



Bristol

A MAINE-BASED COMPANY

Est. 1992

quick & easy grilling

RECIPES



TASTE SUMMER IN MAINE



• PROUDLY HEADQUARTERED IN PORTLAND, ME •

Bristol

PAPILLOTE:

Papillote is a traditional French technique of wrapping fish or meat in a parchment paper pouch and baking it. The moisture turns to steam and perfectly cooks what's inside. This technique uses tin foil as the papillote, and places it on the grill instead of in the oven. Perfect for mixing up any summer time BBQ. Here are a few basic recipes that you can use as a foundation for creating your own personalized version!

HEART HEALTHY:

The American Heart Association and USDA recommend that you eat fish at least two times per week. Bristol line-caught haddock is a healthy option, with a 3 oz portion having just 77 calories and 0.2 g of saturated fat.

Bristol Wild Maine Mussels are low in total and saturated fat but are one of the richest shellfish sources of a type of heart-healthy unsaturated fatty acid known collectively as the omega-3 fatty acids.

LEAN PROTEIN:

Ounce for ounce, fresh mussel meat provides the same amount of high-quality protein as red meat but much less fat and about 50-75% of the calories of most red meat.

SUSTAINABILITY:

The Norway North East Arctic haddock fishery was certified sustainable by the MSC in April 2010.

PRODUCED & DISTRIBUTED BY:

BRISTOL SEAFOOD LLC
5 PORTLAND FISH PIER
PORTLAND, MAINE 04101, USA
207-774-3177
WWW.BRISTOLSEAFOOD.COM

WILD MAINE *Mussels* & HADDOCK



EASY, QUICK & HEALTHY GRILLING RECIPES

RECEIPES SERVE 2-3 PEOPLE
RECIPES CREATED BY LOCAL CHEF BRETT CARY

HADDOCK, LEMON AND WHITE WINE

10-12oz Bristol Line-Caught Haddock
1/4 cup white wine
1/2 lemon
1 teaspoon salt
1 tablespoon olive oil
2 large sheets of heavy duty tin foil

MEDITERRANEAN STYLE HADDOCK

10-12oz Bristol Line-Caught Haddock
1/4 cup white wine
1/2 lemon
1 teaspoon salt
2 tablespoons capers
1 cup cherry tomatoes, whole
3/4 cup crumbled feta cheese
1/4 cup sliced olives
1 tablespoon olive oil
1/2 cup picked parsley leaves
2 large sheets of heavy duty tin foil

MUSSELS W/ CHORIZO, SCALLION & TOMATO

1lb of Bristol Wild Maine Mussels
(soak to remove grit)
1 oz white wine
1/4 cup diced chorizo, cooked
1/4 cup diced, fresh tomato
2 cloves garlic, chopped
1 shallot, medium sized, finely diced
1 tablespoon butter
2 large sheets of heavy duty tin foil

MUSSELS, GARLIC AND ALE

1lb of Bristol Wild Maine Mussels
(soak to remove grit)
1/4 cup of your favorite lighter beer
2 cloves garlic, chopped
1 shallot, medium sized, finely diced
1 teaspoon salt
1 tablespoon butter
2 large sheets of heavy duty tin foil

All ingredients available at your local:



HADDOCK COOKING INSTRUCTIONS

- Place one sheet of foil on top of the other, and fold edges up. Place fish in center, pour olive oil and wine over top, and squeeze lemon on fish. Add remaining ingredients on and around the sides of the fish. Sprinkle with salt. Wrap foil to create air tight pouch, leaving as much room for steam to build as possible.
- Place packet on preheated medium-high grill and close lid. Monitor packet and allow to inflate with steam, and cook for 3 minutes while inflated or steaming. Turn off grill, or move to cooler part of grill and let rest for 3 more minutes with lid closed.
- Serve in foil garnished with fresh herbs, or transfer to serving platter.

MUSSELS COOKING INSTRUCTIONS

- Place one sheet of foil on top of the other, and fold edges up. Place mussels in middle of foil, stack in neat pile. Bend foil around to form bowl shape. Add remaining ingredients. Wrap foil to create air tight pouch, leaving as much room for steam to build as possible.
- Place packet on preheated medium-high grill and close lid. Monitor packet and allow to inflate with steam, and cook for 5 minutes while inflated or steaming. Turn off grill, or move to cooler part of grill and let rest for 5 more minutes lid closed.
- Serve in foil garnished with fresh herbs, or transfer to serving platter.

CAUTION! Be very careful when opening packet as steam can cause burns. Allow to deflate before trying to open.