

#FOOD & RECIPES

# A fresh, flavourful SEAFOOD medley

Indulge in the mouth-watering world of seafood with these tantalising BBQ and pasta recipes. Perfect for your next cookout or family gathering, these dishes showcase the rich flavours of fresh fish and assorted seafood. From smoky BBQ delights to creamy crab-infused scrambles and homemade pasta, these dishes are sure to satisfy your cravings and elevate your culinary experience. So, let's dive into these seafood masterpieces that will leave your taste buds begging for more.



## BBQ PROMFRET

**Ingredients**  
300g pomfret (clean and put some deep slits on both sides)

1 tsp chilli powder  
A pinch homemade dry herbs powder  
½ tsp garlic paste  
1 tsp ginger paste  
½ tsp garam masala  
¼ tsp coriander powder  
¼ tsp cumin powder  
5-6 curry leaves  
2 tbsp lemon juice  
Salt, to taste

### Method

Mix spice powders, ginger-garlic paste, and salt. Add lemon juice to make a paste. Cut the curry leaves into two and add this to the paste (do not make a paste of curry leaves). Apply this to the fish. Keep aside for at least for 1 hour. Heat the charcoal and grill the fish until it is cooked.

## BBQ RED SNAPPER

**Ingredients**  
300g red snapper (clean and put some deep slits on both sides)

1 tsp black pepper  
A pinch of homemade dry herbs powder  
½ tsp garlic paste  
1 tsp ginger paste  
½ tsp garam masala  
¼ tsp red paprika  
¼ tsp cumin powder  
Fresh Rosemary  
Lemon juice (about 2 tbsp)  
Salt, to taste

### Method

Clean the red snapper thoroughly and make deep slits on both sides of the fish. In a bowl, combine the black pepper, homemade dry herbs powder, garlic paste, ginger paste, garam masala, red paprika, cumin powder, and salt. Add the lemon juice and mix everything together to form a smooth paste.

Rub the marinade generously onto the red snapper, making sure to coat both sides

and into the slits. Let it marinate in the refrigerator for at least 1 hour.

Prepare the grill by heating it to medium-high heat. If using charcoal, ensure the coals are glowing.

Place the marinated red snapper on the grill and cook for about 4-5 minutes on each side, depending on the size of the fish. Once cooked, remove the fish from the grill and serve immediately. Garnish with additional fresh rosemary and lemon wedges on the side for an extra touch of flavour.

careful not to overcook it.

Add the 100g of tomato sauce to the pan with the seafood and garlic. Stir to combine and cook for another 2-3 minutes, letting the sauce warm up and thicken slightly. Season with salt and pepper to taste. If the sauce is too thick, you can add a little reserved pasta water to loosen it.

Add the cooked pasta directly into the skillet with the seafood and sauce. Toss everything together gently to coat the pasta evenly with the sauce and seafood.

Once the pasta and seafood are well-mixed, transfer to serving plates. Optionally, garnish with fresh herbs or a squeeze of lemon juice for added flavour.

## CRAB SCRAMBLE

**Ingredients**

1 tbsp butter  
1 shallot, thinly sliced  
4 eggs  
1/3 cup fresh cream  
2/3 cup crab meat  
2 cups fresh spinach  
6 cherry tomatoes, quartered  
2 tablespoons chopped fresh chives

¼ tsp salt  
A pinch of black pepper

### Method

Melt the butter in a medium size pan over medium low heat. Once butter is melted, add the shallot and sauté for 3-5 minutes, until shallots start to become fragrant. While shallots are sautéing, combine eggs, fresh cream and crab meat in a mixing bowl. Whisk to scramble the eggs and make the mixture come together.

Turn the heat up to medium high and add the spinach, stirring until slightly wilted. Next, add the egg mixture to the pan and stir gently. Add the tomatoes, chives, salt and pepper and continue to gently stir and break up the eggs, as you would any scrambled egg dish. Once eggs are no longer runny and cooked through, transfer to two plates.

## ASSORTED SEAFOOD PASTA

**Ingredients**

150g pasta  
200g assorted seafood  
100g tomato sauce  
Salt and pepper, to taste  
5 cloves of garlic, chopped  
Olive oil

### Method

Bring a large pot of salted water to a boil. Add the 150g of pasta and cook (typically 8-12 minutes, depending on the shape of the pasta). Once cooked, drain the pasta, reserving a little bit of the pasta water to help adjust the sauce later. Set the pasta aside.

While the pasta is cooking, heat a little olive oil in a large skillet over medium heat. Add the 5 cloves of chopped garlic to the skillet and sauté for 1-2 minutes, or until fragrant.

Add the 200g of assorted seafood to the pan. Cook for about 3-5 minutes, until the seafood is cooked through and opaque. Be



**Photo: Shahrear Kabir Heemel**  
**Location, Food, & Styling: Mermaid Beach Resort**