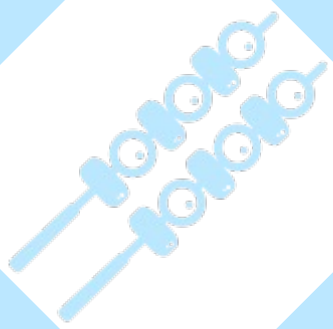


## ~ Menu Applications ~

### Exceptional Dining with Seafood Medley

Our Seafood Medley is a blend of cooked baby clam meat, cooked mussel meat, blanched Pacific White shrimp, and blanched Loligo squid rings and tentacles. Seafood Medley adds colour, texture and flavour to your recipes and is an easy way to enhance any meal-time experience.



#### Appetizers

- Perfect for an antipasto. Garnish with mixed greens and herbs.
- For a new spin on an old classic, feature Seafood Medley in a New York - style chowder.
- Start your meal with a Bang! Serve a Seafood Medley and Zucchini Salad topped with a lemon and garlic dressing.



#### Lunch

- Seafood Flatbread is perfect paired with a salad for an exciting pizza and salad combination.
- Seafood Medley is a great option for your Chef's lunch feature. Mix with a lemon horseradish cream sauce and serve on a croissant.
- Try using Seafood Medley in a seafood stew along with Ocean Jewel's Blue Cod and serve with toasted baguette slices rubbed with garlic and olive oil.



#### Seafood Medley

The pre-blanching and cleaned format saves time and labour and the IQF pieces allow you to use only what you need.

**Product Codes:**  
400 g - SF00714  
2.5 lb - SF00712



#### Dinner

- Looking for a theme night idea? Offer Seafood Medley Jambalaya with a tomato and rice broth. Feature in a Gumbo or Stir-Fry and serve with rice.
- For a simple and light pasta dish, sauté Seafood Medley with zucchini and sweet peppers and mix with olive oil and dill.





## ~ Recipes ~

### SEAFOOD MEDLEY FLATBREAD PIZZA WITH AN OIL AND GARLIC DRESSING AND ROASTED RED PEPPERS (Serves 25)

2.75 lbs Seafood Medley, defrosted (50 g per portion)  
25 pieces flatbread  
4 cups roasted red peppers, canned, drained, sliced  
4 cups button mushrooms, sliced  
1.5 cups fresh garlic, minced  
1.5 cups olive oil  
1 cup green onion, chopped fine  
6 cups Mozzarella cheese, shredded

- Preheat a convection oven to 450°F or a Rational unit to Bread and pastry, pizza, mid colour, 5 minutes.
- Get all ingredients prepared in different containers. Mix the olive oil and the garlic together.
- Make all pizzas by brushing the olive oil and garlic mix on, topping with a light layer of cheese (so that all of the toppings stick), then add Seafood Medley, peppers, mushrooms, green onions, and then another layer of mozzarella cheese.
- Cook on a baking sheet in the convection oven for 5-8 minutes or within the Rational on the above setting for 5 minutes.
- Serve hot, with dipping sauce, salad or raw veggies and dip.

### SEAFOOD MEDLEY WITH LEMON, GARLIC, HERBS AND FRESH ZUCCHINI SALAD (Serves 25)

3.85 lbs Seafood Medley, defrosted (70 g per portion)  
2 tbsp olive oil  
1 tbsp black pepper  
6 cups yellow zucchini, sliced in rounds  
6 cups green zucchini, sliced in rounds  
1/2 cup green onion, chopped fine  
1/4 cup fresh parsley, chopped fine  
FOR THE DRESSING:  
1.25 cups olive oil  
1/4 cup garlic  
3/4 cups lemon juice  
1 tbsp black pepper

1/4 cup salt free & sugar free basil tarragon mix  
25 lettuce leaves (garnish)

- Preheat a convection oven to 400°F or the Rational to fish, pan fry, thin, medium colour, 3 minutes.
- On a greased sheet pan, add the Seafood Medley, olive oil and black pepper. Roast for 3 minutes in the convection oven, ensure the internal temperature reaches 165°F or 74°C, or use the Rational setting above. Cool and reserve.
- In a large bowl, add the zucchini (green and yellow) green onion, and parsley. Reserve.
- In another bowl, add the olive oil, garlic, lemon juice, black pepper, and basil tarragon mix whisk together until fully emulsified.
- 30 minutes before service, add the chilled Seafood Medley with the vegetables and the dressing.
- Garnish with a lettuce leaf, fresh herbs, roasted red peppers or something spicy if desired.



### MIXED SEAFOOD WITH A LEMON HORSERADISH CREAM SERVED ON A CROISSANT (Serves 25)

2.75 lbs Seafood Medley, defrosted (50 g per portion)  
1.5 cups Greek yogurt  
1/2 cup mayonnaise  
1/2 cup lemon juice  
1/2 cup horseradish, jarred  
1/4 cup green onion, chopped fine  
1/4 cup salt free & sugar free lemon pepper mix  
75 Roma tomatoes, sliced (3 slices per serving)

3 cups baby greens  
25 croissants

- Preheat a conventional steamer or a Rational unit to steam, 212°F, timer for 5 minutes.
- Steam the Seafood Medley for 5-7 minutes in a conventional steamer or 5 minutes in a preheated Rational. Ensure the internal temperature is 165°F or 74°C. Cool and reserve.
- In a large bowl, add the Greek yogurt, mayonnaise, lemon juice, horseradish, green onion, and lemon pepper seasoning. Mix until everything is well combined. Reserve for 30 minutes so that the flavor can meld together.
- Cut Roma tomato slices, prepare baby greens and cut Croissants in half.
- Mix the Seafood Medley with the creamy mixture and assemble your sandwiches.
- Serve with a side salad or crunchy style potato wedges or tater tots.



### SEAFOOD MEDLEY JAMBALYA WITH A TOMATO AND RICE BROTH (Serves 25)

3.85 lbs Seafood Medley, defrosted (70 g per portion)  
3 cups carrots, diced  
3 cups onion, diced  
1.5 cups red bell pepper, diced  
2 cups raw Oktoberfest sausage, chopped in rounds  
6 cups Basmati rice  
8 cups tomato sauce  
6 cups chicken stock  
1.5 cups green onion, chopped fine  
1/4 cup salt free & sugar free toasted onion garlic mix  
1/2 cup Cajun spice

- Preheat a convection oven to 350°F or the Rational combi heat, 30 % moisture, 70 % dry heat, 350 °F, 30 minutes.
- In a heavy bottomed pot, sauté the carrots, onions, peppers and sausage for 7-10 minutes.
- Season with the toasted onion and garlic, and Cajun spice. Sauté for another 3-5 minutes. Reserve.
- In a 4" hotel pan add the cooked vegetables and sausage. Add the defrosted Seafood Medley, rice, tomato sauce, chicken stock, and green onion. Mix well.
- Cover with a lid and cook in the convection oven for 45-55 minutes or until most of the liquid has evaporated or in a preheated Rational for 30 minutes. Ensure the dish has reached 165°F or 74°C.
- If desired, add a 1/2 a cup more tomato sauce to the finished dish.
- Hold hot at 200°F until service.
- Garnish with fresh herbs, or fresh diced Roma tomato.



### LINGUINI WITH SEAFOOD MEDLEY, DILL, SWEET PEPPERS AND GREEN ZUCCHINI IN A LEMON OLIVE OIL SAUCE (Serves 25)

3.85 lbs Seafood Medley, defrosted (70 g per portion)  
3 cups sliced roasted red peppers, canned, drained  
6 cups diced green zucchini  
2 cups thinly sliced red onion  
2 tbsp minced garlic, fresh  
3 cups olive oil  
1 cup lemon juice  
2 tbsp black pepper  
1.5 cups chopped dill, fresh

4 lbs dry linguini

Parmesan cheese to taste

- In a large heavy bottomed pot, boil the water for the pasta. Only fill the pot 3/4 full, and refrain from putting the pasta in the pot until the water is boiling.
- In another heavy bottomed pot, over medium heat, sauté the red onion for 5-7 minutes.
- Add in the green zucchini and the roasted red peppers, sauté for another 3-6 minutes. Reserve.
- Cook your linguini for 8-12 minutes stirring occasionally.
- Add the Seafood Medley into the vegetables and sauté for 4 minutes. Add in the olive oil, lemon juice, black pepper, chopped fresh dill and drained linguini.
- Serve immediately. Garnish with fresh herbs, lemon zest, or parmesan cheese.



Contact us: 905-792-9700 | [www.oceanjewelseafood.com](http://www.oceanjewelseafood.com)

*Committed to Senior Living & Healthcare*