

FISH & SEAFOOD COOKBOOK:



Alger Hull

Copyright

© 2024 Alger Hull

All rights reserved. No part of this book may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law.

DISCLAIMER

The information provided in this book is for educational and informational purposes only and is not intended as medical advice. The recipes and suggestions in this book are based on the author's personal experience and research. Always consult with a qualified healthcare provider before making any significant changes to your diet or lifestyle, especially if you have any pre-existing medical conditions.

The author and publisher of this book make no representations or warranties regarding the content's accuracy, applicability, fitness, or completeness. They disclaim any liability arising directly or indirectly from the use or application of any of the contents of this book.

All product names, logos, and brands are property of their respective owners. All company, product, and service names used in this book are for identification purposes only. Use of these names, logos, and brands does not imply endorsement.

Dedication

To the sea, my lifelong companion and endless source of inspiration.
And to my friends and family, who share my passion for cooking and seafood.
Your love and encouragement fuel my culinary exploration.

Acknowledgments

I want to express my deepest gratitude to everyone who made this book possible. This is my second culinary work following “The Mediterranean Air Fryer Cookbook: A Culinary Adventure for All Skill Levels.” Your support of my first book inspired me to further delve into my love for fish and seafood.

Growing up on the Baltic coast, my childhood and youth were filled with the sights, sounds, and flavors of the sea. This book is a tribute to those formative years and the deep connection I feel with this wondrous world.

I am sincerely grateful to my friends who share my passion for cooking fish and seafood. Your recipes, advice, and enthusiasm have enriched this book, and our shared culinary experiences and moments have been invaluable.

To my readers, thank you for joining me on this culinary journey. I hope this book brings as much joy and flavor to your kitchen as it has to mine.

With gratitude and love,

Alger Hull

Table of contents

Introduction.....6

1. Introduction to the World of Fish, Shellfish, and Seaweed7
2. Diversity of Marine Products.....7
3. Health Benefits.....8
4. Nutritional Information Table8

CHAPTER 1.

Basics of Cooking Fish and Seafood10

1. How to Choose Fresh Fish and Seafood11
2. Proper Storage11
3. Essential Cooking Techniques12
4. Cooking Tips13
5. Optimal Cutting and Serving Techniques13
6. Highlighting the Benefits: Healthy Eating and Quick Recipes.....14

CHAPTER 2.

Appetizers and Starters15

- Salmon Carpaccio with Lemon and Capers16
- Salmon Cream Tartlets.....16
- Tuna Tartare with Avocado.....17
- Shrimp Ceviche17
- Baked Mussels with Garlic and Parmesan18
- Mussel Cocktail.....18
- Shrimp in Mango Sauce19
- Grilled Calamari Rings19
- Whelks in White Wine and Garlic Sauce.....20
- Oysters on Ice with Lemon Sauce.....20
- Shrimp in Garlic Butter.....21
- Octopus Salad21
- Shrimp Cocktail22
- Fish Mousse with Crackers22
- Tuna Sashimi with Ponzu Sauce.....23
- Eel and Avocado Sushi23

CHAPTER 3.

Soups and Broths24

- French Fish Soup Bouillabaisse.....25
- Seafood Soup with Tomatoes and Herbs26
- Mussel and Herb Soup26
- Salmon Cream Soup with Potatoes27
- Salmon Ukha27
- Shrimp and Avocado Cream Soup28
- Tom Yum with Shrimp and Coconut Milk28
- Seafood Ramen29
- Cod and Potato Soup.....29
- Fish Soup with Corn and Herbs.....30
- Miso Soup with Seafood.....30
- Spicy Calamari Soup31
- Spicy Seafood Soup with Coconut31

CHAPTER 4.

Grill and Barbecue 32

- Grilled Squid..... 33
- Grilled Mackerel with Spicy Herbs..... 33
- Grilled Fish Skewers with Vegetables..... 34
- Grilled Shrimp with Mango Sauce 34
- Grilled Scallops with Lemon-Garlic Butter..... 35
- Grilled Octopus with Paprika and Lemon..... 35
- Spicy Grilled Tuna Steak 36
- Grilled Swordfish with Avocado Salsa 36
- Grilled Salmon with Teriyaki Glaze..... 37
- BQ Lobster Tail with Garlic Butter 37
- Grilled King Crab Legs with Herb Sauce 38
- Grilled Oysters with Lemon and Herbs..... 38
- Grilled Calamari with Chili Lime Marinade..... 39
- BBQ Marinated Fish Tacos 39
- Grilled Swordfish with Pineapple Salsa 40
- Grilled Clams with Garlic and Herbs 40

CHAPTER 5.

Main Dishes 41

- Salmon in Orange-Ginger Sauce 42
- Cod with Spicy Tomato Sauce and Capers 42
- Shrimp with Seaweed and Sesame 43
- Dorado Fillet with Seaweed and Lemon Sauce 43
- Scallops with Garlic and Parsley 44
- Octopus with Red Wine and Olives 44
- Trout with Seaweed and Citrus Sauce 45
- Halibut in Coconut Sauce with Cilantro 45
- Mussels in White Wine Sauce with Herbs..... 46
- Sea Bass with Vegetables and Basil Sauce 46
- Tuna in Teriyaki Sauce with Pineapple 47
- Zander with Garlic Sauce and Spinach 47
- Crab Meat in Creamy Sauce..... 48
- Seafood Stuffed Bell Peppers 48
- Cod with Lemon Sauce and Garlic..... 49
- Shrimp in Coconut and Chili Sauce 49

CHAPTER 6.

Pasta and Rice Dishes 50

- Linguine with Mussels and Wine 51
- Pasta with Shrimp, Avocado, and Cherry Tomatoes 51
- Spaghetti with Seafood in White Wine Sauce 52
- Ravioli with Crab and Lemon Butter 52
- Pasta with Salmon and Spinach in Cream Sauce 53
- Paella with Mussels, Calamari, and Red Pepper 53
- Risotto with Scallops and Saffron 54
- Spaghetti with Octopus and Tomato Sauce 54
- Pasta with Sea Bass and Zucchini in Garlic Sauce 55
- Risotto with Mussels and Seaweed 55

Linguine with Tuna and Capers.....	56
Fettuccine with Cod and Broccoli in Lemon Sauce.....	56
Pasta with Lobster and Creamy Tomato Sauce.....	57
Tagliatelle with Clams and White Wine	57

CHAPTER 7.

Sauces and Marinades.....58

Lemon-Garlic Sauce	59
Teriyaki Sauce.....	59
Tartar Sauce.....	60
Dill and Yogurt Sauce.....	60
Ginger-Honey Marinade.....	61
Pesto Sauce.....	61
Mango and Cilantro Sauce.....	62
Olive and Caper Sauce.....	62
Orange-Ginger Marinade	63
Avocado and Lime Sauce	63
White Wine and Cream Sauce	64
Thai Chili and Lime Sauce	64
Caesar Sauce for Fish	65
Honey-Mustard Sauce with Rosemary	65
Cranberry Sauce for Fish.....	66
Lingonberry Sauce for Fish	66

CHAPTER 8.

Special Occasion Dishes.....67

Stuffed Calamari with White Wine Sauce	68
Smoked Salmon and Avocado Salad	68
Spicy Honey-Garlic Shrimp.....	69
Lobster Soup with Truffle Oil.....	69
Fish Fillet in Almond Crust with Champagne Sauce.....	70
Baked Fish Fillets with Citrus and Herbs	70
Seafood Risotto with Saffron	71
Octopus Salad with Olives and Tomatoes.....	71
Crab Cakes with Tartar Sauce.....	72
Salmon Tartare with Avocado and Caviar.....	72
Scallops with White Wine and Green Pea Sauce	73
Pasta with Seafood in Cream and White Wine Sauce	73
Crab-Stuffed Lobster Tail with Garlic Butter	74
Seared Tuna with Sesame Crust and Wasabi Cream.....	74

CHAPTER 9.

Quick and Easy Recipes75

Shrimp and Avocado Tortillas.....	76
Stuffed Mushrooms with Salmon	76
Seafood Tacos with Yogurt Sauce	77
Tuna and Spinach Omelet.....	77
Shrimp in garlic sauce.....	78
Salmon Patties with Herbs.....	78
Baked Fish Sticks with Spicy Sauce	79
Seafood Salad with Citrus Dressing.....	79
Warm Tuna and Bean Salad	80
Pasta with Seaweed Sauce and Vegetables	80
Calamari with Spicy Tomato Sauce	81

Stuffed Peppers with Seafood	81
Creamy Shrimp and Spinach Pasta	82
Seafood Stir-Fry with Vegetables	82

CHAPTER 10.

Fish and Seaweed Pies.....83

Classic Fish Pie with Cod and Potatoes.....	84
Salmon and Spinach Pie	85
Seafood Pie with Creamy Sauce	86
Trout Pie with Creamy Dill Sauce.....	86
Fish Pie with Zander and Mushrooms	87
Salmon, Broccoli and Cheese Pie	87
Tuna and Vegetable Pie	88
Fish and Green Vegetable Quiche	88
Cod and Seaweed (Nori) Pie.....	89
Sturgeon and Rice Pie	89
Sardine and Tomato Pie	90
Pikeperch and Leek Pie.....	90
Sea Trout and Dulse Seaweed Pie with Fennel.....	91
Fish Pie with Kombu and Mushrooms.....	91
Fish and Mushroom Kulebyaka:	
A Special Bonus Recipe	92

CHAPTER 11.

Kid-Friendly Recipes93

Crab Cakes with Mashed Potatoes.....	94
Mini Seafood Pizzas.....	95
Fish Sticks with Yogurt Sauce	95
Salmon Rice Cakes.....	96
Meatballs in Tomato Sauce	96
Fish and Vegetable Soup	97
Salmon Croquettes with Herbs.....	97
Stuffed Calamari with Vegetables.....	98
Baked Fish Toasts	98
Pasta with Seaweed Sauce	99
Shrimp and Spinach Omelet	99
Seafood Muffins.....	100
Fish Balls with vegetables	100
Salmon Rolls with Cheese and Vegetables.....	101

CHAPTER 12.

Delicious Discoveries from Seaweed.....102

Seaweed Salad (Wakame) with Sesame.....	103
Casserole with Seaweeds (Wakame)	
and Vegetables	103
Paella with Seaweeds (Kombu and Wakame)	104
Soup with Seaweeds (Dulse) and Tofu.....	105
Avocado Rolls with Seaweeds (Nori)	105
Burritos with Seaweeds (Arame)	
and Black Beans.....	106
Spring Rolls with Seaweeds (Nori)	
and Vegetables.....	106
Rice Cakes with Seaweeds (Dulse)	
and Mushrooms	107

Lentil and Seaweed Patties (Hijiki)	107
Curry with Seaweeds (Kombu) and Coconut Milk	108
Seaweed-Infused Hummus (Nori).....	108
Seaweed Salad with Cucumbers and Peppers (Wakame)	109
Risotto with Kombu Seaweed and Mushrooms	109
Sushi with Seaweed (Nori) and Vegetables.....	110
CHAPTER 13.	
Diet Recipes.....	111
Grilled Fish Fillets with Lemon and Herbs	112
Zucchini Noodles with Pesto and Shrimp	112
Steamed Salmon with Asparagus	113
Baked Cod with Tomato-Olive Salsa	113

Quinoa Salad with Avocado and Seaweed (Wakame) ...	114
Baked Cod with Broccoli and Lemon	114
Stir-fry with Seaweed (Nori) and Tofu	115
Cucumber and Seaweed (Wakame) Soup	115
Shrimp and Seaweed (Dulse) Salad.....	116
Baked Tilapia with Lemon and Dill	116
Cauliflower Rice with Seaweed (Kombu) and Vegetables	117
Tuna and Vegetable Salad Rolls.....	117
Steamed Mussels with White Wine and Garlic	118
Scallops in Lemon-Garlic Sauce with Vegetables.....	118
Conclusion.....	119



Introduction

1. Introduction to the World of Fish, Shellfish, and Seaweed

Each seafood category has distinctive characteristics, making them indispensable ingredients for many dishes. For example, salmon and tuna are known for their tender and rich texture, making them ideal for baking and raw dishes like sashimi. They are also rich in omega-3 fatty acids, an essential nutrient for heart health. Shellfish such as oysters and mussels are prized for their salty, oceanic flavor that perfectly complements fresh salads and warm appetizers. Seaweed adds a special umami note to dishes and is often used in Asian cuisine to enhance the depth of flavor in soups and sushi. These unique flavors can add an exciting twist to your culinary experience while providing many health benefits.

These marine products, such as fish, shellfish, and seaweed, are not just ingredients; they are symbols of cultural traditions. They play a crucial role in national cuisines and symbolize the deep connection between people and the sea. In Mediterranean cuisine, for instance, fish often serves as a central ingredient in light and healthy dishes, emphasizing simplicity and natural flavors. In Japanese cuisine, seaweed and fish are integral to sushi, miso soup, and one mono. In Scandinavian countries, fish and seafood are extensively used, from traditional pickled herring to modern fusion dishes. The cultural significance of these marine products enriches the flavor profiles of global cuisines and connects us to the age-old traditions passed down through generations, fostering a deep appreciation for diverse culinary practices.

2. Diversity of Marine Products

Fish offers a remarkable variety within the seafood category, with each species bringing its unique characteristics to the table, perfect for diverse culinary uses. Salmon, for example, is celebrated for its rich, fatty texture and bold flavor, making it ideal for baking, grilling, or sushi. With its firm flesh and mild taste, tuna is a favorite for salads, steaks, and carpaccio. Mackerel, known for its intense, savory flavor, shines when smoked or grilled. Other varieties like cod, hake, and sea bass also hold prominent places in various dishes, each adding something special to culinary creations.

Shellfish, another richly varied group of seafood, not only delights the palate with its distinct flavors and textures but also offers impressive nutritional benefits. Oysters, cherished for their delicate, salty flavor, are often enjoyed raw with a squeeze of lemon or as part of more elaborate recipes. Shrimp, a versatile ingredient featured in global cuisines—from Asian soups to Italian pasta—is a lean, protein-packed option. Mussels, with their sweet flavor and tender

texture, are not only delicious but also nutrient-dense, making them a great addition to a balanced diet.

Seaweed and other marine plants are often overlooked culinary powerhouses, especially in Asian cuisine. Their distinct flavors can transform ordinary dishes into something extraordinary. Nori, widely known for its use in sushi, adds a unique taste to soups and salads. Wakame enhances many dishes' texture and nutritional value with its tender, slightly sweet flavor. Kelp and kombu, prized for their deep umami flavor, are perfect for broths and marinades. These marine plants elevate the flavor profiles of meals and deliver essential vitamins, minerals, and antioxidants.

3. Health Benefits

Omega-3 fatty acids, found in abundance in fish such as salmon, mackerel, and sardines, and seafood like shrimp and oysters, are like superheroes of your body's health. They swoop in to maintain the cardiovascular, brain, and immune systems' health. These essential fatty acids don't just reduce inflammation; they're like peacekeepers, regulating blood pressure and improving vascular elasticity. Omega-3s also boost your brainpower, reduce the risk of age-related brain changes, and protect your immune system, increasing your body's resistance to infections.

Seafood is crucial in supporting growth, tissue repair, and muscle maintenance. The digestible protein in fish and shellfish contains all the essential amino acids necessary for proper bodily functions. Regular seafood consumption helps maintain energy levels, improve metabolism, and support healthy muscle development and maintenance. This should motivate you to include seafood in your diet for a healthier you.

Seafood is a treasure trove of vital vitamins and minerals necessary for overall health. Vitamin B12, found in fish and shellfish, plays a crucial role in the functioning of the nervous system and blood formation. Vitamin D strengthens bones and supports the immune system. Vitamin A is essential for skin health and vision. Iodine, present in seaweed, promotes normal thyroid function, while minerals like selenium and zinc have antioxidant properties and bolster the immune system, helping protect the body from harmful effects. The variety of nutrients in seafood is truly intriguing and beneficial for your health.

4. Nutritional Information Table

Below is an example of how you could structure a detailed table showing the nutritional content of various marine products, highlighting omega-3 fatty acids, protein, vitamins, and minerals.

Seafood	Omega-3 Fatty Acids (g per 100 g)	Protein (g per 100 g)	Vitamins	Minerals
Salmon	2.6	20.5	B12, D, A	Iodine, Selenium, Phosphorus, Zinc
Tuna	1.5	29.9	B12, D	Selenium, Phosphorus, Potassium, Magnesium
Cod	0.2	17.8	B12, D	Iodine, Selenium, Phosphorus
Flounder	0.3	18.3	B12, D	Iodine, Selenium, Phosphorus
Snapper	0.3	20.5	B12, D	Potassium, Selenium, Magnesium
Scallops	0.1	17.4	B12, D	Selenium, Phosphorus, Zinc
Shrimp	0.3	20.3	B12, D, E	Iodine, Selenium, Phosphorus, Copper
Oysters	0.6	9.5	B12, D	Zinc, Iron, Selenium, Copper
Mussels	0.5	18.0	B12, D	Iron, Selenium, Manganese
Nori (Seaweed)	0.05	6.0	B12, A, C	Iodine, Iron, Magnesium, Calcium
Wakame (Seaweed)	0.17	3.0	A, C, K	Iodine, Calcium, Magnesium, Iron
Kombu (Seaweed)	0.01	1.5	A, C, E	Iodine, Potassium, Calcium, Magnesium

Fish, seafood, and seaweed add variety and health benefits to your diet. They enrich dishes with flavor and essential nutrients, helping to maintain health and balance in your meals.

PLEASE NOTE:

Some recipes in this book have been adapted for safe and convenient home cooking.
This allows you to enjoy your favorite dishes with minimal risk while preserving flavor and quality.
Please follow all recommendations to achieve the best results!

CHAPTER

1

Basics of Cooking Fish and Seafood



Cooking fish and seafood may seem challenging, but it becomes simple and enjoyable with the proper knowledge and techniques. This chapter will cover the essential principles of selecting, preparing, and cooking seafood to ensure your dishes are always delicious and healthy. Whether cooking for yourself or a gathering, these basics will help you confidently handle fish and seafood.

1. How to Choose Fresh Fish and Seafood

- Tips for selecting fresh fish
- How to determine the freshness of shellfish
- Features of choosing seaweed.

2. Proper Storage

- Storing fresh fish
- Storing shellfish and other seafood
- Storing marine plants

3. Essential Cooking Techniques

- Baking
- Frying
- Grilling
- Boiling
- Steaming

4. Cooking Tips

- Preparing fish and seafood for cooking
- Tips on using spices and marinades

5. Optimal Ways of Slicing and Serving

- Cutting fish
- Cutting shellfish
- Serving fish and seafood
- Serving seaweed

6. Highlighting the Benefits: Healthy Eating and Quick Recipes

- Benefits of incorporating seafood into your diet
- Recipes for quick and easy preparation

1. *How to Choose Fresh Fish and Seafood*

Selecting fresh fish and seafood is crucial for preparing a delicious meal. When choosing fish, look for clear, bulging eyes. If a fish has cloudy or sunken eyes, it may be a sign of it not being fresh. Give the gills a closer look. Gray or brown gills are signs the fish is past its prime. Firmness and elasticity should be observed when pressing the flesh. Avoid fish with mushy or soft flesh. The smell of fresh fish should be mild and pleasant to that of the ocean. A strong, fishy odor shows spoilage. The scales should be shiny and intact. Loose or dull scales suggest the fish needs to be fresh. Ensure the shells are closed when gathering shellfish such as clams, mussels, and oysters. Discard any that remain open. Fresh shellfish should have a subtle, ocean-like aroma. Avoid those with a firm or unpleasant smell. The shells should be undamaged and moist; cracked or dry shells are signs that the shellfish are no longer fresh. Fresh shellfish should also feel heavy for their size. If they are light, it might mean they've been out of water too long. When choosing seaweed, look for vibrant colors. Avoid those that appear faded or discolored. It should feel firm and crisp, not slimy or mushy. Fresh seaweed has a clean, ocean-like aroma. Avoid any that smell sour or off. Seaweed should be moist but not soggy. If it is too dry or wet, it may not be fresh.

2. *Proper Storage*

Storing Fresh Fish:

Fresh fish should be stored in the refrigerator at around 0°C (32°F). Placing the fish on ice in a sealed container is the best method. It should be consumed within 1-2 days of purchase. If you do not plan to cook the fish, freeze it. Wrap the fish in parchment paper or

plastic wrap and place it in an airtight container to prevent odors from spreading in the refrigerator.

Storing Shellfish and Other Seafood:

Shellfish, such as mussels and oysters, should be stored in the refrigerator at around 1-4°C (34-39°F). They should remain alive until cooking. Live shellfish are best used within 24 hours of purchase. They can be stored for up to two days if kept. Store shellfish in an open container with a damp cloth or paper towel. Do not store them in water or an airtight container, as this can cause them to die. Shellfish and other seafood can also be frozen. Ensure they are cleaned and placed in airtight containers or freezer bags.

Storing Marine Plants:

Marine plants should be stored in the refrigerator at around 1-4°C (34-39°F). Fresh marine plants are best consumed within 2-3 days of purchase. Store marine plants in a sealed container or bag with a small amount of moisture to prevent drying. Aquatic plants can also be frozen. Before freezing, rinse and dry them.

3. Essential Cooking Techniques

Baking:

Baking fish and seafood involves using high oven temperatures to keep them moist and intensify their flavor. Set the oven temperature to 180-200°C (350-400°F). Place the fish or seafood onto a baking sheet, season as preferred, and bake for 15-20 minutes until cooked through, varying the time depending on the size.

Frying:

Frying, a quick and efficient cooking technique, requires only a tiny amount of oil on the stovetop. It's perfect for those who want a crispy surface without spending too much time in the kitchen. Preheat a pan on medium heat, then add oil and cook the fish or seafood until it turns golden brown on both sides, approximately 3-5 minutes per side.

Grilling:

Grilling is cooking with an open flame or broiler, which gives food a unique smoky taste. Preheat the grill to high heat. Brush the fish or seafood with oil, season, and grill for 5-7 minutes on each side or until grill marks appear and the seafood is cooked.

Boiling:

Boiling, a straightforward method of cooking fish or seafood in boiling water or broth, is perfect for delicate seafood and an excellent choice for those new to cooking. Bring water or broth to a boil, add the fish or seafood, and cook until done, 5-10 minutes, depending on thickness.

Steaming:

Steaming, a healthy cooking technique that preserves moisture and nutrients, is an excellent choice for health-conscious people who want to retain the nutritional value of their food. In a steamer, bring water to a boil. Place the fish or seafood in the steamer basket, cover, and steam for 10-15 minutes or until cooked.

4. *Cooking Tips*

Avoid Overcooking:

When cooking fish and seafood, be mindful not to overcook them, as it can result in dryness and a tough texture. Monitor the cooking time and check for doneness to maintain juiciness and texture. Cook the fish until it easily flakes with a fork and becomes opaque, making sure it retains some moisture.

Use the right seasonings:

Remember to select the appropriate seasonings to enhance the flavor of your fish and seafood dishes. Fresh herbs such as dill, parsley, basil, and cilantro are excellent choices. Additionally, lemon juice, garlic, and olive oil can add a rich depth of flavor. You should pre-marinate your ingredients before grilling, frying, or baking to boost flavor and tenderness further.

Maintain Cleanliness:

Keeping the kitchen clean is essential when handling fish and seafood. Always wash your hands and surfaces after handling raw seafood to prevent cross-contamination. Use separate cutting boards and knives for fish and other ingredients to maintain a safe and hygienic cooking environment.

Focus on Seasonality:

Explore the pleasure of cooking with fresh, seasonal ingredients. Fish and seafood that are in season in your area are typically more flavorful and nutritious. By including these seasonal delights in your recipes, you can enjoy a taste and quality that will enhance your cooking experience.

Preparation for Freezing:

If you don't plan to cook fish or seafood immediately, freezing is a good option for later use. Clean and portion the fish before freezing, and pack it well in an airtight container or freezer bag to preserve its quality.

5. *Optimal Cutting and Serving Techniques*

Cutting Fish:

Cutting fish is a crucial skill for optimal cooking and presentation. The size and shape of the cuts can significantly influence cooking time and the final flavor of the dish. No need to worry; you are in control when you have a sharp knife. Ensure the pieces are even when filleting, and remember, cutting against the grain keeps the fish tender and flaky. Uniform thickness is critical, even when cooking steaks. With the right tools and techniques, you can master the art of cutting fish.

Cutting Shellfish:

Shellfish such as mussels and oysters usually don't need to be cut, but they may need to be cleaned and separated to make them easier to use in recipes. Before cooking, wash the shellfish, discard any shells that haven't opened, and remove the insides if necessary. If you're using pre-cleaned and cut shellfish, ensure they are fresh and adequately packaged.

Serving Fish and Seafood:

Attention to small details can make a big difference when preparing fish and seafood dishes. Garnishes such as fresh herbs, lemon wedges, and vegetables enhance the dish's appearance and add flavor. Additionally, serving sauces and dressings on the side or in small dishes can provide extra flavor and demonstrate your attention to detail. The result is a dish that is as visually appealing as it is delicious.

Serving Seaweed:

Seaweed is not just a garnish; it's a versatile ingredient that can elevate a wide range of dishes. The possibilities are endless, whether it's chopped into small pieces for salads, used as a garnish, or added to soups and rice dishes for extra nutrition and texture. Don't be afraid to experiment and be creative; the results will always be delicious.

6. *Highlighting the Benefits: Healthy Eating and Quick Recipes*

Benefits of Incorporating Seafood into Your Diet

Incorporating seafood into your diet offers numerous benefits. It is rich in omega-3 fatty acids, high-quality protein, vitamins, and minerals essential for good health. Seafood is also low in saturated fats, making it a healthy choice. Additionally, it supports heart health and brain function and reduces inflammation. Moreover, it provides vitamins A, D, and B12 and crucial minerals such as iodine, zinc, and selenium.

Recipes for Quick and Easy Preparation

Quick and easy recipes are a lifesaver for busy days, offering a sense of relief and reducing stress. Aim for dishes that can be prepared in 30 minutes or fewer, using simple, available ingredients. One-pot or sheet-pan meals are ideal as they minimize cleanup and maximize flavor. To keep meals both nutritious and delicious, use fresh herbs, spices, and straightforward cooking techniques that enhance taste without compromising health benefits.

Tips for Meal Prep

When preparing seafood in advance, store cooked dishes in airtight containers in the refrigerator for 3-4 days, ensuring they are cooled before storing. When reheating, use a microwave or stovetop to moderate the heat and stir for even heating. For extended storage, freeze seafood dishes in freezer-safe containers, label them with the date and store them for up to 3 months. Thaw frozen dishes in the refrigerator before use to maintain their quality.

Now that you've learned the fundamental principles of selecting, storing, and cooking fish and seafood, you have the skills to make delicious and healthy dishes. This knowledge will help you work with seafood and unlock its full potential in your kitchen.

So, we move on to the book's main content—recipes. Chapter 2 will showcase a variety of appetizers, each highlighting the unique flavors of fish, shellfish, and seaweed. These dishes will inspire your culinary experiments and help you create something new for your table. Discover fresh ideas for your menu and turn every meal into an unforgettable experience. Let's begin!

CHAPTER

2

Appetizers and Starters



Simple and original dishes, ideally suited to start
a lunch or dinner.

Salmon Carpaccio with Lemon and Capers



YIELD:
Serves 4



PREP TIME:
15 minutes



COOK TIME:
None

Nutritional Information (per serving):

Calories: 180. Protein:
20 grams. Fat: 10 grams.
Carbohydrates: 2 grams.
Sodium: 350 mg.

Ingredients:

- One tablespoon of capers, drained
- 1 lemon, sliced
- Two tablespoons extra virgin olive oil
- One tablespoon of fresh dill, chopped
- Sea salt and freshly ground black pepper, to taste

Instructions:

1. Using a sharp knife, slice the salmon fillet as thinly as possible, ideally into paper-thin slices.
2. Arrange the slices on a large serving plate in a single layer.
3. Scatter the capers over the salmon slices.
4. Arrange the lemon slices over the salmon.
5. Drizzle the olive oil evenly over the top.
6. To taste, sprinkle with fresh dill, sea salt, and black pepper.
7. Serve immediately or chill briefly before serving.

Salmon Cream Tartlets



YIELD:
12 tartlets



PREP TIME:
20 minutes



COOK TIME:
10 minutes

Nutritional Information per Serving (1 tartlet):

Calories: 85.
Protein: 3 g.
Fat: 6 g.
Carbohydrates: 5 g.

Ingredients:

- 12 ready-made tartlet shells
- 200 g salmon (smoked or cooked)
- 100 g cream cheese
- 2 tbsp sour cream
- 1 tbsp lemon juice
- 1 tbsp finely chopped dill
- 1 tbsp finely chopped green onions
- Salt and black pepper to taste
- Lemon slices and fresh dill for garnish

Instructions:

1. Finely chop or dice the salmon. Combine the cream cheese, sour cream, lemon juice, dill, and green onions in a bowl. Mix well until smooth.
2. Gently fold the chopped salmon into the cream mixture. Stir carefully to distribute the salmon evenly.
3. Spoon the salmon cream mixture into each tartlet shell. Smooth the top with a spoon or small spatula.
4. Garnish each tartlet with lemon slices and fresh dill. Optionally, you can add a little black pepper to taste.
5. Serve the tartlets immediately to keep the shells crispy.

Tuna Tartare with Avocado



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
None

Nutritional Information (per serving):

Calories: 220.

Protein: 20 g. Fat: 14 g.

Carbohydrates: 8 g.

Fiber: 5 g. Sugars: 2 g.

Ingredients:

- 200 g fresh tuna (fillet, skinless)
- One ripe avocado
- One small red onion
- One small cucumber
- 2 tbsp soy sauce
- 1 tbsp olive oil
- 1 tsp lemon juice
- 1 tsp Dijon mustard
- 1 tsp capers (optional)
- Salt and black pepper to taste
- Fresh herbs for garnish

Instructions:

1. Dice the tuna and avocado into small cubes. Finely chop the onion and cucumber. If using capers, chop them finely as well.
2. Mix the soy sauce, olive oil, lemon juice, and Dijon mustard in a bowl.
3. Combine the tuna, avocado, onion, cucumber, and capers.
4. Drizzle with the dressing and gently toss to combine.
5. Season with salt and pepper to taste.
6. Serve garnished with fresh herbs.

Shrimp Ceviche



YIELD:
4 servings



PREP TIME:
20 minutes



COOK TIME:
None

Nutritional Information (per serving):

Calories: 180. Protein: 18 g.

Fat: 8 g. Carbohydrates: 5 g.

Fiber: 1 g. Sugars: 3 g.

Ingredients:

- 400 g peeled and deveined shrimp
- 1 cup freshly squeezed lime juice
- 1/2 cup freshly squeezed lemon juice
- one small red onion, finely chopped
- one tomato, diced
- one cucumber, diced
- one chili pepper (optional), finely chopped
- 2 tbsp olive oil
- 2 tbsp chopped cilantro
- Salt and black pepper to taste

Instructions:

1. In a bowl, combine the lime juice and lemon juice. Add the shrimp and mix well. Let them marinate for 10 minutes until the shrimp turn opaque.
2. While the shrimp marinate, dice the red onion, tomato, and cucumber. If using chili pepper, finely chop it as well.
3. Add the diced vegetables, olive oil, cilantro, salt, and black pepper to the shrimp. Stir gently to combine.
4. Serve the ceviche immediately, garnished with fresh cilantro.

Baked Mussels with Garlic and Parmesan



YIELD:
4 servings



PREP TIME:
10 minutes



COOK TIME:
10 minutes

Nutritional Information (per serving):

Calories: 250.
Protein: 15 g. Fat: 18 g.
Carbohydrates: 8 g.
Fiber: 1 g. Sugars: 0 g.

Ingredients:

- 24 mussels (fresh or frozen)
- Four garlic cloves (chopped)
- 1/2 cup grated Parmesan cheese
- 1/4 cup bread crumbs
- 2 tbsp melted butter
- 2 tbsp olive oil
- 1 tbsp chopped parsley
- Salt and black pepper to taste
- Lemon wedges for serving

Instructions:

1. Preheat the oven to 200°C (400°F).
2. If using frozen mussels, defrost them. Rinse the mussels under cold water and remove the "beards".
3. Combine the chopped garlic, grated Parmesan cheese, bread crumbs, melted butter, olive oil, parsley, salt, and black pepper in a small bowl.
4. Arrange the mussels on a baking sheet in a single layer. Spoon a small amount of the mixture onto each mussel.
5. Bake in the oven for 10 minutes or until the mussels are golden and crispy.
6. Serve hot, garnished with lemon wedges.

Mussel Cocktail



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
10 minutes

Nutritional Information (per serving):

Calories: 180.
Protein: 10 g. Fat: 14 g.
Carbohydrates: 8 g.
Fiber: 3 g. Sugars: 2 g.

Ingredients:

- 500 g mussels (cleaned)
- 1/2 red onion (chopped)
- One red bell pepper (chopped)
- One avocado (diced)
- Two tomatoes (diced)
- 1/4 cup fresh lime juice
- 1/4 cup olive oil
- 1/2 bunch fresh cilantro (chopped)
- Salt and black pepper to taste
- Lime wedges for serving

Instructions:

1. If using raw mussels, steam or boil them for 5–7 minutes until they open. Remove the mussels from their shells and let them cool. If using pre-cooked mussels, skip this step.
2. Combine the chopped red onion, bell pepper, avocado, and tomatoes in a large bowl.
3. Add the cleaned mussels to the bowl and mix.
4. In a small bowl, combine the fresh lime juice and olive oil. Add salt and black pepper to taste.
5. Pour the dressing over the mussels and vegetables and mix.
6. Add the chopped cilantro and mix again.
7. Chill the cocktail in the refrigerator for 15–20 minutes before serving.
8. Serve in glasses or small bowls, garnished with lime wedges.

Shrimp in Mango Sauce



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
10 minutes

Nutritional Information (per serving):

Calories: 210.
Protein: 15 g.
Fat: 12 g.
Carbohydrates: 14 g.
Fiber: 2 g.
Sugars: 10 g.

Ingredients:

- 500 g shrimp (peeled and deveined)
- One ripe mango (peeled and diced)
- 1/4 cup fresh lime juice
- 1/4 cup olive oil
- Two tablespoons honey
- 1/2 red bell pepper (finely chopped)
- 1/2 bunch fresh cilantro (finely chopped)
- Salt and black pepper to taste

Instructions:

1. Combine the peeled and deveined shrimp, lime juice, and olive oil in a large bowl.
2. Add salt and black pepper to taste. Let it marinate for 10 minutes.
3. Meanwhile, prepare the mango sauce. In a blender, combine the diced mango, honey, and a bit of water until smooth. Add more water if needed to reach the desired consistency.
4. Preheat the grill or skillet over medium heat. Grill the shrimp on each side for 2–3 minutes until golden and cooked through.
5. Transfer the shrimp to a bowl and drizzle with the mango sauce. Gently toss to coat the shrimp evenly with the sauce.
6. Add the finely chopped red bell pepper and fresh cilantro. Mix again.
7. Serve the mango shrimp immediately, garnished with lime wedges.

Grilled Calamari Rings



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
10 minutes

Nutritional Information (per serving):

Calories: 150.
Protein: 20 g. Fat: 7 g.
Carbohydrates: 3 g.
Fiber: 1 g. Sugars: 0 g.

Ingredients:

- 500 g calamari (cut into rings)
- Three tablespoons olive oil
- Three garlic cloves (minced)
- One lemon (juice and zest)
- One teaspoon dried oregano
- Salt and black pepper to taste
- Fresh parsley for garnish

Instructions:

1. In a large bowl, combine olive oil, minced garlic, lemon juice and zest, dried oregano, salt, and black pepper.
2. Add the calamari rings and mix well to coat them with the marinade. Let it marinate for 10 minutes.
3. Preheat the grill or skillet over medium heat. Grill the calamari rings on each side for 2–3 minutes until they are golden and tender. Do not overcook to avoid toughness.
4. Transfer the grilled calamari rings to a serving platter. Garnish with fresh parsley and serve with lemon wedges.

Whelks in White Wine and Garlic Sauce



YIELD:
4 servings



PREP TIME:
10 minutes



COOK TIME:
15 minutes

Nutritional Information (per serving):

Calories: 250.
Protein: 20 g. Fat: 15 g.
Carbohydrates: 5 g.
Fiber: 1 g.

Ingredients:

- 500 g whelks (cleaned and sliced)
- 2 tbsp olive oil
- Four garlic cloves (minced)
- 1 cup dry white wine
- 2 tbsp butter
- Juice of 1 lemon
- Salt and pepper to taste
- Fresh parsley (chopped for garnish)

Instructions:

1. Heat the olive oil in a large skillet over medium heat.
2. Add the minced garlic and sit until golden, about 2 minutes.
3. Add the whelks and cook, stirring, for about 5 minutes.
4. Pour in the white wine and bring to a boil. Reduce the heat and simmer for 5 minutes.
5. Add the butter, lemon juice, salt, and pepper. Cook for another 2-3 minutes until the sauce is well combined.
6. Serve the whelks in white wine and garlic sauce, garnished with fresh parsley.

Oysters on Ice with Lemon Sauce



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
None

Nutritional Information (per serving):

Calories: 50.
Protein: 5 g. Fat: 2 g.
Carbohydrates: 3 g.
Sodium: 100 mg.

Ingredients:

- 12 fresh oysters
- One lemon
- Two tablespoons of lemon juice
- One teaspoon grated lemon zest
- Two tablespoons finely chopped green onion
- Salt and black pepper to taste
- Ice for serving

Instructions:

1. Open the oysters using an oyster knife, carefully separating them from their shells. Would it be possible to leave them in the half shells?
2. Mix lemon juice, lemon zest, chopped green onion, salt, and pepper in a small bowl.
3. Spread ice on a large dish or tray. Arrange the oysters on the ice.
4. Drizzle the lemon sauce over each oyster or serve it separately so everyone can add it to their taste.

Shrimp in Garlic Butter



YIELD:
4 servings



PREP TIME:
10 minutes



COOK TIME:
10 minutes

Nutritional Information (per serving):

Calories: 220.

Protein: 20 g. Fat: 14 g.

Carbohydrates: 8 g.

Fiber: 5 g. Sugars: 2 g.

Ingredients:

- 500 g shrimp, peeled and deveined
- 4 tbsp butter
- Four garlic cloves, finely chopped
- 2 tbsp fresh lemon juice
- 1 tbsp chopped parsley
- Salt and black pepper to taste
- Baguette slices for serving

Instructions:

1. In a large skillet, melt the butter over medium heat.
2. Add the garlic and cook until fragrant, about 1 minute.
3. Add the shrimp and stir until they turn pink and are fully cooked, about 3-4 minutes.
4. Add the lemon juice, parsley, salt, and pepper. Stir well.
5. Serve the shrimp hot with baguette slices.

Octopus Salad



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
30 minutes

Nutritional Information (per serving):

Calories: 180.

Protein: 20 g. Fat: 10 g.

Carbohydrates: 6 g.

Fiber: 2 g. Sugars: 3 g.

Ingredients:

- 500 g octopus, cleaned and cut into pieces
- 2 tbsp olive oil
- Juice of 1 lemon
- 2 tbsp red wine vinegar
- 1 tsp capers, chopped
- One small red onion, thinly sliced tomato, and diced
- 2 tbsp chopped fresh dill
- Salt and black pepper to taste

Instructions:

1. Boil the octopus in salted water until tender, about 30 minutes. Cool and cut into pieces.
2. Mix the olive oil, lemon juice, red wine vinegar, capers, salt, and pepper in a large bowl.
3. Add the octopus, onion, tomato, and dill. Gently toss to combine.
4. Serve the salad chilled or at room temperature.

Shrimp Cocktail



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
10 minutes

Nutritional Information (per serving):

Calories: 150.
Protein: 20 g. Fat: 1 g.
Carbohydrates: 15 g.
Fiber: 1 g. Sugars: 12 g.

Ingredients:

- 500 g large shrimp, peeled and deveined
- One lemon, sliced
- One bay leaf
- 1 tsp Old Bay seasoning
- 1 cup ketchup
- 2 tbsp horseradish
- 1 tbsp lemon juice
- 1 tsp Worcestershire sauce
- Salt to taste
- Fresh parsley for garnish

Instructions:

1. In a pot, bring water to a boil with lemon slices, bay leaf, and Old Bay seasoning. Add the shrimp and cook for 2-3 minutes until pink and cooked—drain and cool.
2. To make the cocktail sauce, mix ketchup, horseradish, lemon juice, Worcestershire sauce, and salt in a bowl.
3. Arrange the chilled shrimp on a serving platter.
4. Serve with cocktail sauce and garnish with fresh parsley.

Fish Mousse with Crackers



YIELD:
4 servings



PREP TIME:
20 minutes



COOK TIME:
10 minutes

Nutritional Information (per serving):

Calories: 220.
Protein: 15 g. Fat: 15 g.
Carbohydrates: 8 g.
Fiber: 1 g. Sugars: 2 g.

Ingredients:

- 200 g white fish fillet (cod, hake, etc.), cooked and flaked
- 150 g cream cheese
- 100 g Greek yogurt
- 1 tbsp lemon juice
- 2 tbsp finely chopped dill
- 1 tsp mustard
- Salt and black pepper to taste
- Crackers for serving

Instructions:

1. Combine the cooked fish fillet, cream cheese, Greek yogurt, lemon juice, dill, and mustard in a blender. Blend until smooth and creamy.
2. Season with salt and pepper to taste, and blend again if needed.
3. Transfer the mousse to a bowl and chill in the refrigerator for at least 1 hour.
4. Serve the chilled mousse with crackers.

Tuna Sashimi with Ponzu Sauce



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
0 minutes

Nutritional Information (per serving):

Calories: 120.
Protein: 18 g,
Fat: 4 g.

Ingredients:

- 200 g fresh tuna fillet (sashimi-grade)
- 1 tbsp soy sauce
- 1 tbsp lime juice
- 1 tbsp rice vinegar
- 1 tsp sesame oil
- 1 tsp grated ginger
- 1 tsp sesame seeds
- One small chili pepper (optional)
- Shiso leaves for serving
- Lime wedges for garnish

Instructions:

1. Slice the tuna into thin sashimi slices and arrange on a plate.
2. Combine soy sauce, lime juice, rice vinegar, sesame oil, and grated ginger in a small bowl. Mix well to make the ponzu sauce.
3. Drizzle the tuna with the ponzu sauce and let it marinate for 5 minutes.
4. Sprinkle with sesame seeds and, if desired, add finely chopped chili pepper for a bit of spice.
5. Serve with shiso leaves and lime wedges on the side.

Eel and Avocado Sushi



YIELD:
8 servings



PREP TIME:
25 minutes



COOK TIME:
10 minutes

Nutritional Information (per serving):

Calories: 120.
Protein: 18 g,
Fat: 4 g.

Ingredients:

- 150 g smoked eel (unagi)
- 1 cup sushi rice
- 1 ½ tbsp rice vinegar
- ½ tsp sugar
- 1 tsp salt
- ½ avocado
- One sheet nori
- Unagi sauce for serving
- Wasabi and pickled ginger for serving

Instructions:

1. Rinse the sushi rice in cold water and cook according to the instructions. Once cooked, add rice vinegar, sugar, and salt. Let the rice cool to room temperature.
2. Slice the eel into thin strips about 7-8 cm long. Slice the avocado into thin pieces.
3. Divide the rice into eight equal portions and shape each into a small rice ball (nigiri).
4. Place a strip of eel and a slice of avocado on top of each rice ball.
5. Cut the nori into thin strips and wrap each sushi piece to secure it.
6. Serve with unagi sauce, wasabi, and pickled ginger.

Appetizers and starters are not just the beginning of a meal but also an opportunity to impress your guests and create a warm, joyful atmosphere. From the lively shrimp ceviche to the refined salmon carpaccio, each recipe in this section offers a wide variety of flavors and textures that will appeal to both experienced food enthusiasts and novice cooks. These dishes, simple to prepare and innovative in presentation, serve as the perfect introduction to any lunch or dinner, showcasing your culinary skill and passion for cooking creatively.

CHAPTER

3

Soups and Broths



Aromatic and nourishing soups for a light dinner.

French Fish Soup Bouillabaisse



YIELD:
4 servings



PREP TIME:
30 minutes



COOK TIME:
45 minutes

Nutritional Information (per serving):

Calories: 290.
Protein: 30 g. Fat: 6 g.
Carbohydrates: 28 g.
Fiber: 3 g. Sodium:
800 mg.

Ingredients:

- 1 liter water
- 500 g white fish (cod, hake, etc.), cut into pieces
- 200 g mussels, cleaned
- 200 g shrimp, peeled
- Two tablespoons of olive oil
- One onion, chopped
- Two garlic cloves, minced
- One medium potato, diced
- Two tomatoes, chopped
- One carrot, sliced
- One tablespoon of tomato paste
- 1/2 cup white wine
- 1/2 teaspoon saffron
- One teaspoon of dried thyme
- One bay leaf
- One teaspoon paprika
- Salt and black pepper to taste
- Fresh basil for garnish
- Toasted baguette slices for serving

Instructions:

1. In a large pot, heat the olive oil over medium heat. Add the onion and garlic, and cook until translucent, about 5 minutes.
2. Add the carrot and potato, and cook for another 5 minutes.
3. Pour in the white wine, boil, and let the alcohol evaporate.
4. Add tomato paste, saffron, thyme, bay leaf, and paprika. Stir and cook for 2-3 minutes.
5. Pour into the water and bring to a boil. Reduce the heat and simmer for 20 minutes.
6. Add the white fish and potato. Cook for 10 minutes.
7. Stir in the mussels and shrimp. Cook for 5-7 minutes, until the mussels open and the shrimp turn pink.
8. Remove the bay leaf, season the soup with salt and pepper to taste.
9. Serve hot, garnished with fresh basil and toasted baguette slices.

Seafood Soup with Tomatoes and Herbs



YIELD:
4 servings



PREP TIME:
20 minutes



COOK TIME:
30 minutes

Nutritional Information (per serving):

Calories: 280.
Protein: 25 g.
Fat: 6 g.
Carbohydrates: 28 g.
Fiber: 3 g.
Sodium: 850 mg.

Ingredients:

- 1-liter seafood stock (or fish stock)
- 200 g shrimp, peeled
- 200 g mussels, cleaned
- 200 g calamari, sliced
- Two tablespoons of olive oil
- One onion, finely chopped
- Two garlic cloves, minced
- Two tomatoes, chopped
- One medium potato, diced
- 1/2 cup white wine
- One teaspoon dried oregano
- One teaspoon of dried basil
- One bay leaf
- Salt and black pepper to taste
- Fresh parsley, chopped, for garnish
- Lemon wedges for serving

Instructions:

1. Heat the olive oil in a large pot over medium heat.
2. Add the onion and garlic, and cook until soft and translucent, for about 5 minutes.
3. Stir in the tomatoes and cook for another 5 minutes until they break down.
4. Pour the white wine and cook for 2 minutes to evaporate the alcohol.
5. Add the seafood stock, potato, oregano, basil, and bay leaf. Bring to a boil, then reduce heat and simmer for 15 minutes.
6. Add the shrimp, mussels, and calamari to the pot. Cook for 5-7 minutes, until the shrimp turn pink and the mussels open.
7. Season the soup with salt and pepper to taste.
8. Remove the bay leaf and serve the soup hot, garnished with fresh parsley and lemon wedges.

Mussel and Herb Soup



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
20 minutes

Nutritional Information (per serving):

Calories: 190.
Protein: 22 g. Fat: 5 g.
Carbohydrates: 8 g.

Ingredients:

- 1 kg mussels (cleaned and derided)
- 1 liter vegetable broth
- 1 cup white wine
- One onion (chopped)
- Two garlic cloves (minced)
- 1 cup chopped fresh parsley
- One tablespoon chopped fresh thyme
- One tablespoon of olive oil
- One lemon (juiced)
- Salt and pepper to taste

Instructions:

1. Heat the olive oil in a large pot over medium heat. Add the onion and garlic, and set until translucent.
2. Add the white wine and bring to a simmer. Let it reduce by half.
3. Pour in the vegetable broth and bring to a boil.
4. Add the mussels to the pot. Cover and cook until the mussels open, about 5-7 minutes.
5. Discard any mussels that do not open.
6. Stir in the lemon juice, parsley, and thyme. Season with salt and pepper.
7. Serve hot.

Salmon Cream Soup with Potatoes



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
25 minutes

Nutritional Information (per serving):

Calories: 250.
Protein: 22 g. Fat: 10 g.
Carbohydrates: 18 g. Fiber: 3 g.
Sodium: 600 mg.

Ingredients:

- 400 g salmon fillet, cut into chunks
- 1 liter water
- One medium onion, chopped
- One carrot, sliced
- Two potatoes, diced
- One bay leaf
- Two garlic cloves, minced
- One tablespoon of olive oil
- One teaspoon of dried dill
- One teaspoon of dried parsley
- Salt and black pepper to taste
- Fresh herbs for garnish (dill or parsley)

Instructions:

1. In a large pot, heat olive oil over medium heat. Add onion and garlic, cook until softened, about 5 minutes.
2. Add carrot and potatoes, and continue cooking for 5 minutes, stirring occasionally.
3. Pour in the water, add the bay leaf, dill, and parsley, and bring to a boil.
4. Reduce heat and simmer for 10 minutes until the potatoes and carrots are tender.
5. Add salmon chunks to the pot and cook for 5-7 minutes until the fish is fully cooked.
6. Season with salt and pepper to taste. Remove the bay leaf.
7. Serve the soup hot, garnished with fresh herbs.

Salmon Ukha



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
25 minutes

Nutritional Information (per serving):

Calories: 250.
Protein: 22 g. Fat: 10 g.
Carbohydrates: 18 g.
Fiber: 3 g. Sodium: 600 mg.

Ingredients:

- 400 g salmon fillet, cut into chunks
- 1 liter water
- One medium onion, chopped
- One carrot, sliced
- Two potatoes, diced
- One bay leaf
- Two garlic cloves, minced
- One tablespoon of olive oil
- One teaspoon of dried dill
- One teaspoon of dried parsley
- Salt and black pepper to taste
- Fresh herbs for garnish (dill or parsley)

Instructions:

1. In a large pot, heat olive oil over medium heat. Add onion and garlic, cook until softened, about 5 minutes.
2. Add carrot and potatoes, and continue cooking for 5 minutes, stirring occasionally.
3. Pour in the water, add the bay leaf, dill, and parsley, and bring to a boil. Reduce heat and simmer for 10 minutes until the potatoes and carrots are tender.
4. Add salmon chunks to the pot and cook for 5-7 minutes until the fish is fully cooked.
5. Season with salt and pepper to taste. Remove the bay leaf.
6. Serve the soup hot, garnished with fresh herbs.

Shrimp and Avocado Cream Soup



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
20 minutes

Nutritional Information (per serving):

Calories: 280.
Protein:
15 g. Fat: 18 g.
Carbohydrates:
20 g. Fiber: 5 g.
Sodium: 700 mg.

Ingredients:

- 300 g shrimp (peeled and deveined)
- One ripe avocado
- 1-liter chicken or vegetable broth
- One medium onion, chopped
- Two garlic cloves, minced
- One potato, diced
- One tablespoon of olive oil
- 200 ml of coconut milk
- One teaspoon of dried thyme
- Salt and black pepper to taste
- Fresh herbs for garnish (parsley or dill)

Instructions:

1. Heat the olive oil in a pot over medium heat. Add the onion and garlic, cooking until softened, about 5 minutes.
2. Add the potato and cook for an additional 5 minutes, stirring.
3. Pour in the broth, boil, then reduce the heat and simmer until the potato is tender, about 10 minutes.
4. Add the shrimp and cook for 5 minutes until they turn pink and are cooked.
5. Remove from heat, and stir in the coconut milk and dried thyme.
6. Use an immersion blender or regular blender to puree the soup until smooth.
7. Cut the avocado, remove the pit, and add the flesh to the soup. Mix well.
8. Season with salt and pepper to taste. Serve hot, garnished with fresh herbs.

Tom Yum with Shrimp and Coconut Milk



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
15 minutes

Nutritional Information (per serving):

Calories: 220.
Protein:
15 g. Fat: 15 g.
Carbohydrates:
12 g. Fiber: 2 g.
Sodium: 850 mg.

Ingredients:

- 300 g shrimp (peeled and deveined)
- 400 ml of coconut milk
- 750 ml chicken or vegetable broth
- 2-3 stalks lemongrass, cut into 2-inch pieces and smashed
- 3-4 kaffir lime leaves torn into pieces
- 3-4 slices galangal (or ginger if unavailable)
- 200 g mushrooms, sliced
- 2-3 Thai bird chilies, smashed (adjust to taste)
- Three tablespoons fish sauce
- One tablespoon of lime juice
- One teaspoon sugar
- Fresh cilantro and sliced green chilies for garnish

Instructions:

1. In a pot, bring the broth to a boil. Add the lemongrass, kaffir lime leaves, and galangal slices. Simmer for 5 minutes to infuse the flavors.
2. Add the mushrooms and chilies, cooking for an additional 3 minutes.
3. Add the shrimp and cook until they turn pink, about 3-4 minutes.
4. Stir in the coconut milk and bring the soup back to a simmer. Do not boil.
5. Add the fish sauce, lime juice, and sugar. Adjust seasoning to taste.
6. Serve hot, garnished with fresh cilantro and sliced green chilies.

Seafood Ramen



YIELD:
4 servings



PREP TIME:
20 minutes



COOK TIME:
30 minutes

Nutritional Information (per serving):

Calories: 330.
Protein: 28 g. Fat: 8 g.
Carbohydrates: 35 g.

Ingredients:

- 200 g ramen noodles
- 200 g shrimp (peeled)
- 200 g mussels (cleaned and derided)
- 100 g squid (sliced into rings)
- 1 liter chicken broth
- Two tablespoons of soy sauce
- One tablespoon mirin (sweet rice wine)
- One garlic clove (minced)
- One piece of ginger (about 5 cm, sliced thinly)
- One carrot (julienne)
- 1 small zucchini (julienne)
- Two green onions (chopped)
- One tablespoon of vegetable oil
- Two eggs (boiled, optional)
- One tablespoon of sesame seeds (optional)
- One small sheet of nori (sliced, optional)

Instructions:

1. In a large pot, heat vegetable oil over medium heat. Add garlic and ginger, and saute until fragrant.
2. Pour in chicken broth, soy sauce, and mirin. Bring to a boil.
3. Add carrot and zucchini to the broth, and cook for 5 minutes.
4. Add ramen noodles and cook until noodles are tender, about 5 minutes.
5. Add seafood (shrimp, mussels, and squid) to the broth and cook until fully cooked, about 5 minutes.
6. Divide the soup among bowls. Garnish with chopped green onions, sesame seeds, and nori (if using). Serve with boiled eggs if desired.

Cod and Potato Soup



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
30 minutes

Nutritional Information (per serving):

Calories: 280.
Protein: 24 g. Fat: 9 g.
Carbohydrates: 30 g.

Ingredients:

- 400 g cod fillets (skinless and boneless)
- Four medium potatoes (peeled and diced)
- One onion (chopped)
- Two garlic cloves (minced)
- One carrot (diced)
- One celery stalk (diced)
- 1 liter fish stock or chicken broth
- Two tablespoons of olive oil
- One bay leaf
- One teaspoon of dried thyme
- Salt and pepper to taste
- Fresh parsley (chopped for garnish)

Instructions:

1. In a large pot, heat olive oil over medium heat. Add onion, garlic, carrot, and celery, and saute until softened, about 5 minutes.
2. Add potatoes, bay leaf, and dried thyme. Cook for an additional 2 minutes.
3. Pour in the fish stock or chicken broth. Bring to a boil, reduce heat, and simmer until potatoes are tender, about 15 minutes.
4. Cut cod fillets into bite-sized pieces and add to the pot. Cook until the fish is opaque and flakes easily with a fork, about 5 minutes.
5. Season with salt and pepper to taste. Discard bay leaf.
6. Ladle soup into bowls and garnish with fresh parsley.

Fish Soup with Corn and Herbs



YIELD:
4 servings



PREP TIME:
10 minutes



COOK TIME:
25 minutes

Nutritional Information (per serving):

Calories: 250.

Protein: 22 g. Fat: 8 g.

Carbohydrates: 25 g.

Ingredients:

- 400 g white fish fillet (cod, pike, or another of your choice)
- One can (300 g) corn (or use frozen corn)
- One medium potato (peeled and diced)
- One onion (diced)
- Two garlic cloves (minced)
- One carrot (diced)
- 1-liter fish or vegetable broth
- Two tablespoons of olive oil
- One teaspoon of dried dill
- One teaspoon of dried thyme
- Salt and pepper to taste
- Fresh dill and parsley (chopped for garnish)

Instructions:

1. In a large pot, heat the olive oil over medium heat. Add the onion, garlic, and carrot and cook until soft, approximately 5 minutes.
2. Add the potato and cook for an additional 3 minutes.
3. Pour in the fish or vegetable broth, boil, then reduce heat and simmer until the potato is tender, about 15 minutes.
4. Cut the fish fillet into pieces and add to the pot along with the corn. Cook until the fish is opaque and flakes easily, about 5 minutes.
5. Stir in the dried dill and thyme. Season with salt and pepper to taste.
6. Ladle the soup into bowls and garnish with fresh dill and parsley.

Miso Soup with Seafood



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
15 minutes

Nutritional Information (per serving):

Calories: 180.

Protein: 18 g. Fat: 6 g.

Carbohydrates: 14 g.

Ingredients:

- 200 g mixed seafood (shrimp, scallops, and squid)
- 4 cups dashi broth (or chicken/vegetable broth)
- Three tablespoons miso paste (white or red)
- 1 cup tofu (cubed)
- Two green onions (sliced)
- One tablespoon of soy sauce
- One tablespoon mirin (optional)
- One sheet nori (cut into strips for garnish)

Instructions:

1. Bring the dashi broth to a simmer over medium heat in a pot.
2. Add the miso paste to the pot and stir until dissolved. Do not let the soup boil after adding miso to avoid altering its flavor.
3. Add the mixed seafood and cook for about 5 minutes until the seafood is cooked through.
4. Gently add the cubed tofu and cook for an additional 2 minutes.
5. Stir in the soy sauce and mirin (if using).
6. Ladle the soup into bowls and garnish with sliced green onions and nori strips.

Spicy Calamari Soup



YIELD:
4 servings



PREP TIME:
20 minutes



COOK TIME:
30 minutes

Nutritional Information (per serving):

Calories: 200.

Protein:

25 g. Fat: 7 g.

Sugars: 5 g.

Carbohydrates:

10 g. Fiber: 2 g.

Ingredients:

- 500 g calamari (cleaned and sliced into rings)
- 1-liter chicken or vegetable broth
- One tablespoon of vegetable oil
- One onion (finely chopped)
- Two garlic cloves (finely chopped)
- One carrot (sliced thinly)
- One red bell pepper (sliced into strips)
- One tablespoon of tomato paste
- One teaspoon of ground cumin
- One teaspoon paprika
- 1/2 teaspoon cayenne pepper (optional)
- Two bay leaves
- Salt and black pepper to taste
- Fresh herbs for garnish

Instructions:

1. Heat the vegetable oil in a large pot over medium heat. Add the onion and garlic and sauté until soft, about 5 minutes.
2. Add the carrot and red bell pepper, and cook for another 5 minutes.
3. Stir in the tomato paste, cumin, paprika, and cayenne pepper. Cook for another 2 minutes.
4. Pour in the broth and bring to a boil. Reduce heat and simmer for 10 min.
5. Add the calamari and bay leaves. Cook for 5-7 minutes until the calamari is tender.
6. Season with salt and pepper to taste. Serve hot, garnished with fresh herbs.

Spicy Seafood Soup with Coconut



YIELD:
4 servings



PREP TIME:
20 minutes



COOK TIME:
30 minutes

Nutritional Information (per serving):

Calories: 200.

Protein: 25 g.

Fat: 7 g.

Carbohydrates: 10 g.

Fiber: 2 g. Sugars: 5 g.

Ingredients:

- One tablespoon of vegetable oil
- One onion, chopped
- Two garlic cloves, minced
- One tablespoon grated ginger
- One tablespoon of red chili paste
- 1-liter fish stock
- 400 ml of coconut milk
- One tablespoon of soy sauce
- One tablespoon fish sauce
- 200 g squid, sliced into rings
- 200 g shrimp, peeled
- One tablespoon sugar
- Juice of 1 lime
- One bunch of cilantro, chopped
- Two green onions, chopped

Instructions:

1. Heat the vegetable oil in a large pot over medium heat. Add the onion, garlic, and ginger, and sauté until softened.
2. Add the red chili paste and cook for another 2 minutes.
3. Pour in the fish stock and coconut milk and boil. Reduce heat and simmer for 10 minutes.
4. Stir in the soy sauce, fish sauce, and sugar.
5. Add the squid and shrimp. Cook for 5-7 minutes until the seafood is pink and cooked.
6. Stir in the lime juice, cilantro, and green onions. Mix well and serve hot.

CHAPTER

4

Grill and Barbecue



Get ready to elevate your grilling experience with a variety of seafood recipes. These dishes are perfect for summer gatherings or intimate dinners, from juicy grilled scallops to flavorful BBQ lobster tails. They are simple yet delicious, allowing you to enjoy your favorite seafood with a creative touch.

Grilled Squid



YIELD:
4 servings



PREP TIME:
20 minutes



COOK TIME:
10 minutes

Nutritional Information (per serving):

Calories: 150.
Protein: 20 g. Fat: 7 g.
Carbohydrates: 2 g.

Ingredients:

- 500 g squid, cleaned and cut into ring
- Two tablespoons of olive oil
- Three cloves garlic, finely chopped
- Juice and zest for one lemon
- Salt and pepper to taste
- Two tablespoons fresh parsley, chopped

Instructions:

1. Mix olive oil, chopped garlic, lemon juice, zest, salt, and pepper in a bowl.
2. Add the squid rings to the marinade and let sit for 15 minutes.
3. Preheat the grill to medium heat.
4. Place the squid on the grill and cook on each side for 2-3 minutes until tender and slightly charred.
5. Remove the squid from the grill and sprinkle with fresh parsley before serving.

Grilled Mackerel with Spicy Herbs



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
10 minutes

Nutritional Information (per serving):

Calories: 250.
Protein: 30 g. Fat: 15 g.
Carbohydrates: 1 g.

Ingredients:

- Four mackerels, cleaned and gutted
- Three tablespoons olive oil
- Two cloves garlic, chopped
- One lemon, sliced into rings
- Salt and pepper to taste
- One tablespoon of fresh thyme
- One tablespoon of fresh rosemary
- One tablespoon of fresh dill

Instructions:

1. Preheat the grill to medium heat.
2. Mix olive oil, garlic, salt, and pepper in a bowl.
3. Rub the mackerel with this mixture inside and out.
4. Stuff the mackerel with lemon rings and fresh herbs (thyme, rosemary, dill).
5. Place the mackerel on the grill and cook for 5 minutes on each side until the fish is tender and charred.
6. Remove the fish from the grill and serve hot.

Grilled Fish Skewers with Vegetables



YIELD:
4 servings



PREP TIME:
20 minutes



COOK TIME:
10 minutes

Nutritional Information (per serving):

Calories: 300.

Protein: 25 g. Fat: 20 g.

Carbohydrates: 8 g.

Ingredients:

- 600 g salmon fillet, cut into cubes
- Two red bell peppers cut into squares
- One zucchini, sliced into rounds
- One red onion, cut into large pieces
- Two tablespoons of olive oil
- Juice of one lemon
- Two cloves garlic, finely chopped
- Salt and pepper to taste
- One tablespoon of fresh thyme

Instructions:

1. In a bowl, mix olive oil, lemon juice, garlic, salt, pepper, and thyme.
2. Add the salmon cubes and mix to coat evenly. Let marinate for 15 minutes.
3. Thread the salmon, red bell pepper, zucchini, and red onion pieces onto skewers, alternating them.
4. Preheat the grill to medium heat.
5. Place the skewers on the grill and cook on each side for 4-5 minutes until the fish is opaque and the vegetables are charred.
6. Remove the skewers from the grill and serve hot.

Grilled Shrimp with Mango Sauce



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
10 minutes

Nutritional Information (per serving):

Calories: 180.

Protein: 20 g. Fat: 8 g.

Carbohydrates: 10 g.

Ingredients:

- 500 g large shrimp, peeled and deveined
- Two tablespoons of olive oil
- Juice of one lime
- One clove of garlic, minced
- One mango, peeled and diced
- One red chili, finely chopped
- Two tablespoons fresh cilantro, finely chopped
- Salt and pepper to taste

Instructions:

1. Mix olive oil, lime juice, garlic, salt, and pepper in a bowl.
2. Add the shrimp and toss to coat evenly. Let marinate for 10 minutes. Preheat the grill to medium heat.
3. Thread the shrimp onto skewers.
4. Cook for 2-3 minutes on each side until they turn pink and opaque.
5. For the mango sauce, combine diced mango, red chili, and cilantro and season with salt and pepper to taste.
6. Serve the shrimp with the mango sauce.

Grilled Scallops with Lemon-Garlic Butter



YIELD:
4 servings



PREP TIME:
10 minutes



COOK TIME:
6 minutes

Nutritional Information (per serving):

Calories: 250.

Protein: 20 g. Fat: 15 g.

Carbohydrates: 3 g.

Ingredients:

- 500 g scallops
- Two tablespoons of olive oil
- Three tablespoons butter
- Two cloves garlic, minced
- Juice of one lemon
- Salt and pepper to taste
- Parsley for garnish (optional)

Instructions:

1. Preheat the grill to high heat.
2. Brush the scallops with olive oil and season with salt and pepper.
3. Melt the butter in a small saucepan over medium heat.
4. Add the garlic and cook for 1-2 minutes until fragrant.
5. Add the lemon juice and stir well.
6. Place the scallops on the grill and cook on each side for 2-3 minutes until they have a golden crust.
7. Serve the scallops with the lemon-garlic butter and garnish with parsley if desired.

Grilled Octopus with Paprika and Lemon



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
30 minutes

Nutritional Information (per serving):

Calories: 200.

Protein: 20 g. Fat: 10 g.

Carbohydrates: 4 g.

Ingredients:

- 1 kg octopus, cleaned
- Three tablespoons olive oil
- Two teaspoons of smoked paprika
- One teaspoon of sweet paprika
- Salt and pepper to taste
- Juice of one lemon
- Lemon slices for serving

Instructions:

1. Bring a large pot of salted water to a boil.
2. Add the octopus and cook for 30 minutes until tender.
3. Remove the octopus and let it cool.
4. Cut the octopus into pieces about 4 inches long.
5. Mix the olive oil, smoked paprika, sweet paprika, salt, and pepper in a bowl.
6. Preheat the grill to medium heat.
7. Brush the octopus pieces with the spice and olive oil mixture.
8. Place the octopus on the grill and cook for 2-3 minutes on each side until browned.
9. Remove from the grill and drizzle with lemon juice.
10. Serve hot with lemon slices.

Spicy Grilled Tuna Steak



YIELD:
4 servings



PREP TIME:
10 minutes



COOK TIME:
8-10 minutes

Nutritional Information (per serving):

Calories: 295. Fat: 18 g.
Protein: 32 g.

Ingredients:

- Four tuna steaks (200 g each, 800 g total)
- Two tablespoons of olive oil
- One teaspoon of ground black pepper
- One teaspoon of ground red pepper (or chili powder)
- 1/2 teaspoon ground cumin
- 1/2 teaspoon paprika
- 1/2 teaspoon salt
- Juice of one lemon
- Lemon slices for serving

Instructions:

1. Mix olive oil, black pepper, red pepper, cumin, paprika, and salt in a small bowl.
2. Rub the tuna steaks with the mixture on both sides.
3. Preheat the grill to medium-high heat.
4. Grill the tuna steaks for 4-5 minutes per side for medium doneness or until the desired level is reached.
5. Squeeze lemon juice over the steaks at the end of cooking.
6. Serve with lemon slices.

Grilled Swordfish with Avocado Salsa



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
10 minutes

Nutritional Information (per serving):

Calories: 350. Fat: 22 g.
Carbohydrates: 12 g.
Protein: 30 g.

Ingredients:

- Four swordfish steaks (200 g each)
 - Two tablespoons of olive oil
 - One teaspoon salt
 - 1/2 teaspoon black pepper
 - 1/2 teaspoon paprika
 - One tablespoon of lemon juice
- For the Avocado Salsa:**
- Two ripe avocados, diced
 - One small red onion, chopped
 - One medium tomato, diced
 - 1/4 cup chopped fresh cilantro
 - One tablespoon of lime juice
 - Salt and pepper to taste

Instructions:

1. Preheat the grill to medium-high heat.
2. Mix olive oil, salt, black pepper, paprika, and lemon juice in a small bowl.
3. Brush the swordfish steaks with the mixture on both sides.
4. Grill the swordfish for 4-5 minutes per side or until it is cooked through and has excellent grill marks.
5. While the swordfish is grilling, prepare the avocado salsa: In a bowl, combine diced avocados, red onion, tomato, cilantro, lime juice, salt, and pepper. Mix.
6. Serve the grilled swordfish topped with avocado salsa.

Grilled Salmon with Teriyaki Glaze



YIELD:
4 servings



PREP TIME:
10 minutes



COOK TIME:
10 minutes

Nutritional Information (per serving):

Calories: 330.

Fat: 20 g.

Carbohydrates:

14 g. Protein: 28 g.

Ingredients:

- Four salmon fillets (200 g each)
- 1/4 cup teriyaki sauce
- Two tablespoons honey
- One tablespoon of rice vinegar
- One tablespoon of olive oil
- Two garlic cloves, minced
- 1/2 teaspoon fresh grated ginger
- Salt and pepper to taste
- One green onion, chopped (for garnish)

Instructions:

1. Combine teriyaki sauce, honey, rice vinegar, olive oil, garlic, and ginger in a small saucepan over medium heat over medium heat.
2. Bring to a boil, reduce heat, and simmer for 5 minutes until the sauce thickens. Remove from heat.
3. Preheat the grill to medium-high heat.
4. Season the salmon fillets with salt and pepper. Brush half of the prepared glaze over the salmon.
5. Grill the salmon for 4-5 minutes per side or until fully cooked.
6. During the last minute of grilling, brush the remaining glaze over the salmon.
7. Serve the grilled salmon with teriyaki glaze garnished with chopped green onion.

BQ Lobster Tail with Garlic Butter



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
10 minutes

Nutritional Information (per serving):

Calories: 250.

Fat: 15 g.

Carbohydrates: 2 g.

Protein: 27 g.

Ingredients:

- Four lobster tails (200 g each)
- 1/4 cup unsalted butter, melted
- Three garlic cloves, minced
- One tablespoon of lemon juice
- One tablespoon of fresh parsley chopped
- Salt and pepper to taste
- Lemon wedges (for serving)

Instructions:

1. Preheat the grill to medium-high heat.
2. Using kitchen shears, cut through the top of the lobster shells lengthwise, stopping just before the tail fin. Pull the shells apart and lift the meat to rest on them.
3. Combine the melted butter, garlic, lemon juice, parsley, salt, and pepper in a small bowl.
4. Brush the lobster meat with the garlic butter mixture.
5. Place the lobster tails on the grill, shell side down. Grill for 5-6 minutes, then turn and grill for another 3-4 minutes or until the meat is opaque and cooked.
6. Remove from the grill and brush with any remaining garlic butter.
7. Serve the BBQ lobster tails with lemon wedges.

Grilled King Crab Legs with Herb Sauce



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
10 minutes

Nutritional Information (per serving):

Calories: 220. Fat: 14 g.
Carbohydrates: 21 g.

Ingredients:

- 1 kg king crab legs, thawed
- 1/4 cup unsalted butter, melted
- Two tablespoons of olive oil
- Three garlic cloves, minced
- Two tablespoons of fresh lemon juice
- Two tablespoons fresh dill, chopped
- Two tablespoons fresh parsley, chopped
- Salt and pepper to taste
- Lemon wedges (for serving)

Instructions:

1. Preheat the grill to medium-high heat.
2. Combine the melted butter, olive oil, garlic, lemon juice, dill, parsley, salt, and pepper in a small bowl.
3. Brush the king crab legs with the herb butter mixture.
4. Place the crab legs on the grill. Cook for 5-6 minutes, turning occasionally to heat evenly and infuse the sauce.
5. Remove from the grill and drizzle with the remaining herb butter.
6. Serve the grilled king crab legs with lemon wedges.

Grilled Oysters with Lemon and Herbs



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
5 minutes

Nutritional Information (per serving):

Calories: 160. Fat: 11 g.
Carbohydrates: 3 g.
Protein: 11 g.

Ingredients:

- 24 fresh oysters, scrubbed and cleaned
- 1/4 cup unsalted butter, melted
- Three tablespoons olive oil
- Three garlic cloves, minced
- Two tablespoons of fresh lemon juice
- One tablespoon of lemon zest
- Two tablespoons fresh parsley, chopped
- One tablespoon of fresh chives chopped
- Salt and pepper to taste
- Lemon wedges (for serving)

Instructions:

1. Preheat the grill to high heat.
2. Combine the melted butter, olive oil, garlic, lemon juice, lemon zest, parsley, chives, salt, and pepper in a small bowl.
3. Shuck the oysters, leaving them in their half shells.
4. Spoon a small amount of the herb butter mixture over each oyster.
5. Place the oysters on the grill grates. Cook for 4-5 minutes, until the edges of the oysters curl and the butter is bubbling.
6. Remove from the grill and serve with lemon wedges.

Grilled Calamari with Chili Lime Marinade



YIELD:
4 servings



PREP TIME:
20 minutes



COOK TIME:
10 minutes

Nutritional Information (per serving):

Calories: 160. Fat: 11 g.
Carbohydrates: 3 g.
Protein: 11 g.

Ingredients:

- 500 grams of calamari, cleaned and cut into rings
- Two tablespoons of olive oil
- Two tablespoons of lime juice
- One teaspoon lime zest
- Two cloves garlic, minced
- One red chili, finely chopped
- One teaspoon of ground cumin
- One teaspoon of smoked paprika
- Salt and pepper to taste
- Fresh cilantro, chopped (for garnish)

Instructions:

1. Blend olive oil, lime juice, zest, minced garlic, chopped chili, cumin, paprika, salt, and pepper in a big bowl.
2. Add the calamari rings to the bowl and toss to coat well. Let marinate for at least 15 minutes.
3. Preheat the grill to medium-high heat.
4. Thread the calamari rings onto skewers, if desired, to make grilling easier.
5. Grill the calamari on each side for 2-3 minutes until charred and cooked.
6. Remove from the grill and garnish with fresh cilantro before serving.

BBQ Marinated Fish Tacos



YIELD:
4 servings



PREP TIME:
30 minutes



COOK TIME:
10 minutes

Nutritional Information (per serving):

Calories: 250. Fat: 10 g.
Carbohydrates: 22 g.
Protein: 20 g.

Ingredients:

- 500 grams white fish fillets (e.g., tilapia or cod)
- Eight corn or flour tortillas
- One tablespoon of olive oil
- Juice of 2 limes
- Two garlic cloves, minced
- One teaspoon of ground cumin
- One teaspoon paprika
- One teaspoon of ground coriander
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- Shredded cabbage for serving
- Mango salsa for serving
- Fresh cilantro, chopped, for garnish

Instructions:

1. Add olive oil, lime juice, minced garlic, ground cumin, paprika, coriander, salt, and pepper in a large bowl.
2. Cut the fish fillets into strips and add them to the bowl with the marinade. Mix well and let marinate for 20 minutes.
3. Preheat the grill to medium-high heat.
4. Grill the fish on each side for 2-3 minutes until charred and cooked.
5. Meanwhile, warm the tortillas on the grill or in a dry skillet.
6. Place the grilled fish on each tortilla and top with shredded cabbage and mango salsa.
7. Garnish with fresh cilantro and serve.

Grilled Swordfish with Pineapple Salsa



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
10 minutes

Nutritional Information (per serving):

Calories: 180.
Protein: 20 g.
Fat: 20 g.
Carbohydrates: 2 g.
Fiber: 1 g.
Sugars: 1 g.

Ingredients:

- four swordfish steaks (about 1 inch thick)
- two tablespoons olive oil
- Salt and black pepper, to taste

For the Pineapple Salsa:

- 1 cup fresh pineapple, diced
- 1/2 red bell pepper, diced
- 1/4 red onion, finely chopped
- one tablespoon fresh cilantro, chopped
- Juice of 1 lime
- Salt and black pepper, to taste

Instructions:

1. Preheat the grill to medium-high heat. Brush the grates with oil to prevent sticking.
2. Pat the swordfish steaks dry with a paper towel. Brush both sides with olive oil and season with salt and black pepper.
3. Place the swordfish steaks on the grill and cook for 4-5 minutes per side or until the fish is opaque and flakes easily with a fork.
4. While the fish grills, combine the diced pineapple, red bell pepper, red onion, cilantro, and lime juice in a medium bowl. Season with salt and pepper to taste. Mix well.
5. Transfer the grilled swordfish to a serving plate. Spoon the pineapple salsa over the fish or serve it on the side.
6. Optionally, garnish with additional lime wedges and cilantro sprigs. Serve immediately.

Grilled Clams with Garlic and Herbs



YIELD:
4 servings



PREP TIME:
10 minutes



COOK TIME:
15 minutes

Nutritional Information (per serving):

Calories: 290. Protein: 25 g. Fat: 15 g.
Carbohydrates: 10 g.
Fiber: 1 g. Sugars: 9 g.

Ingredients:

- Four salmon fillets
- Two tablespoons of olive oil
- Salt and black pepper to taste
- For the Honey-Mustard Sauce:
- Two tablespoons honey
- Two tablespoons of Dijon mustard
- One tablespoon of wholegrain mustard
- One tablespoon of lemon juice
- One teaspoon of olive oil

Instructions:

1. Preheat the grill to medium-high heat.
2. Brush the salmon fillets with olive oil and season with salt and pepper.
3. Place the salmon fillets on the grill and cook for 4-5 minutes per side or until the fish is cooked and flakes easily with a fork.
4. While the salmon grills, prepare the honey-mustard sauce by whisking together honey, Dijon mustard, whole grain mustard, lemon juice, and olive oil in a small bowl.
5. Remove the salmon from the grill and place on a serving plate.
6. Drizzle the honey-mustard sauce over the grilled salmon.
7. Serve immediately.

I hope each recipe inspires you and leads to fantastic grilling results. Enjoy your meals, and best of luck with your culinary experiments!

CHAPTER

5

Main Dishes



This chapter features a collection of hearty main dishes that will become the highlight of any meal. From simple to sophisticated, these recipes provide various options to satisfy every taste.

Salmon in Orange-Ginger Sauce



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
20 minutes

Nutritional Information (per serving):

Calories: 300. Protein:
25 g. Fat: 15 g.
Carbohydrates: 12 g.

Ingredients:

- Four salmon fillets
- One orange (juice and zest)
- 1 tbsp fresh grated ginger
- Two garlic cloves (minced)
- 2 tbsp soy sauce
- 1 tbsp honey
- 1 tbsp olive oil
- Salt and pepper to taste
- Fresh herbs for garnish

Instructions:

1. In a small bowl, mix the orange juice, zest, grated ginger, minced garlic, soy sauce, honey, and olive oil. Season with salt and pepper.
2. Marinate the salmon fillets in the mixture for 15 minutes.
3. Heat a skillet over medium heat and cook the salmon fillets on each side for 5-7 minutes until done.
4. Serve with the orange-ginger sauce, garnished with fresh herbs.

Cod with Spicy Tomato Sauce and Capers



YIELD:
4 servings



PREP TIME:
20 minutes



COOK TIME:
25 minutes

Nutritional Information (per serving):

Calories: 220. Protein:
25 g. Fat: 10 g.
Carbohydrates: 8 g.

Ingredients:

- Four cod fillets
- 2 cups tomato sauce
- One onion (chopped)
- Two garlic cloves (minced)
- 2 tbsp capers
- 1 tsp dried oregano
- 1 tsp dried basil
- 2 tbsp olive oil
- Salt and pepper to taste

Instructions:

1. Warm the olive oil in a skillet on medium heat. Cook the chopped onion and minced garlic until they turn golden.
2. Add the tomato sauce, capers, oregano, basil, salt, and pepper. Bring to a boil and simmer for 10 minutes.
3. Place the cod fillets in the sauce, cover, and simmer for 15 minutes until the fish is cooked.
4. Serve the cod with the spicy tomato sauce.

Shrimp with Seaweed and Sesame



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
10 minutes

Nutritional Information (per serving):

Calories: 180. Protein:
23 g. Fat: 8 g.
Carbohydrates: 4 g.

Ingredients:

- 500 g shrimp (peeled and deveined)
- 1 tbsp soy sauce
- 1 tbsp rice vinegar
- 1 tsp sesame oil
- 1 tsp honey
- 2 tbsp dried seaweed (chopped)
- 1 tbsp sesame seeds
- Two garlic cloves (minced)
- 1 tbsp olive oil
- Salt and pepper to taste

Instructions:

1. Mix soy sauce, rice vinegar, sesame oil, and honey in a small bowl.
2. Heat olive oil in a skillet over medium heat. Heat and cook the minced garlic until it becomes golden.
3. Add the shrimp and cook for 3-4 minutes until they turn pink.
4. Add the soy sauce mixture and seaweed, cooking for another 2-3 minutes.
5. Sprinkle with sesame seeds before serving.

Dorado Fillet with Seaweed and Lemon Sauce



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
20 minutes

Nutritional Information (per serving):

Calories: 250. Protein:
22 g. Fat: 15 g.
Carbohydrates: 5 g.

Ingredients:

- Four sea bream fillets
- 2 tbsp dried seaweed (chopped)
- One lemon (juice and zest)
- Two garlic cloves (minced)
- 2 tbsp olive oil
- Salt and pepper to taste
- Fresh herbs for garnish

Instructions:

1. Mix the chopped seaweed with lemon juice and zest, minced garlic, and olive oil. Season with salt and pepper to taste.
2. Marinate the sea bream fillets in the mixture for 15 minutes.
3. Heat a skillet over medium heat and cook the sea bream fillets on each side for 5-7 minutes until done.
4. Serve with the seaweed and lemon sauce, garnished with fresh herbs.

Scallops with Garlic and Parsley



YIELD:
4 servings



PREP TIME:
10 minutes



COOK TIME:
10 minutes

Nutritional Information (per serving):

Calories: 200. Protein:
20 g. Fat: 12 g.
Carbohydrates: 2 g.

Ingredients:

- 500 g scallops
- Three garlic cloves (minced)
- 2 tbsp olive oil
- 2 tbsp butter
- 1 tbsp lemon juice
- 2 tbsp chopped fresh parsley
- Salt and pepper to taste

Instructions:

1. Heat the olive oil and butter in a large skillet over medium heat.
2. Add the minced garlic and cook for 1-2 minutes until fragrant.
3. Place the scallops in the skillet, season with salt and pepper, and cook for 3-4 minutes on each side until golden brown.
4. Add lemon juice and chopped parsley, stir, and remove from heat.
5. Serve hot, garnished with additional parsley.

Octopus with Red Wine and Olives



YIELD:
4 servings



PREP TIME:
20 minutes



COOK TIME:
1 hour 30 minutes

Nutritional Information (per serving):

Calories: 350. Protein:
35 g. Fat: 15 g.
Carbohydrates: 10 g.

Ingredients:

- 1 kg octopus, cleaned
- 2 tbsp olive oil
- One onion, chopped
- Three garlic cloves, minced
- 1 cup red wine
- 1 cup chicken broth
- One can (400 g) diced tomatoes
- 1 cup black olives, pitted
- Two bay leaves
- 1 tbsp tomato paste
- Salt and pepper to taste
- Fresh parsley for garnish

Instructions:

1. Heat the olive oil in a large pot over medium heat.
2. Add the chopped onion and minced garlic and set until softened, about 5 minutes.
3. Add the octopus and cook for 10 minutes, stirring occasionally.
4. Pour in the red wine and cook until the alcohol evaporates, about 5 minutes.
5. Add the chicken broth, diced tomatoes, olives, bay leaves, and tomato paste. Season with salt and pepper.
6. Bring to a boil, then reduce heat and simmer for 1 hour until the octopus is tender.
7. Remove the bay leaves, garnish with fresh parsley, and serve hot.

Trout with Seaweed and Citrus Sauce



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
20 minutes

Nutritional Information (per serving):

Calories: 280. Protein:
25 g. Fat: 18 g.
Carbohydrates: 6 g.

Ingredients:

- Four trout fillets
- 2 tbsp dried seaweed (chopped)
- One orange (juice and zest)
- One lemon (juice and zest)
- Two garlic cloves (minced)
- 2 tbsp olive oil
- Salt and pepper to taste
- Fresh herbs for garnish

Instructions:

1. Mix the chopped seaweed, orange and lemon juice zest, minced garlic, and olive oil in a small bowl. Season with salt and pepper to taste.
2. Marinate the trout fillets in the mixture for 15 minutes.
3. Heat a skillet over medium heat and cook the trout fillets on each side for 5-7 minutes until done.
4. Serve with the citrus sauce and garnish with fresh herbs.

Halibut in Coconut Sauce with Cilantro



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
20 minutes

Nutritional Information (per serving):

Calories: 350. Protein:
28 g. Fat: 22 g.
Carbohydrates: 8 g.

Ingredients:

- Four halibut fillets
- One can coconut milk (400 ml)
- 2tbsp chopped cilantro
- Two garlic cloves (minced)
- 1 tbsp grated ginger
- 1 tbsp lime juice
- 2 tbsp olive oil
- Salt and pepper to taste

Instructions:

1. Heat the olive oil in a large skillet over medium heat.
2. Add the minced garlic and grated ginger, cooking for 1-2 minutes until fragrant.
3. Add the coconut milk and lime juice to the skillet, bringing to a boil.
4. Reduce the heat and add the halibut fillets to the sauce. Simmer gently for 10-12 minutes until the fish is opaque and flakes easily with a fork.
5. Towards the end of cooking, stir in the chopped cilantro and season with salt and pepper to taste.
6. Serve the halibut with coconut sauce garnished with fresh cilantro.

Mussels in White Wine Sauce with Herbs



YIELD:
4 servings



PREP TIME:
10 minutes



COOK TIME:
15 minutes

Nutritional Information (per serving):

Calories: 250. Protein:
18 g. Fat: 10 g.
Carbohydrates: 6 g.

Ingredients:

- 1 kg mussels (cleaned and rinsed)
- 1 cup dry white wine
- 2 tbsp olive oil
- Three garlic cloves (minced)
- One onion (chopped)
- 1 tbsp chopped parsley
- 1 tbsp chopped dill
- Salt and pepper to taste
- Lemon wedges for serving

Instructions:

1. Heat the olive oil in a large pot over medium heat.
2. Add the minced garlic and chopped onion, cooking for 2-3 minutes until softened.
3. Add the white wine and bring to a boil.
4. Add the mussels to the pot, cover, and cook over medium heat for 5-7 minutes, shaking the pot occasionally until all the mussels have opened.
5. At the end of cooking, stir in the chopped parsley and dill and season with salt and pepper to taste.
6. Serve the mussels with the white wine sauce, garnished with lemon wedges.

Sea Bass with Vegetables and Basil Sauce



YIELD:
4 servings



PREP TIME:
20 minutes



COOK TIME:
25 minutes

Nutritional Information (per serving):

Calories: 300. Protein:
22 g. Fat: 20 g.
Carbohydrates: 10 g.

Ingredients:

- Four sea bass fillets
- 2 tbsp olive oil
- One red bell pepper (diced)
- One yellow bell pepper (diced)
- One zucchini (diced)
- One red onion (diced)
- Salt and pepper to taste

Basil Sauce:

- 1 cup fresh basil
- 2 tbsp olive oil
- One garlic clove
- 1 tbsp lemon juice
- Salt and pepper to taste

Instructions:

1. Preheat the oven to 200°C (400°F).
2. Spread the diced vegetables on a baking sheet, drizzle with 1 tbsp olive oil and season with salt and pepper. Roast in the oven for 20 minutes.
3. Blend basil, olive oil, garlic, and lemon juice. Season with salt and pepper to taste.
4. Heat the olive oil over medium heat in a large skillet.
5. Sear the sea bass fillets on each side for 4-5 minutes until golden brown and cooked through.
6. Plate the cooked sea bass fillets, add the roasted vegetables, and drizzle with basil sauce.

Tuna in Teriyaki Sauce with Pineapple



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
10 minutes

Nutritional Information (per serving):

Calories: 320. Protein: 30 g. Fat: 12 g. Carbohydrates: 22 g.

Ingredients:

- Four tuna steaks (150g each)
- 1 cup pineapple (diced)
- 1/4 cup teriyaki sauce
- 2 tbsp soy sauce
- 1 tbsp honey
- 1 tbsp rice vinegar
- Two garlic cloves (minced)
- 1 tsp grated ginger
- 2 tbsp olive oil
- Fresh cilantro for garnish
- Salt and pepper to taste

Instructions:

1. Mix the teriyaki sauce, soy sauce, honey, rice vinegar, minced garlic, and grated ginger in a bowl.
2. Marinate the tuna steaks in the mixture for 10 minutes.
3. Heat the olive oil in a large skillet over medium heat.
4. Sear the tuna steaks for 3-4 minutes on each side to the desired doneness.
5. In the same skillet, cook the pineapple until caramelized, about 2 minutes.
6. Plate the tuna steaks, top with caramelized pineapple, and drizzle with the remaining marinade.
7. Garnish with fresh cilantro and serve.

Zander with Garlic Sauce and Spinach



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
20 minutes

Nutritional Information (per serving):

Calories: 280. Protein: 25 g. Fat: 18 g. Carbohydrates: 5 g.

Ingredients:

- Four pike perch fillets
- 3 tbsp olive oil
- Four garlic cloves (minced)
- 200 g fresh spinach
- 1/2 cup chicken broth
- 1/4 cup cream
- Salt and pepper to taste
- Lemon wedges for serving

Instructions:

1. Heat 2 tbsp of olive oil in a large skillet over medium heat.
2. Season the pike perch fillets with salt and pepper.
3. Cook for 4-5 minutes on each side until golden and cooked through. Transfer to a plate.
4. In the same skillet, add the remaining 1 tbsp of olive oil and minced garlic. Cook for 1-2 minutes until fragrant.
5. Add the chicken broth and cream, bringing to a boil. Reduce the heat and simmer for 3-4 minutes until the sauce thickens.
6. Add the fresh spinach and cook for 2-3 minutes until wilted.
7. Return the pike perch fillets to the skillet, warming them in the sauce for 1-2 minutes.
8. Serve the pike perch with garlic sauce and spinach, garnished with lemon wedges.

Crab Meat in Creamy Sauce



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
20 minutes

Nutritional Information (per serving):

Calories: 350.

Protein: 25 g.

Fat: 25 g.

Carbohydrates: 5 g.

Ingredients:

- 500 g crab meat or crab sticks
- 2 tbsp butter
- one onion, finely chopped
- two garlic cloves, minced
- 1/2 cup dry white wine
- 1 cup cream
- 1 tbsp lemon juice
- Salt and pepper to taste
- Fresh parsley for garnish

Instructions:

1. Melt the butter in a large skillet over medium heat. Add the finely chopped onion and minced garlic, sautéing for 2-3 minutes until soft.
2. Pour in the dry white wine and cook for 2-3 minutes until the alcohol evaporates.
3. Add the crab meat or sticks to the skillet and cook for 3-4 minutes until heated.
4. Stir in the cream and lemon juice, seasoning with salt and pepper to taste. Simmer for another 5-7 minutes until the sauce thickens and the crab is tender.
5. Serve the crab meat in creamy sauce garnished with fresh parsley.

Seafood Stuffed Bell Peppers



YIELD:
4 servings



PREP TIME:
20 minutes



COOK TIME:
35 minutes

Nutritional Information (per serving):

Calories: 280.

Protein: 18 g. Fat: 12 g.

Carbohydrates: 22 g.

Fiber: 4 g. Sugars: 7 g.

Ingredients:

- Four large bell peppers (any color)
- 200 g fresh crabmeat or shrimp, chopped
- 100 g cooked rice
- One small onion, finely chopped
- Two cloves garlic, minced
- 1 cup shredded mozzarella cheese
- 1/4 cup chopped fresh parsley
- 1 tbsp olive oil
- 1/2 tsp paprika
- Salt and black pepper to taste
- 1/2 cup tomato sauce

Instructions:

1. Preheat the oven to 180°C (350°F). Cut the tops off the bell peppers and remove the seeds and membranes.
2. In a skillet, heat olive oil over medium heat. Add the onion and garlic, and sauté until softened.
3. Add the chopped crab meat or shrimp to the skillet and cook until opaque.
4. Combine the cooked rice, seafood mixture, mozzarella cheese, parsley, paprika, salt, and pepper in a bowl.
5. Stuff each bell pepper with the mixture, pressing down gently to pack it in.
6. Place the stuffed peppers in a baking dish and spoon tomato sauce over the tops.
7. Bake in the oven for 30-35 minutes or until the peppers are tender and the filling is heated.

Cod with Lemon Sauce and Garlic



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
20 minutes

Nutritional Information (per serving):

Calories: 250.
Protein: 30 g.
Fat: 10 g.
Carbohydrates: 5 g.
Fiber: 1 g.
Sugars: 2 g.

Ingredients:

- Four cod fillets (150-200 g each)
- 2 tbsp olive oil
- Three cloves garlic, minced
- Juice and zest of one lemon
- 1/2 cup white wine (optional)
- 2 tbsp chopped fresh parsley
- Salt and black pepper to taste

Instructions:

1. Preheat the oven to 180°C (350°F). Grease a baking dish with olive oil.
2. Heat the olive oil in a small skillet over medium heat. Add the garlic and cook until golden, about 1-2 minutes.
3. Pour in the lemon juice and add the white wine (if using) to the skillet with the garlic. Cook for 2-3 minutes, until the sauce slightly reduces.
4. Season the cod fillets with salt and black pepper. Please place them in the prepared baking dish.
5. Drizzle the prepared lemon sauce over the cod.
6. Bake in the preheated oven for 15-20 minutes until the fish flakes easily with a fork and is cooked.
7. Before serving, sprinkle the dish with chopped fresh parsley.

Shrimp in Coconut and Chili Sauce



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
20 minutes

Nutritional Information (per serving):

Calories: 300.
Protein: 25 g.
Fat: 20 g.
Carbohydrates: 12 g.
Fiber: 2 g. Sugars: 8 g.

Ingredients:

- 500 g large shrimp, peeled and deveined
- 1 tbsp vegetable oil
- One onion, finely chopped
- Two cloves garlic, minced
- 1-2 red chilies, finely chopped (to taste)
- One can (400 ml) coconut milk
- 1 tbsp fish sauce
- 1 tbsp brown sugar
- Juice of 1 lime
- Fresh cilantro for garnish
- Salt and black pepper to taste

Instructions:

1. Heat the vegetable oil in a pan over medium heat. Add the onion and cook until softened about 5 minutes.
2. Add the garlic and chilies to the pan and cook for another 1-2 minutes until fragrant.
3. Pour in the coconut milk and bring to a boil. Stir in the fish sauce and brown sugar. Simmer for 5 minutes to slightly thicken the sauce.
4. Add the shrimp to the pan and cook for 5-7 minutes until they are pink and cooked through.
5. Stir in the lime juice and season with salt and black pepper to taste.
6. Garnish with fresh cilantro before serving.

Try these recipes to discover new flavors and enhance your culinary skills. I hope each dish brings you joy and satisfaction and makes you proud of your culinary achievements. Enjoy and bon appétit!

CHAPTER

6

Pasta and Rice Dishes



This chapter presents a variety of delicious pasta and rice recipes that feature seafood, bringing the flavors of the sea to your dining table.

Linguine with Mussels and Wine



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
20 minutes

Nutritional Information (per serving):

Calories: 450.

Protein: 25 g. Fat: 10 g.

Carbohydrates: 60 g.

Ingredients:

- 400 g linguine
- 1 kg mussels
- 2 tbsp olive oil
- Two garlic cloves (minced)
- 1 cup white wine
- 1 tsp red chili pepper (optional)
- Salt and pepper to taste
- Fresh parsley for garnish

Instructions:

1. Cook linguine according to package instructions until al dente.
2. In a large skillet, heat olive oil over medium heat. Add garlic and set until golden.
3. Add mussels and pour in white wine. Cover and cook until the mussels open, about 5-7 minutes.
4. Add red chili pepper, salt, and pepper to taste. Stir well.
5. Add the cooked pasta to the skillet with the mussels and mix thoroughly.
6. Garnish with fresh parsley before serving.

Pasta with Shrimp, Avocado, and Cherry Tomatoes



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
15 minutes

Nutritional Information (per serving):

Calories: 480.

Protein: 28 g. Fat: 18 g.

Carbohydrates: 54 g.

Ingredients:

- 400 g pasta (spaghetti or fettuccine)
- 500 g shrimp (peeled and deveined)
- One avocado (diced)
- 200 g cherry tomatoes (halved)
- 2 tbsp olive oil
- Two garlic cloves (minced)
- Juice of 1 lemon
- Salt and pepper to taste
- Fresh basil for garnish

Instructions:

1. Cook the pasta according to package instructions until al dente.
2. In a large skillet, heat olive oil over medium heat. Add garlic and set until golden.
3. Add shrimp and cook for about 3-5 minutes.
4. Add avocado and cherry tomatoes, and cook for another 2 minutes.
5. Add the pasta to the skillet, pour lemon juice, and season with salt and pepper. Mix well.
6. Garnish with fresh basil before serving.

Spaghetti with Seafood in White Wine Sauce



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
20 minutes

Nutritional Information (per serving):

Calories: 450.

Protein: 28 g.

Fat: 10 g.

Carbohydrates: 55 g.

Ingredients:

- 400 g spaghetti
- 200 g mussels
- 200 g shrimp
- 200 g calamari (sliced into rings)
- Three garlic cloves (minced)
- 1 cup white wine
- 1 cup fish broth
- 2 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste
- Fresh parsley for garnish

Instructions:

1. In a large pot, bring salted water to a boil and cook the spaghetti until al dente.
2. Drain and set aside.
3. Heat the olive oil over medium heat in a large skillet. Add the minced garlic and set until golden.
4. Add the mussels, shrimp, and calamari to the skillet. Cook, stirring, until the seafood turns pink.
5. Pour the white wine and fish broth into the skillet, boil, and cook over medium heat until the sauce reduces.
6. Add lemon juice, salt, and pepper to taste.
7. Add the cooked spaghetti to the skillet with the sauce and seafood. Toss well to coat the pasta with the sauce.
8. Serve, garnished with fresh parsley.

Ravioli with Crab and Lemon Butter



YIELD:
4 servings



PREP TIME:
30 minutes



COOK TIME:
10 minutes

Nutritional Information (per serving):

Calories: 480.

Protein: 20 g. Fat: 20 g.

Carbohydrates: 35 g.

Ingredients:

- 400 g crab ravioli (homemade or store-bought)
- One lemon (zest and juice)
- 100 g butter
- Two garlic cloves (minced)
- Salt and pepper to taste
- Fresh parsley for garnish

Instructions:

1. Bring salted water to a boil in a large pot and cook the ravioli until al dente. Drain and set aside.
2. In a skillet over medium heat, melt the butter.
3. Add the minced garlic and set until golden.
4. Add lemon zest and juice to the skillet, stir, and cook for another 1-2 minutes.
5. Add the cooked ravioli to the skillet with the lemon-garlic butter. Toss well to coat the ravioli with the sauce.
6. Season with salt and pepper to taste.
7. Serve, garnished with fresh parsley.

Pasta with Salmon and Spinach in Cream Sauce



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
20 minutes

Nutritional Information (per serving):

Calories: 620.
Protein: 30 g.
Fat: 35 g.
Carbohydrates: 50 g.

Ingredients:

- 300 g pasta (fettuccine or penne)
- 300 g salmon fillet (cut into cubes)
- 200 g fresh spinach
- 200 ml cream (20% fat)
- 2 tbsp olive oil
- One small onion (finely chopped)
- Two garlic cloves (minced)
- Salt and pepper to taste
- Juice of half a lemon
- Parmesan cheese for serving

Instructions:

1. Bring salted water to a boil in a large pot and cook the pasta until al dente. Drain and set aside.
2. In a skillet over medium heat, heat the olive oil. Add the onion and garlic, and set until soft.
3. Add the salmon cubes to the skillet and cook for 5-7 minutes until the fish is pink and cooked through.
4. Add the spinach and cook until it wilts.
5. Pour the cream into the skillet, add lemon juice, salt, and pepper, and bring to a boil. Simmer for 3-5 minutes.
6. Add the cooked pasta to the skillet and mix well to coat with the sauce.
7. Serve the pasta topped with grated Parmesan cheese.

Paella with Mussels, Calamari, and Red Pepper



YIELD:
4 servings



PREP TIME:
20 minutes



COOK TIME:
40 minutes

Nutritional Information (per serving):

Calories: 420.
Protein: 25 g. Fat: 10 g.
Carbohydrates: 50 g.

Ingredients:

- 1 cup paella rice (Arborio or Bomba)
- 200 g mussels (cleaned and rinsed)
- 200 g squid (cut into rings)
- One red bell pepper (diced)
- One small onion (finely chopped)
- Two garlic cloves (minced)
- 2 tbsp olive oil
- 1 cup chicken or fish broth
- 1 cup dry white wine
- 1 tsp paprika
- Pinch of saffron
- Salt and pepper to taste
- Fresh parsley for garnish
- Lemon wedges for serving

Instructions:

1. Heat the olive oil over medium heat in a large paella pan or wide skillet.
2. Add the onion and garlic, and set until soft.
3. Add the red pepper and set for another 5 minutes.
4. Add the rice and stir to coat with the oil.
5. Pour in the wine and let it evaporate over medium heat.
6. Add the broth, paprika, saffron, salt, and pepper. Bring to a boil.
7. Reduce the heat to medium, add the squid and mussels, and cook for about 20 minutes until the rice is tender and has absorbed all the liquid.
8. When the paella is ready, garnish with fresh parsley and serve with lemon wedges.

Risotto with Scallops and Saffron



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
30 minutes

Nutritional Information (per serving):

Calories: 500.
Protein: 25 g.
Fat: 18 g.
Carbohydrates: 50 g.

Ingredients:

- 200 g scallops
- 1 cup risotto rice (Arborio)
- One small onion (chopped)
- Two garlic cloves (minced)
- 2 tbsp olive oil
- 1 cup dry white wine
- 4 cups chicken or fish broth (hot)
- Pinch of saffron
- 1/2 cup grated Parmesan cheese
- 2 tbsp butter
- Salt and pepper to taste
- Fresh parsley for garnish

Instructions:

1. Mix the saffron with hot water in a small bowl and let it steep.
2. Heat the olive oil in a large skillet over medium heat. Add the onion and garlic, and set until soft.
3. Add the rice and stir to coat with the oil.
4. Pour in the wine and let it evaporate, stirring.
5. Add the saffron-infused water, then gradually add the broth one ladle at a time, stirring constantly to allow the liquid to be absorbed before adding the next ladle.
6. Add the Parmesan and butter when the rice is al dente and creamy (about 18-20 minutes). Season with salt and pepper to taste.
7. Heat olive oil in a separate pan and sear the scallops on each side for 2-3 minutes until golden.
8. Plate the risotto, top with the seared scallops, and garnish with fresh parsley.

Spaghetti with Octopus and Tomato Sauce



YIELD:
4 servings



PREP TIME:
20 minutes



COOK TIME:
40 minutes

Nutritional Information (per serving):

Calories: 450.
Protein: 30 g.
Fat: 10 g.
Carbohydrates: 60 g.

Ingredients:

- 400 g spaghetti
- 500 g octopus (cleaned and cut into pieces)
- One onion (finely chopped)
- Three garlic cloves (minced)
- 400 g tomato sauce (or chopped tomatoes)
- 1/2 cup dry white wine
- 3 tbsp olive oil
- 1 tsp dried oregano
- 1/2 tsp red pepper flakes (optional)
- Salt and pepper to taste
- Fresh basil for garnish

Instructions:

1. In a large pot, bring salted water to a boil. Cook the spaghetti until al dente per the package instructions, then drain and set aside.
2. Heat the olive oil in a large skillet over medium heat.
3. Add the onion and garlic, and cook until soft and golden.
4. Add the chopped octopus and set for 5-7 minutes.
5. Pour in the white wine and let it evaporate, stirring.
6. Add the tomato sauce, oregano, and red pepper flakes. Reduce the heat and simmer the sauce for 25-30 minutes until the octopus is tender.
7. Season with salt and pepper to taste. Toss the cooked spaghetti in the sauce and mix well.
8. Serve the spaghetti with octopus, garnished with fresh basil.

Pasta with Sea Bass and Zucchini in Garlic Sauce



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
25 minutes

Nutritional Information (per serving):

Calories: 420.
Protein: 28 g.
Fat: 14 g.
Carbohydrates: 45 g.

Ingredients:

- 400 g pasta (such as penne or fettuccine)
- 400 g sea bass fillet (cut into cubes)
- Two small zucchinis (sliced into half-moons)
- Four garlic cloves (minced)
- 3 tbsp olive oil
- 1/2 cup dry white wine
- 1/2 cup chicken broth
- Juice of 1 lemon
- Salt and pepper to taste
- Fresh parsley for garnish

Instructions:

1. In a large pot, bring salted water to a boil. Cook the pasta according to the package instructions until it is al dente. Drain the pasta and set it aside.
2. Heat the olive oil in a large skillet over medium heat. Add the minced garlic and cook until golden.
3. Add the sea bass cubes and set for 5-7 minutes until the fish is opaque and browned.
4. Add the sliced zucchini and set for another 3-4 minutes until tender.
5. Add the white wine and chicken broth, boil, and reduce the heat. Simmer the sauce for 5 minutes until it reduces.
6. Add the lemon juice, salt, and pepper to taste.
7. Toss the cooked pasta in the sauce and mix well.
8. Serve the pasta with sea bass and zucchini, garnished with fresh parsley.

Risotto with Mussels and Seaweed



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
30 minutes

Nutritional Information (per serving):

Calories: 380.
Protein: 20 g.
Fat: 10 g.
Carbohydrates: 45 g.

Ingredients:

- 1 cup arborio rice
- 500 g (1.1 lbs) mussels in shells (cleaned)
- 2 tbsp dried seaweed (chopped)
- One shallot (finely chopped)
- Two garlic cloves (minced)
- 1/2 cup white wine
- 4 cups fish broth (heated)
- 2 tbsp olive oil
- 1/2 cup grated Parmesan cheese
- Salt and pepper to taste
- Fresh herbs for garnish

Instructions:

1. In a large pan, heat olive oil over medium heat. Add shallot and garlic, and set until softened about 3 minutes.
2. Add rice and cook, stirring, until it becomes translucent, about 2 minutes.
3. Pour in the white wine and cook until the liquid evaporates, about 1-2 minutes.
4. Add the fish broth one ladle at a time, stirring until the rice absorbs the liquid before adding the next ladle. Continue this process until the rice is al dente, about 18-20 minutes.
5. Add mussels and seaweed in the last 5 minutes of cooking, allowing them to cook and absorb the flavors.
6. Remove from heat, then stir in the grated Parmesan cheese. Season with salt and pepper to taste.
7. Serve hot, garnished with fresh herbs.

Linguine with Tuna and Capers



YIELD:
4 servings



PREP TIME:
10 minutes



COOK TIME:
15 minutes

Nutritional Information (per serving):

Calories: 420.
Protein: 25 g.
Fat: 18 g.
Carbohydrates: 45 g.

Ingredients:

- 300 g (10.5 oz) linguine
- Two cans of tuna in water (drained)
- 2 tbsp capers (drained)
- Two garlic cloves (minced)
- One small onion (chopped)
- 1/4 cup olive oil
- Juice of 1 lemon
- 1/4 cup chopped fresh parsley
- Salt and pepper to taste

Instructions:

1. In a large pot, bring salted water to a boil. Cook the linguine until al dente, according to the package instructions. Drain, reserving some pasta water.
2. Heat olive oil over medium heat in a large pan.
3. Add minced garlic and chopped onion and set aside until softened, about 3 minutes.
4. Add the drained tuna and capers to the pan, stir well, and cook for 2-3 minutes.
5. Add the cooked linguine to the pan and toss the tuna and capers well. If the pasta seems too dry, add some reserved pasta water.
6. Remove from heat, then add lemon juice and chopped parsley. Season with salt and pepper to taste.
7. Serve immediately.

Fettuccine with Cod and Broccoli in Lemon Sauce



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
20 minutes

Nutritional Information (per serving):

Calories: 420.
Protein: 30 g.
Fat: 18 g.
Carbohydrates: 40 g.

Ingredients:

- 300 g fettuccine
- 400 g cod fillet (cut into pieces)
- 200 g broccoli (divided into florets)
- 2 tbsp olive oil
- Two garlic cloves (minced)
- One lemon (juice and zest)
- 100 ml cream
- Salt and pepper to taste
- Fresh parsley for garnish

Instructions:

1. Cook the fettuccine in salted water according to the package instructions until al dente. Drain and set aside.
2. Heat the olive oil over medium heat in a large skillet.
3. Add the minced garlic and set until golden.
4. Add the cod pieces to the skillet and cook, stirring, for 5-7 minutes until done.
5. In a separate pot, boil the broccoli in salted water for 3-4 minutes until tender.
6. Drain and add the broccoli to the skillet with the cod.
7. Pour in the lemon juice, and add the zest and cream to the skillet.
8. Season with salt and pepper to taste. Cook for another 2-3 minutes until the sauce is smooth.
9. Add the fettuccine to the skillet and toss well to coat the pasta with the sauce.
10. Serve the pasta garnished with fresh parsley.

Pasta with Lobster and Creamy Tomato Sauce



YIELD:
4 servings



PREP TIME:
20 minutes



COOK TIME:
25 minutes

Nutritional Information (per serving):

Calories: 550.
Protein: 35 g.
Fat: 25 g.
Carbohydrates: 45 g.
Fiber: 4 g.
Sugars: 6 g.

Ingredients:

- 400 g pasta (fettuccine or linguine)
- Two lobsters (about 500 g each), pre-cooked and shelled
- 2 tbsp olive oil
- One onion, finely chopped
- Three garlic cloves, minced
- 400 g canned tomatoes (crushed)
- 200 ml cream (20-30% fat)
- 1 tsp tomato paste
- Juice of 1 lemon
- Salt and black pepper to taste
- Fresh basil or parsley for garnish

Instructions:

1. According to the package instructions, cook the pasta in a large pot of salted water until al dente. Drain and set aside.
2. Heat the olive oil over medium heat in a large skillet. Add the onion and cook until soft, about 5 minutes.
3. Add the garlic and cook for another 1-2 minutes until fragrant.
4. Stir in the crushed tomatoes and tomato paste. Cook over medium heat for 10 minutes to thicken the sauce.
5. Add the cream and bring to a gentle boil. Simmer for 5 minutes, stirring occasionally.
6. Add the lobster pieces and lemon juice to the sauce and season with salt and pepper to taste. Cook for another 2-3 minutes until the lobster is heated through.
7. Toss the pasta with the sauce in the skillet until well combined.
8. Serve the pasta garnished with fresh basil or parsley.

Tagliatelle with Clams and White Wine



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
20 minutes

Nutritional Information (per serving):

Calories: 450.
Protein: 25 g.
Fat: 15 g.
Carbohydrates: 55 g.
Fiber: 3 g.
Sugars: 2 g.

Ingredients:

- 400 g tagliatelle
- 1 kg of clams (such as littlenecks or Manila clams) and mussels were cleaned.
- 3 tbsp olive oil
- Three garlic cloves, minced
- One red chili, finely chopped (optional)
- 200 ml dry white wine
- One lemon, juice, and zest
- Salt and black pepper to taste
- Fresh parsley for garnish

Instructions:

1. Following the package instructions, cook the tagliatelle in a large pot of salted water until it reaches the perfect al dente texture. Remember to reserve some pasta water.
2. In a large skillet, heat the olive oil over medium heat. If using, add the garlic and chili, and cook for 1-2 minutes until fragrant.
3. Now, pour in the white wine and let the aroma fill your kitchen as it comes to a boil.
4. Cook for 3-4 minutes until the wine slightly reduces, intensifying the flavors.
5. Add the clams to the skillet, cover, and cook for 5-7 minutes until they open. Discard any clams that do not open.
6. Toss the tagliatelle in the skillet with the clams, lemon juice, and zest. If needed, add some reserved pasta water for the desired consistency.
7. Season with salt and black pepper to taste. Serve garnished with fresh parsley.

Sauces and Marinades



Sauces are the secret to a world of culinary variety. They add an extraordinary elegance to the finished dishes and complete the flavor profile. They create a spectrum of tastes and textures, whether light and refreshing or creamy. With sauces, you can balance the flavor of a dish by adding acidity, sweetness, or spiciness, opening up a whole new world of culinary possibilities.

This chapter will present classic sauces, marinades, and more unusual recipes that will give your dishes a unique and original taste.

Lemon-Garlic Sauce



YIELD:
4 servings



PREP TIME:
10 minutes



COOK TIME:
0 minutes

Ingredients:

- Two garlic cloves (minced)
- 1/4 cup lemon juice
- 1/4 cup olive oil
- One teaspoon honey
- Salt and pepper to taste
- Fresh herbs (parsley or dill) for garnish

Instructions:

1. Mix minced garlic, lemon juice, and honey in a small bowl.
2. Slowly add olive oil while continuously stirring to emulsify the sauce.
3. Season with salt and pepper to taste.
4. Serve fresh, garnished with herbs.

Nutritional Information (per serving):

Calories: 120.

Protein: 1 g. Fat: 12 g.

Teriyaki Sauce



YIELD:
1 cup



PREP TIME:
5 minutes



COOK TIME:
10 minutes

Ingredients:

- 1/2 cup soy sauce
- 1/4 cup mirin (sweet rice wine)
- 1/4 cup sake
- 1/4 cup brown sugar
- Two tablespoons honey
- Two garlic cloves (minced)
- One teaspoon of fresh ginger (grated)
- One tablespoon cornstarch
- Two tablespoons water

Instructions:

1. Combine soy sauce, mirin, sake, brown sugar, honey, minced garlic, and grated ginger in a saucepan and cook on medium heat.
2. Heat the mixture, stirring until the sugar dissolves.
3. In a small bowl, mix cornstarch with water until smooth.
4. Add the cornstarch mixture to the saucepan, stirring.
5. Continue cooking the sauce for 2-3 minutes until thickening.
6. Remove from heat and let cool before using.
7. Store in an airtight container in the refrigerator for up to 2 weeks.

Nutritional Information (per tablespoon):

Calories: 35.

Protein: 1 g.

Fat: 0 g.

Carbohydrates: 8 g.

Tartar Sauce



YIELD:
1 cup



PREP TIME:
10 minutes



COOK TIME:
0 minutes

Nutritional Information (per tablespoon):

Calories: 50.

Protein: 0.5 g.

Fat: 5 g.

Carbohydrates: 1 g.

Ingredients:

- Cup mayonnaise
- Two tablespoons of Dijon mustard
- Two tablespoons of lemon juice
- One tablespoon capers (chopped)
- One tablespoon pickles (chopped)
- One tablespoon of fresh parsley (chopped)
- One small shallot (finely chopped) Salt and pepper to taste

Instructions:

1. In a bowl, combine mayonnaise, Dijon mustard, and lemon juice.
2. Add chopped capers, pickles, parsley, and finely chopped shallot. Mix well.
3. Season with salt and pepper to taste.
4. Refrigerate for at least 30 minutes to allow flavors to meld.
5. Serve chilled with fish or seafood.

Dill and Yogurt Sauce



YIELD:
1 cup



PREP TIME:
10 minutes



COOK TIME:
0 minutes

Nutritional Information (per serving):

Calories: 25.

Protein: 3 g.

Fat: 1 g.

Carbohydrates: 2 g.

Ingredients:

- 1 cup Greek yogurt
- Two tablespoons fresh dill, finely chopped
- One garlic clove, minced
- One tablespoon of lemon juice
- Salt and pepper to taste

Instructions:

1. Combine Greek yogurt, finely chopped dill, and minced garlic in a bowl.
2. Add lemon juice, salt, and pepper. Mix well.
3. Chill the sauce in the refrigerator for at least 30 minutes before serving to allow the flavors to meld.

Ginger-Honey Marinade



YIELD:
1 cup



PREP TIME:
10 minutes



COOK TIME:
0 minutes

Nutritional Information (per serving):

Calories: 40. Protein: 1 g.
Fat: 2 g.
Carbohydrates: 8 g.

Ingredients:

- 1/4 cup soy sauce
- 1/4 cup honey
- Two tablespoons of rice vinegar
- Two tablespoons of olive oil
- One tablespoon of fresh ginger, grated
- Two garlic cloves, minced
- 1/2 teaspoon black pepper

Instructions:

1. Combine soy sauce, honey, rice vinegar, and olive oil in a bowl.
2. Add grated ginger, minced garlic, and black pepper. Mix well.
3. Use the marinade for fish or seafood, allowing them to marinate for at least 30 minutes before cooking.

Pesto Sauce



YIELD:
1 cup



PREP TIME:
10 minutes



COOK TIME:
0 minutes

Nutritional Information (per serving, two tablespoons):

Calories: 200.
Protein: 3 g. Fat: 20 g.
Carbohydrates: 2 g.

Ingredients:

- 1.2 cups fresh basil leaves
- 1/2 cup grated Parmesan cheese
- 1/2 cup olive oil
- 1/3 cup pine nuts
- Two garlic cloves
- Salt and pepper to taste

Instructions:

1. Blend basil leaves, grated Parmesan cheese, pine nuts, and garlic in a 2. blender or food processor.
2. Turn on the blender and add olive oil until the mixture is smooth.
3. Add salt and pepper to taste, and blend again.
4. Transfer the sauce to an airtight container and store it in the refrigerator until ready to use.

Mango and Cilantro Sauce



YIELD:
1 cup



PREP TIME:
10 minutes



COOK TIME:
0 minutes

Nutritional Information (per serving, two tablespoons):

Calories: 25.

Protein: 0.5 g. Fat: 0.2 g.

Carbohydrates: 6 g.

Ingredients:

- One ripe mango, peeled and diced
- 1/4 cup fresh cilantro, chopped
- 1/4 cup red onion, chopped
- One tablespoon of fresh lime juice
- One small jalapeño, seeded and chopped (optional)
- Salt and pepper to taste

Instructions:

1. In a bowl, combine diced mango, cilantro, red onion, and jalapeño (if using).
2. Add fresh lime juice, salt, and pepper to taste. Mix well.
3. Serve or chill in the refrigerator until ready to serve.

Olive and Caper Sauce



YIELD:
1 cup



PREP TIME:
10 minutes



COOK TIME:
0 minutes

Nutritional Information (per serving, 2 tablespoons):

Calories: 90.

Protein: 0.5 g. Fat: 9 g.

Carbohydrates: 1 g.

Ingredients:

- 1/2 cup green olives, chopped
- 2 tablespoons capers, rinsed and chopped
- 1/4 cup olive oil
- 1 tablespoon lemon juice
- 1 garlic clove, minced
- 1/4 teaspoon black pepper
- 1/4 teaspoon dried oregano

Instructions:

1. Combine the chopped green olives, capers, minced garlic, and dried oregano in a bowl.
2. Add olive oil and lemon juice and mix.
3. Season with black pepper to taste. Mix again.
4. Serve or store in the refrigerator until ready to use.

Orange-Ginger Marinade



YIELD:
1 cup



PREP TIME:
10 minutes



COOK TIME:
0 minutes

Nutritional Information (per serving, two tablespoons):

Calories: 45.
Protein: 0.5 g. Fat: 2 g.
Carbohydrates: 7 g.

Ingredients:

- 1/2 cup orange juice (squeezed)
- 1/4 cup soy sauce
- Two tablespoons honey
- Two tablespoons of olive oil
- One tablespoon of fresh ginger, grated
- Two garlic cloves, minced
- 1/2 teaspoon black pepper

Instructions:

1. Combine orange juice, soy sauce, honey, and olive oil in a bowl.
2. Add grated ginger and minced garlic.
3. Season with black pepper and mix.
4. Use the marinade for fish or seafood, allowing them to marinate for at least 30 minutes before cooking.

Avocado and Lime Sauce



YIELD:
1 cup



PREP TIME:
10 minutes



COOK TIME:
0 minutes

Nutritional Information (per serving, two tablespoons):

Calories: 60. Protein: 1 g.
Fat: 5 g.
Carbohydrates: 3 g.

Ingredients:

- Two ripe avocados
- 1/4 cup fresh lime juice
- 1/4 cup Greek yogurt
- One garlic clove, minced
- 1/4 cup fresh cilantro, chopped
- Salt and pepper to taste

Instructions:

1. Blend or process avocados, fresh lime juice, Greek yogurt, and minced garlic in a food processor.
2. Add chopped cilantro, salt, and pepper to taste. Blend until smooth.
3. Serve or chill in the refrigerator until ready to serve.

White Wine and Cream Sauce



YIELD:
1 cup



PREP TIME:
5 minutes



COOK TIME:
10 minutes

Nutritional Information (per serving, two tablespoons):

Calories: 80. Protein: 1 g.
Fat: 7 g.
Carbohydrates: 2 g.

Ingredients:

- 1/2 cup dry white wine
- 1/2 cup heavy cream (33-35%)
- One tablespoon of olive oil
- One small onion, chopped
- Two garlic cloves, minced
- 1/2 teaspoon dried thyme
- Salt and pepper to taste

Instructions:

1. In a small saucepan, heat olive oil over medium heat.
2. Add chopped onion and cook until translucent, about 3-4 minutes.
3. Add minced garlic and cook for another minute.
4. Pour white wine into the saucepan, boil it, and reduce the heat. Simmer until the wine is reduced by half.
5. Add heavy cream and dried thyme, stir, and bring to a light simmer.
6. Cook until the sauce thickens, about 5 minutes.
7. Season with salt and pepper to taste.

Thai Chili and Lime Sauce



YIELD:
1 cup



PREP TIME:
5 minutes



COOK TIME:
0 minutes

Nutritional Information (per serving, two tablespoons):

Calories: 30. Protein: 1 g.
Fat: 0.5 g.
Carbohydrates: 6 g.

Ingredients:

- 1/4 cup soy sauce
- 1/4 cup fresh lime juice
- Two tablespoons honey
- Two tablespoons of chili sauce
- One garlic clove, minced
- One tablespoon of fresh ginger, grated
- 1/2 teaspoon sesame oil (optional)

Instructions:

1. Combine soy sauce, lime juice, and honey in a small bowl.
2. Add chili sauce, minced garlic, and grated ginger.
3. Stir in sesame oil. Mix well.
4. Serve or chill in the refrigerator until ready to use.

Caesar Sauce for Fish



YIELD:
1 cup



PREP TIME:
10 minutes



COOK TIME:
0 minutes

Nutritional Information (per serving, two tablespoons):

Calories: 85.
Protein: 2 g. Fat: 8 g.
Carbohydrates: 1 g.

Ingredients:

- 1/2 cup mayonnaise
- 1/4 cup grated Parmesan cheese
- Two tablespoons of fresh lemon juice
- One tablespoon of anchovy paste
- One garlic clove, minced
- 1/2 teaspoon Dijon mustard
- Salt and pepper to taste

Instructions:

1. Combine mayonnaise, grated Parmesan cheese, lemon juice, and anchovy paste in a bowl.
2. Add minced garlic and Dijon mustard and mix well.
3. Season with salt and pepper to taste.
4. Serve or chill in the refrigerator until ready to use.

Honey-Mustard Sauce with Rosemary



YIELD:
1 cup



PREP TIME:
5 minutes



COOK TIME:
0 minutes

Nutritional Information (per serving, two tablespoons):

Calories: 55.
Protein: 0.5 g. Fat: 2 g.
Carbohydrates: 9 g.

Ingredients:

- 1/4 cup honey
- 1/4 cup Dijon mustard
- Two tablespoons of olive oil
- One tablespoon of fresh rosemary chopped
- One tablespoon of apple cider vinegar
- Salt and pepper to taste

Instructions:

1. Mix honey and Dijon mustard until smooth in a small bowl.
2. Whisk in olive oil.
3. Add chopped rosemary and apple cider vinegar.
4. Season with salt and pepper to taste. Mix well.
5. Serve or chill in the refrigerator until ready to use.

Cranberry Sauce for Fish



YIELD:
1 cup



PREP TIME:
5 minutes



COOK TIME:
15 minutes

Nutritional Information (per serving, two tablespoons):

Calories: 50.
Protein: 0.5 g. Fat: 0 g.
Carbohydrates: 12 g.

Ingredients:

- 1 cup fresh or frozen cranberries
- 1/2 cup freshly squeezed orange juice
- 1/4 cup sugar (adjust to taste)
- One tablespoon of honey or maple syrup
- 1/4 teaspoon fresh thyme, chopped (optional)
- A pinch of salt

Instructions:

1. Combine the cranberries, orange juice, and sugar in a small saucepan.
2. Place the saucepan over medium heat and bring the mixture to a simmer. Cook, stirring occasionally, until the cranberries start to burst and the sauce thickens, about 10-15 minutes.
3. Remove from heat and stir in the honey (or maple syrup) and a pinch of salt. If using, add the chopped thyme.
4. Let the sauce cool slightly before serving. The sauce will thicken as it cools.
5. Serve warm or at room temperature with your favorite fish, such as baked or grilled salmon.

Lingonberry Sauce for Fish



YIELD:
1 cup



PREP TIME:
5 minutes



COOK TIME:
15 minutes

Nutritional Information (per serving, two tablespoons):

Calories: 45.
Protein: 0.5 g. Fat: 0 g.
Carbohydrates: 11 g.

Ingredients:

- 1 cup fresh or frozen lingonberries
- 1/4 cup red wine or balsamic vinegar
- 1/4 cup sugar (adjust to taste)
- 1 small shallot, finely chopped
- 1/4 teaspoon cinnamon
- A pinch of salt

Instructions:

1. In a small saucepan over medium heat, sauté the shallot until softened.
2. Add the lingonberries and sugar, then pour in the red wine or balsamic vinegar. Cook the mixture over medium heat, stirring occasionally, until the berries burst and the sauce thickens, about 10-15 minutes.
3. Mix well in the cinnamon and a pinch of salt.
4. Let the sauce cool slightly before serving. The sauce will thicken as it cools.
5. Serve warm or at room temperature with your favorite fish, such as baked salmon or cod.

CHAPTER

8

Special Occasion Dishes



Can any celebration be complete without an awe-inspiring dish that captivates your guests and serves as the focal point? This chapter is dedicated to recipes ideal for special occasions, such as family gatherings, important events, or parties with friends. These dishes are elegant, delicious, and simple to prepare, ensuring you can fully partake in the festivities without being stuck in the kitchen. Indulge in exquisite flavors and create an unforgettable atmosphere with these festive recipes.

Stuffed Calamari with White Wine Sauce



YIELD:
4 servings



PREP TIME:
20 minutes



COOK TIME:
30 minutes

Nutritional Information:

Calories: 300.

Protein: 25 g.

Fat: 15 g.

Carbohydrates: 20 g.

Ingredients:

- Take eight cleaned giant calamari with tentacles removed.
- 150g cooked rice
- 100g finely chopped shrimp
- 2 tbsp breadcrumbs
- 1/4 cup grated Parmesan cheese
- 1 tbsp fresh dill, finely chopped
- One garlic clove, minced
- 2 tbsp olive oil
- 200ml dry white wine
- 200ml cream
- 1 tbsp flour
- Salt and black pepper to taste

Instructions:

1. Preheat the oven to 180°C (350°F).
2. In a bowl, mix the cooked rice, chopped shrimp, breadcrumbs, grated Parmesan, dill, and garlic.
3. Stuff each calamari with the mixture, securing the open ends with toothpicks.
4. Heat olive oil in a skillet and lightly brown the stuffed calamari on each side for 2-3 minutes.
5. Transfer the calamari to a baking dish.
6. Add the white wine and cook until reduced by half in the same skillet.
7. Stir in the flour, then pour in the cream and bring to a boil. Season with salt and black pepper.
8. Pour the sauce over the calamari and bake in the oven for 20 minutes until cooked.
9. Serve hot, garnished with fresh dill if desired.

Smoked Salmon and Avocado Salad



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
0 minutes

Nutritional Information:

Calories: 350.

Protein: 15 g.

Fat: 30 g.

Carbohydrates: 10 g.

Ingredients:

- 200g smoked salmon, sliced
- Two avocados, diced
- One cucumber, sliced into half-moons
- 200g mixed salad greens
- One red onion, sliced
- 1 tbsp capers
- One lemon, juiced
- 3 tbsp olive oil
- Salt and pepper to taste

Instructions:

1. Mix the salad greens, cucumber, red onion, and avocado in a big bowl.
2. Add the smoked salmon and capers.
3. Whisk the olive oil, lemon juice, salt, and pepper in a small bowl.
4. Drizzle the dressing over the salad and toss.
5. Serve.

Spicy Honey-Garlic Shrimp



YIELD:
4 servings



PREP TIME:
10 minutes



COOK TIME:
10 minutes

Nutritional Information:

Calories: 250.
Protein: 20 g. Fat: 10 g.
Carbohydrates: 20 g.

Ingredients:

- 500g large shrimp, peeled and deveined
- Three garlic cloves, finely chopped
- 2 tbsp honey
- 2 tbsp soy sauce
- 1 tbsp hot sauce (e.g., Sriracha)
- 1 tbsp lemon juice
- 2 tbsp olive oil
- Salt and pepper to taste
- Fresh cilantro for garnish

Instructions:

1. Mix honey, soy sauce, hot sauce, and lemon juice in a bowl.
2. Heat olive oil in a skillet over medium heat.
3. Add garlic and cook until it turns golden, 1 minute.
4. Add shrimp and cook until pink, about 3-4 minutes.
5. Pour the prepared sauce into the skillet and cook for another 2-3 minutes until it thickens and coats the shrimp.
6. Serve hot, garnished with fresh cilantro.

Lobster Soup with Truffle Oil



YIELD:
4 servings



PREP TIME:
20 minutes



COOK TIME:
40 minutes

Nutritional Information:

Calories: 400.
Protein: 20 g. Fat: 30 g.
Carbohydrates: 15 g.

Ingredients:

- Two lobsters (about 1 kg), cooked and shelled
- 2 tbsp butter
- One onion, chopped
- Two carrots diced
- Two celery stalks, diced
- Two garlic cloves, chopped
- 1/4 cup flour
- 4 cups fish stock
- 1 cup cream
- 1/4 cup dry white wine
- 2 tbsp truffle oil
- Salt and pepper to taste
- Fresh dill for garnish

Instructions:

1. Melt the butter in a large pot over medium heat. Add the onion, carrots, and celery and cook until soft, about 5-7 minutes.
2. Add the garlic and cook for another minute.
3. Sprinkle the vegetables with flour and stir, cooking for another 2 minutes.
4. Add the fish stock, stirring to avoid lumps. Bring to a boil.
5. Reduce the heat and add the cream and wine. Simmer for 15 minutes until the soup thickens.
6. Add the lobster pieces and cook for another 5 minutes until heated.
7. Remove from heat and stir in the truffle oil.
8. Serve hot, garnished with fresh dill.

Fish Fillet in Almond Crust with Champagne Sauce



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
20 minutes

Nutritional Information:

Calories: 450. Protein: 30 g.

Fat: 35 g.

Carbohydrates: 10 g.

Ingredients:

- Four white fish fillets (e.g., cod or halibut)
- 1 cup sliced almonds, chopped
- 1/2 cup bread crumbs
- 2 tbsp flour
- Two eggs, beaten
- Salt and pepper to taste
- 4 tbsp butter
- 1 cup champagne
- 1/2 cup cream
- 1 tbsp lemon juice
- Fresh parsley for garnish

Instructions:

1. Preheat the oven to 180°C (350°F).
2. Combine the chopped almonds and bread crumbs in one bowl.
3. In another bowl, mix the flour with salt and pepper. Dip each fillet in the flour, eggs, almond, and breadcrumb mixture, ensuring they are coated.
4. Melt 2 tbsp of butter in a large skillet over medium heat. Add the fillets and fry until golden brown on each side, about 3-4 minutes per side.
5. Transfer the fillets to a baking sheet and finish cooking in the oven for about 10 minutes.
6. Melt the remaining 2 tbsp of butter in the same skillet. Add the champagne and bring to a boil.
7. Reduce the heat and add the cream and lemon juice, cooking and stirring until the sauce thickens, about 5 minutes.
8. Serve the fish topped with the sauce and garnish with fresh parsley.

Baked Fish Fillets with Citrus and Herbs



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
20 minutes

Nutritional Information:

Calories: 290.

Protein: 30 g.

Fat: 15 g.

Carbohydrates: 10 g.

Ingredients:

- Four fish fillets (e.g., sea bream or cod), 150-200g each
- One lemon, sliced
- One orange, sliced
- 2 tbsp olive oil
- 2 tbsp fresh dill, chopped
- 2 tbsp fresh thyme, chopped
- Two garlic cloves, minced
- Salt and black pepper to taste

Instructions:

1. Preheat the oven to 200°C (400°F). Place the rack in the upper third of the oven.
2. Place the fish fillets on a baking sheet lined with parchment paper.
3. Drizzle with olive oil.
4. Sprinkle the fillets with dill, thyme, garlic, salt, and black pepper.
5. Arrange the lemon and orange slices on top of the fish.
6. Bake in the oven for 15-20 minutes until the fish is white and flakes with a fork.
7. Serve hot, garnished with additional fresh herbs and citrus slices if desired.

Seafood Risotto with Saffron



YIELD:
4 servings



PREP TIME:
10 minutes



COOK TIME:
35 minutes

Nutritional Information:

Calories: 550.
Protein: 35 g.
Fat: 15 g.
Carbohydrates: 60 g.

Ingredients:

- 1/2 teaspoon saffron
- 1/4 cup hot water
- 2 tbsp olive oil
- One onion, chopped
- Two garlic cloves, chopped
- 1 1/2 cups risotto rice (e.g., Arborio)
- 1/2 cup dry white wine
- 4 cups fish or vegetable broth, hot
- 200g shrimp, peeled
- 200g mussels, cleaned
- 200g squid, cut into rings
- 1/2 cup grated Parmesan cheese
- Salt and pepper to taste
- Fresh parsley for garnish

Instructions:

1. Soak the saffron in hot water and set aside for 10 minutes.
2. Heat the olive oil in a large pan over medium heat. Add the onion and cook until soft, about 5 minutes.
3. Add the garlic and cook for another minute.
4. Stir in the rice, ensuring it is well-coated with the oil. Cook, stirring, for about 2 minutes.
5. Pour in the wine and stir while cooking until it is consumed.
6. Add the hot broth, one half-cup at a time, stirring and waiting until the liquid is absorbed before adding the next portion.
7. Add the saffron and soaking water When the rice is almost finished.
8. Add the seafood and cook until about 5-7 minutes.
9. Remove the saucepan from the heat and stir in the grated Parmesan. Season with salt and pepper to taste.
10. Serve hot, garnished with fresh parsley.

Octopus Salad with Olives and Tomatoes



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
30 minutes

Nutritional Information:

Calories: 220.
Protein: 25 g. Fat: 12 g.
Carbohydrates: 10 g.

Ingredients:

- 500g octopus, cleaned and chopped
- 2 cups cherry tomatoes, halved
- 1/2 cup black olives, pitted and sliced
- 1/4 cup red onion, sliced
- 2 tbsp fresh parsley, chopped
- 2 tbsp olive oil
- 1 tbsp red wine vinegar
- 1 tsp dried oregano
- Salt and black pepper to taste

Instructions:

1. Bring a large pot of salted water to a boil. Add the octopus and cook for 30 minutes or until tender. Drain and let cool.
2. Combine the cherry tomatoes, black olives, red onion, and parsley in a large bowl.
3. Slice the cooked octopus into bite-sized pieces and add it to the bowl.
4. In a small bowl, whisk together the olive oil, red wine vinegar, oregano, salt, and black pepper.
5. Pour the dressing over the salad and toss to combine.
6. Serve or chill in the refrigerator for 30 minutes before serving.

Crab Cakes with Tartar Sauce



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
15 minutes

Nutritional Information:

Calories: 250.

Protein: 20 g.

Fat: 15 g.

Carbohydrates: 10 g.

Ingredients:

- 500g fresh crab meat
- 1/2 cup breadcrumbs
- 1/4 cup chopped green onions
- 1/4 cup chopped celery
- 1/4 cup mayonnaise
- One egg
- 1 tbsp Dijon mustard
- 1 tbsp lemon juice
- 1 tsp Worcestershire sauce
- 1/2 tsp salt
- 1/4 tsp black pepper
- 2 tbsp vegetable oil for frying
- For Tartar Sauce:
- 1/2 cup mayonnaise
- 1 tbsp chopped capers
- 1 tbsp chopped pickles
- 1 tbsp chopped green onions
- 1 tbsp lemon juice
- 1 tsp Dijon mustard
- Salt and black pepper to taste

Instructions:

1. In a small bowl, mix mayonnaise, capers, pickles, green onions, lemon juice, and Dijon mustard for the tartar sauce. Add salt and black pepper to taste. Chill in the refrigerator.
2. In a large bowl, mix crabmeat, breadcrumbs, green onions, celery, mayonnaise, egg, Dijon mustard, lemon juice, Worcestershire sauce, salt, and black pepper. Ensure ingredients are well combined.
3. Form the mixture into small patties, about 7-8 cm in diameter and 2 cm thick.
4. Heat vegetable oil in a large skillet over medium heat. Fry the crab cakes until golden brown, about 3-4 minutes on each side.
5. Transfer the cooked crab cakes to paper towels to drain excess oil.
6. Serve the crab cakes hot with chilled tartar sauce. If desired, garnish with fresh herbs and lemon wedges.

Salmon Tartare with Avocado and Caviar



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
0 minutes

Nutritional Information:

Calories: 280.

Protein: 22 g. Fat: 20 g.

Carbohydrates: 8 g.

Ingredients:

- 300g fresh salmon fillet, finely diced
- One ripe avocado, diced
- 2 tbsp red caviar
- 1/4 cup red onion, finely diced
- 1 tbsp capers, finely chopped
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp Dijon mustard
- Salt and black pepper to taste
- Fresh herbs for garnish (e.g., dill or parsley)

Instructions:

1. In a large bowl, gently combine the diced salmon, avocado, red onion, and capers.
2. Whisk the olive oil, lemon juice, and Dijon mustard in a small bowl. Drizzle this dressing over the salmon and avocado mixture.
3. Season with salt and black pepper to taste and gently toss.
4. Divide the tartare among plates and top with red caviar and fresh herbs.

Scallops with White Wine and Green Pea Sauce



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
15 minutes

Nutritional Information:

Calories: 320.
Protein: 25 g.
Fat: 18 g.
Carbohydrates: 10 g.

Ingredients:

- 500g scallops
- 2 tbsp olive oil
- One onion, chopped
- Two garlic cloves, chopped
- 1/2 cup white wine
- 1 cup green peas (fresh or frozen)
- 1/2 cup cream
- 1 tbsp flour
- 1/4 cup chicken broth
- Salt and black pepper to taste
- Fresh herbs for garnish (e.g., parsley)

Instructions:

1. Heat 1 tbsp of olive oil in a large skillet over medium heat.
2. Add the scallops and sear on each side for 2-3 minutes until golden brown. Transfer the scallops to a plate and cover with foil to keep warm.
3. Heat the remaining olive oil in the same skillet. Add the onion and cook until soft, about 5 minutes. Add the garlic and cook for another minute.
4. Pour the white wine into the pan and cook until the liquid is reduced by half.
5. Stir in the flour, then add the chicken broth and cream, stirring to avoid lumps.
6. Add the green peas and cook until tender, about 5 minutes.
7. Reintroduce the scallops to the skillet and cook for 2-3 minutes until heated through. Season with salt and pepper to taste.
8. Serve hot, garnished with fresh herbs.

Pasta with Seafood in Cream and White Wine Sauce



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
20 minutes

Nutritional Information:

Calories: 400.
Protein: 25 g.
Fat: 20 g.
Carbohydrates: 35 g.

Ingredients:

- 250g pasta (e.g., fettuccine or linguine)
- 300g mixed seafood (e.g., shrimp, scallops, mussels)
- 2 tbsp olive oil
- One onion, finely chopped
- Two garlic cloves, minced
- 1/2 cup white wine
- 1 cup cream
- 1/4 cup grated Parmesan cheese
- 1 tbsp fresh parsley, chopped
- Salt and black pepper to taste
- Lemon wedges for garnish (optional)

Instructions:

1. Cook the pasta according to package instructions until al dente. Drain and set aside.
2. Heat the olive oil in a large skillet over medium heat. Add the onion and cook until soft, about 5 minutes. Add the garlic and cook for another minute.
3. Add the mixed seafood to the skillet and cook until just opaque, about 3-4 minutes.
4. Pour the white wine into the pan and cook until the liquid is reduced by half.
5. Stir in the cream and cook until the sauce thickens slightly, about 5 minutes.
6. Mix the grated Parmesan cheese and season with salt and black pepper.
7. Add the cooked pasta to the skillet and toss to coat with the sauce.
8. Garnish with fresh parsley and lemon wedges, if desired, before serving.

Crab-Stuffed Lobster Tail with Garlic Butter



YIELD:
4 servings



PREP TIME:
30 minutes



COOK TIME:
20 minutes

Nutritional Information (per serving):

Calories: 350.
Protein: 28 g.
Fat: 22 g.
Carbohydrates: 12 g.
Fiber: 1 g.
Sugars: 4 g.

Ingredients:

- Four lobster tails, split and cleaned
- 200 g crabmeat, picked over four shells
- 1/2 cup breadcrumbs
- 1/4 cup grated Parmesan cheese
- 2 tbsp mayonnaise
- One egg, beaten
- Two cloves garlic, minced
- 2 tbsp fresh parsley, chopped
- 4 tbsp unsalted butter, melted
- Salt and black pepper to taste
- Lemon wedges for serving

Instructions:

1. Preheat your oven to 375°F (190°C).
2. Combine the crab meat, breadcrumbs, Parmesan cheese, mayonnaise, beaten egg, garlic, and parsley in a bowl. Then season with salt and pepper and mix well until all the ingredients are evenly incorporated.
3. Place the tails on a baking sheet. Gently lift the lobster meat from the shell, but keep it attached at the base.
4. Spoon the crab mixture evenly into the lobster tails, pressing it down gently.
5. Drizzle the melted butter over the stuffed lobster tails.
6. Bake for 15-20 minutes until the lobster meat is opaque and the stuffing is golden brown.
7. Garnish with additional chopped parsley and lemon wedges. Serve immediately.

Seared Tuna with Sesame Crust and Wasabi Cream



YIELD:
4 servings



PREP TIME:
20 minutes



COOK TIME:
10 minutes

Nutritional Information (per serving):

Calories: 250.
Protein: 30 g.
Fat: 12 g.
Carbohydrates: 8 g.

Ingredients:

- Four tuna steaks (150-200 g each)
- 1/2 cup black sesame seeds
- 1/2 cup white sesame seeds
- 2 tbsp soy sauce
- 1 tbsp olive oil
- Salt and black pepper to taste

For the Wasabi Cream:

- 1/4 cup mayonnaise
- 1-2 tsp wasabi powder (to taste)
- 1 tbsp lemon juice
- 1 tsp honey (optional)
- Salt to taste

Instructions:

1. Mix black and white seeds in a small bowl. Season the tuna steaks with salt and pepper.
2. Brush the tuna steaks with soy sauce and olive oil. Press them into the sesame seed mixture, ensuring an even coating.
3. Heat a skillet over medium heat. To keep the steaks juicy, aim for a medium level of doneness for the best results.
4. In a small bowl, combine mayonnaise, wasabi powder, lemon juice, and honey (if using). Mix well until smooth. Adjust salt to taste.
5. Serve the tuna steaks with the wasabi cream. If desired, garnish with fresh herbs or vegetables.

CHAPTER

9

Quick and Easy Recipes



Time is always in short supply in our fast-paced world, but that's no reason to forgo delicious and healthy food. In this chapter, you'll find recipes that can be prepared quickly and easily without sacrificing quality or taste. These dishes are perfect for busy individuals who value accessibility and simplicity in cooking.

Shrimp and Avocado Tortillas



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
10 minutes

Nutritional Information (per serving):

Calories: 300.
Protein: 20 g. Fat: 15 g.
Carbohydrates: 20 g.
Sodium: 200 mg.

Ingredients:

- 500g large shrimp, peeled and cooked
- Two ripe avocados, diced
- Eight small tortillas
- One red onion, finely chopped
- One small bunch of cilantro, finely chopped
- One lime, cut into wedges
- 2 tbsp olive oil
- Salt and black pepper to taste

Instructions:

1. Heat the olive oil in a skillet over medium heat. Add the shrimp and cook for 3-4 minutes until they turn golden. Season with salt and pepper.
2. Lay the tortillas out on a work surface. Place shrimp, avocado pieces, and chopped onion on each tortilla.
3. Sprinkle with chopped cilantro.
4. Fold the tortillas in half and serve with lime wedges.

Stuffed Mushrooms with Salmon



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
20 minutes

Nutritional Information (per serving):

Calories: 180.
Protein: 10 g. Fat: 14 g.
Carbohydrates: 4 g.
Sodium: 300 mg.

Ingredients:

- 12 large mushrooms
- 200 g smoked salmon, diced
- 100 g cream cheese
- 1/4 cup chopped green onion
- 1 tbsp lemon juice
- Salt and black pepper to taste
- 2 tbsp olive oil

Instructions:

1. Preheat the oven to 180°C (350°F).
2. Wash the mushrooms and remove the stems.
3. Mix smoked salmon, cream cheese, green onion, lemon juice, salt, and pepper in a small bowl.
4. Fill each mushroom cap with the salmon and cheese mixture.
5. Place the stuffed mushrooms on a baking sheet and drizzle with olive oil.
6. Bake in the oven for 20 minutes or until golden brown.
7. Serve hot.

Seafood Tacos with Yogurt Sauce



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
15 minutes

Nutritional Information (per serving):

Calories: 250.
Protein: 20 g. Fat: 10 g.
Carbohydrates: 20 g.
Sodium: 500 mg.

Ingredients:

- 400 g white fish fillets (such as cod or haddock) cut into pieces
- 1/2 cup flour
- 1/2 tsp paprika
- 1/2 tsp ground cumin
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/2 cup yogurt (plain or Greek)
- 1 tbsp lemon juice
- 1 tbsp chopped dill
- Eight small tortillas
- 1 cup shredded cabbage
- 1/2 cup diced tomatoes

Instructions:

1. In a small bowl, mix flour, paprika, cumin, garlic powder, salt, and black pepper.
2. Dredge the fish pieces in the flour mixture.
3. Heat oil in a skillet over medium heat. Fry the fish until golden brown, about 3-4 minutes per side.
4. For the sauce: In a bowl, mix yogurt, lemon juice, and dill.
5. Warm the tortillas in a dry skillet or microwave.
6. Assemble the tacos: Place some shredded cabbage, fried fish, and diced tomatoes, and drizzle with the yogurt sauce on each tortilla.
7. Serve hot.

Tuna and Spinach Omelet



YIELD:
2 servings



PREP TIME:
10 minutes



COOK TIME:
10 minutes

Nutritional Information (per serving):

Calories: 250.
Protein: 20 g. Fat: 15 g.
Carbohydrates: 5 g.
Sodium: 300 mg.

Ingredients:

- Four eggs
- 1/2 cup milk
- 1/2 cup canned tuna, drained
- 1 cup fresh spinach, chopped
- 1/4 cup shredded cheese (optional)
- 1 tbsp olive oil
- Salt and black pepper to taste

Instructions:

1. Whisk eggs with milk, adding salt and pepper in a small bowl.
2. Heat olive oil in a skillet over medium heat.
3. Add spinach and sauté until wilted, about 2 minutes.
4. Pour the egg mixture into the skillet and gently stir.
5. Add tuna and, if using, cheese. Cook until the omelet is set and golden brown on the bottom, about 3-4 minutes.
6. Carefully flip the omelet and cook for another 1-2 minutes until fully cooked.
7. Serve hot.

Shrimp in garlic sauce



YIELD:
4 servings



PREP TIME:
10 minutes



COOK TIME:
10 minutes

Nutritional Information (per serving):

Calories: 200.
Protein: 25 g. Fat: 10 g.
Carbohydrates: 3 g.
Sodium: 350 mg.

Ingredients:

- 500 g peeled shrimp
- 3 tbsp olive oil
- Four garlic cloves, chopped
- 1/4 cup dry white wine
- 1 tsp lemon juice
- 1/4 tsp red pepper flakes (optional)
- Salt and black pepper to taste
- 2 tbsp fresh parsley, chopped

Instructions:

1. Heat olive oil in a skillet over medium heat.
2. Add garlic and sauté until golden, about 1 minute.
3. Add shrimp and cook until pink and opaque, about 3-4 minutes per side.
4. Pour in white wine and lemon juice, and cook for 2 minutes until the sauce thickens.
5. Season with red pepper flakes, salt, and black pepper.
6. Remove from heat and sprinkle with fresh parsley.
7. Serve hot.

Salmon Patties with Herbs



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
20 minutes

Nutritional Information (per serving):

Calories: 250.
Protein: 20 g. Fat: 15 g.
Carbohydrates: 10 g.
Sodium: 150 mg.

Ingredients:

- 400 g salmon fillet, diced
- One egg
- 1/2 cup breadcrumbs
- 1/4 cup chopped fresh herbs (dill, parsley)
- Two tablespoons mayonnaise
- One teaspoon mustard
- Salt and pepper to taste
- Olive oil for frying

Instructions:

1. In a large bowl, combine the salmon fillet, egg, breadcrumbs, herbs, mayonnaise, and mustard.
2. Add salt and pepper to taste. Mix.
3. Form the mixture into small patties.
4. Heat olive oil in a skillet over medium heat. Fry the patties on both sides until golden brown, about 3-4 minutes per side.
5. Serve hot, garnished with additional herbs if desired.

Baked Fish Sticks with Spicy Sauce



YIELD:
4 servings



PREP TIME:
10 minutes



COOK TIME:
20 minutes

Nutritional Information (per serving):

Calories: 300.
Protein: 25 g.
Fat: 15 g.
Carbohydrates: 15 g.
Sodium: 400 mg.

Ingredients:

- 500 g white fish fillets (cod, hake), cut into strips
- 1 cup breadcrumbs
- 1/2 cup grated Parmesan cheese
- One teaspoon dried oregano
- 1/2 teaspoon garlic powder
- Two eggs, beaten
- Salt and pepper to taste
- Olive oil for brushing
- For the spicy sauce:
- 1/2 cup Greek yogurt
- One tablespoon of lemon juice
- One teaspoon paprika
- 1/2 teaspoon cayenne pepper
- Salt to taste

Instructions:

1. Preheat the oven to 200°C (400°F). Line a baking sheet with parchment paper and lightly brush with olive oil.
2. Combine breadcrumbs, grated Parmesan, oregano, garlic powder, salt, and pepper in one bowl.
3. Dip each fish strip into the beaten eggs, then coat with the breadcrumb and cheese mixture.
4. Place the fish strips on the prepared baking sheet. Drizzle with olive oil on top.
5. Bake in the oven for 15-20 minutes until the fish sticks are golden and crispy.
6. Mix all the ingredients for the spicy sauce in a small bowl.
7. Serve the baked fish sticks hot with the spicy sauce.

Seafood Salad with Citrus Dressing



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
5 minutes

Nutritional Information (per serving):

Calories: 220.
Protein: 20 g. Fat: 12 g.
Carbohydrates: 10 g.
Sodium: 180 mg.

Ingredients:

- 200 g peeled shrimp
- 200 g sea scallops
- One red bell pepper, diced
- One cucumber, diced
- One avocado, diced
- One bunch of green onions, chopped
- Lettuce leaves for serving
- For the citrus dressing:
- Juice of 1 orange
- Juice of 1 lemon
- Two tablespoons of olive oil
- One teaspoon honey
- Salt and black pepper to taste

Instructions:

1. Bring a pot of water to a boil and add the shrimp and scallops. Cook for 3-5 minutes until they turn opaque. Drain and cool the seafood.
2. Combine the shrimp, scallops, diced red bell pepper, cucumber, avocado, and green onions in a large bowl.
3. In a separate bowl, prepare the citrus dressing by mixing orange juice, lemon juice, olive oil, honey, salt, and pepper.
4. Pour the dressing over the salad and mix well.
5. Serve the salad on lettuce leaves.

Warm Tuna and Bean Salad



YIELD:
4 servings



PREP TIME:
10 minutes



COOK TIME:
10 minutes

Nutritional Information (per serving):

Calories: 250.
Protein: 25 g.
Fat: 10 g.
Carbohydrates: 15 g.
Sodium: 300 mg.

Ingredients:

- Two cans of tuna in water (150 g each), drained
- One can of white beans (400 g), drained and rinsed
- One red onion, chopped
- One tomato, diced
- Two tablespoons of olive oil
- One tablespoon of white wine vinegar
- One teaspoon of Dijon mustard
- One bunch of parsley, chopped
- Salt and black pepper to taste

Instructions:

1. Heat the olive oil in a large skillet over medium heat.
2. Add the chopped red onion and cook until softened, about 3 minutes.
3. Add the drained white beans and cook for another 2-3 minutes until warmed.
4. Remove from heat and add the drained tuna and diced tomato.
5. Mix the white wine vinegar and Dijon mustard in a small bowl, then add to the salad.
6. Add the chopped parsley, salt, and pepper to taste. Mix well.
7. Serve warm.

Pasta with Seaweed Sauce and Vegetables



YIELD:
4 servings



PREP TIME:
10 minutes



COOK TIME:
15 minutes

Nutritional Information (per serving):

Calories: 300.
Protein: 8 g. Fat: 5 g.
Carbohydrates: 55 g.
Sodium: 600 mg.

Ingredients:

- 250 g pasta (any kind)
- One tablespoon of olive oil
- One red bell pepper, sliced
- One green bell pepper, sliced
- One carrot, grated
- Two garlic cloves, minced
- 1 cup dried seaweed (nori or wakame), soaked and chopped
- 200 ml vegetable broth
- Two tablespoons of soy sauce
- One tablespoon of lemon juice
- Salt and black pepper to taste
- Fresh parsley for garnish

Instructions:

1. Cook the pasta according to the package instructions until al dente.
2. Drain and set aside.
3. Heat the olive oil over medium heat in a large skillet.
4. Add the sliced red and green bell peppers and grated carrot, and cook for 5 minutes until softened.
5. Add the minced garlic and cook for another 1 minute.
6. Add the soaked and chopped seaweed, vegetable broth, soy sauce, and lemon juice. Stir and bring to a boil.
7. Reduce the heat and simmer for 5 minutes until the sauce thickens.
8. Add the cooked pasta to the skillet and toss well with the sauce.
9. Season with salt and pepper to taste.
10. Serve, garnished with fresh parsley.

Calamari with Spicy Tomato Sauce



YIELD:
4 servings



PREP TIME:
10 minutes



COOK TIME:
15 minutes

Nutritional Information (per serving):

Calories: 220.
Protein: 20 g.
Fat: 10 g.
Carbohydrates: 15 g.
Sodium: 400 mg.

Ingredients:

- 500 g squid, cleaned and cut into rings
- Two tablespoons of olive oil
- One onion, chopped
- Two garlic cloves, minced
- One can (400 g) diced tomatoes
- One tablespoon of tomato paste
- One teaspoon sugar
- One teaspoon paprika
- One teaspoon dried oregano
- Pinch of red chili pepper (optional)
- Salt and black pepper to taste
- Fresh parsley for garnish

Instructions:

1. Heat the olive oil over medium heat in a large skillet.
2. Add the chopped onion and cook for 5 minutes until softened.
3. Add the minced garlic and cook for another 1 minute.
4. Add the diced tomatoes, tomato paste, sugar, paprika, oregano, and red chili pepper (if using). Stir and bring to a boil.
5. Reduce the heat and simmer for 10 minutes until the sauce thickens.
6. Add the squid rings to the skillet and cook for 3-4 minutes until the squid is tender.
7. Season with salt and black pepper to taste.
8. Serve garnished with fresh parsley.

Stuffed Peppers with Seafood



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
30 minutes

Nutritional Information (per serving):

Calories: 350.
Protein: 25 g.
Fat: 15 g.
Carbohydrates: 30 g.
Sodium: 600 mg.

Ingredients:

- Four bell peppers
- 300 g shrimp, peeled and chopped
- 200 g crab meat
- 1 cup cooked rice
- One onion, chopped
- Two garlic cloves, minced
- Two tablespoons of olive oil
- One can (400 g) diced tomatoes
- One teaspoon dried oregano
- One teaspoon paprika
- Salt and black pepper to taste
- Mozzarella cheese for topping

Instructions:

1. Preheat the oven to 180°C (350°F).
2. Cut the tops off the bell peppers and remove the seeds.
3. Heat the olive oil over medium heat in a large skillet. Add the chopped onion and garlic, cooking until softened, about 5 minutes.
4. Add the shrimp and crabmeat, cooking for another 3-4 minutes.
5. Add the diced tomatoes, oregano, paprika, salt, and black pepper. Cook for 5-7 minutes.
6. Remove the skillet from heat and stir in the cooked rice.
7. Stuff each pepper with the prepared mixture and place them in a baking dish.
8. Sprinkle the tops with shredded mozzarella cheese.
9. Bake in the oven for 20-25 minutes until the peppers are tender and the cheese is browned.
10. Serve hot.

Creamy Shrimp and Spinach Pasta



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
20 minutes

Nutritional Information (per serving):

Calories: 450.
Protein: 25 g.
Fat: 20 g.
Carbohydrates: 40 g.
Fiber: 3 g. Sugars: 5 g.

Ingredients:

- 250 g pasta (fettuccine or spaghetti)
- 300 g shrimp, peeled and deveined
- 2 cups fresh spinach
- 1 cup heavy cream
- 1/2 cup grated Parmesan cheese
- 2 tbsp olive oil
- Two garlic cloves, minced
- 1/2 tsp dried thyme
- 1/2 tsp lemon zest
- Salt and black pepper to taste
- Fresh parsley for garnish

Instructions:

1. Cook the pasta according to package instructions until al dente.
2. Heat olive oil over medium heat in a large skillet. Add garlic and sauté until golden, about 1 minute.
3. Add shrimp until fully cooked, about 3-4 minutes per side. Remove shrimp from the skillet and set aside.
4. In the same skillet, add heavy cream and bring to a simmer. Reduce heat and stir in Parmesan cheese until the sauce is smooth.
5. Add spinach and cook until wilted, about 2 minutes.
6. Return shrimp to the skillet, add lemon zest, thyme, salt, and pepper, and stir to combine.
7. Toss the cooked pasta in the sauce until evenly coated.
8. Serve garnished with chopped parsley.

Seafood Stir-Fry with Vegetables



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
10 minutes

Nutritional Information (per serving):

Calories: 320.
Protein: 25 g.
Fat: 15 g.
Carbohydrates: 25 g.
Fiber: 4 g.
Sugars: 7 g.

Ingredients:

- 300 g mixed seafood (e.g., shrimp, squid, and scallops), cleaned and cut into bite-sized pieces
- One red bell pepper, sliced
- One yellow bell pepper, sliced
- 1 cup snap peas
- 1 cup broccoli florets
- 2 tbsp vegetable oil
- Three garlic cloves, minced
- 1 tbsp fresh ginger, minced
- 3 tbsp soy sauce
- 1 tbsp oyster sauce
- 1 tsp sesame oil
- 1 tbsp cornstarch mixed with 2 tbsp water (for thickening)
- Salt and black pepper to taste
- Cooked rice or noodles for serving

Instructions:

1. Heat vegetable oil in a large skillet or wok over medium-high heat.
2. Add garlic and ginger, and stir-fry for 30 seconds until fragrant.
3. Add mixed seafood and stir-fry until just cooked through, about 3-4 minutes. Remove seafood from the skillet and set aside.
4. In the same skillet, add bell peppers, snap peas, and broccoli. Stir-fry for about 4-5 minutes until the vegetables are tender-crisp.
5. Return seafood to the skillet and add soy, oyster, and sesame oil. Stir to combine.
6. Add the cornstarch mixture to the skillet and cook for another 1-2 minutes until the sauce thickens.
7. Season with salt and black pepper to taste.
8. Serve over cooked rice or noodles.

CHAPTER

10

Fish and Seaweed Pies



This section delves into Fish and Seaweed Pies, combining traditional and innovative flavors. From classic options like salmon and spinach to unique combinations of seaweed and fish, these recipes offer a fresh take on savory pies, inspiring you to create your unique version. Whether you prefer creamy fillings or lighter options, there's a recipe to satisfy every palate.

Get ready to explore these extraordinary pies, each offering a delightful balance of textures and flavors.

Classic Fish Pie with Cod and Potatoes



YIELD:
6 servings



PREP TIME:
20 minutes



COOK TIME:
45 minutes

Nutritional Information (per serving):

Calories: 320.
Protein: 20 g. Fat: 15 g.
Carbohydrates: 30 g.
Fiber: 4 g.

Ingredients:

- 500 g cod fillets, cut into chunks
- Four large potatoes, peeled and cubed
- One onion, finely chopped
- Two cloves garlic, minced
- 1 cup frozen peas
- 1 cup of milk
- Two tablespoons butter
- Two tablespoons of all-purpose flour
- One teaspoon of dried thyme
- One teaspoon of dried parsley
- Salt and black pepper to taste
- One tablespoon of lemon juice
- One pre-made pie crust or pastry dough

Instructions:

1. Preheat the oven to 200°C (400°F).
2. Boil the potatoes in salted water until tender, about 15 minutes. Drain and mash with a bit of butter and milk. Season with salt and pepper to taste.
3. Melt butter in a skillet over medium heat. Add the onion and garlic, and sauté until softened.
4. Stir in the flour and cook for 1-2 minutes until it forms a roux. Gradually add the milk, whisking constantly until the mixture thickens.
5. Add the cod chunks, peas, thyme, parsley, salt, and pepper. Cook until the cod is opaque and cooked through about 5 minutes. Stir in the lemon juice.
6. Roll out the pie crust or pastry dough and fit it into a pie dish. Pour the fish mixture into the dish.
7. Spread the mashed potatoes over the top, smoothing it out with a spatula.
8. Bake in the preheated oven for 25-30 minutes or until the top is golden brown and the filling is bubbly.
9. Let the pie cool for a few minutes before serving.

Salmon and Spinach Pie



YIELD:
6 servings



PREP TIME:
15 minutes



COOK TIME:
35 minutes

Nutritional Information (per serving):

Calories: 290.

Protein: 18 g. Fat: 20 g.

Carbohydrates: 14 g.

Fiber: 2 g.

Ingredients:

- 400 g salmon fillets, cut into chunks
- 2 cups fresh spinach, chopped
- One onion, finely chopped
- Two cloves garlic, minced
- 1 cup cream (or coconut milk for a vegan option)
- 1/2 cup grated cheese (or vegan cheese)
- Two tablespoons of olive oil
- Two tablespoons of all-purpose flour
- One teaspoon of dried dill
- Salt and black pepper to taste
- One pre-made pie crust or pastry dough

Instructions:

1. Preheat the oven to 200°C (400°F).
2. Heat the olive oil in a skillet over medium heat. Add the onion and garlic, and sauté until softened.
3. Add the spinach and cook until wilted about 2 minutes. Remove from heat and set aside.
4. In the same skillet, add flour and cook for 1-2 minutes. Gradually whisk in the cream, stirring until the mixture thickens.
5. Stir in the grated cheese, dill, salt, and pepper. Add the salmon chunks and mix until evenly combined.
6. Roll out the pie crust or pastry dough and fit it into a pie dish. Pour the salmon and spinach mixture into the dish.
7. Bake in the preheated oven for 25-30 minutes or until the top is golden brown and the filling is bubbly.
8. Allow the pie to cool slightly before serving.

Seafood Pie with Creamy Sauce



YIELD:
6 servings



PREP TIME:
20 minutes



COOK TIME:
40 minutes

Nutritional Information (per serving):

Calories: 320. Protein: 18 g.
Fat: 22 g.
Carbohydrates: 18 g.
Fiber: 2 g.

Ingredients:

- 300 g mixed seafood (shrimp, mussels, squid), peeled and chopped
- 1 cup cream (or coconut milk for a vegan option)
- 1/2 cup white wine (optional)
- One onion, finely chopped
- Two cloves garlic, minced
- 1/4 cup all-purpose flour
- Two tablespoons butter
- One teaspoon of dried thyme
- One teaspoon of dried dill
- Salt and black pepper to taste
- One pre-made pie crust or pastry dough

Instructions:

1. Preheat the oven to 200°C (400°F).
2. Melt the butter in a skillet over medium heat. Add the onion and garlic, and sauté until softened.
3. Add the flour and cook for 1-2 minutes until combined. Gradually whisk in the cream and white wine until the sauce thickens.
4. Stir in the seafood, thyme, dill, salt, and pepper. Cook until the seafood is opaque, about 5 minutes.
5. Roll out the pie crust or pastry dough and fit it into a pie dish. Pour the creamy seafood mixture into the dish.
6. Bake in the oven for 30-35 minutes until the top is golden brown and the filling is bubbly.
7. Allow the pie to cool slightly before serving.

Trout Pie with Creamy Dill Sauce



YIELD:
6 servings



PREP TIME:
20 minutes



COOK TIME:
40 minutes

Nutritional Information (per serving):

Calories: 320.
Protein: 18 g.
Fat: 24 g.
Carbohydrates: 14 g.

Ingredients:

- One pre-made pie crust
- 200 g trout fillet, cut into cubes
- 1/2 cup chopped onion
- 1/2 cup chopped fresh dill
- 1 cup heavy cream
- Three eggs
- Two tablespoons of olive oil
- 1/2 cup shredded cheese (optional, e.g., Gouda or Cheddar)
- Salt and black pepper to taste

Instructions:

1. Preheat the oven to 180°C (350°F).
2. Fit the pie crust into a pie dish, pressing it into the bottom and sides.
3. Sauté the onion in olive oil until softened. Remove from heat and set aside.
4. In a bowl, whisk together the eggs and heavy cream, then add the chopped dill, salt, and pepper.
5. Spread the trout pieces, sautéed onion, and shredded cheese (if using) over the pie crust. Pour the egg and cream mixture on top.
6. Bake for 35-40 minutes until the pie is golden and the filling is set.

Fish Pie with Zander and Mushrooms



YIELD:
6 servings



PREP TIME:
20 minutes



COOK TIME:
40 minutes

Nutritional Information (per serving):

Calories: 290.
Protein: 20 g.
Fat: 18 g.
Carbohydrates: 15 g.
Fiber: 2 g.

Ingredients:

- 400 g zander fillets, cut into chunks
- 1 cup fresh mushrooms (such as champignons), sliced
- One onion, finely chopped
- Two cloves garlic, minced
- 1 cup cream (or coconut milk for a vegan option)
- Two tablespoons butter
- One tablespoon of all-purpose flour
- One teaspoon of dried thyme
- Salt and black pepper to taste
- One pre-made pie crust or pastry dough

Instructions:

1. Preheat the oven to 200°C (400°F).
2. Melt the butter in a skillet over medium heat. Add the onion and garlic, and sauté until softened.
3. Add the mushrooms and cook until golden brown, about 5 minutes.
4. Stir in the flour and cook for 1-2 minutes. Gradually whisk in the cream until the sauce thickens.
5. Add the zander chunks, thyme, salt, and pepper. Cook until the fish is opaque, about 5 minutes.
6. Roll out the pie crust or pastry dough and fit it into a pie dish. Pour the zander and mushroom mixture into the dish.
7. Bake in the oven for 30-35 minutes until the top is golden brown and the filling is bubbly. Allow the pie to cool slightly before serving.

Salmon, Broccoli and Cheese Pie



YIELD:
6 servings



PREP TIME:
15 minutes



COOK TIME:
35 minutes

Nutritional Information (per serving):

Calories: 350.
Protein: 22 g.
Fat: 22 g.
Carbohydrates: 18 g.
Fiber: 3 g.

Ingredients:

- 300 g salmon fillets, cut into chunks
- 1 cup broccoli florets, chopped
- 1 cup shredded cheese (such as cheddar or gouda)
- 1/2 cup cream (or coconut milk for a vegan option)
- One onion, finely chopped
- Two cloves garlic, minced
- Two tablespoons butter
- One tablespoon of all-purpose flour
- Salt and black pepper to taste
- One pre-made pie crust or pastry dough

Instructions:

1. Preheat the oven to 200°C (400°F).
2. Melt the butter in a skillet over medium heat. Add the onion and garlic, and sauté until softened.
3. Stir in the flour and cook for 1-2 minutes. Gradually whisk in the cream until the sauce thickens.
4. Add the salmon chunks and broccoli. Cook until the salmon is opaque and the broccoli is tender, about 5 minutes. Season with salt and pepper.
5. Roll out the pie crust or pastry dough and fit it into a pie dish. Pour the salmon and broccoli mixture into the dish.
6. Sprinkle the shredded cheese on top.
7. Bake in the oven for 30-35 minutes until the top is golden brown and the filling is bubbly. Allow the pie to cool slightly before serving.

Tuna and Vegetable Pie



YIELD:
6 servings



PREP TIME:
15 minutes



COOK TIME:
35 minutes

Nutritional Information (per serving):

Calories: 320.
Protein: 22 g.
Fat: 18 g.
Carbohydrates: 22 g.
Fiber: 4 g.

Ingredients:

- One can of tuna in its juice, drained and flaked
- 1 cup chopped bell pepper
- 1 cup chopped tomato
- 1/2 cup chopped onion
- 1/2 cup frozen peas
- 1/2 cup shredded cheese (optional)
- 1/2 cup cream (or coconut milk for a vegan option)
- Two tablespoons of olive oil
- One tablespoon of all-purpose flour
- Salt and black pepper to taste
- One pre-made pie crust or pastry dough

Instructions:

1. Preheat the oven to 200°C (400°F).
2. Heat the olive oil in a skillet over medium heat. Add the onion and sauté until softened.
3. Add the bell pepper and tomato, cooking until tender, about 5 minutes.
4. Stir in the flour and cook for 1 minute. Gradually whisk in the cream until the sauce thickens.
5. Add the tuna, peas, salt, and pepper. Mix well and cook for another 3-4 minutes.
6. Roll out the pie crust or pastry dough and fit it into a pie dish. Pour the tuna and vegetable mixture into the dish.
7. If desired, sprinkle shredded cheese on top.
8. Bake in the oven for 30-35 minutes until the top is golden brown and the filling is bubbly.
9. Allow the pie to cool slightly before serving.

Fish and Green Vegetable Quiche



YIELD:
6 servings



PREP TIME:
20 minutes



COOK TIME:
40 minutes

Nutritional Information (per serving):

Calories: 310.
Protein: 18 g.
Fat: 22 g.
Carbohydrates: 14 g.

Ingredients:

- One pre-made quiche crust
- 200 g fish fillet (cod, salmon, or other), cut into cubes
- 1 cup chopped green vegetables (broccoli, green beans, spinach)
- 1/2 cup shredded cheese (optional, e.g., Gouda or Cheddar)
- Three eggs
- 1 cup heavy cream
- Two tablespoons of olive oil
- One teaspoon of dried thyme
- Salt and black pepper to taste

Instructions:

1. Preheat the oven to 180°C (350°F).
2. Fit the quiche crust into a dish, pressing it into the bottom and sides.
3. Sauté the fish pieces in olive oil until cooked through. Remove from heat and set aside.
4. In the same pan, sauté the chopped green vegetables until tender.
5. In a bowl, whisk together the eggs, heavy cream, dried thyme, salt, and pepper.
6. Spread the fish and vegetables over the crust. Pour the egg mixture on top and sprinkle with cheese if using.
7. Bake for 35-40 minutes until the quiche is golden and set in the center.

Cod and Seaweed (Nori) Pie



YIELD:
6 servings



PREP TIME:
20 minutes



COOK TIME:
40 minutes

Nutritional Information (per serving):

Calories: 310.

Protein: 18 g. Fat: 22 g.

Carbohydrates: 14 g.

Ingredients:

- One pre-made pie crust
- 200 g cod fillet, cut into cubes
- 1/4 cup chopped nori seaweed
- 1/2 cup chopped onion
- 1 cup heavy cream
- Three eggs
- Two tablespoons of olive oil
- 1/2 cup shredded cheese (optional, e.g., Gouda or Cheddar)
- Salt and black pepper to taste

Instructions:

1. Preheat the oven to 180°C (350°F).
2. Fit the pie crust into a pie dish, pressing it into the bottom and sides.
3. Sauté the onion in olive oil until softened. Remove from heat and set aside.
4. In a bowl, whisk together the eggs and heavy cream, then add the chopped nori seaweed, salt, and pepper.
5. Spread the cod pieces, sautéed onion, and shredded cheese (if using) over the pie crust. Pour the egg and cream mixture on top.
6. Bake for 35-40 minutes until the pie is golden and the filling is set.

Sturgeon and Rice Pie



YIELD:
6 servings



PREP TIME:
20 minutes



COOK TIME:
40 minutes

Nutritional Information (per serving):

Calories: 320.

Protein: 20 g. Fat: 22 g.

Carbohydrates: 14 g.

Ingredients:

- One pre-made pie crust
- 200 g sturgeon fillet, cut into cubes
- 1 cup cooked rice
- 1/2 cup chopped onion
- 1/2 cup chopped dill
- 1 cup heavy cream
- Three eggs
- Two tablespoons of olive oil
- 1/2 cup shredded cheese (optional, e.g., Gouda or Cheddar)
- Salt and black pepper to taste

Instructions:

1. Preheat the oven to 180°C (350°F).
2. Fit the pie crust into a pie dish, pressing it into the bottom and sides.
3. Sauté the onion in olive oil until softened. Remove from heat and set aside.
4. In a bowl, whisk together the eggs and heavy cream, then add the chopped dill, salt, and pepper.
5. Spread the sturgeon pieces, cooked rice, sautéed onion, and shredded cheese (if using) over the pie crust. Pour the egg and cream mixture on top.
6. Bake for 35-40 minutes until the pie is golden and the filling is set.

Sardine and Tomato Pie



YIELD:
6 servings



PREP TIME:
15 minutes



COOK TIME:
35 minutes

Nutritional Information (per serving):

Calories: 290.

Protein: 16 g. Fat: 20 g.

Carbohydrates: 12 g.

Ingredients:

- One pre-made pie crust
- One can of sardines in olive oil, drained
- 2-3 tomatoes, sliced
- 1/2 cup chopped onion
- 1/4 cup chopped basil
- 1 cup heavy cream
- Two eggs
- Two tablespoons of olive oil
- 1/2 cup shredded cheese (optional, e.g., mozzarella or Parmesan)
- Salt and black pepper to taste

Instructions:

1. Preheat the oven to 180°C (350°F).
2. Fit the pie crust into a pie dish, pressing it into the bottom and sides.
3. Sauté the onion in olive oil until softened. Remove from heat and set aside.
4. In a bowl, whisk together the eggs and heavy cream, then add the chopped basil, salt, and pepper.
5. Arrange the tomato slices, sardines, sautéed onion, and shredded cheese (if using) on the pie crust. Pour the egg and cream mixture on top.
6. Bake for 30-35 minutes until the pie is golden and the filling is set.

Pikeperch and Leek Pie



YIELD:
6 servings



PREP TIME:
20 minutes



COOK TIME:
35 minutes

Nutritional Information (per serving):

Calories: 320.

Protein: 20 g. Fat: 22 g.

Carbohydrates: 14 g.

Ingredients:

- One pre-made pie crust
- 200 g pikeperch fillet, cut into cubes
- One leek, sliced
- 1/2 cup chopped onion
- 1 cup heavy cream
- Three eggs
- Two tablespoons of olive oil
- 1/2 cup shredded cheese (optional, e.g., Gouda or Cheddar)
- Salt and black pepper to taste

Instructions:

1. Preheat the oven to 180°C (350°F).
2. Fit the pie crust into a pie dish, pressing it into the bottom and sides.
3. Sauté the onion and leek in olive oil until softened. Remove from heat and let cool.
4. In a bowl, whisk together the eggs and heavy cream, then add salt and pepper.
5. Spread the pikeperch pieces, sautéed onion and leek, and shredded cheese (if using) over the pie crust. Pour the egg and cream mixture on top.
6. Bake for 30-35 minutes until the pie is golden and the filling is set.

Sea Trout and Dulse Seaweed Pie with Fennel



YIELD:
6 servings



PREP TIME:
20 minutes



COOK TIME:
35 minutes

Nutritional Information (per serving):

Calories: 310.

Protein: 22 g. Fat: 22 g.

Carbohydrates: 12 g.

Ingredients:

- One pie crust
- 200 g sea trout fillets, cubed
- 1/4 cup dried dulse seaweed, soaked and chopped
- One fennel bulb, thinly sliced
- 1/2 cup chopped onion
- 1 cup heavy cream
- Three eggs
- Two tablespoons of olive oil
- Salt and black pepper to taste

Instructions:

1. Preheat the oven to 180°C (350°F). Fit the pie crust into a pie dish, pressing it into the bottom and sides.
2. Sauté the onion and fennel in olive oil until softened. Remove from heat and let cool.
3. In a bowl, whisk together the eggs and cream, then season with salt and pepper.
4. Spread the cubed sea trout, sautéed onion and fennel, and chopped dulse seaweed over the pie crust.
5. Pour the egg and cream mixture over the top.
6. Bake for 30-35 minutes until the top is golden and the filling is set.

Fish Pie with Kombu and Mushrooms



YIELD:
6 servings



PREP TIME:
20 minutes



COOK TIME:
35 minutes

Nutritional Information (per serving):

Calories: 320.

Protein: 23 g. Fat: 22 g.

Carbohydrates: 12 g.

Ingredients:

- One pie crust
- 200 g fish fillets (e.g., cod or haddock), cubed
- 1/2 cup chopped mushrooms
- 1/4 cup dried kombu, soaked and sliced
- 1 cup heavy cream
- Two eggs
- 1/2 cup grated cheese (optional)
- Salt and black pepper to taste
- Two tablespoons of olive oil

Instructions:

1. Preheat the oven to 180°C (350°F). Place the pie crust in a pie dish, pressing it into the bottom and sides.
2. Heat olive oil in a pan over medium heat. Sauté the mushrooms and kombu until softened. Spread this mixture over the pie crust.
3. Arrange the cubed fish on top of the mushroom and kombu mixture.
4. Whisk together the eggs and cream in a bowl. Season with salt and pepper, then pour over the fish and vegetables.
5. If using cheese, sprinkle it on top.
6. Bake for 30-35 minutes or until the top is golden and the filling is set.

I'm excited to share the recipe for kulebyaka with you as a special bonus. This pie is known for its intricate layers of filling wrapped in delicate pastry. It usually contains a blend of fish, mushrooms, and aromatic herbs, providing a rich and savory experience for special occasions or everyday meals. If you enjoy trying new and exciting recipes, kulebyaka is a unique gem that I hope you'll love. Its rich taste and exquisite combination of ingredients will leave a lasting impression.

BONUS

Fish and Mushroom Kulebyaka: A Special Bonus Recipe

**YIELD:**

1 pie (8 servings)

**PREP TIME:**

30 minutes

**COOK TIME:**

45 minutes

**Nutritional
Information (per
serving):**

Calories: 280. Protein: 15
g. Fat: 14 g.
Carbohydrates: 25 g.
Fiber: 2. Sugars: 4 g.

Ingredients:

- 300 g fish (cod, pike, or salmon)
- 200 g mushrooms (button mushrooms, porcini, or wild mushrooms)
- One large onion
- 2-3 tablespoons vegetable oil
- One teaspoon salt
- 1/2 teaspoon black ground pepper
- 1/2 teaspoon dried dill (optional)
- Pie dough (your choice)

Instructions:

1. Remove bones and skin from the fish and cut it into cubes.
2. Dice the mushrooms and finely chop the onion.
3. Heat the vegetable oil in a skillet over medium heat. Sauté the onion until soft and translucent, about 5 minutes.
4. Add the mushrooms and cook until golden and the liquid has evaporated about 10 minutes.
5. Add the fish, salt, pepper, and dill. Cook until the fish is white and fully cooked, about 5-7 minutes. Remove from heat and let the filling cool slightly.
6. Roll out the pie dough and line it in a pie dish.
7. Spread the filling over the dough and cover with a second layer. Seal the edges.
8. Bake in a preheated oven at 180°C (350°F) for 30-35 minutes or until golden brown.

CHAPTER

11

Kid-Friendly Recipes



Seafood and seaweed are essential nutrients that benefit children's growth and development. Seafood provides protein, omega-3 fatty acids, and important vitamins and minerals, while seaweed offers B vitamins, calcium, magnesium, and plant-based protein to support overall health.

This chapter contains kid-friendly recipes that are both tasty and nutritious. These dishes will make your child's diet diverse and balanced, keeping their interest in healthy food.

Crab Cakes

with Mashed Potatoes



YIELD:
4 servings



PREP TIME:
20 minutes



COOK TIME:
30 minutes

Nutritional Information:

Calories: 450.
Protein: 25 g. Fat: 20 g.
Carbohydrates: 45 g.

Ingredients:

- For the crab cakes:
- 500g crab meat
- 1/2 cup breadcrumbs
- One egg
- 1/4 cup mayonnaise
- 1 tbsp lemon juice
- 1/2 tsp Worcestershire sauce
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1 tbsp chopped green onion
- 1 tbsp chopped celery
- 2 tbsp vegetable oil for frying
- For the mashed potatoes:
- Four large potatoes, peeled and cubed
- 1/2 cup milk
- 2 tbsp butter
- Salt and pepper to taste

Instructions:

1. Prepare the mashed potatoes:
2. Boil the potatoes in salted water until tender, about 15 minutes.
3. Drain and mash the potatoes until smooth.
4. Add the milk and butter, beating until creamy.
5. Season with salt and pepper to taste. Keep warm.
6. Prepare the crab cakes:
7. In a large bowl, mix the crabmeat, breadcrumbs, egg, mayonnaise, lemon juice, Worcestershire sauce, salt, pepper, green onion, and celery until well combined.
8. Shape the mixture into small patties.
9. Heat the vegetable oil in a large skillet over medium heat.
10. Fry the crab cakes until golden brown, about 3-4 minutes per side.
11. Place the cakes on a paper towel to drain excess oil.
12. Serve the crab cakes hot with the mashed potatoes.
13. Garnish with fresh herbs and lemon wedges if desired.

Mini Seafood Pizzas



YIELD:
4 servings



PREP TIME:
20 minutes



COOK TIME:
15 minutes

Nutritional Information:

Calories: 350.
Protein: 20 g.
Fat: 15 g.
Carbohydrates: 30 g.

Ingredients:

- Four mini pizza crusts (store-bought or homemade)
- 200g seafood mix (shrimp, calamari, mussels)
- 1/2 cup tomato sauce
- 1 cup shredded mozzarella cheese
- 1/4 cup grated Parmesan cheese
- One small red onion, sliced
- One small red bell pepper, diced
- 1 tbsp olive oil
- 1 tsp dried oregano
- Salt and pepper to taste
- Fresh basil for garnish

Instructions:

1. Preheat the oven to 200°C (400°F).
2. If using homemade dough, roll it out and cut into circles about 4-5 inches in diameter.
3. Place the dough on a baking sheet lined with parchment paper.
4. Spread tomato sauce on each mini pizza crust. Sprinkle shredded mozzarella and Parmesan cheese over the sauce.
5. Distribute the seafood mix on top of the pizzas.
6. Add sliced red onion and diced red bell pepper.
7. Drizzle with olive oil and sprinkle with dried oregano, salt, and pepper.
8. Bake in the oven for about 12-15 minutes until the cheese is melted and the edges are golden brown.
9. Serve hot, garnished with fresh basil.

Fish Sticks with Yogurt Sauce



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
20 minutes

Nutritional Information:

Calories: 300.
Protein: 25 g.
Fat: 12 g.
Carbohydrates: 20 g.

Ingredients:

- 500g white fish fillets (cod, haddock) cut into strips
- 1 cup breadcrumbs
- 1/2 cup flour
- Two eggs
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/2 tsp garlic powder
- 1/2 tsp paprika
- 1/4 cup olive oil
- For the yogurt sauce:
- 1 cup plain yogurt
- 1 tbsp lemon juice
- 1 tbsp chopped fresh dill
- 1 tsp honey
- Salt and pepper to taste

Instructions:

1. Preheat the oven to 200°C (400°F). Line a baking sheet with parchment paper and grease with olive oil.
2. Beat the eggs in one bowl. Mix the flour, salt, pepper, garlic powder, and paprika in another. Add the breadcrumbs to the third bowl.
3. Dip each fish strip first in the flour mixture, then the beaten eggs and the breadcrumbs.
4. Place the breaded fish sticks on the prepared baking sheet. Drizzle with olive oil.
5. Bake in the oven for 15-20 minutes until the fish sticks are golden and crispy, turning them halfway through.
6. In a small bowl, combine all the ingredients for the yogurt sauce.
7. Serve with the hot fish sticks.

Salmon Rice Cakes



YIELD:
4 servings



PREP TIME:
20 minutes



COOK TIME:
20 minutes

Nutritional Information:

Calories: 350.
Protein: 20 g.
Fat: 15 g.
Carbohydrates: 30 g.

Ingredients:

- 200g cooked salmon, chopped
- 2 cups cooked rice
- One egg
- 1/4 cup breadcrumbs
- 1/4 cup chopped green onions
- 1/4 cup grated Parmesan cheese
- 1 tbsp mayonnaise
- 1 tsp lemon juice
- 1/2 tsp salt
- 1/4 tsp black pepper
- 2 tbsp vegetable oil for frying

Instructions:

1. Combine cooked rice, chopped salmon, egg, breadcrumbs, green onions, Parmesan, mayonnaise, lemon juice, salt, and black pepper in a large bowl. Mix well until combined.
2. Shape the mixture into small patties about 7-8 cm in diameter and 2 cm thick.
3. Heat vegetable oil over medium heat in a large skillet.
4. Fry the patties until golden brown, about 3-4 minutes on each side.
5. Transfer the cooked patties to paper towels to remove excess oil.
6. Serve hot with your favorite sauce and fresh vegetables.

Meatballs in Tomato Sauce



YIELD:
4 servings



PREP TIME:
20 minutes



COOK TIME:
30 minutes

Nutritional Information:

Calories: 300.
Protein: 25 g.
Fat: 15 g.
Carbohydrates: 20 g.

Ingredients:

- 300g mixed seafood (shrimp, mussels, squid), finely chopped
- One egg
- 1/2 cup breadcrumbs
- 1/4 cup finely chopped onion
- Two garlic cloves, finely chopped
- 1 tbsp fresh parsley, finely chopped
- 1/2 tsp salt
- 1/4 tsp black pepper
- 2 tbsp vegetable oil for frying
- For Tomato Sauce:
- One can (400g) crushed tomatoes
- One onion, finely chopped
- Two garlic cloves, finely chopped
- 1 tbsp olive oil
- 1 tsp sugar, 1 tsp salt
- 1/2 tsp black pepper
- 1 tsp dried oregano

Instructions:

1. In a large bowl, combine seafood, egg, breadcrumbs, onion, garlic, parsley, salt, and pepper. Mix well until evenly combined.
2. Shape the mixture into small meatballs.
3. Heat vegetable oil over medium heat in a large skillet.
4. Fry the meatballs until golden brown, about 3-4 minutes on each side.
5. Transfer to paper towels to remove excess oil.
6. Take a separate skillet, add olive oil, and sauté the onion and garlic until they become tender.
7. Add crushed tomatoes, sugar, salt, pepper, and oregano.
8. Bring to a boil, then reduce heat and simmer for 10 minutes.
9. Add the meatballs to the tomato sauce and cook on low heat for another 10 minutes.
10. Serve hot with pasta or rice.

Fish and Vegetable Soup



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
25 minutes

Nutritional Information:

Calories: 180.
Protein: 25 g.
Fat: 6 g.
Carbohydrates: 15 g.

Ingredients:

- 500g white fish fillet (cod, hake, or sole), cut into chunks
- 1 liter vegetable or fish broth
- One medium potato, diced
- One carrot, sliced
- One celery stalk, sliced
- One onion, chopped
- Two garlic cloves, chopped
- 1/2 cup green peas (fresh or frozen)
- 1/2 tsp dried thyme
- 1/2 tsp dried oregano
- 2 tbsp olive oil
- Salt and black pepper to taste
- Fresh parsley for garnish

Instructions:

1. In a large pot, heat olive oil over medium heat. Sauté onion and garlic until soft, about 3 minutes.
2. Add potato, carrot, and celery.
3. Cook, stirring, for another 5 minutes.
4. Pour in the broth and bring to a boil. Reduce heat and simmer until vegetables are tender, about 10 minutes.
5. Add fish, green peas, thyme, and oregano.
6. Cook until the fish is cooked through, about 5-7 minutes.
7. Season with salt and pepper to taste.
8. Serve hot, garnished with fresh parsley.

Salmon Croquettes with Herbs



YIELD:
4 servings



PREP TIME:
20 minutes



COOK TIME:
20 minutes

Nutritional Information:

Calories: 250.
Protein: 18 g. Fat: 12 g.
Carbohydrates: 20 g.

Ingredients:

- 300g salmon fillet, cooked and flaked
- 1 cup mashed potatoes
- 1/4 cup chopped green onions
- 1/4 cup chopped dill
- 1/4 cup chopped parsley
- One egg
- 1/2 cup breadcrumbs
- 1/4 cup flour
- Salt and black pepper to taste
- 2 tbsp vegetable oil for frying

Instructions:

1. Combine the flaked salmon, mashed potatoes, green onions, dill, parsley, salt, and pepper in a large bowl. Mix well.
2. Shape the mixture into small round or oval croquettes.
3. Dredge each croquette in flour, dip in beaten egg, and coat with breadcrumbs.
4. Heat vegetable oil in a skillet over medium heat.
5. Fry the croquettes until golden brown, about 3-4 minutes on each side.
6. Remove the cooked croquettes and drain on paper towels.
7. Serve hot with your choice of dipping sauce.

Stuffed Calamari with Vegetables



YIELD:
4 servings



PREP TIME:
30 minutes



COOK TIME:
30 minutes

Nutritional Information:

Calories: 200.
Protein: 25 g. Fat: 10 g.
Carbohydrates: 15 g.

Ingredients:

- Eight squid tubes, cleaned and rinsed
- 1 cup chopped broccoli
- 1/2 cup chopped bell pepper
- 1/2 cup chopped carrot
- 1/4 cup chopped onion
- Two garlic cloves, chopped
- 1/2 cup cooked quinoa or rice
- 1/4 cup grated Parmesan cheese
- 2 tbsp olive oil
- 1/2 tsp dried oregano
- 1/2 tsp dried basil
- Salt and black pepper to taste
- Fresh parsley for garnish

Instructions:

1. Preheat the oven to 180°C (350°F).
2. In a small skillet, cook onion and garlic in olive oil until they turn soft.
3. Add broccoli, bell pepper, and carrot. Cook until vegetables are tender, about 5 minutes.
4. Stir in cooked quinoa or rice, grated Parmesan, oregano, and basil.
5. Season with salt and pepper to taste.
6. Stuff the squid tubes with the vegetable mixture.
7. Place the stuffed squid in a baking dish and brush with olive oil.
8. Bake in the oven for 25-30 minutes until the squid is tender.
9. Serve hot, garnished with fresh parsley.

Baked Fish Toasts



YIELD:
4 servings



PREP TIME:
10 minutes



COOK TIME:
15 minutes

Nutritional Information:

Calories: 300.
Protein: 25 g. Fat: 15 g.
Carbohydrates: 20 g.

Ingredients:

- Four slices of bread (whole grain or rye)
- 200g white fish fillet (such as cod or haddock), skinless and boneless
- 1/4 cup mayonnaise
- 1/4 cup grated Parmesan cheese
- 2 tbsp lemon juice
- 1 tsp dried dill
- 1 tsp dried garlic
- Salt and black pepper to taste
- Fresh parsley for garnish

Instructions:

1. Preheat the oven to 200°C (400°F).
2. Spread mayonnaise on each slice of bread.
3. Mix the grated Parmesan, lemon juice, dill, garlic, salt, and pepper in a small bowl.
4. Break the fish fillet into small pieces and place them on the mayonnaise-covered bread.
5. Sprinkle the cheese and spice mixture over the fish.
6. Place the bread slices on a baking sheet and bake for 10-15 minutes until the fish is cooked and the cheese is golden brown.
7. Serve hot, garnished with fresh parsley.

Pasta with Seaweed Sauce



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
20 minutes

Nutritional Information:

Calories: 350.
Protein: 12 g.
Fat: 18 g.
Carbohydrates: 35 g.

Ingredients:

- 300g pasta (spaghetti, fettuccine, or your favorite type)
- 1 cup dried seaweed (such as nori or wakame), soaked and finely chopped
- 2 tbsp olive oil
- Two garlic cloves, chopped
- 1/2 cup cream
- 1/4 cup grated Parmesan cheese
- 1 tbsp soy sauce
- 1 tsp lemon juice
- Salt and black pepper to taste
- Fresh dill or green onions for garnish

Instructions:

1. Cook the pasta according to the package instructions until al dente.
2. Drain and set aside.
3. In a skillet, heat olive oil over medium heat. Sauté garlic until golden brown.
4. Add the chopped seaweed and cook for 2-3 minutes.
5. Pour in the cream and bring to a gentle simmer. Reduce heat and cook until the sauce thickens.
6. Stir in grated Parmesan, soy sauce, and lemon juice. Mix well.
7. Add the cooked pasta to the skillet and toss until coated.
8. Season with salt and pepper to taste.
9. Serve hot, garnished with fresh dill or green onions.

Shrimp and Spinach Omelet



YIELD:
4 servings



PREP TIME:
10 minutes



COOK TIME:
10 minutes

Nutritional Information:

Calories: 300.
Protein: 25 g.
Fat: 18 g.
Carbohydrates: 5 g.

Ingredients:

- Four eggs
- 150g shrimp, peeled and deveined
- 1 cup fresh spinach, washed
- 1/4 cup milk
- 1/4 cup grated cheese (such as cheddar or mozzarella)
- 1 tbsp olive oil
- One small onion, chopped
- One garlic clove, chopped
- Salt and black pepper to taste

Instructions:

1. Whisk the eggs with milk, salt, and black pepper in a small bowl until well combined.
2. Heat olive oil in a skillet over medium heat. Cook the onion and garlic until they become soft.
3. Add the shrimp to the skillet and cook until pink, about 3-4 minutes.
4. Add the spinach and cook until wilted, about 1 minute.
5. Pour the egg mixture into the skillet and cook over medium heat until the edges are set and the center is still runny.
6. Sprinkle with grated cheese and fold the omelet in half.
7. Cook for 1-2 minutes until cooked and the cheese is melted.
8. Serve hot, garnished with fresh herbs.

Seafood Muffins



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
25 minutes

Nutritional Information (per serving):

Calories: 220.

Protein: 18 g. Fat: 9 g.

Carbohydrates: 15 g.

Fiber: 2 g. Sugars: 3 g.

Ingredients:

- 200 g white fish fillet (e.g., cod or haddock), finely chopped
- 100 g cooked shrimp, chopped
- 1/2 cup grated zucchini
- 1/2 cup grated carrots
- Two eggs
- 1/4 cup whole wheat flour
- 1/4 cup grated cheese (e.g., cheddar)
- One tablespoon of olive oil
- Salt and black pepper to taste

Instructions:

1. Preheat the oven to 180°C (350°F). Prepare a muffin tin by greasing it with olive oil or using paper liners.
2. In a large bowl, combine chopped fish, shrimp, grated zucchini, grated carrots, eggs, flour, and grated cheese. Season with salt and pepper.
3. Spoon the mixture into the muffin tin, filling each cup about 2/3 full.
4. Bake for 20-25 minutes or until the muffins are golden and firm to the touch.
5. Let the muffins cool slightly before serving. They can be enjoyed warm or cold.

Fish Balls with vegetables



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
20 minutes

Nutritional Information (per serving):

Calories: 210.

Protein: 20 g. Fat: 7 g.

Carbohydrates: 20 g.

Fiber: 3 g. Sugars: 2 g.

Ingredients:

- 300 g white fish fillet (e.g., cod or hake), cut into small pieces
- 1/2 cup boiled potatoes, mashed
- 1/2 cup grated carrots
- 1/4 cup frozen peas, thawed
- One egg
- 1/4 cup whole grain breadcrumbs
- Salt and black pepper to taste

Instructions:

1. Combine the fish, mashed potatoes, grated carrots, peas, egg, and breadcrumbs in a large bowl. Then season with salt and pepper.
2. Shape the mixture into small balls.
3. Heat a skillet with a small amount of oil over medium heat and fry the balls until golden brown, about 4-5 minutes on each side.
4. Serve warm with a side of vegetables or a dipping sauce.

Salmon Rolls with Cheese and Vegetables



YIELD:
4 servings



PREP TIME:
10 minutes



COOK TIME:
15 minutes

Nutritional Information (per serving):

Calories: 180.

Protein: 15 g. Fat: 10 g.

Carbohydrates: 6 g.

Fiber: 2 g. Sugar: 3 g.

Ingredients:

- 200 g salmon fillet, cut into thin strips
- 1/2 cup cream cheese (e.g., softened)
- 1/4 cup grated carrots
- 1/4 cup cucumber, thinly sliced
- 1/4 cup red bell pepper, thinly sliced
- Spinach leaves for filling

Instructions:

1. Lay out the salmon strips on a work surface.
2. Spread a thin layer of cream cheese on each piece.
3. Top with grated carrots, cucumber, red bell pepper, and a spinach leaf.
4. Carefully roll up the salmon strips with the filling inside.
5. Secure with toothpicks and serve as an appetizer or a light lunch.

Remember, children's nutrition can be exciting and varied. With these diverse recipes, you can offer your kids a range of delicious and nutritious meals. Let them enjoy the variety and benefits of healthy eating that support their growth and development.

Delicious Discoveries from Seaweed



Seaweeds are a versatile ingredient ideal for various diets. This chapter features recipes that highlight their versatility, making it easy to incorporate seaweeds into your meals for added variety and essential nutrients.

Seaweed Salad (Wakame) with Sesame



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
None

Nutritional Information (per serving):

Calories: 80. Protein: 2 g. Fat: 5 g.
Carbohydrates: 8 g.
Sodium: 300 mg.

Ingredients:

- 1 cup dried wakame seaweed
- Two tablespoons of sesame oil
- Two tablespoons of soy sauce
- One tablespoon of rice vinegar
- One tablespoon sugar
- One tablespoon of sesame seeds
- One garlic clove, minced
- One teaspoon of grated ginger
- One green onion, chopped

Instructions:

1. Soak the dried wakame in warm water for 10 minutes until it becomes soft. Drain well and squeeze out any excess water.
2. In a small bowl, mix the sesame oil, soy sauce, rice vinegar, sugar, sesame seeds, minced garlic, and grated ginger.
3. Combine the rehydrated wakame with the dressing in a large bowl. Add the chopped green onion and toss to combine.
4. Transfer the salad to a serving dish and sprinkle with additional sesame seeds if desired.

Casserole with Seaweeds (Wakame) and Vegetables



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
30 minutes

Nutritional Information (per serving):

Calories: 180.
Protein: 4 g. Fat: 8 g.
Carbohydrates: 22 g.
Sodium: 150 mg.

Ingredients:

- 1 cup dried wakame seaweed
- Two potatoes, sliced
- One carrot, diced
- One onion, diced
- One red bell pepper, diced
- 1 cup broccoli, chopped
- Two tablespoons of olive oil
- Salt and pepper to taste

Instructions:

1. Soak the wakame in warm water for 10 minutes, then drain and chop the seaweed.
2. Preheat the oven to 180°C (350°F).
3. In a large bowl, Combine the sliced potatoes, diced carrot, onion, bell pepper, and chopped broccoli. Add the wakame, olive oil, salt, and pepper. Mix well.
4. Distribute the mixture in a baking dish that has been greased.
5. Bake in the oven for 30 minutes, until golden and the vegetables are tender.
6. Allow the casserole to cool for a few minutes before serving.

Paella with Seaweeds (Kombu and Wakame)



YIELD:
4 servings



PREP TIME:
20 minutes



COOK TIME:
30 minutes

Nutritional Information (per serving):

Calories: 300.
Protein: 6 g. Fat: 8 g.
Carbohydrates: 50 g.
Sodium: 400 mg.

Ingredients:

- 1 cup dried wakame seaweed
- 1/2 cup dried kombu seaweed
- Two tablespoons of olive oil
- One onion, chopped
- Two garlic cloves, minced
- One red bell pepper, diced
- One yellow bell pepper, diced
- 1 cup green peas
- 2 cups paella rice (such as Bomba rice)
- 4 cups vegetable broth
- 1/2 teaspoon saffron, soaked in 2 tablespoons warm water
- One teaspoon paprika
- Salt and black pepper to taste
- Lemon wedges for serving

Instructions:

1. Soak the dried wakame and kombu seaweed in warm water for 10 minutes, then drain and squeeze out excess water.
2. Heat the olive oil over medium heat in a large paella pan or deep skillet.
3. Cook the chopped onion and minced garlic in a pan until they are softened.
4. Add the diced red and yellow bell peppers and cook for another 5 minutes, stirring.
5. Add the paella rice and cook, stirring, until the rice is coated with oil and becomes translucent.
6. Pour in the vegetable broth, and add the soaked saffron with its water, paprika, salt, and black pepper. Stir to disperse the ingredients.
7. Increase the heat to high and bring the mixture to a boil, then reduce the heat to medium and cook without stirring for about 20 minutes, until the rice is tender and the liquid is absorbed.
8. Add the soaked wakame, kombu seaweed, and green peas. Cook for another 5 minutes until all ingredients are heated through.
9. Remove the paella from heat and let it sit for 5 minutes before serving.
10. Serve with lemon wedges.

Soup with Seaweeds (Dulse) and Tofu



YIELD:
4 servings



PREP TIME:
10 minutes



COOK TIME:
20 minutes

Nutritional Information (per serving):

Calories: 150.
Protein: 8 g. Fat: 5 g.
Carbohydrates: 18 g.
Sodium: 700 mg.

Ingredients:

- 1 cup dried dulse seaweed
- 200 g tofu, cubed
- 4 cups vegetable broth
- One carrot, sliced
- One onion, chopped
- Two cloves garlic, minced
- One tablespoon of soy sauce
- Salt and pepper to taste
- Fresh herbs for garnish

Instructions:

1. Soak the dulse in warm water for 5 minutes, then drain and chop the seaweed.
2. Heat the vegetable broth in a large pot over medium heat.
3. Add the sliced carrot, onion, and garlic.
4. Cook for 10 minutes, until the vegetables are tender.
5. Add the cubed tofu, dulse, and soy sauce. Season with salt and pepper.
6. Cook for another 5 minutes.
7. Ladle the soup into bowls and garnish with fresh herbs before serving.

Avocado Rolls with Seaweeds (Nori)



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
20 minutes

Nutritional Information (per serving):

Calories: 200.
Protein: 4 g. Fat: 8 g.
Carbohydrates: 28 g.
Sodium: 300 mg.

Ingredients:

- 2 cups cooked sushi rice
- Two tablespoons of rice vinegar
- Four sheets nori
- One avocado, sliced
- One cucumber, cut into strips
- One carrot, cut into strips
- Two tablespoons of soy sauce
- Pickled ginger and wasabi for serving

Instructions:

1. Mix the cooked rice with vinegar and let it cool.
2. Place a bamboo mat on a flat surface and cover it with plastic wrap.
3. Lay a sheet of nori on the mat and spread a thin layer of rice over the nori, leaving the top edge free (about 2 cm).
4. Arrange the filling: Place avocado slices, cucumber strips, and carrot strips in a line near the bottom edge.
5. Using the mat, roll the nori with rice, fill it into a tight roll, and press it.
6. Cut each roll into 6-8 pieces using a sharp knife.
7. Serve the rolls with soy sauce, pickled ginger, and wasabi.

Burritos with Seaweeds (Arame) and Black Beans



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
10 minutes

Ingredients:

- 1/2 cup dried frame seaweed
- One can of black beans, rinsed and drained.
- One red bell pepper, diced
- One medium onion, diced
- 1 cup corn (fresh or frozen)
- 1 cup shredded vegan cheese
- Four large tortillas
- One tablespoon of olive oil
- One teaspoon of ground cumin
- 1/2 teaspoon paprika
- Salt and pepper to taste
- Chopped fresh herbs and lemon juice for serving (optional)

Instructions:

1. Soak the frame seaweed in warm water for 5 minutes, then drain and chop the seaweed.
2. Heat the olive oil in a skillet over medium heat. Add the onion and bell pepper, cooking until softened, about 5 minutes.
3. Add the black beans, corn, seaweed, cumin, paprika, salt, and pepper.
4. Cook, stirring, for another 5 minutes until everything is heated through.
5. Warm the tortillas in a skillet or oven until soft.
6. Place the seaweed mixture on each tortilla and sprinkle with shredded vegan cheese. Roll up the burritos, folding in the sides and rolling into a wrap.
7. Serve with chopped herbs and squeeze lemon juice if desired.

Nutritional Information (per serving):

Calories: 320.
Protein: 14 g.
Fat: 9 g.
Carbohydrates: 45 g.
Sodium: 300 mg.

Spring Rolls with Seaweeds (Nori) and Vegetables



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
5 minutes

Ingredients:

- Eight sheets nori
- 1/2 cup sliced fresh vegetables (cucumber, carrot, avocado)
- 1/4 cup sliced red bell pepper
- 1/4 cup fresh bean sprouts
- 1/4 cup chopped fresh cilantro
- Dipping sauce (soy sauce or peanut sauce)

Instructions:

1. Prepare all vegetables by slicing them into thin strips.
2. Lay out the nori sheets on a clean surface.
3. Place a small amount of sliced vegetables, bean sprouts, and cilantro on each nori sheet.
4. Roll the nori sheets into tight rolls, enclosing the filling.
5. Serve with your choice of dipping sauce.

Nutritional Information (per serving):

Calories: 90.
Protein: 3 g. Fat: 4 g.
Carbohydrates: 11 g.
Sodium: 140 mg.

Rice Cakes with Seaweeds (Dulse) and Mushrooms



YIELD:
4 servings



PREP TIME:
20 minutes



COOK TIME:
20 minutes

Nutritional Information (per serving):

Calories: 180.
Protein: 5 g. Fat: 7 g.
Carbohydrates: 25 g.
Sodium: 210 mg.

Ingredients:

- 1 cup cooked rice
- 1/4 cup dried dulse seaweed
- 1/2 cup chopped mushrooms (button or oyster mushrooms)
- 1/4 cup chopped onion
- One tablespoon of vegetable oil
- One egg (or vegan substitute)
- 1/4 cup breadcrumbs
- Salt and black pepper to taste

Instructions:

1. Soak the dried dulse seaweed in warm water for 10 minutes, then chop it.
2. Heat vegetable oil in a skillet, add the onion, and sauté until translucent.
3. Add mushrooms and cook until tender. Remove from heat and let cool.
4. Combine cooked rice, diced dulse, sautéed mushrooms, and onion in a big bowl.
5. Add the egg or substitute, breadcrumbs, salt, and pepper. Mix well.
6. Shape the mixture into small cakes.
7. Heat vegetable oil in a skillet and fry the cakes on both sides until golden brown, about 4-5 minutes per side.

Lentil and Seaweed Patties (Hijiki)



YIELD:
4 servings



PREP TIME:
20 minutes



COOK TIME:
25 minutes

Nutritional Information (per serving):

Calories: 180.
Protein: 8 g. Fat: 5 g.
Carbohydrates: 26 g.
Sodium: 200 mg.

Ingredients:

- 1 cup dried lentils
- 1/4 cup dried hijiki seaweed
- One small onion, chopped
- Two garlic cloves, minced
- One carrot, grated
- 1/2 cup bread crumbs
- One tablespoon of soy sauce
- One tablespoon of olive oil
- One teaspoon of ground cumin
- 1/2 teaspoon paprika
- Salt and black pepper to taste
- Olive oil for frying

Instructions:

1. Rinse the lentils and cook according to package instructions until tender.
2. Drain and set aside.
3. Soak the dried hijiki seaweed in warm water for 10 minutes. Drain and chop.
4. Combine the cooked lentils, rehydrated hijiki, chopped onion, minced garlic, grated carrot, bread crumbs, soy sauce, olive oil, cumin, paprika, salt, and pepper in a large bowl. Blend everything until well combined.
5. Form the mixture into small patties.
6. Heat a little olive oil in a skillet over medium heat. Fry the patties on each side for 3-4 minutes until golden brown and crispy.
7. Enjoy the lentil and hijiki patties warm with your favorite sauce or as part of a meal.

Curry with Seaweeds (Kombu) and Coconut Milk



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
25 minutes

Nutritional Information (per serving):

Calories: 250.
Protein: 4 g.
Fat: 18 g.
Carbohydrates: 24 g.
Sodium: 400 mg.

Ingredients:

- 1 cup diced potatoes
- 1 cup chopped carrots
- 1 cup diced bell peppers
- 1 cup diced tomatoes
- 1/2 cup dried kombu seaweed
- One can (14 oz) coconut milk
- Two tablespoons of curry powder
- One tablespoon of olive oil
- One onion, chopped
- Two garlic cloves, minced
- One tablespoon of ginger, minced
- Salt and black pepper to taste
- Fresh cilantro for garnish

Instructions:

1. Soak the dried kombu seaweed in warm water for 10 minutes, then drain and set aside.
2. Heat olive oil in a large pot over medium heat.
3. Add chopped onion, garlic, and ginger. Sauté until the onion is translucent.
4. Add curry powder to the pot and cook for 1 minute, stirring.
5. Add diced potatoes, carrots, bell peppers, and tomatoes. Stir well to coat with curry spices.
6. Pour in coconut milk and bring to a simmer.
7. Add the soaked kombu seaweed and cook for 15-20 minutes until the vegetables are tender and the curry is thickened.
8. Season with salt and black pepper to taste.
9. Garnish with fresh cilantro before serving.

Seaweed-Infused Hummus (Nori)



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
None

Nutritional Information (per serving):

Calories: 140.
Protein: 5 g. Fat: 8 g.
Carbohydrates: 12 g.
Sodium: 230 mg.

Ingredients:

- One can (15 oz) chickpeas, drained and rinsed
- Two tablespoons tahini
- Two tablespoons of lemon juice
- Two cloves garlic
- 1/4 cup olive oil
- Two sheets of Nori seaweed chopped
- Salt to taste
- 1/4 teaspoon ground cumin (optional)

Instructions:

1. Combine chickpeas, tahini, lemon juice, and garlic in a food processor.
2. Blend until smooth.
3. With the processor running, add the olive oil and continue blending until the mixture is creamy.
4. Add the chopped Nori seaweed, salt, and ground cumin (if using), and pulse a few times to incorporate.
5. Taste and adjust seasoning if needed.
6. Transfer the hummus to a serving bowl and drizzle with more olive oil if desired. Serve with pita bread or vegetable sticks.

Seaweed Salad with Cucumbers and Peppers (Wakame)



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
None

Nutritional Information (per serving):

Calories: 70.
Protein: 2 g.
Fat: 4 g.
Carbohydrates: 8 g.
Sodium: 350 mg.

Ingredients:

- 1 cup dried Wakame seaweed
- One cucumber, sliced
- One red bell pepper, sliced
- Two tablespoons of rice vinegar
- One tablespoon of soy sauce
- One tablespoon of sesame oil
- One teaspoon sugar
- One tablespoon of sesame seeds (optional)
- One green onion, sliced

Instructions:

1. Soak the dried Wakame seaweed in warm water for 10 minutes, then drain and squeeze out excess water. Cut the seaweed into small pieces.
2. Combine the sliced cucumber and bell pepper in a large bowl.
3. In a small bowl, prepare the dressing by mixing rice vinegar, soy sauce, sesame oil, and sugar until the sugar is dissolved.
4. Add the seaweed to the cucumber and pepper mixture and toss.
5. Drizzle the dressing over the salad and toss to combine.
6. Sprinkle with sesame seeds and sliced green onion before serving.

Risotto with Kombu Seaweed and Mushrooms



YIELD:
4 servings



PREP TIME:
10 minutes



COOK TIME:
30 minutes

Nutritional Information (per serving):

Calories: 340.
Protein: 7 g.
Fat: 11 g.
Carbohydrates: 47 g.
Sodium: 600 mg.

Ingredients:

- 1 cup Arborio rice
- 10 g dried kombu seaweed
- 200 g mushrooms, sliced
- One onion, finely chopped
- Two garlic cloves, minced
- 2 tbsp olive oil
- 100 ml dry white wine
- 800 ml vegetable broth
- 2 tbsp vegan Parmesan (or nutritional yeast)
- Salt and freshly ground black pepper to taste
- Fresh parsley, chopped, for garnish

Instructions:

1. Soak the dried kombu seaweed in warm water for 10-15 minutes, then slice it into small pieces.
2. Heat olive oil in a large skillet or saucepan over medium heat.
3. Add the onion and cook until translucent, about 5 minutes.
4. Add garlic and mushrooms, and cook until they release their juices and start to brown, about 7 minutes.
5. Stir in the Arborio rice and cook for 2-3 minutes until lightly toasted. Pour in the white wine and cook until fully absorbed.
6. Gradually add hot vegetable broth, one ladle at a time, stirring constantly. Wait until each addition is absorbed before adding more.
7. Continue until the rice is creamy and tender but has a slight bite (al dente), about 18-20 minutes.
8. Stir in the rehydrated kombu seaweed and vegan Parmesan, and season with salt and black pepper to taste.
9. Mix well and serve garnished with chopped parsley.

Sushi with Seaweed (Nori) and Vegetables



YIELD:
4 servings



PREP TIME:
30 minutes



COOK TIME:
10 minutes
(for rice)

Nutritional Information (per serving):

Calories: 200.
Protein: 4 g. Fat: 6 g.
Carbohydrates: 32 g.
Sodium: 600 mg.

Ingredients:

- 2 cups sushi rice
- 2 1/2 cups water
- 1/4 cup rice vinegar
- 2 tbsp sugar
- 1 tbsp salt
- Eight sheets of nori (seaweed)
- One avocado, sliced
- One cucumber, peeled and sliced
- One carrot, sliced
- One red bell pepper, sliced
- Soy sauce for serving
- Wasabi and pickled ginger (optional) for serving

Instructions:

1. Rinse sushi rice under cold water until the water runs clear. Place the rice and water in a saucepan, boil, then reduce heat, cover, and simmer on low for 15-20 minutes. Remove from heat and let sit, covered, for another 10 minutes.
2. Combine rice vinegar, sugar, and salt in a small saucepan. Heat gently until the sugar and salt dissolve, but do not bring it to a boil.
3. Pour the vinegar mixture over the cooked rice and gently fold with a wooden spoon. Allow the rice to cool to room temperature.
4. Place a nori sheet on a bamboo sushi mat (or plastic wrap). Spread a thin layer of rice over the nori, leaving a 1 cm (1/2 inch) border at the top. Arrange vegetable strips along the bottom edge of the rice.
5. Carefully roll the sushi using the mat to help form a tight cylinder. Slice the roll into 2 cm (1-inch) pieces.
6. If desired, serve the sushi with soy sauce, wasabi, and pickled ginger.

Embrace the offerings of the sea and enhance your culinary repertoire with these vibrant and nourishing options!

Diet Recipes



In this chapter, we focus on nutritious, gentle dishes on the digestive system. These recipes are crafted to be light, easy to prepare, and perfect for a balanced diet. From seafood to vegetarian options, these meals are designed to support your health and enrich your diet while being enjoyable.

Grilled Fish Fillets with Lemon and Herbs



YIELD:
4 servings



PREP TIME:
10 minutes



COOK TIME:
15 minutes

Nutritional Information (per serving):

Calories: 250.
Protein: 25 g. Fat: 15 g.
Carbohydrates: 2 g.
Sodium: 300 mg.

Ingredients:

- Four fish fillets (e.g., salmon, cod, or dorado)
- Two tablespoons of olive oil
- Juice of 1 lemon
- One teaspoon of lemon zest
- Two garlic cloves, chopped
- One teaspoon of fresh rosemary chopped
- One teaspoon of fresh thyme chopped
- Salt and black pepper to taste

Instructions:

1. Rinse and dry the fish fillets with paper towels.
2. In a small bowl, mix olive oil, lemon juice, lemon zest, garlic, rosemary, and thyme—season with salt and pepper.
3. Rub the fish with the mixture on both sides and let marinate for 10 minutes.
4. Preheat the grill to medium heat. Place the fish fillets on the grill and cook for 5-7 minutes per side or until cooked.
5. Serve hot, garnished with lemon wedges and fresh herbs if desired.

Zucchini Noodles with Pesto and Shrimp



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
15 minutes

Nutritional Information (per serving):

Calories: 300.
Protein: 25 g. Fat: 15 g.
Carbohydrates: 20 g.
Sodium: 400 mg.

Ingredients:

- Four medium zucchinis
- 200 g shrimp (peeled and deveined)
- 1/4 cup olive oil
- 1/4 cup pesto (store-bought or homemade)
- Two garlic cloves (minced)
- 1/4 cup Parmesan cheese (optional, grated)
- Salt and black pepper to taste
- Fresh basil leaves for garnish

Instructions:

1. Cut the zucchini into noodle-like strips using a spiralizer or vegetable peeler. Set aside.
2. Heat 2 tablespoons of olive oil in a skillet over medium heat.
3. Add garlic and cook until golden.
4. Add shrimp and season with salt and pepper.
5. Cook shrimp on each side for 2-3 minutes until cooked.
6. In the same skillet, add the remaining olive oil and zucchini noodles.
7. Cook, stirring, for about 3-4 minutes until the noodles are tender yet still crisp.
8. Stir in the pesto and mix well.
9. Divide the noodles from plates and top with shrimp. If desired, sprinkle with Parmesan cheese and garnish with fresh basil leaves.

Steamed Salmon with Asparagus



YIELD:
4 servings



PREP TIME:
10 minutes



COOK TIME:
15 minutes

Nutritional Information (per serving):

Calories: 300.
Protein: 25 g.
Fat: 15 g.
Carbohydrates: 10 g.
Sodium: 150 mg.

Ingredients:

- Four salmon fillets (150-200 g each)
- One bunch of asparagus (about 250 g)
- Two tablespoons of olive oil
- One lemon (juice and zest)
- Two garlic cloves (minced)
- Salt and black pepper to taste
- Fresh herbs (parsley or dill) for garnish

Instructions:

1. If the asparagus is thick, cut it into smaller pieces.
2. Season the salmon fillets with salt and pepper. Drizzle with lemon juice and sprinkle with lemon zest.
3. Set up a steamer rack over a pot of boiling water.
4. Place the salmon fillets and asparagus on the shelf.
5. Cover and steam for 10-12 minutes until the fish is cooked and the asparagus is tender.
6. In a small bowl, mix olive oil and minced garlic. Warm in a pan or microwave.
7. Arrange the salmon and asparagus on plates. Drizzle with the garlic olive oil. Garnish with fresh herbs.

Baked Cod with Tomato-Olive Salsa



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
20 minutes

Nutritional Information (per serving):

Calories: 280.
Protein: 30 g. Fat: 12 g.
Carbohydrates: 12 g.
Sodium: 250 mg.

Ingredients:

- Four cod fillets (150-200 g each)
- Two tablespoons of olive oil
- One lemon (juice and zest)
- Salt and black pepper to taste
- Two tomatoes (chopped)
- 1/2 cup black olives (pitted and chopped)
- 1/4 cup red onion (chopped)
- Two garlic cloves (minced)
- One tablespoon capers (optional)
- 1/4 cup fresh basil (chopped)

Instructions:

1. Preheat the oven to 200°C (400°F). Place the cod fillets on a baking sheet lined with parchment paper.
2. Drizzle with olive oil and season with salt and pepper. Squeeze lemon juice over the fillets and sprinkle with lemon zest.
3. Place the baking sheet in the oven and bake the cod for 15-20 minutes until the fish is cooked through and golden.
4. In a bowl, combine the chopped tomatoes, black olives, red onion, garlic, and capers (if using).
5. Add olive oil, mix well, and season with salt and pepper to taste. Finally, stir in fresh basil.
6. Place the baked cod on plates and top with the tomato-olive salsa.

Quinoa Salad with Avocado and Seaweed (Wakame)



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
20 minutes

Nutritional Information (per serving):

Calories: 220.

Protein: 6 g.

Fat: 14 g.

Carbohydrates: 22 g.

Sodium: 320 mg.

Ingredients:

- 1 cup quinoa (raw)
- 2 cups water
- One avocado (diced)
- 1/2 cup wakame seaweed (rehydrated and chopped)
- 1/2 red bell pepper (chopped)
- 1/4 cup red onion (chopped)
- Two tablespoons of olive oil
- One tablespoon of rice vinegar
- One tablespoon of soy sauce
- One teaspoon honey
- Salt and black pepper to taste
- Two tablespoons fresh cilantro or parsley (optional)

Instructions:

1. Rinse the quinoa under cold water. Bring water to a boil in a pot, add the quinoa, reduce heat to low, and cover.
2. Cook for 15 minutes or until tender and water is absorbed. Allow to cool.
3. Combine the cooled quinoa, avocado, wakame seaweed, red bell pepper, and red onion in a large bowl.
4. Mix olive oil, rice vinegar, soy sauce, and honey in a small bowl. Season with salt and pepper to taste.
5. Drizzle the dressing over the salad and toss. Sprinkle with fresh cilantro or parsley before serving.

Baked Cod with Broccoli and Lemon



YIELD:
4 servings



PREP TIME:
10 minutes



COOK TIME:
20 minutes

Nutritional Information (per serving):

Calories: 220.

Protein: 25 g. Fat: 10 g.

Carbohydrates: 10 g.

Sodium: 150 mg.

Ingredients:

- Four cod fillets (150 g each)
- 2 cups broccoli florets
- One lemon (sliced)
- Two tablespoons of olive oil
- Two garlic cloves (minced)
- One teaspoon dried oregano
- Salt and black pepper to taste

Instructions:

1. Preheat the oven to 200°C (400°F). Prepare a baking sheet by lining it with parchment paper or greasing it with olive oil.
2. Toss the broccoli in a bowl with one tablespoon of olive oil, salt, and pepper. Spread the broccoli on the baking sheet.
3. Place the cod fillets on top of the broccoli. Brush the fish with the remaining olive oil and season with minced garlic, oregano, salt, and pepper. Top with lemon slices.
4. Bake in the preheated oven for 15-20 minutes, or until the fish is opaque, flakes with a fork, and the broccoli is tender.

Stir-fry with Seaweed (Nori) and Tofu



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
10 minutes

Nutritional Information (per serving):

Calories: 220.
Protein: 14 g.
Fat: 14 g.
Carbohydrates: 14 g.
Sodium: 600 mg.

Ingredients:

- 200 g tofu (cubed)
- 1 cup nori seaweed (sliced into strips)
- One red bell pepper (sliced into strips)
- One green bell pepper (sliced into strips)
- One carrot (sliced)
- Two tablespoons of vegetable oil
- Three tablespoons soy sauce
- One tablespoon of sesame oil
- One garlic clove (minced)
- One teaspoon of grated ginger
- Salt and black pepper to taste
- One tablespoon of sesame seeds (for serving)

Instructions:

1. Heat vegetable oil in a large skillet or wok over medium heat.
2. Add tofu and cook until golden brown, about 5-7 minutes. Remove and set aside.
3. In the same skillet, add garlic and ginger, cooking for 1 minute until fragrant.
4. Add bell peppers and carrots. Stir-fry for 3-4 minutes until vegetables are tender.
5. Return tofu to the skillet and add nori seaweed, soy sauce, and sesame oil.
6. Mix and cook for 1-2 minutes until seaweed is softened.
7. Serve hot, sprinkled with sesame seeds.

Cucumber and Seaweed (Wakame) Soup



YIELD:
4 servings



PREP TIME:
10 minutes



COOK TIME:
15 minutes

Nutritional Information (per serving):

Calories: 70.
Protein: 2 g. Fat: 2 g.
Carbohydrates: 10 g.
Sodium: 600 mg.

Ingredients:

- Two medium cucumbers (peeled and cubed)
- 1/4 cup dried wakame seaweed (soaked in water)
- 4 cups vegetable broth
- One tablespoon of vegetable oil
- One onion (chopped)
- Two garlic cloves (minced)
- One teaspoon of grated ginger
- One tablespoon of soy sauce
- One tablespoon of rice vinegar
- Salt and black pepper to taste
- Chopped green onions for garnish

Instructions:

1. Heat vegetable oil in a pot over medium heat. Add onion, garlic, and ginger, sauteing until softened and fragrant, about 3 minutes.
2. Add cubed cucumbers and continue to cook for 2 minutes.
3. Pour in vegetable broth and bring to a boil. Reduce heat and simmer for 5 minutes.
4. Add soaked wakame seaweed, soy sauce, and rice vinegar. Simmer for an additional 5 minutes.
5. Season with salt and pepper to taste.
6. Serve hot, garnished with chopped green onions.

Shrimp and Seaweed (Dulse) Salad



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
10 minutes

Nutritional Information (per serving):

Calories: 220.
Protein: 15 g. Fat: 14 g.
Carbohydrates: 12 g.
Sodium: 400 mg.

Ingredients:

- 200 g shrimp (peeled and cooked)
- 1/4 cup dried dulse seaweed (soaked in water)
- 2 cups fresh spinach leaves
- One avocado (cubed)
- 1/2 red bell pepper (sliced)
- 1/2 cucumber (sliced)
- Two tablespoons of olive oil
- One tablespoon of rice vinegar
- One teaspoon of soy sauce
- One teaspoon of honey or maple syrup
- Salt and black pepper to taste
- Sesame seeds for garnish (optional)

Instructions:

1. Soak the dulse seaweed in water for 5-10 minutes, then drain and squeeze out excess water.
2. Combine cooked shrimp, soaked dulse seaweed, spinach leaves, avocado, red bell pepper, and cucumber in a large bowl.
3. Whisk olive oil, rice vinegar, soy sauce, and honey (or maple syrup) in a small bowl.
4. Pour the dressing over the salad and toss to combine.
5. Season with salt and pepper if needed.
6. Garnish with sesame seeds before serving (optional).

Baked Tilapia with Lemon and Dill



YIELD:
4 servings



PREP TIME:
10 minutes



COOK TIME:
20 minutes

Nutritional Information (per serving):

Calories: 180.
Protein: 25 g. Fat: 7 g.
Carbohydrates: 2 g.
Sodium: 200 mg.

Ingredients:

- Four tilapia fillets
- One lemon (sliced)
- Two tablespoons of olive oil
- Two garlic cloves (minced)
- Two tablespoons fresh dill (chopped)
- Salt and black pepper to taste

Instructions:

1. Preheat the oven to 200°C (400°F).
2. Place the tilapia fillets on a baking sheet lined with parchment paper.
3. Drizzle the fish with olive oil and sprinkle with minced garlic.
4. Season the fish with salt and black pepper to taste.
5. Arrange lemon slices on top of the fish.
6. Sprinkle with fresh dill.
7. Bake in the oven for 15-20 minutes, until the fish flakes with a fork.

Cauliflower Rice with Seaweed (Kombu) and Vegetables



YIELD:
4 servings



PREP TIME:
10 minutes



COOK TIME:
15 minutes

Nutritional Information (per serving):

Calories: 100.
Protein: 4 g. Fat: 5 g.
Carbohydrates: 10 g.
Sodium: 300 mg.

Ingredients:

- One head of cauliflower (cut into florets)
- One tablespoon of dried kombu seaweed
- One tablespoon of olive oil
- 1 carrot (diced)
- 1 red bell pepper (diced)
- 1 cup frozen peas
- Two garlic cloves (minced)
- Two tablespoons of soy sauce
- Salt and black pepper to taste

Instructions:

1. Soak the dried kombu seaweed in warm water for 10 minutes, then chop it into small pieces.
2. In a food processor or blender, pulse the cauliflower florets until they resemble rice grains.
3. Heat olive oil in a skillet over medium heat.
4. Add garlic, carrot, and bell pepper. Sauté for 5 minutes until vegetables are tender.
5. Add the cauliflower rice, soaked kombu, and peas to the skillet.
6. Cook for another 5-7 minutes until all ingredients are heated.
7. Drizzle with soy sauce, and Season with salt and black pepper to taste. Mix well.

Tuna and Vegetable Salad Rolls



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
5 minutes

Nutritional Information (per serving):

Calories: 95.
Protein: 11 g. Fat: 5 g.
Carbohydrates: 6 g.
Sodium: 250 mg.

Ingredients:

- One can of tuna in water (drained)
- One avocado (sliced into thin strips)
- One carrot (peeled and sliced into thin strips)
- One cucumber (sliced into thin strips)
- Four romaine lettuce leaves
- One tablespoon of soy sauce
- One teaspoon of lemon juice
- One teaspoon of olive oil
- Salt and black pepper to taste

Instructions:

1. Combine the tuna, soy sauce, lemon juice, olive oil, salt, and black pepper in a small bowl.
2. Disperse a portion of the tuna mixture on each lettuce leaf.
3. Lay the avocado, carrot, and cucumber strips along one edge of the lettuce leaf.
4. Roll up the lettuce leaf around the filling.
5. Cut the rolls in half and serve.

Steamed Mussels with White Wine and Garlic



YIELD:
4 servings



PREP TIME:
10 minutes



COOK TIME:
15 minutes

Nutritional Information (per serving):

Calories: 180.
Protein: 20 g.
Fat: 6 g.
Carbohydrates: 5 g.
Sodium: 500 mg.

Ingredients:

- 1 kg fresh mussels
- Two tablespoons of olive oil
- Four garlic cloves (minced)
- 1 cup white wine
- One lemon (cut into wedges)
- 1/4 cup chopped fresh parsley
- Salt and black pepper to taste

Instructions:

1. Rinse the mussels under cold water, scrubbing any debris and discarding any that are open or damaged.
2. Heat the olive oil over medium heat in a large pot.
3. Add the garlic and sauté until fragrant, about 1 minute.
4. Add the white wine and bring to a boil.
5. Add the mussels to the pot, cover, and steam until the mussels open, about 5-7 minutes. Discard any mussels that remain closed.
6. Serve the mussels topped with chopped parsley and lemon wedges.
7. Season with salt and black pepper if desired.

Scallops in Lemon-Garlic Sauce with Vegetables



YIELD:
4 servings



PREP TIME:
15 minutes



COOK TIME:
10 minutes

Nutritional Information (per serving):

Calories: 220.
Protein: 25 g. Fat: 10 g.
Carbohydrates: 8 g.
Sodium: 300 mg.

Ingredients:

- 500 g scallops
- Two tablespoons of olive oil
- Four garlic cloves (minced)
- 1/4 cup white wine
- One lemon (juice and zest)
- 1 cup chopped broccoli
- 1 cup chopped red bell pepper
- 1/4 cup chopped fresh parsley
- Salt and black pepper to taste

Instructions:

1. Heat the olive oil in a large skillet over medium heat.
2. Add the garlic and sauté until golden, about 1 minute.
3. Add the scallops and cook for 2-3 minutes per side until golden brown.
4. Pour in the white wine and add lemon juice and zest. Cook for an additional 2 minutes until the sauce thickens.
5. Add the broccoli and red bell pepper to the skillet and cook until the vegetables are tender about 5 minutes.
6. Serve the scallops with vegetables garnished with chopped parsley.
7. Season with salt and black pepper if desired.

Conclusion

Building on the success of my previous book, "The Mediterranean Air Fryer Cookbook," I am excited to present this new publication. It is a testament to my unwavering commitment to uncovering the rich tapestry of diverse culinary traditions. Within these pages, I explore various cuisines, cooking methods, and unique ingredients, offering a collection of recipes that blend variety and sophistication.

My recipes cover everyday meals and special treats, with a strong focus on health and balanced nutrition. Each dish has been carefully crafted to ensure you enjoy exceptional flavors and easy preparation. My ultimate goal is to infuse every moment in the kitchen with joy and inspiration.

It is of utmost importance to me that this book becomes your trusted companion and a source of new ideas. I sincerely hope you find new favorite recipes and enjoy creating them. Your decision to pick up this book means a great deal to me. If you find it useful, I would be deeply grateful if you could share it with friends and family and leave a review on Amazon.

May this book bring joy to your kitchen and become a valuable aid in creating delicious and healthy meals. Thank you for choosing it, and I hope it provides you with many delightful culinary discoveries!

With gratitude and love,

Alger Hull