

# Freedom Sportfishing Hook'em & Cook'em Recipes

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## Don's Doves

Every hunter, not angler, is always faced with how to prepare their doves. Today I learned the secret to preparing your doves for a meal. Don, who is an expert marksman, gave Tom and I a lesson at the Triple B Shooting Range. Not only did I learn how to shoot properly, I learned how to prepare my kill.

Take only the breast meat, skinned and filleted, place them in a plastic bag and gently pound them to break up the meat. Take the breasts and soak them in salty water, as you'd prepare a brine, I would say at least an hour or three.... then take the breasts and soak them in milk... now this is the part that is new to me... if the milk turns pink, you have to rinse them again. The breasts are ready when the milk stays white. Then, prepare as you like, breaded and fried? sautéed with garlic and butter?

Don is off to TX for the big shotgun contest - we all wish him well and he promised to bring us back the trophy!

Thanks Don for the lessons and the recipe.

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## *Fish Taco White Sauce*

In a medium bowl, mix together 1/2 cup plain yogurt and 1/2 cup mayonnaise. Gradually stir in the juice of 1 fresh lime until consistency is slightly runny. Season with 1 minced jalapeno pepper, 1 teaspoon minced capers, 1/2 teaspoon dried oregano, 1/2 teaspoon ground cumin, 1/2 teaspoon dried dill, and 1 teaspoon ground cayenne pepper.

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## *Tall Glenn's Lime Grilled Tuna Steaks*

Preheat grill. Set aside 6 nice tuna fillets about 1" thick. In a small bowl, whisk together ¼ a cup of lime juice, 2 tablespoons of olive oil, 1 finely chopped garlic, 1 tablespoon soy sauce, 1 teaspoon fresh grated ginger, 1 teaspoon Dijon mustard, ¼ teaspoon each of salt, and pepper. Brush the fish with about one-third of the dressing and reserve the rest. Place steaks on the grill, and grill until the steaks are golden on the outside and done to taste inside. Place them on a serving platter. and drizzle with the reserve mixture. Serve immediately.

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## *Greek Style Whitefish*

Place 2 pounds of whitefish fillets in a glass dish. In a separate small bowl whisk together 1 teaspoon dried marjoram, the juice of two lemons, ½ cup dry white wine and four green onions cut into 2 inch lengths. Pour over the fish and let it marinate for about 30 minutes in the fridge. Prepare your hot fire, oil your grill with some olive oil. Pour the marinade off, reserving the onions. Place the fish and onions on the grill, cook until fish is opaque and starting to flake. Then you're ready to serve!

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## *Penne Pasta with Tuna, Peas and Broccoli*

Bring a large pot of water to a boil. Meanwhile, mash 6 ounces of cooked tuna in a medium bowl with 2 minced garlic cloves. Mix in ½ cup of yogurt and ¼ teaspoon of fresh ground black pepper. When the water reaches a rolling boil, add 1 teaspoon of salt and 6 ounces of Penne pasta. Cook until pasta is almost done, about 7 minutes. Add 1 cup of thawed frozen peas and 1 cup of broccoli florets into pasta water. Continue cooking until pasta is tender and vegetables are crisp about 3 to 5 minutes more. Drain pasta and veggies; toss with tuna mix, ¼ cup flat leaf chopped fresh parsley and 1 tablespoon of olive oil. Serve at once with ¼ cup fresh grated Parmesan cheese sprinkled on top.

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## *Hot Smoked Salmon with Thai-Style Vegetables*

Load wood box with apple wood. Preheat smoker at 250F for 20 minutes. Make up seasoning of 1 teaspoon each of salt and pepper with 2 tablespoons fresh chopped coriander. Put four 8 oz. salmon fillets on the grills and sprinkle with seasoning. Smoke for 30 - 40 minutes.

In a medium sauté pan heat a splash of vegetable oil to smoking point. Add 1 julienne red bell pepper, 1 diced small & tender summer squash, 2 chopped green onions, 2 julienne celery stalks and ½ cup finely chopped shallots sauté quickly. Finish by sprinkling with ½ teaspoon each of salt and chili powder, ½ cup each of fresh chopped coriander and fresh chopped mint with a pinch of sugar. Sauté until the vegetables reach desired tenderness. Add ½ cup fresh limejuice just before serving with the Salmon.

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## Seafood Quiche

In a mixer, beat 4 jumbo eggs and 2 cups of milk, add 1/2 teaspoon each of season salt and dry mustard, 2 tablespoons flour, 1/2 cup mayonaise, 1 cup each of shredded Mozzarella and Swiss Cheese, 1 can of crab meat, 1 can of tiny shrimp, 1/2 cup chopped green onions, 3 - 4 drops of chili oil. Pour into two ready made deep dish pie shells. Bake on a cookie sheet at 350 degrees for about an hour. Let it stand for about 5 minutes then serve.

Mary Jo's Seafood Quiche from The Candlewyck House Bed & Breakfast

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## Grilled Rockfish with Orange-Fennel Salsa

Whisk 2 tablespoons each of olive oil, white wine vinegar, fresh chopped cilantro, 2 teaspoons each of soy sauce, minced peeled ginger and sugar in medium bowl. Peel 3 oranges, remove the white pith from oranges. Holding oranges over the bowl catch juices, cut between membranes to release orange segments into bowl. Add 1 medium trimmed fennel bulb cut into match-stick sized strips and ½ a medium thinly sliced red onion; toss gently. Season with salt and pepper. Cover and Chill. Salsa can be made up to 3 hours ahead.

For four 6-8 oz. rockfish fillets, mix 3 tablespoons of olive oil, 1 tablespoon soy sauce and 1 thinly sliced garlic clove in a glass pie dish. Turn fish in oil mixture to coat. Sprinkle fish with salt and pepper. Grill until just opaque in center, about 3 minutes per side. Transfer to plates. Spoon salsa over.

### **FENNEL?**

With its rounded pale green bulb, short stems, and feathery green leaves, fennel could be mistaken for a plump bunch of celery. The texture, too, is similar, but fennel's flavor emphatically sets it apart from celery and other stalk vegetables. The overlapping layers of bulb, the stems, and the leaves all impart a mild sweet flavor akin to licorice or anise. Because of its taste, fennel is called "anise" in many markets; however, the vegetable is an entirely different plant from the herb anise, which is grown for its seeds and the oil secreted by its leaves (both of which are used as flavorings.) A member of the parsley family, fennel is also known as sweet fennel, Florence fennel, and, finocchio. Widely used in Italian cooking and the cuisine of Provence, fennel is becoming more widely appreciated in the U.S. Like celery, it is filling and yet very low in calories, so that it provides an excellent snack food for weight watchers. It is also well suited to cooking.

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## *Yellowtail al Vino Bianco*

Pour 2 tablespoons of olive oil in pan on medium-high. Add a yellowtail fillet and sear on one side. Flip the fillet and add to the surrounding edge, 1 tablespoon chopped garlic, 1 tablespoon chopped shallot and 2 tablespoons of chopped chives. Saute approximately one minute or until garlic is soft but not brown. Remove the fillet and place over some pasta. Add 1/2 cup white wine to the pan, set on medium-low until wine reduces completely. Remove from heat, incorporate 1 tablespoon heavy whipping cream and whisk in 4 tablespoons of unsalted butter! Double this recipe for two! If your fish fillet is thick and not cooked complete in the middle, place it in a shallow pan and finish it off in the oven. You can use this basic Vino Bianco sauce for just about anything. Try it with some shrimp, scallops or squid... or all of it and make Seafood al Vino Bianco!

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## *Smoked Tuna Spread*

In a food processor, place 2 cups of Smoked Fish, ¼ cup of jarred Sun Dried Tomatoes in Oil, 1/3 Cup Red Onion, 1-1/2 Tsp Fresh Dill, 1 Tbsp Capers and 1 Tbsp Lemon Juice. Chop all ingredients on pulse in a food processor. Pour over a cream cheese log serve with bagettes or crackers

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## Oven-Roasted Fish with Ginger & Lime Sauce

*You can use just about any fish for this, Johnny Ozaeta prefers white sea bass or yellowtail.*

Preheat your oven to 500°F. Mix 2 tablespoons of fresh lime juice, 1-1/2 tablespoons of soy sauce, 1 tablespoon of chopped fresh cilantro, 1 tablespoon of chopped peeled fresh ginger, 1 tablespoon of minced shallots and 1 teaspoon of sesame oil in small bowl and set that aside. Brush a glass dish with 2 teaspoons of olive oil. Arrange 2 nice fillets about 6 oz. each in the prepared dish; turn to coat. Sprinkle fish with salt and pepper; spoon 1/2 the mixture over the fillets Roast fish until just opaque in center, about 12 minutes. Top fish with remaining sauce and serve. Serve with prepared steamed rice and maybe sauté some snow peas in sesame oil.

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## *Tommy Lee's Reduced Fat Fried Fish*

Toss some Panko, that's Japanese bread crumbs found in the Oriental section of your Grocer, with some sesame seeds in the oven on a cookie sheet to toast. Be sure to watch it because once it starts to toast you want to toss it a couple of times. Put it in a bowl and add only a little light olive oil to make the mixture damp. If you want to add some other flavor, try a little garlic powder, fresh grated ginger, or finely chopped cilantro. Dip your fish in beaten eggs then roll in the crumbs. Brown it on both sides on the stove top and then finish it off in an oven at about 375 degrees. The top will be crisp and the oil will be reduced. So, next time you want fried fish with less fat....try it!

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## *Super Easy Classic Roman Fish Soup (excellent for Rockfish fillets)*

In a 4 quart pot, bring 4 cups of chicken broth and 2 cups of water to a simmer. Add 1 lb. of fillets, 1 finely chopped garlic clove and 1 cup of small shell pasta. Simmer until pasta is "al dente", that's about 5 minutes, the fish will break apart. Add 2 cups of small broccoli florets and continue to simmer, uncovered, until pasta and broccoli are tender, 2 to 3 minutes. Add 1 tablespoon of fresh lemon juice and drizzle with 3 tablespoons of olive oil.

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## Grilled Yellowtail or Tuna Steaks

Whisk 2 cups of fresh orange juice, ½ cup of soy sauce, 1 cup red wine vinegar, ½ cup olive oil, 1 chopped onion, 4 minced garlic cloves, 1 teaspoon dried red pepper flakes, 1 tablespoon ground cumin, 1 teaspoon fresh ground black pepper, 1-½ tablespoon whole pickling spice, 1 six ounce can tomato paste and ½ cup of sugar together in a bowl. Arrange 6 yellowtail or tuna steaks in a baking dish large enough to hold them in one layer. Pour the marinade over. Marinate, cover and chill, overnight or up to 24 hours. Drain, reserving the marinade in a bowl. Grill on a lightly oiled rack for 3 minutes on each side or sear in a pan. Return the steaks to the baking dish. Spoon the reserved marinade over the steaks. Place in a preheated oven at 375 degrees, bake until done – to your taste – best slightly rare. Top each tuna steak with 1 teaspoon of the butter and freshly ground black pepper to taste.

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## *Almond Stuffed Sculpin Opener!*

Take about 6 lbs. of Sculpin fillets, make sure there's no bones and set aside. Preheat oven to 400F. Saute ¼ cup of chopped onions in 2 tablespoons of butter until soft. Mix onions in a bowl with 3 cups of soft bread crumbs, ½ cup chopped celery, ½ cup chopped green peppers, ½ cup toasted chopped almonds, 3 beaten eggs, 2 tablespoons of chopped fresh parsley and 1 teaspoon dried tarragon and mix well. Place the stuffing on fillets and roll them. Secure with toothpicks. Salt and Pepper the tops. Then you want to melt about 8 tablespoons in a foil lined baking dish, place the fish in the dish. Bake, baste with butter until fish appears flakey. Time will depend on thickness of fish. Make a delicious cream sauce!

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## Classic Italian Fish Soup

Set aside 2 lbs. of rockfish, gut, scale, chunk and rinse in cold fresh water – keep the heads too. In a large heavy pan, heat 6 tablespoons of Olive Oil over medium heat. Add one fine chopped Onion, when that softens add 1 chopped celery stick and 1 chopped carrot. Cook that for about 5 minutes. Add 1/2 teaspoon of fresh chopped parsley and 3/4 of a cup of dry white wine. Bring the heat up. Stir until it's reduced by half. Add 3 medium peeled, chopped Tomatoes along with 2 fine chopped Garlic Cloves. Stir occasionally for 3-4 minutes. Add the six cups of boiling water. Bring to a boil. Lower the heat and cook for about 15 minutes. Stir in the fish and simmer gently for another 15 minutes until the fish is flakey. Season with Salt and Pepper. Remove the fish with a slotted spoon. Remove the heads and bones. Place fish in food processor and puree, add the liquid. If it's too thick add some more water. Return to stove and heat. Place a couple rounds of toasted French bread in the bottom of a bowl and pour the soup over and serve.

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## Sumo Fish Cakes

This is a real simple recipe from Danny on the SUMO out of Channel Islands – Take equal parts, about a cup of each, of cooked flaked fish and and mashed potatoes. Mix that up and add a couple of sticks of diced celery, a quarter of an onion diced, a couple tablespoons each of ranch dressing and mayonaise and if you like spice it up with some chopped red pepper, serrano or jalapeno. Shape into patties, dredge them through a little flour and fry in a skillet with a little olive oil.

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## *Steamed Yellowtail with Citrus and Soy*

In a large zip lock bag, mix ½ cup pineapple juice, ½ cup of orange juice, 1/3 cup soy sauce, 3 tablespoons of finely chopped peeled fresh ginger, 2 tablespoons of oriental sesame oil and 1/8 of teaspoon of cayenne pepper add four 6 oz. yellowtail fillets. Chill and marinade for about 2 hours. Turn the fish to evenly coat it.

Take the fish out and place the marinade in the bottom of a shallow steamer, place the fish on a rack cover and steam until opaque in the center. Remove the fish, continue to boil and reduce the marinade until it's thick (about 6 minutes) spoon the sauce over the fish.

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## Calico Bass Enchiladas

First, prepare 8 or 10 calico bass fillets, rinse them off in fresh water and remove any little bones and pat dry.

In a large skillet, sauté in olive oil, some chopped green onions (1 cup), minced garlic (4 cloves) and chopped cilantro (1/2 cup). Add the fish and cover. Let the fish absorb the flavors. Once it's opaque, you don't want to over cook it cuz we'll be putting it in the oven later. Remove it from the heat and let it cool. Drain any excess liquid.

Take a 9x13 glass casserole dish and spray it with cooking spray. Bust open a can of Green or Red Enchilada Sauce (about 28 oz.), pour about half the can in a bowl for dipping the tortillas. Coat the bottom of the pan with some of the sauce. Take 6 corn tortillas dip them in the sauce, this will give them a moist coating. Layer the tortillas on the bottom of the dish.

On top of that place the fish mixture, spread it out evenly.

In a separate bowl, mix about a cup of sour cream and a cup of cottage cheese together. Add some chili oil or Mexican seasoning to the mixture, taste it ... make it as spicy as you like. Layer that mixture on top of the fish.

Take a entire can of Whole Ortega Chillies, butterfly them out, and lay them out to form another layer, add a layer of sliced black olives, some more sauce, a layer of shredded jack cheese (2 cups), some more soaked tortillas, some shredded cheddar cheese (2 cups), some more black olives and finally drizzle what's left of the sauce over the top.

Pop it in the oven and let it bake for about 45 minutes or until it's brown on top.... Let it cool and enjoy. Since it's like a mini meal, it's great to serve with just a salad.

This recipe comes from Bev Roberts of Dana Point, CA. Bev is a "Extreme Lady Angler" and a great cook! Thanks Bev!

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## Trout Grenoblaise

or any white meat fish – calico bass, rockfish, whitefish, etc.

(For all those fishing the Irvine Lake Derby!)

Start with clean, scaled, deboned (if possible) trout. 5 little ones or 3 medium or if your lucky 1 big one! Soak your trout in milk for about 15 minutes, this will keep your meat white and flakey. Drain it. Dredge your fish lightly in plain all purpose flour. Place about ¼ a cup clarified butter (see below), not oil, in a hot pan big enough to fit your fish.

Sauté your fish on both sides until golden brown, remove from the pan and pour off only the fat from the pan, keeping all those crumbs in the pan.

**NOW THE SAUCE TO DIE FOR!** Deglaze, that means pour into your hot pan, ¼ cup of white wine, the juice of three lemons, the zest from those three lemons, and a medium diced shallot. Keeping your pan on to low heat, you want to stir that until it seems like everything is dry. Add ½ cup of capers, lightly stir. Take a ¼ cup, that's a ½ a stick of butter, and start adding it to the sauce in small chunks... this will thicken your sauce. Pour that over your trout and sprinkler with some chopped parsley.

This was one of my favorite recipes at culinary school, it's a very easy basic French sauce. If you add chopped almonds, it's a Amandine! add Grapes and it's Veronique!

**CLARIFIED BUTTER:** Take an entire brick or more of butter. Place it in a pan on low heat, do not boil! Let it melt down. Remove the foamy top. Scoop out the center, the clear liquid, this is your clarified butter. Put it in a separate container. Be sure not to tap the bottom of the pan or stir... this will bring all the solids into your clarified butter. If you have ever just tossed butter in the pan, like frying eggs, you notice it burns quick – it's not the butter burning but the solids. You can now use your clarified butter or place the container in the fridge and use as needed.

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## Tuna Tomato Pocket Appetizer

½ lb.	Cooked flaked Tuna (preferably smoked but not necessary)
1 pkg.	(3 oz.) Cream Cheese (softened)
1	Ripe avocado (mashed)
1-½ tbs.	Lemon juice
2 tsp.	Finely Chopped Green Onions
½ tsp.	Chili power
½ tsp.	Worcestershire sauce
½ tsp.	Salt
¼ tsp.	Liquid hot pepper (Tabasco, Tapatio or Chili Oil)
2 packs	Cherry tomatoes

Combine cream cheese and avocado, add seasonings to Tuna. Mix everything together thoroughly. Put it in a large zip lock bag and chill. Wash the tomatoes and hollow out center. Turn upside down to drain. Take your bag of filling out of the fridge, snip off one corner about ¼ of an inch. This will give you a pastry bag effect. Squeeze the bag and fill each tomato with heaping amount of Tuna mixture. You're all set for a party!

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## Rockfish Ceviche

In the first bowl, take about a pound of your rockfish fillets; make sure there are no bones, cut into small ½ inch or smaller pieces. Mix the fish with the juice of 6 –8 limes. All the fish should be coated, sprinkle with salt, cover and place in the fridge for 6 hours or overnight.

In the second bowl, chop into small pieces, the finer the better: one onion, 2-4 jalapenos (remove seeds to turn down the heat), 1 bunch of cilantro, 4 tomatoes or a couple cans of diced tomatoes, 2 avocados drizzled with lime juice, 2-4 finely diced carrots. For a salad flair add cubed cucumber. Place this in the fridge.

When your ready to combine, rinse and strain the rockfish in a colander drizzle with a little olive oil and toss. Add the fish to the veggies. Sprinkle with a little dried oregano and hit it with some Tabasco or Worcestershire sauce. Taste it and adjust with more limejuice, salt, etc. Serve it with some tostada shells or crackers.

For added flavor add cooked cocktail shrimp, clams, squid, etc.

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## Caldeirada (Fish Soup)

Take out a wide bottom pot and place it on medium heat. Add a splash of olive oil. Finely chop 4 garlic cloves and one jalapeno and add it to the pot. Sauté until it starts to sizzle. Add a bay leaf if you like. Chunky cut 1 large or 2 small onions and 3 green peppers, add to the pot. Add about 3 peeled potatoes chunks. When that starts to stick to the bottom of the pan add a pinch of saffron. Add a cup of white wine and a can of chopped tomatoes (or 4 fresh). Put enough water in the pot to cover and about 4 extra inches. Next add your seafood. Fresh chunks of seabass or any other white meat fish, some shrimp or a seafood medley (Trade Joe's makes a nice one). Cook until fish becomes white, don't over cook. Sprinkle with some fresh chopped Italian parsley and squeeze a lemon over it.

This makes a great "pot meal" ... invite some friends and have everyone bring a seafood item. Make the base and add the fish as they come.

Recipe from Monika at [www.hipcooks.com](http://www.hipcooks.com) If your looking to take a local cooking class on just about anything give HipCooks a try... it won't cost you an arm and a leg to learn something new in the kitchen!

## *Braised Halibut with Tomato and Garlic Puree*

Preheat your oven to 400F.

Get a glass baking dish, that's going to fit about 4 steaks tightly and flat. A pyrex lasagna dish works great. Butter the bottom. Sprinkle about 2 finely chopped shallots in the dish and add your halibut steaks on top. Salt and pepper them and add 1/2 cup of dry white wine to the dish.

Place the dish on top of the stove over high heat until the wine simmers. Cover the dish with foil and pop it in the oven for 5-10 minutes, about 10 minutes for every inch of thickness.

While that's in the oven, prepare about 12 blanched garlic cloves. That's taking cleaned, peeled cloves and dipping them in scalding water until soft - set them aside.

Whisk a tablespoon of finely chopped parsley, 1/2 cup garlic puree, 1/2 cup of stiff tomato puree and 2 teaspoons of white wine vinegar into the sauce left in the pan, add the garlic cloves. Return this to the stove top, if it's too thin boil it down, if it's too thick add a little water.

Spoon it over the halibut and add a little chopped tomato for garnish.

Garlic & Tomato Puree: You can purchase pre-made puree or make your own!

For Garlic Puree: Break three large heads of garlic into cloves . Simmer unpeeled cloves for 20-30 minutes in a pot of water until they are completely soft. Drain the garlic, puree in a food processor and work it through a strainer. You can keep this in the fridge for about a week or freeze it for several months. Makes about 1/2 cup.

**For Tomato Puree:** Cut four medium tomatoes in half crosswise and squeeze the seeds out. Chop the tomatoes and stew them over medium heat in a 2-quart pot until the liquid they release evaporates and the mixture thickens, about 20 minutes. Stir every few minutes to make sure it doesn't stick and burn. Work it through a strainer and return to heat for another 15 minutes until it becomes stiff.

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## *Halibut with Mustard Sauce*

Season your Halibut fillets with salt and pepper, brush with butter and broil. Prepare your mustard sauce. In a pan combine, 4 tablespoons of Dijon Mustard, 1-1/4 cups of heavy whipping cream, ½ teaspoon of fine sugar and 1 tablespoon of white wine vinegar or lemon juice. Bring to a boil over low heat, whisk until thickens, and keep warm. Remove your halibut from the broiler and spoon the sauce over your fillets and serve immediately.

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## Livingston Tuna Salad

In a medium bowl, break up about 12 oz. of cooked tuna into flakes. Add 2 tablespoons of minced red bell pepper, 3 tablespoons of minced red onion, 1 minced clove of garlic, 1 teaspoon of drained minced capers, 1 tablespoon of fresh minced basil, 2 diced celery sticks and a 1/2 cup of diced tomatoes, set this bowl aside.

In another bowl whisk 1 teaspoon of olive oil, the juice of one lime, 1/4 cup of mayonnaise, 1 teaspoon of balsamic vinegar, a splash of green Tabasco, salt and pepper. Then combine the two, add more mayonnaise if it appears dry. Refrigerate at least 1 hour to let the flavors blend. Spread on bread or have it onto of a salad. Serve on a bed of lettuce ... or the best, place it on a toasted baguette, place a slice of pepper jack cheese on top and grill in the broiler! Open face tuna melt!

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## Calico Bass Tacos

Make a coating for your fish by combining in a small bowl, a tablespoon of minced dried onions, 2 teaspoons of ancho chili powder, a teaspoon each of salt, garlic powder, cornstarch and ground cumin, a half to 1 teaspoon of cayenne pepper or hot paprika.

Take about 4 Calico Bass fillets chopped into chunks and mix that into the coating. Heat a pan with a little butter or oil and grill your fish, toss the fish a few times to evenly cook.

While that's cooking, prepare your white sauce in another bowl by adding ½ cup of plain unflavored yogurt, ½ cup mayonnaise and ½ cup of sour cream, spice that up by adding a teaspoon of crushed Mexican Oregano, a teaspoon of Ground Cumin and the juice of one lime and if you want to spice it up add some white pepper and habanero chile to taste.

Place your fish on a hot flour tortilla, top with some chopped cabbage, diced onions and diced tomatoes... drizzle with the white sauce and enjoy!

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## *Blacken Catalina Sea Bass*

Set aside four 6 oz. skinless sea bass fillets. Prepare your grill using hardwood charcoal. You want to use a hardwood because it becomes hotter than regular charcoal and seals the juices into the fish. Combine 2 teaspoons of paprika, 1 teaspoon of granulated garlic, 1 teaspoon of crushed dried thyme leaves and 1/4 teaspoon each of sea salt, white, red and black peppers in small bowl, mix your dry ingredients well and set aside.

Melt 3-4 tablespoons of butter in small saucepan over medium heat, pour into a shallow bowl, dip the fillets into the melted butter, evenly coating both sides. Sprinkle both sides of fillets evenly with your dry mixture.

Make sure your coals are hot. Place the sea bass on the grill. The fire will flare up but when you close the lid of your grill it will go away.

Grill the sea bass, under the covered grill for about 4 to 6 minutes, turn it over if necessary, you want the sea bass to be blackened and flake easily when tested with fork.

Make a nice citrus sauce by whisking the juice of 2 lemons and some warm melted butter. Garnish with fresh chopped parsley or baby dill.

# Freedom Sportfishing Hook'em & Cook'em Recipes

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## Tommy Lee's Tuna Kabob

Mix 75% Wishbone Italian dressing and 25% Soy Sauce together until it is a nice brown color. Add some fish chunks to the mixture and marinate for 1 hour. Quarter a red onion, red pepper and green bell pepper. Take your kabob stick and start with your onion on the bottom, add a piece of the fish, a piece of bell pepper, a scallop, a piece of bell pepper, a piece of fish, onion, a piece of shrimp, bell pepper, piece of fish, a mushroom and top with a cherry tomato. You can add what every you like to the kabob. Since your a fisherman and you probably have more fish, limit the scallop and shrimp to only one. Place on the BBQ and enjoy. Serve with Yoshida Teriyaki sauce.

# Freedom Sportfishing Hook'em & Cook'em Recipes

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## *Seared Sesame Crusted Tuna*

In a shallow dish, combine  $\frac{1}{4}$  cup black sesame seeds and a  $\frac{1}{2}$  cup of white sesame seeds and stir to mix. Season with salt and pepper, 4 chilled ahi tuna steaks, about 6 ounces each, and an inch thick, take the tuna and dredge it in the sesame seeds, coating evenly.

In a searing pan, over high heat, warm a little grapeseed or canola oil, only enough to coat the bottom of your pan, don't add your tuna until the pan starts smoking. Arrange the tuna in the pan, don't over crowd it, cook until the white sesames start to turn golden underneath, about a minute. Don't try to move it until it releases from the pan, flip it and cook the other side. When done, transfer the tuna to a cutting board and cut it into  $\frac{1}{4}$  inch thick slices. Arrange it on a plate or over a salad, drizzle with a wasabi/soy sauce mixture and serve.

# Freedom Sportfishing Hook'em & Cook'em Recipes

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## *Cliff Friend's Calamari Steaks and Pieces*

Take a large squid, cut into 4 equal filets and remove the outside ink membrane by peeling off. Under the ink membrane there is a second clear thin membrane that can be peeled off with your fingers (this is the one that makes the squid tough, rubbery). Pound the squid filet with a meat tenderizer and dip them in a pie pan with two beaten eggs. Start the cast iron skillet on a medium flame and use virgin olive oil (your choice). In another pie pan put the seasoning (Louisiana seasoned fish fry is Cliff's choice). Roll the squid filets in seasoned fish fry until coated and into the skillet for 2-3 minutes each side. now your ready for a great calamari sandwich. Cliff likes wheat hamburger buns dressed up with tartar sauce and lettuce or spinach.

To get quid pieces, cut the cooked squid filets every 3/8 of a inch along the width (shortest distance) and serve with Tartar sauce and marinara sauce on the side. For a hot sauce use 1/2 cup of catsup to 2 tablespoons of Tapatio hot sauce with lemon pepper and black pepper to taste. Enjoy!

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## *Grilled Seabass with Cantaloupe Lime Salsa*

To make the salsa combine 2 cups of chopped Cantaloupe, 1/2 cup chopped Red Onion, 1/4 cup of chopped fresh Cilantro, 3 tablespoons of Lime Juice and a teaspoon of grated lime zest. Refrigerate until ready to serve. Rub your Seabass fillets with olive oil and sprinkle with salt and pepper, grill on an outdoor grill or in the oven. Serve with the salsa and enjoy!

# Freedom Sportfishing Hook'em & Cook'em Recipes

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## Ultimate Freedom Coffee Cake

Roast about 2 cups of pecans or walnuts in a 325° oven for about 10-15 minutes, I use pecans, in your 13 x 9 x 2-1/2 pan. Let them cool and then finely chop them. Put them in a bowl and add 1/3 cup each of granulated and brown sugar. Set this aside for your Streusel

Wipe the pan clean and put about 1/4 stick of butter in the 13 x 9 x 2-1/2 pan, coat evenly, set aside. The butter should melt if your pan is still warm otherwise return it for a quick moment to the oven.

In your mixing bowl, beat two sticks of unsalted butter until it's fluffy. Mix in another bowl, 2-1/2 cups of granulated sugar, 1-3/4 teaspoons of baking soda, 2 teaspoons of baking powder, 2 teaspoons of kosher salt, add this mixture gradually to the butter and continue to beat. Be sure to scrape the bowl if it needs it.

Turn the mixer to low and add 3 eggs lightly beaten and 4 cups of all purpose flour, alternating... a little flour and some eggs...mix until combined. Fold in 1 8 oz. tub of sour cream (or 1 cup). Mix well but don't blend.

Take your pan and spread out a layer of batter, top with a layer of Streusel (about 3/4s of what you have), another layer of batter and sprinkle the remaining Streusel on top. Place in the middle rack of your oven and bake for about 45 minutes, test with toothpick... and it should be crunch on the outside.

Kick your oven up to 350°.

# Freedom Sportfishing Hook'em & Cook'em Recipes

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## Thai Fish Soup

Cut about 1-1/2 lbs. of assorted rockfish fillets into strips about 1-1/2 inches long and 1/2 inch wide. Refrigerate until just before serving. Finely Chop 3 shallots, chop and crush to a paste 3 garlic cloves and finely chop 4 Thai Chilies. Heat all of this in 2 tablespoons of safflower oil in a 4 quart pot over medium heat for about 2 minutes. Add 5 cups of fish broth or chicken broth, 5 lime leaves or 2 long strips of lemon zest, 3 pieces of finely chopped lemongrass and simmer gently for about 5 minutes. Add the juice of 2 limes and 1/4 cup of fish sauce (Nam pla), found in the Asian section of the market. Just before your ready to serve add the strips of fish and chopped cilantro. Depending on the thickness of fish, simmer for 2 to 4 minutes, serve in hot bowls.

# Freedom Sportfishing Hook'em & Cook'em Recipes

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## Citrus Civeche

Remove the skin and bones from a pound and a half of a white fleshed fish, cut that into ½ inch cubes. Place the fish in a glass dish, cover with about a cup and a half of lime juice. Make sure the fish is completely covered with the juice, cover the dish and place it in the fridge for at least 3 hours. In another bowl, combine a cup of vegetable oil, a cup of orange juice, two hot red chilies – seeded and slivered, one paper thin sliced onion and one chopped garlic. Add this mix to the fish after its been in the fridge for about 3 hours, return it to the fridge for another 2 hours (a total of 5 hours)... remove it, add salt and pepper and it's ready to serve with some chips.

Hint: To get the most juice out of the limes, drop them in boiling water for about a minute, remove and then squeeze.

# Freedom Sportfishing Hook'em & Cook'em Recipes

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## *San Clemente Chowder*

Use your large stock pot, melt a half a pound of butter, add 4 cups of diced onion, 3 cups diced celery and 1-1/2 cups of flour cook for five minutes. Add 6 cups of water slowly, stir and bring to a boil. Add 1-1/2 tablespoons of thyme, 2 bay leaves and 2 14 oz cans of chicken broth. Return to boil and reduce to slow simmer. When thick, add 1/2 cup of sherry, 3 lbs of firm chunked fish and 4 cups of diced potatoes, simmer until the fish is cooked. Add about a 1/2 a quart of half and half to bring to desired thickness. Salt and Pepper to taste.

# Freedom Sportfishing Hook'em & Cook'em Recipes

[www.freedomsporfishing.com](http://www.freedomsporfishing.com)

## *Paper Wrapped Sea Bass*

Preheat your oven to 350 degrees. Get about a pound of sea bass fillets, sprinkle them with the juice of a couple of limes, salt and pepper then set them aside. Now you want to julienne cut a half of a sweet onion and a half of a green bell pepper, place the onion and peppers in a pan with 2 teaspoons of chopped garlic, 1 teaspoon of fresh chopped oregano, 2 medium concasse\* chopped tomatoes and 2 tablespoons of olive oil. Simmer that until almost all the liquid evaporates, but don't let it brown. Take your fillets and place each serving in the center of a large piece of foil or buttered parchment paper, top the fillets equally with the sauce. Next, take about a fourth of a cup of sliced green olives and one tablespoon of capers and sprinkle that over all the fillets. Drizzle the fillets with some white wine (about a ½ cup for all). Bring the edges of your foil up and roll down sealing the edges and bake for 10-12 minutes. Serve your wrapped fillet on a plate, cut an X across the top and peel back to release the steam and the wonderful aroma of dinner!

\*Concasse – seeded and blanched tomatoes, you can substitute a can of stewed tomatoes.

# Freedom Sportfishing Hook'em & Cook'em Recipes

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## Sesame Crusted Yellowtail

First you want to prepare your set up, have a plate of plain flour, a bowl with two eggs, one cup of milk and ¼ cup of water – whisked, a plate with a half a cup of flour mixed well with 2 tablespoons each of black and white sesame seeds.

Dredge your yellowtail fillet in the flour and shake off any excess flour, dip in the egg mix and then dredge it in the sesame flour.

Add a tablespoon of sesame oil and a tablespoon of canola oil to a small frying pan, heat on the stovetop. Add your fillet and lightly brown on both sides. Remove the fillet from the pan, set the pan aside for the sauce, place your fillet in an ovenproof pan in the oven at 400 degrees for 10-15 minutes to finish cooking.

Take your original frying pan with all the crumbs in it, heat it up, saute two chopped cloves of garlic, two teaspoons of minced ginger, four large sliced shitake mushrooms, add additional oil if necessary. Add two tablespoons of white wine, ¼ cup of chicken stock, a tablespoon of soy sauce, a teaspoon of honey. Reduce your sauce to about half, add a chopped scallion and finish off by swirling 2 teaspoons of unsalted butter. Place fish onto of rice and cover with sauce.

From Conomo Cafe – Chef Derek Ellerkamp

# Freedom Sportfishing Hook'em & Cook'em Recipes

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## *Calico Bass Spinach Rolls*

Preheat oven to 350 degrees. Combine ¼ cup lemon juice, ¼ tsp. black pepper, 2 crushed garlic cloves, brush over 2 fish fillets.. Lay two large spinach leaves, cut to the size on each fillet.. Roll up and secure with toothpick. Place rolls in a baking dish and brush with butter and bake about 20 minutes. Garnish with chives and a butter/cream sauce.

# Freedom Sportfishing Hook'em & Cook'em Recipes

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## Easy Yellowtail Teriyaki BBQ

Combine 2 cups of soy sauce, 1 cup of packed brown sugar, 1 cup of white sugar, 2-3 tablespoons of granulated garlic, 1 teaspoon of white pepper and a tablespoon of vegetable oil. Stir till the sugar is dissolves. Place your yellowtail fillet in the bag and add the sauce, marinate overnight. Grill the fish on the barbeque on both sides.

Serve with white rice or a salad and Enjoy!

# Freedom Sportfishing Hook'em & Cook'em Recipes

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## *Kid's Tiki Fish (Yellowtail or Tuna)*

Have the kids crush up 3 cups of corn flakes in a plastic bag. Heat the oven to 375 degrees and line a cookie sheet with foil. In a large bowl combine ¼ cup of honey, ¼ cup of ketchup, 1 tbs. soy sauce, 2 tsps. of grated ginger, mix that well. Spoon out 2 tbs. to reserve to make sauce. Now add about 3 lbs. of yellowtail, cut into chunks about the size of a ping pong ball and mix until well. Take the fish in batches and shake it in the corn flake bag to coat. Place the fish on the cookie sheet and spray with a butter flavored cooking spray (PAM). Bake for 40 minutes. Add the reserve sauce to a small can of crushed pineapple (8.25 oz). Serve with white rice balls.