

The Friends of Long Marine Lab held the fourth annual Sustainable Seafood Taste-off on Sunday, September 27, 2009, hosted by Rachael Spencer and Kevin Rooney in their extraordinary North Coast home. This year's clear winner is below!

Spicy Salmon & Scallop Ragoût with Corn & Chiles
By Tom McNary of Carried Away

Serves 6

6 ears fresh corn, shucked
2 c. heavy cream
3 c. fish or chicken stock or water
3 tbsp. olive oil
1 yellow onion, cut into 1/2 in. dice
2 stalks celery, cut into 1/2 in. dice
1 leek, cleaned white part only, cut into 1/2 in. dice
2 Poblano or other green chilies, roasted, peeled and cut into 1/2 in. dice
1/2 lb. wild salmon, cut into bite-sized pieces
1/2 lb. dry-packed (diver or day boat) scallops, cut into bite-sized pieces
1 tbsp. chopped fresh thyme
1/8 tsp. cayenne pepper
1/2 tsp. sweet paprika
salt and pepper to taste
1/4 c. packed fresh cilantro leaves
lime wedges

1. Cut corn off cobs and reserve corn. Simmer cobs in cream and stock or water in saucepan for 15 min. Remove cobs and reduce cream/stock mixture to 4 cups. Set aside.

2. Sauté onion, celery, and leek with olive oil on low-medium heat in pan until soft, 8-10 min.

3. Add cream/stock mixture, chilies, and corn. Simmer for 5-7 min. until corn is tender.

4. Add seafood, thyme, cayenne and paprika. Simmer until seafood is cooked through, about 5 min. Season with salt and pepper to taste. Serve immediately with cilantro leaves and lime wedges.