



# ALL THE FISH IN THE SEA

Versatile Recipes Using Seafood



## CATCH CUSTOMERS WITH FISH & SHELLFISH

Seafood is a menu specialty that many people don't cook at home.

# Catch Customers with Fish and Shellfish

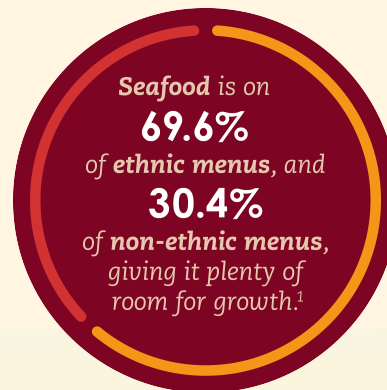
**SEAFOOD IS A MENU SPECIALTY THAT MANY PEOPLE DON'T COOK AT HOME.**

Seafood is an ingredient that operators can really take advantage of on menus. Naturally lean and high in protein, fish and shellfish resonate with health-conscious patrons. There are many different varieties to choose among, from popular shrimp and salmon to specialty products like mussels and mackerel, each with its own distinctive flavor and texture profile.

Many kinds of fish and shellfish—swordfish, scallops, lobster—have an upscale image that can command premium pricing. And because lots of consumers are daunted by the prospect of buying, storing, and preparing seafood, they're more apt to look for it when dining out

Fish and shellfish also enjoy impressive adaptability throughout the menu in appetizers, soups, salads, sandwiches, and entrées. There's a great range of cooking styles (fried, poached, sautéed, grilled) and global influences to pull from (most major cuisines tout iconic seafood specialties that have crossover potential for mainstream foodservice concepts).

**Source:** 1. Datassential SNAP! Seafood (2021).



Even a sauce or condiment like miso, Alfredo, or masala curry can be used to put an ethnic spin on a simply prepared seafood dish, making it easy to add more fish and shellfish specialties to the menu.

Lemon Tarragon Lobster Salad made with *Minor's*®

Lobster Base Gluten Free No Added MSG



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**RECIPES**



# Lobster Mac & Cheese

**12 PORTIONS**

Lobster meat, shallots, and fresh tarragon add a luxe touch to this panko-topped macaroni and cheese specialty.

## INGREDIENTS

- 6 fl oz Unsalted butter, melted
- 1 1/2 cups Shallots, minced
- 1/4 cup Garlic, peeled, minced
- 6 3/4 lb *Stouffer's* White Cheddar Mac & Cheese, heated
- 36 oz Lobster meat, cooked
- Kosher salt, to taste
- 1 1/2 cups Panko breadcrumbs, lightly toasted
- Tarragon, fresh, chopped, as needed

## METHOD

- 1.** In a large sauté pan over medium heat, add the melted butter, shallots, and garlic and cook until translucent.
- 2.** Add *Stouffer's* White Cheddar Mac & Cheese and the lobster meat.
- 3.** Stir and heat until warmed through.
- 4.** Taste and season with salt if needed; hold hot for service.
- 5.** For 1 portion, ladle 12 oz of the Lobster Mac & Cheese into a bowl, top with 2 Tbsp of toasted panko breadcrumbs and garnish with tarragon.





# Shrimp and Kale Penne Alfredo, Gluten Free\*

## 1 PORTION

Shrimp, red bell peppers, and kale create a tasty and colorful sauce for penne. Make it celiac-friendly using gluten free pasta.

## INGREDIENTS

- 1 tsp Virgin olive oil
- 2 oz Shrimp, peeled, raw, deveined (5 each)
- 1 oz Red bell peppers, julienned
- 1 1/2 oz Kale, Tuscan, chopped (1 cup)
- 4 fl oz *Stouffer's* Alfredo Sauce Gluten Free, thawed (1/2 cup)
- 2 oz Penne, gluten free, cooked

## METHOD

1. Heat olive oil in a sauté pan over medium-high heat. Add shrimp and cook on one side for 1–2 minutes or until they are cooked about halfway.
2. Flip shrimp and add bell peppers. Sauté until shrimp are almost cooked and bell peppers are soft, approximately 2 more minutes.
3. Add kale and toss 1–2 minutes to begin to wilt the kale.
4. Add Alfredo Sauce and toss a few more times to finish wilting the kale.
5. Add pasta and toss to coat.

\*When using gluten free ingredients, recipes, and proper back-of-house procedures.





# Crab and Avocado Soup

**45 PORTIONS**

This elegant chilled avocado soup is garnished with fresh crabmeat, diced tomatoes, and chopped parsley for an especially attractive presentation.

## INGREDIENTS

- 5 qts Water
- 5 oz *Minor's* Crab Base No Added MSG\* Gluten Free
- 8 oz Onions, chopped, lightly sweated
- 5 lb Avocados, cut into chunks
- 1 cup Lime juice, fresh
- 1 lb *Minor's* Culinary Cream
- 1 lb Sour cream
- 2 Tbsp *Maggi* Seasoning
- 45 oz Crabmeat
- 1 lb Tomatoes, medium diced
- 2 oz Parsley, fresh, chopped

\*No added MSG other than that which naturally occurs in the autolyzed yeast extract and hydrolyzed proteins.

## METHOD

1. In an 8-qt container, combine water and Crab Base, mixing well.
2. In a food processor, add onions, avocados, lime juice, Culinary Cream, sour cream, and crab stock. Purée until smooth.
3. Add *Maggi* Seasoning. Blend well. Season to taste.
4. Garnish each serving with crab, tomatoes, and chopped parsley. Serve chilled.





# Dill Sauce

**10 PORTIONS**

Try this creamy, Pernod-flavored dill sauce with salmon, halibut, sole, swordfish, shrimp, lobster, or scallops.

## INGREDIENTS

- 1 tsp Butter, salted
- 1 oz Shallots, diced
- 2 oz Bulb fennel, diced
- 16 fl oz Water
- 8 fl oz Whole milk
- 1/2 oz *Minor's* Seafood Base No Added MSG\* Gluten Free
- 2 oz Roux
- 1 fl oz Pernod
- 1 Tbsp Dill, fresh, chopped

## METHOD

1. Heat butter in a large pot over medium-high heat, add shallots and fennel, and sweat 3–4 minutes.
2. Add water and milk, bring to a boil and whisk in Seafood Base and roux. Gently boil for 2–3 minutes.
3. Finish with Pernod and dill.

\*No added MSG other than that which naturally occurs in the autolyzed yeast extract and hydrolyzed proteins.





# New England Lobster Bisque

**10 PORTIONS**

Turn this rich, traditional lobster soup into a menu signature with a topping of lobster or another seafood.

## INGREDIENTS

- 48 fl oz Water
- 16 fl oz Whole milk
- 4 oz *Minor's* Lobster Base No Added MSG\* Gluten Free
- 8 oz Roux
- 2 fl oz Sherry, dry
- 1 tsp Red pepper, ground

## METHOD

1. Heat water and milk in a large pot over medium-high heat. Add Lobster Base, bring to a boil.
2. Reduce heat and slowly whisk in roux, gently boil for 3–4 minutes.
3. Season with sherry and red pepper.

**Serving Suggestion:** Cooked seafood pieces (lobster meat, shrimp, mussels, monkfish, etc) may be added as garnish.

\*No added MSG other than that which naturally occurs in the autolyzed yeast extract and hydrolyzed proteins.



# Green Chile Mahi Mahi and Spicy Sofrito

## 5 PORTIONS

Southwestern ingredients—roasted poblano, black beans, bell peppers, corn kernels—create an exciting flavor profile for mahi mahi.

## INGREDIENTS

- 30 oz Mahi mahi
- 2 1/2 tsp Olive oil
- 4 oz *Minor's* Fire Roasted Poblano Flavor Concentrate Gluten Free
- 1 fl oz Olive oil
- 10 oz Onions, diced
- 4 oz Celery, diced
- 4.25 oz Red bell peppers, diced
- 0.75 oz Garlic, minced
- 4 oz *Minor's* Fire Roasted Poblano Flavor Concentrate Gluten Free
- 9.25 oz Black beans, cooked
- 5 oz Corn kernels

## METHOD

- 1.** Preheat convection oven to 350°F.
- 2.** Dry off mahi mahi completely. Preheat grill to high heat. Lightly oil the grill. Place fish on the grill and sear both sides. Remove from grill.
- 3.** Combine 2 1/2 tsp oil and 4 oz Fire Roasted Poblano Flavor Concentrate. Brush the top of the fish with the mixture. Bake until fully cooked, approximately 7–9 minutes.
- 4.** In a sauté pan over medium-high heat, add 1 oz olive oil. Add onions and sweat down. Add celery, bell peppers, and garlic; sweat down for 3 minutes. Add remaining 4 oz Fire Roasted Poblano Flavor Concentrate, black beans, and corn; sweat down for 3 minutes, stirring frequently. Season to taste. Set aside and keep warm until service.
- 5.** At service, plate each fish portion over spicy sofrito.



# Peppered Shrimp Tempura

**10 PORTIONS**

A light, peppery Japanese-style batter and a flavorful dipping sauce help create a distinctive fried shrimp specialty that can be served as an appetizer or entrée.

## INGREDIENTS

- 2 cups Rice flour
- 16 fl oz Seltzer water, ice cold
- 1 1/2 tsp *Minor's* Shrimp Base No Added MSG\* Gluten Free
- 1.5 oz Egg yolks
- 1 Tbsp Black pepper, cracked
- 2 lb Shrimp, frozen, tail on, butterfly cut, 21/25 ct
- 1 cup Rice flour
- 20.5 fl oz *Minor's* General Tso's RTU Sauce

## METHOD

- 1.** In a bowl, combine 2 cups rice flour, seltzer water, and Shrimp Base. Stir with wire whip to remove all lumps. Add egg yolks and pepper; blend well. The batter should be a heavy cream consistency.
- 2.** Dry shrimp on a paper towel. Dredge shrimp in 1 cup of rice flour. Shake off excess flour. Holding shrimp by the tail, dip each one into tempura pepper batter and place directly into a 350°F deep fryer. Cook for 2–3 minutes until golden brown.
- 3.** Serve each portion with 1/4 cup General Tso's RTU Sauce.

\*No added MSG other than that which naturally occurs in the autolyzed yeast extract and hydrolyzed proteins.



# Masala Curry Mussels

## 2 PORTIONS

Add a twist of Indian flavor with Masala Curry, coconut, and fresh cilantro. These mussels are great menued as a sharable for two.

## INGREDIENTS

- 8 oz Mussels, raw
- 1 1/2 Tbsp Butter, diced
- 1 oz Onions, julienned
- 2 Tbsp Celery, julienned
- 0.75 oz Leeks, julienned
- 2 tsp *Minor's* Masala Curry Flavor Concentrate
- 2 Tbsp White wine, dry
- 4 fl oz Coconut milk (1/2 cup)
- 1 Tbsp Cilantro, chopped

## METHOD

1. Clean mussels. Be sure all mussels are tightly closed; discard any open mussels.
2. Add butter to a sauté pan and sauté the onions, celery, leeks, and Masala Curry Flavor Concentrate until the vegetables are soft and translucent.
3. Add mussels and deglaze with white wine. Reduce by 3/4.
4. Add coconut milk and simmer until mussels open up.
5. Garnish with chopped cilantro.



# Tuna Tostada with Ancho Crema

**108 PORTIONS**

Contrasting textures and beautiful colors make this flavorful, ancho-accented tuna tostada truly craveable.

## INGREDIENTS

- 0.5 oz *Minor's* Ancho Flavor Concentrate Gluten Free
- 12.5 oz Sour cream
- 4 oz Mayonnaise
- 1 fl oz Lime juice, fresh
- 34 oz Corn tortillas
- 158 oz Tuna, ahi
- 8.5 oz *Minor's* Ancho Flavor Concentrate Gluten Free
- 26 fl oz Olive oil
- 93 oz Avocados

## METHOD

- 1.** In a mixing bowl, combine 0.5 oz Ancho Flavor Concentrate, sour cream, mayonnaise, and lime juice. Season to taste and reserve.
- 2.** Deep-fry corn tortillas, making sure they remain flat. Once crispy, remove from fryer and season. Reserve.
- 3.** Portion tuna into 3-oz blocks and place in storage container. Combine 8.5 oz Ancho Flavor Concentrate with olive oil. Whisk together thoroughly. Pour marinade over the tuna to completely cover, and refrigerate for 1 hour.
- 4.** Preheat grill on high. Grill tuna portions to desired doneness. Set aside.
- 5.** For service, slice 1 tuna steak and half an avocado to the same thickness, approximately 1/4 inch. Arrange them in a shingled fashion on the tostada. Drizzle with 1 tsp of Ancho Crema.

**Serving Suggestion:** Garnish tostada with roasted corn, sliced jalapeño, fresh cilantro, and some lime wedges.



**TRY THESE IDEAS FOR  
SEAFOOD**

# Try These Ideas for Seafood

**“Brand” seafood with a source,** like Alaska salmon or Maryland crabmeat.

**Pay attention to the sustainability** of both farm-raised and wild seafood, because many customers are interested in it.

**Experiment with seafood-based comfort foods,** like seafood stew, fish and chips, seafood pot pie, fried shrimp, and seafood-based pastas.

**Introduce customers to less familiar seafood species,** like red snapper, monkfish, or octopus, with specials and LTOs (limited-time offers).



Fresh Scallop Ceviche made with *Minor's*® Fire Roasted Poblano Flavor Concentrate

Thai Style Lobster Bisque made with *Minor's*® Lobster Base Gluten Free No Added MSG



**Seafood is expensive. Utilize trim and odd bits,** like broken shrimp, in items like salmon burgers, seafood chowder, and shrimp-stuffed mushrooms.

**Incorporate fish and shellfish in regional American specialties** like lobster rolls, gumbo, shrimp boil, or crab Louis.

# Dive Into Seafood with Nestlé Brands

Nestlé Professional offers a number of products within its family of brands that provide a speed-scratch approach to fish and shellfish preps. These include a wide selection of *Minor's* bases, sauces, and flavor concentrates; *Maggi* Seasoning; ready-to-use *Stouffer's* entrées, sides, and sauces; *Libby's* Pumpkin; and *Chef-mate* and *Trio* sauces and gravies.



**For more information on products and delicious recipes, go to [NestleProfessional.com](https://www.nestleprofessional.com).**

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