



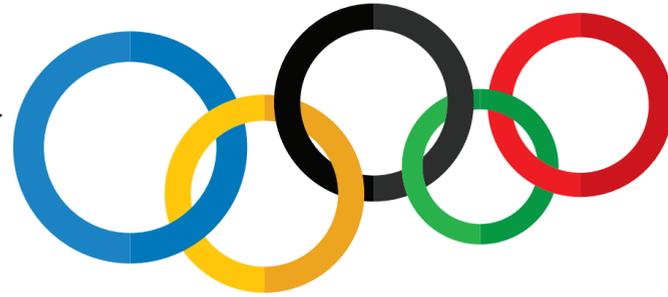
# AQUA STAR: SHAREABLE SEAFOOD BITES CONTINENT TO CONTINENT



# CONTINENTAL Shareable Seafood Bites

The excitement of this year's summer Olympics has us inspired! We are hopping continent to continent to find flavors and recipes to share with friends and family while we tune into this summer's Olympic games! From poached salmon to seafood pancakes, we developed five tasty seafood recipes each representing a different corner of the globe: Europe, Africa, Americas, Asia, and Australia.

We invite you to embrace these diverse global flavors and become a culinary connoisseur in your own kitchen while the world unites to cheer on its top athletes at the 2024 Summer Olympics. Let the excitement of the games inspire you for your next TASTE ADVENTURE!



**Did you know:** The ancient *Olympic Games* began in the year **776 BC** lasting until **393 AD**. After 1,503 years the now modern day Olympics returned to Athens, Greece in 1896.



**The Olympic torch was introduced to the games in 1928.** The modern Olympic torch relay first began at the 1936 Olympic Games in Berlin. There was no torch relay in the ancient Olympic Games.

The ancient Olympic Games were primarily a part of a religious festival in honor of **Zeus**, the father of the Greek gods and goddesses.



**The U.S. holds the most medals in all the years of competition.**

Germany sits in second, Soviet Union third, France and Great Britain round out the top five in all-time medal standings.

As of 2024, there have been **29 Summer Olympic Games** and **24 Winter Olympic Games**.



## RECIPES CONTINENT TO CONTINENT:

### EUROPE



#### Salmon Rillettes Mille Feuille

Time to Table: 60 min  
Servings: 4  
Difficulty Level: Moderate

### AFRICA



#### Shrimp Bunny Chow

Time to Table: 30 min  
Servings: 4  
Difficulty Level: Easy

### AMERICA



#### Shrimp & Scallop Empanadas

Time to Table: 90 min  
Servings: 4  
Difficulty Level: Difficult

### ASIA



#### Okonomiyaki (CALAMARI PANCAKES)

Time to Table: 30 min  
Servings: 4  
Difficulty Level: Moderate

### AUSTRALIA



#### Shrimp On The Barbie WITH MANGO CHUTNEY

Time to Table: 30 min  
Servings: 4  
Difficulty Level: Easy



TOGETHER WE Celebrate!





TIME TO TABLE

**60**  
minutes

SERVINGS

**4**

DIFFICULTY: **MODERATE**

### INGREDIENTS LIST:

- 1 lb. Aqua Star Wild Pacific Salmon, Boneless, Skin-On, thawed according to package directions
- 4 cups vegetable stock
- 1 Bay leaf
- ½ tsp whole black peppercorns
- 1 sheet of frozen puff pastry
- 5 oz. smoked salmon, diced
- ⅓ cup full fat Greek yogurt, plus 1 Tbsp for garnish
- ½ cup crème fraîche or sour cream
- 5 Tbsp chopped dill, plus 1 tsp for garnish
- 1 Tbsp chopped chives
- 1 Tbsp fresh lemon juice
- ¼ tsp lemon zest
- ¼ tsp sea salt
- 1 tsp pink peppercorns

# Salmon Rillettes Mille Feuille

EUROPE

**A DELIGHTFUL TWIST ON A FRENCH CLASSIC.** This rich, chunky spread of poached and smoked salmon mixed with the creaminess of crème fraiche and fresh citrus notes of lemon and dill will tantalize the taste buds. This creative, elegant, and refreshing pastry will hold the gold medal at any event.

### PREPARATION INSTRUCTIONS:

Bring a pot of vegetable stock to boil and add in bay leaf and black peppercorns. Place salmon fillet in boiling stock and turn down heat to medium-low. Poach fillet until soft and flaky for about 11 minutes. Remove fillet from stock and place in fridge to cool for 30 minutes.

Cut puff pastry into 2-inch by 4-inch rectangles and bake for 10 minutes or until golden brown. Let cool slightly then divide each puff pastry in half. Set aside until ready to assemble.

Combine diced smoked salmon, Greek yogurt, crème fraiche, dill, chives, lemon juice, lemon zest, and salt. Mix until combined.

Remove skin from cooled salmon fillet and flake to desired size. Fold flaked salmon into smoked salmon mixture.

To assemble, add a spoonful of the salmon spread to each bottom half of puff pastry and garnish with a drizzle of Greek yogurt, dill, and pink peppercorns. Cover with the top half of puff pastry, serve and enjoy!

### CHEF TIPS:

Salmon Rillettes Mille Feuille are best served at room temperature.



Aqua Star Raw Wild Pacific Salmon Fillet





TIME TO TABLE

**30**

minutes

SERVINGS

**4**

DIFFICULTY: **EASY**

### INGREDIENTS LIST:

- 1 lb. Aqua Star Raw Shrimp, Peeled, Tail-On, thawed according to package directions
- 2 Tbsp olive oil
- 1 small onion, diced
- 1 clove of garlic, finely chopped
- 1 ½ Tbsp garam masala
- ½ Tbsp cumin
- 1 tsp ginger powder
- 16 oz tomato puree
- 16 oz diced tomatoes
- 1 cup fish stock
- 1 tsp fish sauce
- Salt and pepper to taste
- ½ cup heavy cream
- 1 sourdough loaf of bread, hollowed out

# Shrimp Bunny Chow

**A SUMPTUOUS SOUTH AFRICAN DELIGHT.** A hearty dish showcasing a flavorful shrimp curry infused with garam masala, cumin, and ginger spices, all simmered to perfection and served in a sourdough bread bowl. Its distinctive nature makes it a perfect dish to share with a gathering of friends and family.

### PREPARATION INSTRUCTIONS:

Heat olive oil in pan over medium heat, add diced onion and cook until translucent. Add garlic, garam masala, cumin, and ginger and let bloom for 30 seconds. Add tomato puree, diced tomatoes, fish stock, fish sauce, salt, and pepper to taste.

Add thawed shrimp to sauce and cook for 15 minutes, stirring occasionally. Once the shrimp are fully cooked and sauce has thickened, finish with heavy cream.

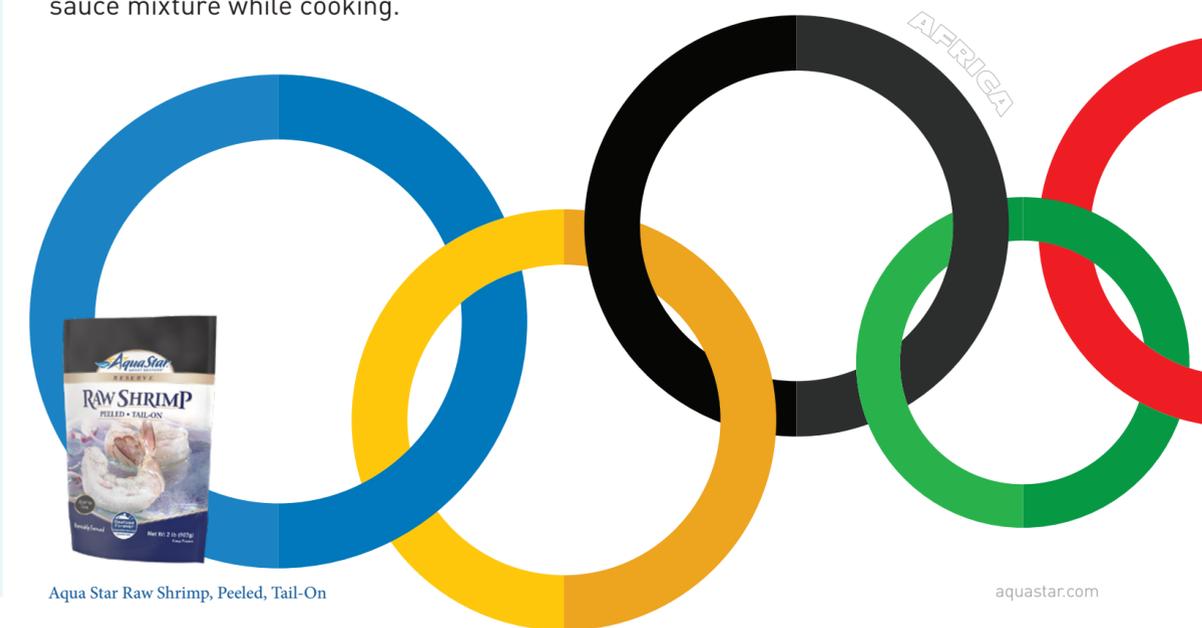
Pour shrimp and sauce mixture into bread bowl. Serve and enjoy!

### CHEF TIPS:

To add a little heat to this dish, include a dash or two of red pepper flakes to shrimp sauce mixture while cooking.



Aqua Star Raw Shrimp, Peeled, Tail-On





# Shrimp and Scallop Empanadas



TIME TO TABLE

90

minutes

SERVINGS

4

DIFFICULTY: **DIFFICULT**

## INGREDIENTS LIST:

- 1 lb. Aqua Star Wild Patagonian Pink™ Raw Shrimp, Peeled, Tail-Off, thawed and chopped
- 1 lb. Aqua Star Sea Scallops, thawed and chopped
- ½ small onion, peeled and diced
- 1 clove of garlic, finely chopped
- 2 Tbsp of tomato paste
- 1 tsp ancho chili powder
- ½ Tbsp cumin
- Salt and pepper to taste

### Empanada Dough:

- 3 cups all-purpose flour
- ¼ tsp salt
- 8 Tbsp unsalted butter, cubed
- 2 eggs (reserve one for glaze)
- 1/3 cup milk

### Cilantro Crema:

- 1 cup sour cream
- 2 Tbsp lime juice
- 2 Tbsp cilantro, finely chopped
- 1 Tbsp mayonnaise
- 1 tsp cayenne pepper
- 1 tsp salt
- ½ tsp black pepper

**A BELOVED LATIN AMERICAN DELICACY.** Indulge in buttery empanadas brimming with succulent shrimp and scallops, perfect for lively gatherings and celebrations. This delectable creation showcases the richness of sweet, creamy scallops and plump Argentine shrimp infused with a medley of spices and vegetables. Add a drizzle of luscious cilantro sauce for a burst of refreshing flavor.

## PREPARATION INSTRUCTIONS:

To make dough, add flour and salt to food processor and pulse to combine. Add cubed butter a little bit at a time and pulse until sandy in texture. Combine one egg and milk and slowly add while pulsing. A crumbly dough will form, add more flour if too wet or more milk if too dry. Bring together into a ball and refrigerate until ready to assemble.

Sauté onions and garlic in butter until translucent. Add in tomato paste, ancho chili powder, cumin, and salt and pepper to taste. Add chopped shrimp and scallops and cook for 8–10 minutes or until seafood is fully cooked. Refrigerate until fully cooled.

Roll empanada dough to 1/8 inch thickness and cut into 4 inch circles. Fill with 2 tablespoons of filling and fold in half. Seal the edges by pressing together with a fork.

To make Cilantro Crema, combine sour cream, lime juice, fresh cilantro, mayonnaise, cayenne pepper, salt, and black pepper and whisk until smooth.

Arrange empanadas on a nonstick baking sheet, whisk one egg and brush over empanadas. Bake at 400°F for 15–30 minutes, until tops are golden brown, and the bottoms are firm. Serve with a side of Cilantro Crema and enjoy!

## CHEF TIPS:

Empanada dough and filling can be made in advance and stored in the refrigerator for up to 2 days.



Aqua Star Wild Patagonian Pink™ Raw Shrimp, Peeled, Tail-Off & Aqua Star Pure & Natural Sea Scallops



TIME TO TABLE

**30**  
minutes

SERVINGS

**4**

DIFFICULTY: **MODERATE**

### INGREDIENTS LIST:

- 8 oz. Aqua Star Calamari Rings & Tentacles, thawed
- 1 cup all purpose flour
- ½ tsp baking powder
- ½ tsp salt
- 1 Tbsp Dashi powder (optional)
- 4 eggs
- 1 cup cold water
- 1 cup green cabbage, finely shredded
- ½ cup green onion
- 1 Tbsp Vegetable oil

Okonomiyaki Sauce:

- 2/3 cup ketchup
- ½ cup Worcestershire sauce
- ¼ cup oyster sauce
- 3 Tbsp soy sauce
- 2 Tbsp sugar

# Okonomiyaki (CALAMARI PANCAKES)

**FRITTATA-LIKE SAVORY JAPANESE PANCAKE.** This iconic street food may seem complex, but its preparation is surprisingly simple. Traditionally crafted with a blend of cabbage, scallions, and a variety of meats or seafood, our version features tender calamari that, when drizzled with a sweet and tangy Okonomiyaki sauce, bursts with irresistible flavors.

### PREPARATION INSTRUCTIONS:

To make Okonomiyaki Sauce, combine all okonomiyaki sauce ingredients in a bowl, whisk to combine and adjust sweetness to your preference. Set aside.

Chop the thawed calamari rings and tentacles into bite size pieces.

To prepare the batter combine flour, baking powder, salt, and Dashi powder in a bowl and stir. Add in egg and water and combine until smooth. Fold in cabbage, green onion, and chopped calamari pieces.

Heat 1 tablespoon of vegetable oil in a pan over medium heat. For each pancake, spoon ¼ cup of batter into the skillet. Spread batter slightly so pancakes are thin and cook for approximately 2 minutes each side. Pancakes are done when a toothpick can be inserted and come out clean.

Drizzle pancakes with Okonomiyaki sauce and Japanese mayo. Top with all the garnish or keep it simple. Serve and enjoy!

### CHEF TIPS:

Optional Garnish: Furikake seasoning, Green Onion, Sesame seeds, and Bonito flakes



Aqua Star Wild Calamari Rings & Tentacles



TIME TO TABLE

30

minutes

SERVINGS

4

DIFFICULTY: EASY

### INGREDIENTS:

- 1 lb. Aqua Star Shrimp Skewers, thawed according to package directions

#### Mango Marinade:

- 1 cup mango juice or puree
- 1 cup orange juice
- 1 Tbsp lime juice
- ½ Tbsp chili powder
- Salt and pepper to taste

#### Mango Chutney:

- 2 cups frozen or fresh mangos
- ½ cup golden raisins
- 1 Tbsp red wine vinegar
- 1 Tbsp honey
- ½ Tbsp ginger, freshly grated
- Salt and pepper to taste
- 1 Tbsp mint, finely chopped

# Shrimp on the Barbie WITH MANGO CHUTNEY

**AN AUSTRALIAN LEGEND.** This iconic Australian shrimp dish not only boasts a famous name but also excels in its simplicity and flavor. Succulent shrimp is marinated in a sweet and tangy mango marinade, then grilled, and served with a luscious and vibrant mango chutney.

### PREPARATION INSTRUCTIONS:

To make Mango Shrimp marinade, mix mango juice, orange juice, lime juice, chili powder, salt and pepper and pour over skewers and let marinade for 15 minutes.

To make Mango Chutney, place all mango chutney ingredients except mint in a small sauce pan and cook on medium heat for 10 minutes until softened and thickened. Transfer cooked mango chutney into food processor and chop until desired consistency. Mix in chopped mint. Set aside until ready to serve.

Preheat grill to medium-high. Grill skewers each side for 2—3 minutes and brush with marinade while cooking.

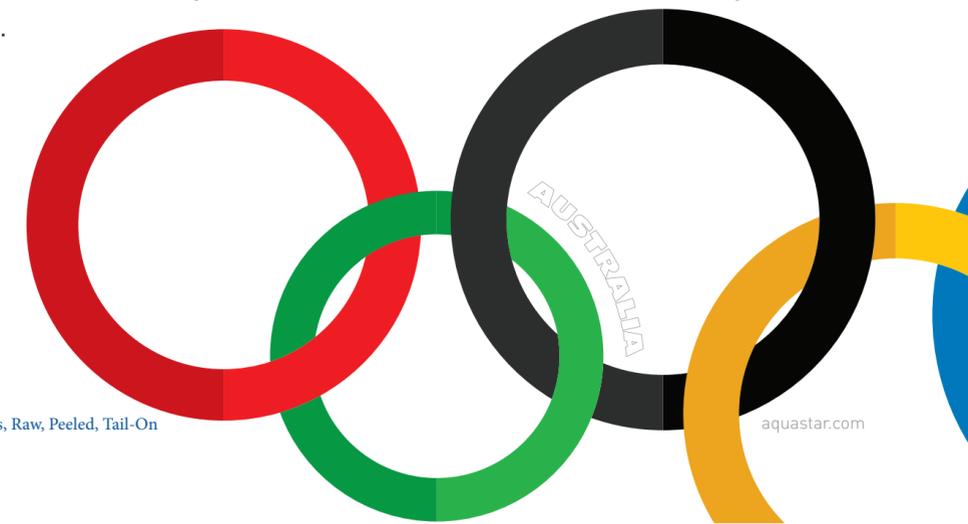
Serve with Mango Chutney and enjoy!

### CHEF TIPS:

Both Mango Marinade and Mango Chutney can be made in advance and refrigerated for up to 5 days.



Aqua Star Shrimp Skewers, Raw, Peeled, Tail-On





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