

Easy Veg Forward Seafood Dishes with Barton Seaver

Succotash with Alaska Sockeye Salmon

4 ears fresh corn, shucked and kernels removed from cob (or about 3 cups frozen corn, thawed), divided use

1 cup water

2 tablespoons extra-virgin olive oil or butter

1 onion, chopped

Salt

1 cup frozen edamame shelled

1 yellow squash or zucchini, cubed or sliced

1 can kidney beans, drained

Black Pepper

4 portions Alaska sockeye salmon, skin-off and bones removed

Puree 1 cup of corn kernels with 1 cup water. Heat olive oil or butter in a large skillet over medium-high heat and add the onion. Season with salt. Cook 3-5 minutes. Add the remaining corn kernels and cook another 3-5 minutes. Add the squash, edamame and kidney beans. Toss to combine. Add the corn puree and season with salt and a scant bit of fresh cracked black pepper. Bring to a boil. Nestle in the fish fillets. Cover and reduce heat to low. Let cook 7-10 minutes. Turn off heat and let rest undisturbed for 10 minutes.

Serves 4.

Thursday, March 25, 2021 - 2:00pm EST

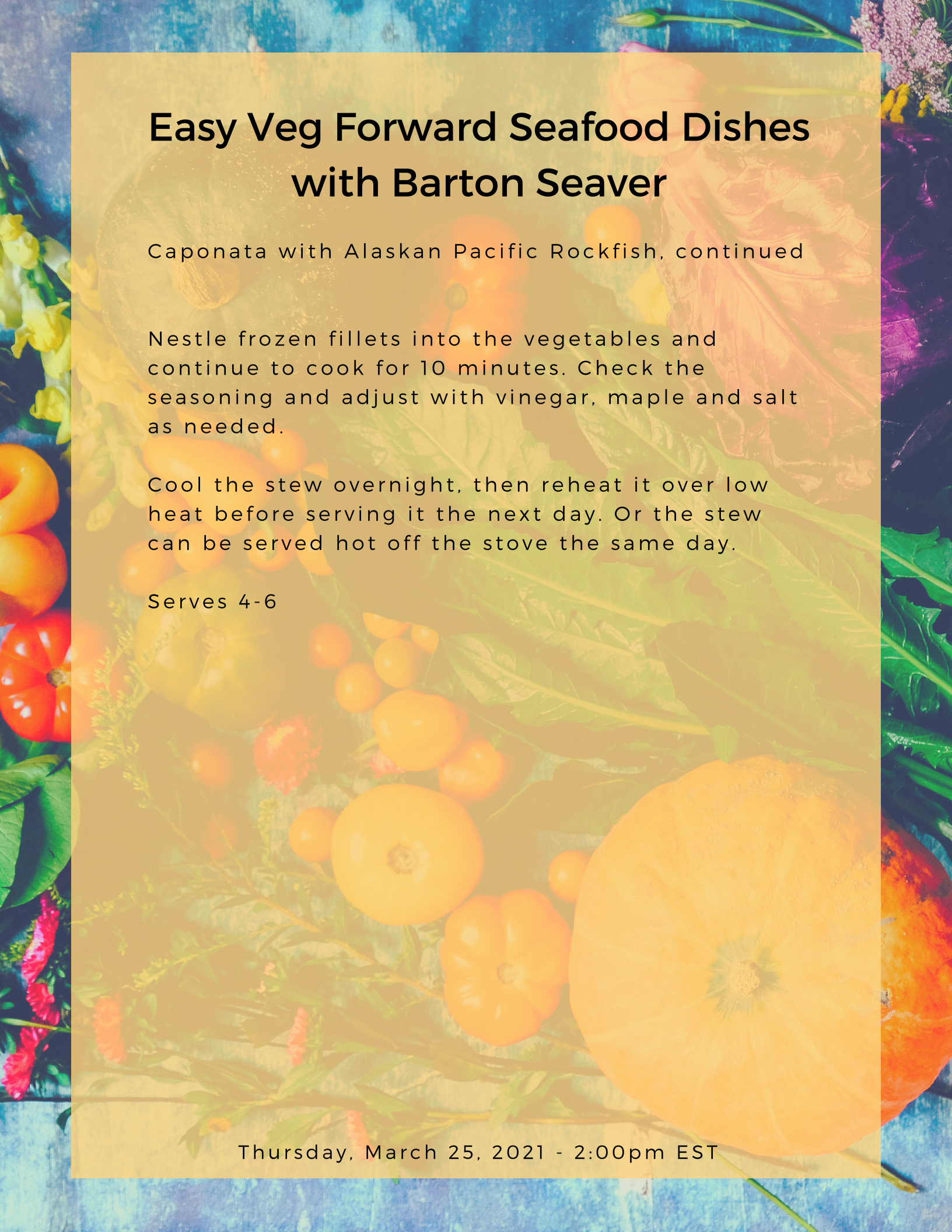
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Caponata with Alaskan Pacific Rockfish

6 tablespoons olive oil
1 large onion, diced
1 bell pepper, orange or red, diced
One 2-ounce can oil-packed anchovies
1/4 cup raisins
1/4 cup almonds, baton-cut
1 eggplant, cut into 1-inch chunks
1 zucchini, cut into 1-inch chunks
1 head broccoli, cut into florettes
2 tablespoons capers, drained
2 large ripe tomatoes, cut into 1-inch chunks
2 tablespoons maple syrup or molasses
3 tablespoons red wine vinegar
Juice of 1 lemon
Kosher salt
1/2 cup water
4 portions frozen Pacific rockfish, skinless and boneless

In a wide, heavy-bottomed stew pot, heat the oil over high heat. Add the onion and pepper and sauté for 3-5 minutes. , Add the anchovies with all of their oil. Mash the fillets into the oil until they dissolve. Add eggplant, zucchini, broccoli and toss to combine. Cook 3 minutes. Add the remaining ingredients and season generously with salt. Stir to combine reduce heat to low and cook until the vegetables are soft, about 1/2 hour.

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Caponata with Alaskan Pacific Rockfish, continued

Nestle frozen fillets into the vegetables and continue to cook for 10 minutes. Check the seasoning and adjust with vinegar, maple and salt as needed.

Cool the stew overnight, then reheat it over low heat before serving it the next day. Or the stew can be served hot off the stove the same day.

Serves 4-6

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Easy Veg Forward Seafood Dishes with Barton Seaver

Braised Alaska Pollock Puttanesca

4 Alaska Pollock portions, skin off
Salt
6 tablespoons extra-virgin olive oil, divided
1 (2-ounce) tin anchovies in oil
4 garlic cloves, sliced
4 dried árbol chiles, or 1/2 tablespoon crushed red chile flakes
2 (14-ounce) cans fire-roasted diced tomatoes
1/2 cup white wine
2 tablespoons capers, rinsed and patted dry
1/4 cup pitted cured black olives
6 basil leaves, torn, for garnish

Season the fish with salt and let it rest for 20 minutes. In an ovenproof sauté pan over medium-high heat, warm 3 tablespoons of the olive oil, anchovies with their oil, garlic, and chiles, and cook until the anchovies melt. Add the tomatoes, wine, capers, and olives. Bring to a simmer and cook for 10 minutes. Nestle the fish into the sauce and drizzle with the remaining 3 tablespoons of olive oil. Cover the pan and place it in a 275°F oven for 20 minutes. Remove and let it rest for 10 minutes before serving with scattered, torn basil leaves.

Serves 4

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