

**DORIS & ED'S**

Classic & Contemporary  
Seafood Oasis

Jim Filip, Proprietor

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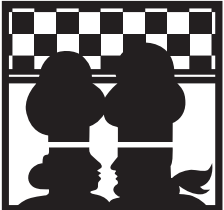
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## 2006 RECIPES

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February 2006

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## **PAN SEARED HALIBUT ON A CORN, LEEK AND OLIVE COUSCOUS WITH FRESH BASIL PESTO**

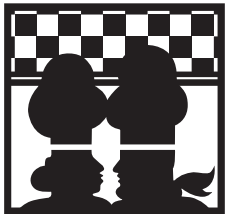
*Serves 4*

4 6-8oz. Halibut Fillets  
2 Tbsp. Olive Oil  
1 1/2 medium, diced and washed Leeks  
1 Cup Fresh Corn  
1 Cup White Wine  
1 Cup Chicken Broth  
1 1/2 Tsp. Fresh Thyme  
8 oz. Couscous  
3/4 Cup pitted Kalamata Olives cut in half  
2 Tbsp. Fresh Lemon Juice  
Salt & Pepper to taste

### **For the Couscous:**

1. Place couscous in a stainless bowl.
2. Bring chicken stock to a boil.
3. Pour over couscous, stir and cover with plastic wrap and let bloom for 5 minutes.
4. Sauté leeks in olive oil to soften.
5. Add white wine, and then reduce by half.
6. Add corn, thyme, lemon and olives, and heat to warm.
7. Add to couscous, season with salt & pepper
8. Mix together and keep warm.

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**For the Pesto:**

- 1 Cup Fresh Basil
- 2 Cloves Garlic
- 1 Tbsp. Pine Nuts
- 2 Tbsp. Grated Parmesan Cheese
- 1 Pinch Salt & Pepper
- 1/4 Cup Olive Oil

1. Combine all ingredients in blender except olive oil.
2. Start blender and add olive oil, use more if necessary.

**For the Halibut:**

1. Season halibut with salt and fresh ground pepper.
2. Heat a sauté pan to medium heat and add the 2 tbsp. of olive oil.
3. Sear halibut to golden brown on both sides, about 3 minutes on each side
4. Finish in 400° degree oven for about 3-5 minutes or until just done.
5. Place couscous in a ring in the center of the plate.
6. Place fish on top and spoon three dots of pesto around the plate.

*Preparation Time: 25 Minutes*

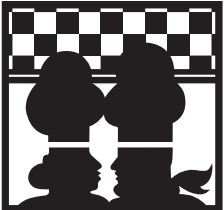
*Cooking Time: 10 Minutes*

**RECOMMENDED WINES**

*Miner Wild Yeast Chardonnay 2003*

*Chalk Hill Estate Chardonnay 2001*

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March 2006

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## **PAN SEARED DIVER SCALLOPS ON A FRESH HERB SHERRY VINAIGRETTE WITH MUSHROOM GNOCCHI**

*Serves 4*

### **The Scallops**

20 U-10 Scallops  
Kosher Salt  
Fresh Ground White Pepper

### **The Vinaigrette**

2 Tbsp. Best Quality Sherry Vinegar  
Pinch of Kosher Salt to taste  
4 Tbsp. Chives minced  
4 Tbsp. Italian Parsley minced  
4 Tbsp. Tarragon minced  
Fresh Ground White Pepper to taste  
3/4 Cup Grape Seed Oil

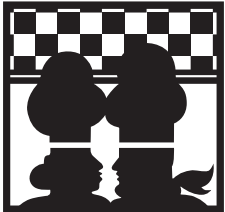
### **The Gnocchi**

4 Large Baking Potatoes  
1 Tbsp. Sweet Butter room temperature  
1 Tbsp. Parsley minced  
1 Tbsp. Chives minced  
2 Tbsp. Kosher Salt  
1 Tsp. Fresh White Pepper  
1/2 Tsp. Ground Nutmeg  
1/3 Cup Ground Parmesan  
1 Cup Flour  
1 Whole Egg

### **The Mushrooms**

1-1/2 lbs. Mixed Mushrooms  
1/2 lb. Shiitake  
1/2 lb. Cremini  
1/2 lb. Oyster  
2 Large Shallots sliced  
4 Cloves Garlic sliced  
Kosher Salt and White Pepper  
3 Tbsp. Olive Oil

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March 2006

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### **The Gnocchi**

1. Bake the Potatoes at 350 degrees for 45 minutes to 1 hour till done.
2. Let cool about 15 minutes. Peel skins off potatoes and push through a food mill or ricer.
3. Then add butter, parsley, chives, salt, pepper, nutmeg, Parmesan, and flour.
4. Last in goes the egg, but be ready to mix because the potatoes are still warm.
5. Mix till it comes together.
6. Then place the mix on the table and mix with your hands like dough, until it comes together.
7. Don't over mix. Dust table with flour.
8. Cut the mix in to quarters. Take each piece and roll out into a dowel about 3/4 inch thick.
9. Cut each into about 1 inch pieces the set on a cookie sheet.
10. Repeat for the rest of the mix.
11. Use gnocchi board if you like, if not just leave them till cooking time.
12. This recipe makes more than you will need. Use the extra for another meal.
13. To cook the gnocchi when ready bring a pot of salted water to a boil.
14. Add about 10 at a time. Cook till they float to the top.
15. Scoop out and drain. Keep warm for service.

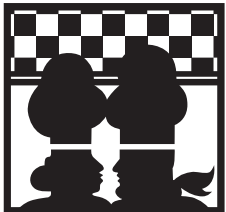
### **The Mushrooms**

1. Heat a large sauté pan to high heat and add oil.
2. Then add mixed mushrooms (if there is too much mushrooms for 1 pan do it in 2 batches).
3. Then add garlic and shallots. Stirring and tossing to get a good sear all around.
4. Season with salt and pepper, set aside to cool at room temperature.

### **The Vinaigrette**

1. In the blender add the vinegar and salt, pulse the blender.
2. Then turn to high and add the oil to make an emulsion.
3. Season with pepper and add the fresh herbs.
4. Set aside for service.

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### **The Scallops**

1. Remove the little muscle on the side of the scallop and discard.
2. Rinse the scallops and pat them dry.
3. Season scallops with salt and pepper.
4. Heat a sauté pan to medium high heat, add 3 Tbsp. Olive Oil.
5. Add scallops (Don't crowd the pan use 2 pans if necessary).
6. Cook about 2 minutes till golden brown on each side.
7. Keep scallops warm.
8. Heat mushrooms in a tablespoon or two of butter, add gnocchi.
9. Heat till hot for service.
10. Place about six gnocchi and some mushrooms in the center of a dinner plate.
11. Spoon vinaigrette around the outside of the plate
12. Then place 5 scallops around on the vinaigrette and serve.

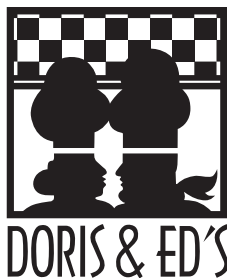
*Preparation Time: 2 Hours*

*Cooking Time: 15 Minutes*

### **RECOMMENDED WINES**

*Patz & Hall 2004 Zio Tony Chardonnay*

*Copain 2001 Caties Corner Viognier*



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April 2006

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## BLACK TRUFFLE FETTUCCINI WITH BUTTER POACHED SHRIMP

*Serves 4*

### **For 1 Pound Pasta:**

- 2 Cups All Purpose Flour
- 2 Large Eggs
- 2-3 Tbsp. Warm Water or Truffle Juice
- 2 Tbsp. Fine Minced Black Truffles
- 1 Pinch of Salt
- 1/2 Tsp. Truffle Oil

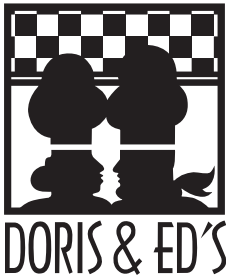
1. Place flour on worktable and make a well in the center, add eggs, truffle oil, juice, truffles and salt.
2. Mix with a fork and gradually bring in the flour to form dough.
3. Knead with your hands 100 times. If dough is too dry add a tbsp. of water.
4. When dough is done wrap with plastic wrap and let sit for one hour.
5. Cut the pasta in 1/2's or 1/4's and roll out using a pasta machine to #5 thickness.
6. Cut pasta with fettuccini blades to desired lengths.
7. Lay pasta out on a tray with dry towels until ready to use.

### **For the Shrimp:**

- 16 U12 Shrimp (in shell)
- 1 Lemon cut in half
- 1 Bay Leaf
- 1 Tsp. Black Peppercorns
- 1 Tbsp. Coriander Seeds
- 1/2 Medium Onion cut up (no peels)
- 1 Stalk Celery cut up
- 1 Cup Dry White Wine
- 1 Tsp. Whole All Spice
- 2 Qts. Water

1. Place everything together in a pot except the shrimp.
2. Bring to a boil and let simmer 5 minutes.
3. Then add shrimp and blanch for 1 minute.
4. Drain shrimp in a colander.
5. Lie out on a tray and place in the refrigerator to cool.
6. Do not chill in ice water.
7. Once shrimp are cooled peel them and clean the backs, keep cold till service.

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**For the Butter Sauce:**

- 1-1/2 lb Sweet butter cold and cut into 1 inch cubes
- 1-1/2 Lemons Juiced
- 1/2 Tsp. Cayenne Pepper
- 1 Tsp. Kosher Salt
- 4 Tsp. Fresh Chopped Parsley (for garnish)

1. Place 3/4 cup water in a stainless steel saucepan at medium heat.
2. Bring to a simmer and reduce water until just enough to cover the bottom of the pan.
3. Start adding 2-3 chunks of butter at a time.
4. Whisk constantly until all butter is incorporated and melted to form sauce.
5. Pull from heat add lemon juice, pepper and salt.
6. Strain through a fine sieve and keep warm in a double boiler until service.

**For Service:**

1. Remove shrimp from refrigerator and bring to room temperature.
2. Fill a large pasta pot with water and bring to a boil.
3. In large saucepan, lay out shrimp in one layer and top with enough butter sauce to cover.
4. Slowly warm shrimp until cooked through, but not too hot or butter sauce will break.
4. Cook pasta for 3 minutes then drain.
5. Arrange in four bowls.
6. Top each bowl with four shrimp and some butter sauce.
7. Garnish with chopped parsley and a few drops of truffle oil.

*Preparation Time: 1-1/2 Hours*

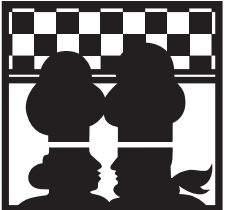
*Cooking Time: 10 minutes*

**RECOMMENDED WINE**

*2004 Conundrum, White Table Wine, California*

*2001 Ojai, Clos Pepe, Pinot Noir*

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May 2006

## **CREAM OF SPRING ASPARAGUS SOUP WITH JUMBO LUMP CRAB**

*Serves 4-6*

1 Qt. 40% Heavy Cream  
1-1/2 lbs. Fresh Asparagus (cut into 1" pieces and trim ends)  
Kosher Salt  
White Pepper  
4 oz. Jumbo Lump Crab (cleaned)

### **For the Soup:**

1. Put heavy cream in a heavy bottomed pot and bring to a boil.
2. Reduce heat, let simmer for 5 minutes.
3. Add asparagus and bring back to a boil.
4. Simmer for 3 to 6 minutes depending on the thickness of the asparagus.
5. Season with salt and pepper.
6. In batches place soup in blender and purée.
7. Adjust salt and pepper and serve.
8. Garnish with jumbo lump crab.
9. Makes about 1-1/4 quarts so you will have a couple of portions for the next day.

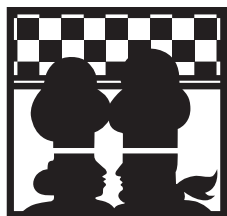
*Preparation Time: 10 minutes*

*Cook Time: 20 minutes*

### **RECOMMENDED WINE**

*Paul Blanck      2001 Grand Cru Furstentum Pinot Gris*  
*Holloran        2003 Riesling Le Pavillon Vineyard*

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June 2006

## **BAKED OYSTERS WITH ROASTED GARLIC, SPINACH AND PROSCIUTTO**

*Serves 4*

2 Cups Coarse Sea Salt with Aromatic Spices  
20 Oysters of your choice  
1 Bag Cello Spinach  
1/2 lb. Sweet Butter  
1/4 lb. Sliced Prosciutto Julienne  
2 Heads Roasted Garlic  
Kosher Salt  
Fresh Ground Pepper  
2 Tbsp. Extra Virgin Olive Oil

### **For the Garlic:**

1. Trim the tops off the garlic heads. Place in roasting pan.
2. Season with olive oil, salt and pepper.
3. Cover with foil and roast in a 350 degree oven for 1 hour and 15 minutes or until garlic pops up.
4. Let cool, then pop garlic cloves out of shells, then chop until smooth.

### **For the Spinach:**

1. Blanch spinach in boiling water for 1 to 2 minutes, and then chill in cold water.
2. Put in strainer to drain, try to squeeze most of the moisture out.
3. Then chop spinach.
4. In a saucepan place butter, spinach, prosciutto on low heat to melt butter.
5. Add garlic to your taste, season with salt and pepper. Set aside to cool.
6. While spinach is cooling open oysters. Discard top shell.
7. Place on a baking sheet, then top with spinach mixture and bake at 375° for 12 minutes.
8. Heat sea salt with aromatic spices on stovetop over low heat or in the oven at 325° until warm, then divide on four plates.
9. Place five oysters on the salt for each plate and serve.

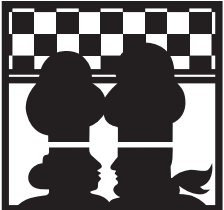
*Preparation Time: 1 hour 30 minutes*

*Cook Time: 12 to 15 minutes*

### **RECOMMENDED WINE**

*Rudd 2004 Sauvignon Blanc*

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July 2006

## **CHILLED AVOCADO SOUP WITH JUMBO LUMP CRAB**

*Serves 5*

3 Scallions  
1/4 oz. Fresh Cilantro Leaves  
1/4 Clove Garlic  
1 Tsp. Lemon Juice  
1 Tsp. Orange Juice  
1 Ripe Avocado  
1-3/4 Cup Chicken Stock  
Salt & Pepper To Taste  
1/4 Cup & 1 Tsp. Heavy Cream  
2-1/2 Oz. Jumbo Lump For Garnish

1. Put the first seven ingredients in a blender. Blend till smooth and strain.
2. Add heavy cream and stir well. Season with salt & pepper.
3. Then chill till service.
4. Garnish with jumbo lump crabmeat and cilantro leaf.
5. You may also garnish with grilled shrimp, salsa, yogurt, fried tortillas, etc.

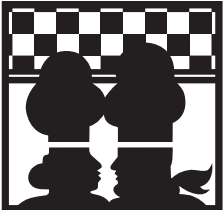
*Preparation Time: 15 Minutes*

*Cook Time: Served Chilled*

### **RECOMMENDED WINE**

*2002 Chalk Hill Pinot Gris*

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August 2006

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## **LOBSTER FETTUCCINI WITH NJ CORN, NJ TOMATOES & HERB SAUCE**

*Serves 4*

- 4 1<sup>1</sup>/<sub>4</sub> lb. Lobsters Steamed 12 minutes
- 3 Ears New Jersey Corn
- 1 Cup Tomatoes Diced (peeled & seeded)
- 1 Qt. Chicken Stock
- 1 Cup Heavy Cream
- 4 Tsp. Tarragon Chopped
- 4 Tsp. Chives Chopped
- 4 Tbsp. Sweet Butter
- Salt & Pepper

### **For the Pasta:**

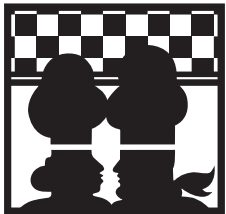
- 2 Cups All Purpose Flour
- 2 Large Eggs
- 3-5 Tbsp. Water
- Pinch of Salt

1. Put flour on table and make a well.
2. Add eggs, 3 tablespoons of water and salt. Mix with a fork and pull the flour in from the sides to form a ball.
3. Then knead with hands for 100 count (if dough is too dry add another tablespoon of water) or about 5 minutes. Wrap in plastic wrap and let set for 1 hour.
4. Cut into 2 and run through pasta machine as manual says for fettuccini cut.
5. Lay pasta on kitchen towels (do not overlap) until ready to cook.

### **For the Corn Sauce:**

1. Cut corn off the cob and reserve 1/2 cup for the garnish.
2. Place husks in chicken stock and bring to a simmer. Reduce by half and remove husks.
3. Add cut corn and heavy cream and bring to simmer.
4. As soon as it simmers, immediately remove from heat.
5. Run through a food mill and keep warm for service.
6. Bring pasta water to a boil.

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**For the Lobster:**

1. Steam lobsters for 12 minutes, let rest for 5 minutes. Then take meat out of shell.
2. Slice tail into three sections.
3. In a large saucepan heat up corn stock, add tomatoes, tarragon, chives, salt, pepper and 1/2 cup reserved corn kernels.
4. Cook pasta for 3-4 minutes and drain, add to corn broth.
5. Then add butter and mix until incorporated.
6. Place in four bowls and arrange lobsters on top and serve.

*Preparation Time: 1 Hour, 30 Minutes*

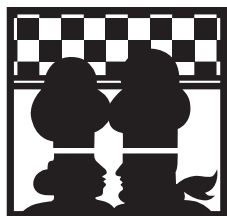
*Cooking Time: 20 minutes*

**RECOMMENDED WINES**

*Crocker & Starr 2005 Sauvignon Blanc*

*El Molino 2003 Chardonnay*

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September 2006

## SAUTÉED MONKFISH FILETS IN A BRANDY HERB CREAM

*Serves 4*

4 8oz. Monkfish Filets cleaned and cut into medallions  
4 Tbsp. Shallots minced  
1/2 Cup Brandy (example Christian Brothers Brandy)  
1 Tbsp. Parsley chopped  
1 Tbsp. Chive minced  
1 Tbsp. Thyme chopped  
4 Tbsp. Sweet Butter chilled  
3-4 Cups Heavy Cream  
12 Fingerling Potatoes (roasted then split in half lengthwise)  
16 Pieces Asparagus blanched and ends trimmed  
Salt & Pepper (salt and white pepper mixed)  
1-2 Cups Wondra Flour for dredging  
1/4 Cup Canola Oil for sautéing

1. Season monkfish with salt & pepper, then dredge in flour.
2. Heat a large sauté pan to medium high heat.
3. Add canola oil.
4. Cook monkfish medallions until golden brown on both sides (approx. 2-3 minutes per side). Remove from pan and finish cooking in 350° oven for 3-5 minutes.
5. Add shallots to pan and sauté on medium high heat until translucent.
6. Remove pan from heat and deglaze with brandy, then return to medium flame.
7. Add heavy cream and stir until reduced for 1-2 minutes.
8. Add mixed herbs, then butter, stir until incorporated.
9. Add monkfish and coat with sauce, season with salt & pepper.
10. Place in serving bowls and garnish with roasted potatoes and asparagus.

*Preparation Time: 45 minutes*

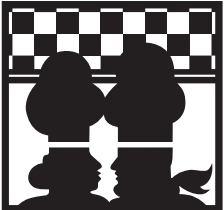
*Cook Time: 15 minutes*

### RECOMMENDED WINE

*Ramey 2003 Ritchie Vineyard Chardonnay*

*Siduri 2004 Clos Pepe Vineyard Pinot Noir*

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## **APPLE SMOKED BACON WRAPPED MONKFISH ON FRENCH GREEN LENTIL STEW**

*Serves 4*

4 6-8oz. Monkfish Filets, cleaned  
12 Slices Apple Smoked Bacon  
1 Oz. Bacon diced  
1/4 Lb. Onion diced  
1/4 Lb. Celery diced  
1/4 Lb. Carrots diced  
1 Garlic Clove peeled  
1/3 Cup + 1 Tbsp. Canola Oil  
6 Oz. French Green Lentils  
1 1/2 Pints Chicken Stock (Swanson's Low Sodium)  
1/2 Cup Veal Demi-Glace (available at specialty food stores)  
8 Pieces 4 Inch Chives for garnish  
Salt & Fresh Pepper

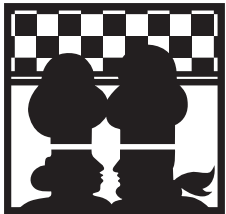
### **For the Monkfish:**

1. For each filet place 3 slices of bacon on a cutting board, slightly overlapping.
2. Season filets with salt & pepper, slice in half lengthwise.
3. Stack the two halves of each filet, one on top of the other, place on bacon, roll up tightly, and refrigerate.

### **For the Lentil Stew:**

1. In a heavy bottom pot over low heat render the diced bacon for about 5 to 10 minutes.
2. Add onions, celery, carrots and garlic with 1 tablespoon of oil and sweat out the vegetables for 10 minutes.
3. Add lentils and stir to coat.
4. Add chicken stock, bring to a boil, then turn down to a simmer.
5. Cook lentils until most of the stock is absorbed, about 20-30 minutes.
6. Add veal demi-glaze and cook for 10 more minutes.
7. Season with salt & pepper. Keep hot until ready to serve.

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**For the Finished Dish:**

1. Heat a medium sized sauté pan to medium high heat. Add 1/3 cup oil, heat for 1 minute then carefully add monkfish to pan.
2. Cook on one side until bacon is browned, then turn until browned on all sides.
3. Place on a cookie sheet and finish in a 425° oven for 8-10 minutes.
4. Place lentil stew in serving bowls.
5. Cut each bacon-wrapped monkfish in half on an angle and place on top of lentils.
6. Garnish with chive sticks.

*Preparation Time: 45 minutes*

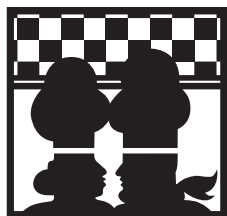
*Cook Time: 10-15 minutes*

**RECOMMENDED WINES**

*Ramey 2004 California Hudson Vineyard Chardonnay*

*Rochioli 2003 California Pinot Noir*

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November 2006

## **CEDAR PLANKED ALASKAN SALMON WITH MEDITERRANEAN FENNEL-ORANGE SALAD**

*Serves 4*

6 Tbsp. Olive Oil  
4 6-8 oz. Salmon Filets (pin bones pulled)  
Fennel Bulb sliced thin (save tops)  
3-5 Large Sunkist Oranges (yield 1 cup juice)  
8 Garlic Cloves  
4 Anchovy Filets  
2 Tbsp. Cider Vinegar  
Salt & Fresh Pepper  
4 Tbsp. Extra Virgin Olive Oil  
4 Pieces Untreated Cedar Cut 4<sup>1</sup>/<sub>2</sub> x 4<sup>1</sup>/<sub>2</sub>"\*

1. Juice 3 to 4 oranges for 1 cup fresh juice. Save the other orange(s) to segment and use for garnish.
2. In a small sauce pan reduce juice to one third. Add 2 tablespoons cider vinegar, salt & pepper to taste, remove from heat and let cool.
3. In a sauté pan with 2 tablespoons olive oil slowly caramelize the garlic cloves until golden brown, remove from heat and let cool.
4. Slice fennel in half lengthwise and cut out the core. On a mandolin slice fennel thin. Toss in a bowl with the reduced orange juice and vinegar mixture.
5. Preheat your outdoor gas grill to medium high heat. Place salmon filet on the cedar planks.\*\*
6. Brush with oil, salt and pepper.
7. Place planks on the grill racks and put the lid down.
8. Cook 10 minutes for medium rare. The cook time will depend on your grill, so check the salmon.
9. When salmon is done top the salmon with the fennel orange salad.
10. Garnish with carmelized garlic, anchovies, orange sections, fennel tops and extra virgin olive oil.

*Preparation Time: 45 Minutes*

*Cook Time: 10-15 Minutes*

### **RECOMMENDED WINES:**

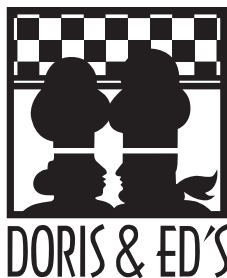
*Lewis Cellars 2004 Sonoma Coast Chardonnay*

*Littorai 2004 One Acre Pinot Noir*

\*Check your local lumberyard for the cedar.

\*\* Cedar Planks should be soaked in water for 30 minutes before use.

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December 2006

## PAN SEARED NEW ENGLAND COD WITH SPANISH CHORIZO AND CLAMS

*Serves 4*

8 oz. Clam Broth	3 Tbsp. Extra Virgin Olive Oil
4 8 oz. Cod Filets	4 Tbsp. Sweet Butter (cold)
12 Little Neck Clams (use more clams if you wish)	4 3-4 inch pieces Baguette ( <i>grilled or toasted</i> )
4 Tbsp. Garlic sliced	Salt and Pepper to taste
6 Tbsp. Cilantro picked	6-8 Tbsp. Blended Oil for Sautéing Cod
8 oz. Spanish Chorizo diced	1 Cup Wondra Flour

### **For the Cod:**

1. Preheat a large sauté pan big enough to hold four filets to medium-high heat.
2. Season cod filets with salt and pepper. Dredge filets in Wondra flour, pat off the excess.
3. Add blended oil and let it get hot. Place filets in and cook until golden brown on both sides.
4. Then place on small sheet pan and finish in a 425° oven for about 7-10 minutes depending on the thickness.

### **For the Clams:**

1. Heat a medium-size sauté pan to medium heat, add extra virgin olive oil.
2. Add sliced garlic and chorizo slowly, lightly brown garlic and chorizo so it releases some of the oils in the chorizo.
3. Add clams and clam juice and slowly simmer till clams open.
4. Add 4 tablespoons fresh cilantro. Slowly mix in the 3-4 tablespoons of butter until fully blended in.
5. Add Salt & Pepper to taste.
6. Place each cod filet in a serving bowl, arrange clams, top with chorizo and broth. Garnish with baguette and remained 2 Tbsp. cilantro and serve.

*Preparation Time: 20 Minutes*

*Cook Time: 15 Minutes*

### **RECOMMENDED WINES:**

*Londer 2004 Gewürztraminer, California*

*Louis Jadot 2003 Volnay, France*

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