



Baked Mushroom Tilapia

Yield: 4 Servings

Ingredients

1 onion, finely chopped
¼ cup parsley, chopped
1 cup mushrooms, sliced
3 tablespoons butter
1 ½ lbs. Tilapia Fillets (8) 4 oz. fillets
Salt and pepper
¼ cup dry white wine
¼ cup light cream
1 tablespoon flour
Paprika (dust)

Cooking Directions

Sauté onions, parsley and mushrooms in 3 tablespoons butter for 10 minutes or until onions are tender, stirring occasionally. Place 4 of the fillets flat in a greased 9 x 13 inch baking dish. Sprinkle with salt and pepper. Spread sautéed mushroom mixture evenly over dish. Top with remaining 4 fillets. Sprinkle lightly with salt and pepper. Pour wine over fish.

Bake uncovered, for 20 minutes at 350 degrees. Remove from oven and drain off pan liquid, reserve. Gradually stir cream into flour in a small pan. Blend in fish liquid. Cook, stirring constantly until thickened. Pour over fish. Bake for 5 minutes longer until fish flakes easily with a fork. Sprinkle with paprika and serve.



Broiled Salmon with Creamy Lemon Sauce

Yield: 4 Servings

Ingredients

- 1 tablespoon Two Brothers Extra Virgin Olive Oil
- 1 clove garlic, minced
- ¼ cup lemon juice
- 2 tablespoons capers (drained)
- 1 teaspoon lemon-pepper seasoning
- ½ cup fat-free sour cream
- 1 ½ lbs. Salmon Fillets

Cooking Directions

Preheat the oven to 350 degrees. Coat a baking sheet with cooking spray. Place the salmon on the prepared baking sheet. Bake for 20 minutes, or until the fish is just opaque. Meanwhile, heat the oil in a small saucepan over medium heat. Add garlic and cook for 1 minute. Reduce heat to low. Stir in lemon juice, capers, and lemon-pepper seasoning. Cook for 5 minutes. Add the sour cream and cook 5 minutes longer, or until heated through. Serve with the sauce.



Crispy Fish Tacos

Yield: 8 Servings

Ingredients

Peanut oil for frying
2 cups panko bread crumbs
3 eggs
Kosher salt and freshly ground black pepper
2 lbs. Halibut, Snapper, or other firm-flesh white fish
8 corn tortillas
½ head Napa cabbage, shredded

Pink Chili Mayo, *recipe on back*
Lime wedges, for garnish

Cooking Directions

To fry the fish: Fill a large heavy bottomed pan about one third full of peanut oil. Heat to 375 degrees. While the oil is heating, put the bread crumbs into a shallow dish. Break the eggs into another shallow dish, season with salt and pepper, and beat them with 2 tablespoons of water. Cut the fish into 1-inch wide strips. Dip them into the flour, then egg, then coat them well with the bread crumbs. Set aside and let them rest for 10 minutes. Cook the fish a few pieces at a time until golden brown and cooked through, about 3 to 5 minutes. Drain on paper towels.

To make the tacos: Heat a dry cast iron skillet over medium heat. Warm a corn tortilla in the pan until it softens, about 30 seconds.

Place a fish strip on it, top with some of the shredded cabbage, and a big dollop of Pink Chili Mayo. Squeeze on some lime juice, roll up, and eat.

Pink Chili Mayo:

1 ½ cups mayonnaise
1 ½ cups sour cream
2 chipotle peppers in adobo sauce (canned)
Juice of ½ lime
Kosher salt and freshly ground black pepper

Put the mayonnaise, sour cream, peppers, and lime juice in a blender and process to a puree. Refrigerate the mayo for ½ hour to let the flavors blend; taste and adjust seasoning with salt and pepper.



Easy Broiled Fish Fillets

Yield: 4 Servings

Ingredients

- 1 ½ lbs. Tilapia, Catfish, Sole, or Ocean Perch Fillets
- Salt and pepper
- 1 tablespoon Two Brothers Seasoning
- 4 tablespoons butter, melted
- Paprika

Cooking Directions

Preheat oven broiler. Wash fillets and pat dry. Sprinkle both sides with salt and pepper. Pour butter over top and sprinkle paprika and Two Brothers Seasoning on both sides. Broil 3 - 5 inches from heat for 6 - 8 minutes. Baste with butter to keep fish moist. Pour pan juices over fillets and serve.



Easy Baked Fish Fillets

Yield: 4 Servings

Ingredients

- 1 ½ lbs. Tilapia, Catfish, Sole, or Ocean Perch Fillets
- 6 tablespoons butter
- 2 tablespoons lemon juice
- ½ teaspoon salt
- 1 tablespoon Two Brothers Seasoning
- 3 scallions or 1 medium onion, chopped
- 3 tablespoons fresh parsley

Cooking Directions

Preheat oven to 350 degrees. Wash fillets, pat dry and set aside. Melt butter and sauté onions before adding remaining ingredients. Pour half the sauce into a shallow baking dish. Place fillets in dish and pour remaining sauce on top. Bake 15 - 20 minutes.



Tilapia Simmered in Wine

Yield: 4 Servings

Ingredients

- 1 ½ lbs. Tilapia Fillets
- Salt and pepper
- 1 tablespoon Two Brothers Seasoning
- 2 tablespoons butter
- 1 tablespoon Two Brothers Extra Virgin Olive Oil
- ½ cup dry white wine
- 1 tablespoon honey mustard
- 1 tablespoon lemon juice
- 2 tablespoons heavy cream

Cooking Directions

Wash fillets, pat dry and set aside. Season both sides of fish with salt, pepper and Two Brothers Seasoning. In a sauté pan, lightly brown fillets in butter and Two Brothers Extra Virgin Olive Oil. Add wine and simmer covered for 5 minutes. Combine the mustard, lemon juice and heavy cream in a separate bowl. Remove the fillets from the pan. Pour mustard mixture into the pan and bring to a boil. Pour the finished sauce over fillets and serve.



Baked Cod with Cheese

Yield: 4 Servings

Ingredients

- 1 ½ lbs. Cod Fillets
- Salt and pepper
- 2 teaspoons Two Brothers Seasoning
- ½ cup grated Swiss or Gruyere cheese
- 1 cup sour cream

Cooking Directions

Preheat oven to 350 degrees. Wash fillets, pat dry and set aside. Season both sides of fish with salt, pepper and Two Brothers Seasoning. Place in greased shallow baking dish. Sprinkle cheese on top and cover with sour cream. Bake 25 minutes. Cover with sour cream then sprinkle with cheese.



Broiled Swordfish

Yield: 4 Servings

Ingredients

1 ½ lbs. Swordfish Steaks
Salt and pepper
4 tablespoons butter
4 tablespoons mayonnaise
1 ½ teaspoons soy sauce
Lemon wedges

Cooking Directions

Preheat broiler. Wash steaks and pat dry. Sprinkle with salt and pepper and place on greased broiler pan. In a separate bowl, blend melted butter, mayonnaise and soy sauce. Broil swordfish about 3 – 5 inches from heat for approximately 4 minutes per side. Remove from broiler, place steaks on individual plates and top each steak with mayonnaise mixture. Serve with lemon wedges.



Baked Halibut

Yield: 4 Servings

Ingredients

- 1 ½ lbs Halibut Fillets or Halibut Steaks
- Salt and pepper
- 4 tablespoons butter
- 1 tablespoon Worcestershire sauce
- 2 scallions with green tops, chopped
- 2 tablespoons fresh parsley, chopped

Cooking Directions

Preheat oven to 375 degrees. Wash Halibut and pat dry. Season both sides of fish with salt and pepper. Place in greased shallow baking dish. Melt butter with Worcestershire sauce and pour over fish. Bake 25 minutes. Sprinkle with scallions and parsley after removing from the oven.



Broiled Lobster

Yield: 4 Servings

Ingredients

4 live Lobsters, 1 – 2 lbs. each
¼ lb. butter, melted
Lemon wedges

Cooking Directions

Wash lobsters under cold water. Bring large kettle of water to a boil. Plunge lobsters head first into boiling water for 2 - 3 minutes. Remove from water. Cut the under side of lobster from head to tail. Place lobsters on broiler pan and broil about 5 inches from heat for 15 minutes. Serve with hot melted butter for dipping and lemon wedges. Include claw crackers for the claw meat.

Note: can use same preparations for lobster tails.



Grilled Fish with Lemon Sauce

Yield: 6-8 Servings

Ingredients

¼ cup Two Brothers Extra Virgin Olive Oil
2 tablespoons rosemary, chopped
¼ teaspoon white pepper
4 firm-flesh, White Fish Fillets (4 ounces each)
Vegetable spray
2 lemons thinly sliced
Lemon Sauce (*recipe on back*)

Cooking Directions

Combine olive oil with rosemary and pepper. Place fillets in a shallow glass dish and pour olive oil mixture over fish. Turn fish to coat well. Marinate for 20 minutes.

Spray the inside of a fish-grilling wire basket with non-stick cooking spray. Arrange fish fillets in basket, brushing with any remaining marinade from the glass dish. Cover one side of the fillets with the lemon slices. Close the basket and secure the handle.

Place the basket on the grill with the lemon slices side down and grill over hot coals or high heat for about 5 minutes, turn and grill for another 4 to 5 minutes on the second side (depending on size and thickness). Serve at once with Lemon Sauce.

Lemon Sauce:

1 clove garlic, finely minced
2 lemons, juiced
¼ teaspoon white pepper
1 teaspoon Dijon mustard
2 teaspoons grated lemon peel (zest)
1/3 cup Two Brothers Extra Virgin Olive Oil

In the bowl of a food processor or blender, combine garlic, lemon juice, pepper, mustard and zest by pulsing.

With the motor running, add the olive oil in a slow steady stream and process until thickened.

Serve over the grilled fish fillets.



Mediterranean Orange Roughy

Yield: 6 Servings

Ingredients

- 3 lbs. Orange Roughy Fillets
- 1 cup Divina roasted tomatoes
- ¼ cup pitted olives (green or black)
- 5 cloves garlic (whole cloves)
- 1 lemon
- 2 tablespoons Two Brothers Extra Virgin Olive Oil
- Salt and pepper

Cooking Directions

Tear off a large sheet of aluminum foil and place it on a baking sheet. Place the fillets in the center and sprinkle with salt and pepper. Cut the lemon in half and squeeze one half over the fillets. Place the tomatoes, garlic and olives over the top. Sprinkle with the Two Brothers Extra Virgin Olive Oil. Fold up the foil to make a completely sealed pouch. Bake in a 350 degree oven for about 35 minutes. Remove the pan from the oven and slide the pouch onto a serving platter. Remove the foil and place fish on platter. Cut the other lemon half into wedges to garnish each plate.



Pan Seared Pecan Trout

Yield: 4 Servings

Ingredients

- 3 scallions, chopped
- 3 tablespoons Two Brothers Teriyaki Sauce
- 1 large clove garlic, minced
- 1 teaspoon fresh ginger, finely chopped
- 4 Trout Fillets (4 ounces each)
- $\frac{3}{4}$ cup pecans, finely ground
- $\frac{1}{2}$ cup whole grain cereal flakes, coarsely crushed
- $\frac{1}{4}$ cup pecans, toasted and chopped
- 1 teaspoon Two Brothers Seasoning
- 2 tablespoons fresh basil, chopped

Cooking Directions

In a 9" x 9" glass baking dish, combine the scallions, teriyaki sauce, garlic, and ginger. Place the Trout in the marinade and turn to coat both sides. Cover and refrigerate for 1 to 2 hours. In a pie plate, combine the ground pecans, cereal flakes, toasted pecans, and seasoning. Remove the Trout from the marinade. Discard the marinade. Press each fillet into the mixture to coat all sides. Heat a large nonstick skillet coated with cooking spray over medium-high heat. Add the trout and cook for 3 minutes, or until golden brown on the bottom. Mist the top of the fillets with cooking spray, then turn and cook for 3 minutes more or until the Trout flakes easily. Sprinkle with basil.



Salmon with Dijon Dill Sauce

Yield: 4 Servings

Ingredients

- (4) 6-ounce Salmon Fillets, skin removed
- ½ teaspoon Kosher salt
- 1 tablespoon Two Brothers Extra Virgin Olive Oil
- 3 tablespoons unsalted butter
- 1 small shallot, finely chopped
- ½ cup white wine
- 1 tablespoon Dijon mustard
- 2 tablespoons fresh dill, chopped
- ½ teaspoon Two Brothers Seasoning

Cooking Directions

Set broiler on high. Place the Salmon on a foil-lined broiler pan, season fish with ¼ teaspoon of salt. Broil until the salmon is the same color throughout and flakes easily, 7 to 10 minutes, depending on thickness. In medium saucepan, over medium heat, add olive oil and 1 tablespoon butter until mixture melts. Add shallot, cook until softened, about 1 minute. Add wine and cook about 3 minutes. Reduce to low heat and whisk in mustard, dill, seasoning and remaining salt. Remove from heat. Add remaining butter to the sauce and whisk until incorporated. Place Salmon on individual plates, spoon the sauce over the top and sprinkle with dill.



Sea Scallops with Teriyaki Glaze

Yield: 4 Servings

Ingredients

- 1 lb. Sea Scallops
- Salt and pepper
- 1 tablespoon Two Brothers Extra Virgin Olive Oil
- ½ cup soy sauce
- 2 tablespoons ginger, minced
- 1 teaspoon garlic, minced
- ½ cup honey
- 3 tablespoons Two Brothers Teriyaki Sauce
- 2 tablespoons green onions, minced

Cooking Directions

Peel off the muscle on the side of the scallop and discard. Slice in half, crosswise to make 2 round pieces from each scallop. Season with salt and pepper. Heat a large sauté pan over medium-high heat. When the pan is hot, add the oil and sear the scallops for 15 to 30 seconds on each side. Remove from the pan and set aside. Pour any excess oil out of the pan and discard. Carefully deglaze with soy sauce while the pan is off the heat. Return the pan to the heat. Add the ginger, garlic, honey and Two Brothers Teriyaki Sauce. Bring to a boil, lower to a simmer and cook until thickened. Add the scallops back to the pan and toss to coat and heat through. Remove from the heat and add the green onions.



Shrimp Scampi with Linguini

Yield: 4 Servings

Ingredients

- 1 lb. linguini
- 4 tablespoons butter
- 4 tablespoons Two Brothers Extra Virgin Olive Oil
(plus extra olive oil for drizzling)
- 2 shallots, finely diced
- 2 cloves garlic, minced
- Pinch red pepper flakes, optional
- 1 lb. Shrimp, peeled and deveined
- Kosher salt and freshly ground black pepper
- ½ cup dry white wine
- Juice of 1 lemon
- ¼ cup parsley leaves, finely chopped

Cooking Directions

For the pasta, put a large pot of water on the stove to boil. Cook the linguini in salted water. Drain and cool under cold water.

Meanwhile, in a large skillet, melt 2 tablespoons butter in 2 tablespoons olive oil over medium-high heat. Sauté the shallots, garlic and red pepper flakes (if using) until the shallots are translucent, about 3 to 4 minutes. Season the shrimp with salt and pepper; add them to the pan and cook until they have turned pink, about 2 to 3 minutes. Remove the shrimp from the pan; set aside and keep warm.

Add wine and lemon juice and bring to a boil. Add 2 tablespoons butter and 2 tablespoons oil. When the butter has melted, return the shrimp to the pan along with the parsley and cooked pasta. Stir well and season with salt and pepper. Drizzle over a bit more olive oil and serve immediately.



Spicy Garlic Rosemary Shrimp

Yield: 4 Servings

Ingredients

- 1 lb. raw Shrimp, peeled and deveined
- 2 tablespoons Two Brothers Extra Virgin Olive Oil
- 2 cloves garlic, thinly sliced
- 1 tablespoon fresh rosemary leaves, minced
- 1 teaspoon hot red pepper flakes
- Salt and Two Brothers Seasoning
- Lemon juice

Cooking Directions

In a large skillet, add olive oil and garlic slices and cook over moderate heat until golden. Add rosemary, pepper flakes, and shrimp. Stir until just cooked through, about 3 minutes. Season with salt and Two Brothers Seasoning, to taste, and transfer to serving dish. Squeeze some lemon juice over shrimp.



Steamed Mussels

Yield: 6 Servings

Ingredients

- 2 lbs. Mussels (cleaned)
- 1 tablespoon minced garlic
- 1 cup white wine
- ½ cup fresh parsley, chopped

Cooking Directions

In a large sauce pot add the mussels, garlic and wine. Place a lid on it and bring to a boil. Cook for about 4 minutes. Add the chopped parsley, mix together well and serve when all the mussels have opened up. Serve with crusty bread.



Trout with Pecans, Lemon, and Parsley Butter

Yield: 6-8 Servings

Ingredients

- 2 lemons
- 1 ½ cups pecans, finely chopped
- 1 ½ cups Italian-seasoned bread crumbs
- ¾ cup fresh parsley, chopped
- (6) 10-ounce whole Trout Fillets
- 6 teaspoons Two Brothers Seasoning
- ½ cup peanut oil
- 1 cup unsalted butter

Cooking Directions

Zest and juice lemons, reserving the zest and the juice. Set aside. Combine 1 ½ cups of pecans, bread crumbs and ¼ cup parsley on a large plate. Season each Trout Fillet with a teaspoon of Two Brothers Seasoning. Working with each individual trout fillet, press the outside of the trout into pecan mixture to coat.

Preheat oven to 375 degrees. Generously grease a baking sheet. Set aside. Heat 3 tablespoons of oil in a large sauté pan. When very hot but not smoking, add 6 Trout Fillets and sear to set the crust. Turn and sear the other side. Using a spatula transfer the trout to the prepared baking sheet.

Place the baking sheet in oven and bake for about 7 minutes or until cooked through. While the Trout is baking, melt the butter until foamy in a nonstick sauté pan. Immediately add lemon juice and salt and pepper to taste. While the butter is still foaming, add the remaining pecans and parsley. Do not allow the butter to burn or it will be unusable. Pour the lemon-pecan-butter over the top of the Trout Fillets.



Tuna with Mustard Seed Crust

Yield: 4 Servings

Ingredients

2 1-lb. sushi-quality Tuna Steaks
½ cup yellow mustard seeds
1 teaspoon coarse salt
½ teaspoon freshly ground pepper
3 tablespoons Two Brothers Extra Virgin Olive Oil
and more if needed for cooking
½ to 1 teaspoon wasabi powder

Cooking Directions

Slice the tuna into 1 ½ inch thick logs. Grind the mustard seeds to a coarse powder in a spice grinder or mortar and pestle. Combine seeds with salt, pepper and wasabi spread out on a plate. Dredge each piece of Tuna in the spice, press to adhere. Heat oil until it feels hot then sear the tuna pieces 1 minute per side or until you like the amount of pink in the center. Use sharp knife and slice into thin slices, arrange on a plate. Can be served hot or cold.



Manhattan Clam Chowder

Yield: 6 Servings

Ingredients

- 5 slices bacon
- 1 cup onions, chopped
- 1 cup celery, chopped
- ¼ cup green pepper, finely chopped
- 1 quart (4 cups) clam juice
- 2 cups diced, peeled potatoes
- 1 cup carrots, diced
- 1 tablespoon chopped fresh parsley
- Salt and pepper
- ¼ teaspoon thyme leaves, crushed
- 1 ½ lbs. canned Clams, chopped
- 16 oz. can (2 cups) tomatoes, undrained, cut up
- 1 bay leaf

Cooking Directions

In large saucepan, cook bacon until crisp. Remove bacon from saucepan; drain; reserving 2 tablespoons drippings in saucepan. Crumble bacon; set aside. Saute onions, celery and green pepper in reserved drippings until tender. Add clam juice, potatoes, carrots, parsley, salt, thyme, pepper, tomatoes and bay leaf. Bring to a boil. Reduce heat; cover and simmer 25 to 35 minutes or until vegetables are tender. Remove bay leaf. Stir in clams. Heat gently another 10 minutes, stirring frequently. Do not boil. Garnish each serving with crumbled bacon.



New England Clam Chowder

Yield: 6 Servings

Ingredients

- 12 tablespoons butter, divided
- 2 cups each - yellow onions, celery, carrots, chopped
- 6 slices bacon
- 4 cups medium boiling potatoes, peeled and diced
- 1 ½ teaspoon fresh parsley and thyme
- 1 teaspoon Kosher salt and black pepper
- 1 quart (4 cups) clam juice
- ½ cup all-purpose flour
- 2 cups whole milk
- 1 ½ lbs. canned Clams, chopped

Cooking Directions

In large saucepan, cook bacon until crisp. Remove bacon from saucepan; drain; reserving 2 tablespoons drippings in saucepan. Crumble bacon; set aside. In large stockpot, melt 4 tablespoons (½ stick) butter. Add onions and cook over low heat until translucent. Add the celery and carrots, potatoes, parsley, thyme, salt and pepper and sauté for 10 more minutes. Add clam juice, bring to a boil and simmer, uncovered until the vegetables are tender, about 20 minutes. In a separate pot, melt the remaining 8 tablespoons of butter and whisk in the flour. Cook over very low heat for 3 minutes, stirring constantly. Whisk in a cup of the hot broth and then pour this mixture back into the cooked vegetables. Simmer for a few minutes until the broth is thickened. Add the milk and clams and heat gently for a few minutes to cook the clams. Season with salt and pepper to taste.



Delicious Scallops

Yield: 4 Servings

Ingredients

1 ½ lbs. Sea Scallops
4 tablespoons butter
1 tablespoon lemon juice
Paprika
Parsley, chopped
Lemon wedges
Bacon (optional)

Cooking Directions

Preheat broiler. Wash scallops and boil in 1 quart salted water for 3 minutes. Drain and place in shallow baking pan. Melt butter with lemon juice and pour over scallops. Sprinkle with paprika and broil 5 minutes about 5 inches from heat. Sprinkle with paprika and parsley, serve with lemon wedges. Optional – cut bacon strips in half lengthwise and wrap around par-boiled scallops. Secure with toothpick and broil for 5 minutes. Sprinkle with parsley and serve with lemon wedges.