

GOLDEN

HARVEST
BY EASTERN FISH CO.

MENU BOOK

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BATTERED POLLOCK ON BRIOCHE WITH HOMEMADE POTATO CHIPS

Serves: 2 **Prep Time:** 40 Minutes **Cook Time:** 20 Minutes **Total Time:** 60 Minutes

Ingredients

- 2 2-3oz golden harvest battered pollock
- 2 brioche buns sliced in half
- 6 slices of pickle
- 2 slices beefsteak tomato
- 2 pieces of butter lettuce
- 2 servings of potato chips, (homemade if available)
- 2oz southwest ranch dressing for sandwich
- 2oz green goddess dressing for chips

Instructions

1. Heat fryer oil to 350° F and cook battered pollock for 4 ½ to 5 ½ minutes and place on wire rack to drain excess oil.
2. Toast brioche buns to desired crispness and then assemble spreading the southwest ranch on the bottom of the bun, then proceed building sandwich on the open-faced top part of bun with cheese, butter lettuce, beefsteak, tomato, and pickles.
3. Place fish on bottom portion of bun with SW Ranch on it, then place homemade chips next to sandwich with green goddess sauce for the chips.



BREADED COD BURRITO WITH JALAPENO NACHOS

Serves: 4 **Prep Time:** 10 Minutes **Cook Time:** 10 Minutes **Total Time:** 20 Minutes

Ingredients

8 1-2oz golden harvest breaded cod
10oz nachos "favorite brand"
4 9- to 10-inch-diameter flour tortillas
3/4 cup chopped red onion
2 tblsp diced kosher dill pickle
2 teaspoons vegetable oil
1/2 teaspoon ground cumin
1/2 teaspoon chili powder
1 cup chopped red bell pepper
2/3 cup frozen corn kernels, thawed
1 medium carrot, coarsely grated
1 2/3 cups canned black beans, rinsed, drained
1/2 cup drained canned Mexican-style
stewed tomatoes
2 teaspoons minced seeded jalapeño chile
4 tablespoons sour cream
4 tablespoons chopped fresh cilantro
2 oz jalapeno nacho cheese and
2 oz corn salsa for dipping
4 servings of nacho chips
8 tablespoons crumbled queso
fresco (about 2 ounces)

Instructions

1. Preheat oven to 350° F. Wrap tortillas in foil. Warm in oven until heated through, about 15 minutes.
2. Meanwhile, combine onion and oil in large nonstick skillet. Stir over medium-high heat until onion is golden, about 6 minutes. Add cumin and chili powder; stir 20 seconds. Add bell pepper, corn and carrot; sauté until almost tender, about 5 minutes. Add beans, tomatoes and jalapeño; bring to simmer. Season with salt and pepper. remove from heat.
3. Place warm tortillas on work surface. Spoon filling down center, dividing equally. Top each with 2 tablespoons cheese, then 1 tablespoon each of sour cream, pickles and cilantro. Fold sides of tortillas over filling, forming packages. Turn each package, seam side down, onto plate.



BREADED FLOUNDER ALMONDINE WITH RICE PILAF AND ZUCCHINI NOODLES

Serves: 4 **Prep Time:** 15 Minutes **Cook Time:** 35 Minutes **Total Time:** 50 Minutes

Ingredients

8 2-3oz Golden Harvest Panko Breaded Flounder

Heat fryer to 350° F then fry flounder for 2 ½ to 3 ½ minutes until golden brown

Almondine Sauce

2 tblsp extra virgin olive oil
4 cloves minced garlic
½ cup sliced almonds lightly toasted
2 tblsp lemon juice
2 tblsp ghee

Zucchini Noodles

12oz fresh zucchini noodles
2 tsp sea salt
3 tblsp ghee
1 clove minced garlic
¼ cup parmesan
Fresh ground pepper to taste

Instructions

1. Bring a two quart pot with salted water to a boil and immerse zucchini noodle for one minute then shock in an ice water bath.
2. Drain zucchini noodles then in a medium size saute pan add ghee, garlic and sea salt and add noodles warming them up for about 3 minutes.
3. Meanwhile In a medium sauce pan on medium high heat saute almonds in the olive oil until golden brown then set aside.
4. When ready to serve plate the rice, fish and noodles then add ghee and lemon juice to the almond garlic pan heating gently to melt then pour over top of the flounder. Top the zucchini noodles with the parmesan and serve.



BREADED POLLOCK AND BRUSSEL SPROUTS WITH SWEET THAI CHILI SAUCE

Serves: 2 **Prep Time:** 10 Minutes **Cook Time:** 30 Minutes **Total Time:** 40 Minutes

Ingredients

4-2-3oz Golden Harvest Panko Breaded Pollock

Heat oil to 350° F and cook pollock 5-6 minutes

4 oz sweet tai chili sauce for dipping

Brussel Sprouts

¾ lb trimmed and halved brussel sprouts

2 tblsp olive oil

½ tsp pink sea salt

¼ tsp ground black pepper

Tsp garlic powder

Instructions

1. Preheat oven to 425° F then in a small bowl mix all ingredients together ensuring all sprouts are completely coated.
2. Then place on a foil lined cookie sheet and place in oven for 30-45 minutes until crispy but not burned.



BREADED POLLOCK TACO WITH PAPAYA SALSA AND CHIPOTLE SLAW

Serves: 2 **Prep Time:** 10 Minutes **Cook Time:** 10 Minutes **Total Time:** 20 Minutes

Ingredients

Tacos

4 1-2oz golden harvest breaded pollock
¼ red pepper julienne
¼ yellow pepper julienne
¼ cup diced tomato
¼ cup diced avocado
4 6 inch corn tortillas

Chipotle Slaw

1 cup shredded purple cabbage
Juice of ½ lime
1tsp chipotle adobo sauce
1 tblsp mayonnaise
Salt to taste

COMBINE IN A BOWL ALL THE COLESLAW
INGREDIENTS UNTIL NICELY COATED THEN
SET ASIDE.

Papaya Avacado Salsa

¼ cup diced papaya
½ diced avocado
2 tblsp diced red onion
2 tblsp fresh chopped cilantro
½ tblsp diced jalapeno
1 tblsp red wine vinegar
Salt and pepper to taste

Instructions

1. Preheat oil to 350° F.
2. Preheat grill to medium high heat, about 375-400° F.
3. Mix all salsa ingredients and set aside in cooler.
4. Season peppers with avocado oil, salt and pepper then char on the grill then place in a large bowl.
5. Cook breaded pollock in 350 f oil for 2 ½ to 3 ½ minutes.
6. Grill tortillas for 30 seconds on each side.
7. Assemble taco with fish first then the other taco ingredients on top finish with chipotle slaw on top.
8. Garnish lime, cilantro and avocado.

NOTE: RICE AND BEANS ARE OPTIONAL BASED UPON TASTE.



BREADED SHRIMP LETTUCE WRAPS

Serves: 2 **Prep Time:** 10 Minutes **Cook Time:** 4 Minutes **Total Time:** 15 Minutes

Ingredients

Taco

12 31/40 golden harvest round breaded tail-off shrimp

½ red bell pepper julienne

½ yellow bell pepper julienne

6 butter lettuce cups or ice berg

1 tblsp avocado oil

Sliced green onion for garnish

Avocado Mango Salsa

½ cup diced mango

1 ½ diced avocado

2 tblsp diced red onion

2 tblsp fresh chopped cilantro

1 tsp minced jalapeno

Juice of 1 lime

½ tblsp red wine vinegar

Instructions

1. Preheat fryer to 350° F, meanwhile in a small bowl assemble all ingredients for the salsa then stir in until it is all mixed then store in the cooler.
2. Season julienne with salt and avocado oil then toss and grill for 4-5 minutes until peppers are slightly charred then set aside.
3. Cook shrimp for 2 ½-3 minutes.
4. Arrange lettuce leaves on a plate and assemble peppers and shrimp on top then top with the salsa. Garnish with green onion and lime.



COCONUT SHRIMP WITH ROUMELADE

Serves: 4 **Prep Time:** 10 Minutes **Cook Time:** 4 Minutes **Total Time:** 15 Minutes

Ingredients

8-16/20 golden harvest coconut shrimp
2 red cherry tomatoes sliced in half for garnish
Lemon wedge for garnish

Roumelade Ingredients

1 ¼ cups mayonnaise
1/4 cup mustard (Creole mustard if possible)
1 Tbsp sweet paprika
1-2 teaspoons Cajun or Creole seasoning
2 teaspoons prepared horseradish
1 teaspoon pickle juice
(dill or sweet, your preference)
1 teaspoon hot sauce (preferably Tabasco)
1 large clove garlic, minced and minced

Combine all ingredients and store in a cool place.

Instructions

1. Preheat oil to 350° F and then proceed to prepare all ingredients for roumelade in a small bowl and refrigerate.
2. Cook coconut shrimp for 2-3 minutes then present with roumelade and garnish with sliced cherry tomato and lemon.



KRAB SLIDERS WITH CAJUN MAYO AND SEASONED FRENCH FRIES

Serves: 2 **Prep Time:** 10 Minutes **Cook Time:** 10 Minutes **Total Time:** 20 Minutes

Ingredients

2-3oz golden harvest krab croquette
4 artisan slider buns
4oz dill pickle chips
4 cherry tomato
8oz frozen seasoned French fries
4 slices American cheese
1 lemon sliced
4oz mayonnaise
1tsp Cajun seasoning

Instructions

1. Heat frying oil to 350° F then cook haddock for 5-6 minutes, then cook seasoned fries as directed on package or until crispy golden brown.
2. Heat griddle to medium high then toast slider buns.
3. Mix mayonnaise and Cajun seasoning.
4. Assemble croquettes on slider bun with cheese on top and Cajun mayonnaise on the cheese.
5. Serve with seasoned fries and garnish with lemon, sliced pickles and cherry tomato.



PANKO BREADED BUTTERFLY SHRIMP WITH HUSHPUPIES AND CAJUN DIPPING SAUCE

Serves: 1-6 **Prep Time:** 10 Minutes **Cook Time:** 10 Minutes **Total Time:** 20 Minutes

Ingredients

8 16/20 Golden Harvest Panko Breaded Butterfly Shrimp

Hushpuppies

1 cup yellow cornmeal
¼ cup all-purpose flour
1 ½ tsp baking powder
¼ tsp salt
1 egg, beaten
¾ cup buttermilk
½ cup chopped onion

First heat oil to 350° F. When the oil is ready drop the batter by spoonfuls into the oil. Fry until golden brown, about 2-3 minutes. Drain on paper towels. Keep warm in a 200° F oven until the shrimp are prepared.

Cajun Dipping Sauce

COMBINE THE FOLLOWING AHEAD OF TIME AND STORE IN THE COOLER:

1 cup sour cream
1 lemon, juiced
2 tsp honey
1 tsp cajun seasoning

Instructions

1. Set oil temperature to 350° F then fry shrimp 2 ½ to 3 ½ minutes.
2. Arrange cooked shrimp in a basket or platter along with the hush puppies and dipping sauce.
3. Garnish with lemon, apple wedges and parsley.



PANKO BREADED COD VERACRUZ WITH POLE BEANS AND RICE

Serves: 4 **Prep Time:** 10 Minutes **Cook Time:** 10 Minutes **Total Time:** 20 Minutes

Ingredients

8 2-3oz golden havest panko breaded cod
½ yellow onion thinly sliced
1 chili pepper thinly sliced
3 clove of garlic thinly sliced
2 bay leaves
½ tsp chopped oregano
1 cup fresh crushed tomato
¼ cup sliced green olives
1 tblsp capers
1 sliced lime for garnish
4 oz cherry tomato cut in half
30 pole beans
12 oz pkg of white ready rice

Instructions

1. Heat oil to 350° F.
2. In a frying pan on medium high heat add olive oil, onion, and chili then saute for 2-3 minutes or until onion sweats. Add garlic to pan and saute for one minute.
3. Add bay leaves, oregano, crushed tomato, green olives and capers then bring to a simmer.
4. Fry cod for 5-6 minutes meanwhile steam beans and season to taste.
5. Prepare ready rice as per package instructions and mound servings onto plate.
6. Place fish and beans on plate then cover rice with the Veracruz sauce.
7. Finish with sliced green onion and cherry tomato.



PANKO BREADED HADDOCK WITH GARLIC MASHED AND ROASTED ASPARAGUS

Serves: 4 **Prep Time:** 15 Minutes **Cook Time:** 30 Minutes **Total Time:** 45 Minutes

Ingredients

4 5-7oz panko breaded haddock fillets
Heat oil to 350° F and cook 5-6 minutes

Garlic Mashed Potatoes

8 potatoes, peeled and quartered
1/2 cup milk
1/4 cup butter, salt to taste
1 pinch ground white pepper
2 cloves garlic, minced
1 clove garlic thinly sliced and toasted garnish
1 lb asparagus spears (thick spears are best for roasting)
1-2 Tbsp olive oil
2 cloves garlic, minced
Kosher Salt
Freshly grated black pepper
Juice from 1 lemon

Instructions

1. Bring a large pot of water to boil; add potatoes, and boil until soft, about 20 to 25 minutes. Drain, and place in a large bowl. Combine potatoes with milk, butter, garlic, salt, and pepper. Mix with an electric mixer or potato masher to your desired consistency.
2. Preheat your oven to 400° F (205° C). Rinse the asparagus spears. If the ends are tough, break them off and either discard or save for stock.
3. Line a roasting pan with foil. Arrange the asparagus spears in a single layer on the lined roasting pan. Drizzle with olive oil and rub the spears all over with the olive oil to coat. Sprinkle with salt, pepper, and minced garlic, and rub over the asparagus spears to evenly distribute.
4. Roast at 400° F (205° C) for 10 minutes, more or less, depending on your particular oven and how thick the spears are, until the asparagus are just lightly browned and tender when you pierce them with a fork.
5. To serve, drizzle with fresh lemon juice or balsamic vinegar, and if you want, a sprinkling of grated Parmesan cheese (skip if cooking vegan).
6. Arrange all items on plate and garnish with lemon. Parsley garlic and cherry tomato.



PARMESAN DUSTED POPCORN SHRIMP AND SLICED JALAPENO TARTAR SAUCE

Serves: 4 **Prep Time:** 10 Minutes **Cook Time:** 5 Minutes **Total Time:** 15 Minutes

Ingredients

- 1 7.5oz pouch 51/60 pouch shrimp
- 2 fresh jalapeño cut into ¼ inch thick slices
- 2 tblsp grated parmesan cheese
- ¼ cup AP flour seasoned with salt and pepper
- 2 lemon wedge for garnish
- 1 tsp chopped dill plus two sprigs for garnish

Instructions

1. Heat oil to 350° F. Meanwhile, assemble ingredients for tartar sauce.
2. Combine all ingredients for tartar sauce and store in cooler. (this can be done one day in advance if needed).
3. Dredge sliced jalapeno into the flour mixture and fry at 350° F for 60 seconds. Then, remove and set aside on a paper towel.
4. Open bag of shrimp and fry at 350° F for 2 minutes 30 seconds or until done.
5. Mix jalapeno with cooked shrimp then toss with grated parmesan cheese then place in a basket with the tartar sauce on the side, garnish with lemon wedges and fresh dill.



TRADITIONAL BATTERED COD WITH HAND CUT FRENCH FRIES

Serves: 2 **Prep Time:** 15 Minutes **Cook Time:** 15 Minutes **Total Time:** 30 Minutes

Ingredients

4 2-3oz golden harvest battered cod
5 large Russet potatoes, peeled or well
scrubbed, if leaving leaving the skin on
1 quart peanut oil
Kosher salt
1 lemon cut into wedges
2 tblsp chopped fresh parsley

Instructions

1. Cut the potatoes lengthwise into 1/4-inch-thick slices, then cut each slice lengthwise into 1/4-inch-thick fries. Put the fries in a large bowl of cold water and refrigerate for at least 1 hour or up to 8 hours.
2. Heat the oil in a heavy-bottomed medium stockpot over medium heat, or in a tabletop deep fryer, to 325° F. Line a baking sheet with paper towels and set aside.
3. Drain the fries well and pat dry in batches with paper towels. Fry each batch, turning frequently, for 3 to 4 minutes or until the fries are a pale blond color and limp. Remove with a mesh skimmer to the baking sheet lined with paper towels. Increase heat of the oil to 350° F.
4. Fry the cod for 5 ½ to 6 ½ minutes then remove and place on a wire rack.
5. Increase the heat of the oil to 375° F.
6. Fry the potatoes again, in batches, turning frequently, until golden brown, 3 to 4 minutes. Remove with the skimmer and drain on clean paper towels. Season immediately with salt and serve hot.
7. Arrange on platter or basket with tartar sauce and lemon then garnish with parsley.

