

Tasting the bounty of the sea

Seven recipes to showcase the seven seas with wine pairings by Marlene Rossman

WALNUT, BLACK PEPPER AND CUMIN CRUSTED MONKFISH

Chef Charlie Palmer for the California Walnut Board, www.walnuts.org



Yield: 6 servings

- 1 c. California walnut pieces, toasted
- 2 T. freshly cracked black pepper
- 1 t. ground cumin, toasted
- 1 t. coarse salt
- 6 monkfish steaks, about 6 oz. each
- 3 T. canola oil
- Finely diced chanterelles or other wild mushrooms
- Fresh parsley leaves, for garnish
- Extra virgin olive oil, for garnish

Method (1) Place walnut pieces, pepper, cumin and salt in food processor, and process using on/off pulses until mixture looks powdery but not damp. Transfer to a shallow pan. (2) Place pieces of monkfish in

nut mixture, turning to coat evenly. Gently press mixture into fish. Set aside. (3) Film oven-proof skillet with oil, and place over medium-high heat. (3) When very hot, add a piece of fish, and sear about 2 minutes on each side, until brown and crusty on the outside. Transfer to a preheated 450°F oven for about 5 minutes, until fish is firm but not overcooked. Serve immediately on a bed of sautéed mushrooms. Garnish with fresh parsley leaves and a drizzle of extra virgin olive oil, if desired.

Wine pairing: Crisp and lush, with melon and tropical fruit flavors, Lemelson Pinot Gris "Tikka's Run 2008 (Oregon) lets the monkfish shine and balances the earthiness of the walnuts and mushrooms.

ALASKA SNOW CRAB WITH ARTICHOKE AND ROASTED LEMONS

Alex Gorant, chef, Axia Taverna, Tenafly, N.J., www.axiataverna.com

Yield: 3 servings

- 10 whole lemons
- 1 oz. sugar
- 3 globe artichokes
- 1 c. extra virgin olive oil, plus extra as needed
- 1 lemon, sliced
- 3 bay leaves
- 1 T. whole black peppercorns
- 1 T. whole coriander seed
- 4 shallots, thinly sliced
- 2 c. chicken broth
- 2 c. white wine
- Salt, to taste
- 1 lb. Alaska Snow Crab
- 5 sprigs fresh oregano, chopped
- 2 shallots, diced
- 1/4 lb. ricotta
- 1/4 c. breadcrumbs
- Lemon wedges, for garnish
- Fresh oregano leaves, for garnish

Method (1) Cut tips off each end of lemon, being careful to only expose pith and not inside flesh. Lay lemons end to end on foil, and roll

them up into a long cylinder. Fold end of foil up, and place on sheet pan on a rack. Place in 375°F oven for 2 hours. Drain and press; reserve juice. (2) In a pot, add sugar, lemon juice and lemons; reduce. Reserve. (3) Trim artichokes, and place them in lemon water to avoid browning. (4) Place olive oil in a heavy-bottomed pot with sliced lemon, bay leaf, pepper, coriander seed and sliced shallot. Bring oil to a slow simmer until shallots are tender. Add chicken stock. After stock comes to a simmer, add white wine; simmer for 2 minutes. Add salt to taste, add artichokes, and slowly simmer until they are easily pierced with a knife. Remove artichokes, and scoop out hearts. (5) Mix crab with oregano, roasted lemon, diced shallot, olive oil, ricotta, breadcrumbs and salt to taste. (6) To serve, place artichoke in the middle of a plate. Spoon crab mixture into artichoke. Garnish plate with lemon curls and fresh oregano.

Wine pairing: A light, lively Italian sparkler, Beni di Batasiolo Moscato d'Asti 2008 (Italy) is a "sweetie" that will contrast beautifully with the roasted lemon, crab and artichoke prep.

