

**AWARD WINNING  
JUNIOR  
ROCKFISH RECIPES  
  
2011**

**JANUARY 29, 2011**

**EAST COAST COMMERCIAL  
FISHERMEN'S AND  
AQUACULTURE TRADE EXPO**

**Ocean City, Maryland**



## FANCY ROCKFISH

ADRIANA MAURER, 10  
GALESTOWN, MARYLAND



### Ingredients:

- 2 pounds rockfish fillets
- 4 slices of lemon
- 1 cup water
- ground pepper
- 1 cup tomato (diced)
- 1 cup onion (diced)
- 1 cup squash (diced)

### Preparation:

Combine all ingredients in a casserole dish. Bake in oven at 350° degree until nice and flakey.

**AMELIA'S DEVIL MADE ME DO IT  
STUFFED ROCKFISH FILLETS**

**AMELIA DIPIETRO, 10  
TIMONIUM, MARYLAND**



**Ingredients:**

- 2 pounds rockfish fillet
- dash paprika
- 1 roasted red pepper
- ½ cup dry white wine to taste
- 1 cup cold water
- 4 tablespoons melted butter
- ½ lemon
- 1 package frozen corn
- 4 tablespoons butter
- 1 diced red pepper
- 1 diced green pepper
- salt and pepper to taste

**Stuffing/Wet Mixture:**

- 1 pound fresh crab meat (lump)
- salt and pepper to taste
- ¼ cup chopped chives
- 1 cup mayonnaise
- 2 tablespoons salad mustard
- 1 teaspoon Tabasco sauce
- 1 teaspoon Worcestershire sauce

**Preparation:**

**To make the stuffing:**

1. Mix all wet ingredients together to make a wet mixture.
2. In a separate bowl, add crab meat, chopped fresh chives, salt and pepper and toss lightly. Add wet mixture and gently mix together.

**To stuff the rockfish:**

Place one rockfish fillet on pan top with deviled crab meat mixture. Take another rockfish fillet and slice length-wise in the middle as to make place for the stuffing to show through. Top rockfish with roasted pepper slices and sprinkle with paprika in a frying pan. Add dry white wine, cold water and melted butter and lemon slices. Add rockfish, cover and cook until done.

Serve with Corn O'Brian and lemon wedges.

## JACK'S ROCKIN ROCKFISH CAKES

JACK DiPIETRO, 12  
TIMONIUM, MARYLAND



### Ingredients:

- 2 pounds rockfish fillets
- 1 cup mayonnaise
- 1 egg
- 1 tablespoon salad mustard
- 1 teaspoon Tabasco
- 1 teaspoon Worcestershire Sauce
- ¼ cup parsley, chopped
- salt and pepper to taste
- 1 teaspoon Old Bay seasoning
- 2 cups Saltine crackers, crushed
- peanut oil for frying
- 7 rolls
- green leaf lettuce for garnish
- 1 tomato
- 1 pound frozen French fries
- 1½ cup tartar sauce for dipping
- 1 lemon

### Preparation:

Mix all wet ingredients together to make a wet mixture.

In a separate bowl, place cold cooked rockfish and chopped fresh parsley, salt, pepper and Old Bay. Add crushed Saltine crackers (1 cup to 1 lb. rockfish). Toss lightly together as not to break up the rockfish; then add wet mixture and gently mix. Shape into rockfish cakes. Pan fry in peanut oil until brown and fully cooked.

Serve with homemade tartar sauce and Old Bay French fries with a soft roll, lettuce and tomato.

## “OFF THE HOOK” ROCKFISH

MASON MAURER, 16  
GALESTOWN, MARYLAND



### Ingredients:

- 2 pounds rockfish fillets
- 8 tablespoons fresh lemon juice
- ¾ cup olive oil
- 1 teaspoon Italian seasoning
- 1½ teaspoon salt
- 1 teaspoon pepper
- 2 cups roughly diced red tomato
- ½ cup roughly diced yellow tomato
- ¼ cup unsalted butter
- ½ cup white wine
- ⅓ cup diced squash
- 1 clove crushed garlic

### Preparation:

Marinate rockfish for 15 minutes in ½ cup lemon juice, ½ cup olive oil, 1 teaspoon Italian seasoning, 1 teaspoon salt and ½ teaspoon pepper.

In frying pan, cook 1 ½ cups red tomato, ½ cup squash, and garlic; cook until squash is cooked. Take out of pan and set aside.

In same pan, add white wine, deglaze pan. Add rockfish, ¼ cup oil, ¼ cup butter, ½ teaspoon salt, ½ teaspoon pepper and cook until fish is white and flakey. Then add tomato and squash mixture with ½ cup (each) of diced red and yellow tomato. Heat through.

Enjoy!

## ROCKIN' ROCKFISH

ALYSHIA BENJAMIN, 16  
BURTONSVILLE, MARYLAND

### Ingredients:

- 1 pound rockfish, poached and chilled
- 2 cups carrot, grated
- 1 tablespoon capers, drained
- ¼ cup fresh tarragon
- 6 cups loosely packed baby field greens, washed

### Puff pastry

#### Sticks

(Garnish): sheet puff pastry, cut in 2

- 1 cup Parmesan cheese
- ¼ egg white
- 1

### Sun-dried Tomato and Basil Aioli (*Entrée Dressing*):

- 4 garlic cloves, mashed to a paste
- 4 eggs yolks, pasteurized
- 2 tablespoons lemon juice
- 4 ounce sun-dried tomatoes, julienned, packed in olive oil
- 1 tablespoon basil pesto
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- 1½ pint olive oil

### Preparation:

#### Puff Pastry Sticks Preparation:

Roll cut puff pastry sheet into 2 sticks, about ½ inch thick. Brush each stick with egg white. Roll each stick in the Parmesan. Preheat oven to 350°F. Let cook for 10-15 minutes.

#### Sun-dried Tomato and Basil Aioli Dressing Preparation:

Combine the garlic, egg yolks, and a few drops of the lemon juice in a bowl and whip until frothy. While whipping the mixture, slowly add the olive oil until an emulsion begins to form. Continue adding oil until it is incorporated. Add sun-dried tomatoes and pesto to the aioli. Season with salt, pepper, and lemon juice.

#### Entrée Salad Preparation:

In a bowl, add the rockfish and pour the aioli over it. Stir gently so not to break up the fish. Chill. Before serving, place grated carrots in a serving bowl. Add capers and tarragon and toss. Assemble baby field greens on a serving platter, mound carrot mixture on top. Arrange the rockfish on top. Pour remaining aioli dressing over top. Garnish with puff pastry sticks.

## ROCKFISH RAVIOLI WITH PESTO SAUCE

**JULIE ANSORGE, 16  
OLNEY, MARYLAND**



### Ingredients:

- 2 pounds rockfish fillets
- homemade pasta
- homemade pesto
- 1 cup ricotta cheese
- ¼ cup Parmesan cheese
- salt/pepper
- 1 egg
- 1 tablespoon olive oil
- 1 clove garlic
- ¼ cup orange bell pepper
- parsley
- basil leaf for garnish

### Pasta Ingredients:

- 4 larger eggs
- ¼ ¼ cup water
- 3½ cups all-purpose flour
- ½ teaspoon salt

### Pesto Sauce Ingredients:

- 2 cups fresh basil leaves
- ½ cup olive oil
- 2 tablespoons pine nuts
- 2 cloves garlic, crushed
- ½ cup + 2 tablespoons grated Parmesan cheese
- 3 tablespoons softened butter

### Pasta Preparation:

Place eggs, water, flour and salt in mixer bowl. With flat beater, mix for 30 seconds on speed 2. Exchange beater with dough hook and knead for 2 minutes on speed 2. Remove dough from bowl and hand knead 1-2 minutes. Process into sheets with rollers.

Pan fry rockfish in olive oil and garlic. Make pesto.

### Pesto Preparation:

Put basil, olive oil, pine nuts and garlic in food processor and mix at high speed. Add cheese and butter and process just enough to incorporate into the basil mix. Before spooning over the dish, mix in 1 tablespoon of the hot pasta water if necessary for thinning.

Combine ricotta, egg and Parmesan. Add orange pepper and parsley to ricotta mixture. Cut rockfish into 1-inch pieces. Add rockfish to ricotta mixture.

Place about 2 tablespoons of mixture onto a sheet of pasta dough. Place another sheet of pasta on top and seal ravioli. Boil ravioli for 4-5 minutes.

Place 4 ravioli on a plate. Pour pesto sauce on top. Garnish with a basil leaf.

## MEXICALI ROCKFISH

**BRIAN MILES, JR., 16**  
**BURTONSVILLE, MARYLAND**



### Ingredients:

- 1 - 2 pounds rockfish fillets, chopped into bite size pieces
- 1 14.5 ounce can corn, canned
- ½ cup onion, chopped fine
- ½ cup green pepper, chopped fine
- 3 cups chicken broth
- 1 14.5 ounce can diced tomatoes
- 2 cups jasmine rice
- 4 cups water
- pinch of salt
- 1 tablespoon chili powder
- 1 teaspoon oregano
- 2 teaspoons salt
- 1 teaspoon ground black pepper
- 4 tablespoons olive oil for frying and sautéing

### Preparation:

Sauté onion and green pepper until onions are translucent in 2 tablespoons olive oil. Add chicken stock, tomatoes and corn. Cook until reduced.

Roll rockfish pieces in the chili powder, oregano, 2 teaspoons salt and pepper. In a second saucier, pan fry in 2 tablespoons olive oil.

In a medium pot, cook rice in salted water until water has disappeared. Combine the rockfish, rice and vegetable mixture and stir well.

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