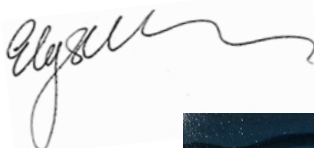


Délice d'Elyse

Spring heralds the opening of fishing season and fishing folk are making their plans for the coming season of angling and competing for the largest or first of their favorite species. Cape Cod and Rhode Island fishing tournaments abound– Bluefish, Striped Bass, Cod, Fluke, Tautog – inshore, shore, deep sea. I am making my own fish plans – for the best recipe of the season. My favorites are line-caught cod and striped bass. . . and of course, lobster. The following recipes come from many years of family dinner trials and personal favorites. Though there is a strong argument for a simple, broiled preparation of the freshest fish available, the adventurous may be tempted by more intricate recipes. You will be well-rewarded for your efforts.

Living on Earth, a weekly environmental news and information program distributed by Public Radio International, did a feature commentary on the recovery of the striped bass population in the north Atlantic. The host, Steve Curwood, said that in the 1980s fishing lines came up empty for striped bass. The species had been fished to near-extinction, and the fight to bring it back has gone down as one of the greatest environmental success stories.¹ In the Moore family, this recipe for lobster-stuffed striped bass has gone down, as one of the greatest culinary success stories. Serve cod balls with wasabi tartar sauce and Mojitos for starters before the knockout, easy-to-prepare striper. Enjoy,



cocktails

Mojitos

[the original recipe from Havana](#)

1 teaspoon powdered sugar
Juice from 1 lime (2 ounces)
4 mint leaves
1 sprig of mint
Havana Club white Rum (2 ounces)
2 ounces club soda



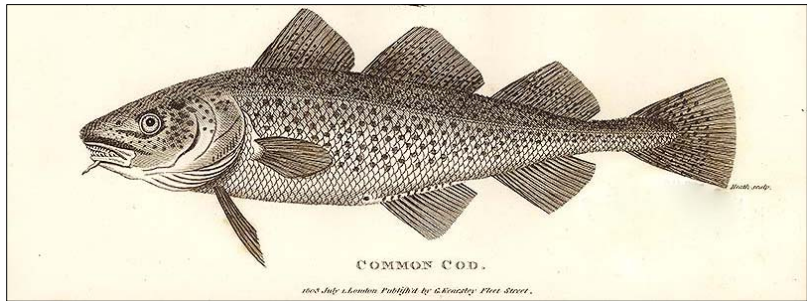
This version is for the one Hemingway himself enjoyed at the Mojito's place of birth: La Bodeguita del Medio in Havana, Cuba.

Place the mint leaves into a long mojito glass (often called a "collins" glass) and squeeze the juice from a cut lime over it. You'll want about two ounces of lime juice, so it may not require all of the juice from a single lime. Add the powdered sugar, then *gently* smash the mint into the lime juice and sugar with a muddler (a long wooden device pictured below, though you can also use the back of a fork or spoon if one isn't available). Add ice (preferably crushed) then add the rum and stir, and top off with the club soda (you can also stir the club soda in as per your taste). Garnish with a mint sprig.

¹ <http://www.livingonearth.org/shows/segments.htm?programID=06-P13-00026&segmentID=4>

appetizer

Fresh and Salt Cod Balls



1# Salt cod, soaked for at least 24 hours,
changing the water three times
1# Fresh cod
2 c. milk
2 c. water
Fresh thyme
1 onion
2 TBS butter
3 # Yukon Gold potatoes, boiled
½ tsp. curry powder

½ tsp. dried tarragon
1 TBS salt
½ tsp. fresh ground white pepper
3 eggs
Dish of flour
Bread crumbs
Oil for frying
Sliced banana (optional)
Your favorite tartar sauce (recipe for my
favorite follows.)

COD BALLS.

Cook the potatoes in boiling, salted water for 20 minutes. Drain and mash. Measure 2 cups of the water used for boiling the potatoes and add 2 c. milk, onions, butter and fresh thyme. Poach the cods slowly for 20 minutes in this liquid. Remove and flake the fish. Add the curry powder, tarragon, salt, pepper, and one beaten egg to the potatoes. Whisk until smooth. Add the flaked fish and work until just incorporated. Roll into 1" balls.

Beat the two remaining eggs. Heat the oil in a small deep cast iron pan (or fryer) to 375° F. Roll the cod balls in flour and then dip in beaten egg and then, finally, in the bread crumbs. Fry cod balls, a few at a time (don't crowd the pan) and lift out with a slotted spoon. Drain on paper bags or paper towels. Keep finished cod balls warm in a 200° oven while you finish the frying. Serve with tartar sauce, cocktail sauce or with a slice of banana for a "hat" (an old Bermudian specialty).

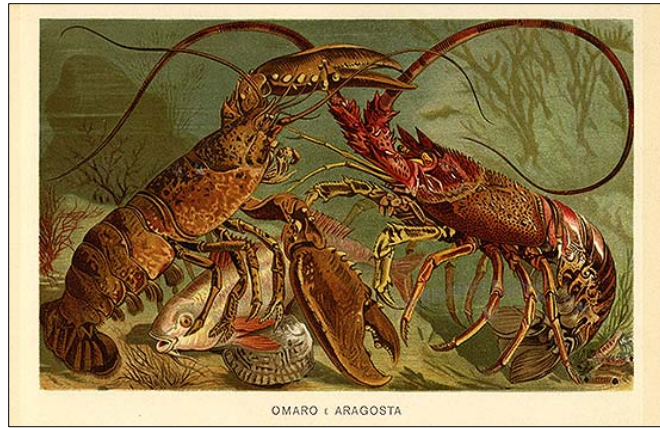
WASABI TARTAR SAUCE.

1 c. freshly made or prepared mayonnaise
Juice and zest of 1 lime
2 tsp. (more or less, to taste) wasabi mustard
3 chopped scallions
1 tsp. grated ginger

Mix together and serve chilled with hot cod balls.

entrée

Lobster-stuffed Striped Bass



six small or three large filets of striped bass meat from two 1 ½ # boiled female lobsters, cut in ½” dice (reserve the roe and shells for garnish)
2 finely diced shallots
4 sliced scallions
½ c. fine bread crumbs
Zest and juice of two lemons

8 TBS. butter
1 TBS. truffle oil
1 c. white vermouth
¼ c. chopped fresh chervil
Salt and pepper to taste
Sliced fresh or canned truffle to garnish (optional)
Haricot verts and fingerling potatoes

THE BASS.

Bring the fish to room temperature. If you are boiling your own lobsters, drop them in boiling water or court bouillon and boil them for no longer than 10 minutes. Remove from the pot when the shells are pink and split them lengthwise to remove the roe while it is still green and uncooked. Reserve the roe in a small dish. Reserve the shells to garnish the plates. Dice the lobster in ½” chunks.

Melt 4 TBS of butter in a medium sauté pan. Add the shallots, sauté briefly and add ¼ c. vermouth. Reduce until dry. Add the bread crumbs and lower the heat. Lightly brown the bread crumbs and add the truffle oil, lemon zest and half the chopped chervil. Season with salt and pepper. Add the lobster to the bread crumb mixture.

Season the fish fillets with salt and pepper. Slice three-quarters of the way through the fillets to create an opening for the lobster stuffing. Stuff the fillets and bake or grill for about 15-20 minutes.

THE SAUCE.

Melt remaining 4 TBS of butter and sauté the white part of the scallions briefly. Add ¾ c. vermouth and reduce by half. Whisk in the truffle oil and finish with chopped chervil and green part of the scallions. Use the lobster shells and your creativity to arrange the plates. Garnish with chopped chervil, and truffles. Serve with steamed haricot verts and fingerling potatoes.