

Seafood Paste

I have never seen a commercial product similar to this available in supermarkets or specialty food stores, though there is a version made for the food service industry available through Sysco and other purveyors.

Rated “Moderately Difficult,” due to the need to watch the heat level and stir frequently to prevent the paste from burning, or even browning. It is not difficult to prepare.

I use mostly shellfish in this recipe, but you can substitute any rich, flavorful fish as available.

2 ounces	shrimp, raw
2 ounces	lobster, raw
2 ounces	crab meat, raw or canned
2 ounces	tuna, raw
2 Tbs	Chardonnay wine
2 Tbs	water
1 Tbs	paprika
1/2 Tbs	celery leaves
1/2 Tbs	carrot, grated
1 tsp	canola oil
1/2 tsp	shallots, coarsely chopped
1/4 tsp	flour
1 each	garlic clove, crushed
1 pinch	salt
1 pinch	white pepper

Procedure

- Put all the ingredients into a food processor and make a thin paste.
- Place in a 10” sauté pan and cook on a very low flame, stirring frequently with a wooden spoon, until all the liquid is absorbed and you have a thick, dry-ish paste.
- Put through the food processor a second time, until finely minced.
- Paste can be refrigerated up to 2 weeks in a sealed container OR freeze in ice cube trays and then put into a freezer bag for up to 3 months.

Yield: approximately 1 cup