted and the salmon is just cooked through. Break apart the salmon with two forks into bite sized pieces. Take off of the heat.

4)Put the miso and soy sauce in a cup or small bowl. Add a ladle full of broth from the soup into the bowl and thoroughly mix together. Add to the pot of soup and serve. (Serve with soy sauce on the side if anyone wants to add more)



Remember not to buy farmed salmon! It's bad for the environment and bad for you too. Wild Alaskan Salmon is wonderful.

Recipe Notes:

We like to serve this with a side of soaked brown rice (recipe will be shared in a later lesson) topped with soy sauce and dulse. You can also buy delicious mixtures of seaweed, sesame seeds and salt which add a lot of Japanese flavor to plain brown rice.

This is a good recipe to use frozen fillets of salmon, but you can also use whatever seafood catches your fancy or looks good in the store. Clams, oysters, shrimp, white fish, or a combination of seafood.

You can definitely use a seafood stock instead of the chicken stock. It will add more depth to the seafood flavor, however it is generally harder to find the ingredients to make a good seafood stock which is why I use chicken broth.

Another good side to this dish is Japanese Avocado. Here is the link. <http://www.thenourishinggourmet.com/2009/03/japanese-style-avocado.html>