



**Presents**

# **HOOK IT AND COOK IT**

**May 17-21, 2023**

*Four days of ocean fishing, culinary bliss & clean jokes...*

*Featuring the Szmania family crew...*

**Chef Ludger Szmania, Warm Springs Inn & Winery, Wenatchee WA  
Semi-Sous Chefs & MC's-- Tatiana, Ethan & Marcos Szmania**

**Cancun Memories**

Rockfish Ceviche

Seared Halibut Tostados

King Salmon Sopes with Black Beans, Corn & Goat Cheese

**Tight Lines Thursday**

Creamy Ling Cod Chowder

Fried Rockfish "Niçoise" Tapenade

Halibut Roulade with Cabbage & Red Pepper Compote

**Fresh off the Boat Friday**

Miso Halibut with Spinach & Cucumber

Tatake Ginger Salmon with Daikon

Sitka Fish Stew in Green Curry Sauce

**Sitka Delights Saturday**

Lemony Black Rockfish Soup with fresh Mint

Halibut with Kale, Pickled Onions & Garbanzo Beans

Sitka Salmon with Linguini & Asparagus Sauce



*Fish, to taste right, must swim three times – in water, in butter and in wine!  
Old Proverb*



## **ROCKFISH CEVICHE**

By Chef Ludger Szmania, Warm Springs Inn & Winery, Wenatchee WA

Serves 4-8

### **INGREDIENTS:**

1 lb            Rockfish fillets--boneless  
2 T            Cilantro  
1/2 each      Serrano or Jalapeño Pepper--seeded & finely chopped  
                  (amount used depends on how **hot** you like it)  
2-3 each     Limes  
1/4 each     Red & Yellow Bell Peppers--diced  
                  Salt to taste

Blue Corn or Regular Tortilla Chips (low or no salt)

### **PREPARATION:**

Cut the raw rockfish into tiny, thin slices. Put into a mixing bowl. Add all other ingredients and refrigerate for 30 minutes. Season again with salt & pepper before serving.

Serve with grilled French bread with garlic and butter.

### **OPTION:**

Can be made using other fresh white fish like halibut



## **SEARED HALIBUT TOSTADAS**

By Chef Ludger Szmania, Warm Springs Inn & Winery, Wenatchee WA

*Serves 4*

### **INGREDIENTS:**

4 ea            3 oz. Halibut, seasoned 1 hr. ahead with salt, pepper, & smoked Paprika  
4 ea            crisp Tostadas  
1 bunch        Baby Greens, a few leaves per Tostada or shredded Lettuce like Romaine

### **ROASTED PEPPER SALSA:**

1            Red Bell Pepper, cut in Julienne & sauteed  
1            Green Bell Pepper, cut in Julienne & sauteed  
½          Red Onion, medium size, cut in Julienne  
3 T        Cilantro, chopped (2 T for sauce, 1 T for garnish)  
½ tsp      Jalapeno (depending on spiciness level)  
            Olive Oil  
            Chipotle Mayo (see below)  
1            fresh Lime (1/2 for salsa, ½ for garnish)  
½          Avocado, ripe

**PREP THE FISH:** Season Halibut filets – see above – one hour ahead of time as needed

Sauté the Julienne of Peppers and Onion with a little oil until tender. Put in a small bowl, season with salt, pepper, ½ lime juice, olive oil, chopped Jalapeno and 2T chopped Cilantro (to taste)

**MAKE THE MAYO:** 1 small can of Chipotle in blender and add about 1 ½ C of Mayo. Blend until smooth and put into a squeeze bottle with nozzle.

**COOK FISH:** Sear Halibut in a Teflon pan over high heat with a little oil. Put a nice char on both sides. Make sure not to overcook!

**MAKE THE TOSTADO:** First place lettuce on each shell evenly. Add a couple of T. of the pepper salsa. Slice the fish with a sharp knife into a couple of slices per Tostada. Drizzle with some lime juice and Chipotle Mayo. Sprinkle with fresh Cilantro. Slice Avocado for garnish.

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## **KING SALMON SOPES with CALIFORNIA CHILE SAUCE, BLACK BEANS, CORN, & GOAT CHEESE**

By Chef Ludger Szmania, Warm Springs Inn & Winery, Wenatchee WA

*Serves 4*

### **INGREDIENTS:**

- 4 ea 3 oz of Salmon filet, seasoned with salt & pepper
- 1 C Corn (fresh or frozen)
- 3 oz Goat Cheese
- 1 T Chives, chopped
- 2 T Parsley (or if preferred, Cilantro) chopped
- 1 T Red Onion, chopped
- 1 T Cilantro, chopped (for garnish)
- 1 can Black Beans
- 1 dash Coriander
- 1 dash Cayenne Pepper
- 1 dash Chili powder
- 2 T Olive Oil
- 4 ea Sopes shells
- ½ C Vegetable Oil
- 1 C Chile or Enchilada Sauce (made fresh from Guajillo or California Chiles)

**CHILES:** Remove the stems, break or cut the chiles, remove the seeds. In a strainer rinse the peppers under running water to remove any dust. Put in a pot, cover with water and boil for 10 minutes. Then let sit, cool then blend in a blender. Strain to remove some skin.

**SOPES:** Heat a 10" frying pan with about ½ cup of Oil on medium heat. Put Sopes in rim-side down. With a spoon, pour some hot oil onto the back of the Sopes. The rim should be nicely browned. Flip over and pour some oil into the Sopes to fry evenly. Take them out with tongs onto a paper towel.

**SEAR THE SALMON:** Sear in hot oil for a short time only. Do not overcook!

**SERVE:** Warm the Sopas and fill with black beans, 1 T. of corn, goat cheese in center. Place the slices of Salmon on it and sprinkle with Parsley. Set the Sopes in a pool of Chili sauce on a hot plate and serve with a cold Cerveza.



## **LING COD CREAMY CHOWDER**

By Chef Ludger Szmania, Warm Springs Inn & Winery, Wenatchee WA

*Serves 4*

### **INGREDIENTS:**

½ lb	Lingcod, cut in inch cubes
¾ C	Celery stalk, finely diced
½ C	Onion, ½ inch diced
½ C	Potato, ½ inch diced
1 C	Leeks, ½ inch diced
½ C	Cream
3 C.	Fish Stock
1 tsp	fresh Thyme
1 T	Basil
1 clove	Garlic, chopped
2 T	Italian Parsley
dash	Cayenne Pepper
1 C	Dry White Wine
2 T	Unsalted butter

### **METHOD:**

On high heat in a 2-quart pot, melt the butter then add the onion and garlic and sauté until lightly brown. Add the celery, potatoes, Fish stock and white wine. Cook until potatoes are done then add leeks and cream. Continue to add herbs, parsley, salt and pepper to taste. Let simmer for about 2-3 minutes. Then add the Lingcod. Simmer for 2-3 more minutes and serve.

Serve with crusty French bread and more white wine!



## FRIED BLACK ROCKFISH “NICOISE” TAPANADE

By Chef Ludger Szmania, Warm Springs Inn & Winery, Wenatchee WA

Serves: 4

### INGREDIENTS

4 ea 4 oz. fresh Rockfish

1 C Corn Meal, fine

1 C Pickled Red Onions (recipe on another page)

**TAPANADE** — *put all in Food process under course paste setting:*

1 T Capers

1 sm can Anchovy filets

20 ea Black Olives, pitted

2 ea fresh Garlic Cloves, chopped

½ bunch Parsley

¼ C Olive Oil

1 Juice of one Lemon

### METHOD

Fry Rockfish: Season fish with Salt & Pepper. Dip in fine corn meal, then fry in pan until golden brown on both sides.

Prepare Tapenade in food processor.

Combine Pickled Onions with prepared Tapenade.

**Serving:** Spread mixture on crusty French Bread either on open-faced sandwich style with fish on top, or traditional closed bread sandwich.



## **HALIBUT ROULADE** **WITH CABBAGE & RED PEPPER COMPOTE**

By Chef Ludger Szmania, Warm Springs Inn & Winery, Wenatchee WA

*Serves 4*

### **INGREDIENTS:**

4 ea	4 oz. Halibut filets	3 T	Butter, unsalted
6 oz	Rockfish, finely chopped	½ C	Water
2 T	Herbs-- finely chopped Parsley, Dill & Thyme	1 ½ C	White Wine
½ C	Onions, finely chopped	Dash	Cayenne Pepper
4 lg	Napa Cabbage leaves, blanched in salty water	1	Red Pepper cut in Julienne
	Salt & Pepper to taste	½	Onion, sliced in Julienne
		dash	Sugar

### **METHOD:**

Make savory Fish Mousse for stuffing: Chop about 6 oz. of Rockfish very fine and season with half (or about ¼ C) of the onions, add salt, pepper and chopped herbs.

Place Halibut filets on cutting board. Put ½ of mousse on each and roll up. Place Halibut Roulade on large, flat green Cabbage leaf. Season with S&P, roll it into a pillow, fold and tuck in on all ends. Place in shallow pan with a little water and the rest of the chopped Onions. Add Salt & Pepper if needed.

Turn heat on medium high and let simmer for about 4 minutes or until water is almost gone. Add wine and lift Roulades out of pan. Keep warm. Reduce Wine by about half.

Season with salt & Cayenne Pepper. Work in Butter slowly. Cut Roulades in half. Put in center of plate. Pour Sauce over it. Sprinkle with Parsley. Add some Pepper Compote as garnish.

In a medium saucepan, heat some Oil, add julienne of Onions for a minute, then add Peppers. Cook until tender. Season with S&P, add splash of white wine.



## **MISO HALIBUT WITH SPINACH & CUCUMBER**

By Chef Ludger Szmania, Warm Springs Inn & Winery, Wenatchee WA

Serves 4

### **INGREDIENTS:**

4	4 oz. pieces Halibut filets	¼ C	Vegetable Oil
4 oz	Spinach, washed	¼ C	Water
½	English Cucumber, peeled & diced in ¼ inch cubes	1 C	Miso Paste
¼ C	Vinegar	2 T	Green Onions, thinly sliced
1 tsp	Sugar	¼ C	White Wine

### **METHOD:**

**Marinate Halibut** --Blend ½ C Miso with ¼ C white wine and marinate Halibut filets a minimum of 2-3 hours (overnight marinating is preferred)

### **Make Miso Vinaigrette**

In a medium bowl whisk ½ C Miso paste with ¼ C Vinegar, ¼ C Water, ¼ C Vegetable oil, 1 tsp sugar, salt and pepper.

In separate bowl, toss diced cucumber with Vinegar, green onions, salt & pepper.

Toss spinach leaves with half of the Vinaigrette

**Cook Fish** --Season Halibut with salt & pepper. Sear Halibut in hot pan with a little oil about 3 minutes on each side until medium rare

**Presentation** --Place spinach leaves on plate, fish in center and cucumber mixture on top. Serve extra Miso vinaigrette on the side.





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## **TATAKE GINGER SALMON WITH DAIKON**

By Chef Ludger Szmania, Warm Springs Inn & Winery, Wenatchee WA

Serves 4

### **INGREDIENTS:**

12 oz or 4 x 3 oz pieces	Salmon Filet (thick cut—1” x 3” long; 1” high)
1-2 T	Ginger finely chopped—no need to peel first
1 C	Daikon (fine Julienne)
1 C	Cucumber (fine Julienne)
Dash or 2	Chili Flakes
1 C	Soy Sauce
½ C	Water
1 C	Ice Cubes

### **PREPARATION:**

Mix soy sauce, water, chili flakes and ginger in a bowl with the ice cubes and set aside.

Sear salmon very quickly on both sides in a very hot pan. Submerge in the soy sauce mixture.

Mix Daikon & Cucumber together in a small bowl.

### **PRESENTATION:**

Put Daikon mixture in center of plate. Place salmon on top and drizzle some of the soy sauce mixture around the plate as dressing.

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## **SITKA FISH STEW IN GREEN CURRY SAUCE**

By Chef Ludger Szmania, Warm Springs Inn & Winery, Wenatchee WA

Serves: 4-6

### **INGREDIENTS:**

2.5 lbs      Rockfish, cut into 1.5" chunks  
2.5 lbs      Lingcod, cut into 1.5" chunks  
2.5 lbs      Salmon Belly, cut into 1.5" chunks  
  
½ ea.        Large Onion, cut in strips, Julienne  
1 bunch     Cilantro  
2 tsp        Garlic, chopped  
2 cans      Coconut Milk  
1 T         Thai Green Curry Paste  
3-4 tsp     Salt, to taste  
              Red Rice

### **METHODS:**

Heat a large, shallow pot (10" diameter, 3" deep). Then over high heat sauté onions and brown a little. Lower the heat, add garlic and Green Thai Curry Paste. Then add Coconut Milk and salt. Let simmer for a minute. Check seasoning. Add Fish and Cilantro. Cook for another minute. Check seasoning again.

Serve over Red Rice in a shallow bowl.



## **LEMONY BLACK ROCKFISH SOUP** **WITH FRESH MINT**

By Chef Ludger Szmania, Warm Springs Inn & Winery, Wenatchee WA

*Serves 6*

### **INGREDIENTS:**

12 oz      Rockfish fillets (2 oz per person)--cut in 1/4" dice  
1/4 C      Onion--1/4" dice  
1/4 C      Celery--1/4" dice  
1/4 C      Carrots--1/4" dice  
1/4 C      Zucchini--1/4" dice  
1/4 C      Leeks--1/4" dice  
1/4 C      Turnips--1/4" dice  
1/2 tsp     Garlic--chopped  
Pinch      Turmeric  
            Olive Oil  
            Water or Fish Stock  
            Salt & Pepper to taste  
            Lemon Juice  
2 T        Mint Chiffonade (which is simply Mint leaves very finely sliced)

### **PREPARATION:**

In a large soup pot over high heat, sauté the vegetables in Olive Oil until golden brown. Add the Turmeric and Garlic. Cook for a few minutes.

Add the Rockfish and add water or Fish Stock to cover. Simmer for a minute, then season with salt, pepper and Lemon Juice. Just before serving, add the Mint Chiffonade.



# HALIBUT WITH KALE, PICKLED ONIONS & GARBANZO BEANS

By Chef Ludger Szmania, Warm Springs Inn & Winery, Wenatchee WA

Serves 4

## **INGREDIENTS:**

10 oz Thinly sliced Halibut (about 2.5 oz each piece)  
½ ea Red Pepper, sliced thin  
8 oz Kale, leaves only- stems removed, cleaned and rough chopped  
1-1 ½ C Garbanzo Beans  
1 ea Red Onion  
Olive Oil  
Garnish: chopped Parsley & Red Pepper

## **METHODS:**

### **PICKLED ONIONS**

*INGREDIENTS—1/2 C White Vinegar, salt, sugar, dash of Chili Flakes:*  
Peel & slice onion and place in closeable container.  
Heat ¾ cup water and ½ cup white vinegar. Add 1 T. salt and 1 T. sugar and a dash of chili flakes. Boil and pour over onions, close container, and let steep. Refrigerate for 2-3 days before use.

### **HALIBUT**

Place sliced halibut on an oiled cookie sheet. Season with salt & pepper. Pre-heat broiler to high. In a large pan, add a little oil and heat. Add kale and season with salt & pepper. When kale is ready to wilt, add garbanzo beans and a little of the pickled onion juice. When kale is wilted, place cookie sheet with Halibut under broiler for 10 seconds only. Season with salt & pepper.

**TO SERVE --** Place kale on the middle of plate and top with Halibut. Garnish with pickled onions, red pepper, and parsley.



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# **SITKA SALMON WITH LINGUINI & ASPARAGUS SAUCE**

By Chef Ludger Szmania, Warm Springs Inn & Winery, Wenatchee WA

*Serves 4*

## **INGREDIENTS:**

4 ea            4 oz. Salmon – seasoned with salt, pepper & chopped Parsley  
                  12 oz fresh Asparagus (bottom ends broken off and cut off tips for  
                  Garnish, use center for sauce)  
8 oz.            Linguini 2 oz. per person

## **Asparagus Sauce Ingredients:**

½                small Onion, finely chopped  
1                Garlic clove finely chopped  
2-3 C          Asparagus stock  
                  salt & pepper, to taste  
                  dash Sugar  
                  Olive Oil  
½ C             fresh Parsley, coarsely chopped

**METHOD:** Boil the Asparagus with a few cups of water and a little salt for 3-4 minutes. Strain (keeping some stock water) add a dash of sugar.

Boil the Pasta, keeping some of the pasta water.

Put the *center* of the asparagus into a blender with some of the asparagus stock. Blend until smooth. In a small saucepan, add a little Olive Oil, onions & garlic, over medium-high heat until golden brown. Add the Asparagus sauce. If too thick, add some of the pasta water. Add the Pasta to the sauce and stir in the cooked Asparagus tips.

Sear Salmon in a hot pan over high heat with a little Oil to a nice char (a minute on each side). Don't overcook!

**Serving:** Place the pasta in the middle of the plate or large shallow pasta bowl, like a nest. Set the Salmon on top and sprinkle with some chopped Parsley. Great to add some Salmon Roe if you have it.

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