



MAKE  
OUR RECIPES  
YOURS.  
(WE'LL NEVER TELL)





Wanchese Fish Company was founded in 1936 and has grown to become a leading supplier of seafood products in North America and Europe. A vertically integrated seafood harvester, processor, and distributor, Wanchese is capable of harvesting over 4,000 tons of wild scallops, shrimp, oysters, king crab, and other seafood products each year. Our industry leading fleet of 16 vessels, including 3 in Argentina, have process-at-sea capabilities and our state of the art processing plant in Suffolk, VA includes a cold storage facility.



Move over beef, there is a new burger in town.



## EAST COAST SHRIMP BURGER

### INGREDIENTS

2 lbs. raw shrimp, shelled, deveined and chopped  
2 Tbsp. lime juice  
1 tsp. cumin  
¼ cup bread crumbs  
1 egg  
1 tsp. onion powder  
1 tsp. garlic, minced  
1 Tbsp. cilantro, chopped  
Salt and pepper to taste  
1 Tbsp. butter, melted  
Sour cream and/or salsa for topping  
Your favorite hamburger or sweet soft buns.

### INSTRUCTIONS

1. Chop shrimp into a small dice, place into a bowl.
2. Add cilantro, egg, bread crumbs and seasonings and mix well.
3. Using a scoop or a large spoon, hand shape the shrimp into patties.
4. Heat a skillet with oil or use a flat griddle. Place shrimp burgers on griddle or in pan and allow to cook on both sides for at least 5 minutes.
5. Remove burgers from the pan and place onto a warm buttered bun.
6. Top each shrimp burger with sour cream, salsa or your favorite topping.

Enjoy this unique take on fried shrimp with a light and crunchy wonton shell.



## CRISPY SHRIMP WITH CHILE LIME DIPPING SAUCE

### INGREDIENTS FOR SHRIMP

24 large raw cleaned tail-on shrimp (1+ lb.)  
1 pkg. square wonton wrappers, measuring 3" square  
Peanut oil or tasteless vegetable oil

### INGREDIENTS FOR SAUCE

1/3 cup rice vinegar  
2 Tbsp. Nam Pla (Asian fish sauce)  
2 Tbsp. finely minced shallot  
1 lime, both juice and zest  
1 1/2 Tbsp. hot red pepper jelly  
3 Tbsp. finely chopped cilantro  
Fresh cilantro leaves for garnish


### INSTRUCTIONS

**To Make Shrimp:** Carefully wrap the shrimp with the wonton wrappers, using a small amount of water to secure the wrapper. Leave the tails exposed.

**For the Sauce:** In a small bowl, combine the rice vinegar, Nam Pla, shallot, lime juice and lime zest. Whisk in the hot pepper jelly. Stir in cilantro and adjust seasonings.

**To Cook Shrimp:** Heat a skillet with about 1/4" of peanut or tasteless vegetable oil until hot. Carefully drop the shrimp in the hot oil, and cook until lightly brown on one side (about 2 minutes). Use tongs to turn the shrimp over and fry until lightly brown on the other side (1 minute). As the shrimp are finished, remove them to a baking sheet lined with paper towels, bag or a rack to drain.

**Serving idea:** Serve the hot, crispy shrimp with the sauce at room temperature. Garnish with the fresh cilantro leaves, if desired.



A delicious combination of Asian flavor and a mild flaky fish makes this a winner.

## HAKE WITH HOISIN GINGER SAUCE


### INGREDIENTS

- 8 hake fillets
- 3 Tbsp. hoisin (in the Asian food section)
- 2 Tbsp. soy sauce
- 1 Tbsp. water
- 1 tsp. fresh ginger, peeled and grated
- 1 clove garlic, chopped
- 4 each green onions, sliced
- 2 Tbsp. brown sugar
- 2 Tbsp. vegetable oil

### INSTRUCTIONS

1. In a small bowl, combine ginger, garlic and green onions.
2. Place a sauté pan on medium heat. Add 1 Tbsp. vegetable oil in pan to sauté ginger, garlic and green onions until tender.
3. Add soy sauce, hoisin sauce, brown sugar and water. Bring to a boil, then reduce to a simmer.
4. Set sauce aside.
5. In a pan, heat 1 Tbsp of vegetable oil, add hake fillets and sauté until golden brown on both sides.
6. Remove hake from pan and top with sauce.

**Serving idea:** Serve aside sautéed vegetables, brown rice or a green salad. Garnish with sesame seeds.



Everybody loves pizza so why not combine it with some of your favorite seafood.

## SEAFOOD PIZZA

### INGREDIENTS

- 4 naan flatbread (medium)
- 8 oz. cream cheese
- 3 Tbsp. fresh herbs, chopped
- 2 tsp. garlic, minced
- 3 Tbsp. shaved parmesan
- 1 Tbsp. extra virgin olive oil
- Salt and pepper to taste
- 4 oz. raw shrimp
- 4 oz. raw scallops
- 4 oz. cooked crabmeat
- Fresh thyme for garnish

### INSTRUCTIONS

1. Combine fresh chopped herbs of your choice with cream cheese, garlic, salt and pepper.
2. Place flatbread on a baking pan, spread herbed cream cheese to edges.
3. Place shrimp, scallops and crab on top of the cream cheese on each flatbread.
4. Top with parmesan cheese and drizzle with extra virgin olive oil. Garnish with fresh thyme.
5. Place into a 350°F oven for 10-12 minutes. Remove from oven when toasty and cut into 4 equal slices.

An upscale dish with a Southern twist that will delight the taste buds.



## FLOUNDER STUFFED WITH CRABMEAT

### INGREDIENTS

- 2 flounder fillets, skin removed
- 1 lb. Chesapeake Bay blue crab
- 1 tsp. seafood seasoning (we love Old Bay® brand)
- 2 ribs celery, diced
- 2 Tbsp. red bell peppers, diced
- ¼ qtr. yellow onion, diced
- 2 Tbsp. parsley, chopped
- ¼ cup bread crumbs
- 4 Tbsp. butter, melted
- 2 Tbsp. lemon juice

### INSTRUCTIONS

#### STUFFING

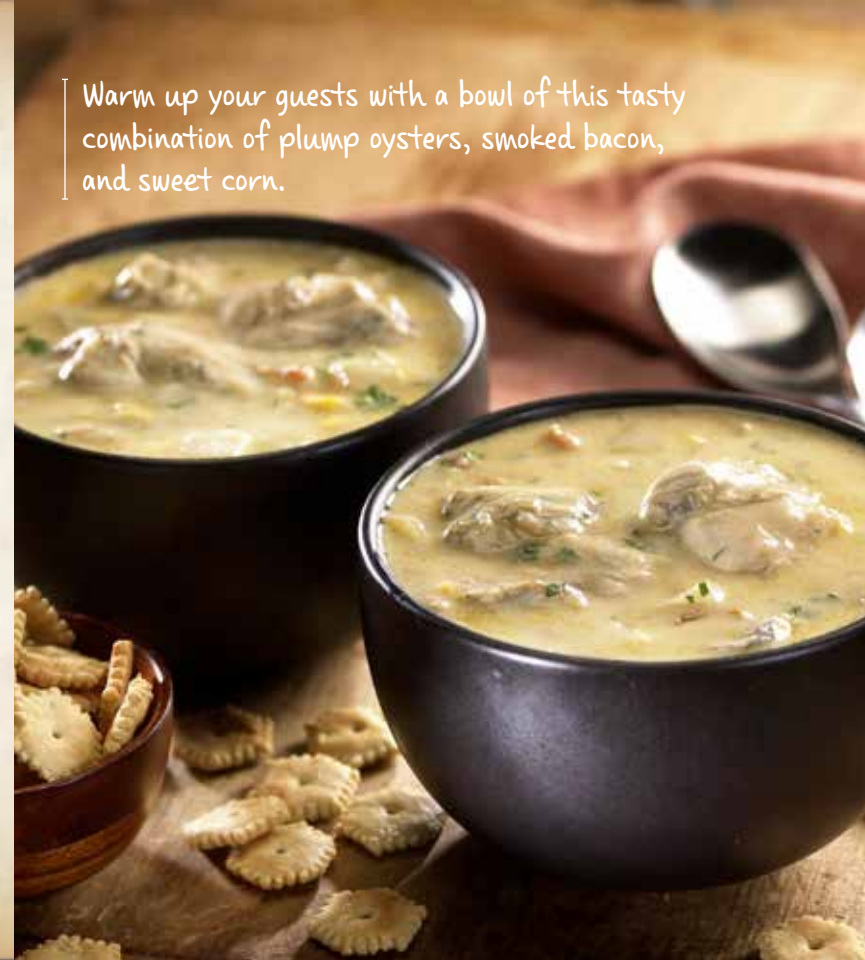
1. In a bowl, combine crab, seafood seasoning, celery, peppers, onions and parsley.
2. Add melted butter and lemon juice and mix well.
3. Divide stuffing into four equal balls and set aside.

#### FISH

1. Place fish onto a parchment paper lined baking sheet and season to taste with salt & pepper on both sides.
2. Place one ball of stuffing onto each fillet.
3. Wrap flounder around the stuffing, placing the seam on the top and drizzle tops of fillets with melted butter. Bake in the oven at 350°F for 10 minutes.

**Serving idea:** Place the stuffed flounder on a bed of your favorite seasonal vegetables or rice and top with an elegant sprig of parsley.

Warm up your guests with a bowl of this tasty combination of plump oysters, smoked bacon, and sweet corn.



## OYSTER, CORN, AND BACON CHOWDER

### INGREDIENTS

- 4 oz. smoked thick-cut bacon, cut into 1/2" pieces\*
- 2 cups diced sweet yellow onion (1 large)
- 2 cups diced celery
- 1/3 cup all-purpose flour
- 6 cups vegetable or fish stock
- 2 cups peeled, diced russet-style potatoes (1 large)
- 2 cups cooked corn kernels fresh or frozen
- 2 cups chopped fresh oysters with liquor
- Salt and hot red pepper sauce, to taste
- 1/2 cup heavy cream
- 1/4 cup minced fresh parsley
- Fresh lemon juice, if desired
- Oyster crackers for garnish

### INSTRUCTIONS

1. In a soup pot, cook bacon\* until golden. Add onion and continue to cook 2-3 minutes. Add celery and cook 1 minute. Sprinkle with flour and cook 1-2 minutes. Whisk in stock and bring to a boil. Reduce heat to a simmer, add potatoes and cook 25-30 minutes or until potatoes are tender.
2. Add corn and oysters, simmer soup 10-12 minutes. Adjust seasonings with salt and pepper sauce. Stir in cream and parsley and a splash of lemon juice if desired. Serve hot with oyster crackers.

**Serving idea:** Serve over white or brown rice.

A classic Southern comfort food that can be served any time of day.



## SPICY SHRIMP AND CHEESE GRITS

### INGREDIENTS FOR SHRIMP

24 large peeled and deveined large shrimp, rinsed, dried (approx. 1 lb. 16-20 count)  
1 Tbsp. vegetable oil  
1 Tbsp. Chipotle pepper sauce  
1 Tbsp. Cajun seasonings  
1 Tbsp. lemon zest

### INGREDIENTS FOR GRITS (1 qt.)

2 Tbsp. unsalted butter  
1/2 cup minced sweet onion or shallot  
1 tsp. minced garlic  
3 cups vegetable or seafood broth (more if needed)  
1/2 tsp. sea salt  
1 tsp. Chipotle pepper sauce  
3/4 cup yellow grits  
1 cup roasted corn kernels  
1/4 cup heavy cream  
1 cup shredded sharp Cheddar cheese  
1/2 cup chopped scallions

### INSTRUCTIONS FOR SHRIMP

1. In a bowl, toss shrimp with oil, pepper sauce and Cajun seasonings. Cover and refrigerate at least 2 hours or overnight until ready to grill to serve.
2. Skewer the shrimp (2 per skewer). Grill shrimp 1½–2 minutes per side over medium heat, until golden, but not cooked all the way through. Remove from heat and keep warm until ready to serve. Shrimp will finish cooking off the grill. Serve 1 cup cheese grits\* with 6 shrimp.

### INSTRUCTIONS FOR GRITS

1. In a large, heavy saucepan, heat butter over medium-high heat; add onion and sauté 5 minutes. Stir in garlic and continue to cook 2 minutes. Pour in broth, salt and pepper sauce and bring to a boil. Reduce heat to simmer and slowly whisk in grits, constantly stirring as the grits are added, until incorporated and no lumps. Continue to whisk until mixture returns to a simmer. Cook grits 20 minutes or until mixture is thickened and grits are no longer gritty but tender to chew (stirring occasionally).
2. Stir in heavy cream and corn and return to a simmer. Just before serving, stir in cheese and scallions, stirring until melted, adjust seasonings and serve hot as directed above.

If you love lobster rolls you will love this variation of the popular New England recipe.



## SHRIMP ROLL

### INGREDIENTS

1 lb. shrimp, cooked, peeled/large diced (12 oz. peeled)  
1/4 cup mayonnaise  
2 Tbsp. minced scallions  
1 tsp. lemon juice and zest  
1/4 cup minced celery  
Cracked pepper and sea salt, to taste  
Dash of hot red pepper sauce, or to taste 2 tbsp. butter  
Room temperature 4 top-split New England-style rolls or 12 slider rolls  
Sweet potato chips or fries, optional

### INSTRUCTIONS

1. Combine shrimp meat, mayonnaise, scallions, lemon juice and zest, celery and cracked pepper and sea salt in medium bowl. Finish seasoning with hot red pepper sauce to taste. Hold.
2. Butter outside surfaces of hot dog rolls or inside of slider rolls. Heat medium nonstick skillet over medium-high heat; place rolls, buttered side down, in a non-stick skillet; cook until golden browned about 1 minute per side. Open rolls. Fill each with 1/2 cup of the shrimp mixture, and serve. Or divide the mixture among the 12 slider rolls.

**Serving idea:** Serve shrimp roll with sweet potatoes chips or fries, if desired.

Don't get stuck wondering what the "hake" to have for dinner tonight. Hake is a mild whitefish with endless serving possibilities.



## HAKE WITH SPINACH AND WILD MUSHROOMS

### INGREDIENTS

8 hake fillets  
1 Tbsp. butter  
1 Tbsp. olive oil  
4 cups fresh spinach  
8 oz. oyster or other wild mushrooms  
1 shallot, chopped fine  
8 oz. white wine  
flour, for dusting  
salt and pepper to taste  
1 Tbsp. paprika

### INSTRUCTIONS

1. Place hake fillets on a flat surface, season with salt, pepper and paprika coat seasoned hake in flour and set aside.
2. Heat a medium skillet, add butter and olive oil.
3. Place lightly floured hake into the skillet and cook until golden brown on both sides. Remove hake from pan and set aside.
4. Deglaze pan with white wine and reduce the liquid to a saucy consistency.
5. Reduce the heat and add mushrooms, shallots and spinach.
6. Season with salt and pepper. Place the sautéed spinach and mushrooms on a plate and place hake over the vegetables.

**Serving idea:** Serve over white or brown rice.

Salty, sweet, and spicy all combined in one delicious appetizer.



## GRILLED OYSTERS WITH CHIPOTLE MANGO SALSA

### INGREDIENTS

#### CHIPOTLE HERB BUTTER

4 oz. unsalted butter, at room temperature  
1 Tbsp. minced chives or shallot  
1 Tbsp. minced cilantro  
1 tsp. lemon zest  
1/2 tsp. smoked paprika  
1/8 tsp. ground chipotle

#### CHIPOTLE MANGO SALSA

3/4 cup finely diced fresh mango  
3 Tbsp. finely diced red bell pepper  
2 Tbsp. fresh lemon juice  
1 Tbsp. fresh lemon zest  
3 Tbsp. minced cilantro  
1 tsp. minced chipotle in adobe

#### OYSTERS

16 raw, whole oysters

### INSTRUCTIONS

Preheat grill to medium-high.

**Herb Butter:** Blend together butter, parsley, cilantro, lemon zest, paprika and chipotle pepper. Refrigerate until ready to use.

**Mango Salsa:** In a bowl, toss together, mango, red bell pepper, lemon juice and zest, cilantro, chipotle, salt and toss gently. Cover and refrigerate until ready to use.

**To Grill Oysters:** Scrub oysters well. Pat dry. Using an oyster knife, pry open the shell gently at the hinge, making sure not to lose any oyster liquid within oyster. Using a knife, cut the muscles connecting the oyster to the inside of its shell. Top each oyster with 1 tsp. of herbed butter and place on the baking sheet on grill, with the lid down. Cook oysters 2-3 minutes until butter is melted.

**Serving idea:** Top each cooked oyster with 2 tsp. Mango Salsa.

Eating salad doesn't have to be boring. Add a trio of your favorite seafood to make it memorable.



## SEAFOOD TRIO BABY GREENS SALAD

### INGREDIENTS

8 wooden skewers - soaked in water for 15 minutes  
24 oz. boneless, skinless Salmon - cut into 1" cubes  
16 large uncooked shrimp (peel and de-vein, leaving the tails on)  
8 large sea scallops  
1 Tbsp. Olive Oil  
Salt and Pepper

### INSTRUCTIONS

1. Toss cucumber slices, grape tomatoes and finely sliced red onion with greens and dressing.
2. Thread the salmon, shrimp, and scallops onto the skewers, dividing evenly. Drizzle with the oil and season with salt and pepper. Grill, covered, until the fish is opaque throughout, shrimp are pink, and scallops are firm and opaque, approximately 3 to 5 minutes per side.
3. Place skewers on top of the salad and serve.

Elevate this classic comfort food with a delicious combination of cheeses and crabmeat.



## CRAB MAC-N-CHEESE

### INGREDIENTS

**CRUMB TOPPING**  
1 tablespoon butter  
1 tablespoon olive oil  
1 cup panko breadcrumbs  
¼ cup grated Parmesan cheese

### INGREDIENTS

**MAC-N-CHEESE**  
1 pound cavatappi or elbow macaroni  
¼ cup butter  
3 tablespoons flour  
2 cups milk  
1/3 cup heavy cream  
3 cups mild yellow Cheddar cheese  
1 cup extra sharp white Cheddar cheese  
¼ cup grated Parmesan cheese  
1 teaspoon salt  
½ teaspoon mustard powder  
1¼ cups (8 oz.) crabmeat with 1/3 cup extra crabmeat for top of casserole

### INSTRUCTIONS

1. Preheat the oven to 375°F. Lightly butter casserole dish. In a medium skillet heat butter and oil. Add panko and cook, stirring until lightly browned. Remove from heat and stir in Parmesan cheese. Set aside.
2. Cook the pasta in boiling salted water until al dente. Drain well. In a medium saucepan melt butter and whisk in flour. Cook and stir for several minutes until bubbling. Whisk in milk and cream and cook, stirring constantly, until thickened and smooth. Remove from heat and add the cheeses, salt and mustard. Gently stir in 1¼ cups crabmeat. Spoon into prepared casserole. Place extra crabmeat on top and sprinkle lightly with crumb topping. Bake 25-30 minutes until sauce is bubbly and top is golden brown.



FROM OUR FAMILY TO YOURS.



2000 Northgate Commerce Pkwy, Suffolk, VA 23435 • 757-673-4500 • Visit us at [WANCHESE.COM](http://WANCHESE.COM) for recipes and follow us on Facebook 