

• Renzi Lenten Recipes 2017 •

click on an image below to view the recipe

Clam Roll

Linguini
with Clams

Stuffed Calamari

Salmon with Pesto

Searred Scallops
in Grapefruit
Beurre Blanc

Coconut Shrimp

Eggplant
Parmesan Stack

Panzanella with
Eggplant

Crab Cake Salad
with Herbs

Green Gazpacho
with Crab

Wild Mushroom
Risotto

Calamari with
Banana Peppers
and Lemon Aioli

Clam Chowder
New England Style

Moules Marinieres

Broiled Stuffed
Lobster

Salmon with
Horseradish Crust

Trout Amandine

Mushroom Ragout
over Soft Polenta

Stuffed Shells
with Pink Sauce

Italian Seafood
Salad

Clam Roll

Ingredients

- 43203 • 4 oz Sea Watch Clams
- 10351 • 1 Rotella's Hot Dog Roll
- 29001 • 1 oz Butter, softened
- 88130 • 1 oz Taylor Farms Shredded Lettuce
- 56007 • 2 oz Ken's Remoulade

Instructions

Fry clams. Butter hot dog bun and griddle until golden brown. Fill bun with clams, shredded lettuce and top with remoulade.

Linguini with Clams

Ingredients

- 30072 • 2 fl oz Olivari Olive Oil
- 88121 • 5 Cloves of Fresh Garlic, minced
- 88823 • 1 oz Fresh Shallot, minced
- 44102 • .5# PanaPesca Clams in Shell
- 43153 • 5 oz Sea Watch Chopped Clams
- 43152 • 4 oz Sea Watch Clam Juice
- 70020 • .5# Lilly's Linguini, cooked
- 88052 • 1 Fresh Lemon, juiced
- 29001 • .25# Unsalted Butter
- 92274 • Kosher Salt, to taste
- 68251 • Durkee Black Pepper, to taste
- 88599 • 1/2 cup Chopped Fresh Parsley
- 4 fl oz Dry White Wine

Instructions

Sauté the garlic and shallot in olive oil until fragrant. Add white wine, clam juice and clams in shells. When the clams begin to open add chopped clams, lemon, butter and season with salt and pepper. Continue to stir until the butter has incorporated in the sauce. Pour this mixture over the linguini and top with parsley.

Stuffed Calamari

Ingredients

- 30072 • 2 oz Olivari Extra Virgin Olive Oil
- 88253 • 1 Onion, small dice
- 88255 • 2 Fennel Bulb, small dice
- 88255 • 1 oz Fennel Fronds, chopped
- 10841 • 4 Roland Anchovy Filets, chopped
- 88121 • 4 Cloves of Garlic, minced
- 68238 • .5 oz Durkee Oregano
- 68266 • Durkee Crushed Red Pepper, pinch
- 88052 • 1 Lemon, juiced & zested
- 28406 • 1 cup Plain Bread Crumbs
- 25187 • 2 oz Great Lakes Grated Romano Cheese
- 88175 • 12 oz Escarole, blanched
- 92274 • Kosher Salt, to taste
- 68251 • Durkee Black Pepper, to taste
- 44103 • 1.5# PanaPesca Cleaned Tubes & Tentacles
- 88599 • 1 oz Parsley, chopped

Instructions

Preheat oven to 375 degrees. Sauté onion and fennel bulb in extra virgin olive oil until soft. Add anchovy, garlic, oregano, crushed red pepper and lemon zest and juice, sauté for another two minutes. Remove from heat and add bread crumbs, romano cheese and reserved escarole. Season with salt and pepper.

Fill calamari tubes with escarole mixture until cavity is half full. Seal with a toothpick or skewer. Place stuffed squid in a baking dish with tentacles, drizzle olive oil to coat and season with salt and pepper. Bake for 20 minutes, until calamari is puffed up and sizzling. If necessary run pan under broiler to obtain color. Top with parsley and fennel fronds, serve immediately or at room temperature. Serve with lemon wedges.

Salmon with Pesto

Ingredients

42009 • 4 Icelandic Salmon Filets

92274 • Kosher Salt, to taste

68251 • Durkee Black Pepper, to taste

30072 • 2 oz Olivari Extra Virgin Olive Oil

80072 • 4 oz Carla's Basil Pesto, divided

88052 • 1 Lemon, juiced

Instructions

Preheat oven to 350 degrees. Season the fish with salt and pepper. Heat olive oil in a sauté pan and place skin side down. Sear skin for about 2 minutes. Transfer pan into oven. Remove pan when fish is just cooked through. Top with lemon juice and pesto.

Seared Scallops in Grapefruit Beurre Blanc

Ingredients

88823 • 1 Shallot, minced

56100 • 4 fl oz White Vinegar

88062 • 4 fl oz Fresh Grapefruit Juice

88052 • 4 fl oz Fresh Lemon Juice

29001 • .5# Unsalted Butter, cold cubed

70894 • 1 tablespoon Heavy Cream

92274 • Kosher Salt, to taste

68288 • Durkee White Pepper, to taste

44029 • 12 Eastern Fisheries Dry Sea Scallops

30072 • 2 oz Olivari Extra Virgin Olive Oil

88410 • 1 oz Chives, cut to one inch

8 fl oz Dry White Wine

Instructions

Make the beurre blanc; boil shallot, wine, vinegar, grapefruit and lemon juice in a pan. Boil until liquid is syrupy and reduced to 2 tablespoons. Add cream, salt, pepper and bring to a boil. Reduce heat and add a few cubes of butter at a time whisking constantly until completely incorporated in sauce. Heat sauté pan with olive oil. Dry scallops and season with salt and pepper. Sear scallops. Plate sauce and add scallops to plate. Garnish with chives.

Coconut Shrimp

Ingredients

- 91549 • 6 oz Panko
- 10230 • 8 oz Shredded Coconut
- 92274 • Kosher Salt, to taste
- 68251 • Durkee Black Pepper, to taste
- 88055 • 2 tsp Lime Zest
- 28006 • 2 Egg, beaten
- 10865 • 6 oz Flour
- 44223 • 1# Shrimp 13/15 Tail On
- 67138 • 4 oz/serving Sweet Baby Ray's Sweet Chili Sauce

Instructions

Set up a standard breading procedure. Mix panko, shredded coconut, lime zest, salt and pepper in a bowl, eggs in another bowl and flour in the third bowl.

Dip the shrimp in flour then egg and then coconut mixture. Fry the shrimp until just cooked through. Serve with sweet red chili sauce.

Eggplant Parmesan Stack

Ingredients

- 35212 • 3 Dominex Eggplant Rounds, battered
- 56977 • 3 fl oz Angela Mia Pasta Sauce, divided
- 80072 • 1 fl oz Carla's Basil Pesto
- 25640 • 2 oz Fresh Mozzarella, sliced
- 88229 • Basil, chiffonade for ganish

Instructions

Fry eggplant. Arrange the stack in this order eggplant, mozzarella, sauce, eggplant, pesto, mozzarella, sauce, eggplant, sauce, mozzarella.

Bake the stack until cheese melts and bubbles. Garnish with chiffonade of basil.

Panzanella with Eggplant

Ingredients

- 35212 • 6 Dominex Eggplant Rounds, battered
- 37144 • 1/2 Rich's Baguette (or any leftover crusty bread), torn or chopped, large dice
- 88205 • 2 5x6 Tomatoes, large dice
- 88115 • 1 Cucumber, large dice
- 88429 • 1 Red Pepper, large dice
- 88161 • 1 Red Onion, large dice
- 88229 • 4 oz Basil, chopped
- 88599 • 4 oz Parsley, chopped
- 78207 • 2 oz Capers, drained
- 10997 • 5 oz Marie's White Balsamic Shallot Dressing, plus more to taste
- 92274 • Kosher Salt, to taste
- 68251 • Durkee Black Pepper, to taste

Instructions

Fry eggplant and cut into large dice. Combine eggplant, crusty bread, tomatoes, cucumber, onion, red pepper, red onion, basil, parsley, capers and dressing. Amount of dressing will depend on how dry the bread is, add more if necessary. Season with salt and pepper to taste.

Crab Cake Salad with Herbs

Ingredients

- 39189 • 2 High Liner Crab Cakes per serving
- 78458 • 2 oz Ken's Balsamic Vinaigrette
- 88081 • 1/2 head Boston Lettuce
- 88212 • 2 oz Grape Tomatoes, halved
- 88464 • 1/2 oz Dill, chopped
- 88599 • 1/2 oz Parsley, chopped
- 88163 • 1 Scallion, thinly sliced

Instructions

Fry the crab cakes until heated through. Dress the greens and herbs with balsamic and arrange on plate. Top with the crab cakes and tomatoes.

Green Gazpacho with Crab

Ingredients

- 56100 • 2 fl oz White Vinegar
- 88055 • 1 fl oz Lime Juice
- 25399 • 12 fl oz Greek Yogurt, divided
- 30072 • 4 fl oz Olivari Olive Oil, plus more for drizzling
- 51129 • 4 oz Bakery de France Crusty Bread
- 88115 • 1 Cucumber, seeds removed, large dice
- 88168 • 1 Green Pepper, large dice
- 88300 • 12 oz Tomatillos, husked and quartered
- 88163 • 4 Scallions, large dice
- 88761 • 2 Jalapeños, seeds removed, large dice
- 65119 • .25 oz per portion Crab Meat
- 92274 • Kosher Salt, to taste
- 68251 • Durkee Black Pepper, to taste

Instructions

Whisk vinegar, lime juice, 8 fl oz yogurt and 4 fl oz oil until smooth. Add bread, cucumber, bellpepper, tomatillos, scallions, jalapenos, garlic and salt, toss to coat. Chill for a minimum of 4 hours.

Working in batches puree bread and vegetable mixture until very smooth. Season each batch and combine. Whisk remaining yogurt with water until yogurt is the consistency of heavy cream. Mix crab with salt, pepper and lime juice. To serve the soup top with the yogurt mixture, crab and salt and pepper.

Wild Mushroom Risotto

Ingredients

57721 • 32 fl oz Major's Chicken Stock

88524 • 1# Mushrooms

30072 • 3 fl oz Olivari Olive Oil

88823 • 4 oz Shallots

92073 • 8 oz Roland Arborio Rice

4 fl oz Dry White Wine

29001 • 4 oz Butter Unsalted, cubed

25186 • 4 oz Great Lakes Parmesan Cheese

88599 • 4 oz Parsley, chopped

30027 • 1 fl oz Roland Truffle Oil, divided

92274 • Kosher Salt, to taste

68251 • Durkee Black Pepper, to taste

Instructions

Mix chicken base according to directions. Keep chicken stock at a simmer. Remove stems from wild mushroom mix and chop caps and stems into a large dice.

Heat olive oil in large sauté pan add mushroom caps cook until mushroom have gained some color and are softened. Transfer mushrooms to a bowl. Add olive oil to pan and gently sauté shallots and stems until shallots are translucent. Add rice and toast for about 5 minutes. Add wine and stir until all of liquid is absorbed. Continue this with the stock adding about 8 fl oz in each addition and cooking until all of liquid has been absorbed.

Once rice is cooked through fold in the butter, mushrooms, parsley and parmesan cheese. Season with salt and pepper. Divide into serving bowls and top with truffle oil and more parmesan cheese.

Calamari with Banana Peppers and Lemon Aioli

Ingredients

- 42264 • 8 oz Tampa Maid Calamari Rings & Tents
- 61034 • 3 oz Gielow Banana Pepper Rings
- 25186 • 1 oz Great Lakes Parmesan Cheese
- 56002 • 4 oz Ken's Mayonnaise
- 88052 • ½ Lemon, zested and juiced
- 56102 • 1 tsp French's Dijon Mustard
- 88121 • ½ clove Garlic, mashed
- 92274 • Kosher Salt, to taste
- 68251 • Durkee Black Pepper, to taste

Instructions

Make the lemon aioli, mix mayo, lemon juice, lemon zest, Dijon, garlic salt and pepper. Fry the calamari. Once cooked toss with parmesan cheese and banana peppers. Serve with lemon aioli.

Clam Chowder New England Style

Ingredients

- 57706 • 64 fl oz Major's Clam Base
- 18099 • 6 oz Farmland Bacon, med. diced (opt.)
- 29001 • 4 oz Butter, unsalted
- 88153 • 8 oz Onions, small diced
- 88105 • 4 oz Celery, small diced
- 10865 • 4 oz Flour
- 88089 • 12 oz Russet Potatoes, peeled, small diced
- 70894 • 32 fl oz Heavy Cream, hot
- 67120 • ½ fl oz Sweet Baby Ray's Hot Sauce, or as needed
- 75181 • ½ fl oz Worcestershire Sauce, or as needed
- 43153 • 2# Sea Watch Chopped Clams
- 92274 • Kosher Salt, to taste
- 68288 • Durkee White Pepper, to taste

Instructions

In a large stock pot render the bacon fat, if using and sauté onions and celery until translucent. Add the flour and cook to a blonde roux. Gradually add the clam base to the roux until completely combined. Simmer for 30 minutes. Add the potatoes and simmer until tender. Add heavy cream, hot sauce, Worcestershire, clams and season with salt and pepper.

Moules Marinieres

Ingredients

- 44095 • 2# PanaPesca Mussels
- 88218 • 1 Leek, white and light green parts thinly sliced
- 88823 • 1 Shallot, thinly sliced
- 88121 • 4 cloves of Garlic, thinly sliced
- 29001 • 4 oz Butter, unsalted
- 56002 • 2 oz Ken's Mayonnaise
- 88599 • ½ oz Parsley, chopped
- 88052 • 1 Lemon, zested and juiced
- 92274 • Kosher Salt, to taste
- 68251 • Durkee Black Pepper, to taste
- 51129 • Bakery de France Ciabatta Bread, toasted or grilled
- 8 fl oz White Wine

Instructions

Sautee leeks, shallots and garlic in 2 oz melted butter, season with salt and pepper cook until soft but not brown. Increase the heat to high and add the wine. Bring to a boil and reduce by half. Add mussels and cover pan but continue to shake pan to move mussels around. Once all mussels have opened transfer to bowl with lid to keep warm. Add remaining butter, mayonnaise and whisk to combine. Return mussels to pan and add lemon juice, zest and parsley. Stir to combine. Serve with grilled crusty bread.

Broiled Stuffed Lobster

Ingredients

- 39073 • 10 - 1.5# Lobsters
- 29001 • 3.5 oz plus 2 oz Melted Butter, Unsalted
- 88153 • 10 oz Onions, minced
- 88108 • 5 oz Celery, minced
- 88429 • 4 oz Red Pepper, minced
- 88168 • 4 oz Green Peppers, minced
- 28406 • 1 ¼ oz Bread Crumbs
- 92274 • Kosher Salt, to taste
- 68251 • Durkee Black Pepper, to taste
- 1.5 fl oz Dry Sherry

Instructions

Bring a large pot of salted water to a boil. Add the lobsters and parboil for 7 minutes. Allow the lobsters to cool slightly. Detach the claws from the bodies. Remove the meat, dice and reserve. Split the bodies remove coral and tomalley (add to the stuffing, optional).

Sauté onions, celery and peppers in butter until soft but not brown. Add coral and tomalley if using. Add diced lobster meat, bread crumbs and sherry. Adjust seasoning with salt and pepper. Spoon mixture into the body cavity of each lobster, do not put stuffing over the tail meat. Brush lobster and stuffing with melted butter. Place lobsters shell side down under the broiler until stuffing begins to crisp and brown.

Salmon with Horseradish Crust

Ingredients

- 44054 • 10 - 6 oz Salmon Fillets
- 88055 • 2 fl oz Lime Juice
- 88823 • 2 tsp Shallots, minced
- 88121 • 2 tsp Garlic, minced
- 92274 • Kosher Salt, to taste
- 68251 • Durkee Black Pepper, to taste

Horseradish Crust

- 88823 • 2 tsp Shallots, minced
- 88121 • ½ tsp Garlic, minced
- 29001 • 3 oz Butter
- 28406 • 8 oz Bread Crumbs
- 68161 • 5 oz Horseradish
- 88478 • 2 oz Parsley, chopped

Instructions

Preheat oven to 350°F. Rub the salmon fillets with lime juice, shallots, garlic, salt and pepper. Prepare the crumb mixture by sautéing shallots and garlic in butter until aromatic. Combine the garlic, shallots, bread crumbs, horseradish and parsley in food processor and process to a fine consistency. Portion one ounce of crust on each fillet. Bake until desired temperature and crust is golden.

Trout Amandine

Ingredients

- 36230 • 10 - 8 oz Trout fillets
- 78101 • 8 oz Milk, or as needed
- 10865 • 3 oz Flour, or as needed
- 30072 • 4 fl oz Olivari Extra Virgin Olive Oil
- 29001 • 10 oz Butter, Unsalted
- 10795 • 5 oz Azar Sliced Almonds
- 88052 • 5 fl oz Lemon Juice
- 88478 • 2 oz Parsley, chopped
- 92274 • Kosher Salt, to taste
- 68251 • Durkee Black Pepper, to taste

Instructions

Dry fillets off and dip in milk then dredge in seasoned flour, shake off any excess. Heat oil in sauté pan and sauté the trout for 2-3 minutes on each side, remove from pan and keep warm. Degrease pan and add whole butter. Heat the butter until lightly browned add the almonds and stir to coat evenly with the butter. Add the lemon juice and parsley. Serve the trout with sauce over the top.

Mushroom Ragout over Soft Polenta

Ingredients

92082 • 1 Cup Roland Fine Cornmeal

40 fl oz Water

29001 • 2 oz Butter, unsalted

92274 • Kosher Salt, to taste

68251 • Durkee Black Pepper, to taste

25186 • 8 oz Great Lakes Parmesan Cheese, grated

35251 • 30 oz Carla's Wild Mushroom Pesto, divided

88229 • 2 oz Basil, chiffonade

Instructions

Bring water to a boil, pour polenta in a steady stream into the water while whisking gently. Turn the heat down to low. Continue to cook polenta for 5 minutes. Stir in butter, cheese and season with salt and pepper. Heat mushroom pesto. Serve soft polenta under mushroom pesto and top with basil.

Stuffed Shells with Pink Sauce

Ingredients

35252 • 20 Carla's Stuffed Shells

25338 • 4 oz Cucina Andolina Parmesan Cheese, shaved

36425 • 20 fl oz Angela Mia Alfredo Sauce

56977 • 10 fl oz Angela Mia Pasta Sauce

45237 • 8 oz Peas

Instructions

Boil large pot of water. Mix alfredo sauce with pasta sauce and heat through. Boil the ravioli according to package instructions. Top with pink sauce, peas and shaved parmesan.

Italian Seafood Salad

Ingredients

- 44084 • .5# Fresh Scallops
- 88052 • 2 tsp Lemon Zest
- 88052 • 8 fl oz Lemon Juice
- 44228 • 1# Shrimp
- 68058 • ¼ tsp Baking Soda
- 88121 • 4 Garlic Cloves, minced, divided
- 30072 • 4 fl oz Olivari Extra Virgin Olive Oil
- 44095 • 2# PanaPesca Mussels
- 44103 • 1# PanaPesca Calamari Tubes & Tents
- 88478 • 2 oz Parsley, chopped
- 68261 • A pinch of Durkee Cayenne Pepper
- 68078 • A pinch of Durkee Coriander
- 88105 • 2 stalks Celery, thinly sliced
- 88570 • ½ Fennel Bulb, thinly sliced

Instructions

In a nonreactive bowl combine the scallops with 3 fl oz lemon juice and toss. Refrigerate for at least one hour. Toss shrimp with salt and baking soda and refrigerate for 30 minutes.

In a large sauce pan heat a quarter of the garlic in 1 tablespoon of olive oil until golden brown. Add one cup of water and bring to a simmer add mussels and cook until mussels open. Transfer to a large bowl and refrigerate. Add 4 cups of water to the mussel steaming liquid along with 2 fl oz lemon juice. Add the shrimp and calamari to the poaching liquid and poach until shrimp and calamari are cooked through. Refrigerate until chilled.

Pick mussels from their shells, cut shrimp in half lengthwise. In a medium bowl combine parsley, remaining 4 fl oz lemon juice, lemon zest, remaining 4 fl oz olive oil, garlic, cayenne pepper, coriander and whisk well.

Drain scallops. In a large bowl combine scallops, shrimp, squid, mussels and dressing. Dressed seafood can be refrigerated for up to 2 days to improve flavor. When ready to serve add celery and fennel to seafood salad and toss well. Season with salt and pepper.