

GAME/ACTIVITY | PASSIVE | LOW COST

SEAFOOD DELICACIES

AGES

Adults

PROGRAM DESCRIPTION

For a simple passive program, provide printed seafood recipes and encourage participants to share pictures of their finished meals on social media. This could also be expanded into a cookbook club. See Printables for three recipes prepared by Marcia Literati of Tenafly Public Library, Tenafly, NJ: Nori chips, tuna edamame salad, and shrimp scampi.

ADAPTATION:

If you have access to a kitchen, invite a seafood chef from a local restaurant to demonstrate how to prepare a dish. Alternatively, make it a virtual program by asking the chef to show how to make the recipe in their own kitchen via Zoom.



Image source: Shutterstock

MATERIALS AND PREPARATION

Materials:

- Printed recipes
- Online forum for sharing finished dishes
- Zoom (optional)

UNIQUE SPACE AND/OR PERSONNEL NEEDS

Solo-librarian friendly.

RESOURCES

Web

“Seafood Dishes of the World Map” from Taste Atlas:

<https://bit.ly/3fRHYwO>

List of seafood dishes from Wikipedia: <https://bit.ly/3ylxY1B>

Cookbooks

Fresh Fish: A Fearless Guide to Grilling, Shucking, Searing, Poaching and Roasting Seafood (2016) by Jennifer Trainer Thompson

Foolproof Fish: Modern Recipes for Everyone, Everywhere (2020) by America’s Test Kitchen

Essential Seafood Cookbook: Classic Recipes Made Simple (2020) by Terri Dien and Chef Mia Chambers

Printables

Bob Stifel’s Shrimp Scampi

Sesame Nori Chips

Tuna Edamame Salad

BOB STIFEL'S SHRIMP SCAMPI

Serves 4. Prep time: 20 minutes.

Original recipe:

#bobsbestquality on Instagram



Image source: Marcia Literati of Tenafly Public Library, Tenafly, NJ

Ingredients:

- ¾ lb. of shrimp deveined, shelled and tail removed (fresh if you can get it; thaw if you use frozen)
- ½ stick butter
- 1½ Tbsp Bayou Blend (Cajun seasoning or Old Bay works as well)
- 1 diced tomato (fresh is best or use one 14 oz. can drained diced tomatoes)
- ¼ cup dry white wine
- parsley, chopped
- 8 oz. dried pasta (optional) — serve alongside a green salad if you prefer

Instructions:

1. Cook pasta according to directions on the box.
2. Put the shrimp in a bowl and sprinkle with the seasoning of your choice. Mix with your hands so all the shrimp are covered with the seasoning.
3. Melt the butter in a frying pan and add the shrimp to the hot pan. Flip the shrimp over after about 2 minutes and continue cooking for about 2 more minutes until the shrimp are pink.
4. Drain the pasta and put it in a serving bowl or platter.
5. Add wine and diced tomatoes to the shrimp in the frying pan. Cook until the tomatoes are warm. Pour over the pasta.
6. Sprinkle with parsley and serve.

SESAME NORI CHIPS

4–5 snack-sized servings.
Prep time: 20 minutes.

Original recipe: <https://bit.ly/3p87xOF>

Ingredients:

- 12 nori sheets
- ¼ cup water
- 1 Tbsp sesame oil
- 3 cloves garlic, minced
- Pinch ground cayenne pepper
- Salt, to taste

Instructions:

1. Preheat the oven to 275°F. Cover two large baking sheets with parchment paper or aluminum foil.
2. Place one sheet of nori, shiny side up, on the baking sheet. With a pastry brush, lightly brush the shiny side of the nori with water. Be sure to reach the edges. Carefully align another sheet of nori on top and press them together. Repeat with the remaining sheets until they're buddied up.
3. Using kitchen shears or a sharp knife, cut the nori into one-inch strips, then cut those strips in half crosswise. You will end up with about 42 chips. Arrange the chips in a single layer on the baking sheets.
4. In a small bowl, combine the garlic, sesame oil, and cayenne. Use the pastry brush to coat the top of the chips, then sprinkle generously with salt. Use your fingers to sprinkle sesame seeds across the tops of the chips.
5. Place on the middle rack of the oven, and bake for 15 to 20 minutes. They will turn a deep, glossy green. Remove from the oven, taste, and sprinkle with salt if you like. Allow them to cool before eating for maximum crunch.



Image source: Marcia Literati of Tenafly Public Library, Tenafly, NJ

TUNA EDAMAME SALAD WITH RED WINE VINEGAR DRESSING

Serves 2. Prep time: 10 minutes.

Original recipe:
<https://www.seafoodnutrition.org>



Image source: Marcia Literati of Tenafly Public Library, Tenafly, NJ

Ingredients:

- 2 Tbsp olive oil
- 1 Tbsp red wine vinegar
- 2 tsp whole grain Dijon mustard
- $\frac{1}{8}$ tsp kosher salt
- Ground black pepper to taste
- 1 5-ounce can albacore tuna, packed in water, drained and flaked
- $\frac{1}{2}$ cucumber, peeled, sliced and quartered into bite-size pieces
- $\frac{1}{4}$ cup chopped shredded carrots
- $\frac{1}{4}$ cup shelled ready-to-eat edamame soybeans (or cooked from frozen)
- $\frac{1}{4}$ cup diced red bell pepper
- $\frac{1}{4}$ cup quartered cherry tomatoes
- $\frac{1}{8}$ cup diced red onion
- 1 tsp fresh lemon juice

Instructions:

1. Make the dressing. Whisk together the olive oil, red wine vinegar, Dijon mustard, salt, and pepper in a small mixing bowl and set aside.
2. Make the salad. Combine the tuna, cucumber, carrot, edamame, bell pepper, tomato and red onion in a medium mixing bowl.
3. Pour dressing over tuna edamame salad and toss to combine.
4. Cut the lemon into wedges and serve as a garnish with the salad. Squeeze fresh lemon juice over the salad.