

***Blackened***

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Blackened Salmon, filleted or scaloppini style coated with a mix of chilies and Cajun seasonings and oven baked.

***Teriyaki***

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Salmon filleted or scaloppini style, marinated and oven baked or broiled.

***BBQ Salmon***

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Salmon, filleted or scaloppini style, glazed with barbecue sauce and oven baked.

***Garlic and Herb***

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Salmon filleted or scaloppini style, coated with coarsely chopped garlic, Fines Herbs and oven baked.

***Blueberry Glazed Salmon***

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Salmon, filleted or scaloppini style, baked, topped with blueberry reduction sauce.

***Thai Chili Glaze***

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Salmon, filleted or scaloppini style, oven baked and topped with sweet glaze made with chilies.

***Cilantro and Lime***

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Salmon, filleted or scaloppini style, marinated in garden fresh cilantro and lime juice and oven baked.

***Lemon and Dill***

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Salmon, filleted or scaloppini style, marinated in fresh dill and lemon juice and oven baked.

***Poached in White Wine and Vegetables***

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Salmon fillet poached in white wine and julienne vegetables.

***Baked White Fish with Garden Vegetables***

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White fish with seasonal vegetables, oven baked in white wine.

***Cajun Catfish***

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Farm raised catfish, dusted with Cajun seasonings and pan seared.

***Stuffed Flounder Roulades***

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Fresh flounder fillets, stuffed with vegetables and sautéed in white wine and lemon juice.

***White Fish Almandine***

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White fish baked in white wine and lemon juice and topped with toasted almonds.

***BBQ Shrimp***

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Large shrimp coated in honey barbeque sauce and sautéed.

***BBQ Scallops***

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Bay scallops, coated in honey barbeque sauce and pan seared.

***Italian Fish Stew***

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White fish, shrimp and vegetables cooked in white wine and tomatoes with Italian seasonings.

***Cod Veracruz***

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Pan seared cod fillet served with tomato-onion chutney garnish.

## Menu

# FISH

### *Fillet of Cod in Lemon Parsley Sauce*

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Cod fillet coated in breadcrumbs, parsley, crushed red pepper and oven baked.

### *Mushroom and Shrimp Orzo Skillet*

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Large shrimp, sautéed with wild mushrooms, garlic, spinach and orzo.

### *Sweet and Sour Shrimp and Scallops*

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Large shrimp and bay scallops, sautéed with mixed vegetables served in a sweet and sour sauce.

### *Jambalaya*

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Shrimp, ham and Chorizo sausage with vegetables and rice.

### *Halibut with Tomato, Capers and Olive Vinaigrette*

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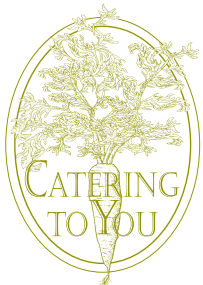
Halibut steak marinated in lemon, Dijon mustard, tomatoes, olives, capers and extra virgin olive oil and oven baked.

### *Baked Halibut Provencale*

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Halibut fillets oven baked with sautéed tomatoes, garlic, basil, thyme, parsley and olive oil.

*Note: Other fresh fish may be substituted for salmon.*



A PERSONAL  
CHEF SERVICE

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