

# Koterba's Kitchen

I usually hit a bunch of blogs when I'm up on line and I never know what will strike my fancy. Lately, I have been leaning toward Asian cuisine and seafood. I came across these two items. Miso soup is one of my favorites when I'm in a hurry or just want a pick me up. And I always like to do simple preparations of seafood that bring out their best attributes.

Enjoy:

From Mediterasian.com:



## MISO SOUP With Tofu & Mushroom

This nourishing Japanese soup takes only minutes to prepare and can be served for breakfast, lunch, or as part of a main meal. Miso, fermented soy bean paste, adds a rich flavor and is highly valued in Japan for its health-giving properties.

### INGREDIENTS:

3 cups dashi stock (dashi stock powder is available at Asian food stores)  
2 thinly sliced fresh mushrooms (shiitake or white button)  
1½ tablespoons miso paste  
1 tablespoon Japanese soy sauce  
1½ oz (45g) silken tofu—cut into cubes  
½ scallion—thinly sliced on the diagonally

## Koterba's Kitchen (cont.)

**METHOD:**

BRING the stock to a gentle boil in a saucepan, add the mushrooms and simmer for 3 minutes. MIX together the miso and soy sauce in a small bowl, then add to the hot dashi stock. ADD the tofu. HEAT the soup and, just before it comes to the boil, remove from the heat. POUR the soup into bowls and garnish with the sliced scallions on top to serve.

**Variations:** you can add various other ingredients to make a more substantial soup, such as cooked shrimp, snow pea sprouts, cooked rice noodles, or paper-thin slices of fresh ginger.

© 2004 - 2010 MEDITERRASIAN.COM



## Sea Scallops with Citrus Fruit

Scallops are another shellfish that intimidates some, but they are amazingly simple to make: the key, in fact, is not to do too much to them. While fresh herbs are still around, I love to sear scallops, adding plenty of fresh sage leaves for flavor. In the dead of winter, though, when there is no sage, but lots of scallops, this preparation is a favorite.

**INGREDIENTS**

16 sea scallops  
Zest and juice of 1/2 grapefruit  
Zest and juice of 1/2 orange  
Zest and juice of 1/2 lemon  
1 tablespoon honey  
4 cardamom pods  
2 tablespoons olive oil  
Salt and freshly ground pepper  
2 tablespoons unsalted butter, cut into small pieces  
*Fleur de sel*

## Scallops (cont.)

RECIPE Yield: 4 servings

Rinse the scallops and pat dry. Blanch them in boiling water for 1 minute. In a bowl, whisk together the fruit zest and juice, honey and cardamom pods.

Warm a skillet over medium-high heat. Add the oil to the skillet, season the scallops with salt and pepper, and cook them for 2 minutes on each side. Set the scallops aside on a warm plate and cover with foil.

In a saucepan, reduce the juice mixture over medium-high heat for 2 minutes, stirring all the while. Reduce the heat and whisk in the butter a few pieces at a time.

Plate the scallops and drizzle with sauce. Sprinkle with a few grains of *fleur de sel*.

And another one:

A very simple dish of quickly cooked spinach topped with a single perfect scallop, "seasoned" with a hint of hazelnut oil. The combination was pretty sublime, since scallops have inherently nutty flavor. Coincidentally, I had bought bay scallops at the Greenmarket before heading her way, so I was able to try to replicate it for dinner, using pine nut oil. Really amazing scallops need almost nothing done to them (the fishmonger had said I should eat them raw), but that little bit of oil takes them to another level.



Frank Koterba, *Chef of the FCFF*



*"There is no substitute for fishing sense, and if a man doesn't have it, he may cast like an angel and still use his creel largely to transport sandwiches and beer."*

*Robert Traver, "Trout Madness" (1960)*