



On The Half Shell

Summer Issue

2003

COOKING DEMOS

June 7 – Albina Reyes, a behind the scenes chef here at Burhops will be Tempting you with a variety of seafood quesadillas , salsas and guacamole.

June 14 – Guest chef Brian Shrago will be grilling fish with Basil, Tomato Garlic and Wild Mushroom Pesto.

June 21 – 22 Catch us Downtown Wilmette grilling Great sandwiches at Family Fun Fair

June 21 Margarito Figueroa will be grilling Swordfish with a lime butter and preparing a Herb Risotto.

June 28 – Convito Italianos Chef Corey Grupe and Carlos Borbolla will be preparing Basalmlc glazed shrimp and scallops served over lemon marinated artichoke rice.

July 3 Catch us selling Grilled Sandwiches at Gilson beach during the Independence day celebration.

July 5 – Vietnamese Style Fish.

July 12 – Tom Trieschmann Will be serving up Cold Seafood goodies

July 19 – Chef Marty Rugak of Fio in Winnetka will Be sampling his creations. Come on in for a taste.

July 26 – Corey and Carlos from Convito Italiano are back this time they are grilling Salmon with a Maple chipotle grill sauce and serving up citrus pearl pasta

August 2 – Garlicky Clams and Mussels over pasta, and Mussels and Steamer Clams for dipping

August 9 – *Smoking* Learn the art of smoking your own fish and cheese.

August 16 – Cedar Plank grilled Salmon. Find out why its so popular.

August 23 – Abdul will be cooking up his favorite Tilapia on the bone with Red Beans and Rice.

August 30 – You don't have to be out east to partake of a Clam Bake

September 6 – Eugene will be cooking up his favorite Oven Baked Walleye.

September 13 – Stripped bass grilled whole with bacon and rosemary.

September 20 – The bosses favorite Shrimp and Goat cheese over pasta

September 27 – Ernest Ubaka will be cooking up a Nigerian Snapper Stew

SAN FRANCISCO—A new documentary by Habitat Media, *Empty Oceans, Empty Nets*, examines the decline of marine fisheries globally, as well as efforts underway to sustain and restore them. Presented this spring by San Francisco's public television station KQED, the documentary's gripping, never-before-seen-footage emphasizes the importance of fisheries to people worldwide who hold fishing-related jobs, as well to the billions of people who depend on seafood for their entire source of protein.

Empty Oceans, Empty Nets presents a compelling case that supports what fishermen and scientists are reporting the world over, but the public remains largely unaware of. "Our oceans are rapidly being depleted of fish and, in fact, entire populations of fish are becoming commercially extinct," said Steve Cowan, the documentary's executive producer and director. "We traveled from Indonesia to Boston to the coast of Spain, filming fisheries in decline and interviewing fishermen and scientists, who told us that scores of fish population are on the verge of collapse." more @ burhops.com (under news)

Grilled Cedar Planked Salmon

Ingredients

Cedar Planks Soaked in water for 1 hour at least (a zip lock type bag works well if you make sure there is no air in bag.

2 pounds Salmon

2 tablespoons vegetable oil

2 tablespoons soy sauce

1 teaspoon minced garlic

1/3 cup whiskey or chardonnay

1 tablespoon brown sugar

salt and pepper to taste

Instructions

Combine all ingredients except salmon and blend to make marinade.

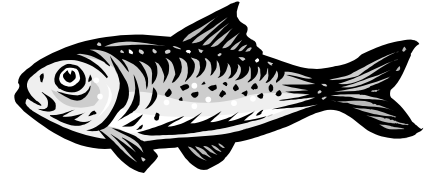
Marinate fish 20 minutes.

Soak the plank

Place on a hot grill over a evenly layer of ask cover charcoal. or a medium-high heat gas grill.

When smoke appears place items on plank and roast till done. fish take approx 30 minutes for a 2 inch thick cut and 15-20 for 1 inch cut.

What are Omega-3's ?



Omega-3's are part of the makeup of fatty acid molecules. They are found primarily in high fat fish, The colder the water the higher the omega 3 content. They help to rearrange, dissolve or otherwise neutralize other fats in the body. They work two to five times more effectively than vegetable oils, at reducing floating level of fat in the blood. Other benefits besides lowering cholesterol are eased blood flow and the ability to decrease the dangerous fats such as low density lipids

and triglycerides.

In researching heart disease and those predisposed to it, scientist have found that regular fish consumption greatly reduces heart disease by up to 58%.

Good sources include salmon, tuna, halibut, trout, mackerel, swordfish, anchovies, sardines, bluefish, and herrings

These fish carry more Omega-3's because the cold waters that they live in, require that their blood and body must be fluid at all time even in

freezing temps. This is what helps the omega-3's keep the other fats down and your blood flowing more fluidly.

To make sure you can benefit the most from Omega 3's in your diet, keep up a low fat, low saturated fat diet and consume fish regularly throughout the week..

How to cook fiddlehead ferns:

1. Wash in cold water, using several water changes, briskly swishing the fiddleheads about. 2. Bring a pot of water to a vigorous boil. Use 3 cups of water for each pound. 3. Add the fiddleheads to the boiling water and simmer until just tender (about 15 minutes). 4. Drain and serve with butter, salt and pepper to taste. A few drops of vinegar may be desired.

Fiddlehead ferns are a good source of vitamins A and C.