

Take home sea treats

If you're in the grab and go mood, here are some great take home ideas from Santa Barbara Fish Market. Depending on the season, and your appetite, they can make for a quick snack or a complete meal.

AHI POKE

The core ingredient here is sashimi grade ahi tuna, combined with fresh ogo seaweed (locally farmed by The Abalone Farm), wakami seaweed, sesame oil, fresh chopped green onions, soy sauce, red pepper flakes, and sesame oil. The fish is gently mixed together with and then topped with toasted sesame seeds. "We make our poke fresh every few hours to ensure it is as fresh and tasty as can be," says owner, Brian Colgate.

CEVICHE

Made fresh on site daily with white fish and sometimes shrimp, the ceviche is a true house favorite. The key ingredient is fresh fish, which, depending on the season can be local halibut, local white sea bass, or local or pacific snapper. The fish are cut into pieces ranging from 1/4" to 1/2" cubes, and then marinated in fresh lemon juice for 3 to 12 hours depending on the type of fish and the size of the cubes. "We always chop the vegetables fresh on site after the fish has been marinated in lemon juice and is ready to eat," says Colgate. "We use tomato, cucumber, red onion, bell pepper, cilantro, chill flakes, salt and pepper as standard baseline ingredients. We try and keep it simple and let the flavor of the fresh fish be the main focus!"

SEA URCHIN

The Market offers only locally harvested, Santa Barbara Sea Urchin. Because of its unique warm and cold swirling currents, the waters in the Santa Barbara Channel are known as one of the best regions in the world for sea urchin, which are hand harvested and delivered to the Market by commercial divers. Sea urchin is great raw by itself, or as a spread on toast or vegetables, or in pasta. The hard part, which the Market has so elegantly done for you, is getting past the spike like spines. Delicious!

For more info call SBFM at 805-965-9564.

If you choose the poke as your take home dish, try pairing it with some homemade spicy garlic fries...like these

Ingredients

- 3 cloves garlic, finely minced
- 2 Tablespoons Avocado oil (this light-tasting oil is not only high in monounsaturated fats, but can withstand high-heat cooking. Besides, the flavors of avocado and tuna are a great pair!)
- 3 large Idaho baking spuds, 12 ounces each
- 1/2 teaspoon salt
- 1 tablespoon finely chopped fresh parsley leaves
- Teaspoon cayenne pepper

Preheat the oven to 450° F. Sauté the oil and garlic in a saucepan over medium heat for two minutes. Separate the garlic from the oil with a mesh strainer. Set both garlic and oil aside.

After cutting the spuds into 1/4-inch sticks, toss them in a large bowl with the oil and salt using your hands. Assemble in a single, even layer on a coated baking sheet and bake for 30 minutes, or until crisp and golden in color.

Remove potatoes from the tray with tongs. Toss with parsley, Cayenne pepper, reserved garlic, and additional salt, to taste. Serve family style with the poke, ceviche and urchin.



Photo by Johana Curry