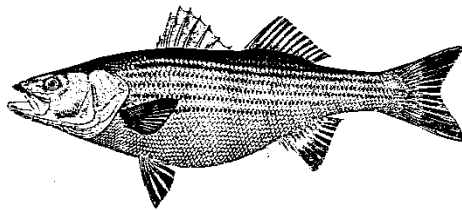


**AWARD WINNING  
JUNIOR  
ROCKFISH RECIPIES**

**2010  
JANUARY 30, 2010**

**EAST COAST COMMERCIAL  
FISHERMEN'S AND  
AQUACULTURE TRADE EXPO**

**Ocean City, Maryland**



Sponsored By:

*Maryland Commercial Fishermen  
Maryland Seafood Processors  
Maryland Department of Agriculture's  
Seafood Marketing Program  
University of Maryland Sea Grant and  
University of Delaware Sea Grant*

**AGES 7 To 12 YEARS OLD**

**ROCKFISH 'N GRAVY**

*Kevin Orzada, 11  
Newark, Delaware*

**Ingredients:**

2 lbs. rockfish fillets

Gravy:

2 tablespoon flour  
5 tablespoon butter  
3 pinches ground chipotle pepper  
3 pinches smoked paprika  
2 pinches ground cayenne  
¼ teaspoon basil  
1 medium onion  
4 cloves garlic

Stock:

Peels and rinds of the onion and garlic  
½ teaspoon sea salt  
1 teaspoon black peppercorns  
3 cups water

Finalizing ingredients:

Mozzarella cheese, grated  
Green onions

**Preparation:**

Stock:

Boil the water. Peel the onion and garlic and chop the ends off, then add to the water. Add the peppercorns and sea salt. Bring to a boil until it amounts to about one cup.

Gravy:

Turn stove top to medium. Melt four tablespoon butter in cast-iron skillet. Once melted, stir in flour, one teaspoon at a time. Stir continuously. Once golden, mix in chopped onions and chopped garlic. After two minutes, stir in cayenne, paprika, chipotle, and basil. After another two minutes, stir in the stock. Turn heat off after three minutes.

Preparing the rockfish:

Melt one tablespoon on stoneware toaster pan at 350° in the oven. Once melted, place rockfish in the pan and cook for three minutes.

After three minutes, add gravy to top and bake for 9-11 more minutes. Turn oven to broil and coat with grated mozzarella; melt cheese. Sprinkle green onion over top.

**WINE-BUTTER POACHED ROCKFISH  
WITH HERB ROASTED POTATOES AND TURNED  
CARROTS**

*Garrett Crouchley, 17  
Salisbury, MD 21804*

**Ingredients:**

2 lbs. rockfish fillets  
2 lbs. whole butter  
32 oz. white wine  
1 teaspoon Xanthan Gum  
1 Bay leaf  
3-5 sprigs of Thyme  
1 lemon, sliced  
Salt and pepper to taste  
12-16 oz. fingerling potatoes, halved  
2 sprigs Rosemary  
3 cloves garlic  
5-6 tablespoon EVOO to coat potatoes  
½ bunch Basil  
½ bunch Cilantro  
5 carrots  
4-5 tablespoon honey

**Preparation:**

Emulcify equal parts of wine and butter with Xanthan Gum until slightly thickened and stable using an immersion blender or bar blender.

Place Bay leaf, Thyme and lemon into the wine/butter mix and bring to approximately 180°F. Place whole fillets in wine/butter mix to poach for approximately 10 minutes. Then check temperature regularly until 130°F is reached. Turn off heat and allow the residual heat to bring fillets to 145°F.

**Potatoes:**

Quarter potatoes, toss with melted butter, EVOO, chopped herbs (Rosemary, Basil, Cilantro) and minced garlic. Move to a 400°F oven and roast until brown and fork-tender.

**Carrots:**

Turn carrots, boil in water with some honey until tender but not mushy. Remove, season and serve.

**CHESAPEAKE PAELLA**

*Helena Kim, 17*

*Silver Spring, Maryland*

**Ingredients:**

- 2 pounds rockfish
- 1 cup fresh, raw oysters
- 1 ½ cup crab meat
- 3 cup fish stock
- 1 large red bell pepper, diced
- 1 large green bell pepper, diced
- 3 leeks, diced
- 1 red chili pepper
- 1 tablespoon Spanish smoked, sweet paprika
- ½ cup freshly chopped parsley
- 8 cloves minced garlic
- ½ teaspoon saffron
- 1 tablespoon chili powder
- 4 teaspoon Old Bay seasoning
- 1 bay leaf
- ¼ cup olive oil
- 1 ½ cup Arborio short grain rice
- ½ cup white wine
- Juice of 1 lemon
- 2 tablespoon salt
- 1 lemon, cut into wedges

**Preparation:**

Dice the red and green bell peppers and leeks. Take this time to also cut the fish into large chunks. Set the vegetables and fish in separate bowls.

In a mini food processor, process the ½ garlic, parsley, saffron, and salt together into a paste. Stir in the lemon juice. Set aside.

Measure out the fish stock into a saucepan. Keep over a low flame.

In a paella pan or 12" skillet, sauté the diced vegetables, bay leaf, and chili pepper in oil until the vegetables are almost soft. Add the paste, smoked paprika, chili powder and 2 teaspoon Old Bay seasoning. Cook the vegetables for about 2 more minutes. Then add wine and stir in the stock and rice. When the rice becomes no longer soupy, snuggle in the pieces of oysters and crab around the edges of the pan. Make room in the middle for the fish.

Season the rockfish chunks with remaining 2 teaspoon of Old Bay and place in the center of the pan. At this point, do not continue to stir the rice. Cover the top with foil, completely sealing the edges of the pan. Let the rice and fish cook together for about 15-20 minutes, or till the rice is al dente and the fish is done cooking. Be sure the heat is low, even use a diffuser over the burner.

When ready to serve, remove the chili pepper and bay leaf and foil. Sprinkle with parsley onto the dish and add lemon wedges.

**ROCKFISH WITH JICAMA AND PEPPER RELISH**

*Mattie Gene Janus, 11*

*Newark, Delaware*

**Ingredients:**

- ¾ cup dried cranberries
- 1 cup diced Jicama
- 1 cup mixed, diced, red/orange/yellow bell pepper
- 1/3 cup minced chives
- 1 habanero (without seeds)
- 12 mint leaves
- 50 ml. cranberry juice
- 25 ml. honey
- 2 tablespoon canola oil
- 2 pounds rockfish fillet

**Preparation:**

Preheat oven to 350°. Finely mince and de-seed habanero. Chiffonade mint leaves.

Combine bell pepper, Jicama, cranberries, chives, habanero, and mint in a bowl. In a separate container, whisk the cranberry juice and honey together. Add the cranberry/honey mixture to the relish and combine thoroughly.

De-bone rockfish fillets.

Lay the fish on wax paper on a sheet pan skin-side down, and coat with canola oil. Apply half of the relish onto the top of the fish. Bake for 20 minutes.

Serve immediately and garnish with remainder of the relish.

**BRAT: BACON ROCK AND TOMATO SANDWICH**

*Benjamin Voshell, 11  
Galena, Maryland*

**Ingredients:**

- 2 pounds boneless rockfish fillets
- 4 large slices tomato
- 1 cup mayonnaise
- 4 tablespoon butter, melted
- 1 tablespoon lemon juice
- Salt and pepper to taste
- 1 teaspoon tarragon
- 4 thick slices of bread, toasted
- Garnish: fresh parsley and paprika
- 4 slices cooked bacon

**Preparation:**

Sprinkle rock fillets with salt and pepper. Drizzle with melted butter and place under hot broiler. Broil until fish is just cooked; don't overcook.

Break bacon in half and place two bacon halves on top of toast. Next top with sliced tomato. Sprinkle lightly with salt and pepper.

Combine mayonnaise, lemon juice, and tarragon. Spoon over fish. Return to broiler until hot and bubbly. Garnish with paprika and parsley.

Serves 4.

**ROCKFISH RAVIOLI WITH LEMON PESTO**

*Amanda Lay, 17  
Silver Spring, Maryland*

**Ingredients:**

- 1 package fresh pasta sheets (6-4"x12" sheets)

Lemon Pesto:

- 4 lemons, zested
- 5 garlic cloves
- 4 cups fresh basil, gently packed
- 1 1/2 cup fresh flat leaf parsley
- 2 teaspoon salt
- 1 1/4 cup high quality extra virgin olive oil
- 1/4 cup pine nuts, toasted; plus 1/4 cup for garnish

Brown Butter:

- 1 cup (2 sticks) unsalted butter
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper

**Preparation:**

Enhance Chicken Stock: Simmer the chicken stock with a bay leaf until reduced to 1 cup and set aside.

Lemon Pesto: Add all ingredients into a food processor and process until smooth.

For the Filling: In a pot, bring the stock to a low simmer and cook fish for 10 minutes or until white. Set aside 2 tablespoon of enhanced stock for later use. Drain fish and set aside to cool. In a bowl, mix the remaining filling ingredients. Then gently flake the fish and fold into filling mixture. Be careful not to over mix.

Assembling Ravioli: Lay the pasta sheet on a flat surface. Spoon small amounts of the filling onto the pasta sheet, leaving 2 inches between each ravioli. Brush the spaces of pasta with water. Place the second sheet of pasta on top of the first. Press firmly to remove air pockets and seal dough. Cut the raviolis with a knife or pastry wheel.

In a large stock pot, cook the pasta in boiling salted water until it is al dente then drain, about 6 minutes.

Brown Butter: While pasta is cooking, melt butter in large sauté pan over medium-high heat until it begins to foam and brown. Add salt, pepper, and ravioli. Toss until coated.

Spinach: Sauté spinach with reserved stock. Season with salt and pepper.

Serve raviolis over sautéed spinach and drizzle with lemon pesto.

**ROCKFISH ROMERO**

*Jonathan Romero, 16  
Silver Spring, Maryland*

**Ingredients:**

1-15 oz. can diced tomatoes, drained	1 bay leaf, chopped fine
1 onion, diced	1 tablespoon Tex Mex spice
1 green pepper, diced	¼ cup olive oil
1 red pepper, diced	½ teaspoon garlic powder
8 oz. chorizo, ¼ diced	½ teaspoon black pepper
2 limes, 1 for juice, 1 for garnish	¼ teaspoon basil, dried

**Preparation:**

Make a pocket in fillet by slicing horizontally on the side. Mix lime juice, bay leaf and Tex Mex spice for marinade.

Prepare stuffing: sauté onions and peppers; add chorizo and tomatoes. Set aside.

Put the stuffing in the pocket of each fillet.

Get a sauté pan over medium heat and add olive oil and then fillets. Turn over gently after 5-7 minutes. Cook until fish is white.

Serve with black beans, sautéed green and yellow squash and garnish with lime slices.

**SUMMER DREAM**

*Mareike Van Wie, 12  
Wilmington, Delaware*

**Ingredients:**

2 pounds rockfish	2 teaspoon lemon juice
1 medium-sized bell pepper	6 teaspoon grated ginger
2 stalks of celery	2 teaspoon vinegar
3 ½ teaspoon sugar	3 teaspoon salt
4 radishes	3 teaspoon oil
4 teaspoon sour cream	1 teaspoon minced ginger

**Preparation:**

The Salad: In a large bowl, place the sour cream in and mix with the sugar, 2 teaspoon ginger and ½ teaspoon lemon juice. Finely chop the radishes and slice the celery and bell pepper; add these to the sour cream. Mix well until all is covered.

The Fish: On a plate, mix the 4 teaspoon ginger and vinegar and let the fish lay on this mixture for 2 minutes (per side). Then prepare the fish with the salt and lemon.

Heat a skillet and add the oil and minced ginger. Place fish in pan and cook until 100% done.

Serve the fish with the salad and a bit of duck sauce, if wanted.

## AGES 13 TO 17 YEARS OLD

### CRUSTED ROCKFISH DELIGHT

Gareth Carley, 15  
Harrington, Delaware

#### Ingredients:

2 pounds rockfish  
3-4 oz. seasoned croutons  
(your choice)  
1 cup roasted unsalted  
pumpkin seeds  
3 tablespoon olive oil  
1 teaspoon garlic pepper  
¼ teaspoon cayenne pepper  
3 egg whites, whipped with  
wire whip  
1 teaspoon Herbs de  
Provence  
Juice of one fresh lime

#### Preparation:

Preheat oven to 450°. Crush or put into food processor croutons and pumpkin seeds together. Then place in shallow pan for dredging.

Separate eggs and mix whites with Herb de Provence. Spritz some lime over fish and then sear on both sides. Sprinkle on cayenne pepper and garlic pepper and use sea salt and regular pepper to taste.

Remove and dip fish into crumb/mixture on both sides. Spritz with additional lime juice.

Place into shallow pan and place in oven. Cook 4 minutes on each side (time may vary with thickness of fish).

While fish is baking:

Heat oil over medium heat in pan. Put in cleaned spinach. Add spices and garlic, stirring to mix all ingredients. This cooks quickly. Plate and then place fish fillets on top of braised spinach.

Enjoy!

### BOHEMIAN TREASURE

ROCKFISH STUFFED WITH MUSHROOMS, BACON &  
CARAWAY

SERVED WITH A SOUR CREAM GRAVY

Kat Chlumsky, 15  
Burtonsville, Maryland

#### Ingredients:

2 pounds rockfish fillets

#### Filling:

1-8 oz. packet of mushrooms,  
sliced  
8 tablespoon butter (4  
tablespoon for mushrooms, 4  
tablespoon for fish)  
½ teaspoon ground caraway  
seed  
½ onion (puree)  
2 cloves of garlic (puree)  
8 slices of bacon, cooked and  
crumbled

#### Marinade:

1 teaspoon lemon zest  
2 tablespoon apple cider  
vinegar  
2 bay leaves  
1/8 teaspoon ground allspice  
½ cup chicken stock

#### Gravy/Sauce:

2 cup sour cream  
2 egg yolks  
2 tablespoon capers  
½ cup parsley, chopped  
Left over marinade

#### Preparation:

- Create marinade: chicken stock simmering with allspice, lemon zest, vinegar, and bay leaves. Reduce to half and let it cool.
- Puree onion and garlic in food processor and crumble cooked bacon.
- Sauté mushrooms in butter. Add caraway seeds, bacon bits and stir in onion-garlic puree. Set aside.
- Cut fillets into four portions, making a horizontal slice on the side of each piece creating a pocket. Place fish in bowl and pour cooled stock/marinade over it. Let sit for 10 minutes. Blot dry, save marinade.
- Divide filling between the fillets and stuff into pockets.
- Choose a sauté pan to fit the four fillets without too much extra room but enough so each bake evenly. Heat pan, add butter then fish.
- Create sauce by mixing sour cream, parsley, egg yolk, and remaining marinade. Heat slowly on low in small sauce pan.
- Turn fish carefully at 5 minutes and cook until fish is firm and white.
- Plate fish on top of a pool of sauce. Garnish with capers and fresh parsley. Serve with sautéed red cabbage and potato dumplings.