

SHOP TALK LENT

A Special Edition for the Season of Lent

February 26, 2024

LENT-Origin and Meaning

The observance of Lent is meant to serve as the commemoration of the suffering of Jesus Christ. The word has been in use in English in this capacity since at least the late 13th century, and also may be found used in slightly generalized fashion, to indicate a period of fasting in any religion, or to refer to a longer period observed by some Eastern Orthodox churches.

Lent comes from the Middle English word *lente*, meaning "springtime," which is itself descended from the Old English *lencten*. *Lenten* remains a word in modern English, though little used. (pie).

Lent is a period of grief that necessarily ends with a great celebration of Easter. Thus, it is known in Eastern Orthodox circles as the season of "bright sadness".

Lent lasts for a total duration of 40 days, the number of days Jesus, as well as Moses and Elijah, went without food in their respective fasts.

The last week of Lent coincides with Holy Week, starting with Palm Sunday. Following the New Testament, Jesus' crucifixion is commemorated on Good Friday, and at the beginning of the next week the joyful celebration of Easter Sunday, the start of the Easter season, which recalls the Resurrection of Jesus Christ.



SHRIMP & PASTA MARINARA

Serves about 15

3	lbs	spaghetti noodles, cooked, drained.
1/4	cup	olive oil
3	Tbsp	garlic, minced
1	each	bell pepper, minced
3	lbs	shrimp, peeled (31/35 or 50/60)
1	tsp	red pepper flakes
2	qts	marinara sauce (canned)
2	Tbsp	dried basil
1/4	cup	balsamic vinegar
1	Tbsp	dried oregano
1	tsp	salt

- In large saucepan, sauté bell pepper, garlic in oil.
- Add shrimp and cook until done, then add seasonings.
- Stir in marinara and cook about 5 minutes.
- Place pasta in shallow steamtable pans.
- Top with shrimp and sauce.
- Garnish with grated parmesan cheese if you like.



GINGER GLAZED MAHI MAHI

Yield: 12 cooked filets

1/2 cup honey
1/2 cup soy sauce
1/2 cup balsamic vinegar
2 Tbsp olive oil
1 Tbsp garlic, crushed
2 Tbsp ginger root, grated
12 each mahi mahi filets
12 each orange slices
To taste salt and pepper

- Lightly season the filets with salt and pepper. Place in a zipper bag or similar (even small trash bag is fine)
- Mix all remaining ingredients in a bowl and whisk until well-blended.
- Pour marinade into the bag with the fish and press the bag until the fish is completely covered in the marinade.
- Refrigerate about half an hour.
- Remove filets (reserving the marinade); pour into a saucepan and bring to a boil. Reduce to a simmer and cook until reduced to a glaze.
- Grill the fish on each side (turning only once) about 5 minutes per side, until fish is done.
- Remove and place in a long, shallow steamtable pan.
- Spoon glaze over each fish filet and place an orange slice (cut to the center), twisted, on each piece of fish.
- Serve with a simple vegetable like lemon pepper broccoli or grilled asparagus.



PARMESAN BROILED FISH

Yield: 12 cooked filets

3/4 cup grated parmesan cheese
1/4 cup butter, softened
1/4 cup light mayonnaise
3 Tbsp lemon juice
1/2 tsp dried basil
1/2 tsp black pepper
1/2 tsp onion powder
3 lbs fish filets (snapper, tilapia, cod)
1/2 cup parsley, chopped or sliced green onions

- In a bowl, combine everything but the fish. Blend well until it forms a uniform mixture – as best as you can.
- Season fish with salt and pepper.
- Grill fish on each side for about 2 minutes. If you prefer, you can broil for the same time but be sure that your oven can get hot enough to broil.
- Transfer fish to a sheet pan and brush the top with the butter/cheese mixture. Be generous.
- Return to the oven and bake another few minutes until the topping browns a bit.
- Remove and transfer to a shallow steamtable pan for serving.
- Top with green onions or parsley for garnish.
- You can also add a lemon wedge for color.

NOTE: serve with a simple rice pilaf, plain rice or garlic mashed potatoes. Also, a green vegetable should be available for healthy eaters.



GRILLED SALMON & FRUIT SALSA

Yield: 12 cooked filets

12	each	salmon filets
3	Tbsp	lemon juice
To taste		salt and pepper
2	each	lemon, sliced
1	cup	pineapple juice
1 ½	cup	fresh pineapple, diced small
¾	cup	onion, minced (red is better)
4	each	fresh jalapenos, seeded, minced
2	each	fresh tomatoes, diced
½	cup	red bell pepper, diced
½	cup	yellow bell pepper, diced

- Season filets with salt and pepper, arrange on a sheet pan and top with lemon slice.
- Pour half of pineapple juice into the sheet pan and add about 1 cup water.
- Bake at 350 F about 30 minutes.
- While fish bakes, make salsa; combine all remaining ingredients including other half of pineapple juice, stir gently and refrigerate while the fish bakes.
- When fish is finished, transfer to a shallow steamtable pan for serving.
- Top each filet with salsa.
- As an option, you can place the fish on a bed of rice pilaf or plain white rice.

Remember to offer a healthy vegetable or two to go along with this dish.



SEARED SCALLOPS & CITRUS

Serves about 12

3	each	jalapenos, seeded, membrane removed
¾	cup	white or wine vinegar
¾	cup	olive oil
2	tsp	Dijon mustard (don't substitute)
36	each	scallops
To taste		salt and pepper
¼	tsp	cayenne
4	each	oranges, peeled and segmented
½	cup	parsley leaves, removed from stem

- Mince the jalapeno and combine with vinegar, olive oil and mustard. In a blender or food processor, process it into a puree. Set aside.
- Lightly salt and pepper the scallops, then dust with cayenne very lightly.
- In a skillet with a small amount of oil, sear the scallops on each side until cooked and browned; about 3 minutes (max) per side.
- Transfer to a steamtable pan for serving and top with the vinaigrette and arrange citrus around the scallops.
- Top with the parsley leaves to garnish.



N'AWLINS BARBECUED SHRIMP

Serves about 12 to 15

- 5 lbs 31/35 shrimp, peeled with tails left on
Deveined and butterflied
shells from the peeled shrimp
- All cup cooking oil
- 3 Tbsp ground black pepper
- 1 tsp paprika
- 1/2 tsp cayenne
- 1 tsp Tony's or Slap Ya Mama
- 1/4 cup butter
- 6 cups chicken stock
- 1/2 cup lemon juice
- 1/2 cup Worcestershire sauce
- 2 Tbsp hot sauce (LA, Tabasco, Sriracha)
- 3/4 cup butter, cold cut into chunks
- 1/2 cup garlic, minced
- 1 cup green onions (scallions) thinly sliced

- Place shrimp in a bowl.
- Pour in cooking oil and toss shrimp to coat well.
- Add dry seasonings to shrimp, toss well to coat.
- Allow to marinate in cooler at least an hour

- Place the shrimp shells in a saucepan with the 1/4 cup of butter. Sauté until the shells are pinkish.
- Add chicken broth, bring to a boil, and reduce to a simmer. Simmer about 20 minutes.
- Remove the shells with a strainer and discard.
- Add lemon juice, Worcestershire, and hot sauce; stir to combine and continue to simmer to make a somewhat reduced, thickened sauce.
- Working in batches, sear the shrimp by placing in a dry sauté pan or skillet. Cook about 1 minute on each side until they are browned.
- Add in about 1/3 of the cold butter and 1/3 of the garlic; cook until garlic is fragrant, and shrimp are fully cooked, a minute or so.
- Transfer the shrimp to a bowl or pan and set aside for now; Add the liquid from sauteing the shrimp to the simmering sauce.
- Go on to the next batch until done cooking all the shrimp in the garlic and butter
- Once the sauce has thickened a bit, add the shrimp to the saucepan and cook for about 2 minutes to coat the shrimp well.
- Remove and place in a shallow steampable pan for serving.
- Garnish with sliced green onions to garnish.
- Make grilled French bread slices to serve with the shrimp (it's great for dipping into the sauce).
- Also, serve with steamed white rice as a side.





MUSTARD & MAPLE SALMON

Serves about 12

3/4 cup pancake syrup
1/4 cup Dijon mustard (don't substitute)
3 Tbsp cider vinegar
1 Tbsp salt
1 tsp black pepper
12 each salmon filets
3 Tbsp olive oil or cooking oil
2 bunch asparagus, trimmed
2 lbs red or white potatoes, chunked

- Combine syrup, mustard, vinegar, half the salt and the pepper and place in a half sheet pan.
- Add the salmon in a layer, skin side UP. Cover and refrigerate about 20 minutes.
- Toss potatoes/asparagus in a bowl with the oil.
- Arrange potatoes (cut side down) and asparagus on the pan; season with salt and pepper.
- Roast about 15 minutes; remove pan from oven.
- Make room for each filet on the pan and place, skin side down on the sheet pan. Discard the remaining marinade.
- Bake until the salmon is cooked through and is flaky, and potatoes are tender. This will take about another 15 minutes.
- Remove and gently transfer veggies to a shallow full size steamtable pan, then place the fish on top of the vegetables.



GARLIC BUTTER SHRIMP

Serves about 12

3 lbs shrimp, peeled, deveined, butterflied
1 tsp salt
1 tsp black pepper
6 Tbsp olive oil
1 cup apple juice
1/2 cup cider vinegar
1/4 cup garlic, thinly sliced
1 tsp red pepper flakes
1/2 cup cold butter, cut into cubes
3/4 cup chopped parsley
3 Tbsp lemon juice

- Pat the shrimp dry and season with salt, pepper.
- Heat olive oil in a sauté pan and cook shrimp, doing in batches if needed.
- Add juice, vinegar, garlic and pepper flakes.
- Cook at high heat until the shrimp are cooked and the sauce begins to reduce. If the shrimp are cooked and the sauce doesn't reduce, remove shrimp and set aside for now. Cook the sauce longer, then add butter and cook until melted.
- Add parsley and lemon juice and cook 1 minute.
- Add the shrimp back, stir a bit then remove
- Transfer to a steamtable pan for serving.



SHRIMP AND CORN SOUP

Makes a couple of gallons

6	cups	whole kernel corn
4	lbs	small shrimp, peeled
2	cups	butter
2	cups	flour
3	cup	onions, diced
2	cup	celery, diced
1	cup	green bell pepper, diced
1/2	cup	minced garlic
2	cups	tomatoes, seeded, diced
2	cups	tomato sauce
5	quarts	shellfish stock if you have it, chicken if you don't
2	cup	heavy cream
1/2	cup	fresh parsley, chopped

Tip: for a really good flavor, use corn on the cob, thawed. Shuck the corn and boil the cob with the broth (remove before serving).

- In a large stockpot, melt butter; add corn, onions, celery, bell peppers, and garlic; sauté about 5 minutes until vegetables are wilted.
- Add flour; cook while stirring a few minutes. Don't brown the roux.
- Add tomatoes, tomato sauce and stock, slowly, into the roux to prevent lumping. Stir as you add until it is all blended in. Bring to a boil.
- Reduce to a simmer; add cream and shrimp. Cook for about 20 minutes at a low simmer. Add parsley, salt and pepper to taste.



LEMON PEPPER SHRIMP PASTA

Serves about 12

2	lbs	fettuccine noodles, cooked, drained.
1/2	cup	olive oil
1/4	cup	garlic, minced
1/4	cup	lemon pepper seasoning
3-4	lbs	shrimp, peeled (31/35 or 50/60)
1	cup	grated parmesan cheese

- In a large saucepan or stockpot, heat oil and add garlic shrimp.
- Cook at medium-high temp until the shrimp are cooked – about 5-10 minutes.
- Stir in the lemon pepper seasoning and cook another minute.
- Add the pasta and parmesan cheese and toss gently until just mixed.
- Turn out of saucepan and place in a shallow steamtable pan for serving.

