



## Make Seafood Go Further

Summer 2017

### Through Cross Utilization

Don't let parts of seafood go to waste – with a little creativity you can use it all

When people think of seafood, oftentimes they're only thinking about a grilled filet, fried shrimp or whole boiled lobster. Yet as you know, there's so much more. But how can you use the seafood most people know about and get them to try even more? Cross-utilizing different types of fish and shellfish, especially for appetizers, is a great way to expose people to more items while also maximizing your stock.

If you find that you maybe over-ordered some seafood, don't worry. Running a happy hour or lunch special can help sell it out before it goes bad because the last thing you want is to have rotten seafood. "We have happy hour oysters daily and we'll rotate through them; we don't like to keep oysters more than three days," said Tony Gentile, corporate executive chef/co-owner of Flagship Restaurant Group, which owns Plank Seafood Provisions in Nebraska. "We'll take the trim of the mahi mahi and make tacos. Parts of leftover salmon, like the belly, we'll smoke it, add citrus and top it on a crostini or put it in sushi rolls for spicy salmon. We take cod leftovers and make sliders with malt vinegar aioli. It's the odds and ends you can't make whole pieces out of."

So there are truly so many ways to cross-utilize your seafood. Sometimes it takes a little creativity. Other times, it's just realizing you can prepare them simply and let their natural flavors shine through.

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