



Feast of the Seven Fishes Seafood Salad

Recipe courtesy of Ben Pollinger, executive chef of Oceana restaurant

POACHED SHRIMP

INGREDIENTS

½ pound large shrimp with heads,
or ¾ pound headless shrimp
½ cup white wine
2 cups water
¼ cup each diced carrot, onion, celery, and fennel
1 clove garlic, crushed
¼ lemon
1 sprig each parsley and thyme
½ tsp peppercorns
1 pc allspice
1 pc clove
1 pc bay leaf
2 tsp salt

DIRECTONS

1. Combine all ingredients except shrimp, bring to a boil and simmer 40 minutes.
2. Meanwhile, remove shell from shrimp except for the tail.
3. Cut a slit down the back of the shrimp and devein.
4. Season shrimp with salt and pepper.
5. After liquid has simmered 40 minutes, add shrimp, return to boil, and simmer until cooked, about 4-5 minutes.
6. Remove and reserve.

STEAMED CLAMS

INGREDIENTS

8 pc little neck clams
½ cup white wine

DIRECTONS

1. Heat a 2-quart pot over medium heat.
2. Add clams and wine, cover, raise heat to medium-high, and steam until clams are opened, about 4-5 minutes.
3. Remove clams from pot as they open. Reserve.
4. Discard any unopened clams.
5. Reserve liquid in pot.

STEAMED MUSSELS

INGREDIENTS

8 pc large green-lipped New Zealand mussels,
or 16 pieces blue mussels
½ cup white wine

DIRECTONS

1. Heat a 2-quart pot over medium heat.
2. Add mussels and wine, cover, raise heat to medium-high, and steam until mussels are opened, about 4-5 minutes.
3. Remove mussels from pot as they open. Reserve.
4. Discard any unopened mussels.
5. Reserve liquid in pot.



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GRILLED GALAMARI

INGREDIENTS

½ pound fresh squid tubes and tentacles, cleaned
1 Tbs extra virgin olive oil (EVOO)
Salt and pepper to taste

DIRECTONS

1. Preheat a grill pan over medium heat (or preheat an outdoor grill).
2. Pat squid dry on a paper towel.
3. Season with salt and pepper.
4. Drizzle with EVOO.
5. Place squid on grill at a 45-degree angle to grates.
6. Cook 30 seconds.
7. Rotate squid 90 degrees, cook another 30 seconds.
8. Turn squid over, cook 30 seconds, rotate 90 degrees, then cook 30 seconds more.
9. Remove and reserve.

GRILLED SCALLOPS

INGREDIENTS

½ pound medium-size scallops
1 tsp EVOO
Salt and pepper to taste

DIRECTONS

1. Season scallops with salt and pepper, drizzle with EVOO. On preheated grill, grill scallops 30 seconds, rotate 90 degrees, and cook 30 seconds more.
2. Turn scallops over, cook 30 seconds, rotate 90 degrees, then cook 30 seconds more.
3. Remove and reserve.
4. The scallops should be cooked approximately medium rare.

STEAMED LOBSTER

INGREDIENTS

2 pieces 1¼ pound hardshell Maine lobsters

DIRECTONS

1. Put one inch of water in a 6- or 8-quart pot.
2. Cover and bring to a boil.
3. Add lobsters to pot, cover, and steam until lobster is cooked through, about 8 minutes.
4. Remove lobster from pot, chill, and remove all meat from shell.



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BRAISED OCTOPUS

INGREDIENTS

1 pound octopus
2 Tbs EVOO
1 clove garlic, sliced thint
1 shallot, sliced thin
½ tsp fennel seeds
¼ teaspoon chili flakes
1 sprig rosemary
½ cup white wine
½ cup chicken stock

DIRECTONS

1. Preheat oven to 350 degrees.
2. Heat a 3-quart pot over medium heat.
3. Add 2 tbs EVOO.
4. Add garlic and shallot, cook 1 minute until translucent.
5. Add fennel seed, chili flakes, and rosemary.
6. Cook one minute until aromatic.
7. Add octopus, cook 3 minutes, stirring occasionally.
8. Add wine and stock, bring to a boil, and cover pot.
9. Place pot in oven and cook until octopus is tender, about 1 hour and 15 minutes to 2 hours (it will depend upon the particular octopus).
10. Test tenderness by piercing with a meat fork.
11. It should go into the octopus with little resistance.
12. Once tender, cool in liquid.
13. Once cool, remove from pot, reserve.
14. Reserve braising liquid.

WHITE BEAN PUREE

INGREDIENTS

½ cup dried white cannellini beans, soaked overnight
1 tsp sea salt
2 Tbs red wine vinegar, preferably Spanish cabernet vinegar

DIRECTONS

1. Drain beans from soaking liquid, rinse, and put in 2-quart pot.
2. Cover with two inches of water.
3. Bring to a boil over high heat.
4. Lower heat to simmer, cook until beans are tender, about 45 minutes.
5. Add salt to pot, cool beans in liquid.
6. When cool, drain beans, reserving liquid, place in blender, add ½ cup bean cooking liquid, blend over high speed until smooth but still thick, adding more bean liquid if needed.
7. Add vinegar and blend.
8. Adjust seasoning as needed.



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CORONA BEANS

INGREDIENTS

½ cup giant corona beans, soaked overnight
2 tsp sea salt

DIRECTONS

1. Drain beans from soaking liquid, rinse, and put in 2-quart pot.
2. Cover with two inches of water.
3. Bring to a boil over high heat.
4. Lower heat to simmer, cook until beans are tender, about 45 minutes.
5. Add salt to pot, cool beans in liquid.
6. When cool, drain beans and reserve.

VINAIGRETTE

INGREDIENTS

1½ Tbs liquid from steaming open the clams
1½ Tbs liquid from steaming open the mussels
1½ Tbs liquid from the braised octopus
1 Tbs red wine vinegar, preferably Spanish cabernet
sauvignon vinegar
2 Tbs EVOO

DIRECTONS

1. Combine shellfish liquids and vinegar in a small bowl.
2. Whisk in EVOO.

SALAD

INGREDIENTS

2 cups shaved fennel (approx. half a medium head of fennel), shaved thin on a mandoline, crisped in ice water, and spun dry in salad spinner.
2 cups wild arugula
1 cup picked flatleaf parsley leaves
¼ Meyer lemon, seeds removed, sliced 1/8 (fix fraction) inch thick
½ cup pitted Alphonso olives

DIRECTONS TO ASSEMBLE

1. Place fennel and arugula in a bowl with parsley leaves, sliced lemon, olives, and cooked corona beans.
2. Drizzle vinaigrette around bowl.
3. Season to taste with salt and pepper.
4. Toss to coat all ingredients with vinaigrette.
5. Place white bean puree on a large platter.
6. Arrange the cooked shellfish and the salad mixture on the platter in alternating layers, placing some salad down, some shellfish, more salad, arranging the shellfish in and around the salad.
7. Finish with a drizzle of a nice fruity Ligurian Taggiasche olive oil.

Enjoy family-style.