



The Captain's Log

Issue 2: Spring/Summer 2004
www.captainmardens.com

Letter from The Captain

*After months of planning and exciting renovation work, I am proud to announce that Captain Marden's restaurant on Linden Street has reopened for business as **The Captain's Table and TakeAway!***

*With improved seating, kitchen, and service areas, the new space is designed to better serve the increasing number of our customers who, over the years, made the **Captain's TakeAway** a regular destination for breakfast, lunch and dinner.*

*When we opened the restaurant in 1985, it was almost exclusively a takeout shop. Over the years, however, more and more tables were added, and today, at least as many people eat in as take out—hence the name change to **Table & TakeAway**. Despite the change in name (and an admittedly beautiful “facelift”), the food and service at the restaurant will remain what people have come to expect from us—fresh and simple. Nothing fancy. Everything delicious.*

If you're an old fan of the Captain's restaurant, come by and see us again. And if you've never eaten with us, please swing by for a cup of chowder, some fish n' chips, or a stack of pancakes. You'll wonder why it took you so long!

Thanks for your patience in recent weeks, and I look forward to seeing you soon.

Keith Marden, Sr.



The Captain's for Breakfast?

When you think of the *Captain's Table & TakeAway*, what comes to mind? Succulent lobster rolls? Maryland crab cakes? A heaping bowl of steamed mussels?

How about a stack of warm banana pancakes with maple walnut butter? Or a bowl of creamy home-made oatmeal? Or poached eggs on an English muffin topped with fresh Maine crabmeat, tarragon and creamy hollandaise sauce?

Yes, the *Table & TakeAway* is for breakfast too! Chefs Ricky Chan, Brian Sargent and José DaPenha create all manner of morning specialties—from fresh muffins and coffee for those on the fly, to stick-to-your-ribs classics like scrambled eggs, sausage and home fries.

The Captain's Table & TakeAway is open for breakfast, lunch and dinner on Monday through Friday from 6:30 a.m. - 9:00 p.m. and Saturdays from 7:00 a.m. - 9:00 p.m. The restaurant now also features Sunday brunch from 8:00 a.m. – 2:00 p.m.

As always, everything on the Captain's menu is available for takeout.

Simply Fresh. Simply New England.

Go Ahead And Try It--Just For The Halibut!

With the potential to weigh in at over 300 lbs., it is not altogether surprising that the Latin name for the Halibut is Hippoglossus hippoglossus. Indeed, the Halibut is considered a “hippo” of the sea. In fact, it is the largest flat-fish in the ocean... And in many people’s opinion, also one of the most delicious!

Depending on the size of the fish, Halibut is sold whole-dressed, as roasts, steaks or fillets (also called fletches). Regardless of the cut, however, it is exceptionally mild—almost sweet—and has an unusually tender, velvety texture in the mouth. Don’t let this mild, tender fish fool you though; its density and firm flake make it ideal for virtually all forms of cooking, including the grill!

As with most non-oily fish, the Captain’s rule of thumb for cooking is ten minutes per inch of thickness in a hot oven—400 degrees or more. Since most halibut pieces are 3/4” to 1” thick, both broiling and grilling follow this time rule fairly well. As always, *don’t overcook!*

The Captain is thrilled that the Pacific Halibut season is in full swing. Why not try some tonight for dinner!

Halibut Shish Kebobs

Serves 6

1/4 C	Dijon-style mustard
1/4 C	melted butter
2 T	honey
2 tsp.	lemon juice
6 4 to 6-oz.	halibut steaks
Salt	
Black pepper	
Assortment of vegetables,	for skewering and grilling

Whisk together mustard, melted butter, honey and lemon juice. Season halibut steaks with salt and pepper. Brush both sides of halibut steaks with honey-mustard mixture. Cut halibut steaks into 1-inch cubes; thread onto skewers, alternately with an assortment of cut vegetables that have been brushed with olive oil. Grill or broil until done.

Waste Not Want Not: Captain Marden’s and the Greater Boston Food Bank

Quite simply, the Captain’s freshness standards are second to none. While our rigid quality guidelines are what have helped build and maintain our reputation, they can also mean that an awful lot of perfectly good fish has the potential to go to waste. Enter the Greater Boston Food Bank (GBFB)...



Once a week, a truck from the food rescue arm of the GBFB, called Second Helping, arrives at the Captain’s door to pick up anywhere from 300 to 500 pounds of fish that we have frozen during the course of the week. From there, the product gets distributed to pantries, emergency shelters and soup kitchens throughout eastern Massachusetts, providing between 250 and 300 high quality protein meals a week to hungry men, women and children.

“Second Helping relies on the generosity and commitment of many companies throughout eastern Massachusetts—each of them key to our success,” notes Jean Comeau, programs manager of The Greater Boston Food Bank. “The nature and quality of Captain Marden’s product, however, makes their contribution unique and invaluable. Captain Marden’s helps fill an enormous need for protein among those in need.”

Captain Marden’s is extremely proud of our relationship with The Greater Boston Food Bank, and we’re looking forward to many more years of partnership.

If you are interested in learning more about the GBFB and opportunities for volunteering or making donations, you may contact them at 617-427-5200 or at www.gbfb.org.

Send a Birthday Bisque to Boise

No matter where those special people are, tell them how much you care with seafood from the Captain. Simply call or visit our website and we’ll ship anything—from chowder to lobster—anywhere in the continental U.S. While not as romantic as roses, our seafood smells just as good and tastes much better! So, if you can’t be there for that special event, do the next best thing: let the Captain say it with seafood!

Any item sold at Captain Marden’s can be shipped anywhere in the continental U.S. All we need is a day’s notice.

There are three ways to ship from Captain Marden’s: 1) on-line

(www.captainmardens.com), 2) in person from the shop, and 3) over the phone (**781-235-0860** or **1-800-666-0860**). As long as you let us know by noon the previous day, your friends, family or work associates will be opening their fresh seafood gifts the very next day. (No Sunday or Monday deliveries.) **Great gifts for Father’s Day!**



Salmon Scare: A Fish Story?

There's been a lot of talk lately about the potential risks of eating farmed salmon. Naturally, the Captain has been on top of the issue from the moment that an article broke in January's Science magazine stating that eating farmed salmon—even infrequently—could be dangerous.

We think it is important that you know both sides of the story so you can weigh the facts and make educated decisions.

The undisputed health benefits of farmed salmon all remain true. Salmon is:

- low in calories.
- extremely low in saturated fat.
- a high quality source of protein.

- an abundant source of polyunsaturated omega-3 fatty acids which many studies indicate help lower cholesterol and reduce the risk of heart attacks and strokes.
- associated with a reduced risk of inflammation, joint pain and Alzheimer's Disease and even depression.

As with all studies, one must learn as much as possible about all the facts, find out who sponsors the studies, and weigh the pros and cons. In the case of salmon, most independent authorities—from the EPA to the FDA to the American Cancer Society—agree that the benefits of eating farm-raised salmon on a regular basis far outweigh the potential risks.

The Captain's Crew

While it may sound trite, Captain Marden's Seafood is simply nothing without its dedicated, hardworking crew. Some faces you know well; others, perhaps more behind the scenes, you may not recognize at all. Among our retail, wholesale and restaurant operations, Captain Marden's has over 80 employees, each of whom plays an important role in the daily business of bringing you the freshest seafood available.

In an effort to have you get to know us a little better, we will highlight a different crewmember in each new Captain's Log, beginning with one of our longest standing employees, Peter Murray.

*Peter "The Counter Man" Murray
Retail Specialist*

Peter is a familiar face to anyone who visits our retail store with any frequency. He is a lifelong resident of Wellesley and has been with Captain Marden's since 1980. By his own admission, "My car knows how to get here all by itself."



Peter knows more about seafood and the seafood business than just about anyone and attributes his dedication to a true love of the industry and a strong work ethic.

When he's not serving up seafood, Peter can be found on the golf course, at the bowling alley or hanging out with his 14 nieces and nephews!

His favorite fish? Swordfish—hot off the grill, of course.

The Captain's Favorite Salmon Recipe

Salmon fillets

Robert Rothschild's Onion Blossom Horseradish Dip
(Available at Captain Marden's)

Captain Marden's breadcrumbs
(Available at Captain Marden's)

Preheat oven to 400 degrees. Place fish in baking dish with 1/8" water. Spread 1-2 tablespoons of dip evenly over salmon. Lightly cover with breadcrumbs. Bake for 20 minutes or until fish is just cooked through.

The Entrées are Coming! The Entrées are Coming!



The Captain's marketing, graphic design and nutritional analysis crews have been very busy this winter working on the "re-launch" of Captain Marden's line of frozen Classic Seafood Entrées. What began as a government requirement to present the nutritional analysis of each of our frozen entrées has become an exciting repackaging project.

From rich Scrod Supreme and Haddock Au Gratin to more delicate Scallops and Mushroom and Asparagus and Sole, the Classic line will still feature the quality and great taste for which they've always been known. Now, however, that quality will come inside easier-to-read packaging and sturdier containers—excellent for both the oven and the microwave.

Galley of the Stars

From the award-winning Blue Ginger restaurant in Wellesley to three nationally syndicated television shows and two best selling cookbooks, “Blue Ginger” and “Simply Ming,” it is clear that Ming Tsai has made an important impact on the American culinary scene in just a few short years. Captain Marden’s is proud not only to have Ming as a valued customer, but to present one of his favorite Halibut dishes.

Citrus Tea-Rubbed Halibut with Orange-Fennel Orzo Salad Serves 4

“Delicate citrus herbal tea rub and mild sautéed halibut were made for each other. Here the fish is served with a refreshing salad of raw fennel, orzo and orange segments.”

~Ming Tsai

- 1/2 C Ming’s Citrus Herbal Tea Rub (Available at Captain Marden’s)
 - 4 6 oz. halibut fillets
 - 2 T canola oil
 - 2 C cooked orzo (from 1 1/2 c. raw)
 - 3 oranges: 2 segmented, 1 juiced
 - 1 lemon, juiced
 - 2 Medium fennel bulbs, stalks removed, halved vertically, cores removed and sliced 1/4” thick.
 - 1 T extra virgin olive oil, plus more for garnish
- Kosher salt and freshly ground pepper to taste.

Spread the rub on a large plate and press the halibut fillets into it on both sides. Heat large sauté pan over medium heat. Add oil and swirl to coat pan. Add halibut and sauté, turning once, until fish is cooked through—4 to 5 minutes per side. Meanwhile, in a medium bowl, combine the orzo, orange segments and juice, lemon juice, fennel and olive oil and coat to taste. Season with salt and pepper. Divide the salad among 4 serving plates. Top with halibut. Drizzle with some olive oil and serve.



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