

# Celebrating Aquaculture

*Gourmet Recipes*

*Featuring Farm Raised*

*Fish & Shellfish*

*From Maine*

*by Chance Nalley*

**Maine Aquaculture Innovation Center**

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VOLUME

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# About M.A.I.C.

▶ The Maine Aquaculture Innovation Center was established in 1988 by the Maine Legislature, and was incorporated as a non-profit corporation on December 17, 1991. Its mission is to assist in developing economically and environmentally sustainable aquaculture opportunities in Maine. In order to fulfill our mission, we have established goals that will reflect our progress in expanding Maine's economy. We sponsor and facilitate innovative research and development projects involving food, pharmaceuticals, and other products from sustainable aquatic systems; invest in the enhancement of aquaculture capacity in Maine; serve as a source of educational information to enhance public visibility and acceptance of aquaculture; and encourage strategic alliances tasked with promoting research, technology transfer, and the commercialization of aquaculture research.



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## *Sustaining a Renewable Resource*



**Maine is ideally suited for water farming. Clean, cold waters and strong tidal action create the perfect conditions to farm high-quality, nutritious and delicious animal protein. Keeping the aquatic environment healthy is a priority for water farmers. That's because clean water is a key raw material needed to grow quality seafood. Water farmers closely cooperate with nine state and federal agencies. To insure that the environment is sustained, salmon farmers periodically "fallow" their sites; and mollusk farmers take advantage of naturally occurring filtering process of shellfish to help keep the waters pristine.**



# Appetizers



## Salmon Cakes

*Serves: Six to Twelve (6 - 12)*

1 1/2 C Cooked Boneless Salmon	1 1/2 C Crushed Corn Flakes
2 Large Eggs	1/2 C Seasoned Bread Crumbs
1/2 Small Onion (Finely Chopped)	2 Tbsp Minced Garlic
1/4 C Yellow Mustard	1 Tbsp Louisiana Hot Sauce
1/4 C Milk	1 C Mild Cheddar (Shredded)
1 Tbsp Prepared Horse Radish	Paprika

Flake Salmon into a large mixing bowl. Add eggs, onion, mustard, milk, horse radish, garlic, and hot sauce and mix thoroughly.

Add cornflakes and mix until very moist. Add bread crumbs and mix. Mixture should be moist, not wet. If mixture is very damp, add more bread crumbs. Stir in shredded cheese.

Spoon mixture into four ounce (4 oz) corning ware baking cups and top with paprika. Bake at 350°F for forty (40) minutes. Cakes are done when they can easily be freed from the dish.

Serve with dill sauce.



# Appetizers

## ▶ Mussels & Scallops in White Wine Sauce

*Serves: Six (6)*

1 lb Scallops	1 1/2 C Dry White Wine
3 lb Mussels	1 C Heavy Cream
2 Tbsp Butter	1 tsp Salt
1 Large Onion (Minced)	2 tsp White Pepper
6 Tbsp Garlic Separated (Minced)	4 Tbsp Fresh Parsley (chopped)
1 Tbsp Flour	
3 Tbsp Olive Oil	

In a saucepan on medium-low combine butter, onion and 3 Tbsp garlic. Slowly stir in flour with a wooden spoon. While stirring, slowly pour in wine. Stir until smooth. Pour in cream and add spices.

In a pot combine two (2) quarts of water, 3 Tbsp garlic, and olive oil and bring to a raging boil. Add clean mussels and boil for five (5) minutes. Drain cooked mussels. Shuck the mussels and add to sauce.

Place scallops in a glass baking dish with butter. Broil for fifteen (15) minutes or until top of the scallops is completely light brown in color. Add cooked scallops to sauce.

Serve with wheat crackers.



# Appetizers

## ▶ Sweet & Spicy Clams & Scallops

*Serves: Six to Twelve (6 - 12)*

3 lb Steamer Clams	1/2 C Butter
1 lb Baby Scallops	2 tsp Coarse Black Pepper
1 Onion (Finely Chopped)	2 Tbsp Minced Garlic
1 C Honey	1/4 C Lemon Juice
8 oz Jar Stone Ground Mustard	2 Tbsp Orange Peel

In a slow cooker or crock pot, combine and thoroughly mix honey, mustard, pepper, garlic, and orange peel. Cook on high setting for 30 minutes stirring occasionally.

Place scallops in a glass baking dish with butter, onion, and lemon juice. Broil for fifteen (15) minutes or until top of the scallops is completely light brown in color.

In a pot, bring two (2) quarts of spring water to a raging boil. Rinse the clams and place in the boiling water for six (6) minutes. Drain the clams, remove from the shells and clean.

Add the clams and scallops to the slow cooker and stir. Reduce to low heat and serve directly from the slow cooker. (Thick slices of extra sharp cheddar compliment this dish marvelously.)



# Appetizers

## ▶ Chilled Salmon Rounds

*Serves: Six (6)*

8 oz Side of Thin Sliced Smoked Salmon  
18 Round Garlic Onion Crackers  
8 oz Sour Cream  
8 oz Bleu Cheese (cubed)  
Fresh Dill  
Black Pepper

Using one of the crackers as a pattern, cut salmon into cracker-size rounds.

Place one salmon round on each cracker. Place a one (1) table spoon of sour cream on each cracker and place a small cube of bleu cheese in the center. Lightly dust with black pepper and add a small sprig of dill to each cracker.

Chill for forty minutes and serve.



# Appetizers

## ▶ Fiery Oysters on the Half Shell

*Serves: Six to Twelve (6 - 12)*

4 Dozen Oysters	2 Tbsp Butter
1/4 C Louisiana Hot Sauce	1/2 tsp Garlic Salt
1/4 C Scallions Minced	1/2 C Red Bordeaux Wine
2 Tbsp Fresh Lemon Juice	1/2 tsp Paprika
1 tsp White Pepper	1 Tbsp Fresh Parsley (minced)

Thoroughly scrub oyster clean of dirt. Shuck the oysters over a small mixing bowl to catch the juices. Discard top shell and gently free the oyster from the bottom shell but leave it in the shell. Place on a platter and refrigerate for one hour.

In the small mixing bowl, combine with the oyster juices, Louisiana hot sauce, red Bordeaux wine, scallions, lemon juice, butter, white pepper, and garlic salt. Microwave for one minute then stir and microwave for an additional minute. Refrigerate for one hour. Remove from refrigerator and stir.

Gently spoon a very small amount of sauce onto each oyster. Sprinkle lightly with fresh minced parsley and paprika. Place on an ice covered platter and serve.



# Mainers Farm the Sea

▶ Maine is home to a new breed of farmer—the water farmer. Not far from where you live, water farmers produce and harvest top quality finfish and shellfish enjoyed by seafood lovers across America.

Of the four thousand water farms across America, one hundred are located in Maine waters. What is remarkable is that water farmers use just 1,287 acres of ocean lease sites out of the two and a half million acres of fishable waters off Maine's coast. Yet those farms produce fifteen million pounds of high value seafood that contributes about a 130 million dollars to Maine's economy each year.

For 350 years, Maine's coastline has employed generations of hardworking people. The aquaculture industry continues that tradition. Almost 1,400 Maine families have access to a wide variety of jobs and career opportunities because Maine is a leader in what some predict to be the high-growth industry of the new century—water farming.



# Chowders & Salads

## ▶ Elegant New England Clam Chowder

*Serves: Six to Eight (6 - 8)*

5 lb Clams (soft or hard shell)	1 tsp Black Pepper
1 Large Onion (chopped)	4 C Light Cream
8 Large Potatoes (cubed)	4 Tbsp Cornstarch
3 C Water	1 Tbsp Garlic (minced)
2 tsp Salt	1 tsp Rosemary
4 Tbsp Butter	1 tsp Sage
1 tsp Oregano	1 tsp Tarragon
1 tsp Thyme	1 tsp Parsley

Steam clams for ten (10) minutes. Remove the clams from the shells, clean and then mince the clams.

In a crock pot add all ingredient except for the cream and cornstarch. Cook on high for three hours or until potatoes are tender.

Add one cup of cream and corn starch and cook for one additional hour.

Add remaining cream and serve in large soup bowls top with a pinch of parsley and black pepper.



# Chowders & Salads

## ▶ Kiley's Special Seafood Chowder

*Serves: Six to Eight (6 - 8)*

5 lb Clams (soft or hard shell)	1 lb. Halibut Fillets (chuncked)
1 Large Onion (chopped)	1/2 lb Scallops (chopped)
8 Large Potatoes (cubed)	1/2 lb. Lobster Meat
2 C Milk	1/2 lb. Medium Shrimp (shelled)
1/2 C Dry Sherry	1 C Sour Cream
1 Can Smoked Oysters	3 C Whipping Cream
1 tsp Oregano	1 tsp Tarragon
1 tsp Thyme	1 tsp Basil
1/2 tsp Black Pepper	1 tsp Rosemary
1 Tbsp Garlic (minced)	1 tsp Sage
2 tsp Salt	8 Tbsp Butter
1/4 C Scallions (chopped)	Parsley

Steam clams for ten (10) minutes. Remove the clams from the shells, clean and then mince the clams.

In a large crock pot add all ingredient except for the parsley, scallions, cream and milk. Cook on high for three hours or until potatoes are tender.

Add cream and milk. Cook for one additional half hour.

Serve in large soup bowls garnished with scallions, a pinch of parsley and black pepper.



# Chowders & Salads

## ▶ Zesty New York Clam Chowder

*Serves: Six to Eight (6 - 8)*

5 lb Clams (soft or hard shell)	2 C Clam Juice
1 Large Onion (chopped)	16 oz Diced Tomatoes
8 Large Potatoes (cubed)	1 Large Carrot (sliced)
1 C Water	1 Tbsp Garlic (minced)
4 tsp Salt	1 tsp Rosemary
4 Tbsp Butter	2 Tbsp Tabasco Sauce
1 tsp Oregano	1/4 lb. Bacon (cooked and chopped)
1 tsp Thyme	1 Tbsp Parsley

Steam clams for ten (10) minutes. Remove the clams from the shells, clean and then mince the clams.

In a crock pot add all ingredient. Cook on high for three hours or until potatoes are tender.

Serve in large soup bowls top with a pinch of parsley.



# Chowders & Salads

## ▶ Cajun Salmon Caesar Salad

*Serves: Six (6)*

1 lb Salmon Fillet	2 Bunches of Romaine Lettuce
1 Tbsp Crushed Red Pepper	1/2 C Shredded Parmesan Cheese
1 tsp Cayenne Pepper	1/2 tsp Black Pepper
1 tsp Paprika	1 Sweet Red Onion
1/2 tsp Garlic Salt	1 C Caesar Salad Dressing
1 Tbsp Tabasco Sauce	10 Tbsp Olive Oil
Wheat Bread (for croutons)	Italian Seasoning

Tear romaine lettuce into pieces (about an inch wide and three inches long) and place in a large salad bowl. Slice the onion and separate the rings and add to bowl. To make croutons cut bread into small squares, cover in olive oil and Italian seasoning. Broil both sides until crisp. Add to salad bowl.

Rub skinless side of the salmon with cayenne pepper, paprika, garlic salt, and onion powder. Fillet should be generously covered with the spices. Place two tablespoons of olive oil in a non-stick skillet on medium heat. Add fillet skin side down and cook for five minutes. Flip fillet and remove the skin. Sprinkle with Tabasco sauce and crushed red pepper. Increase heat to high. Crisp the salmon and then turn over and cook one to two minutes longer. Cut the fillet into two inch squares and add to the salad bowl. Top with parmesan cheese and dressing.



# Chowders & Salads

## ▶ Bright Cold Mussel Salad

*Serves: Six to Eight (6 - 8)*

3 lb Mussels	1 Lemon (thinly sliced)
6 Bell Peppers (assorted colors)	12 Peppercinis
1 lb Cherry Tomatoes	12 Whole Basil Leaves
2 Spanish Onion (sliced in rings)	3 C Spring Water
3 Tbsp Garlic (minced)	1 Yellow Onion (chopped)
3 C White Wine	2 tsp Black Pepper
1 C Balsamic Vinegar	
1/4 C Extra Virgin Olive Oil	

Thoroughly clean and rinse mussels with cold water. In a large pot combine spring water, white wine, chopped onion, garlic, olive oil, and basil leaves and bring to a raging boil. Add mussels and let boil for five (5) minutes.

Allow to cool in the refrigerator and discard about half of the liquid.

Slice the bell peppers and toss them in a large salad bowl. Add the tomatoes and sliced Spanish onion along with the lemon and peppercinis. Add the vinegar, and black pepper and toss.

When the mussels have cooled, add them (in their shells) to the salad bowl. Refrigerate one more hour



# World Aquaculture

▶ Throughout the world, commercial fishery is in decline. While the world's population and its appetite for fish are growing, wild fish stocks are shrinking. According to the U.N. Food and Agriculture Organization, about 60% of the commercial species in the oceans have been depleted.

As the total worldwide marine catch continues to fall, the harvest from aquaculture is rising. Aquaculture has been practiced for over 2,000 years in Asia, and for more than a century in the U.S. In the 21st century, aquaculture will be a major source of protein. Global demand for seafood is expected to grow 70% in the next 35 years, and fish farms are likely to meet a large portion of that demand.



# Entrees

## ▶ Honey Hickory Halibut & Mussels

*Serves: Six (6)*

1 lb Halibut Fillets	2 Medium Onions
1 lb Precooked Frozen Shrimp	1 C Sherry Cooking Wine
1-1/2 lb Mussels	4 Tbsp Minced Garlic
1 Bottle Honey Hickory Marinade	1 tsp Coarse Black Pepper
2 Tbsp Extra Virgin Olive Oil	Spring Water

Thoroughly rinse mussels with cold water. In a large pot combine two (2) quarts of spring water, one (1) onion (chopped), garlic, olive oil, and cooking sherry and bring to a raging boil. Add mussels and let boil for five (5) minutes.

In a rectangular baking dish arrange halibut fillets in a single layer. Remove tail shells from shrimp and add shrimp to baking dish. Smother in honey hickory marinade.

In a fine colander, drain cooked mussels saving the garlic and onions. Shuck the mussels and add to the baking dish. Sprinkle the saved garlic and chopped onions over the dish. Slice the remaining onion into disks and place on top of dish. Sprinkle with coarse black pepper.

Tightly cover with aluminum foil and bake for forty (40) minutes at 400°F.



# Entrees

## ▶ Thai Scallops and Seafood

*Serves: Six to Eight (6 - 8)*

3 C Long Grain Wild Rice	3 C Heavy Cream
2 lb Large Scallops	12 Tbsp Sweet Cream Butter
1 lb Medium Shrimp (cooked)	1 Cup Parmesan Cheese
1 lb Calamari Rings	1 Tbsp Paprika
2 Tbsp Garlic (minced)	1 tsp Crushed Red Pepper
2 Tbsp Tabasco Sauce	10 Tbsp Olive Oil
2 tsp Italian Seasoning	1 tsp Cayenne Pepper
1 tsp Black Pepper	1/4 C Lime Juice
1 Tbsp Curry Powder	

Prepare rice according to directions with the addition of one table spoon of curry. Place cooked rice in the bottom of a glass rectangular baking dish and place in oven at 300°F.

In a medium sauce pan, combine and slowly heat while stirring, the heavy cream, butter, parmesan cheese, cayenne pepper, black pepper, paprika, Italian seasoning, and curry powder.

In a large non-stick skillet, heat olive oil and Tabasco sauce on medium high, add scallops, shrimp and calamari. Cover with crushed red pepper and garlic. Sprinkle with curry powder. Cooked until all water is gone and scallops are lightly browned. Sprinkle with lime juice and allow to steam off water. Spread sauce over rice and top with seafood and serve.



# Entrées

## ▶ Springtime Seafood Fettuccine

*Serves: Six (6)*

1 lb Scallops	2 Medium Onions
1 lb Shimp (cooked and shelled)	1 Zucchini
1-1/2 lb Mussels	1 C Cooking Sherry
1 Bottle Zesty Italian Dressing	1 Yellow Squash
1 lb Fettuccine	4 Tbsp Minced Garlic
3 Bell Peppers (various colors)	Juice of One Lemon
1 stick butter	4 Tbsp Olive Oil

Cook fettuccine according to directions and place in large bowl.

In a pot combine two (2) quarts of water, onions (cut in large chunks), garlic, olive oil, and sherry and bring to a raging boil. Add clean mussels and boil for five (5) minutes. Drain cooked mussels saving the garlic and onions. Shuck the mussels and add to the fettuccine with the saved garlic and onions.

Steam peppers (cut in large chunks), sliced zucchini & squash, and shrimp together in a pot until tender. Add to fettuccine.

Broil the scallops in butter and lemon juice until light brown. Turn over and repeat. Add to fettuccine.

Add two cups of zesty Italian dressing and toss. Serve hot.



# Entrees

## ▶ Grilled Cajun Salmon Fillet

*Serves: Four (4)*

2 lb Salmon Fillets

1 Tbsp Crushed Red Pepper

1 Tbsp Paprika

4 Tbsp Tabasco Sauce

10 Tbsp Olive Oil

2 tsp Cayenne Pepper

1 tsp Garlic Salt

Rub skinless side of the salmon fillets with cayenne pepper, paprika, garlic salt, and onion powder. Fillets should be generously covered with the spices. Place two tablespoons of olive oil in a non-stick skillet on medium heat. Add fillet skin side down and cook for five minutes. Flip fillet and remove the skin. Sprinkle with Tabasco sauce and crushed red pepper. Increase heat to high. Crisp the salmon and then turn over and cook one to two minutes longer.



# Entrées

## ▶ Cod with Sweet Wine Tomato Sauce

*Serves: Four (4)*

20 oz Tomato Sauce (spaghetti sauce)

6 oz Tomato Paste

1 1/2 C Marsala Wine

3 Tbsp Brown Sugar

3 Tbsp Sugar

2 Tbsp Pure Maple Syrup

2 Tbsp Sweet Butter

2 lb Boneless Cod

2 Tbsp Italian Seasoning

1 Tbsp Garlic (minced)

1 Small Onion (chopped)

8 oz Can of Diced Tomato

1 tsp Black Pepper

In a medium sauce pan combine all ingredients except for the cod. Cook slowly, stirring occasionally, over medium heat until hot.

Preheat the oven to 350°F.

Place the cod in a glass baking dish. Cover with the sauce and bake for one (1) hour.



# Entrees

## ▶ Garlic & Dill Salmon Steaks

*Serves: Six (6)*

6 Salmon Steaks  
6 Tbsp Garlic Infused Olive Oil  
2 Tbsp Garlic (Minced)  
Fresh Dill  
4 Tbsp Lemon Juice  
Black Pepper

In a large non-stick skillet add the garlic infused olive oil, the minced garlic and lemon juice. Arrange the fresh dill to cover the entire bottom of the skillet in one layer. Heat skillet on medium heat for two (2) minutes.

Add salmon steaks and lightly sprinkle with black pepper. Cover skillet and cook for seven (7) minutes. Turn each steak over (the dill should be cooked to the first side of the steak and turn with it), cover and cook an additional five to seven (5 - 7) minutes. Serve with dill sauce.



# Entrees

## ▶ Baked Halibut with Oyster Stuffing

*Serves: four (4)*

2 lb Halibut Steak	2 C Oysters (shucked)
2 Tbsp Butter (softened)	2 C Dry Stuffing Bread Crumbs
1 tsp Black Pepper	1/2 C Butter (melted)
1 tsp Salt	1/4 C White Raisins
1 C Light Cream	1 tsp Paprika
1 Medium Onion (chopped)	2 Stalks Celery (chopped)

In a medium bowl combine and thoroughly mix, bread crumbs, oysters, melted butter, raisins, paprika, onion and celery.

Preheat the oven to 350°F.

Rub halibut steak with softened butter, salt and pepper.

Place the halibut in a glass baking dish with the cream. Cover with the stuffing and bake for one (1) hour.



# Entrées

## ▶ Lime & Pepper Atlantic Cod

*Serves: Six (6)*

2 lb Cod Fillets

2 Limes

1/4 C Lime Juice

1/2 C Butter

1 Orange Bell Pepper

1 Red Bell Pepper

1 Yellow Bell Pepper

2 Tbsp Coarse Black Pepper

Pour lime juice into a rectangular glass baking dish. Arrange cod fillet and sprinkle with black pepper. Evenly place ten (10) pats of butter on the fillets. Slice the limes into ten (10) disks and place one on each of the pats of butter. Cut the bell peppers into thick rings and arrange in the baking dish with the fillets. Bake at 350°F for forty-five (45) minutes.



# Entrées

## ▶ Broiled Asparagus & Scallops

*Serves: four (4)*

2 lb Scallops

1 lb Asparagus Spears

6 oz Domestic Lager Beer

3 Tbsp Lemon Juice

4 Tbsp Butter

2 Medium Onions

1 tsp Garlic Powder

2 tsp Coarse Black Pepper

1 Tbsp Olive Oil

Cut one inch off of the base ends of the asparagus spears and discard. Rinse with cold water.

Pour lager and lemon juice into a glass baking dish. Slice onions into disks and place in the dish in a single layer. Arrange scallops and asparagus spears in a single layer on top of the onion layer. Sprinkle with garlic powder, lemon juice, and black pepper. Add olive oil and butter.

Cover dish tightly with aluminum foil and bake at 350°F for twenty (20) minutes.

Remove cover and broil for five (5) minutes. Turn scallops over and broil for an additional five (5) minutes.



# Entrees

## ▶ Spanish Scallops & Oysters

*Serves: Six (6)*

4 C Prepared Spanish Rice	4 Tbsp Butter
1 lb Scallops	1/4 C Celery (finely chopped)
2 C Oysters Shucked (or Smoked)	1/4 C Bell Pepper (finely Chopped)
1 Tbsp Worcestershire Sauce	1 tsp Black Pepper
1 tsp cumin	1 Tbsp Garlic (minced)
16 oz Can Diced Tomatoes w/juice	
1/2 C Shredded Mexican Cheese Mix	

Evenly spread the prepared rice in the bottom of a baking dish.

In a large heavy skillet melt the butter with the Worcestershire sauce and garlic. Add the scallops, oysters, cumin, tomatoes with juice, celery, and bell pepper. Cook on high until scallops start to brown being careful not to scorch any of the ingredients.

Spread the contents of the skillet over the rice in the baking dish. Sprinkle with black pepper and cover with cheese. Cover tightly with aluminum foil and bake for twenty (20) minutes at 350°.





## About The Author



### **Chance Nalley**

Chance Nalley is a student at the University of Maine. He acquired his culinary skills from his father, a well seasoned culinary artist. Chance uses an experimental approach to cooking, creating new recipes and bringing new life to old favorites. He currently lives in Bangor, Maine and works part-time for the Maine Aquaculture Innovation Center.

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-  **Maine Aquaculture Innovation Center**  
5717 Corbett Hall, Room 438  
Orono, Maine 04469-5717  
Telephone: (207) 581-2263 / 2215  
<http://www.maineaquaculture.org>
  
-  **The Maine Aquaculture Association**  
P.O. Box 148  
Hallowell, Maine 04347  
Telephone: (207) 622-0136
  
-  **National Aquaculture Association**  
111 W. Washington Street, Suite 1  
Charles Town, WV 25414-1529  
Telephone: (304) 728-2167
  
-  **Aquaculture Network Information Center**  
<http://www.aquanic.org/>
  
-  **University of Maine Ira C. Darling  
Marine Center for Research**  
193 Clark's Cove Road  
Walpole, ME 04573  
Telephone: (207) 563-3146  
<http://server.dmc.maine.edu/>