



# RECIPE

THE *Seafood* TABLE

# BOOK

BROUGHT TO YOU BY



DIAMOND REEF  
SEAFOOD



# THE *Seafood* TABLE

Welcome to the ultimate guide to cooking delicious meals using our quality seafood brands: Panamei®, Great Fish Co.®, and Diamond Reef®. This book celebrates the joy of gathering around the table with family and friends to share in the ocean's delights.

Our mission is to provide you with knowledge and inspiration on how to cook seafood in ways that will tantalize your taste buds, elevate your cooking skills, and make your loved ones' mouths water.

With our carefully selected ingredients and high-quality brands, you can be sure that you are using the best seafood products sourced responsibly and sustainably. Whether you're a seasoned chef or a beginner cook, this book is for you.

So come with us on a journey of discovery, and let's dive into the wonderful world of seafood cooking, bringing people together one meal at a time.



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# SEARED BRANZINO WITH BRAISED TOMATOES

## INGREDIENTS

- 4 Skin-on Panamei® Branzino Fillets
- 2 Tbsp extra-virgin olive oil
- 2 cups cherry tomatoes, cut in halves
- 3 Tbsp dry white wine
- 1 Tbsp unsalted butter
- 2 Tbsp fresh thyme, finely chopped
- ½ Lemon, juiced
- 1 Tbsp Garlic Powder
- Salt and pepper, to taste

## DIRECTIONS

Thaw and pat dry the branzino fillets to remove the excess moisture.

With a sharp knife, make three diagonal cuts on each fillet's skin and season both sides with garlic powder, salt, and pepper.

Heat the oil in a large skillet over medium-high heat and add the fillets, skin side down.

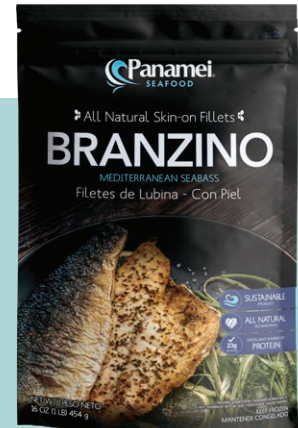
Ensure the fillets are in full contact with the hot oil by pressing them gently on the pan.

Cook for about 3 minutes, then carefully flip the fillets with a spatula and allow them to cook for another minute or until golden.

Transfer the fillets to a platter (skin side up) and keep them warm.

Add the tomatoes to the hot pan and cook for about a minute, stirring occasionally. Lower the heat to medium and add the wine.

Cook for about 2 minutes until the wine reduces, add the lemon juice, butter, and thyme. Serve the tomatoes with the branzino and the sides of your preference.



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**Panamei**  
SEAFOOD

**BRANZINO FILLETS**  
(MEDITERRANEAN SEABASS)



PAN-FRY



30 MIN



SERVES  
X4

DIFFICULTY LEVEL



EASY

# BAKED COD PUTTANESCA

## INGREDIENTS

- 4 Great Fish Co.® Cod Portions
- 3 cups marinara sauce (Homemade or your favorite store brand)
- 1 cup kalamata olives, pitted and halved
- 2 Tbsp capers
- 2 anchovy fillets, finely chopped
- 1 Tbsp extra-virgin olive oil
- A pinch of red pepper flakes (optional)
- Salt and Pepper, to taste
- Fresh basil to garnish

## DIRECTIONS

Thaw and pat dry the cod portions to remove excess moisture—season both sides with salt, pepper, and red pepper flakes.

Preheat the oven to 425°F.

In a sauté pan, heat the oil over medium-high heat. Add the anchovies and cook for about 2 minutes, stirring with a wooden spoon to gently break them.

Season with red pepper flakes and stir in the marinara sauce until it starts boiling. Lower the heat and add the capers and kalamata olives. Leave to simmer for about 4 minutes.

In a medium size oven dish, pour the sauce on the bottom and place the cod portions on top.

Bake, uncovered, for about 12 minutes or until the fish is cooked through.



*Featured Product*



**COD PORTIONS**

*Also available in*





BAKE



30 MIN



SERVES  
X4

DIFFICULTY LEVEL



MEDIUM

# CITRUS BAKED TILAPIA FILLETS

## INGREDIENTS

- 4 Diamond Reef® Tilapia Fillets
- 4 Tbsp butter
- 4 garlic cloves, minced
- 2 lemons, zested and then sliced
- 1 Tbsp parsley, chopped
- Salt and pepper, to taste

## DIRECTIONS

Thaw and pat dry the tilapia fillets to remove excess moisture. Season both sides with salt and pepper.

Preheat the oven to 425°F.

Over medium heat, melt the butter in a small pan. Add the garlic and cook for about 1 minute until it browns. Turn off the heat and add the lemon zest.

Cover the bottom of a medium size oven dish or cast-iron skillet with lemon slices (save some for the top).

Place the tilapia fillets on top of the lemon and pour the garlic butter over the fish.

Bake for about 10 minutes or until the fish is cooked through.

Serve topped with lemon slices and fresh parsley.



*Featured Product*



DIAMOND REEF  
SEAFOOD

**TILAPIA FILLETS**

Also available in  





BAKE



30 MIN



SERVES  
X4

DIFFICULTY LEVEL



MEDIUM

# MACADAMIA CRUSTED MAHI MAHI

## INGREDIENTS

- 4 Panamei® Mahi Portions
- Salt and pepper to taste
- ½ cup macadamia nuts, finely chopped
- ½ cup panko breadcrumbs
- ¼ cup all-purpose flour
- 2 large eggs
- 2 Tbsp Dijon mustard
- 1 lemon, cut into wedges

## DIRECTIONS

Preheat the oven to 400°F. Line a baking sheet with parchment paper. Season the mahi portions with salt and pepper.

Combine the macadamia nuts, panko breadcrumbs, and flour in a shallow dish.

Mix well.

In another shallow dish, beat the eggs with the Dijon mustard. Dip each portion into the egg mixture, then into the macadamia nut mixture, pressing firmly to coat.

Place the coated portion onto the prepared baking sheet. Bake for 15-20 minutes until the mahi is golden brown and flakes easily with a fork.

Serve with lemon wedges and garnish with parsley.



*Featured Product*



**MAHI MAHI PORTIONS**



BAKE



45 MIN



SERVES  
X4

DIFFICULTY LEVEL



MEDIUM



# SPICY TUNA TARTARE

## INGREDIENTS

- 4 Panamei® Tuna Portions, thawed
- 1 Hass avocado, cut into cubes
- 2 Tbsp soy sauce
- 1 tsp Sriracha, or your choice of hot sauce
- 2 Tbsp lime juice
- 1 ½ Tbsp sesame oil
- 1 handful of fresh basil, finely chopped
- Sesame seeds, toasted

## DIRECTIONS

Cut tuna portions into small cubes.

Add to a bowl. Add soy sauce, lemon juice, and Sriracha sauce.

Add sesame oil and stir.

Add the avocado cubes and chives. Mix all up and let it rest in the fridge for 20 minutes.

When ready to serve, sprinkle sesame seeds and garnish with chives.

Serve on top of crackers or Mambo® Crunchy Tostones.



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**Panamei**  
SEAFOOD

**TUNA PORTIONS**



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SCAN TO WATCH  
THIS RECIPE  
ON VIDEO





30 MIN



SERVES  
X4



MEDIUM

DIFFICULTY LEVEL



EASY



# ORANGE-GLAZED SALMON

## INGREDIENTS

- 4 Panamei® Skin-on Atlantic Salmon Portions
- 2 Tbsp butter
- ½ orange, juiced
- 3 Tbsp honey
- 2 Tbsp soy sauce
- 1 tsp cayenne pepper
- 3 garlic cloves, crushed
- Salt and ground pepper, to taste
- Sesame seeds

## DIRECTIONS

Heat the butter in a skillet over medium-high heat. Place the salmon portions (skin side up), and sear for about 3 minutes.

Flip the salmon and sear on the other side for 2 minutes. Pour in the orange juice and allow it to reduce in half by cooking for about 1 minute without lowering the heat.

Add the garlic and cook for 30 seconds or until fragrant. Make a space in the center of the pan by moving the salmon portions to the side. Add the honey, soy sauce, and cayenne pepper. Stir well to combine the flavors and bring to a simmer.

Continue cooking for an additional minute to reduce the liquid to a syrup consistency.

With a spoon, baste the salmon with the sauce, season with salt and pepper, add the sesame seeds, and remove when it's cooked to your liking.

Serve with steamed vegetables and top with more sauce and slices of orange to garnish.



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**Panamei**  
SEAFOOD

**SALMON PORTIONS**

Also available in 

SCAN TO WATCH  
THIS RECIPE  
ON VIDEO



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PAN-FRY



30 MIN



SERVES  
X4

DIFFICULTY LEVEL



MEDIUM



# PERUVIAN-STYLE FISH CEVICHE

## INGREDIENTS

- 1 lb. Diamond Reef® Swai fillets, cut into cubes
- ½ red onion, thinly sliced
- 1 Tbsp Fresno pepper, minced
- 1 Tbsp cilantro, chopped
- 1 Tbsp extra virgin olive oil
- 2 Tbsp of cold water (as needed)

### LECHE DE TIGRE:

- ¼ cup ají amarillo (yellow chili pepper), sliced; seeds and stems removed
- ¼ cup + ½ Tbsp of extra virgin olive oil, separated
- ¼ cup celery, sliced
- 1 Tbsp garlic, sliced
- 1 Tbsp cilantro stems, chopped
- 2 Tbsp red onion, sliced
- ¼ cup neutral-flavored cooking oil
- ½ cup lime juice
- 1 tsp salt

## DIRECTIONS

### LECHE DE TIGRE:

In a small pan, heat the olive oil over medium-low heat. Add the ají amarillo and cook for 3-4 minutes until it softens. Remove the pan from the heat and let the peppers cool to room temperature.

In a blender, add the cooled peppers, celery, garlic, cilantro stems, red onion, olive oil, lime juice, and salt. Blend until smooth.

Place the leche de tigre in the refrigerator until ready to use.

### CEVICHE:

Place a serving bowl in the refrigerator or freezer to chill.

In a large bowl, add the swai, onion, and Fresno pepper. Pour the leche de tigre on top and combine everything.

If the liquid is too thick, add 1-2 tablespoons of cold water to thin it out.

Remove the serving bowl from the refrigerator and place the ceviche on it. Adjust seasoning with salt, lime, and olive oil, if needed. Serve with toasted corn and cooked sweet potato.



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DIAMOND REEF  
SEAFOOD

**SWAI FILLETS**

Also available in







SERVE COLD



30 MIN



SERVES  
X4

DIFFICULTY LEVEL



MEDIUM



# BLACKENED GROUPEL BLT

## INGREDIENTS

- 4 Panamei® Grouper Fillets
- 4 sandwich buns (your bread preference)
- ½ lb. bacon, cooked to your liking
- 4 small Roman lettuce leaves
- 1 large tomato, sliced thick
- ½ red onion, sliced thin
- ½ cup blackened seasoning (or make your blend by combining paprika, onion powder, garlic powder, thyme, oregano, cayenne pepper, salt, and black pepper)
- ½ cup melted butter, divided
- 4 Tbsp garlic-flavored mayo

## DIRECTIONS

Thaw the grouper fillets and pat dry to remove excess moisture—brush both sides with the melted butter and cover entirely with the blackened seasoning.

Brush each half of the bread with the remaining butter. Set aside.

Preheat the grill to medium-high heat. Line the grill grates with a thin foil and place the fillets. Turn the heat down to medium and grill the fillets for about 4 minutes per side.

Place the sandwich buns on the grill rack (butter side down) and toast for a couple of minutes until they get grill marks.

Assemble the sandwiches by spreading ½ spoonful of the garlic mayo on each of the buns. Lay them flat to add the condiments; lettuce first, then tomato, onion, and a couple of bacon strips.

Place the grouper fillets on each sandwich and the top part of the bread. Enjoy!



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**Panamei**  
SEAFOOD

**GROUPEL FILLETS**



GRILL



45 MIN



SERVES  
X4

DIFFICULTY LEVEL



MEDIUM



# ROASTED VEGGIES & FISH BOWL

## INGREDIENTS

- 4 Panamei® Corvina portions
- 1 zucchini, sliced or quartered
- 1 squash, sliced or quartered
- 1 carrot, peeled and sliced
- 8 oz white mushrooms, washed and sliced
- ½ red onion, julienned
- ½ lb. cherry tomatoes or small tomatoes on the vine
- 3 garlic cloves, minced
- 2 Tbsp olive oil, divided
- ½ lemon, juiced
- 1 tsp lemon zest
- A handful of flat-leaf parsley, chopped
- Sea salt and fresh ground black pepper, to taste

## DIRECTIONS

Thaw the corvina portions and pat dry to remove excess moisture—season both sides with salt and pepper.

Preheat the oven to 425°F. Place all veggies in an oven-safe tray with parchment paper. Drizzle with olive oil and season with salt and pepper. Gently toss to coat all veggies with the seasoning and align them in a single layer.

Lay the corvina on top of the veggies, and drizzle with olive oil and lemon juice.

Top all the ingredients with the minced garlic and lemon zest and bake for about 20 minutes until the veggies are tender and the fish flakes easily when tested with a fork.

Remove from the oven and serve in a bowl, arranging the ingredients, so the fish lays on top of the veggies, sprinkle with parsley.



*Featured Product*



**CORVINA PORTIONS**



BAKE



45 MIN



SERVES  
X4



SUBSTITUTE WITH  
MAHI-MAHI

# SEARED WHITING & OLIVE TAPENADE

## INGREDIENTS

- 4 Great Fish Co.® Skin-on Whiting fillets
- 1 Tbsp canola or grapeseed oil
- Sea salt and fresh ground black pepper, to taste

### OLIVE TAPENADE:

- ½ cup green olives, pitted
- ½ cup Kalamata olives, pitted
- 1 Tbsp capers, drained
- 2 sun-dried tomatoes
- 2 garlic cloves, minced
- ¼ cup extra virgin olive oil
- 1 Tbsp lemon juice
- A handful of fresh flat-leaf parsley

## DIRECTIONS

Thaw the fillets and pat dry to remove excess moisture—season both sides with salt and pepper.

Preheat a cast iron skillet or heavy bottom pan to medium-high. Add the oil to the pan and make sure it's well heated (right before smoking), then place the fillets skin-down and, with the help of a spatula, press on the flesh for a few seconds to prevent it from curling and ensure the whole skin of the fish is in contact with the pan.

Cook for about 5 minutes and flip the fillets to cook on the other side for two or three additional minutes.

Serve with your favorite side and top with a spoonful of olive tapenade.



*Featured Product*



**WHITING FILLETS**

Also available in  Panamei SEAFOOD

### OLIVE TAPENADE

Add all the ingredients to a food processor and combine them (pulsing a few times briefly).

Open to scrape down the sides of the bowl with a spatula and add more oil if needed. Pulse to combine a couple of times more until it's chunky (not pureed).

Serve immediately or make ahead of time and store in the refrigerator until ready to use.



PAN-FRY



SERVES  
X4

DIFFICULTY LEVEL



MEDIUM



SUBSTITUTE WITH  
SNAPPER



# COUNTRY FRIED CATFISH BRUNCH

## INGREDIENTS

- 6 Great Fish Co.® Catfish fillets
- 1 cup all-purpose flour
- 1 cup cornmeal
- 1 cup buttermilk
- 1 tsp paprika
- 1 tsp cayenne pepper
- 1 tsp garlic powder
- 1 tsp salt
- Vegetable or peanut oil for frying

### COUNTRY FRIED POTATOES:

- 6 red potatoes, cooked and diced
- 1 sweet potato, cooked and diced
- ½ yellow or white onion
- ½ cup butter
- 1 tsp dry parsley
- Salt and pepper, to taste

## DIRECTIONS

Thaw the catfish fillets and pat dry to remove excess moisture. Place them in a shallow tray and pour the buttermilk over.

Combine the flour, cornmeal, salt, and dry spices on a separate plate.

One by one, take the fillets out of the buttermilk and lay them on the plate with the dry ingredients. Carefully turn them to coat them thoroughly. Transfer the fillets to a clean plate, shaking off the excess flour.

Add enough oil to cover the fillets in a deep fryer or heavy-bottom pan and preheat to 350°F. Place 1 to 2 fillets in the oil, be careful not to overcrowd the pan, and keep the temperature always at 350°F.

Cook for about 5 to 6 minutes or until golden brown. Place the fillets on a plate lined with a paper towel to remove excess oil. Serve with biscuits, fried eggs, and fried potatoes.

### COUNTRY FRIED POTATOES

Melt the butter in a large frying pan on low heat. Add the potatoes and cook for two minutes without stirring. Add the onion and season with the dry parsley, salt, and pepper.

When everything starts browning, mix with a spatula or wooden spoon and cook for about 10 minutes.

Serve warm with the catfish, and enjoy!



*Featured Product*



**CATFISH FILLETS**

Also available in  Panamei SEAFOOD





DEEP-FRY

DIFFICULTY LEVEL



MEDIUM



SERVES  
X4



SUBSTITUTE WITH  
CATFISH NUGGETS

# SMOKED SALMON AVOCADO TOAST

## INGREDIENTS

- 4 oz Panamei® Smoked Salmon
- 2 slices of sourdough bread
- 1 Hass avocado, peeled and pit removed
- 1 tsp extra virgin olive oil
- 1 tsp lime juice
- Fresh arugula or microgreens
- Salt and pepper, to taste

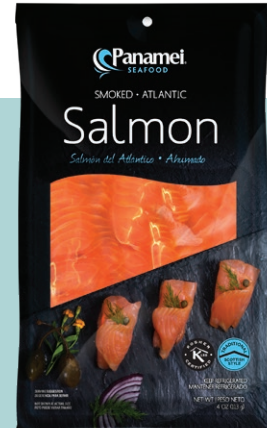
## DIRECTIONS

Take the smoked salmon out of the refrigerator and keep it at room temperature for about 30 minutes (optional but recommended).

Add the avocado, lime juice, and olive oil to a medium bowl. With a fork, smash the avocado and softly combine it with the other ingredients.

Season with salt and pepper. Reserve.

Toast the bread and spread the avocado mixture on both slices. Add the salmon, and top with the arugula or microgreens.



*Featured Product*

**Panamei**  
SEAFOOD

**SMOKED SALMON**



SERVE COLD



30 MIN



SERVES  
X2

DIFFICULTY LEVEL



EASY

# FISH TACOS WITH MANGO SALSA

## INGREDIENTS

- 1 lb. Great Fish Co.® Pollock Fillets, cut into small strips
- 1/2 tsp garlic powder
- 1/2 tsp chili powder
- 1/2 tsp cumin
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 Tbsp olive oil
- 8-10 small flour tortillas
- 1 cup lettuce, shredded
- 1 Hass avocado, sliced

### MANGO SALSA:

- 1 ripe mango, peeled and diced
- 1/4 cup red onion, diced
- 1/4 cup red bell pepper, diced
- 1/4 cup fresh cilantro, chopped
- 1 jalapeño pepper, seeded and finely chopped
- Juice of 1 lime
- Salt and pepper, to taste

## DIRECTIONS

In a small bowl, combine the garlic powder, chili powder, cumin, salt, and black pepper.

Season the pollock strips with the spice mixture. Heat the olive oil in a large skillet over medium-high heat.

Add the seasoned fish strips and cook for about 2-3 minutes per side until golden brown and crispy. Remove from the heat and set aside.

To make the Mango Salsa, combine the diced mango, red onion, chopped cilantro, and jalapeño pepper in a bowl. Squeeze the lime juice over the top and season with salt and pepper to taste. Stir to combine.

Warm the tortillas in the preheated oven for a few minutes.

To assemble the fish tacos, place a few fish strips onto each tortilla. Top with shredded lettuce, a generous spoonful of Mango Salsa, and avocado slices.



*Featured Product*



**POLLOCK FILLETS**

Also available in  Panamei SEAFOOD



PAN-FRY



30 MIN



SERVES  
X4

DIFFICULTY LEVEL



MEDIUM



# GARLIC BUTTER SEARED SCALLOPS

## INGREDIENTS

- 1 lb. Panamei® Scallops, large size
- Salt and pepper, to taste
- 2 Tbsp butter
- 2 Tbsp olive oil
- 2 garlic cloves, minced
- ¼ cup white wine
- 1 lemon, juiced
- Chopped parsley, for garnish

## DIRECTIONS

Thaw the scallops and pat dry to remove excess moisture. Season them with salt and pepper.

Heat a large skillet over high heat and add the butter and olive oil. When the butter is melted and foaming, add the scallops to the pan, ensuring they are not touching each other.

Sear the scallops on each side for 2-3 minutes until golden brown and cooked through. Remove the scallops from the pan and set them aside on a plate.

Add the minced garlic to the pan and sauté for 30 seconds or until fragrant. Pour in the white wine and lemon juice and let the sauce simmer for 1-2 minutes to reduce and thicken.

Pour the sauce over the scallops, and garnish with chopped parsley.

Serve the buttered seared scallops immediately, with additional lemon wedges on the side and your choice of warm bread.



*Featured Product*

**Panamei**  
SEAFOOD  
**SCALLOPS**



PAN-FRY



20 MIN



SERVES  
X2

DIFFICULTY LEVEL



EASY



# CHILEAN MUSSELS IN CREAMY WINE SAUCE

## INGREDIENTS

- 1 lb. Great Fish Co.® Mussels, defrosted
- 1 Tbsp olive oil
- 1 Tbsp butter
- 1 shallot, finely chopped
- 2 garlic cloves, minced
- ½ cup dry white wine
- ½ cup heavy cream
- ¼ teaspoon red pepper flakes
- 1 Tbsp chopped fresh parsley
- Salt and pepper, to taste

## DIRECTIONS

Heat the olive oil and butter in a large pot over medium-high heat. Add the shallot and garlic and cook for 1-2 minutes or until softened.

Pour in the white wine and bring to a simmer. Add the mussels to the pot and cover it with a lid. Cook for 5-7 minutes or until the mussels have opened.

Use a slotted spoon to remove the mussels from the pot and set them aside in a large bowl. Discard any mussels that have not opened.

Add the heavy cream, red pepper flakes, salt, and pepper to the pot with the wine and stir to combine.

Simmer the sauce for 3-5 minutes or until it has thickened slightly.

Pour the sauce over the mussels in the bowl, and sprinkle with chopped parsley.

Serve the mussels in creamy wine sauce with crusty bread on the side for dipping.



*Featured Product*



**WHOLE BLACK MUSSELS**

Also available in  Panamei SEAFOOD





BOIL | SIMMER



30 MIN



SERVES  
X4

DIFFICULTY LEVEL



MEDIUM

# LOBSTER MEAT TOASTS

## INGREDIENTS

- ½ lb. Panamei® lobster meat
- 1 avocado, diced
- 1 cup cherry tomatoes, diced
- 1 Tbsp mayonnaise
- 1 Tbsp chopped fresh parsley
- 1 Tbsp fresh lemon juice
- Salt and pepper, to taste
- 4 slices of bread
- Butter, for toasting the bread

## DIRECTIONS

Thaw the lobster meat, drain, and pat dry to remove excess moisture.

Combine the lobster meat, diced avocado, and cherry tomatoes in a large mixing bowl.

Whisk together the mayonnaise, chopped parsley, and fresh lemon juice in a small mixing bowl.

Add salt and pepper to taste. Add the mayonnaise mixture to the lobster mixture and stir gently to combine.

Toast the bread slices and spread butter on each piece. Spoon the lobster mixture onto the buttered toast slices.

Garnish with additional chopped parsley, if desired.



*Featured Product*

**Panamei**  
SEAFOOD

**LOBSTER MEAT**



SERVE COLD



15 MIN

DIFFICULTY LEVEL



EASY



SUBSTITUTE WITH  
CRAB

# LEMON-GARLIC SHRIMP WITH ASPARAGUS

## INGREDIENTS

- 2 lb. Panamei® Raw Shrimp, Peeled, Tail-On
- 1 ½ lb. fresh asparagus
- 1 garlic clove, minced
- ¼ tsp paprika
- ¼ tsp red pepper flakes
- Salt and black pepper, to taste
- Olive oil
- Fresh parsley, chopped
- 1 lemon, sliced
- ½ lemon, juiced

## DIRECTIONS

Preheat the oven to 400°F. Drizzle and place the asparagus with the garlic on a large pan lined with a baking sheet.

Season with salt and mix until they're evenly coated. Line the asparagus in a single layer and bake them for about 6 minutes.

Take the pan out of the oven and slide the asparagus to one side (keeping them on a single layer).

Place the previously thawed and pat-dried shrimp on the pan and season with paprika, red pepper flakes, salt, black pepper, and parsley.

Drizzle with more olive oil and toss them until evenly coated. Top the shrimp and asparagus with lemon slices and add the lemon juice.

Roast for about 10 minutes and serve with bread, pasta or white rice.



*Featured Product*

**Panamei**  
SEAFOOD

**RAW SHRIMP  
PEELED, TAIL-ON**

Also available in  **DIAMOND REEF**  
SEAFOOD

SCAN TO WATCH  
THIS RECIPE  
ON VIDEO 



BAKE



30 MIN



SERVES  
X4

DIFFICULTY LEVEL



MEDIUM

# SWEET SHRIMP LETTUCE WRAPS

## INGREDIENTS

- 1 lb. Panamei® Shrimp, Raw, Peeled, Tail-off
- ¼ cup soy sauce
- 2 garlic cloves, minced
- 1 Tbsp fresh ginger, grated
- 1 Tbsp honey
- 1 tsp red pepper flakes
- ½ tsp cumin
- Salt and pepper, to taste
- 1 Tbsp olive or avocado oil
- 1 cup cherry tomatoes, halved
- 1 green onion, sliced thin
- 1 avocado, sliced
- Romaine or Boston lettuce leaves

## DIRECTIONS

Thaw shrimp and pat them dry to remove excess moisture.

Place shrimp in a medium bowl and add the soy sauce, honey, garlic, ginger, red pepper flakes, cumin, salt, and pepper. Gently toss to coat the shrimp with the seasoning.

Heat the oil in a large frying pan over medium-high heat.

Add the shrimp and the seasonings from the bowl and allow it to cook without stirring for about 3-4 minutes or until it turns pink.

Use tongs to flip them and cook for another minute until seared.

Build the wraps by placing the lettuce leaves on a tray and add the shrimp, cherry tomatoes, avocado, and green onions on top. Enjoy!



*Featured Product*

**Panamei**  
SEAFOOD

**RAW SHRIMP**  
**PEELED, TAIL-OFF**

*Also available in*





PAN-FRY



30 MIN



SERVES  
X4



KETO FRIENDLY



# COCONUT CURRY SEAFOOD SOUP

## INGREDIENTS

- 1 lb. Diamond Reef® Seafood Combo
- ½ lb. Panamei® Mussel Meat
- 2 Tbsp vegetable oil
- 1 onion, diced
- 3 garlic cloves, minced
- 1 Tbsp grated fresh ginger
- 2 Tbsp red curry paste
- 4 cups chicken or vegetable stock
- 1 can (14 oz) coconut milk
- 1 red bell pepper, seeded and diced
- 2 Tbsp fish sauce
- 1 Tbsp brown sugar
- 2 Tbsp fresh lime juice
- Salt and pepper, to taste
- Chopped fresh cilantro, for garnish

## DIRECTIONS

Heat the vegetable oil in a large pot over medium heat. Add the onion, garlic, and ginger, and sauté for 2-3 minutes or until softened. Add the red curry paste and stir to coat the vegetables.

Cook for 1-2 minutes or until fragrant. Pour in the stock and coconut milk and bring the soup to a simmer.

Add the diced red bell pepper to the soup, and simmer for 10-15 minutes or until the vegetables are tender.

Add the fish sauce, brown sugar, and fresh lime juice to the soup, and stir to combine.

Season with salt and pepper to taste.

Add the seafood combo and mussels to the soup, and simmer for an additional 5-10 minutes or until the seafood is cooked through.

Serve the coconut curry seafood soup hot, garnished with chopped fresh cilantro.



### Featured Product







BOIL | SIMMER



30 MIN



SERVES  
X4

DIFFICULTY LEVEL



MEDIUM



# GALICIAN-STYLE OCTOPUS

## (PULPO A LA GALLEGA)

### INGREDIENTS

- 1 lb. Panamei® Octopus Tentacles
- ½ onion, peeled
- 1 bay leaves
- 1 tsp smoked paprika
- ¼ cup extra virgin olive oil, divided
- 1 ½ Tbsp coarse sea salt, divided
- 1-2 medium red potatoes
- ½ tsp sweet paprika
- ½ tsp salt

### DIRECTIONS

Fill a pot with water and one tablespoon of salt and bring to a boil.

Peel and slice the potatoes into thin rounds, about ¼ inch thick. Boil them in a pot with water and salt for about 10 minutes or until tender. Drain and set aside.

Heat two tablespoons of olive oil in a large pan over medium heat. Add the onion halves, bay leaf, and octopus tentacles and season with ½ teaspoon of coarse sea salt.

Cook for 2-3 minutes. Remove from the pan, place it on a cutting board, and slice it into rounds, including the tentacles. Discard the onion and bay leaf.

Mix the remaining extra virgin olive oil, sweet paprika, and salt in a small bowl to make the dressing. Place the sliced octopus onto a large platter and sprinkle it with the remaining coarse sea salt and smoked paprika.

Add the boiled potatoes to the octopus and drizzle the dressing over everything.

Serve the Galician-style Octopus warm with crusty bread to soak up the delicious juices.



*Featured Product*

**Panamei**  
SEAFOOD

**COOKED OCTOPUS  
TENTACLES**



BOIL | SIMMER



PAN-FRY



SERVES  
X2

DIFFICULTY LEVEL



EASY

# BREADED CALAMARI WITH MARINARA SAUCE

## INGREDIENTS

- 1 lb. Panamei® Squid Rings
- 1/2 cup all-purpose flour
- 1/2 tsp garlic powder
- 1/2 tsp paprika
- 1/2 tsp salt
- 1/4 tsp black pepper
- 2 eggs, beaten
- 1/2 cup panko breadcrumbs
- 1/4 cup Italian-style breadcrumbs
- Vegetable oil, for frying
- Marinara sauce, for serving



*Featured Product*

**Panamei**  
SEAFOOD

**SQUID RINGS**

## DIRECTIONS

Thaw and rinse the calamari rings under cold running water and pat dry with paper towels.

Combine the flour, garlic powder, paprika, salt, and black pepper in a bowl.

Place the beaten eggs in a separate bowl.

In a third bowl, place the panko and Italian-style breadcrumbs.

Dredge the calamari rings in the flour mixture, shaking off any excess. Dip each ring into the beaten eggs, allowing any excess to drip off. Coat each ring with the panko breadcrumbs, pressing the breadcrumbs onto the rings to adhere.

Heat about 1 inch of vegetable oil in a large, heavy-bottomed skillet over medium-high heat. Add the calamari rings to the hot oil in batches, carefully not to overcrowd the skillet.

Fry the calamari until the rings are golden brown and crispy, turning them once to ensure even cooking. This should take about 2-3 minutes per batch.

Use a slotted spoon to transfer the cooked calamari rings to a plate lined with paper towels to drain excess oil.

Serve the hot calamari rings warm with Marinara sauce on the side.



DEEP-FRY



30 MIN



SERVES  
X2

DIFFICULTY LEVEL



MEDIUM

# SPICY JAPANESE KANIKAMA SALAD

## INGREDIENTS

- 8 oz Panamei® Kanikama
- ¼ cup carrots, julienned
- ¼ cup cucumber, julienned
- ¼ cup toasted panko breadcrumbs
- 2 Tbsp spicy mayo
- Sliced scallions, sesame seeds, spicy mayo, eel sauce, and sliced avocado for garnish

## DIRECTIONS

Thaw the Kanikama in the refrigerator until it's soft.

Cut the Kanikama sticks in thirds and shred with your fingertips.

In a medium bowl, combine the shredded Kanikama, carrots, cucumbers, panko breadcrumbs, and spicy mayo.

Serve with sliced scallions, sesame seeds, spicy mayo, eel sauce, and sliced avocado.



*Featured Product*



**KANIKAMA  
FISH CAKE**

SCAN TO WATCH  
THIS RECIPE  
ON VIDEO





SERVE COLD



30 MIN



SERVES  
X4

DIFFICULTY LEVEL



EASY



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