



PESCA

•DAVE PASTERNAK•

Culture, cooking and fishing all come together in this story about a man and his love of New York, food and the sea. Meet Dave Pasternack, chef and partner at ESCA, the famous Italian seafood restaurant in Hell's Kitchen, as he takes you on this culinary journey from the catch to the table.

Recipe excerpted from
THE YOUNG MAN & THE SEA: Recipes and Crispy Fish Tales from Esca by David Pasternack and Ed Levine.
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GRILLED STRIPED BASS WITH SALSA VERDE

Serves 2

FOR THE SALSA VERDE

2 tablespoons coarse sea salt
3 sprigs rosemary, needles picked off the stems
2 anchovy fillets
1 clove garlic
½ cup chives, cut into 1-inch pieces
1 cup fennel tops, fronds picked off the stems
6 sprigs tarragon, leaves picked off the stems
3 sprigs oregano, leaves picked off the stems
1 cup extra-virgin olive oil
Juice of ½ lemon (about 1 ½ tablespoons)
Sea salt
Freshly ground black pepper

FOR THE BASS

One 2-pound striped bass, scales and fins removed and gutted
4 parsley stems
2 medium lemon slices
1 clove garlic, crushed
Extra-virgin olive oil, to coat the fish
Sea salt
Freshly ground black pepper
Braised carrots

MAKE THE SALSA VERDE

Use a mortar and pestle, combine the sea salt and rosemary and crush to a fine dust.

Add the anchovies and garlic, and continue pounding until the mixture has the consistency of a paste. Follow with the chives, fennel tops, tarragon and oregano, pounding after each addition. Transfer the paste to a small mixing bowl and add the olive oil and lemon juice. Taste and then adjust the seasoning by adding salt and pepper as needed. This should be made shortly before serving so the herbs are still fresh tasting. Leftovers can be refrigerated and brought to room temperature before serving as a condiment.

MAKE THE BASS

Prepare a charcoal fire and let the grill get very hot.

Dry the fish with paper towels. Stuff the cavity with the parsley stems, lemon slices and garlic. Rub the fish on both sides with olive oil and season with salt and pepper.

When the coals are white-hot, place the fish over the medium-high part of the fire (where you can hold your hand above the coals for, say, 4 seconds). If the flames jump to touch the fish, move it to a cooler part of the grill. Grill the fish for 8 to 10 minutes per side. The skin should be charred but not blackened. The flesh of the fish, when touched, should gently break away under the skin.

Fillet the fish and transfer to 2 serving plates. Spoon a tablespoon of the salsa verde over each piece just before serving.



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LINGUINE WITH CLAMS, PANCETTA AND RED PEPPER FLAKES

Serves 4

1 pound dried linguine
3 tablespoons plus ¼ cup extra-virgin olive oil, plus high-quality extra-virgin olive oil, for drizzling
1 clove garlic, thinly sliced
6 ounces pancetta, cut into thin strips
8 mild dried red chillies (such as Italian finger hots), whole
2 ¾ pounds clams (mahogany or littlenecks, about 48 total), scrubbed clean
½ cup dry white wine
1 cup clam stock or lobster stock (recipe follows) or pasta cooking water
½ teaspoon sea salt, plus more to finish
¼ teaspoon freshly ground black pepper plus more to finish
1 teaspoon red pepper flakes
2 tablespoons chopped flat leaf parsley

Bring a large pot of salted water to a boil. Add the linguine and cook for 1 minute less than the box directions (al dente—the pasta should still have bite to it). Drain in a colander, reserving 1 cup of the cooking liquid if not using the clam stock. Toss the pasta in the colander with ¼ cup of the olive oil and set aside.

Heat 3 tablespoons of the olive oil in a 6-quart pot or dutch oven with a lid over medium-high flame. Add the garlic and pancetta and cook, stirring occasionally, until the garlic begins to take on color, about 4 minutes. Add the chillies and the clams, cover the pot, and cook until the clams begin to open, about 2 ½ minutes. Add the wine and the clam or lobster stock, or reserved pasta water (it should bubble when it hits the pan), and replace the lid. Cook for 2 to 3 minutes more, checking to see when all of the clams have opened (discard any that don't). Add the pasta and season with the ½ teaspoon salt and ¼ teaspoon freshly ground pepper. Add the red pepper flakes. Add the parsley, toss gently to combine and cook for an additional minute or so to thoroughly reheat the linguine. Divide among four bowls, being sure to distribute the clams equally. Drizzle each bowl with a high-quality extra-virgin olive oil, a sprinkling of crunchy sea salt and some freshly ground black pepper.

CLAM OR LOBSTER STOCK

Makes 1 quart

1 tablespoon extra-virgin olive oil
2 shallots, chopped (about ½ cup)
1 sprig thyme
4 black peppercorns
1 bay leaf
3 parsley stems
1 ½ cup dry white wine
4 pounds of chowder clams or 4 lobster bodies

Over a medium-low flame, heat the olive oil in a 4-quart pot. Add the shallots and cook slowly until translucent, about 5 minutes. Add the thyme, peppercorns, bay leaf, parsley stems and white wine. Raise the flame to high, bring to a boil and cook until the liquid reduces by half, about 7 minutes. Add the clams and enough water to completely cover them, about 1 quart. Bring to a boil, reduce the flame to medium and cover. Simmer until all the clams have opened, about 6 minutes, discard any clams that don't open. Strain the liquid through a fine mesh sieve and discard the solids. Let the stock cool to room temperature before refrigerating. Clam or lobster stock can be refrigerated for up to 3 days or frozen.

FETTUCCINE WITH ROCK SHRIMP, CORN & JALAPEÑO

Serves 4

1 pound dried fettuccine
3 tablespoons plus ¼ cup extra-virgin olive oil,
plus high-quality extra-virgin olive oil, for drizzling
1 medium jalapeño, stemmed and seeded, sliced in rounds
1 pound rock shrimp, peeled and deveined
Sea salt
Freshly ground black pepper
6 ears corn, kernels removed from cob, about 3 cups
2 cups arugula, rinsed and spun-dry, chopped

Bring a large pot of salted water to a boil. Add the fettuccine and cook 1 minute less than the box instructions for al dente. Drain the pasta in a colander, reserving about ¼ cup of the cooking water.

While the pasta is cooking, heat the 3 tablespoons olive oil over a medium flame in a deep, straight-sided sauté pan. Add the jalapeño and cook until softened, about 2 minutes. Season the rock shrimp with salt and pepper, then add to the pan. Sear the shrimp on all sides for 6-8 minutes total. Add the corn, stir well to combine, and cook for about 1 minute more. Season with ½ teaspoon sea salt.

Reduce the flame to medium and add the arugula. Stir to combine. Add the pasta and the reserved pasta water. Use tongs to combine the ingredients, and continue cooking for about 1 minute more. Season with additional salt and pepper. Use the tongs to transfer the pasta to 4 serving bowls and drizzle some high-quality extra-virgin olive oil over each bowl before serving.

RIGATONI WITH TUNA BOLOGNESE

Serves 4

2 pounds fresh tuna scraps or steaks, cut into large chunks
10 ounces pancetta, cut into medium dice
6 ounces mackerel, cut into large chunks
3 tablespoons olive oil
1 onion, diced
4 cloves garlic, crushed
One bottle (750 mL) red wine
½ cinnamon stick (about 2 inches)
1 teaspoon red pepper flakes
One 28-ounce can whole peeled tomatoes (and their juice)
Sea salt
Freshly ground black pepper
1 pound dried rigatoni (preferably DeCecco)
½ pound mascarpone cheese

In a food processor, pulse the tuna, pancetta, and mackerel until coarsely ground. Set aside.

In a Dutch oven, heat the olive oil over a medium flame. Add the onion and garlic and cook, stirring occasionally, until translucent, 3 to 4 minutes. Add the ground tuna mixture and increase the flame to medium high. Cook, stirring with a fork, the red wine, bay leaf, red pepper and cinnamon stick, and cook until dry, about 15 minutes. Add the tomatoes, crushing them by hand, and their juice and ½ cup water. Season with 1 teaspoon salt and ½ teaspoon black pepper. Let simmer, uncovered, for 1 ½ hours. The sauce should be moist, not wet. Taste and re-season with salt and pepper. Discard the bay leaf and cinnamon stick.

Prepare the rigatoni according to the package directions, cooking 1 minute less than the package instructs for al dente. Drain in a colander and combine with the Bolognese sauce. Divide among 4 serving bowls. Top each bowl with ¼ cup of mascarpone, a sprinkling of salt and a grinding of pepper.



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SICILIAN-STYLE SWORDFISH

Serves 4

Four 6-ounce swordfish steaks, about 1 ¾ inches thick
Extra-virgin olive oil
Sea salt
Freshly ground black pepper
2 cups Italian-Style Bread Crumbs (recipe follows)
2 lemons, cut into wedges

Prepare a charcoal fire and heat the grill over it.

Dry the swordfish steaks with paper towels. Brush them on both sides with extra-virgin olive oil, season with salt and pepper, then dredge in the bread crumbs.

Place the fish over the medium-hot part of the fire and grill until the bread crumbs turn golden, no less than 5 minutes per side; if they begin to toast too quickly, move the fish to a cooler part of the grill. The cooked swordfish should be golden brown and the flesh should begin to flake when you press it with your finger.

INGREDIENT NOTE

Buy larger-sized swordfish steaks so they can be cut thicker—in other words, instead of asking for four 6-ouncers, ask for two 12-ouncers, and then have your fishmonger slice them into individual portions. The steaks should be about 1 ¾ to 2 inches thick.

ITALIAN-STYLE BREAD CRUMBS

Makes 2 cups

1 loaf Italian bread
1 ½ tablespoons extra-virgin olive oil
1 teaspoon finely diced garlic
1 tablespoon lemon zest
1 ½ tablespoons chopped parsley
2 teaspoons sea salt
1 teaspoon freshly ground black pepper

Preheat the oven to 350°F.

Tear the loaf of bread into chunks, say 2 inches long. Place them on a baking sheet. Bake until the bread is dry and crunchy, about 15 minutes. Put the chunks in a food processor and pulse to a fine crumb. Set aside.

Heat 1 tablespoon of the olive oil in a small sauté pan. Add the garlic and stir until it begins to brown, about 3 minutes. Add the lemon zest and cook for 30 seconds, until fragrant. Add the bread crumbs, parsley, and the remaining ½ tablespoon olive oil, and stir well. Season with salt and pepper and remove from the heat. The bread crumbs can be stored in a covered container until ready to use.

ZUPPE DI PESCE AMALFITANO

Serves 4

¼ cup extra-virgin olive oil, plus high-quality extra-virgin olive oil, for drizzling
5 cloves garlic
1 fennel bulb, coarsely chopped
1 small leek, washed well and coarsely chopped
1 stalk celery, coarsely chopped
Sea salt
Freshly ground black pepper
4 fresh Roma or canned San Marzano tomatoes, halves
3 cups canned San Marzano tomatoes and their juice
1 cup white wine
1 cup Ricard (or other anise liqueur)
2 sprigs parsley
2 sprigs thyme
1 bay leaf
1 teaspoon whole black peppercorns
2 pounds fish bones, cleaned
1 pound assorted fresh fish fillets (cod, bass, flounder, salmon, grouper),
cut into 2-inch pieces
Chopped parsley, for garnish

Heat the ¼ cup olive oil in a large stockpot or Dutch oven. Add the garlic, fennel, leek and celery. Cook, stirring occasionally, until the vegetables are translucent, 7 to 10 minutes. Season with 1 teaspoon salt and ¼ teaspoon black pepper. Add the fresh tomatoes and continue cooking until they begin to break down, about 10 minutes.

Add the canned tomatoes, wine, Ricard, parsley, thyme, bay leaf and peppercorns. Bring to a boil over a high flame, then reduce the heat to a simmer. Cook until the tomatoes have broken down substantially, 15 to 20 minutes, stirring frequently throughout. Add the fish bones and enough water so that the bones are covered. Stir while the pot simmers for 20 minutes. Strain the liquid through a fine mesh sieve. Let cool, then refrigerate for up to 2 days.

Before using, skim the surface of any impurities that rise to the top.

Reheat the zuppa in a stockpot over a medium flame until gently simmering. Season with salt and pepper to taste. Add the fish pieces and cook for about 6 minutes; the fish should be well-cooked and flaky. Ladle the soup into serving bowls. Add the chopped parsley just before serving and drizzle with a high-quality extra-virgin olive oil.



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