



Rev up your seafood sales with these 5 new hot fall flavors

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The fall is the time for warm, comforting flavors.



The fall is a time for hearty, warm foods. Here are 5 innovative flavor tips that will spice up your fall seafood menus.

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By Rob Corliss

Fall marks a shift from lighter summertime fare to earthier, warming and satiating flavors. Innovatively crafted global flavors can make an

indelible impact on seafood menus. Flavor strategies combining the right flavor -- at the right time -- at the right price (aligned with your brand strategy) are poised to drive menus. Iconic and expected seasonal pairings aside, we look for new global flavor inspirations with seafood this fall, to infuse menu development. These fall flavors can work across fish/seafood varieties and menu categories.

Star Anise



What Is It?

Star Anise is a spice with a dried star-shaped, dark brown pod that contains seeds and is used whole to infuse flavor then removed after cooking. It has a fennel/anise-like flavor.

Why It Works

Star Anise, used judiciously, adds new flavor dimension, depth and allure to endless menu applications. Prevalent in Asian cuisine, this spice reaches across the globe. It's the unexpected "welcome fall" surprise.

Pairings

- Poached oysters with a chilled star anise orange cream and shaved celery apple salad
- As a brine for fresh salmon (prior to smoking) with star anise, Thai sweet and thick soy, ginger, brown sugar, chiles, Sichuan peppercorns, sea salt, vinegar and water
- Prawns with caramelized golden rum raisin-carrot sauce (caramelized onions & golden raisins, star anise, gold rum, stock, citrus & spices)

Mushroom Duxelles



What Is It?

Mushroom Duxelles is a mixture of finely chopped mushrooms (any or mix of varieties), shallots and fresh herbs cooked in butter until it forms a paste. It is used in “stuffings,” as a mix-in and in sauces.

Why It Works

The earthy overtones and rustic blend of mushrooms, shallots and herbs pairs harmoniously with the clean flavor of fish. Duxelles is versatile in its culinary applications and ingredient composition.

Pairings

- Salmon, Duxelles, baby spinach and Boursin Wellington with porcini cream
- Braised Dover Sole and Duxelles paupiettes with celeriac puree and pomegranate ver jus (beurre blanc)

Brown Butter



What Is It?

Brown butter is unsalted butter slow cooked to a light hazelnut color, browning the milk solids. It has a beautiful nutty flavor and aroma.

Why It Works

There is a surge in the popularity of natural fats and back-to-basics authenticity with our food and ingredients. This classic brings a multitude of applications and craveability to seafood with its nutty aroma. Brown butter screams fall.

Pairings

- Crab Benedict with brown butter hollandaise
- Linguini and clams with brown butter, honey crisp apples, kale chiffonade and crispy pancetta
- Roasted monkfish “osso bucco” with white bean ragout, velvety butternut squash sauce and brown butter drizzle

Chamoy



Photo McCormick.com

What Is It?

Chamoy is a savory Mexican sauce/condiment made from pickled fruit, with layers of flavor. Its viscosity can range from a jam-like paste to a sauce. It can be used as a sauce, dip, marinade or in dressings.

Why It Works

Flavor notes of spicy, sweet, fruity, salty and sour from this Mexican darling are sure to fire up seafood and warm the soul. House-made chamoy is an energizing addition to fall menus.

Pairings

- Tempura style beer-battered fish tacos with mango-ancho chamoy, creamy cabbage slaw and fresh cilantro
- Shrimp satay or shrimp toast appetizers with chamoy

Adobo



What Is It?

Adobo (not to be confused with Spanish and Mexican adobo) is a Philippine national dish - full of history, flavor and character. Simply stated, it is stewing in vinegar – the central component --along with soy, garlic and seasonings.

Why It Works

Adobo evokes both a cooking process and a treasured Filipino dish – sure to lure consumer palates. As Filipino cuisine trends upward, this spells opportunity for chefs and their culinary arsenal this fall.

Pairings

- Firm whitefish slow cooked with coconut vinegar, soy sauce, garlic, peppercorn and bay leaf
- Experiment with varieties of fish and adobo adaptations

Rob Corliss



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