



The Gentle Sea Cookbook

*Plant-Based
Seafood Inspired
Recipes for the
Compassionate
Soul.*



*By The Gentle Chef
Skye Michael Conroy*

Acknowledgments

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Also by The Gentle Chef

The Gentle Chef Cookbook - *Vegan Cuisine for the Ethical Gourmet*

The Non-Dairy Evolution Cookbook - *A Modernist Culinary Approach to Plant-Based Dairy-Free Foods*

Seitan and Beyond - *Gluten and Soy-Based Meat Analogues for the Ethical Gourmet*

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"The word "veganism" denotes a philosophy and way of living which seeks to exclude - as far as is possible and practical - all forms of exploitation and cruelty to animals for food, clothing or any other purpose; and by extension, promotes the development and use of animal-free alternatives for the benefit of animals, humans and the environment. In dietary terms, it denotes the practice of dispensing with all products derived wholly or partly from animals." ...The Vegan Society

Compassion (derived from Latin and meaning: "to suffer together with") is a profound human virtue and emotion prompted by the pain of other living beings and is ranked as one of the greatest virtues in numerous philosophies and spiritual traditions. More vigorous than empathy, the feeling of compassion commonly gives rise to an active desire to alleviate another's suffering.

Sentience implies the ability to experience pleasure and pain. As vegans, we believe that all sentient beings are entitled, at the very least, to the right not to be subjected to unnecessary suffering.

This understanding of sentience and the desire to alleviate suffering is the primary motivator for embracing veganism and a strict plant-based diet.



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Introduction

The Gentle Sea Cookbook focuses on approximating the appearance, flavor and texture of a variety of animal seafoods using plant-based ingredients. My work may venture too closely into the realms of realism for some people's taste. I understand that. But people thrive on familiarity and if that familiarity can be satisfied, then there is a greater chance of success in maintaining a plant-based diet.

Please keep in mind that the seafood analogues in this cookbook can only mimic animal seafoods to some degree. While seaweed does have an "ocean" flavor, it is not the exact flavor found in shellfish and fish; and replicating the texture of fish is extremely challenging. The recipes in this cookbook took many months of painstaking and often frustrating experimentation and there will always be room for improvement. However, if you curb your expectations of creating exact seafood reproductions, then the analogues should sufficiently satisfy your desire for seafood flavors and textures.

I recommend starting with the Scallopz recipe to become familiar with the basic cooking technique for preparing the analogues. Most of the shellfish analogues are relatively easy to prepare, while the Whitefysh and Totuna recipes require more time and are a bit more labor intensive. Since the analogues are fresh and contain no preservatives, use within 5 days of preparation or freeze for up to 3 months.

You won't find nutrition information included with the recipes because the cookbook wasn't written for individuals monitoring calorie and nutrient intake. However, the recipes were created using wholesome ingredients as much as possible and refined ingredients were included only when necessary to achieve proper textures.

Regarding food allergies and sensitivities: I have none and since this cookbook is based upon my personal experience with plant-based cuisine, I rely heavily on soy as the foundation for most of my seafood analogues (only one analogue contains gluten). If you have an allergy or sensitivity to soy, this cookbook isn't for you and I recommend doing some research for cookbooks and websites that specifically benefit individuals with soy sensitivities.

My recipes are not the only way to produce these foods, nor are they necessarily the easiest or the best way. They're simply my way based upon what works for me and what satisfies me (at least for the time being). Creating superior quality seafood analogues is a complex art and there is no doubt that I have many discoveries to make in the future. The recipes will continue to evolve as I continue to learn. I invite you to join me on my journey of discovery...



Special Ingredients



Some ingredients in this cookbook may be very familiar while others may not be familiar at all. Before attempting the recipes, it's helpful to familiarize yourself with these terms and recipe ingredients and understand what they are and why they are being used. Some recipe ingredients can be prepared at home.

Agar powder is a tasteless seaweed derivative and a widely used plant-based replacement for gelatin. It is used in many of the seafood analogues in this cookbook to add texture and assist firming. Only the powdered form can be used in the recipes; the flake form will not work in these applications. Agar powder can be purchased in some health food and natural food stores or mail ordered through the internet.

Extra-Firm Tofu, is made from soymilk that has been coagulated and pressed into blocks. It is of Chinese origin, and is also a part of East Asian and Southeast Asian cuisine such as Chinese, Japanese, Korean, Indonesian, Vietnamese, and others. It should not be confused with extra-firm silken tofu, which has a custard-like texture.

Calcium sulfate (gypsum) is the traditional and most widely used coagulant to produce water-packed block tofu. The resulting tofu curd is tender yet firm in texture and the coagulant itself has no perceivable taste. Use of this coagulant also produces a tofu that is rich in calcium. The coagulant and soymilk are mixed together in large vats, allowed to curdle and the resulting curds are drained, pressed into blocks and then packaged.

For the purposes of the seafood analogue preparation in this cookbook, only extra-firm water-packed tofu is used. Extra-firm tofu is sold in plastic tub containers filled with water and will always be found in the refrigerated section of the market.

Before using extra-firm block tofu in the seafood analogue recipes in this cookbook, it will need to be pressed to remove the excess water. This can be done using the standard method of pressing between absorbent lint-free towels, such as paper towels, or by pressing using a tofu press (see [Preparing Tofu for the Recipes](#)). The tofu press is a spring-loaded device which effectively presses water from a U.S. standard-size block of commercial water-packed tofu.

Glucomannan powder, also known as konjac root powder, is the special ingredient used in this cookbook for preparing most of the seafood analogues. Glucomannan is a pure soluble fiber derived from konjac root. It has no protein, no fat, no carbohydrates, and is gluten-free. As a food additive, it is used as an emulsifier and thickener. As a food ingredient, it is used commercially and at home for preparing Japanese shirataki noodles.

Commercial shirataki noodles have a distinct “fishy” odor and those who have opened a package will be familiar with this odor. However, the aroma of freshly prepared konjac has a much milder seafood-like aroma. Glucomannan can sometimes be found in health food stores (where it is often sold as a diet aid), but is most reliably mail ordered through the internet (e.g., Amazon.com).

Kombu is a sea vegetable, or edible variety of kelp. It has a mild ocean aroma and flavor and leathery texture and is used in this cookbook for flavoring Fumet (seafood broth), Asian Fish Sauce and as a barrier wrap for Totuna (vegan “canned” tuna) prior to wrapping in foil for pressure cooking or baking.

Mellow White Miso Paste is a seasoning which originated in Japan and is produced by the fermentation of soybeans (or chickpeas or barley) with salt and the fungus “*kōjikin*” (*Aspergillus oryzae*). Miso adds umami (a Japanese word used to describe a pleasant savory flavor) to foods.

Miso paste can be found in natural food markets and health food stores in the refrigerator section. It has a very long refrigerator shelf life, usually about 2 years. If you’re new to miso, be aware that mellow white miso paste is beige or light brown in color and not actually white.

Nori, also known as sushi nori, is a dry, edible paper made from compressed bits of seaweed. It has a moderate ocean aroma and flavor and is most commonly known for preparing sushi. Nori will disintegrate and turn to mush when exposed to liquids. It is used in this cookbook as a flavoring and coloring agent for Sweet Clamz and Totuna (vegan “canned” tuna).

Pickling Lime Powder (food grade calcium hydroxide) is an alkaline powder most commonly used for preserving the crispness in pickles and for processing corn for hominy grits, tortillas and tortilla chips. It is also found in commercial shirataki noodles, commercial vegan “seafoods” and other commercial foods prepared with konjac. It is not an extract from the lime citrus fruit. In this cookbook, it is used to activate the glucomannan powder (konjac root powder) in the seafood analogue recipes. Without it, the glucomannan powder will not activate, so DO NOT omit! Pickling lime powder can be found in most supermarkets where products for home canning are located, or mail ordered through the internet (e.g. Mrs. Wages™ Pickling Lime).

Silken tofu, extra-firm is a variety of tofu commonly used in plant-based cooking to produce sauces, thick creams and custard-like textures. It has a smooth and very delicate texture compared to the firmer water-packed block tofu. In this cookbook, extra-firm silken tofu is used as an egg replacer/binder in the Jack Crab Cakes recipe.

T is the abbreviation for tablespoon and **tsp** is the abbreviation for teaspoon.

Wakame is a sea vegetable, or edible seaweed. It has a moderate ocean aroma and flavor and a sturdy texture that holds up well in cooking. Wakame is my favored ingredient for creating a seafood flavor in seafood analogues.

White Shoyu, or white soy sauce, is a condiment with a long tradition in Japan. Clearer and mellower than traditional dark soy sauce, it has a light amber color that infuses foods with umami flavor without darkening them. It is used in the Fysh Roe and Asian Fysh Sauce recipes in this cookbook. Tamari, soy sauce or Bragg Liquid Aminos™ can be used as a substitute but these products will impart a darker color. White shoyu can sometimes be found in gourmet or Asian markets, or mail ordered through the internet.

Vital wheat gluten is the natural protein found in wheat. Vital wheat gluten is commonly used in plant-based cooking to produce meat analogues. In baking, a small amount is often added to yeast bread recipes to improve the texture and elasticity of the dough. Vital wheat gluten makes only one appearance in this cookbook as an ingredient in the Totuna recipe.



Preparing Tofu for the Recipes

Extra-firm water-packed block tofu is used in most of the seafood analogue recipes in this cookbook and can be found in the refrigerated section of the market.

Do not confuse this with extra-firm silken tofu, such as Mori-Nu™ which is typically packaged in unrefrigerated aseptic cartons, as it won't work for these applications (extra-firm silken tofu is however used in the Jack Crab Cakes recipe as an egg replacer/binder).

Before using in the recipes, the extra-firm tofu will need to be pressed to remove as much water as possible. It may seem redundant to press the water from the tofu, only to add water back when preparing the recipes. However, the reason for this is very simple: Water content in tofu varies from brand to brand and even from block to block. By removing the liquid from the tofu, weighing it, and then adding back a precise amount of water, recipe results remain consistent.

When weighing the tofu for the recipes, minor weight variations are acceptable and will not negatively affect the recipe results. Be sure to weigh the tofu after pressing. A precision digital ounce/gram scale is recommended for accuracy.

Pressing can be done ahead of time using a tofu press (allow several hours of pressing time); or the tofu can be wrapped in several layers of paper towels or a lint-free kitchen towel and pressed on a flat surface using the palms of your hands assisted by your upper body weight. The advantage of using a tofu press first, is that it will remove a substantial amount water, which then saves on paper towel usage.

When pressed sufficiently, the tofu should feel barely damp and have a crumbly texture. Some stores now offer pre-pressed extra-firm block tofu. To reiterate, whether home-pressed or commercially pre-pressed, the tofu should feel barely damp and crumble easily.

If pressed ahead of time, keep the pressed tofu refrigerated in an airtight container for up to 3 days until ready to use.

Chef's tip: For expediency, use the tofu press for an hour or two to remove the excess water and then finish by firmly pressing between a few layers of paper towels with your hands.



The Gentle Sea Foods

Scallopz



Scallopz are a soy protein (from tofu) and konjac-based seafood alternative and can be used in any recipe just as you would real sea or bay scallops. They're very easy to make and are a good starting point when first learning to prepare the seafood analogues. Basic instructions for marinating and pan-searing the scallopz are included (any marinade of your choice can also be used). This recipe yields about 10 ounces.

Blender Ingredients

- 1 T glucomannan (konjac) powder
- 3 oz **pressed** extra-firm tofu
- 1 and $\frac{3}{4}$ cup wakame infusion or water
(see preparation instructions for the optional wakame infusion)
- 1 and $\frac{1}{2}$ tsp organic sugar
- 1 and $\frac{1}{4}$ tsp sea salt or kosher salt
- $\frac{1}{2}$ tsp agar **powder**
- $\frac{1}{4}$ tsp onion powder
- $\frac{1}{4}$ tsp pickling lime powder (calcium hydroxide)

Optional Wakame Infusion Ingredients

- 2 cups (480 ml) water
- 2 T (6 grams) dried wakame flakes

Additional Items Needed

- assorted round cutters: 2-inch for jumbo scallopz, 1 and 1/2-inch for standard scallopz, and 1-inch for bay scallopz
- blender
- standard loaf pan
- flexible silicone spatula

Preparation

The wakame infusion is optional but will enhance seafood flavor. To prepare the infusion, bring the water and wakame to a brief boil in a small saucepan. Remove from the heat, cover and let cool completely. Strain into a measuring cup and measure 1 and 3/4 cup (420 ml) liquid. If necessary, press the wakame with the back of a spoon to extract the liquid. Compost or discard the wakame as it will have lost most of its flavor.

Measure the glucomannan powder and set aside near your blender.

Add the wakame infusion or water and the remaining blender ingredients to the blender (except for the glucomannan powder) and process until completely liquefied. Reduce the blender speed, add the glucomannan powder and process to the count of 5. Pour the mixture into the medium saucepan and place over medium heat.

Slowly stir the mixture with the spatula. As the mixture begins to thicken, begin slowly folding and stirring the mixture with the spatula. As the mixture begins to stiffen, fold and knead the mixture with the spatula. A thin “skin” of protein will begin to adhere to the bottom and sides of the saucepan and may dislodge while stirring; simply work it into the mixture as it cooks. The mixture needs to be cooked past the creamy stage and when sufficiently cooked, should have a very stiff but moist consistency. It is important to cook the mixture to this stage or it will set not set properly. However, avoid cooking to the point where the cohesive mass begins to break apart into clumps.

Transfer the mixture to the loaf pan and use the spatula to press the mixture evenly into the pan.

Let the mixture cool about 10 minutes and turn the gel onto a work surface.

Forming the Scallopz

Using a desired size round cutter, cut discs from the gel while it is still warm (this will create softer edges than cold gel). Any ragged edges can be trimmed away with kitchen shears. Create one or two shallow snips along the edges of each scallop with kitchen shears for a more natural appearance. Any remnants can be chopped, lightly sautéed and added to recipes, if desired. Unlike most of the other konjac-based analogues in this cookbook, scallopz do not require simmering in water to complete their preparation process (as this would overcook them and make them tough).

Refrigerate the scallopz and any chopped remnants, with or without a marinade, in a sealed container or food storage bag until ready to use in recipes. Use within 5 days or freeze up to 3 months. When including sautéed scallopz in soups or stews, add them just before serving so they don't become overcooked and tough.

Marinating and Pan-Searing the Scallopz

Marinade Ingredients

- ½ cup semi-sweet or semi-dry white wine such as Moscato or Riesling or ⅓ cup water plus the juice of 1 large lemon (about 2 T)
- 1 T tamari, soy sauce or Bragg Liquid Aminos™
- 1 tsp Old Bay™ seasoning or Gentle Bay Seasoning, plus additional for seasoning the scallopz after pan-searing if desired
- 2 garlic cloves, minced

Pan-Searing Ingredients

- 1 T olive oil
- 1 T non-dairy butter or margarine

Place the scallopz in a food storage bag and add the marinade. Press out the excess air, seal the bag and chill for a minimum of 1 hour (longer marinating will increase the flavor).

Remove the scallopz from the marinade and gently pat them dry.

Add the butter and oil to a skillet and place over medium heat. When the butter has melted, place the scallopz in the skillet and cook until they are lightly browned on each side. Sprinkle with additional seasoning if desired. Transfer the scallopz to serving plates and serve immediately.



Shrymp



Skewered Shrymp and Pineapple with Teriyaki Glaze

Shrymp are a soy protein (from tofu) and konjac-based seafood alternative and can be used in any recipe just as you would real shrimp.

Blender Ingredients

- 1 T glucomannan (konjac) powder
- 3 oz **pressed** extra-firm tofu
- 1 and $\frac{3}{4}$ cup (420 ml) wakame infusion or water
(see preparation instructions for the optional wakame infusion)
- 1 and $\frac{1}{4}$ tsp sea salt or kosher salt
- 1 tsp agar **powder**
- $\frac{1}{4}$ tsp onion powder
- $\frac{1}{4}$ tsp pickling lime powder (calcium hydroxide)

Optional Wakame Infusion Ingredients

- 2 cups (480 ml) water
- 2 T (6 grams) dried wakame flakes

Additional Items Needed

- 8" square baking dish
- paprika for dusting the bottom of the baking dish

- blender
- sturdy silicone spatula
- 2-inch round cutter for standard shrymp; 1-inch round cutter for bay shrymp
- common teaspoon, kitchen shears and a sharp paring knife for detailing standard shrymp;
miniature cocktail spoon for detailing bay shrymp

Preparation

The wakame infusion is optional but will enhance seafood flavor. To prepare the infusion, bring the water and wakame to a brief boil in a small saucepan. Remove from the heat, cover and let cool completely. Strain into a measuring cup and measure 1 and $\frac{3}{4}$ cup (420 ml) liquid. If necessary, press the wakame with the back of a spoon to extract the liquid. Compost or discard the wakame as it will have lost most of its flavor.

Dust the bottom of the baking dish with a thin layer of paprika. Using your fingertips, dab the paprika to create a stippling effect. Set aside. Measure the glucomannan powder and set aside near your blender.

Add the wakame infusion or water and the remaining blender ingredients to the blender (except for the glucomannan powder) and process until completely liquefied. Reduce the blender speed, add the glucomannan powder and process to the count of 5. Pour the mixture into the medium saucepan and place over medium heat.

Slowly stir the mixture with the spatula. As the mixture begins to thicken, begin slowly folding and stirring the mixture with the spatula. As the mixture begins to stiffen, fold and knead the mixture with the spatula. A thin “skin” of protein will begin to adhere to the bottom and sides of the saucepan and may dislodge while stirring; simply work it into the mixture as it cooks. The mixture needs to be cooked past the creamy stage and when sufficiently cooked, should have a very stiff but moist consistency. It is important to cook the mixture to this stage or it will set not set properly. However, avoid cooking to the point where the cohesive mass begins to break apart into clumps.

Transfer the mixture to the baking dish and use the spatula to press the mixture evenly into the pan. Do not use a spreading motion. Do not worry about completely smoothing the surface of the gel as some bumpy irregularity will enhance the finished appearance of the shrymp.

Let the mixture cool about 10 minutes and turn the gel onto a work surface.

Cutting and Detailing the Shrymp

Using a round cutter, cut discs from the gel while it is still slightly warm (any remnants of the gel can be simmered with the shrymp and chopped later for use in any recipe calling for chopped shrimp). If desired, the sharp edges of the cut disc can be lightly beveled using kitchen shears to create a softer, rounded edge, but this is purely optional.

To begin detailing, use the tip of a common teaspoon to cut a small loop from each disc (the curvature of the spoon will help create the rounded loop; see the photo below for detail). For smaller bay shrimp, use a miniature cocktail spoon to cut the loop. It's okay if the edges of the loop are a little ragged, as this adds to the natural appearance of the shrymp.

Fine Detailing the Shrymp

With a sharp paring knife, make a shallow cut down the back of each shrymp from “head to tail”. Don't cut too deep. With kitchen shears, create shallow snips crosswise and 1/4-inch apart along the back of the shrymp from “head to tail”. Don't snip too deep. See photo below for detail. Please note that fine detailing is not necessary for small bay shrymp due to their size.

Final Preparation Step

Bring 6 cups water (3 quarts/12 cups for Jumbo Shrymp) to a boil in a large saucepan and add the shrymp. Reduce to a simmer and cook uncovered for 5 minutes. Remove with a slotted spoon and drain on paper towels until cool. Chill in a sealed food storage container or bag until ready to use. Use within 5 days or freeze up to 3 months.



Shrymp Detail

Jumbo Shrymp



Classic Jumbo Shrymp Cocktail

Jumbo Shrymp are a soy protein (from tofu) and konjac-based seafood alternative and can be used in any recipe just as you would jumbo shrimp/prawns.

Jumbo Shrymp are prepared in the same manner as standard Shrymp, however the recipe is doubled and the mixture is pressed into a larger baking dish. A larger cutter is used to create the jumbo size.

Use the recipe below and then refer to the preparation technique for Shrymp in the preceding recipe. Since the volume of the recipe is doubled, be sure to cook the mixture thoroughly for it to set properly.

Blender Ingredients

- 2 T glucomannan (konjac) powder
- 6 oz **pressed** extra-firm tofu
- 3 and 1/2 cup (840 ml) wakame infusion or water
(see preparation instructions for the optional wakame infusion)
- 2 tsp agar **powder**
- 2 tsp sea salt or kosher salt
- 1/2 tsp onion powder
- 1/2 tsp pickling lime powder (calcium hydroxide)

Optional Wakame Infusion Ingredients

- 4 cups (960 ml) water
- ¼ cup (12 grams) dried wakame flakes

Additional Items Needed

- 9" x 13" baking dish
- paprika for dusting the bottom of the baking dish
- flexible silicone spatula
- blender
- large saucepan
- cooking pot
- 2 and ½-inch to 3-inch round cutter
- common teaspoon, kitchen shears and a sharp paring knife for detailing the Jumbo Shrymp

Preparation

Please follow the preparation instructions for Shrymp in the preceding recipe. Since the volume of the recipe is doubled, be sure to cook the mixture thoroughly for it to set properly. Use 3 quarts/12 cups of water for simmering in the final preparation step. Use the prepared jumbo shrymp within 5 days or freeze up to 3 months.



Lobzter

Lobzter is a soy protein (from tofu) and konjac-based seafood alternative and can be used in any recipe just as you would bite-size chunks of cooked lobster.

Blender Ingredients

- 1 T glucomannan (konjac) powder
- 4 oz **pressed** extra-firm block tofu
- 1 and $\frac{3}{4}$ cups wakame infusion or water
(see preparation instructions for the optional wakame infusion)
- 2 tsp organic sugar
- 1 and $\frac{1}{2}$ tsp sea salt or kosher salt
- 1 tsp agar **powder**
- $\frac{1}{2}$ tsp onion powder
- $\frac{1}{4}$ tsp pickling lime powder (calcium hydroxide)

Optional Wakame Infusion Ingredients

- 2 cups (480 ml) water
- 2 T (6 grams) dried wakame flakes

Additional Items Needed

- blender
- standard loaf pan
- flexible silicone spatula
- paprika for dusting the bottom
of the loaf pan

Preparation

The wakame infusion is optional but will enhance seafood flavor. To prepare the infusion, bring the water and wakame to a brief boil in a small saucepan. Remove from the heat, cover and let cool completely. Strain into a measuring cup and measure 1 and $\frac{3}{4}$ cup (420 ml) liquid. If necessary, press the wakame with the back of a spoon to extract the liquid. Compost or discard the wakame as it will have lost most of its flavor.

Dust the bottom of the baking dish with a thin layer of paprika. Using your fingertips, dab the paprika to create a stippling effect. Set aside. Measure the glucomannan powder and set aside near your blender.

Add the wakame infusion or water and the remaining blender ingredients to the blender (except for the glucomannan powder) and process until completely liquefied. Reduce the blender speed, add the glucomannan powder and process to the count of 5. Pour the mixture into the medium saucepan and place over medium heat.

Slowly stir the mixture with the spatula. As the mixture begins to thicken, begin slowly folding and stirring the mixture with the spatula. As the mixture begins to stiffen, fold and knead the mixture with the spatula. A thin “skin” of protein will begin to adhere to the bottom and sides of the saucepan and may dislodge while stirring; simply work it into the mixture as it cooks. The mixture needs to be cooked past the creamy stage and when sufficiently cooked, should have a very stiff but moist consistency. It is important to cook the mixture to this stage or it will set not set properly.

Transfer the mixture to the baking dish and use the spatula to press the mixture evenly into the pan. Don’t worry about smoothing the surface of the gel as some bumpy irregularity will enhance the finished texture of the lobzter.

Let the mixture cool about 10 minutes and turn the gel onto a work surface. Cut the gel into 4 pieces.

Bring 6 cups water to a boil in a large saucepan and add the pieces. Reduce to a simmer and cook uncovered for 5 minutes. Remove with a slotted spoon and drain well on paper towels.

While still warm, use the tines of a fork to tear off small bite-size morsels. Chill in a sealed food storage container or bag until ready to use. Use within 5 days or freeze up to 3 months.



Kalamari



Kalamari is a soy protein (from tofu) and konjac-based seafood alternative and can be used in any recipe just as you would calamari rings. A basic recipe for breading and frying the kalamari rings is included.

Blender Ingredients

- 1 T glucomannan (konjac) powder
- 3 oz **pressed** extra-firm block tofu
- 1 and $\frac{3}{4}$ cup wakame infusion or water
(see preparation instructions for the optional wakame infusion)
- 1 tsp agar **powder**
- 1 and $\frac{1}{2}$ tsp sea salt or kosher salt
- 1 tsp organic sugar
- $\frac{1}{4}$ tsp onion powder
- $\frac{1}{4}$ tsp pickling lime powder (calcium hydroxide)

Optional Wakame Infusion Ingredients

- 2 cups (480 ml) water
- 2 T (6 grams) dried wakame flakes

Additional Items Needed

- assorted round cutters: 2-inch, 1 and 1/2-inch, and 1-inch
- blender
- standard loaf pan
- flexible silicone spatula

Preparation

The wakame infusion is optional but will enhance seafood flavor. To prepare the infusion, bring the water and wakame to a brief boil in a small saucepan. Remove from the heat, cover and let cool completely. Strain into a measuring cup and measure 1 and 3/4 cup (420 ml) liquid. If necessary, press the wakame with the back of a spoon to extract the liquid. Compost or discard the wakame as it will have lost most of its flavor.

Measure the glucomannan powder and set aside near your blender.

Add the wakame infusion or water and the remaining blender ingredients to the blender (except for the glucomannan powder) and process until completely liquefied. Reduce the blender speed, add the glucomannan powder and process to the count of 5. Pour the mixture into the medium saucepan and place over medium heat.

Slowly stir the mixture with the spatula. As the mixture begins to thicken, begin slowly folding and stirring the mixture with the spatula. As the mixture begins to stiffen, fold and knead the mixture with the spatula. A thin “skin” of protein will begin to adhere to the bottom and sides of the saucepan and may dislodge while stirring; simply work it into the mixture as it cooks. The mixture needs to be cooked past the creamy stage and when sufficiently cooked, should have a very stiff but moist consistency. It is important to cook the mixture to this stage or it will set not set properly. However, avoid cooking to the point where the cohesive mass begins to break apart into clumps.

Transfer the mixture to the loaf pan and use the spatula to press the mixture evenly into the pan. Let the mixture cool about 10 minutes and turn the gel onto a work surface.

Cutting the Kalamari Rings

Using a 2-inch round cutter, cut discs from the gel. Now, using a 1 and 1/2-inch cutter, press the cutter into the center of each disc to create a ring. Separate the rings and set aside. Press the 1-inch cutter into the center of the smaller discs to create smaller rings. Separate the rings. If desired, any remnants of the gel can be simmered with the rings and later chopped and used in seafood soups, stews or ceviche. Otherwise the remnants can be discarded.

Now, bring 6 cups water to a boil in a large saucepan and add the rings and any remnants. Reduce to a simmer and cook uncovered for 5 minutes. Remove with a slotted spoon and drain on paper towels until cool. Chill in a sealed food storage container or bag until ready to use. Use within 5 days or freeze up to 3 months.

Breading and Frying the Kalamari

Ingredients

- 1/4 cup plain non-dairy milk
- 1/2 cup coarse dry breadcrumbs
- 1/2 cup all-purpose flour, divided in half
- 1 tsp sea salt or kosher salt
- 1/2 tsp sweet paprika
- 1/2 tsp coarse ground black pepper
- high-heat cooking oil for frying
- finely chopped parsley for garnish

Preparation

Prepare your choice of dipping sauce and keep refrigerated until ready to use.

Combine 1/4 cup all-purpose flour with the breadcrumbs in a bowl. Mix in the salt, paprika and white pepper; set aside.

Place the kalamari rings into a food storage bag and add the remaining 1/4 cup flour. Seal and shake well to coat. Add the milk to the food storage bag, seal and shake until the rings are coated.

Dredge the rings in the breadcrumb mixture until well-coated. Set aside to dry on a plate for about 15 minutes; this will help the breading adhere better when frying.

In a deep wok or skillet, heat about 1-inch of oil over medium-high heat until the oil begins to shimmer. Fry the rings until golden. Remove with a spider or slotted spoon and drain on a plate lined with paper towels. Serve hot with lemon wedges and the sauce of your choice for dipping (marinara is a classic dipping sauce).



Sweet Clamz

Sweet Clamz are a soy protein (from tofu) and konjac-based seafood alternative and can be used in any recipe just as you would real clams.

Nori Infusion Ingredients

- 2 and 1/2 cups (600 ml) water
- 4 sheets sushi nori seaweed

Blender Ingredients

- 1 T glucomannan (konjac) powder
- 5 oz **pressed** extra-firm tofu
- 1 and 3/4 cup (420 ml) nori infusion
- 1 T nutritional yeast flakes
- 2 tsp organic sugar
- 1 and 1/2 tsp sea salt or kosher salt
- 1 tsp agar **powder**
- 1/4 tsp onion powder
- 1/4 tsp pickling lime powder (calcium hydroxide)

Additional Items Needed

- blender
- standard loaf pan
- flexible silicone spatula

Preparation

To prepare the nori infusion, tear the nori into pieces and add to a medium saucepan with the water. Bring to brief boil, cover and remove from the heat to cool completely. Strain the amber colored liquid through a fine mesh sieve into a measuring cup. Press the nori with the back of a spoon to extract the liquid and measure 1 and 3/4 cup (420 ml). Add water if necessary. Compost or discard the nori.

Measure the glucomannan powder and set aside near your blender.

Add the nori infusion and the remaining blender ingredients to the blender (except for the glucomannan powder) and process until completely liquefied. Reduce the blender speed, add the glucomannan powder and process to the count of 5. Pour the mixture into the medium saucepan and place over medium heat.

Slowly stir the mixture with the spatula. As the mixture begins to thicken, begin slowly folding and stirring the mixture with the spatula. As the mixture begins to stiffen, fold and knead the mixture with the spatula. A thin “skin” of protein will begin to adhere to the bottom and sides of the saucepan and may dislodge while stirring; simply work it into the

mixture as it cooks. The mixture needs to be cooked past the creamy stage and when sufficiently cooked, should have a very stiff but moist consistency. It is important to cook the mixture to this stage or it will set not set properly.

Transfer the mixture to the loaf pan and use the spatula to press the mixture evenly into the pan.

Let the mixture cool about 10 minutes and turn the gel onto a work surface. Using a scraping motion with a dull table knife, cut thin fragments from the gel.

Bring 6 cups water to a boil in a large saucepan. Add the fragments, reduce the heat to a simmer and cook uncovered for 5 minutes. Remove the clamz with a spider or slotted spoon and transfer to a plate lined with paper towels to drain. Let drain and cool completely and then transfer to a storage container to chill before using in recipes. Use the clamz within 5 days or freeze up to 3 months.



Whitefysh Filets



Whitefysh filets have a firm but delicate texture and a mild flavor. The filets are especially nice when marinated and several marinade options are offered following the recipe. Marinated filets can be pan-grilled or oven-braised. The filets can also be dry seasoned, pan-grilled and served with a squeeze of lemon; breaded and dry-baked; or battered and fried (see the recipe for [Golden Battered Whitefysh Filets](#)).

Creating a fish analogue that approximates the flavor, appearance and texture of fish has been one of my greatest challenges in vegan cooking, especially a fish analogue that can be finished using a variety of cooking techniques. I've experimented with many different ingredients and preparation methods, and while I haven't captured the flavor and texture exactly, I feel the fish analogue offered here will provide a satisfying alternative.

Although the recipe may seem lengthy and complicated, the filets are actually easy to prepare - they just take a little time. Read the recipe through once or twice before starting so you understand the steps involved and then follow the recipe step by step. This recipe yields 6 to 8 filets or 16 fysh sticks.

Blender “A” Ingredients

- 1 T glucomannan powder (konjac)
- 5 oz (142 grams) **pressed** extra-firm block tofu
- 1 and ¾ cups (420 ml) wakame infusion or water
(see preparation instructions for the optional wakame infusion)

- 1 tsp onion powder
- 1 and 1/2 tsp sea salt or kosher salt
- 1/2 garlic powder
- 1/2 tsp agar **powder**
- 1/4 tsp pickling lime powder (calcium hydroxide)
- 1/4 tsp ground white pepper

Blender “B” Ingredients

- 1 and 1/2 tsp glucomannan powder (konjac)
- 3 oz (85 grams) **pressed** extra-firm block tofu
- 3/4 cups (180 ml) wakame infusion or water
(see preparation instructions for the optional wakame infusion)
- 1/2 tsp onion powder
- 1/2 tsp sea salt or kosher salt
- 1/4 garlic powder
- 1/4 tsp agar **powder**
- 1/4 tsp pickling lime powder (calcium hydroxide)

Optional Wakame Infusion Ingredients

- 3 cups (720 ml) water
- 1/4 cup (12 grams) dried wakame flakes

Additional Items Needed

- 8”x 8” glass or ceramic baking dish
(use a slightly larger baking dish for thinner filets)
- cooking oil spray or cooking oil
- aluminum foil
- silicone spatula
- blender
- medium saucepan and large saucepan

Optional Wakame Infusion Preparation

The wakame infusion is optional, but will enhance seafood flavor. To prepare the wakame infusion, bring 1/4 cup (12 grams) dried wakame flakes and 3 cups (720 ml) water to a brief boil in a saucepan and then remove from the heat. Let the mixture cool.

Strain the liquid into a measuring cup and measure 1 and 3/4 cups (420 ml) for the Blender “A” mixture and 3/4 cup (180 ml) for the Blender “B” mixture. Press the wakame with the back of a spoon to extract the liquid. If there’s not quite enough liquid, add water.

Compost or discard the wakame as it will have lost most of its flavor.

Blender “A” Preparation

Measure 1 tablespoon glucomannan powder and set aside in a small dish near your blender.

Crumble the 5 ounces of tofu into a blender. Add 1 and $\frac{3}{4}$ cups (420 ml) wakame infusion or water and the remaining Blender “A” ingredients to the blender (except for the glucomannan powder) and process until completely liquefied. Reduce the blender speed, add the glucomannan powder and process to the count of 5. Pour the mixture into the medium saucepan. Rinse the blender jar and set aside; you will be needing it again later.

Place the saucepan over medium heat. Slowly stir the mixture with the spatula. As the mixture begins to thicken, begin slowly folding and stirring the mixture with the spatula. As the mixture begins to stiffen, fold and knead the mixture with the spatula. A thin “skin” of protein will begin to adhere to the bottom and sides of the saucepan and may dislodge while stirring; simply work it into the mixture as it cooks. The mixture needs to be cooked past the creamy stage and when sufficiently cooked, should have a very stiff but moist consistency. It is important to cook the mixture to this stage or it will set not set properly.

Transfer the mixture to the baking dish and use the spatula to press the mixture into the dish. Let the mixture cool about 10 minutes and turn the gel onto a work surface (set the baking dish aside; you will be needing it again later). While the gel is cooling, bring 6 cups water to a boil in a large saucepan. Cut the gel into 4 pieces and add to the boiling water. Reduce heat to a simmer and cook 5 minutes. Drain thoroughly on paper towels.

When the pieces are cool enough to handle, thinly slice and then coarsely chop. The slices can also be pulsed in a food processor until coarsely chopped but do not over-process. Place the chopped gel into a mixing bowl and set aside.

Blender “B” Preparation

Preheat the oven to 375°F/190°C. If you have a convection oven, turn the convection fan off.

Lightly mist or oil the same baking dish with cooking oil. Set aside.

Measure 1 and $\frac{1}{2}$ teaspoon glucomannan powder and set aside near your blender.

Crumble the 3 ounces of tofu into the blender. Add the $\frac{3}{4}$ cup (180 ml) wakame infusion or water and the remaining Blender “B” ingredients to the blender (except for the glucomannan powder) and process until completely liquefied. Reduce the blender speed, add the glucomannan powder and process to the count of 5.

Pour the mixture into the mixing bowl and mix thoroughly but quickly. Spread the mixture evenly into the baking dish and smooth the surface with the spatula. Tear off a large sheet of foil and wrap the baking dish, making sure to wrap around the sides completely, and then seal the dish around the edges.

Bake on the middle rack of the oven for 50 minutes and then remove to cool for about 1 hour. Leave the foil cover in place.

Loosen the gel with the edge of the spatula and turn out into a work surface. Lightly trim away the edges and discard. Cut the gel in half and then cut each half into 3 or 4 pieces. If desired, slightly pivot the knife alternately to the right and left when slicing to create irregular rectangle-shaped filets. For fysh sticks, cut the gel in half and then slice each half into ¾-inch wide sticks.

Detailing the Filets

With a sharp knife, create diagonal cuts almost to the center of the filet and about ⅛-inch apart along the length of the filet. Don't cut too deep. Flip the filets over and repeat (do not repeat for thin filets baked in a larger baking dish). These cuts not only add a nice appearance to the filets, but also allow the marinade to reach the center of the filets when marinating. Refrigerate in a sealed container or food storage bag until ready to use. Use within 5 days or freeze up to 3 months. Finish the filets using a method described below. For battered and fried fysh, see the recipe for Golden Battered Whitefysh Filets.



*Potato Chip-Encrusted Baked Whitefysh Filet
with Cajun Seasoning served over Cauliflower Purée*

Dry Seasoning and Pan-Grilling

Season the filets with any dry seasoning of your choice. Pan-grill in a lightly oiled non-stick skillet or grill pan over medium heat until the filets are heated through and have

achieved a nice color. Squeeze a little lemon juice over the filets while grilling and serve with additional wedges of lemon. The filets can also be served with a favorite sauce.

Marinating and Pan-Grilling or Oven-Braising

Marinate the filets using one of the Whitefysh Marinades or another marinade of your choice. Marinate for a minimum of 1 hour. Pan-grill in a non-stick skillet or grill pan over medium heat until the filets are heated through and have achieved a nice color.

Marinated filets can be oven-braised in an uncovered baking dish in a 375°F/190°C oven for 25 minutes. Spoon some of the marinade over the fish once or twice while baking.

Breading and Dry-Baking

Oil a baking dish and set aside.

Dredge the filets or sticks in all-purpose flour or rice flour. Whisk together equal parts vegan mayonnaise and plain non-dairy milk in a bowl. Fill another bowl with seasoned fine breadcrumbs or panko-style breadcrumbs. Or try finely crushed potato chips blended with any seasoning of your choice (try salt and vinegar potato chips for a tangy flavor kick); or finely crushed salted or seasoned nuts (macadamia nuts work well).

Dip the floured filets in the mayo mixture and dredge in the breading mixture. Place on a plate to dry for about 15 minutes. Place the filets in the baking dish and bake uncovered for 25 minutes (lightly misting with cooking oil will encourage browning).



Whitefysh Marinades

The marinades are superb for Whitefysh Filets but work equally well for other Gentle Sea Foods. Emulsified marinades, when gently heated, make lovely seafood sauces too.

Marinade Preparation

Add the ingredients from the following recipes to a blender and process until the fresh herb(s) are reduced to small flakes. Marinate the fysh for a minimum of 1 hour before pan-grilling.

Gentle Bay Marinade

- 1 tsp (1 gram) dried wakame flakes, rehydrated in warm water, squeezed dry and finely chopped
- ¼ cup olive oil
- 3 T dry white wine (e.g., Chardonnay; Sauvignon Blanc)
- 3 T fresh lemon juice
- 2 garlic cloves
- 1 and ½ tsp Old Bay™ seasoning or Gentle Bay Seasoning
- 1 tsp smoked paprika
- handful fresh parsley

North African Chermoula Marinade

- 1 tsp (1 gram) dried wakame flakes, rehydrated in warm water, squeezed dry and finely chopped
- ¼ cup olive oil
- 3 T fresh lemon juice
- 3 T fresh lime juice
- 2 garlic cloves
- 1 and ½ tsp smoked paprika
- ¾ tsp sea salt or kosher salt
- ½ tsp ground cumin
- pinch ground cayenne pepper or ground red pepper
- small handful fresh parsley
- small handful fresh cilantro

Bangkok Marinade

- 1 tsp (1 gram) dried wakame flakes, rehydrated in warm water, squeezed dry and finely chopped
- 3 T olive oil
- 6 T fresh lime juice
- 2 garlic cloves
- 1 T toasted sesame oil

- 1 T fresh chopped ginger
- 1 T fresh chopped Thai basil, sweet basil or 1 tsp dried basil
- 1 tsp sambal oelek or Sriracha™
- ¾ tsp sea salt or kosher salt
- handful fresh cilantro

Lemon Tarragon Marinade

- 1 tsp (1 gram) dried wakame flakes, rehydrated in warm water, squeezed dry and finely chopped
- ¼ cup olive oil
- 6 T fresh lemon juice
- 2 garlic cloves
- ¾ tsp sea salt or kosher salt
- ¼ tsp ground black pepper
- 1 T chopped fresh tarragon or 1 tsp dried
- handful fresh parsley

**For Lemon Caper marinade, substitute the tarragon with 1 tablespoon drained and chopped capers. Garnish the finished pan-grilled fish with whole caperberries, if desired. For Lemon Dill marinade, substitute the tarragon with 1 tablespoon chopped fresh dill. For Lemon with Fines Herbes marinade, substitute the tarragon with 2 teaspoons dried Fines Herbes blend.*

Baja Chili Lime Marinade

- 1 tsp (1 gram) dried wakame flakes, rehydrated in warm water, squeezed dry and finely chopped
- ¼ cup olive oil
- 6 T fresh lime juice
- 2 garlic cloves
- 1 tsp smoked paprika
- 1 tsp mild chili powder, such as ancho
- ¾ tsp sea salt or kosher salt
- ½ tsp ground cumin
- pinch ground cayenne pepper or ground red pepper
- handful fresh cilantro

**For Tequila Lime Marinade use 3 tablespoons tequila and 3 tablespoons lime juice.*

Mediterranean Sea Marinade

- 1 tsp (1 gram) dried wakame flakes, rehydrated in warm water, squeezed dry and finely chopped
- ¼ cup olive oil

- 3 T dry white wine (e.g., Chardonnay, Sauvignon Blanc)
- 3 T fresh lemon juice
- 2 garlic cloves
- 1 T fresh chopped oregano or 1 tsp dried oregano
- 1 T fresh chopped basil or 1 tsp dried basil
- ¾ tsp sea salt or kosher salt
- ½ tsp ground cumin
- ¼ tsp ground black pepper
- handful fresh parsley

Bombay Marinade

- 1 tsp (1 gram) dried wakame flakes, rehydrated in warm water, squeezed dry and finely chopped
- ¼ cup olive oil
- 6 T fresh lemon juice
- 2 garlic cloves
- 1 T fresh chopped ginger
- 2 tsp tandoori spice blend
- 1 tsp paprika
- ¾ tsp sea salt or kosher salt
- ¼ tsp ground black pepper
- handful fresh cilantro



Gentle Bay Seasoning

Ingredients

- 2 T celery salt (or 4 tsp coarse sea salt or kosher salt and 2 tsp celery seed)
- 1 T paprika
- 1 tsp coarse ground black pepper
- 2 dried bay leaves (also known as laurel leaves), crumbled
- ¼ tsp ground red pepper

Preparation

Process the ingredients in a dry blender or spice grinder until finely powdered. Store in a small airtight container. This recipe yields about 3 tablespoons.

Totuna

Totuna is a high-protein, plant-based alternative to canned tuna fish. It has a delicate, flaked texture that works well for totuna salad, totuna melts or totuna casserole recipes. Totuna has a very mild seafood flavor, so to enhance flavor be sure to add rehydrated chopped wakame to your recipes which include totuna. Totuna can be prepared by pressure cooking in an electric pressure cooker (e.g., Instant Pot™) or baked in a standard oven. This recipe yields a little over 12 ounces of flaked totuna. A recipe for Totuna Salad follows this recipe.

Nori Infusion Ingredients

- 1 and 1/2 cup (360 ml) water
- 4 sheets sushi nori

Dry Ingredients

- 3/4 cup (113 g) vital wheat gluten

Blender Ingredients

- 3/4 cup (180 ml) nori infusion (see preparation instructions)
- 5 oz (140 g) **pressed** extra-firm block tofu
- 1 T mellow white miso paste
- 1 T mild vegetable oil
- 2 tsp onion powder
- 1 tsp garlic powder
- 1/2 tsp sea salt or kosher salt
- 1/4 tsp ground white pepper

Additional Item Needed

- 2 large pieces (about 8" x 8" each) dried kombu (sea vegetable)
- heavy-duty aluminum foil

Preparation

To prepare the nori infusion, tear the nori into pieces and add to a small saucepan with the water. Bring to brief boil, cover and remove from the heat to cool completely. Strain the amber colored liquid through a fine mesh sieve into a measuring cup. Press the nori with the back of a spoon to extract the liquid and measure 3/4 cup (180 ml). Add water if necessary. Compost or discard the nori.

Soak the large pieces of dried kombu in warm water until softened. Drain well and set aside. The kombu will be used to encase the dough before wrapping in foil and cooking.

Add the vital wheat gluten to a large mixing bowl and set aside.

Crumble the pressed tofu into a blender. Add the nori infusion with the remaining blender ingredients and process the contents until completely liquefied. The mixture will be thick and creamy.

Scoop the tofu mixture into the gluten and combine with a sturdy silicone spatula until the tofu mixture is incorporated and a very sticky ball of dough begins to form. Do not add additional gluten to the dough to reduce stickiness! Let the dough rest for 10 minutes and then knead with the spatula until resistance is felt.

Pat the kombu with a towel to remove any excess water. Place a piece of the softened kombu on your work surface. Scoop the dough onto the kombu. Shape the dough into a thick, compact rectangular slab with the spatula. Shaping perfection is unnecessary. Top with the remaining piece of kombu and fold around the sides of the dough. The goal is to completely encase the dough in the kombu (don't worry if there are a few gaps).

Place a long sheet of foil on your work surface and place the kombu encased dough onto the foil. Fold in the foil (don't roll) to create a flattened package and then fold in the ends, crimping the foil to seal the package completely.

Pressure Cooking

Add 4 cups water to the bottom of an electric pressure cooker (e.g., Instant Pot™) and put the food rack insert in place. Pressure cook on a high heat/steam setting for 1 hour and 30 minutes with a quick release of steam after cooking. Let the totuna cool in the package to near room temperature and then refrigerate for several hours until thoroughly chilled to enhance texture before flaking and using in recipes.

To flake the totuna, first remove the foil and recycle. The totuna will have a darkened "skin" but will not be apparent once the totuna is flaked. Flake using a scraping motion with a knife, shaving off thin fragments. Use in your favorite recipes as desired. Refrigerator shelf life is about 5 days.

Oven Baking

Preheat the oven to 350°F/180°C. Rewrap the package in another long sheet of foil. Secure double-wrapping with foil is essential to avoid rupturing of the package during baking. Bake on the middle rack of the oven for 1 hour and 30 minutes. Let the totuna cool in the package to near room temperature and then refrigerate for several hours until thoroughly chilled to enhance texture before flaking and using in recipes.

To flake the totuna, first remove the foil and recycle. The totuna will have a darkened "skin" but will not be apparent once the totuna is flaked. Flake using a scraping motion with a knife, shaving off thin fragments. Use in your favorite recipes as desired. Refrigerator shelf life is about 5 days.

Appetizers

Fried Sweet Clamz



Tender sweet clamz are battered and fried and served with your choice of Tartar Sauce or Cocktail Sauce; or try Rémoulade Sauce or Fire-Roasted Jalapeno and Lime Tartar Sauce.

Ingredients

- 1 recipe Sweet Clamz
- ¼ cup plain non-dairy milk
- ½ cup fine dry breadcrumbs
- ½ cup all-purpose flour, divided in half
- 1 tsp sea salt or kosher salt
- ½ tsp sweet paprika
- ½ tsp ground white pepper
- high-heat cooking oil for frying

Preparation

Prepare your choice of dipping sauce and keep refrigerated until ready to use.

Combine ¼ cup all-purpose flour with the breadcrumbs in a bowl. Mix in the salt, paprika and white pepper; set aside.

Place the clamz into a food storage bag and add the remaining $\frac{1}{4}$ cup flour. Seal and shake well to coat.

Add the milk to the food storage bag, seal and shake until the clamz are coated.

Dredge the clamz in the breadcrumb mixture until well-coated. Set aside to dry on a plate for about 15 minutes; this will help the breading adhere better when frying.

In a deep wok or skillet, heat about $\frac{1}{2}$ -inch of oil over medium-high heat until the oil begins to shimmer. Fry the clams until golden. Remove with a spider or slotted spoon and drain on a plate lined with paper towels. Serve hot with lemon wedges and the sauce of your choice for dipping.



Ceviche



Ceviche (pronounced "seh-VEE-chay") is a Latin American dish which traditionally consists of raw fish or shellfish marinated in citrus juice (usually lime and/or lemon juice). The acid in the citrus juice coagulates (denatures) the proteins in the seafood, effectively cooking it.

My plant-based version does not rely upon acid to cook the seafood, since it is already cooked, but is rather intended to capture the flavor, texture and appearance of the traditional finished dish. It is served cold as a refreshing appetizer with crispy corn tortilla chips. This recipe yields enough ceviche for 2 to 3 guests; for more simply multiply the recipe.

Ingredients

- 1 and 1/2 cup chopped Shrimp, Lobster, or Kalamari
- 2 tsp (2 grams) dried wakame flakes
- 1/2 cup peeled and small diced tomato
- 1/2 cup peeled, seeded and small diced cucumber
- 1/4 cup small diced onion
- 1/4 cup chopped cilantro
- 1 clove garlic, minced
- 1 small Serrano chili, seeded and finely minced
- juice of 1 lime (2 T)
- 1 T mild olive oil
- 1/2 tsp sea salt or kosher salt, or more to taste

- 1/4 tsp fresh ground black pepper
- 1/4 tsp ground cumin
- 1/2 ripe but firm avocado, diced

Preparation

Place the chopped seafood into a mixing bowl.

In a separate small bowl, soak the wakame flakes in warm water until rehydrated. Squeeze dry in your hand, finely chop and add to the mixing bowl.

Add the remaining ingredients except for the avocado and toss well to combine. Refrigerate for several hours to marinate the ingredients and blend the flavors.

Add the diced avocado just before serving and toss well.

Season the ceviche with additional salt as desired. Serve with crunchy tortilla chips.



Mock Lox



Mock Lox served with non-dairy cream cheese on toasted bagels with sprigs of fresh dill and snipped chives.

Ingredients

- 2 medium zucchinis
- fresh dill fronds for garnish (optional)

Marinade Ingredients

- 1 cup water
- 1 T mellow white miso paste
- 1 tsp (1 gram) dried wakame flakes
- 1 tsp paprika (for smoky lox, use 1 tsp smoked paprika)
- ½ tsp sea salt or kosher salt
- 1 and ½ tsp beet powder (required for color)

Preparation

Bring a quart of water to a boil in a large saucepan.

While the water is heating, remove the ends and peel the zucchini. Discard the ends and peel. Slice the peeled zucchini very thin lengthwise (a mandoline is recommended for uniformly thin slices).

Blanch the slices in the boiling water for **30 seconds only**. Do not overcook! Drain and immediately rinse with cold water to stop the cooking process. Lay the slices on a plate lined with paper towels to drain thoroughly.

In a small saucepan, bring 1 cup water and the remaining ingredients, except for the beet powder, to a simmer and stir until the miso is dissolved. Remove from the heat to cool. Stir in the beet powder. Strain the marinade through a fine mesh sieve into a bowl or cup; discard the solids.

Place the blanched zucchini slices in a food storage bag and add the marinade. Press the air out of the bag and seal. Refrigerate a minimum of 30 minutes or until the slices have absorbed a sufficient degree of color. Discard the marinade and lay the slices on a plate lined with paper towels to drain. Place the slices back into the food storage bag and refrigerate until ready to serve.



Oysterz Rockafella



Sautéed oyster mushrooms and spinach flavored with dry sherry and fennel rest upon crisp potato skin “shells”, topped with a breadcrumb and non-dairy parmesan mixture and broiled until golden brown. Fresh oyster mushrooms are often difficult to locate and when they are available, they’re rather expensive. However, canned oyster mushrooms can be purchased from your local Asian market and are very inexpensive. Dried oyster mushrooms that have been rehydrated in warm water will work fine too. For the oyster shells, I’ve used fried potato skins (and unlike oyster shells they’re completely edible). If you choose not to use the fried potato skins, the finished mixture can simply be served with crackers.

Traditionally Pernod, an anise flavored liqueur, is added to the spinach and shallot mixture in the skillet; however, it is rather expensive, so I’ve substituted dry sherry (you can also use vegetable broth) with ground fennel to impart that wonderful anise flavor.

Ingredients

- 4 medium russet potatoes
- 8 oz oyster mushrooms, fresh, canned or rehydrated from dry (about 2 oz dry)
- 2 T non-dairy butter, margarine or olive oil
- 2 garlic cloves, minced
- ½ cup panko-style bread crumbs
- 1 shallot, finely chopped or ¼ cup finely chopped red onion
- 2 packed cups chopped fresh spinach
- ¼ cup dry sherry, dry white wine or vegetable broth

- 1/2 tsp ground fennel seed
- sea salt or kosher salt and fresh ground black pepper, to taste
- hot red pepper sauce
- 2 T grated non-dairy parmesan
- 2 T minced fresh parsley
- lemon wedges, for garnish

Preparation

Scrub the potatoes and pat them dry. Slice the outer portion of the potatoes lengthwise to create the “shells” (each potato should yield 3 “shells”). Fry the “shells” in hot cooking oil until the pulp of the potato is lightly golden. Drain on paper towels and set aside.

Drain the water from the oyster mushrooms if using canned or rehydrated from dry.

Remove any tough portion of the mushroom stems, cut the mushrooms into bite-size pieces if necessary and set aside.

Melt the butter in a skillet over medium heat and sauté the garlic for 2 minutes to infuse the butter.

Place the bread crumbs in a small mixing bowl and toss with half the garlic butter, set aside.

To the remaining garlic butter in the skillet, add the mushrooms, shallots and spinach and sauté for 3 minutes over medium heat until the shallots are translucent and the spinach has wilted.

Remove the pan from the heat and add the dry sherry, wine or broth. Replace the skillet over the heat and add the fennel, a generous pinch of salt and pepper and a dash of hot red pepper sauce. Allow the mixture to cook down for a few minutes but do not let it dry out.

While the mixture is cooking, finish the bread crumbs by mixing in the parmesan and parsley; season with a pinch of salt and black pepper to taste.

Remove the skillet from the heat. Spoon a generous amount of the mushroom/spinach mixture onto each “shell”. Top with a spoonful of the bread crumb mixture. Place on a baking sheet and then under a broiler briefly until golden brown on top. Transfer to a serving platter (present on top of a thin layer of rock salt, if desired) and serve with lemon wedges and additional hot red pepper sauce.

Alternately, spoon the mixture into a small baking dish, top with the breadcrumb mixture and broil briefly until golden brown on top. Serve with crackers, lemon wedges and additional hot red pepper sauce.

Crispy Coconut Curry Jumbo Shrimp



Ingredients

- 1 recipe (about 10) Jumbo Shrimp
- 1 cup non-dairy milk
- $\frac{2}{3}$ cup rice flour or all-purpose flour
- 1 tsp fine sea salt or kosher salt
- 2 cups shredded coconut, sweetened or unsweetened
- 1 and $\frac{1}{2}$ cup panko crumbs
- 1 and $\frac{1}{2}$ tsp curry powder
- $\frac{1}{2}$ tsp fresh ground black pepper
- finely chopped Thai basil and/or cilantro for garnish (optional)
- cooking oil for deep frying

Dipping Sauce Ingredients

- $\frac{1}{2}$ cup pineapple mango jam or orange marmalade
- 1 T Asian chili garlic sauce or sambal oelek, or more to taste

Preparation

Stir together the sauce ingredients and set aside; or chill until ready to serve.

In a bowl, whisk together the flour, milk and salt to create a smooth batter. Set aside.

Add the shredded coconut, panko crumbs, curry powder and black pepper to a food processor and process into a very coarse flour. Be sure to leave plenty of texture. Transfer to a bowl and set aside.

Dredge the Jumbo Shrimp in the batter and then in the coconut crumb mixture until thoroughly coated. Set aside on a plate to dry for about 20 minutes.

Heat a sufficient amount of oil for deep-frying in a deep skillet, wok or deep fryer over medium-high heat.

When the oil begins to shimmer, fry the battered Jumbo Shrimp until golden brown. Remove with a spider or slotted spoon to avoid dislodging the crumb coating. Transfer to a plate lined with paper towels to drain briefly.

Garnish with the optional Thai basil and/or cilantro and serve hot with the dipping sauce.



Jack Crab Cakes



Jack Crab Cakes are prepared with flaked young green jackfruit as an alternative to flaked crabmeat. They have an authentic crab cake texture and flavor, making them an impressive plant-based seafood appetizer or first course. The cakes are baked first which ensures that they are cooked through evenly, and then browned in a skillet with cooking oil until golden brown.

The cakes can be served with a squeeze of fresh lemon, Tartar Sauce; Fire-Roasted Jalapeno and Lime Tartar Sauce; Rémoulade Sauce; or Creamy Horseradish Sauce. This recipe yields 8 crab cakes.

Skillet Ingredients

- 1 carton (12 oz) Mori-Nu™ extra-firm silken tofu or equivalent
- 2 cans young green jackfruit in water or brine*, drained
- 4 tsp (4 grams) dried wakame flakes
- 2 T olive oil
- ¼ cup finely chopped scallion, white and light green parts only (reserve chopped green portion for garnish)
- ¼ cup seeded and finely diced red bell pepper or sweet red pepper
- 2 garlic cloves, minced (2 tsp)
- ¼ cup No-Eggy Mayo, or commercial vegan mayonnaise
- 3 T cornstarch or unmodified potato starch
- 1 T Old Bay™ seasoning or Gentle Bay Seasoning

- 1 tsp Worcestershire Sauce, or commercial vegan equivalent
- 1 cup plain panko-style bread crumbs

**Canned young green jackfruit bears a striking resemblance to flaked crabmeat. It can be found in Indian and Asian markets or purchased through the internet. Look for the label “Green Jackfruit” or “Young Green Jackfruit” and be sure that it’s packed in water or brine and not syrup. Cans of ripe jackfruit packed in syrup may be stocked nearby, but don’t be tempted to substitute as the ripe fruit will be too sweet for this application.*

Additional Items Needed

- baking sheet
- parchment paper or silicone baking mat
- cooking oil for pan-browning the cakes

Preparation

Slice the silken tofu into 4 slabs and drain on several layers of paper towels for a minimum of 30 minutes.

Drain the water from the jackfruit. Remove any large seeds and tough portions of the core from each chunk and discard. Wrap the chunks in a lint-free kitchen towel and squeeze thoroughly to remove any excess water. Place the chunks into a food processor and pulse several times until finely flaked. Set aside.

In a small dish, rehydrate the dried wakame flakes in warm water. Squeeze in your hand to remove excess water, finely chop and set aside.

Add the olive oil to a skillet and place over medium-low heat. Add the green onion and red pepper and sweat the vegetables until softened, about 5 minutes. Add the flaked jackfruit, wakame and garlic and continue to sweat to eliminate any excess moisture, stirring frequently, about 5 minutes. Remove from the heat to cool.

Add the drained silken tofu to a large mixing bowl. Add the mayonnaise, starch, Old Bay™ or Gentle Bay seasoning and Worcestershire sauce and mash the mixture into a paste.

Add the skillet contents and panko bread crumbs to the tofu mixture and fold to combine the ingredients with a sturdy silicone spatula until the mixture begins to hold together. Press the mixture evenly into the bottom of the bowl.

Preheat the oven to 375°F/190°C. Line a baking sheet with parchment paper or a silicone mat.

Divide the mixture in the bowl into 8 roughly equal portions using the edge of the spatula.

Scoop up a portion of the mixture and compress into a ball in your hands. Form into a patty about ½-inch thick, making sure that the patty is formed well with no cracks. Place on the parchment paper or silicone mat and repeat with the remaining mixture. Bake

uncovered on the middle rack of the oven for 25 minutes and remove to cool for 20 minutes to allow the cakes to set.

At this point, the cakes can be browned immediately or chilled for up to 1 week until ready to brown and serve. The prebaked cakes can also be frozen between layers of wax paper for up to 3 months, thawed and then browned later.

Browning and Serving

If the cakes were previously chilled, bring them to room temperature before pan-browning to ensure that they heat through completely. Generously coat the bottom of a large non-stick skillet with cooking oil and place over medium heat. Add the cakes and cook until golden brown on both sides (don't crowd the skillet; cook in 2 batches if necessary). Transfer to a plate lined with a paper towel. If necessary, keep the cakes warm in a low oven on a heat-proof plate until ready to serve. Serve immediately with a chopped green scallion garnish and a squeeze of lemon or sauce of your choice.



Watuna Sashimi



Watuna Sashimi with Golden Caviar

The texture of seedless watermelon is remarkably transformed to create this amazing “tuna” sashimi. Typically, modern gastronomists use a vacuum chamber called a Cryovac™ to produce this effect, but the equipment is very expensive and not practical for most household budgets. With some experimentation, I discovered a simple and inexpensive way to create this same effect at home.

Watermelon that is not quite in season works best, since it has a lower sugar content than ripe summer watermelon. Also, the flesh needs to be firm and crisp. Watuna sashimi is wonderful when used for sushi too.

Ingredients

- ½ large seedless watermelon
- 4 tsp sea salt or kosher salt

Marinade Ingredients

- 6 T tamari, soy sauce or Bragg Liquid Aminos™
- 6 T water
- 2 T mirin (Japanese sweet rice wine)
- 1 T (3 grams) dried wakame flakes
- 1 tsp sesame oil

Preparation

Cut 2 or 3 rectangular blocks from the center of the watermelon. Each block should be about 4-inches long and no more than 1 and ½-inch thick.

Keep in mind that even seedless watermelon contains some pale, soft seeds and there's simply no way to remove them completely.

Bring 2 quarts of water to a rapid boil in a large cooking pot. Add 4 teaspoons of salt. Add the blocks of watermelon, reduce the heat to a soft boil and cook for 15 minutes. Gently turn the blocks occasionally as they cook.

While the watermelon cooks, add the marinade ingredients to a small saucepan and bring to a simmer. Remove from the heat to cool.

Transfer the blocks of watermelon to a plate lined with several layers of paper towels or a lint-free kitchen towel to drain. As the watermelon cools and drains, the texture will change and become remarkably like the texture of raw tuna (boiling ruptures the cells of the watermelon and draining on the towel(s) pulls water from the ruptured cells by absorption). Change the towel(s) occasionally as a substantial amount of water will be absorbed.

When the watermelon has drained sufficiently and the marinade has cooled, place the watermelon in a food storage bag or sealable container, add the marinade, seal and refrigerate for several hours.

When ready to use, drain the sashimi on a few paper towels to absorb the excess marinade (and excess saltiness). If using the Watuna for Hawaiian Poke, reserve the marinade. Gently press the “filets” in lightly toasted sesame seeds if desired. Slice and serve with your favorite Asian condiments, such as pickled ginger and wasabi; or use for making sushi.

Please note: Since the sashimi is not meat and contains no protein, it will not pan-sear like real tuna.



Golden Caviar

Golden caviar makes a lovely garnish for sushi, appetizers and plated entrées (see preceding recipe for photo). For this recipe, you will need two ingredients common in molecular gastronomy: calcium chloride (a calcium salt) and sodium alginate (which is derived from the cell walls of algae).

The caviar is created through a simple process known as “spherification”, in which a solution containing alginate is placed by droplets into a calcium chloride bath. A molecular reaction occurs creating a thin membrane around the droplets of seasoned liquid.

Sodium alginate and calcium chloride powder, as well as many other ingredients used in modernist cuisine, can be purchased in economical small packages from ModernistPantry.com. The prepared caviar has a very brief shelf life, so prepare no more than a few hours before serving.

Ingredients

- ¼ cup carrot juice
- generous pinch of sea salt or kosher salt
- ¼ tsp sodium alginate
- 1 cup cold water
- ½ tsp calcium chloride

Preparation

Combine the carrot juice and salt in a measuring cup.

Add the alginate and process with an immersion blender to combine (a mini-blender can also be used to process the mixture).

Pour the mixture into an applicator bottle. Let the mixture thicken about 5 minutes before proceeding.

Add the calcium chloride to the cold water in a bowl and stir until dissolved. Fill another bowl with 1 cup water; this will be used for the final rinse.

Add droplets of the carrot liquid from the applicator bottle to the calcium chloride bath. Hold the applicator tip close to the surface of the bath but do not touch the surface with the tip. Creating the spheres will take several minutes, so be patient.

Wait two minutes and then lift the caviar with a spoon and transfer to the cold fresh water bath for a brief rinse. Gently pour the caviar into a fine mesh sieve to drain and then carefully transfer to a sealable container to chill until ready to serve. Use within a few hours of preparation.

Hawaiian Poke



Hawaiian Poke served over Japanese seaweed salad

Poke, pronounced poh-keh, is traditionally a raw fish salad served as an appetizer in Hawaiian cuisine, and sometimes as an entree. Here it is made with Watuna Sashimi.

Ingredients

- 1 recipe Watuna Sashimi, cut into 1/2-inch cubes
- 1/4 cup reserved Watuna Sashimi marinade, strained
- 1/2 small sweet yellow or Maui onion, very thinly sliced
- 3 scallions, finely chopped
- 2 tsp fresh grated ginger
- 1 minced clove garlic
- 1 tsp sesame oil
- 1 tsp sambal oelek or Sriracha™
- 1 tsp toasted sesame seeds for garnish

Preparation

Combine all ingredients, except for the sesame seeds, in a mixing bowl and refrigerate for a minimum of 1 hour. Garnish with sesame seeds just before serving.

If you like, you can also garnish with toasted crushed macadamia nuts (kukui nuts are traditional in this dish but uncommon on the mainland).

Poke can be eaten alone or served over a bed of chopped greens or cold vermicelli noodles.

However, the classic accompaniment is a bowl of sticky white rice. Toppings can be added, such as diced avocado, crispy fried shallots or toasted seaweed.

Fysh Roe



Fysh Roe have a mild briny flavor and make a lovely garnish for vegan sushi, appetizers and plated seafood entrées. For this recipe, you will need two ingredients common in molecular gastronomy: calcium chloride (a calcium salt) and sodium alginate (which is derived from the cell walls of algae).

The roe are created through a simple process known as “spherification”, in which a solution containing alginate is placed by droplets into a calcium chloride bath. A molecular reaction occurs creating a thin membrane around the droplets of seasoned liquid.

Sodium alginate and calcium chloride powder, as well as many other ingredients used in modernist cuisine, can be purchased in economical small packages from ModernistPantry.com. The prepared roe have a very brief shelf life, so prepare no more than a few hours before serving.

Ingredients

- 1/4 cup boiling water
- 1 T white shoyu (clear soy sauce)
- pinch dried wakame flakes
- 1/8 tsp (about 8 drops) natural orange food color or annatto extract
- 1/4 tsp sodium alginate
- 1 cup cold water
- 1/2 tsp calcium chloride

Preparation

Stir the shoyu, wakame flakes and colorant into $\frac{1}{4}$ cup boiling water in a heatproof cup. Let cool and then strain through a fine mesh sieve into a measuring cup.

Add the alginate and process with an immersion blender to combine (a mini-blender can also be used to process the mixture). Pour the mixture into an applicator bottle. Let the mixture thicken about 5 minutes before proceeding.

Add the calcium chloride to the cold water in a bowl and stir until dissolved. Fill another bowl with 1 cup water; this will be used for the final rinse.

Add droplets of the seasoned liquid from the applicator bottle to the calcium chloride bath. Hold the applicator tip close to the surface of the bath but do not touch the surface with the tip. Creating the spheres will take several minutes, so be patient.

Wait two minutes and then lift the roe with a spoon and transfer to the cold fresh water bath for a brief rinse. Gently pour the roe into a fine mesh sieve to drain and then carefully transfer to a sealable container to chill until ready to serve. Use within a few hours of preparation.



Seafood Artichoke Dip



Chopped lobster and/or shrimp, artichoke hearts and sea vegetable are baked in a velvety, white wine-flavored cheese sauce until bubbly. Serve with crackers, tortilla chips or chunks of crusty bread for dipping.

Ingredients

- 8 oz Lobster and/or Shrimp, coarsely chopped
- 1 can (14 oz) artichoke hearts, rinsed, drained well and coarsely chopped
- 2 T olive oil
- 1/2 medium onion, thinly sliced and then chopped
- 2 garlic cloves, minced
- 2 tsp (2 grams) dried wakame flakes, rehydrated in warm water, squeezed dry and finely chopped
- fresh ground black pepper, to taste
- 2 tsp each snipped chives and finely chopped parsley for garnish

Cheese Sauce Ingredients

- 1 and 1/4 cup (300 ml) plain unsweetened soymilk or almond milk
- 2 T olive oil
- 1/4 cup tapioca starch
- 1/4 cup dry white wine (e.g., Chardonnay; Sauvignon Blanc)
- 2 T nutritional yeast flakes

- 1 T mellow white miso paste
- 1 tsp sea salt or kosher salt, or more to taste
- ½ tsp dry ground mustard
- ½ tsp kappa carrageenan (available from ModernistPantry.com)
- ¼ tsp ground coriander

Preparation

Lightly oil a small baking dish; set aside.

Add 2 tablespoons olive oil to a skillet and place over medium heat. Sauté the onions until translucent. Add the chopped lobster or shrimp, chopped artichoke, chopped wakame and garlic and continue to sauté, about 4 to 5 minutes to evaporate excess moisture. Season with fresh ground black pepper to taste. Remove from the heat and set aside.

Preheat the oven to 350°F/175°C.

Process the cheese sauce ingredients in a blender until smooth. Transfer to a medium saucepan and cook over medium low heat until hot, smooth and bubbly. Season with additional salt as needed.

Fold the skillet contents into the cheese sauce and transfer to the oiled baking dish. Bake for 30 minutes or until lightly browned and bubbly. Garnish with the chopped parsley and snipped chives. Serve with crackers, tortilla chips or crusty bread for dipping.



Soups and Stews

Fumet

Fumet (pronounced “foo-may”, a French culinary term which refers to a flavorful and aromatic condensed stock) is a concentrated vegetable and sea vegetable-based stock used for preparing vegan seafood soups and stews. Fumet contains no added salt (other than the salt which is inherent in the miso), so be sure to season with salt to taste when preparing soups or stews. This recipe yields about 6 cups of stock.

Ingredients

- 2 quarts (8 cups) water
- ½ cup dry white wine (optional)
- ¼ cup (4 T) mellow white miso paste
- ½ cup (24 grams) dried wakame flakes rehydrated in 1 cup warm water
- 2 extra large onions, outer paper removed and then quartered
- 3 leafy ribs celery, chopped
- 1 large carrot, unpeeled and chopped
- 2 four to six-inch pieces dried kombu
- 1 handful parsley stems
- 6 garlic cloves, crushed
- 2 sprigs fresh thyme or ½ tsp dried thyme leaves
- 2 bay leaves
- 2 tsp whole black peppercorns

Preparation

Bring the ingredients to a boil in large cooking pot. Reduce the heat to a simmer and cook partially covered for 1 hour. If using immediately, strain the stock through a fine mesh sieve into another cooking pot and season with sea salt or kosher salt to taste.

To clarify the stock, let the mixture cool and then strain through a fine mesh sieve into a large sealable container. Chill overnight to let any sediment settle. Decant the clear portion and use in recipes as desired, seasoning with sea salt or kosher salt to taste. The stock can be refrigerated for 1 week or frozen for up to 3 months.



Bouillabaisse



Bouillabaisse is a classic French seafood stew flavored with saffron and fennel. Serve with baguette slices that have been rubbed with garlic, brushed with olive oil and lightly toasted. This recipe yields 4 to 6 servings.

Ingredients

- 5 cups Fumet
- 2 lbs assorted seafoods, such as Shrymp, chopped Scallopz, Lobzter, Kalamari and/or bite-sized chunks of Whitefysh
- 1 can (15 oz) diced tomatoes with liquid or 2 cups blanched, peeled and diced fresh tomatoes
- ½ cup dry white wine, such as Chardonnay or Sauvignon Blanc
- 2 T olive oil
- 1 lb gold potatoes, peeled and ½-inch diced
- 1 medium onion, chopped
- 1 leek, split, rinsed of sand and thinly sliced
- 1 fennel bulb, trimmed, cored and chopped (reserve some of the fennel fronds for garnish)
- 1 pinch saffron threads
- 2 sprigs fresh thyme leaves or ½ tsp dried thyme leaves
- sea salt or kosher salt and fresh ground black pepper to taste

Preparation

Add the olive oil to a large soup pot and place over medium-low heat. Add the potatoes, onion, leek and fennel and toss well. Cover the pot and sweat the vegetables for 20 minutes, stirring occasionally.

Stir in the fumet, tomatoes, saffron, thyme and season with salt and pepper to taste. Bring to a gentle simmer, cover the pot and cook for 20 minutes or until the potatoes are tender. Add the seafoods and cook about 5 minutes or until heated through. Ladle into bowls, garnish with fennel fronds and serve with toasted baguette slices.



Lobzter Bisque



Lobzter Bisque is a creamy lobzter and tomato-based soup flavored with dry sherry or white wine. This recipe yields 4 to 6 servings.

Ingredients

- 10 oz Lobzter, coarsely chopped
- ¼ cup olive oil
- 1 medium-sized sweet yellow onion, chopped
- 2 ribs celery, chopped
- ½ cup dry sherry or dry white wine
- ¼ cup all-purpose flour or rice flour
- 4 cups Fumet
- 1 can (15 oz) diced tomatoes with liquid
or 2 cups blanched, peeled and diced fresh tomatoes
- 2 T tomato paste
- 1 tsp Old Bay™ seasoning or Gentle Bay Seasoning
- 2 sprigs fresh thyme leaves or ½ tsp dried thyme
- pinch ground white pepper
- 1 cup homemade raw cashew milk*
- sea salt or kosher salt to taste
- fresh snipped chives for garnish

**Homemade raw cashew milk is used because of its richness and ability to naturally thicken soups. To prepare the cashew milk, process ¼ cup whole raw cashews (no pre-soaking necessary) with 1 and ¼ cups water in a blender on high speed for 2 full minutes. Strain through a fine-mesh nut milk bag. Substitute with plain unsweetened soymilk if necessary. Other commercial non-dairy milks are not recommended as they are too watery for this purpose.*

Preparation

Add the olive oil to a large cooking pot and place over medium heat. Add the onions and celery and sauté until the onions are translucent. Add the sherry or wine and bring to a simmer. Cook until the liquid is reduced by about half.

Sprinkle in the flour. Stir until blended and cook until the flour emits a nutty aroma, about 1 minute.

Incorporate the fumet in small increments while vigorously stirring. Transfer the mixture to a blender and add the tomatoes and tomato paste. Blend until smooth and then transfer back to the cooking pot.

Add the Old Bay™ or Gentle Bay seasoning, thyme and white pepper and bring the mixture to a gentle simmer. Cover the pot and cook about 20 minutes, stirring occasionally.

Stir in the chopped lobster. Add the cashew milk (or soymilk) and stir until heated through. Season the bisque with salt to taste.

Ladle into individual serving bowls and garnish with the snipped chives.



New England Clamz Chowdah



Tender diced potatoes, celery, onions and diced clamz are combined in this creamy and satisfying chowder. This recipe yields 4 to 6 servings.

Ingredients

- ¼ cup olive oil
- 1 large onion, diced
- 2 ribs celery, diced
- 2 russet potatoes, peeled and diced into ½-inch cubes
- 2 garlic cloves, minced
- 10 oz diced Sweet Clamz
- ¼ cup all-purpose flour or rice flour
- 4 cups Fumet
- 1 bay leaf
- ¼ tsp fresh ground black pepper, or more to taste
- 2 cups homemade raw cashew milk*
- sea salt or kosher salt, to taste

**Homemade raw cashew milk is used because of its richness and ability to naturally thicken soups. To prepare the cashew milk, process ½ cup whole raw cashews (no pre-soaking necessary) with 2 and ¼ cups water in a blender on high speed for 2 full minutes. Strain through a fine-mesh nut milk bag. Substitute with plain unsweetened soymilk if necessary. Other commercial non-dairy milks are not recommended as they are too watery for this purpose.*

Preparation

Add the olive oil to a large cooking pot and place over medium heat. Add the onions, celery, potatoes and garlic and toss well. Cover the pot and sweat the vegetables for 20 minutes, stirring occasionally.

Raise the heat to medium and sprinkle in the flour. Stir until blended and cook until the flour emits a nutty aroma, about 1 minute.

Incorporate the fumet in small increments while vigorously stirring.

Add the diced clamz, bay leaf and black pepper. Bring the chowder to a gentle simmer. Cover the pot and cook about 30 minutes, stirring occasionally, or until the potatoes are very tender.

Add the cashew milk (or soymilk) and stir until heated through. Season the chowder with salt and pepper to taste.



Thai Clear Soup with Shrymp



Shrymp and vegetables are simmered in a clear seafood broth flavored with galangal, lime, ginger and red pepper. This recipe yields 4 to 6 servings.

Ingredients

- 1 recipe Shrymp
- 6 cups Fumet, clarified
- 1 can straw mushrooms, drained; or 6 oz fresh Asian mushrooms; or 6 oz sliced white mushrooms
- 4 scallions, chopped (white portion and green portion separated)
- 1 stalk lemongrass, cut in half and lightly crushed
- 1 T grated fresh galangal or ginger root
- 4 kaffir lime leaves or 1 tsp lime zest
- juice of 1 lime
- ¼ tsp crushed red pepper flakes, or more for extra heat
- sea salt or kosher salt to taste
- ¼ cup chopped cilantro

Preparation

Bring the clarified fumet to a simmer in a large cooking pot. Add the mushrooms, white portion of the scallions, lemongrass, galangal or ginger, lime leaves or lime zest, lime juice and red pepper flakes.

Partially cover and cook for 20 minutes to extract and blend the flavors. Season with salt to taste.

Add the shrymp and simmer until heated through. Remove the lemongrass and lime leaves and discard.

Stir in the green portion of the scallions and the cilantro just before serving.

Seafood Salads

Totuna Salad



A “veganized” classic American chilled salad. Serve on a bed of mixed greens; between sliced bread with sliced avocado, tomato and lettuce greens and/or sprouts; or spooned into a halved avocado.

Ingredients

- 1 recipe Totuna, flaked
- 1 T (3 grams) dried wakame flakes
- 1 rib celery, finely diced
- 2 T finely diced sweet yellow onion, shallot or red onion, or more to taste
- 2 T dill or sweet pickle relish
- 1 T capers, drained and finely chopped (optional)
- No-Eggy Mayo or commercial vegan mayonnaise
- sea salt or kosher salt and fresh ground black pepper to taste

Preparation

Rehydrate the wakame in warm water. Drain, squeeze to remove excess water and finely chop.

Add to a mixing bowl with the flaked totuna, celery, onion, pickle relish and optional capers.

Fold in enough mayonnaise to moisten the mixture to taste. Season with salt and pepper to taste. Chill to blend the flavors before serving.

Shrymp Lettuce Cups with Spicy Thai Peanut Sauce



Ingredients

- Shrymp, chopped
- butter lettuce
- julienned carrots
- slivered scallions
- julienned cucumber
- cubed avocado
- cilantro (optional)
- microgreens (optional)

Dressing Ingredients

- 1/4 cup creamy or chunky peanut butter
- 3 T vegetable oil
- 2 T rice vinegar
- 2 T fresh lime juice
- 2 T agave syrup
- 2 tsp minced fresh ginger
- 1 tsp sambal oelek or Sriracha™
or 1/4 tsp crushed red pepper flakes

Preparation

Whisk together the dressing ingredients until emulsified.

In a large bowl, toss together the shrymp, carrots, scallions, cucumber and avocado. Add a portion of the dressing and toss.

Line a platter with the butter lettuce leaves. Fill the lettuce cups with the salad mixture and spoon additional dressing over each cup.

Garnish with the cilantro and microgreens.

Lobzter Rolls



Ingredients

- 1 recipe Lobzter
- ¼ cup Quick Greek-Style Yogurt or strained plain non-dairy yogurt
- ¼ cup No-Eggy Mayo or commercial vegan mayonnaise
- 1 rib celery, finely diced
- 1 T chopped green onion
- 1 T finely diced red onion
- 1 T fresh chopped parsley
- sea salt or kosher salt and fresh ground black pepper, to taste
- 4 Coney Island-style split rolls, sausage buns or hoagie buns
- 1 T olive oil
- paprika for garnish

Preparation

In a lightly oiled skillet, sweat the lobzter over low heat to remove excess moisture; refrigerate in a covered container until chilled.

In a mixing bowl, stir together the yogurt, mayonnaise, celery and green onion. Fold in the lobzter and season with salt and pepper to taste. Chill until ready to use.

Just before serving, open the buns and brush the inside with olive oil. Heat a grill pan over moderately high heat and grill the bread, cut side down, until toasted, about 3 minutes.

Fill each with the lobzter salad, dust with paprika and serve immediately.

Pan-Seared Scallopz Salad with Grapefruit, Fennel and Avocado



A summery, brightly flavored main course seafood salad.

Ingredients

- 1 recipe Scallopz, patted dry
- 1 large Ruby Red grapefruit
- 6 T mild vegetable oil, plus additional for pan-searing the scallopz
- 2 T fresh lemon juice
- 2 tsp grated fresh ginger
- 1 large clove garlic, crushed
- 2 T finely chopped shallot or red onion
- sea salt or kosher salt and fresh ground black pepper
- 8 loosely packed cups Spring greens or greens of your choice
- 1 small bulb fennel, trimmed, cored and thinly sliced
- 1 large avocado, sliced

Preparation

Slice the ends from the grapefruit. Stand the fruit on a cut end and slice off the skin and pith following the natural curve of the grapefruit from top to bottom. Over a bowl to collect the juice, cut on each side of each membrane to free the segments and reserve. Squeeze the skin and membranes to extract any residual juice.

Add the 6 tablespoons of oil to a blender with the lemon juice, reserved grapefruit juice (about 2 tablespoons), ginger, garlic, $\frac{3}{4}$ teaspoon salt and a pinch of pepper. Process until smooth, transfer to a bowl and stir in the shallot or red onion.

Lightly oil a non-stick or cast-iron skillet with cooking oil and place over medium-high heat. Pan-sear the scallopz until lightly browned on each side. Remove to a plate.

In a large bowl, toss the greens and fennel with enough dressing to coat. Arrange on a platter or plates with the avocado, grapefruit and scallopz. Drizzle with more dressing and finish with a grind of black pepper.



Marinated Kalamari and Orzo Salad



Salads with seafood and vegetables are popular throughout the Mediterranean. Serve with a crisp dry white wine and toasted pita bread.

Ingredients

- 1 recipe Kalamari*
- ⅓ cup extra-virgin olive oil
- ⅓ cup white wine vinegar or rice vinegar
- 2 T fresh lemon juice
- 1 large shallot, finely chopped or
⅓ cup finely chopped red onion
- 1 garlic clove, minced
- 1 tsp (1 gram) dried wakame flakes, rehydrated in warm water,
squeezed dry and finely chopped
- ½ cup coarsely chopped fresh parsley
- ½ tsp sea salt or kosher salt
- fresh ground black pepper, to taste
- 1 and ½ cup dry orzo pasta, cooked to desired tenderness
- ¼ cup pine nuts, lightly toasted
- 1 and ½ cups halved cherry or grape tomatoes
- ¼ cup coarsely chopped fresh mint

Preparation

Place the kalamari in a large mixing bowl. Add the olive oil, vinegar, lemon juice, ½ teaspoon salt, shallot or onion, garlic, wakame and parsley and mix well. Chill for a minimum of 1 hour and up to 1 day.

Cook the pasta to desired tenderness. Drain, rinse with cold water and then drain again thoroughly.

Add the pasta to the marinated kalamari in the bowl. Add the toasted pine nuts, tomatoes and mint. Toss well and season with salt and fresh ground black pepper to taste.

Transfer to a serving platter or individual serving plates.

** Shrymp or lobzter will work well in this dish too*



Island Shrymp Salad



Ingredients

- 1 recipe [Shrymp](#)
- 8 cups mixed greens
- 1 cup cubed papaya
- 1 avocado, cubed
- 1 small cucumber, sliced
- ¼ cup thinly sliced scallions
- 2 T toasted pepitas (pumpkin seeds)
- 2 T chopped cilantro (optional)

Marinade and Dressing

- ½ cup mild vegetable oil
- ¼ cup seasoned rice vinegar
- 2 T Asian chili garlic sauce
- 2 T fresh lime juice
- 2 tsp agave syrup
- 2 tsp grated lime zest
- ½ tsp ground cumin
- ½ tsp sea salt or kosher salt, or to taste

Preparation

Whisk or blend together the marinade/dressing ingredients until emulsified. Marinate the shrymp for several hours to overnight. Drain the marinade but reserve for dressing the salad.

Oil a grill pan or skillet and grill the shrymp over medium-high heat until golden. Set aside to cool.

In a mixing bowl, toss together the greens, papaya, avocado and cucumber with a portion of the dressing. Top with the grilled shrymp and drizzle with additional dressing to taste. Garnish with the scallions, pepitas and cilantro.

Seafood Louie Salad



Seafood, crisp iceberg lettuce and fresh garden vegetables are topped with a zesty eggless mayonnaise-based dressing.

Ingredients for the Dressing

- $\frac{2}{3}$ cup No-Eggy Mayo
or commercial vegan mayonnaise
- 3 T ketchup
- 2 T sweet pickle relish
- 1 T sambal oelek or Sriracha™
- 1 tsp Worcestershire Sauce
or commercial vegan equivalent
- 1 scallion, finely minced
- $\frac{1}{4}$ tsp ground black pepper

Ingredients for the Salad

- chilled Shrymp and/or Lobzter
- iceberg lettuce, torn
- sliced cucumber
- halved cherry or grape tomatoes
- cubed avocado
- optional: chopped hard-cooked eggz
(see my Vegan Eggz Cookbook)

Preparation

Whisk the dressing ingredients together and chill for several hours before serving to blend the flavors.

Toss the salad ingredients in a large mixing bowl. Top with the dressing and serve with lemon wedges.

Entrées

Scallopz with Thai Green Curry, Edamame and Carrots



Tender scallopz and vegetables are simmered in a coconut milk-based green curry and served over fragrant jasmine rice.

Ingredients

- 1 cup thinly sliced carrots
- ½ cup shelled edamame, from fresh or frozen
- 1 recipe Scallopz, patted dry
- ½ tsp ground cumin
- ½ tsp ground coriander
- 2 T cooking oil
- ½ medium onion, sliced thin and then chopped
- ½ cup vegetable broth
- 1 T Asian Fysh Sauce
- 1 T Thai green curry paste
- 1 can (about 13.5 oz) unsweetened coconut milk
- sea salt or kosher salt to taste
- 2 T chopped fresh cilantro
- 2 T chopped fresh mint

- 2 T chopped fresh Thai basil or sweet basil
- cooked jasmine rice or rice noodles for serving

Preparation

Cook the edamame and carrots in boiling water for 5 minutes. Drain and set aside.

Season the scallopz with the cumin and coriander. Add 2 tablespoons cooking oil to a deep skillet and place over medium-high heat, add the scallopz and pan-sear on both sides until golden. Transfer to a plate and set aside.

In the same skillet over medium heat, sauté the onion until translucent. Do not brown the onion. Add the vegetable broth, fysh sauce and curry paste and stir until the paste is dissolved.

Add the edamame, carrots and coconut milk and bring to a simmer for 10 minutes, stirring occasionally. Season with salt to taste.

Add the scallopz and chopped herbs (reserve some of the herbs for garnish) and stir just until heated through. Serve immediately over cooked rice or rice noodles. Garnish with the reserved chopped herbs.



Shrymp Étouffée



Étouffée is a dish found in both Cajun and Creole cuisine typically served with shellfish over rice. Étouffée is most popular in Louisiana and in the coastal counties of Mississippi, Alabama, and eastern Texas.

Ingredients

- 1 recipe Bay Shrymp
- 2 T olive oil
- 1 large onion, diced
- 1 green bell pepper, diced
- 1 red bell pepper, diced
- 2 ribs celery, diced
- 5 garlic cloves, minced
- 2 tsp (2 grams) dried wakame flakes, rehydrated in warm water, squeezed dry and finely chopped
- 2 T non-dairy butter or margarine
- ¼ cup all-purpose flour or rice flour
- 1 and ¾ cup Fumet or vegetable broth
- 1 tsp browning liquid (e.g. Gravy Master™), or more to enrich color
- ¼ tsp ground white pepper
- ¼ tsp cayenne pepper
- sea salt or kosher salt to taste

- 4 scallions, chopped
- cooked long grain rice

Preparation

Add the olive oil to a large deep skillet and place over medium heat. Add the onion, bell peppers and celery and sauté until the vegetables have softened and the onions are translucent. Add the garlic and wakame and sauté an additional minute.

Add the butter and stir until melted. Sprinkle in the flour, mix well and cook until the flour is golden and emits a nutty aroma.

Incorporate the broth in increments while stirring vigorously. Add the browning liquid, white pepper and cayenne. Simmer the mixture uncovered for 20 minutes.

Add the bay shrimp and continue to cook for 10 minutes; season with salt to taste.

Ladle into individual serving bowls, add a scoop of rice and garnish with the chopped scallions.



Lobzter Newburg



Sautéed morsels of lobzter are bathed in a rich cream sauce flavored with dry sherry or Madeira and hints of nutmeg and cayenne pepper and served over toast or toasted English muffin halves. The sauce is also heavenly with sautéed mushrooms; or try serving it over egg-free scramble for breakfast or brunch.

Ingredients

- 1 recipe [Lobzter](#)
- ¼ cup non-dairy butter or margarine
- 1 T all-purpose flour or rice flour
- 2 tsp nutritional yeast flakes
- 2 T dry sherry or Madeira
- ¾ cup plain unsweetened soymilk or almond milk
- ½ tsp sea salt or kosher salt
- pinch of ground nutmeg
- pinch of cayenne pepper
- 2 T chopped fresh parsley for garnish

Preparation

In a small saucepan, melt the butter or margarine over medium-low heat. Add the flour and nutritional yeast and whisk until smooth. Cook for about 2 minutes. Do not brown the butter (lower the heat slightly if necessary).

Add the wine and whisk until smooth. Cook an additional 2 minutes. Slowly incorporate the milk while whisking the mixture until smooth.

Add the salt and nutmeg and cayenne and bring to a low simmer. Cook the sauce for a few minutes until thickened, stirring frequently.

Lightly coat a non-stick skillet with cooking oil and sauté the lobster over medium-low heat to eliminate any excess moisture. Stir the lobster into the sauce.

Serve over toast or split and toasted English muffins. Garnish with chopped fresh parsley if desired.



Linguini with Clamz Sauce



An Italian-American classic reinvented with plant-based diced clamz and non-dairy butter. This recipe yields 4 servings.

Ingredients

- 1 pound dry linguini
- 2 T olive oil
- 1 shallot, minced
- 4 garlic cloves, finely chopped
- ½ cup dry white wine (e.g., Chardonnay; Sauvignon Blanc)
- ½ tsp dried basil
- ½ tsp dried oregano
- 6 T non-dairy butter or margarine
- 8 oz diced Sweet Clamz
- sea vegetable broth (see preparation instructions)
- sea salt or kosher salt and fresh ground black pepper, to taste
- 3 T chopped parsley
- optional: grated non-dairy parmesan for topping

Sea Vegetable Broth Ingredients

- ¾ cup vegetable broth
- 1 T (3 grams) dried wakame flakes

Preparation

For the sea vegetable broth, bring the vegetable broth and wakame to a simmer in a small saucepan. Remove from the heat to cool. Strain the broth into a bowl and set aside. Finely chop the wakame and set aside in a small dish.

Bring a large pot of salted water to a boil and cook the pasta, using the package instructions as a guideline, until desired tenderness (be sure to test the pasta yourself).

While the water is coming to a boil to cook the pasta, add the olive oil to a skillet and place over medium heat. Add the diced clamz and the shallot and sauté until the shallot is softened, about 2 to 3 minutes. Add the garlic, basil, oregano and chopped wakame and sauté an additional 2 minutes. Add the wine, bring to a simmer and allow it to cook about 2 minutes to eliminate some of the alcohol.

Add the butter or margarine and stir until melted. Add the reserved sea vegetable broth and bring back to a simmer. Cook until the sauce reduces a bit, about 10 minutes; season with salt and pepper to taste. Keep warm over low heat until the pasta is cooked.

Drain the pasta, place back in the cooking pot. Add 2 tablespoons parsley and half of the sauce. Distribute the pasta on serving plates and top with the remaining sauce. Top with the optional parmesan and garnish with the remaining parsley; serve immediately.



Lobzter Thermidor



Tender chunks of lobzter are blended with mushrooms in a velvety cheese sauce flavored with brandy, mustard and tarragon. Cooked haricots verts (green beans) are a classic accompaniment.

Sauce Ingredients

- 1 cup non-dairy milk
- 2 T olive oil
- 3 T tapioca starch
- 2 T mellow white miso paste
- 1 T nutritional yeast flakes
- 2 tsp Dijon mustard
- ½ tsp sea salt or kosher salt
- ¼ tsp kappa carrageenan (available from ModernistPantry.com)
- ⅛ tsp cayenne pepper

Sauté Ingredients

- 2 T olive oil
- 1 shallot, finely chopped
- 6 oz sliced white mushrooms
- 1 recipe [Lobzter](#)
- 2 tsp minced fresh tarragon

- 1 tsp (1 gram) dried wakame flakes, rehydrated in warm water, squeezed dry and finely chopped
- ¼ cup brandy, dry sherry or dry white wine
- 2 T chopped fresh parsley, for garnish

Additional Items Needed

- 8” baking dish or 4 individual-sized baking dishes

Preparation

Lightly oil the baking dish(es) and set aside.

Prepare the sauce first by adding the sauce ingredients to a blender and processing until smooth. Pour the mixture into a small saucepan and cook over medium-low heat until hot, smooth and bubbly. The mixture will be thick. Keep warm over low heat, stirring occasionally.

Add 2 tablespoons olive oil to a skillet and place over medium heat. Sauté the shallots until translucent. Add the mushrooms and a pinch of salt and sauté until most of the mushroom liquid has been released and evaporated. Add the lobster, tarragon and wakame and sauté an additional minute.

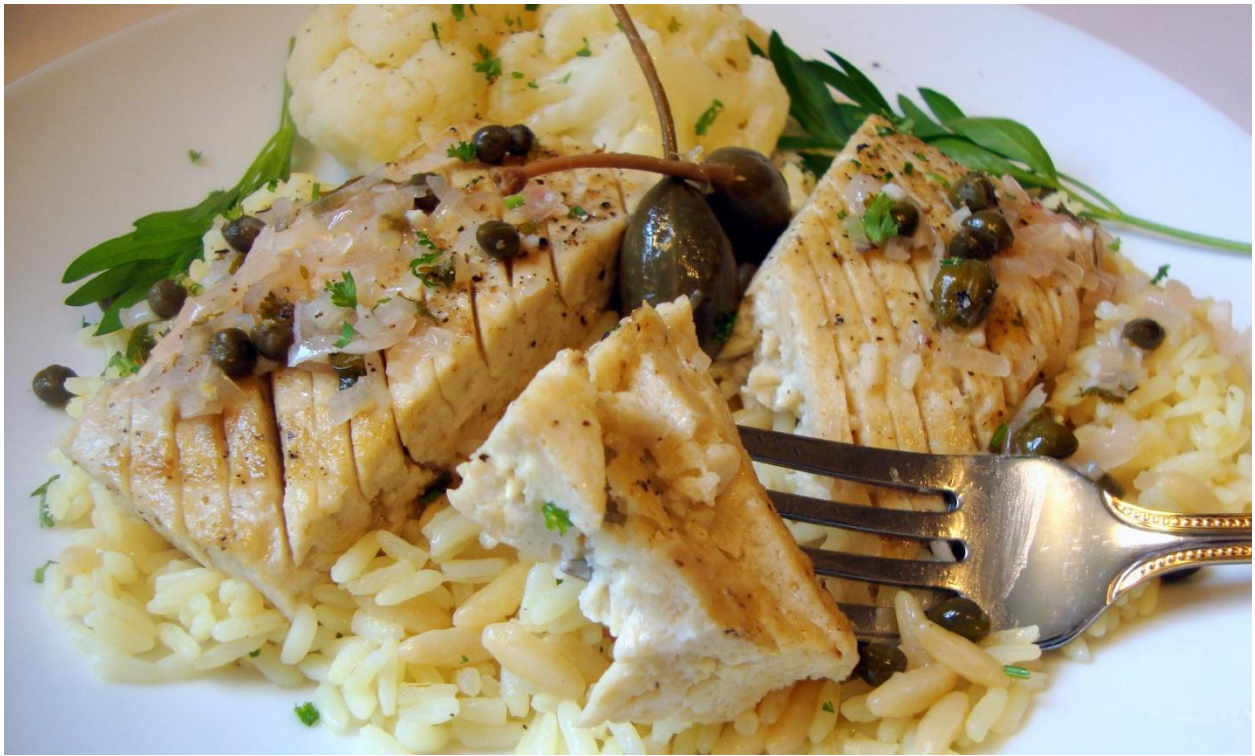
Add the brandy, sherry or wine to the center of the skillet and simmer until reduced by about half. Stir in the sauce.

Transfer the mixture to the baking dish(es) and place under a broiler briefly until bubbly on the surface. Watch carefully so the mixture does not burn.

Garnish with chopped parsley and serve. Cooked haricots verts (green beans) are a classic accompaniment.



Pan-Grilled Whitefysh with Lemon Caper Sauce



Delicate pan-grilled whitefysh is served with a tangy Italian-inspired sauce flavored with white wine, lemon juice and capers.

Ingredients

- 4 Whitefysh Filets
- sea salt or kosher salt and fresh ground black pepper
- 1 T olive oil
- 1 shallot, finely chopped
- 1 garlic clove, minced
- 2 T non-dairy butter or margarine
- $\frac{2}{3}$ cup dry white wine (e.g. Chardonnay, Sauvignon Blanc)
- 2 T fresh lemon juice
- 1 tsp lemon zest
- 1 T capers, drained
- 1 T chopped fresh parsley plus additional for garnish
- caperberries for garnish (optional)

Preparation

Lightly season the filets with salt and pepper and set aside. Lightly oil a non-stick skillet or grill pan with cooking oil. Set aside.

Add the 1 tablespoon olive oil to a small saucepan and place over medium heat. Sauté the shallots in the oil until translucent. Add the garlic and sauté an additional minute.

Add the butter and stir until melted. Add the wine and lemon juice, bring to a vigorous simmer and cook until the sauce reduces and thickens slightly, about 3 to 4 minutes. Stir in the capers, lemon zest and 1 tablespoon parsley. Season to taste with salt and pepper. Keep warm over low heat until ready to serve.

Place the oiled skillet or grill pan over medium heat. Grill the fish until heated through, about 3 minutes on each side or until light grill marks appear. Transfer to individual serving plates, spoon some of the sauce over the filets and garnish with the extra parsley and optional caperberries.



Shrymp Scampi



This classic recipe yields a simple garlic, white wine and butter sauce that pairs well with crusty bread.

Ingredients

- 1 recipe [Shrymp](#)
- 2 T non-dairy butter or margarine
- 2 T olive oil
- 4 garlic cloves, minced
- 1 cup dry white wine or vegetable broth
- 1/8 teaspoon crushed red pepper flakes, or to taste
- fresh ground black pepper
- 2 T chopped parsley
- 1 T fresh lemon juice
- sea salt or kosher salt, to taste
- crusty bread for soaking up the sauce

Preparation

In a large skillet, melt the butter with olive oil. Add the garlic and sauté until fragrant, about 1 minute.

Add the wine or broth, red pepper flakes and plenty of black pepper and bring to a simmer. Let wine reduce by half, about 2 minutes.

Add the shrymp or Jumbo Shrymp and sauté until heated through, about 2 minutes.

Stir in the parsley and lemon juice and season with salt to taste. Serve with crusty bread.



Whitefysh Provençale



Tomatoes and a variety of herbs thrive in the warm weather of Provence, France. Here they are combined with white wine and garlic as a topping for oven-braised whitefysh. Accompany the braised whitefysh with tender crisp haricots verts tossed with olive oil, salt and pepper.

Primary Ingredients

- 4 Whitefysh Filets
- 4 slices ripe tomato
- 2 to 3 T plain panko breadcrumbs

Marinade Ingredients

- 1 tsp (1 gram) dried wakame flakes, rehydrated in warm water, squeezed dry and finely chopped
- ¼ cup olive oil
- 6 T dry white wine (e.g., Chardonnay, Sauvignon Blanc)
- 1 T chopped fresh tarragon
- 2 garlic cloves
- ½ tsp minced fresh thyme leaves
- ½ tsp sea salt or kosher salt
- ¼ tsp ground black pepper
- small handful fresh parsley

Marinade Preparation

Add the marinade ingredients to a blender and process until the fresh herbs are reduced to small flakes.

Marinate the fysh for a minimum of 1 hour before oven-braising. Lightly oil a baking dish. Preheat the oven to 375°F/190°C.

Place the marinated fysh in the baking dish, cover each filet with a slice of tomato and generously spoon some of the marinade over the tomato and fysh. Sprinkle with bread crumbs and bake on the middle rack of the oven for 15 minutes. After 15 minutes, spoon a little marinade over any exposed edges of fysh. Continue to bake for 10 minutes. Plate the individual filets and serve.



Mediterranean Baked Shrymp with Herbed Feta



Shrymp, stewed tomatoes, onions, garlic and herbed feta are combined and baked in this simple but delicious dish. Serve with a crisp, dry white wine and plenty of crusty bread for soaking up the juices. The recipe for the Mediterranean Herbed Feta is included in this cookbook.

Ingredients

- 1 recipe Shrymp
- 2 T olive oil
- 1 medium onion, chopped
- 6 garlic cloves, chopped
- 1 large can (28 oz) diced tomatoes with juice; or 4 cups blanched, peeled and diced fresh tomatoes with juice
- 1 tsp (1 gram) dried wakame flakes, rehydrated in warm water, squeezed dry and finely chopped
- ½ tsp dried oregano
- sea salt or kosher salt and fresh ground black pepper to taste
- 1 block Mediterranean Herbed Feta, crumbled
- 3 T chopped fresh parsley

Preparation

Add the olive oil to a large deep skillet and place over medium heat. Add the onions and sauté until translucent. Add the garlic and sauté an additional minute.

Add the tomatoes with juice, chopped wakame and dried oregano. Bring to a simmer and cook for 10 minutes. Season with salt and fresh ground black pepper to taste.

Preheat the oven to 400°F/200°C. Lightly grease a baking dish with olive oil.

Spoon half of the tomato mixture into the dish. Arrange the shrymp on top and top with crumbled feta. Spoon the remaining tomato mixture evenly on top.

Bake uncovered for 20 minutes or until bubbly. Garnish with the parsley and serve.



Golden Battered Whitefysh Filets



Delicate whitefysh filets are battered and fried and served with the condiments of your choice.

Primary Ingredient

- 1 recipe Whitefysh Filets, cut into 8 pieces

Dredging Ingredient

- 1/2 cup all-purpose flour or rice flour

Batter Ingredients

- 1/2 cup rice flour
- 1/4 cup all-purpose flour (or additional rice flour)
- 3/4 cup beer, sparkling water or club soda
- 2 tsp Old Bay™ seasoning or Gentle Bay Seasoning
- 1 tsp baking powder (preferably aluminum-free)

Preparation

Add the dredging flour to a wide bowl. Whisk together the batter ingredients in a large bowl until smooth.

Dredge each filet in the flour and shake off the excess.

Dip the filets in the batter, shake off any excess and fry in hot cooking oil until golden brown and crispy. Serve hot with a wedge of lemon and Cocktail Sauce, Tartar Sauce, or malt vinegar for dipping. The fried filets are also superb for soft tacos.

Condiments and Sauces

Classic Cocktail Sauce

Ingredients

- 1 cup tomato ketchup
- 1 to 2 T prepared horseradish (to taste)
- 1 T fresh lemon juice
- 1 tsp Worcestershire Sauce, or commercial vegan equivalent
- dash ground white pepper
- sea salt or kosher salt to taste

Preparation

Whisk the ingredients together and season with salt to taste. Chill to blend the flavors before serving.



Rémoulade Sauce

A piquant sauce with complex flavors that pairs well with vegan seafoods.

Ingredients

- 1 cup No-Eggy Mayo, or commercial vegan mayonnaise
- 2 T minced fresh onion
- 2 T minced capers
- 2 T minced celery
- 1 T fresh lemon juice
- 1 T Louisiana-style hot sauce, or to taste
- 1 T Worcestershire Sauce, or commercial vegan equivalent
- 1 tsp grainy mustard
- 1 garlic clove, minced
- ¼ tsp ground black pepper

Preparation

Whisk the ingredients together and chill to blend the flavors before serving.

Asian Fysh Sauce

Asian Fysh Sauce is a briny and pungent amber-colored liquid, rich in umami flavor and used as a substitute for fish sauce in Asian cooking. This recipe yields about 1 and 1/2 cups.

Ingredients

- 3 cups water
- 1/2 cup (24 grams) dried wakame flakes
- 2 four to six-inch pieces dried kombu
- 1 medium onion, peeled and quartered
- 6 dried shiitake mushrooms
- 6 garlic cloves, crushed
- 2 tsp whole black peppercorns
- 1 tsp sea salt or kosher salt
- 1/2 cup white shoyu (white soy sauce) *

**If you cannot obtain white shoyu, substitute with tamari or traditional soy sauce; however, the finished product will be significantly darker than traditional fish sauce.*

Preparation

Bring all ingredients, except for the white shoyu, to a boil in a saucepan. Reduce to a simmer and cook uncovered for 30 minutes to reduce the liquid volume.

Let the mixture cool and then strain through a fine mesh sieve into a bowl, pressing with the back of a spoon to extract the liquid. Discard the solids.

Stir in the white shoyu and then bottle. Refrigerate until ready to use. Refrigerator shelf life is 6 months owing to its high salt content.



Indian Curry Simmering Sauce

This fragrant and flavorful sauce is excellent with pan-grilled or sautéed vegan seafoods. Add the seafoods to the sauce just before serving over basmati rice.

Ingredients

- 2 T olive oil
- 1 medium onion, diced
- 1 large Serrano or jalapeno pepper, seeds removed and finely chopped
- 2 garlic cloves, minced
- 1 T fresh grated ginger root
- 1 can (8 oz) tomato sauce
- 1 can (13.5 oz) unsweetened coconut milk*
- 2 tsp Indian curry powder
- 2 tsp tamarind paste (optional)
- ½ tsp salt, or more to taste
- ½ tsp dry ground mustard

Preparation

Add the olive oil to a skillet and place over medium heat. Add the onion and chili pepper and sauté until the onion is translucent; add the garlic and ginger and continue to sauté another minute or two. Do not let the garlic burn.

Whisk in the remaining ingredients along with any vegetables you wish to include. Bring to a simmer, partially cover and cook until the vegetables are tender, about 15 to 20 minutes. Add the pan-grilled or sautéed seafoods just before serving and season with salt to taste.

**Do not use Coconut Milk Beverage; it lacks the richness and distinct coconut flavor essential for this recipe.*



Chef's Best Alfredo Sauce

Alfredo sauce is a creamy and rich white sauce traditionally served over fettuccini. Dairy parmesan cheese is a primary ingredient in traditional Alfredo sauce; however, non-dairy parmesan won't provide the same texture and richness; therefore, non-dairy parmesan is reserved for garnishing the final dish. It's very easy to prepare and achieves the ideal nappe consistency for serving over pasta with pan-grilled or sautéed vegan seafoods and/or cooked vegetables. This recipe yields about 2 and ¼ cups.

Ingredients

- 2 cups organic plain unsweetened soymilk
- 1.5 oz (about ⅓ cup) whole raw cashews (pre-soaking unnecessary)
- ¼ cup mild olive oil
- 1 T nutritional yeast flakes
- 1 T mellow white miso paste
- 1 and ½ tsp onion powder
- 1 tsp garlic powder
- ¾ tsp fine sea salt or kosher salt, or more to taste
- ¼ tsp ground white pepper
- 2 T chopped fresh parsley
- non-dairy parmesan for garnish

Preparation

Process all ingredients except for the parsley and parmesan in a blender on high speed for 2 full minutes. Strain through a fine mesh sieve into a saucepan and cook over medium-low heat, stirring slowly and continually, until the mixture just comes to a simmer. Reduce the heat to low to keep warm until ready to serve; stir occasionally. Garnish with the parmesan and fresh parsley when serving.



Creamy Horseradish Sauce

A zesty condiment sauce for Jack Crab Cakes and other fried seafoods. This recipe yields about 1 cup.

Ingredients

- ¾ cup No-Eggy Mayo, or commercial vegan mayonnaise
- ¼ cup Supreme Sour Cream, Quick Sour Cream, or commercial non-dairy equivalent
- 2 T fresh lemon juice (about 1 lemon)
- 2 T prepared horseradish (not creamed), or more to taste
- sea salt or kosher salt, to taste

Preparation

Whisk together the ingredients in a small bowl until smooth and creamy. Transfer to a sealable container and refrigerate to blend the flavors and use within 1 week.



Tartar Sauce

A classic mayonnaise-based seafood condiment sauce.

Ingredients

- ½ cup No-Eggy Mayo, or commercial vegan mayonnaise
- 2 T finely diced cucumber dill pickle or prepared relish
- 1 T fresh lemon juice
- 1 T finely minced sweet onion
- ½ tsp Dijon mustard or coarse-grain mustard
- sea salt or kosher salt, to taste
- fresh ground black pepper, to taste

Preparation

Whisk all ingredients together and chill to blend flavors for a minimum of 1 hour before using.

Fire-Roasted Jalapeno and Lime Tartar Sauce

A zesty mayonnaise-based seafood condiment sauce flavored with fire-roasted jalapeno and lime juice.

Ingredients

- 1 large jalapeno pepper
- 1/2 cup No-Eggy Mayo, or commercial vegan mayonnaise
- 2 T minced fresh onion
- 1 T fresh lime juice
- 1 tsp fresh grated lime zest
- sea salt or kosher salt to taste

Preparation

Place the jalapeno directly on the stove burner over medium heat. Turn frequently with tongs until the pepper is blistered and blackened. Place the pepper on a plate and cover with foil to hold in the steam. Let cool. The skin should slip off easily. Cut off the stem end, split the jalapeno lengthwise and remove the seeds and membrane. Finely mince the pepper and place in a small bowl.

Stir in the mayonnaise, onion, lime juice and lime zest, mix well and season with salt to taste. Refrigerate to blend the flavors and until ready to serve.



Island Teriyaki Sauce and Glaze

This classic Asian and Pacific island-style sauce and glaze is superb for brushing on whitefish or skewered shrimp when pan-grilling. An Island Fire sauce variation is included for added heat. This recipe yields about 1 and ¼ cup.

Ingredients

- 2 tsp cornstarch, unmodified potato starch or arrowroot powder
- 1 T cooking oil
- 3 garlic cloves, minced
- 2 tsp fresh grated ginger root
- ⅔ cup unsweetened pineapple juice
- ⅓ cup light brown sugar
- ⅓ cup tamari, soy sauce or Bragg Liquid Aminos™

Preparation

In a small dish, dissolve the starch in 1 tablespoon of water to create a slurry and set aside. Heat the cooking oil in a small saucepan over medium-low heat. Don't get the oil too hot. Add the garlic and ginger to the pan and cook for 30 seconds.

Quickly add the pineapple juice before the garlic scorches. Add the starch slurry, brown sugar and tamari. Whisk well to combine. Increase the heat to medium and simmer the sauce, stirring constantly, for 2 to 3 minutes. Remove from the heat and set aside. The mixture will thicken into a syrupy glaze as it cools.

Island Fire Teriyaki Sauce and Glaze Variation

Follow the recipe for the glaze and stir 1 to 2 tablespoons Sriracha™ into the sauce while cooking.



Chimichurri Sauce (Chef's Favorite Sauce)

Chimichurri is an aromatic herb sauce that originated in Argentina and is traditionally used for grilled meats. In this cookbook, it is lovely when used as a baste and sauce for pan-grilled whitefish or skewered shrimp. It's also wonderful as a dip for crusty bread.

Ingredients

- 1/4 cup water
- 1/4 cup white wine vinegar or champagne vinegar
- 2 T red wine vinegar
- 2 cups chopped flat leaf parsley, loosely packed
- 1/2 cup roasted red pepper, skin removed plus additional for garnish if desired
- 1/4 cup fresh chopped oregano, loosely packed or 4 tsp dried oregano
- 1 shallot, chopped
- 2 cloves garlic, chopped
- 1 tsp minced habanero or jalapeno pepper
- 1 tsp sea salt or kosher salt
- 1 tsp sweet paprika
- 1/4 tsp ground cumin
- 1/2 cup extra-virgin olive oil

Preparation

Process all ingredients in a food processor but leave little bit of texture. Add salt as needed to taste. Store the sauce in an airtight container in the refrigerator until ready to use; shake well to re-emulsify before using.



Worcestershire Sauce

This is my signature plant-based version of the classic condiment. Traditional commercial Worcestershire sauce contains anchovy paste and is not suitable for those adhering to a plant-based diet. This recipe yields about 1 and ¼ cup. I use this sauce in recipes so frequently that I always double the recipe.

Ingredients

- 1 and ½ cup raw apple cider vinegar
- ½ cup dark balsamic vinegar
- ½ cup tamari, soy sauce or Bragg Liquid Aminos™
- 3 T dark brown sugar
- 1 medium onion, chopped
- 3 cloves garlic, crushed
- 1 piece ginger root (about 1 and ½ inch), peeled and sliced
- 2 tsp (2 grams) dried wakame flakes
- 1 tsp lemon zest, loosely packed
- 1 tsp orange zest, loosely packed
- 1 tsp liquid smoke
- 1 tsp whole cloves
- 1 tsp whole black peppercorns
- 1 tsp prepared Dijon mustard or ½ tsp whole mustard seeds
- 1 bay leaf

Preparation

Add the ingredients to a medium saucepan and bring to a boil over medium-high heat. Reduce the heat to a rapid simmer and cook until the sauce is reduced by half volume, about 30 to 40 minutes.

Let cool and then press and strain through a fine mesh sieve or a double layer of cheesecloth into a jar with a lid. Store the sauce in the refrigerator for up to 3 months.



Recipe Incidentals

No-Eggy Mayo

This is my signature recipe for producing an egg-free mayonnaise that rivals real egg mayonnaise in both taste and texture. It's also much less expensive than commercial egg-free mayonnaise. The ingredients are readily available in most markets and an immersion blender or food processor makes this a nearly foolproof method of preparation.

The advantage of using a food processor is that the machine does most of the work for you. The advantage of using an immersion blender is that the mayonnaise will be thicker, yet requires less oil. The disadvantage of the immersion blender is that your hand and arm may become tired from controlling the blender. The immersion blender method also requires a little dexterity to manage blending with one hand and pouring the oil with the other hand.

I have personally used both methods many times and now favor the immersion blender method for producing the best quality mayonnaise. A standard blender is not recommended for preparing mayonnaise because once the mixture thickens, it's nearly impossible to keep it turning in the blades while adding the oil.

Sunflower, safflower, grapeseed, canola and soybean oil are the best oils for preparing this mayonnaise. Extra-virgin or virgin olive oil will add a bitter undertaste to the mayonnaise. If you wish to include olive oil, reduce the carrier oil by ½ cup and mix ½ cup olive oil into the carrier oil.

This is my own signature recipe and yields 2 cups of the finest egg-free mayonnaise.

Note: The recipe can be reduced by half for a 1 cup portion, but an immersion blender is required for preparation. The reduced amount of soymilk and oil will not provide sufficient volume for the food processor to blend and emulsify the mixture properly.

Ingredients

- ½ cup organic plain unsweetened soymilk, chilled
(sorry, no substitutions; other plant milks will not emulsify properly)
- 1 T plus 1 tsp fresh lemon juice
- 1 tsp raw apple cider vinegar
- 2 tsp organic sugar
- 1 tsp dry ground mustard*
- ¾ to 1 tsp sea salt or kosher salt
- ¼ ground white pepper
- pinch of sweet paprika or cayenne pepper
- optional: pinch of kala namak (imparts an egg mayonnaise flavor)

- 1 and ½ cup vegetable oil if using an immersion blender; or
1 and ¾ cup vegetable oil if using a food processor

**Do not omit this ingredient! Dry ground mustard not only adds flavor but is a natural emulsifier due to its high content of mucilage which coats the droplets of oil, and is therefore essential to the success of this recipe.*

Preparation

Measure the oil into a liquid measuring cup (ideally it should have a "lip" for pouring). Set aside.

Immersion Blender Method

Place all the ingredients **except** for the oil into a 4-cup glass measuring cup or heavy glass/ceramic bowl. Insert the immersion blender and process the mixture for about 10 seconds.

Now with the immersion blender running on high speed, **slowly** drizzle the oil into the blending cup or bowl. Move the blender up and down and side to side as you add the oil (you can stop blending to give your arm a rest so long as you stop pouring the oil; then resume when you're ready). Continue blending until all the oil is incorporated and the mixture is emulsified and very thick. Transfer to a glass jar or plastic container and refrigerate.

Note: Because immersion blenders are so efficient at high speed blending, adding the oil all at once may be tempting when using this method and it may produce an acceptable mayonnaise. However, it won't cut down on the blending time and the mayo will not have the same "fluffy" texture or stability as it would when incorporating the oil gradually or in increments. We're not seeking acceptable results here, we're seeking exceptional results. Please note that adding the oil all at once will not work when using the food processor method described below.

Food Processor Method

Place all ingredients except for the oil into a food processor and process the mixture for about 10 seconds.

Turn the food processor on continuous run (if you have speed settings, run on high speed) and SLOWLY begin to drizzle the oil into the mixture through the food chute. The addition of the oil will take about 2 minutes, so be patient and don't rush. You should begin to note a change in the consistency of the mixture after about 1 and ¼ cup of oil has been added. Continue to slowly add the remainder of the oil. As soon as all of the oil has been incorporated, turn the processor off - the mayonnaise is finished. Transfer to a glass jar or plastic container and refrigerate.

Note: I cannot emphasize enough the importance of adding the oil slowly. If you add it too fast, the emulsion may break and revert to a liquid.

Better Butter

Better Butter is a superior tasting, palm oil-free alternative to dairy butter and commercial dairy and non-dairy margarine. This recipe produces a buttery spread that looks like, tastes like and melts like dairy butter or margarine and can be used in any recipe, including baking, as you would dairy butter or margarine.

Better Butter will brown and burn when exposed to high heat and therefore should not be used for high-heat sautéing; it works best with low to medium heat. The best kitchen appliance for emulsifying the ingredients is an immersion blender. A food processor will also work. The ingredients can also be emulsified using a standard or high-speed blender; however, retrieving the thick spread from around the blades can be difficult. This recipe yields about 2 cups.

Ingredients

- 1 cup organic refined coconut oil (NOT virgin coconut oil)
- ⅓ cup mild vegetable oil
- ⅔ cup organic plain unsweetened soymilk or homemade almond milk
- 4 tsp/20 ml liquid soy lecithin or liquid sunflower lecithin*;
or 24 grams soy or sunflower lecithin powder (about 2 T plus 2 tsp);
or 24 grams soy or sunflower lecithin granules ground into a fine powder
- 1 tsp organic sugar
- ½ tsp lactic acid powder (or 1 tsp raw apple cider vinegar and 1 tsp fresh lemon juice)
- ¼ tsp to 1 tsp fine sea salt or kosher salt, according to taste
- 1 tsp nutritional yeast flakes
- ½ tsp guar gum, sodium alginate or xanthan gum

**Sunflower lecithin can be substituted for the soy lecithin for those who prefer a soy-free butter. However, sunflower lecithin lacks the rich golden hue of soy lecithin, so expect a color variation. Soy lecithin powder, lactic acid powder, and guar gum, sodium alginate and xanthan gum are all available from ModernistPantry.com*

Preparation

You will need a 2-cup minimum food storage container with a lid to store the butter. If you prefer, the butter can be shaped in a flexible silicone form, or divided into several forms, and released after hardening.

Remove the lid from the coconut oil and place the jar or bottle into a microwave. Heat until melted (about 30 seconds to 1 minute depending upon the solidity of the coconut oil); avoid overheating the oil. Alternately, place the jar or bottle into a container filled with near boiling water and let stand until the oil melts.

Pour 1 cup of the coconut oil into a 2-cup measuring cup or other suitable container with a pouring “lip”. Add ⅓ cup vegetable oil to the coconut oil and set aside.

Immersion Blender Method

Add the remaining ingredients to a 4-cup glass measuring cup or heavy glass/ceramic bowl. Insert the immersion blender and process the mixture for about 15 seconds. With the immersion blender running on

high speed, begin slowly pouring the mixed oils into the blending cup or bowl. Move the blender up and down and side to side as you add the oils. Continue blending until the mixture is emulsified and thick. Transfer to a sealable container.

If soymilk was used as a base, cover the container and refrigerate until solid (if using one or several silicone molds, cover with plastic wrap). The butter can also be stored in the freezer for to 3 months. To release the butter from a form, simply wiggle the sides a bit to loosen and then press out onto a plate.

If almond milk was used as a base, cover and freeze until solid (if using one or several silicone molds, cover with plastic wrap). Once frozen, place the butter in the refrigerator until thawed before using; or it can be stored in the freezer for up to 3 months. To release the butter from a form, simply wiggle the sides a bit to loosen and then press out onto a plate.

Food Processor Method

Add the remaining ingredients to the processor and turn on the processor. Now begin to slowly pour the mixed oils into the mixture through the food chute. Continue to process until the mixture is emulsified and thick. Transfer to a sealable container.

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Supreme Sour Cream (cultured)

Rich, tangy and velvety smooth, this recipe yields about 2 cups of the finest cultured sour cream. Although extremely easy to prepare, a high-powered blender is recommended for producing the smoothest texture.

Ingredients

- 1 and 1/2 cup (7.5 oz by weight) whole raw cashews
- 3/4 cup filtered or spring water
- 1/2 tsp sea salt or kosher salt
- 2 non-dairy probiotic capsules*

**If possible, choose non-dairy probiotic capsules that offer several strains of Lactobacillus bacteria, as well as beneficial Streptococcus thermophilus and Bifidobacterium strains. This will create a more complex sour cream flavor than using Lactobacillus acidophilus alone.*

Preparation

Soak the cashews for a minimum of 8 hours with enough filtered or spring water to cover (refrigeration is not needed unless soaking time exceeds 8 hours). Drain the cashews, discarding the soaking water, and add them to the blender.

Add the 3/4 cup fresh water and the salt.

Process the contents until completely smooth, stopping to stir or scrape down the sides of blender as necessary. Add the contents of the probiotic capsules and process briefly to blend.

Transfer the mixture to a roomy container with a lid and cover. The cream may develop an “airy” texture and expand during culturing. This is caused by the release of carbon dioxide gas during fermentation and is perfectly normal. Every 12 hours or so, burp the lid of the container to release carbon dioxide.

Let the cream culture at room temperature for 24 to 48 hours or until the desired level of tanginess is achieved. Do not heat the mixture in a yogurt maker or similar device in an attempt to accelerate the process. This will alter the starch in the cashews and adversely affect the texture. Warm room temperatures will accelerate the culturing process, and cooler room temperatures will slow the process, so taste test after 24 hours and then every 12 hours after that. Viability of the probiotic culture can also affect culturing time, so be sure to use a fresh product that has been stored in the refrigerator.

After culturing, stir the sour cream thoroughly. Seal the container and place in the refrigerator to chill for 8 hours to thicken properly before using.

Quick Sour Cream (uncultured)

Tofu-based sour cream is unappealing to some because of the chalky undertaste; and uncultured cashew-based sour cream doesn't appeal to others because the natural sweetness of the cashews yields a product that can be excessively sweet (although it works well in dessert applications). Cultured cashew-based sour cream, on the other hand, has a very accurate dairy sour cream flavor because the lacto-bacterial culture converts the natural sugar in the cashews into lactic acid, thus providing the authentic tanginess and eliminating the excessively sweet taste. However, culturing the cream extends preparation time and sometimes a quick alternative is appreciated.

It took some experimentation to achieve a texture and flavor that satisfied my taste, but I think this quick version makes an excellent alternative to its cultured counterpart. Please note that there is no alternative to using soymilk or lactic acid in this recipe. Thickening is dependent upon the curdling action of soymilk when lactic acid is introduced. Other plant milks will not react to the acid in the same manner. This recipe yields about 1 and 3/4 cup sour cream.

Ingredients

- 1/4 cup refined/purified coconut oil (NOT virgin coconut oil)
- 1/2 cup (2.5 oz.) whole raw cashews (pre-soaking is not necessary)
- 1 and 1/4 cup plain unsweetened soymilk (sorry, no substitutions)
- 1/4 tsp sea salt or kosher salt
- 1 and 1/2 tsp lactic acid powder (available from ModernistPantry.com; sorry, no substitutions)

Preparation

Remove the lid from the coconut oil and place the jar or bottle into a microwave. Heat until melted (about 30 seconds to 1 minute depending upon the solidity of the coconut oil); avoid overheating the oil. Alternately, place the jar or bottle into a container filled with near boiling water and let stand until the oil melts. Measure the coconut oil and set aside.

Measure the lactic acid and set aside in a small dish.

Add the cashews, soymilk and salt to a high-powered blender, cover and process for 2 full minutes.

Remove the lid plug and with the blender running on high speed, add the coconut oil.

Reduce the speed to low and add the lactic acid powder. The cream will thicken instantly - turn the blender off. Do not continue to process once thickened.

Transfer the sour cream to an airtight container, seal and refrigerate until thoroughly chilled and thickened. Consume within 10 days of preparation.

Quick Greek-Style Yogurt (uncultured)

Non-dairy yogurt preparation typically involves introducing specific strains of lactobacillus bacteria into non-dairy milk. The yogurt culture then produces lactic acid which in turn thickens and acidifies the milk, thus creating the tangy yogurt. With this recipe and technique, the culturing step is by-passed and commercial lactic acid is added directly to the milk mixture, which creates a thick and tangy uncultured yogurt.

While it lacks the probiotic benefits of cultured yogurt, Quick Greek-Style Yogurt offers convenience for culinary applications. No substitutions can be made for any ingredient in this recipe since each ingredient serves a specific function. This recipe yields about 2 and ¼ cup; should more be needed, simply double the recipe.

Ingredients

- 1.5 oz (about ⅓ cup) whole raw cashews (sorry, no substitutions)
- 2 cups organic plain unsweetened soymilk (sorry, no substitutions)
- 2 and ½ tsp lactic acid powder (available from Modernist Pantry.com; sorry, no substitutions)

Preparation

Rinse the cashews to remove any debris, drain and place them into a blender (they do not require presoaking). Add the soymilk and process for 2 full minutes.

Pour the mixture through a fine strainer into a small saucepan. This will capture any minute particles; a nut milk bag is not required.

Place the saucepan over medium-low heat. Stir slowly and continually until the mixture is hot and slightly thickened (just before coming to a simmer). Do not let the mixture boil. Remove the saucepan from the heat to cool for 30 minutes. Stir occasionally while cooling to discourage lumps from forming in the mixture and a “skin” from forming on the surface.

Whisk in the lactic acid powder until blended (the mixture will thicken instantly). Transfer to a sealable container and refrigerate until thoroughly chilled. Stir vigorously until smooth before using.



Mediterranean Herbed Feta

This tofu-based cheese is simple to make and is reminiscent of dairy feta cheese in both taste and texture. It has a very tangy, salty flavor and is wonderful for topping Mediterranean salads, falafel, pizza or for using in recipes such as Greek Spanakopita and Mediterranean Baked Shrimp with Feta (in this cookbook). For this cheese, you will need a glass, ceramic, metal or BPA-free plastic container which will hold a minimum of 1 and 1/2 cup liquid; this will act as the form to shape the cheese. A food processor is recommended for efficient processing. This recipe yields about 8 ounces.

Ingredients

- 1/2 block (6 to 7 oz) **pressed** extra-firm tofu (not silken tofu)*
- 1/4 cup **refined or purified** coconut oil (do not use virgin coconut oil)
- 1 tsp lactic acid powder (available from ModernistPantry.com)
or 4 tsp fresh lemon juice
- 1 T white wine vinegar or raw apple cider vinegar
- 1 and 1/2 tsp fine sea salt or kosher salt
- 1/4 tsp onion powder
- 1 tsp dried basil
- 1/2 tsp dried marjoram
- 1/2 tsp dried oregano

**The tofu should be pressed as dry as possible for the best results.*

Preparation

Line the form with plastic wrap or a double-layer of cheesecloth, allowing some excess to hang over the sides. This will help lift the cheese from the container after firming.

Crumble the tofu into a food processor.

Remove the lid from the jar of coconut oil and place the jar in a microwave. Heat just until the solid oil liquefies, about 30 seconds to 1 minute (this will depend upon the solidity of the coconut oil). Alternately, place the jar in about an inch of simmering water (glass only) and melt the oil in the same manner. Measure 1/4 cup and add to the food processor with the remaining ingredients except for the dried herbs. Process the contents until very smooth.

Add the dried herbs and pulse to combine. Transfer the cheese mixture to the lined form. Pack the mixture with the back of a spoon and smooth the surface as best you can. Cover with plastic wrap and refrigerate for a minimum of 8 hours. This will ensure that the coconut oil has completely solidified.

Once firmed, lift the cheese from the container and crumble as needed.

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