



A Complete Guide To

SUSTAINABLE SEAFOOD

Recipes developed by Electrolux Professional Executive Chef Corey Siegel

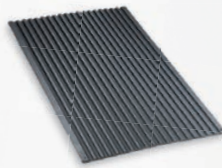




Chicken Grid



Non-stick Pan



Fry Pan



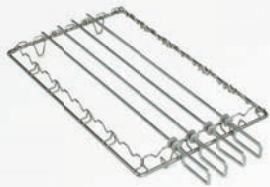
Fry Basket



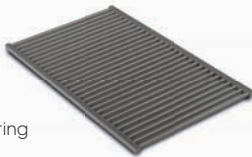
Egg Pan



Smoker



Skewer Rack



Searing Pan



Bread Pan



Mobile
10-pan
Rack



Trolley for
mobile racks

air-o-system

Improved workflow efficiency

The Electrolux exclusive integrated system of a matched capacity combi oven with a blast chiller/shock freezer is called the **air-o-system**. Integrated technologies and **cook&chill** methodologies make preparing, storing, cooking and preserving food for any amount of customers easier.

A full array of accessories that can be shared between combi ovens and blast chillers/shock freezers make for creative menu development. The **air-o-system** improves workflow and efficiency in kitchen planning and layout processes.

Contact Electrolux Professional directly at 866-449-4200 for more information. Share more of our thinking at www.electroluxusa.com/professional



Electrolux



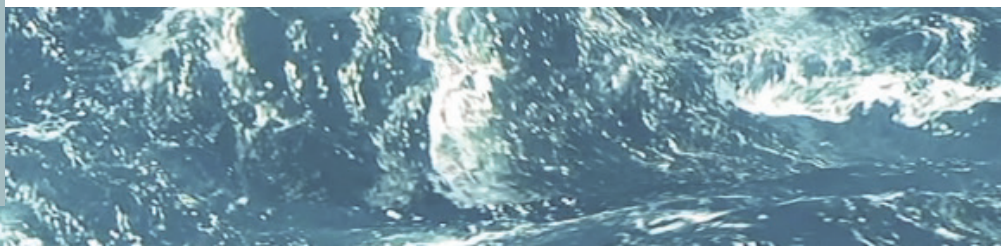
CIOPPINO

INGREDIENTS:

- 600 g Fennel (diced)
- 1000 g Onions (sliced)
- 300 g Leeks
- 500 g Celery
- 150 g Garlic
- 2 btl Vermouth
- 2 btl White Wine
- 700 g Tomato Paste
- 2400 g Diced Tomato
- 2400 g Fresh Tomato Puree
- 4000 g Grouper (1 inch dice)
- 10 lb Littleneck Clams
- 10 lb Mussels
- 5 lb 16/20 Shrimp
- 20 g Fresh Parsley (chopped)
- 15 g Chili Flake
- 300 g Olive Oil
- 8 qt Water
- 4 qt Fish Stock
- 125 g Salt
- 20 g Black Pepper

PROCEDURE:

1. Heat the pressure braising pan to 390°F (200°C).
2. Add in the oil, onions, leeks, fennel and cook until translucent.
3. Add the celery and garlic and continue cooking.
4. Deglaze with white wine and vermouth.
5. Add in the tomato products, fish stock, water, salt, black pepper and chili flake while bringing to a boil.
6. Add in the clams, grouper and mussels and bring back to a boil.
7. Shut the lid and lock under pressure for 4 minutes.
8. Depressurize the pan, open the lid and stir in the shrimp.
9. Serve in a bowl and garnish with chopped parsley and olive oil.





AIR FRIED SNAPPER

INGREDIENTS:

Red Snapper

- 3 each whole Red Snapper
- 40 g Olive Oil
- 2 each Limes (sliced)

Chili Oil

- 1.5 cups Oil
- 5 each Star Anise
- 1 Cinnamon Stick
- 2 Bay Leaves
- 3 tbsp Sichuan Peppercorn
- 3/4 cup Asian Crushed Chili Flake
- 1.5 tsp Salt

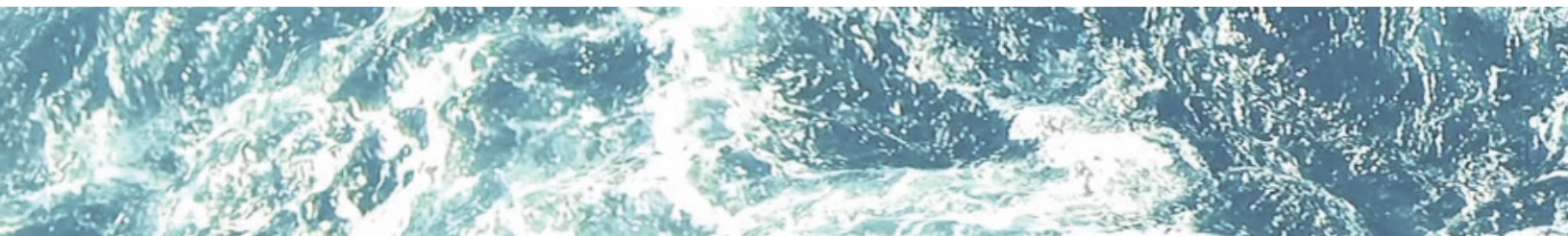
PROCEDURE:

Red Snapper

1. Score the skin and season with salt and pepper.
2. Brush the fish with olive oil.
3. Place the fish in a frying basket that has been sprayed with oil to reduce sticking.
4. Phase 1: 185°F (85°C) / steam / 6 minutes.
5. Phase 2: 510°F (266°C) / vent open / until 130°F (54°C) internal temp.
6. Cover with chili oil and sliced limes.

Chili Oil

1. Place all items in a vacuum bag and seal.
2. Steam in the combi oven at 185°F (85°C) for 10 minutes.
3. Chill in the blast chiller and sauce the fish.





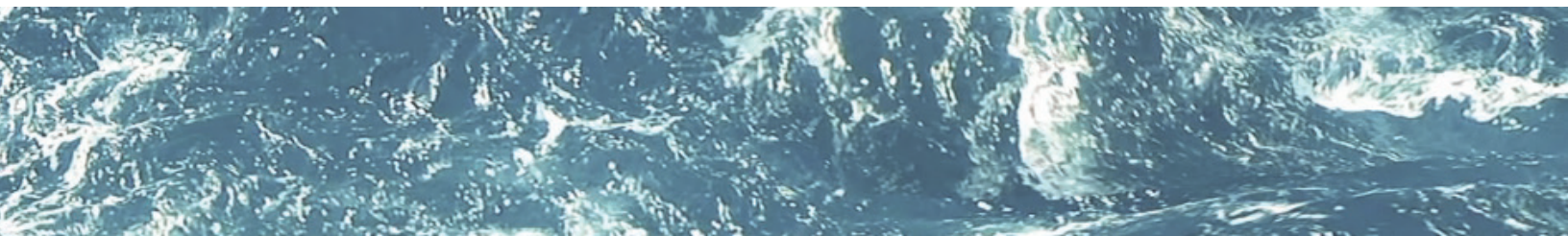
PAPAYA & JICAMA SLAW

INGREDIENTS:

- 1 each Jicama
- 1 each Papaya
- .5 cup Red Onion
- .5 Jalapeno
- .5 cup Cilantro
- 1 each Lime and Zest
- 2 tbsp Olive Oil
- AN Salt
- AN Pepper

PROCEDURE:

1. In the TRK vegetable cutter, julienne the jicama and papaya.
2. In the TRK vegetable cutter, thinly slice the red onion.
3. Combine the remaining ingredients and serve with the Fried Snapper.





HOT SMOKED SALMON

INGREDIENTS:

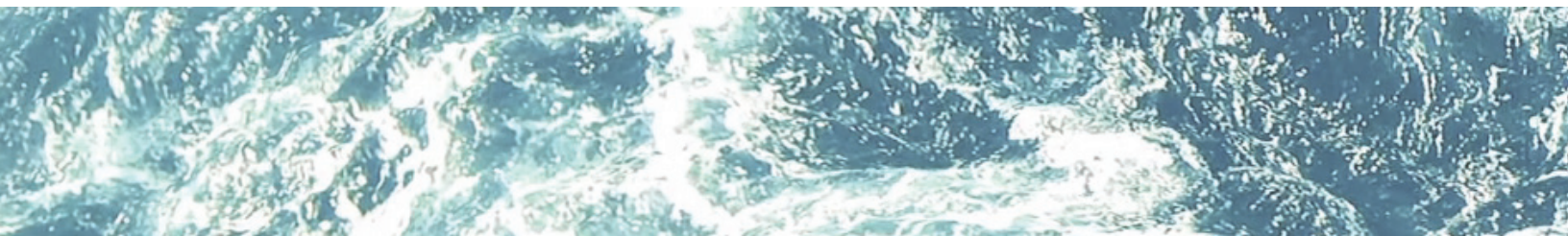
- 1 each Salmon Side

Salmon Cure

- 4 cups Kosher Salt
- 4 cups Brown Sugar
- 4 tbsp Onion Powder
- 4 tbsp Curry Powder
- 4 tbsp Cumin
- 4 tbsp Pickling Spice
- 2 tbsp Dill Weed (dry)
- 1 tsp Red Pepper Flakes
- 1 tsp White Pepper

PROCEDURE:

1. Combine all ingredients in a bowl.
2. Spread this mixture generously all over the salmon filets and wrap in plastic.
3. Let the fish cure for 1 hour.
4. Rinse off the cure and pat dry.
5. Place the lit Volcano Smoker inside the oven on the bottom rack.
6. Set Phase 1 convection mode at 225°F (107°C) / <30% custom vent / half fan speed / 30 minutes.
7. Set Phase 2 combi mode at 180°F (82°C) / 30% humidity / probe temperature 124°F (51°C).





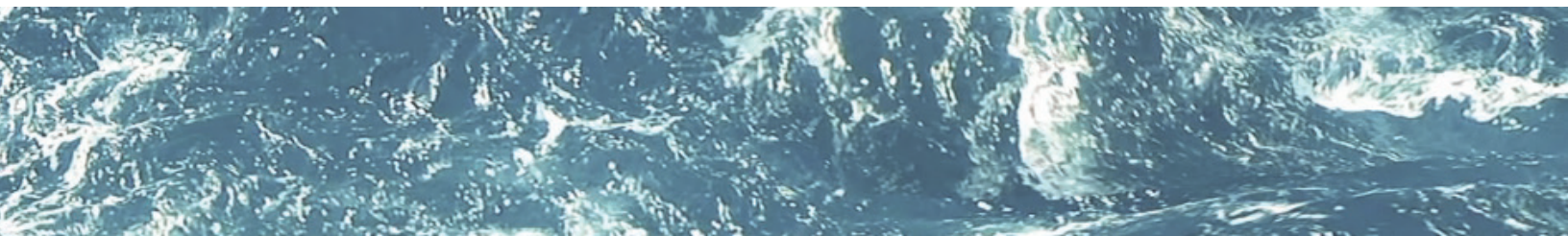
CUCUMBER SALAD

INGREDIENTS:

- 2 each Cucumber
- 1 each Fennel
- 1 each Red Onion
- 1 bunch Dill
- 100 g White Wine Vinegar
- 200 g Olive Oil
- AN Salt
- AN Pepper

PROCEDURE:

1. In the TRK vegetable cutter, thinly slice the cucumber, fennel and red onion.
2. Combine all remaining ingredients and season until it tastes delicious!





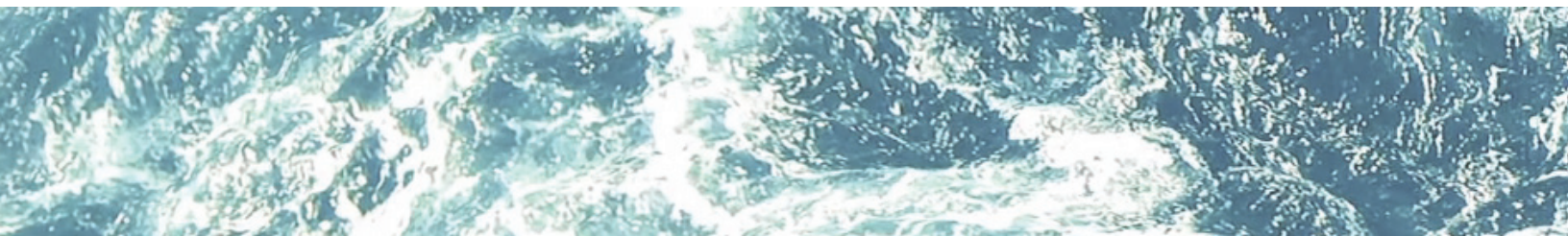
SNOW CRAB CHAWANMUSHI

INGREDIENTS:

- 3 cups Eggs
- 1 cup Dashi
- 6 each Shitake Mushrooms
- 4 each Snow Crab Legs
- 1 oz Trout Roe
- 1 each Celery Stalk
(small dices)

PROCEDURE:

1. Combine the eggs and dashi in the TRK food processor until combined.
2. Pour just below the rim of a 6 oz container.
3. Add a slice of shitake mushroom on top.
4. Steam the crab legs at 185°F (85°C) for 9 minutes and remove from shell.
5. Cook the custard in the combi oven on 185°F (85°C) steam for 30 minutes.
6. Garnish with crab, celery, and trout roe.





LOBSTER BISQUE

INGREDIENTS:

Lobster Bisque

- 6 each 2 lb Lobsters
- 150 g Olive Oil
- 200 g Carrots
- 100 g Shallots
- 200 g Onions
- 80 g Garlic
- 100 g Celery
- 400 g Cognac
- 750 g White Wine
- 2000 g Fish Fumet
- 1000 g Fresh Tomato Puree
- 3 g Tarragon
- 2 each Star Anise
- 56 g Butter
- 14 g Flour
- 2000 g Cream

Shrimp Dumpling

- 1140 g Shrimp
- 2 Eggs
- 20 g Butter Powder
- 12 g Salt
- 2 g White Pepper
- 2 g Cayenne
- 26 g Cognac
- 30 g Vermouth
- 520 g Cream
- 4 g Dill

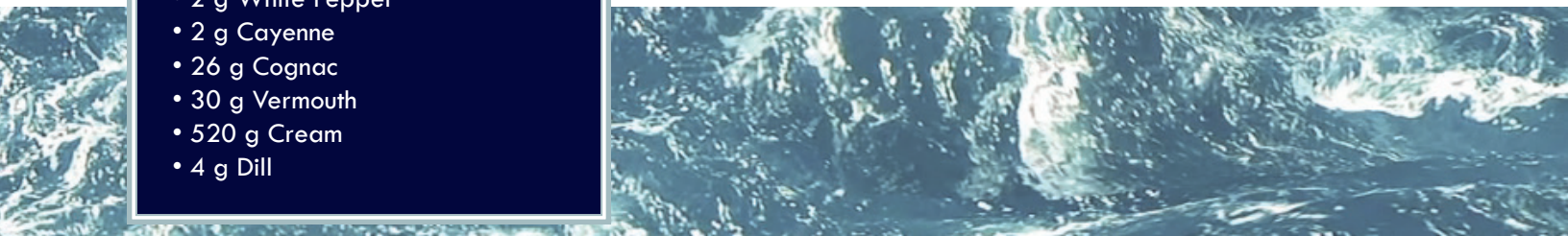
PROCEDURE:

Lobster Bisque

1. Heat the pressure braising pan to 390°F (200°C).
2. Add in the olive oil, lobster shells, onions and shallots.
3. Add in the garlic, celery and carrots.
4. Deglaze with cognac and white wine.
5. Add the fish fumet, tomato puree, herbs and spices and bring to a boil.
6. Lock the pan under pressure and cook for 15 minutes.
7. Strain the liquid and reduce down to a syrupy consistency.
8. Add in the cream and season as needed.

Shrimp Dumpling

1. In the TRK food processor, puree the shrimp until smooth.
2. Add in egg and continue to mix.
3. Add in all remaining ingredients except for the dill and puree until smooth.
4. Transfer to a bowl and add in the dill.
5. Pipe the dumpling mixture into half dome silicone molds and steam at 185°F (85°C) for 6 min.





NORI BUTTER SHRIMP

INGREDIENTS:

- 1 lb Butter
- 20 g Dried Lemon
- 5 g Dried Dill
- 40 g Nori
- 2 g Cayenne
- 2 lb 16/20 Shrimp

PROCEDURE:

1. In a TRK food processor, combine butter, lemon, dill, nori and cayenne and blend until smooth.
2. In the combi oven cook the shrimp at 160°F (71°C) / steam / 10 minutes.
3. Toss the shrimp with the nori butter in a bowl.





GRILLED OCTOPUS WITH ROMESCO SAUCE

INGREDIENTS:

Octopus

- 100 g Red Wine
- 100 g Red Wine Vinegar
- 10 g Sliced Garlic
- 20 g Sliced Shallots
- 100 g Mixed Olives
- 100 g Olive Oil
- 2 Bay Leaves
- 10 each Whole Peppercorns
- 100 g Diced Tomatoes
- 100 g Shaved Fennel

Romesco Sauce

- 1 slice of Crusty Bread
- 1 each Tomato
- 5 each Garlic Cloves (minced)
- 100 g Almonds
- 6 each Roasted Red Bell Peppers
- 100 g Olive Oil
- 40 g Sherry Vinegar
- 2 g Paprika
- 1 g Cayenne

PROCEDURE:

Octopus

1. Combine all ingredients into a hotel pan.
2. Cook in the combi oven at 260°F (127°C) / 80% humidity for 1.5 hours.
3. Cool in the blast chiller.
4. Sear at 510°F (266°C) for 4 minutes in the combi oven using the frying griddle.

Romesco Sauce

1. Combine all of the ingredients into a sous vide bag.
2. Cook in the combi oven at 185°F (85°C) / steam / 30 minutes.
3. Puree in the TRK food processor until smooth.



CRAB CAKE BENEDICT

INGREDIENTS:

Crab Cakes

- 1.5 oz Diced Onion
- 1.5 oz Diced Celery
- .5 oz Diced Shallot
- 1 clove Garlic
- 1 oz Clarified Butter
- 1 oz Mayo
- 1 oz Béchamel
- 2 each Eggs
- 4 oz Panko
- .5 oz Chives
- .5 oz Thyme
- 2 lb Crab Meat
- 10 each English Muffin
- AN Salt
- AN Pepper

Hollandaise

- 6 each Egg Yolks
- 1 oz White Wine Vinegar
- 50 g Water
- 1 lb Butter
- .5 each Lemon
- 3 dash Tabasco Sauce
- 1 dash Worcestershire
- 4 each Gelatin Sheets
- AN Salt

PROCEDURE:

Crab Cakes

1. Combine all ingredients in a bowl and weigh to 4 oz portions.
2. Cook in the combi oven at 460°F (238°C) for 6 minutes.
3. Place the crab cake on the English muffin followed by a poached egg (egg can be cooked at 144°F (62°C) steam for 1 hour).

Hollandaise

1. Place egg yolks, lemon juice, water, vinegar and hot sauce in a stainless steel bowl.
2. Whisk until emulsified together.
3. Place bowl over a simmering pot and whisk until eggs increase in volume and fall into ribbons from the whisk.
4. Remove from heat.
5. While whisking gradually ladle in melted butter.
6. Add a small amount of water if sauce becomes too thick.
7. Add in the gelatin sheets and pour into iSi canister with 2 charges.



Electrolux



CHAMPIONING THE CHANGED KITCHEN & LAUNDRY

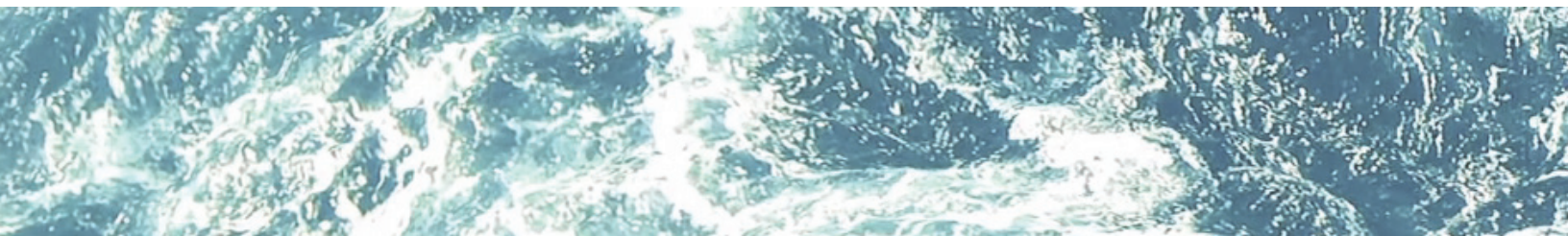
by the global leader in food service and laundry manufacturing



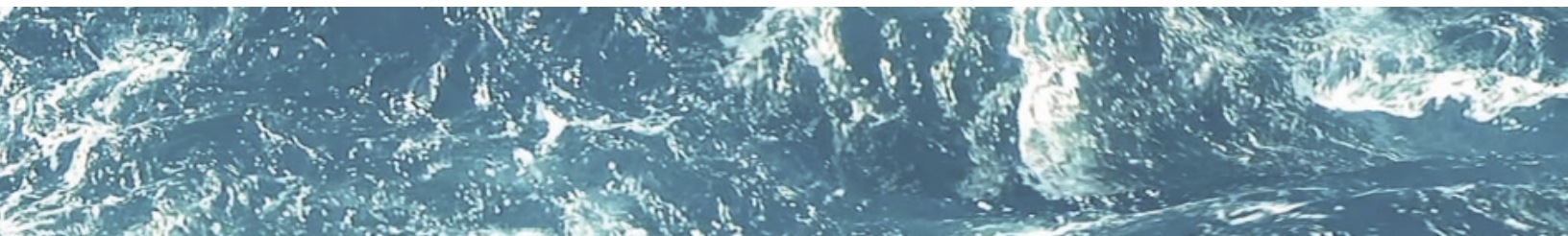
10200 David Taylor Drive
Charlotte, NC 28262
866-449-4200

See more at www.electroluxusa.com/professional

Notes

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the page.





10200 David Taylor Drive
Charlotte, NC 28262
www.electroluxusa.com/professional

