

The Friends of Long Marine Lab held the third annual sustainable seafood taste-off on Sunday, September 28, 2008, at the extraordinary home of Rachael Spencer and Kevin Rooney. This year's tapas taste-off was the best yet with "Seafood Salad with Green Herb Vinaigrette" voted the winner! Many thanks to Karen Cosgwell (left) and Rachael Spencer (right) for co-hosting the event and Tom McNary (center) of Carried Away for cooking up a sustainable feast.



Seafood Salad with Green Herb Vinaigrette

By Tom McNary
Carried Away Foods
Aptos, CA

Makes 6 servings

½ - ¾ cup fish stock or clam juice
¾ pound wild Gulf shrimp (16/20 size)
¼ pound squid, cut into rings or scallops, quartered if large
2 pounds black mussels, cleaned, debearded
2 pounds manila or littleneck clams, cleaned
½ cup chopped flat leaf parsley
2 tablespoons chopped chives
½ teaspoon chopped thyme
½ teaspoon chopped oregano
2-4 tablespoons lemon juice
5 tablespoons extra virgin olive oil
½ basket cherry tomatoes, halved
3 tablespoons chopped capers
¼ cup thinly sliced red onion
2 garlic cloves, minced
6 slices toasted baguette
1 clove garlic, peeled
salt & pepper
lemon wedges for garnish

Heat fish stock in frying pan over medium heat. Add shrimp and cook 1-2 minutes until firm and pink. Remove, cool, and peel, discarding shells. Add squid or scallops and cook on

medium for 30 seconds. Remove and add to shrimp. Cook mussels in pan until open, 2-4 minutes. Remove mussels from shells and add to cooked seafood. Cook clams in pan until they open, 2-5 minutes. Remove clams from shells and add to cooked seafood.

Reduce cooking liquid until 2 tablespoons remain, about 5 minutes. Add to seafood. In a bowl, whisk together all herbs, lemon juice, and olive oil. Season with salt and pepper to taste. Mix herb vinaigrette with tomatoes, capers, red onion, minced garlic. Gently toss in seafood and stir to combine thoroughly. Let stand 30 minutes. Readjust seasoning if necessary.

Rub warm toasted bread with garlic. Serve seafood salad on platter garnished with bread and lemon wedges. Don't allow to sit for more than 1 hour or herbs will turn a dull color.