



BURHOP'S ON THE HALF SHELL

Winter and Holiday Newsletter 2003

A seafood store and more

(847) 256-6400

Cooking Demos Saturdays 12-3

Oct 4 - Pickled Fish

We will show you how to pickle trout, salmon, and whitefish.

Oct 11 - Paella

Enjoy this Spanish treat of saffron rice with shrimp, clams, mussels and chorizo sausage.

Oct 18 - Squash Soup

a creamy soup to celebrate the season. Served with some Ready-made breaded fish

Oct 25 - Ruby Red Rainbow Trout

Served two ways-Prepared with rosemary, garlic and potatoes; and Praline Trout. .

Nov 01 - Risotto

The creamy flavor of Arborio rice with freshly made stock of lobster, shrimp and crab; served with fresh fish of the day.

Nov 08 - Soups

Welcome Autumn with Lobster Bisque; three kinds of chowder - New England Clam Chowder, Manhattan Clam Chowder and Salmon Clam Chowder; Seafood Chili and Seafood Minestrone. h fish of the day.

Nov 15 - Plank Roasted Salmon

The woody flavor of the Northwest brought to you by Burhop's as we plank our Salmon - a recipe invented by Native Americans; Burhop's sells the planks (cedar, alder wood) as well as the salmon.

Nov 22 - Oysters

Fresh oysters and special recipes for Thanksgiving: Fresh West Coast Oysters from Netart Bay, Sunset Beach, Totten Inlet and Malaspina Inlet; East Coast Oysters - Blue Points and Malpeque, plus fabulous Oysters Rockefeller, Oyster Stew, and Scalloped Oysters.

Nov 29 - Dover Sole

Air freighted fresh from Amsterdam: sautéed with butter caper sauce.

Dec 06 - Caviar Tasting

A full range of gourmet fish roes featuring Sterling American caviar - better than Beluga and eco friendly.

Dec 13 - Cod

a classic dish of Cod baked with Ritz cracker crumbs.

Dec 20 - Appetizers and Party Trays

Smoked mussels, shrimp, scallops, trout, salmon and herring; oven ready hors d'oeuvres, poached salmon.

Dec 27 - Smorgasbord

Treats such as Herring for a Lucky New Years.

Wine Specials

October

Baron Fini Pinot Grigio Northern Italy

Reg. \$12.99 Special \$ 11.99

A light crisp clean flavor that goes with your favorite meal

November

Girard Sancerre

Reg. \$17.99 Special \$16.99

A classic French Loire Valley white wine created from Sauvignon Blanc grapes grown on stony limestone hillsides. The flavor is full, rounded and elegant with the characteristic gunflint taste.

December

Martin Ray's Angeline Chardonnay and Pinot Noir 2000 California

Reg. 9.99 Special 8.99

Well priced wine with high end flavor perfect for the holidays



Holiday Party Trays



Shrimp Platter

The best there is! Burhop's famous Gulf shrimp, with our special cocktail sauce. The jumbo has 4 1/2 pounds of approximately 150 shrimp \$ 140.

The large shrimp tray with three pounds of approximately 100 large shrimp serves 20 to 25 people. \$100. (\$4.50 per person.)

The medium tray has 1 1/2 pounds, approximately 50 large shrimp, and serves 10 to 12 people. \$70.

Shrimp and Crab Platter (not shown)

Crab and Shrimp with Mustard and cocktail sauce
Medium tray has 2 pounds of shrimp, and 1 pound of Jonah claws \$100.

Large tray has 3 pounds of shrimp, and 2 pound of Jonah claws \$150.

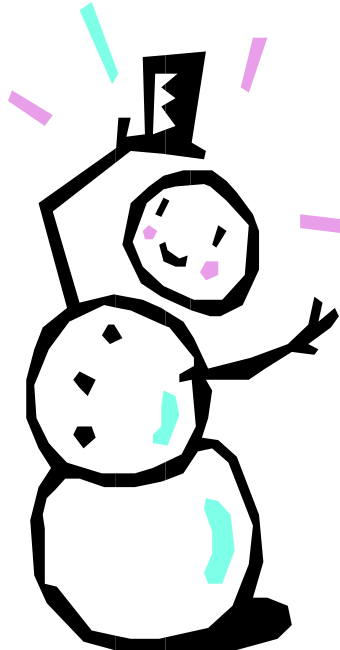


Seafood Classic

A spectacular and delicious centerpiece!
Large Gulf shrimp; Jonah crab claws; Ducktrap River Farms smoked salmon, sliced and rolled; Ducktrap smoked rainbow trout fillets; Ducktrap smoked mussels; cocktail sauce.

Large serves approximately 20 people.
\$140

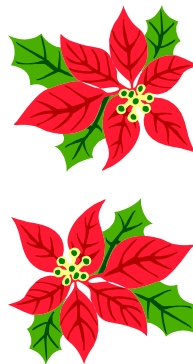
Small serves approximately 10 people
\$100.



Smoked Fish Tray

A Burhop's specialty: four kinds of delicious smoked fish with whitefish spread. Includes Ducktrap River Farms smoked salmon, sliced and rolled; Burhop's own hot smoked salmon chunks; sliced lox, and Ducktrap smoked rainbow trout fillets. Serves approximately 20 people.

\$140. (\$7 per person.) Pictured is our smaller tray for 10 people. \$100.



Poached Salmon Fillet Tray

Two magnificent poached salmon fillets with dill sour cream. Each pound serves six to eight people as an appetizer, two to three as an entree \$17/lb. All the Glamour of the whole poached salmon tray with without the bones



Custom Trays
Available



Whole Poached Salmon

A delicious appetizer or entree, this tray looks and tastes great. Available in six pound and larger sizes, the salmon is skinned and served with dill sour cream. Each pound serves four to six people as an appetizer, two people as a main course 14/lb.

Taste Caviar at Our Annual Champagne and Caviar Party December 6th 12 – 5 pm.

Caviar Plate : *ingredients* 6 oz. Assorted-Caviar of choice 3 eggs, hard boiled 1 lemon, cut into wedges 1 small red onion, small diced 1/4 cup chopped chives 1/2 cup creme fraiche 1/4 cup melted butter Blini (mini-crepes) Toast points. *Assembly* Place the caviar tin in a small bowl of ice, to keep cold. Peel eggs and separate the whites and yolks. Chop yolks and whites separately. Place caviar on a platter and surround with small bowls of chopped egg yolks and whites, lemon wedges, red onion,

chives, creme fraiche, melted butter, blini, and toast points. Serves 4-8

Caviar loaf : *Ingredients* 12 chopped hard boiled eggs 3 Tbsp. Mayonnaise pinch pepper 2 avocados mashed 1/4 cup grated onion 7 oz. caviar of choice *instructions* 1 pkg Rye cocktail bread Finely chop hard-boiled eggs and mix in a bowl with mayonnaise and pepper; mix well. Chill for 2 hours. Layer mashed avocado, grated onion, and the egg mixture in a serving dish. Spread caviar on top and serve with rye bread.

Salmon Caviar dip

Ingredients: 1 cup sour cream 2 green onions, very thinly sliced 1 tbsp. fresh lemon juice 1 tbsp. plus 1 tsp. chopped fresh chives 3-4 oz. salmon caviar, drained, gently rinsed.

Instructions: Mix sour cream, green onions,



lemon juice and 1 tbsp. chives in medium bowl. Gently fold in 1/4 cup caviar. Transfer to serving bowl. (Cover and refrigerate at least 6 hours and up to 1 day.) Sprinkle dip with remaining 1 teaspoon chives and 3 tbsp. caviar.

American Caviar : Domestic white sturgeons provide economical and tasty eggs that have a size and texture like Sevruga with a sweet mild flavor.

Sterling American Caviar : The best of the domestics comes from the wild pacific White Sturgeon. The spectacular eggs are graded for size and appearance. Beluga like flavor comes at a price but its definitely a Eco-friendly choice.

Salmon Roe : Large red eggs from King and Silver salmon are popular due to their big flavor which can be used in many ways other than on a cracker. Try it in an omelet or dip.

Avruga : Pasteurized herring eggs are soft , with a lemon smoke flavor. They are perfect for any smoked fish dish.

Whitefish : Golden eggs are, mild. sweet, small, eggs makes a good garnish or topping .

Tobiko : Tiny firm eggs with a crunch, are a familiar item from the sushi bars. Plain, Seasoned or even wasabi infused Flying-Fish roe is an inexpensive way to bring some color to the plate. Spread it over a pate, dip or cream cheese for an easy hors d'oeuvre

Beluga : Renowned largest of sturgeons gives us the largest eggs. The big burst with a creamy light flavor is best un adorned.

Osetra : Golden brown eggs with a buttery nutty flavor are a favorite of Burhop's

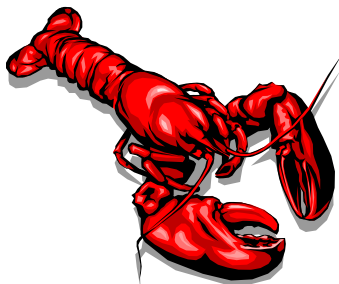
Sevruga : Smallest of true caviar eggs have the fullest flavor and a smooth texture.

For the Love Of Lobsters

New Years celebrations wouldn't be the same without lobsters. Whether a full blown lobster boil, a great big broiled tail, or a little surf and turf, you'll have a terrific dinner.

Live lobsters from Maine and Canada are the easiest to cook. Boiling or steaming them is as easy as boiling water. They don't need fancy tools, an ordinary nutcracker and your kitchen shears will get you into the sweet meat.

Burhop's only sells lively lobsters. The best way to store them is in a refrigerator (or below 40 degrees) wrapped so that their gills do not dry out. They are safe like this for 24 hours even if they perish. Remem-



ber they are salt water creatures used to cold temps a bath in the tub will surely kill them

Cold-Water tails from Australia and South Africa are the most flavorful.

They have a richer meat that is best for the drier cooking of baking, broiling, or grilling. Burhop's only sells lobster tails frozen for safety.

Lobster is very perishable so plan ahead and purchase in advance to allow a full day to thaw in the fridge.

Maine Tails are popular for surf and turf due to the lower cost. They come from the same lobsters as we sell live. The meat is sweeter but not as rich as the cold-water ones.

Boiled Lobsters

Fill a large kettle 1/2 full with water and bring to a boil with a seasoning sack. Be sure to salt the water well so as not to boil out their natural flavor with freshwater. Put in the live lobsters, one at a time and let the water return to boiling. Cover and let simmer for about 12-15 minutes. Serve or chill immediately



Cooking the Perfect Lobster Tail

Ingredients: 1 Cold Water Tail per person 8-16 oz.

Each 2 - 4 Tbsp. butter sauce per tail Aluminum foil

Preparation: Thaw tails fully before use (overnight in fridge preferred but 1 hr in a bowl of cool water will do). Using heavy scissors, cut through the center of the top shells. Continue cutting halfway through meat. Spread the tails open, butterfly style, so meat is exposed. pull meat free from shell, and place back in place (this keeps the meat from curling while cooking). drizzle butter sauce over meat of tail. using a piece of foil approx. 24" long, fold over to make a 12x12 square. place tail in center, bring parallel sides up to a point, fold down a couple of times, and fold in short sides. package should be well sealed but easy to open.

Cooking : 6-8 oz. tails Bake @ 450 degrees or broil on low for 10 minutes. Remove foil, baste and finish under broiler for 2-4 minutes.

8-10 oz. tails Bake @ 450 degrees or broil on low for 12 minutes. Remove foil, baste and finish under broiler for 2-4 minutes.

12-14 oz. tails Bake @ 450 degrees or broil on low for 15 minutes. Remove foil, baste and finish under broiler for 2-4 minutes.

14-20 oz. tails Bake @ 450 degrees or broil on low for 18 minutes. Remove foil, baste and finish under broiler for 4-5 minutes.

Lemon Butter Sauce: 1 cup butter - 1/3 cup lemon juice - salt and pepper to taste - 2 Tbsp. Parsley (optional pinch garlic or Old Bay Seasoning) Melt and mix

Check out our website for great recipes, weekly specials cooking demonstrations, and much more

WWW.BURHOPS.COM