



# ANDY'S AFISHIONADOS NEWSLETTER

Winter 2009

## Andy's Island Seafood

*Only "Barry" Our Hungry Pelican Gets It Fresher!*

**HAPPY NEW YEAR !**

The New Year is already upon us, the snowbirds are returning to their warmer nests and Stone Crab Season is here. With all these reasons to celebrate we wish you and yours a Happy, Happy, Happy New Year!



What better way to celebrate the New Year than by sharing splendid seafood with family and friends? And you can eat royally without the expense of dining out. We offer many packages for you to serve at home or we'll send them to seafood lovers anywhere in the U.S. and Canada!

Continuing our commitment to being

## Green

We're always learning of ways to be GREEN and we're keeping up with the sustainable seafood movement and offering the best local catches. We're not selling imported or farm raised fish that's not approved and by supporting our local commercial fishermen Andy's Island Seafood in Matlacha is conserving on fuel, helping the fishing community in difficult times and offering preservative and chemical free seafood. We've also installed solar panels on our "Mobile Market" that provide the power to run the equipment onboard and our carryout containers are all biodegradable.

### ANY BUSINESS OR GROUP

can have the Mobile Market come to you.

Check our website

[www.andysislandseafood.com/mobilemarket.htm](http://www.andysislandseafood.com/mobilemarket.htm) to see what we'll deliver to your door.



### MOBILE MARKET SCHEDULE

#### TUESDAYS

CAPTIVA ISLAND STORE

10 A.M. to 2 P.M.

Andy Rosse Lane, Captiva Island,  
239-472-2374

[www.captivaislandstore.com](http://www.captivaislandstore.com)

#### WEDNESDAYS

CAPTIVA ISLAND STORE

10 A.M. to 2 P.M.

Andy Rosse Lane, Captiva Island,  
239-472-2374

[www.captivaislandstore.com](http://www.captivaislandstore.com)

#### SPECIAL ORDER DELIVERY LOCATION

9:30 A.M. Wednesdays

ORGANIC FARMERS' MARKET

Fishermen's Village Waterfront Mall,  
Punta Gorda 941-639-8721

[www.fishville.com](http://www.fishville.com)

#### THURSDAYS

CAPTIVA ISLAND STORE

10 A.M. to 2 P.M.

Andy Rosse Lane, Captiva Island,  
239-472-2374

[www.captivaislandstore.com](http://www.captivaislandstore.com)

#### FRIDAYS

#### SPECIAL ORDER DELIVERY LOCATION

10:00 am

CAPTIVA ISLAND STORE

Andy Rosse Lane, Captiva Island,  
239-472-2374

[www.captivaislandstore.com](http://www.captivaislandstore.com)

#### SPECIAL ORDER DELIVERY LOCATION

3:00 pm

TIRE CHOICE ( across from Publix)

13621 Fiddlesticks Blvd, Fort Myers, FL  
239-561-5575

Special Orders to be called into the  
Seafood Market 239-283-2525  
by 3:00 pm the day prior to delivery

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# New Year's Seafood Surprises

Celebrate the New Year with healthy, fresh & local seafood. Try some of the combinations we suggest or come up with your own – either way this food will be a welcomed treat for anyone.

Seafood makes a great gift and is perfect for entertaining. We'll ship to your favorite seafood lovers and can create great baskets with some spices, sauces and even gift certificates. Here are some of our most popular festive foods.....



- Andy's homemade, all Jumbo Lump Crabcakes. Just stick them in the oven at 450° for 7-10 minutes on each side and you'll have the best Crabcake experience ever. These are \$10 each but since they're all crab (NOT Krab) it's a meal well worth it.
- Stone Crab Claws are one of Florida's famous delicacies. We've had some huge ones too and wow, are they sweet. Throw in some Stone Crab Mustard Sauce and your gift will be remembered forever. Prices vary as the supply does. Generally they range from 12/lb for the small ... all the way up to \$21/lb for the jumbo.



- Andy's Matlacha Chowder (or his Manhattan Clam Chowder and/or Shrimp Bisque) make for some festive soup time on these cold winter days and nights (ok – sometimes, for us it's chilly here in Florida). We even have friends who have used the Matlacha Chowder as a pasta sauce. It's made with  $\frac{1}{2}$  and  $\frac{1}{2}$  so it's not real heavy. It also contains very fresh shrimp, crab, and vegetables.
- How about some Grouper or Snapper? Or maybe Tripletail, Hogfish or Mahi Mahi? The Grouper and Mahi are great for grilling (and we have the spices and sauces to go with them) and the Snappers, 3Tail and Hog are wonderful sautéed or baked with Andy's Island Scampi Butter.
- Fresh Shrimp is always a treat and we'll peel and devein for you at an added cost.
- Andy's Seafood Spreads are perfect for Holiday entertaining. Try our smoked Tuna and Salmon, and Crab spreads – made fresh right here in the market.
- Order your Holiday Oysters - an American tradition.
- Pine Island Clams are sweet and succulent – raised right here in Pine Island Sound.

See many of our recipes on our website [www.andysislandseafood.com](http://www.andysislandseafood.com) to get some tips on how to prepare wonderful meals with these seafood products.

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## *Slow Food* (the Antithesis of Fast Food!)

SLOW FOOD is an international organization, [www.slowfood.com](http://www.slowfood.com), that works to defend biodiversity in our food supply, spread taste education and connect producers of excellent foods with co-producers through events and initiatives.

## *Slow Food of Southwest Florida*

We're active members in the local chapter of Slow Food USA which fits us just fine with its emphasis on good food from local sources.

Slow Food Southwest Florida [www.slowfoodsouthwestflorida.com](http://www.slowfoodsouthwestflorida.com) hit the ground running when it was established last spring and has hosted a series of festive food-related events since then with more to come every month

Andy's Island Seafood plans to host events in the store and/or to participate in other ways that we can. Watch our website for upcoming Slow Food Southwest Florida events.



## *Recipes*

Check out our recipe page ([www.andysislandseafood.com/recipes](http://www.andysislandseafood.com/recipes)) to read some of the wonderful recipes our customers have submitted. If you try them we'd love to know what your grade would be (A+ through C-) so we can start the elimination process for our recipe contest finals in March 2009. If you would like to submit your own recipe please do so at: [andysseafood@aol.com](mailto:andysseafood@aol.com).

Below and on the next pages are a few really wonderful ones we've received from customers...

## **SNAPPER WITH ORANGE SAUCE**

### INGREDIENTS:

1/2 LB SNAPPER FILET PER PERSON (OR OTHER FISH)  
A LITTLE FLOUR OR OTHER BREADING (CORN MEAL, BREAD CRUMBS, ETC)  
1 EGG OR USE WATER  
3 TBSP OIL (PEANUT, CANOLA ,OR CORN, ETC) TO SAUTE FISH

BUTTER (1 TBSP PER PERSON)  
ORANGE MARMALADE (1 TBSP PER PERSON)  
LEMON WEDGES

DIP FISH FILETS INTO BEATEN EGG (OR WATER) - THEN INTO FLOUR OR OTHER BREADING; EACH SIDE, SALT AND PEPPER LIGHTLY. SAUTE IN OIL, EACH SIDE TIL LIGHT BROWN- TURNING ONLY ONCE. (MAYBE 3 MINS TOTAL TIME DEPENDING ON THICKNESS). REMOVE FISH AND DISCARD EXCESS OIL. ADD BUTTER AND EQUAL AMOUNT OF ORANGE MARMALADE. LET COME TO A BUBBLE - THEN DRIZZLE OVER FISH. SQUEEZE LEMON OVER FISH AND ENJOY.



# Delicious Customer Recipes

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## SEAFOOD MUSHROOM CAPS

4-5 CLUSTERS SNOW CRAB LEGS - REMOVED FROM SHELLS, STEAMED AND DICED  
1-1 ½ LBS. BAY SCALLOPS - DICED  
1-1 ½ LBS. FRESH SHRIMP - DICED  
12-15 LARGE MUSHROOM CAPS WITH STEMS REMOVED  
6 TBLS BUTTER (MARGARINE IF YOU PREFER)  
½ SMALL VIDALIA ONION - DICED SMALL  
1 TBLS DICED OR MINCED GARLIC (CAN SUBSTITUTE GARLIC POWDER IF YOU WANT)  
3-4 TBLS ITALIAN BREAD CRUMBS  
PARMESAN OR ROMANO GRATED CHEESE  
MRS. DASH SEASONING, TABLE BLEND (TO TASTE)  
2 O 3 DASHES OF CAYENNE PEPPER SAUCE OR POWDERED CAYENNE PEPPER  
SALT  
PEPPER  
3-4 TBLS ITALIAN BREAD CRUMBS  
¾ CUP GRATED SWISS CHEESE

REMOVE STEMS FROM MUSHROOM CAPS, SAVE FOR ANOTHER DISH OR RECIPE. SCRAPE OR DIG SOME OF THE MUSHROOM MEAT OUT OF THE CAPS TO MAKE SMALL BOWLS OUT OF THE MUSHROOMS. SAVE THE SCRAPINGS. PLACE MUSHROOM BOWLS IN AN OVEN PROOF DISH.

MELT HALF OF THE BUTTER IN A LARGE SKILLET, ADD ONION, MUSHROOM SCRAPINGS AND GARLIC, SAUTÉ UNTIL ONION IS CLEAR. ADD THE DICED SEAFOOD, MRS. DASH, SALT, PEPPER AND CAYENNE PEPPER. STIR OFTEN, COOK OVER MEDIUM HEAT UNTIL SEAFOOD IS DONE. ADD THE ITALIAN BREAD CRUMBS, THE GRATED PARMESAN OR ROMANO CHEESE AND STIR TOGETHER, SIMMER FOR A FEW MINUTES TO BLEND FLAVORS AND MELT THE CHEESE.

FILL EACH MUSHROOM CAP WITH THE SEAFOOD MIXTURE. THINLY SLICE THE REMAINING BUTTER AND TOP THE MUSHROOM CAPS WITH BUTTER. COVER AND BAKE FOR 20 MINUTES COVERED IN A 350 OVEN. REMOVE COVER, ADD THE GRATED SWISS CHEESE TO THE TOP OF THE MUSHROOM CAPS AND BAKE UNTIL CHEESE IS MELTED, SERVE WARM.



# More Delicious Customer Recipes

## SHRIMP CREOLE

1 ½ LB. FRESH SHRIMP  
1 LARGE ONION (CAN USE RED)  
1 C CHOPPED PEPPER (CAN USE SOME RED)  
1 C CHOPPED CELERY (USE ALL)  
6 CLOVES MINCED GARLIC  
¼ C BUTTER  
4 STRIPS BACON, FINELY DICED AND FRIED  
2 C CRAB STOCK  
42 OZ. CHOPPED CANNED TOMATOES (CAN USE VARIETY – I ALWAYS PUT IN ONE ROTEL)  
2 T PARSLEY  
SALT  
½ TSP. PAPRIKA  
½ TSP GROUND PEPPER  
RED PEPPER FLAKES TO TASTE  
4 BAY LEAVES  
CREOLE SEASONING (I USE EMERIL'S)  
FLOUR AND WATER MIXED FOR THICKENER (IF NEEDED).

FRY THE BACON. REMOVE BACON TO DRAIN. ADD ONION, PEPPER, CELERY AND GARLIC TO BACON DRIPPINGS. COOK UNTIL TENDER (DON'T BROWN); ADD UNDRAINED TOMATO, PARSLEY, SALT, PAPRIKA, RED PEPPER, BAY LEAF AND STOCK. BRING TO BOIL. REDUCE HEAT, COVER AND SIMMER. THICKEN IF NECESSARY WITH FLOUR/WATER. STIR IN SHRIMP, COOK A COUPLE OF MINUTES. SERVE OVER RICE. GARNISH WITH PARSLEY.



Shrimp Boats Docked Behind Andy's



# Schedule of Upcoming Events

Saturday, January 17th -  
1:00 p.m. to 3:00 p.m.

## **Meet the Artist Wine & Cheese Reception**

Lynn Berreiter - Photography  
Linda Rodino's - RoRo Boxes  
Vawn & Mike Grey of Reborn Glass  
Ken Richards of Denver (a possibility)  
Caroline Hostetter, owner of 55 Degrees  
Quality Cheese will be offering samples of  
superb imported cheeses.

Saturday, January 31st - 10:00 a.m. to 2:00 P.M.

## **Slow Food Green Market at Robb & Stucky**

This special event will offer the best local organic  
produce, seafood, herbs, breads, jams & jellies and  
the finest imported cheeses.

Thursday, February 12th - 7:00 p.m. to 9:00 p.m.

## **Cooking with Andy**

Andy shows how cooking seafood isn't scary.  
\$15.00 per person

Saturday, February 28th - 10:00 a.m. to 2:00 p.m.

## **Slow Food Green Market at Robb & Stucky**

This special event will offer the best local organic  
produce, seafood, herbs, breads, jams & jellies and  
the finest imported cheeses.

Thursday, March 12th - 7:00 p.m. to 9:00 p.m.

## **Ad Hudler ("Man of the House") Cooks Crabcakes w/ Andy**

Nationally acclaimed author of *House Husband*,  
*Southern Living*, and *All This Belongs to Me*  
signs his newly released *Man of the House* while  
switching in the kitchen with Andy.  
\$15.00 per person - book sales separate.

Thursday, March 26th - 7:00 p.m. to 9:00 p.m.

## **Customer Recipe Celebrity Tasting & Contest Finals**

Saturday, March 28th - 10:00 a.m. to 2:00 p.m.

## **Slow Food Green Market at Robb & Stucky**

This special event will offer the best local organic  
produce, seafood, herbs, breads, jams & jellies and  
the finest imported cheeses.



# Meet Andy's Wonderful Staff

**ROBIN CAMPBELL** comes to us from Massachusetts where she worked in a seafood market making her a seasoned fish monger! Robin learns fast and soon switched her expertise from New England seafood to Florida Gulf catches.

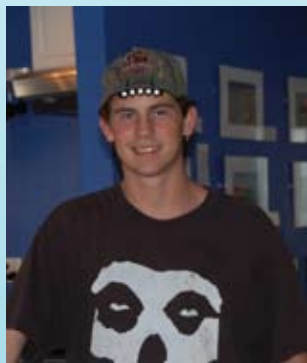


**TOM BARDEN (T.B.)** is our Mobile Market Man who was recently married to Lynn Barnett. They kept it simple with a ceremony officiated by Robin Lilly whose husband Chris Capone you'll remember from when he worked at Andy's. They're now the owners of the wonderful little deli on Pine Island – Little Lillie's!

**ELIZABETH EVANS** is the lady with the wonderful smile and warm greeting. She may be small but she's full of life and can fillet a fish as well as anyone. Elizabeth lives in Cape Coral and is married to Eric. Schedule of Upcoming Events - see below...



**KATHY RUSSELL** is a familiar face around Pine Island and has been a chef at many of it's better known restaurants. Kathy brings her cooking expertise to the market and will see to it that the "carry-out" food and preparation for our Mobile Market is running smoothly from day to day.



**JADE SHERBONDY** is a fourth generation Pine Islander who knows fish as well as he knows his name. He's the happy fellow that keeps the market clean enough to eat off the floor and always greets our customers with a genuine smile and eagerness to help.

**LINDA WINDHAM** rides shotgun with me on the "turquoise truck" when she's not selling houses in the Cape. She's been a friend since our days in Northern Virginia and is a fellow foodie. You'll see her friendly face around the market over the Holidays.





Contact us  
we would love to hear from you

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## Andy's Island Seafood

a Market for Fresh Seafood & More

email us at: [andysseafood@aol.com](mailto:andysseafood@aol.com)

239-283-2525 239-282-2560 fax

Store Hours: Monday - Saturday 10:00 am to 6:00 pm

4330 Pine Island Road,  
Matlacha, Florida 33993

GPS Coordinates: North 26.38.018 West 082.04.051



Visit our Website for product availability, prices, recipes, news and more  
[www.andysislandseafood.com](http://www.andysislandseafood.com)

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### *Some Customer Comments about our Website and Newsletter*

Well done! Your website is absolutely top shelf -- creative, interesting and informative.  
All good wishes for continued success.

Best regards,  
Al and Ann Geer  
Cape Coral

Thanks for the nice response. I will place an order by email and look forward to hearing from you. And...I will definitely spread the word about your wonderful seafood. Impossible to find anywhere. Thanks again.

**Christine Baer**  
The Grapevine