



THE

SEAFOOD GOURMET

COOKBOOK

Luke Eisenberg

**The Seafood Gourmet
Cookbook:
111 Delicious Recipes With
Seafood
(Fish & Seafood Kitchen)**

**Reproduction, translation, further processing or
similar actions for commercial purposes as well as
resale or other publications are not permitted
without the written consent of the author.**

Copyright © 2019 - Luke Eisenberg

ISBN: 9783749431403

All rights reserved.

[Roasted scallops with avocado and smoked salad](#)

[Tagliatelle with scallops and salmon](#)

[Scallops au gratin](#)

[Scallops on crostini](#)

[Scallops in saffron sauce with ribbon noodles](#)

[Fried scallops in crémant sauce](#)

[Seafood de luxe with scallop](#)

[Cream of paprika soup with scampi scallop skewer](#)

[Fish ragout with wild rice mixture](#)

[Asparagus salad with scallops au gratin](#)

[Seafood Pizza with Fennel and Orange](#)

[Shrimp rolls with sprouts and ginger](#)

[Fried scallops with lemon and ginger](#)

[Apple-Onion-Couscous with grilled prawns](#)

[Shrimp and vegetable pot with two kinds of tomatoes](#)

[Rice noodles \(Orzo\) with prawns, lemon and parmesan cheese](#)

[Spanish paella with seafood](#)

[Shrimps on a skewer with chili herb dip](#)

[Rice pan with vegetables and crab meat](#)

[Fish seafood gratin in dough coat](#)

[Grilled lemon prawns skewers](#)

[Shrimp meat and shrimps](#)

[Soup with mussels](#)

[Cuttlefish with sheep's cheese filling from the grill](#)

[Grilled scallops with vegetable-mango-salad](#)

[Shrimp Cocktail with Avocado](#)

[Grilled shrimp skewers](#)

[Oysters au gratin](#)

[Calamari soup with capers and celery](#)

[Shrimps with broccoli](#)

[Red prawn curry](#)

[Octopus salad with lotus root and celery sticks](#)

[Hot shrimps with white asparagus](#)

[Paella Seafood](#)

[Red prawn curry with sugar peas](#)

[Fried plaice fillets with shrimps, spinach and crispy croutons](#)

[Shrimp roast rice with crisp vegetables and cashew nuts](#)

[Marinated clams with pepper and parsley](#)

[Korean pancake with carrot and paksoi](#)

[Calamari pan with baby eggplants](#)

[Asia-Cannelloni with salmon-shrimp filling steamed on lemon grass and lime](#)

[Shrimp ravioli with coconut curry sauce](#)

[Herb noodle shreds with prawns and yellow tomatoes](#)

[Prawns on cucumber-orange salad with orange-lime sauce](#)

[Shrimp Pizza with Artichoke Hearts and Yellow Tomatoes](#)

[Shrimps in sweet and spicy glaze with China-Cole-Slaw](#)

[Scallops on truffled bean puree with cherry tomatoes](#)

[Warm seafood salad with potatoes, cauliflower, rocket and caper apples](#)

[Crispy shrimps in crispy crust on avocado carpaccio](#)

[Creole stew with chicken legs, okra and prawns](#)

[Frozen melon and cucumber soup with crabs](#)

Shrimp sushi in glass with mango and cucumber
Shrimp balls with plum chili sauce
Steamed shrimp dumplings with crunchy wok vegetables
Shrimp noodle soup with crunchy sugar peas
Shrimps sweet and sour with paprika and mango
Fried prawns with hot pineapple salsa
Lobster coconut soup with tomatoes, ginger and chili
Creole lobster stew with okra, spinach and coconut
Arabic calamari pan with homemade harissa
Stuffed chicken wings with prawns on mango salad
Goa shrimp pot with roasted coconut and coriander
Baked lobster with colourful salad
Shrimp skewers on salad with lime-ginger sauce and sesame seeds
Greek octopus salad with cucumber and paprika
Oysters with parsley salsa verde served in shell
Ginger soup with shrimps, carrots and pumpkin
Lobster-Papaya-Salad with Avocado
Chicory prawn salad with asparagus, grapefruits and poppy seed vinaigrette
Lobster in wine jelly with frothy vanilla cream
Crab salad turret with apple and curry hips
Clear lobster soup with leek and tomatoes
Scallops between Wan-Tan leaves with spinach, dried tomatoes and paprika
Mediterranean shrimp pan with chilli, tomatoes, capers and rocket salad
Crayfish tails on carrot vegetables with celery and mustard seeds

[Shrimp and vegetable salad with mustard dressing](#)
[Prawn salad with melon slices](#)
[Crispy onion cake with colourful grapes and sheep cheese](#)
[Crispy flambé cake with wasabi, prawns and leek](#)
[Seafood salad with tomatoes and olives](#)
[Champignon potatoes with rocket and lemon scampi](#)
[Warm asparagus salad with prawns](#)
[Golden brown roasted scallops with fennel and onion vegetables](#)
[Shrimp soup with peas and fresh dill](#)
[All kinds of crab meat and morels](#)
[Grilled squid tubes with herb filling](#)
[Shrimp vinaigrette with radish and cucumber](#)
[Steamed mussels with fennel and white wine](#)
[Seafood paella with saffron and vegetables](#)
[Shrimp risotto with courgettes](#)
[Shrimp soup with mushrooms and lemongrass](#)
[Potato and avocado salad with prawns](#)
[Warm noodle-cucumber salad with fried prawns](#)
[Seafood pan with sugar pea](#)
[Farfalle with avocado sauce and fried prawns](#)
[Asian fondue with meat, fish, shrimps, vegetables and dips](#)
[Mediterranean lobster with black noodles](#)
[Lentil shrimp stew with smoked tofu and chili](#)
[Eskariol melon salad with tomato-mint salsa and prawns](#)
[Shrimp pan with sugar peas, peas and tomatoes](#)
[Scallop soup Thai style](#)
[Risotto with pumpkin and prawns](#)

Fried squid rings (Calamari fritti)

Lobster with tender dough leaves

Fried Gambas with spicy pumpkin sauce

Scallops with sprouts

Fish mussel stew

Seafood with egg noodles

Shrimps with mashed potatoes

Roasted scallops with avocado and smoked salad

Ingredients for 5 portions

15 ready-to-cook scallops (fresh or frozen)

4 tbsp lime juice

2 cloves of garlic

3 chillies

2 tablespoons chopped fresh thyme

50 g pine nuts

1 bunch rocket

1 mango

2 scoops buffalo mozzarella

1 avocado

salt and pepper from the mill

100 ml freshly squeezed orange juice

5 tbsp olive oil

1 tablespoon acacia honey

preparation

Wash the scallops and pat dry. Sprinkle mussel meat with 2 tbsp lime juice. Peel and chop the garlic. Wash, clean, seed and chop 2 chilli peppers. Add thyme and garlic to the mussels. Let it draw covered.

Roast the pine nuts in a pan without fat until golden brown, remove. Clean the rocket, wash it. Cut the mango from the stone and peel it. Finely dice the mozzarella and mango separately. Halve avocado, remove stone. Remove the flesh from the skin, dice finely and sprinkle immediately with 2 tablespoons lime juice, season with salt and pepper.

Reduce the orange juice by half. Wash and clean 1 chili and cut it into fine rings. Mix orange concentrate with 3 tablespoons olive oil, honey, salt and pepper and 3/4 of the chilli rings to a vinaigrette. Mix the rocket with half the dressing.

Salt the scallops. Heat 2 tablespoons of oil in a pan. Fry the mussels on each side for 1-2 minutes. Sprinkle with some thyme and other chilli rings. To serve, place dessert rings (approx. 8 cm Ø) on the plates. Add one layer each of avocado, mozzarella and mango to the rings and press lightly. Drizzle some vinaigrette over the turrets, then remove the rings. Serve with 3 mussels and rocket each, sprinkle with pine nuts.

Tagliatelle with scallops and salmon

Ingredients for 4 portions

8 ready-to-cook scallops (fresh or frozen)

400 g salmon fillet (without skin; fresh or frozen)

1 medium onion

1 clove of garlic

3 tbsp oil

1 tbsp flour

3/4 l tomato juice

1 organic orange

1-2 tbsp aniseed schnapps (e.g. Pernod or Pastis)

200 g whipped cream

salt and pepper from the mill

1 pinch of sugar

400 g noodles (e.g. tagliatelle)

6 stems thyme

preparation

Defrost mussel meat and salmon if necessary. Peel onion and garlic and chop finely. Heat 2 tablespoons of oil in a pot. Fry the onion and garlic until translucent. Dust with flour and sweat. Add the tomato juice, bring to the boil and simmer for 7-8 minutes.

Wash orange hot, rub dry and rub peel. Squeeze out the orange. Add the schnapps, cream, orange juice and orange peel to the sauce and simmer for another 2 minutes. Season to taste with salt, pepper and a little sugar.

Cook the pasta in 3-4 l boiling salted water (approx. 1 teaspoon salt per litre) according to the instructions on the packet. Rinse mussels and fish cold and pat dry. Cut the fish into cubes. Wash thyme, shake dry and chop.

Heat 1 tablespoon of oil in a pan. Fry the salmon on each side for about 2 minutes. Season with salt and remove. Fry mussels in hot frying fat for 1-2 minutes on each side, adding thyme. Season with a little salt and pepper, remove.

Drain the pasta, drain and mix with the sauce. Add some seasoning if necessary. Serve noodles with fish and mussels.

Scallops au gratin

Ingredients for 4 portions

12 fresh scallops (in shell)

2 shallots

2 tbsp butter

1 lightly heaped tbsp flour

200 ml dry white wine (for B. Riesling)

200 g whipped cream

1 small bunch chervil

salt and pepper from the mill

preparation

Open the scallops (fresh scallops should be heavy and closed) and remove the scallops. Use the orange-red roe (Corail) according to taste. Rinse mussel flesh and roe briefly, pat dry. Preheat oven (electric cooker: 225 °C/Circulating air: 200 °C).

Peel and finely chop the shallots. Melt the butter in a saucepan. Sauté the shallots in it. Dust with flour and sweat until light. Deglaze with wine and cream and bring to the boil. Simmer for 3-4 minutes while stirring. Wash chervil, shake dry, chop finely and stir into sauce. Season to taste with salt and pepper.

Wash out deeper mussel shells, dry and spread on a baking tray (so that they don't tilt, possibly put them in some salt). Put the mussel meat and roe back into the shells. Spread the sauce over it. Cook in a hot oven for 10-12 minutes. It goes well with baguette.

Scallops on crostini

Ingredients for 4 portions

2 medium tomatoes

1/2 bunch flat parsley

3 tbsp oil (e.g. olive oil)

salt and pepper from the mill

1 small piece (approx. 30 g) Pecorino cheese

4 slices (approx. 80 g) Ciabatta

8 scallops (without shell; approx. 250 g)

1 tablespoon clarified butter

preparation

Wash, quarter and seed the tomatoes. Finely dice the flesh. Wash the parsley and put 1-2 stems aside. Chop the rest, mix with tomatoes and 1 tablespoon oil. Season to taste. Grate cheese.

Roast the ciabatta in 2 tablespoons of hot oil on each side until golden brown and remove.

Wash the mussels and pat dry. Fry in hot clarified butter for 1-2 minutes on each side until golden brown and also briefly sauté the edges. Season with salt and pepper.

Spread the tomato mixture on the slices of bread. Place 2 scallops on top. Sprinkle with cheese as desired and bake briefly under the preheated grill. Arrange the breads and garnish with the rest of the parsley.

Scallops in saffron sauce with ribbon noodles

Ingredients for 4 portions

12 ready-to-cook scallops (fresh or frozen)

1 shallot

3 tbsp butter

1/4 l + 4 tbsp dry white wine

6 tbsp Pernod

300 g whipped cream

1 tin of saffron threads

350 g ribbon noodles

salt and white pepper

1 courgette

1 tbsp olive oil

preparation

Defrost mussels if necessary. Peel and finely chop the shallot. Heat 1 tablespoon butter in a large pan. Sauté the shallot in it. Add 1/4 l of wine, bring to the boil and reduce by half. Add Pernod and cream, bring to the boil and reduce again by 1/3. Stir in the saffron.

Meanwhile cook the pasta in approx. 3 l boiling salt water (approx. 1 tsp salt per litre) according to the package instructions. Clean and wash the zucchini, halve lengthwise and peel off narrow strips lengthwise with a peeler. Add approx. 1 minute before end of cooking time, cook with.

Wash the mussels and pat dry well. Heat the oil in a pan. Fry mussels in it from each side 1 1/2 minutes. Season with a little salt and pepper, remove. Deglaze the roast with 4 tablespoons of wine and stir into the saffron sauce. Season to taste with salt and pepper.

Drain the noodle mixture in between. Melt 2 tbsp. butter in the noodle pot, toss the noodle mixture into it. Do everything.

Fried scallops in crémant sauce

Ingredients for 4 portions

2 shallots

125-150 g mixed baby leaf salad

3 tbsp Balsamico Bianco vinegar

1 tbsp mixed frozen herbs

salt and pepper from the mill

1 pinch of sugar

3 tbsp fine salad oil

8 scallops 200-250 (shelled mussel meat without roe)

1-2 tablespoons sunflower oil

50 g cold butter

125 ml Crémant sparkling wine

preparation

Peel and finely chop the shallots. If necessary, wash salad again and drain well. Mix vinegar, half of the shallots, deep-frozen herbs, some salt, pepper and about 1/2 teaspoon sugar. Stir in the salad oil at the end.

Wash the scallops and pat dry. Heat sunflower oil in a pan. Fry the scallops in it for 2-3 minutes while turning. Season with salt and pepper, remove from pan and keep warm.

Cut the butter into cubes. Briefly sauté the remaining shallots in a frying pan. Add crémant, bring to the boil and simmer for approx. 1 minute. Gradually fold in the butter cubes over a low heat or when the stove is switched off. Season the sauce with salt, pepper and 1 pinch of sugar. Warm the scallops briefly in the sauce.

Mix salad and vinaigrette and arrange with the scallops on 4 plates. Spread the crémantsauce on the scallops and serve immediately.

Seafood de luxe with scallop

Ingredients for 4 portions

4 ready-to-cook scallops (fresh or frozen)

20 g baby salad mix (e.g. B. beetroot leaves, spinach, red chard)

4 slices of brioche sandwich (e.g. B. by Harry)

4 thin slices of Serrano ham

2 tbsp butter

1 tbsp oil

4 quail eggs or 4 small chicken eggs (size S)

salt and coarse pepper from the mill

preparation

Defrost mussels if necessary. Wash and drain the salad. From each brioche disk, cut out or cut out 1 thaler of approx. 6 cm Ø. Wash the mussels and pat dry well.

Cut the ham slices in half, fry in a pan without fat until crispy and remove. Heat 1 tbsp butter in the pan. Roast the briochetaler on both sides until golden yellow and remove. Wipe the pan with kitchen paper.

Heat 1 tablespoon each of oil and butter in the pan. Fry the mussels in it for 1 1/2 minutes on each side, slide to the edge of the pan. Beat the eggs, carefully add to the pan and fry over a low heat until fried. Season everything with salt.

Layer turrets of 1 Briochetaler each, 2 ham pieces, some salad leaves, 1 mussel and 1 Ei on plates. Sprinkle with pepper and garnish with the rest of the salad.

Cream of paprika soup with scampi scallop skewer

Ingredients for 4 portions

1 untreated lemon

5 tbsp oil

salt and pepper from the mill

8 pieces scallop meat (without shell and roe à approx. 30 g)

4 raw shrimps (à approx. 20 g without head and skin)

3 ripe red peppers

3 ripe yellow peppers

1 large onion

2 small cloves of garlic

800 ml vegetable broth

1/2 bunch chives

6 tbsp whipped cream

1 pinch of sugar

4 wooden skewers

preparation

Wash lemon hot, rub dry and grate peel. Halve the lemon and squeeze out 1 half. Mix 1 tablespoon lemon juice, lemon peel and 3 tablespoons oil, season with salt and pepper.

Wash mussel meat and shrimps, pat dry. Put 2 mussels and 1 shrimp alternately on each skewer. Place the skewers on a

plate, brush with spiced oil all around and marinate covered for approx. 30 minutes.

Clean and wash the peppers and cut them into pieces according to colour. Peel onion and garlic and chop finely. Heat 1 tbsp. oil in 2 pots. Brown the red and yellow peppers separately. Add half onion cubes and half garlic and steam. Deglaze with half vegetable stock and simmer for 5-8 minutes at medium heat.

Remove the skewers from the marinade. Keep the marinade. Heat a coated pan. Fry the skewers in the pan for approx. 2 minutes on each side, brush with marinade in between.

Wash the chives, pat dry and cut into rolls. Add 3 tablespoons cream to each soup, purée finely with a cutting rod, bring to the boil again, season with salt, pepper and sugar.

Pour both into smaller litre sizes and at the same time let them run against each other in soup plates. Marble with a spoon handle. Arrange 1 scampi mussel skewer each in the plates. Sprinkle the soup with chives. It goes well with baguette bread.

Fish ragout with wild rice mixture

Ingredients for 4 portions

400 g salmon fillet

300 g cod fillet

10 ready-to-cook scallops (approx. 250 g)

200 g wild rice mix
1 small onion
1 organic lemon (juice)
8 black peppercorns
2 bay leaves
30 g butter
30 g flour
1 cup (200 g) whipped cream
salt and pepper from the mill
1 tin of ground saffron
1 pinch of sugar
50 ml dry white wine
Lemon and dill (to garnish)

preparation

Wash and dice fish and mussels thoroughly. Put the rice in boiling salted water and simmer for about 20 minutes at low heat. Peel the onion and cut into slices.

Bring 500 ml water, lemon juice, onion, salt, peppercorns and bay leaves to the boil. Add the fish and mussels and cook for about 8 minutes at low heat. Carefully remove fish and mussels from the broth and keep warm. Pour the brew through a sieve and collect.

Melt the fat in a pot, add the flour, sweat and add 250 ml fish stock and cream while stirring. Bring to the boil and season with salt, pepper, saffron and sugar. Add the wine. Carefully add the fish and mussels back to the sauce.