

GOURMET FISHING

Season III - Episode I



INFO-SHORTS



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Abacos' Sheepshead and Scallop Cakes

Poor Man's Crab Cakes



Host, Chef & Guide, David Murray





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Grocery List

Abacos' Sheephead & Scallop Cakes

Sheepshead Fillets

Scallops

Sweet Onion

Celery

Dijon Mustard

Sour Cream

Hot Sauce

Cayenne Pepper

Lemon

Egg

Bread Crumbs



Abacos' Sheephead & Scallop Cakes

Abacos' Sheepshead & Scallop Cakes



Serves 2-4

10oz Sheepshead Fillets (3-4 Fillets)	2 tsp Texas Pete Hot Sauce
3 1/2 to 4oz Bay Scallops	1/2tsp Lemon Zest
1/2 Sweet Onion, Grated	1 tsp Lemon Juice, Fresh
3 Celery Stalks, Grated	1 Eggs
1 TBS Dijon Mustard	1/2 to 1 cup Bread Crumbs
2 TBS Sour Cream	

Chop the Sheepshead fillets into small pieces. I first slice the fillets thinly in one direction and then cross cut them into small pieces. Then chop the dices, and them to a medium size bowl.

Next we need to create a Scallop Mousse. Which means we will be placing the scallops into a food processor and pulse them a few times, add about 1 TBS of heavy cream, and then continue to pulse until the mixture is smooth. Add to the bowl with the chopped sheepshead. If you do not have a food processor, you can chop the scallops until they create a scallop spread, so to say. No cream will be needed if you use this method.

Using a grater, grate the 3 celery stalks and the onion. Add these to the bowl. Next add the dijon mustard, sour cream, cayenne pepper and hot sauce. Then, using a zester or microplane, add about a 1/2 tsp of fresh lemon zest, and the lemon juice. Finally, crack an egg and add it to the bowl.

Combine all of the ingredients in the bowl into a smooth well combined mixture.

Now add a 1/2 cup of the bread crumbs and combine. The mixture need to be able to form a patty without falling apart. You may have to add more bread crumbs. This recipe usually takes close to a full cup of bread crumbs, but it's always easy to add the bread crumbs and almost impossible to take out.

Make your patties as you would a hamburger patty. This recipe will yield about 4 large patties. You can make them as large or small as you like. Let the patties rest for about 10 to 15 minutes so the bread crumbs can firm the cakes and make them ready for cooking

Preheat your oven to 350°F.

Place an oven safe pan on medium heat, and add enough oil to just coat the bottom. Add the cakes to the pan and let them sear around 3 to 4 minutes per side. Check the bottom of the cake and when there is a nice brown crust forming, carefully flip the cakes and let cook for an additional 3 minutes or when the bottom is just browning. Place the pan into the oven and let bake for about 10 minutes.

Remove the pan from the oven, minding that the handle is very hot. Using either the Horseradish or Wasabi Cream Sauce, make a decoration on your plate. Place 1 or 2 cake on the plate, top with the other cream sauce and serve with lemon or lime slices.

What is nice, is there will be no crab shells to deal with. Enjoy



Abacos' Horseradish Cream Sauce



Serves 8

- 1 TBS Horseradish Powder
- 1 TBS Cold Water
- 1/2 Cup Sour Cream
- 1 tsp Fresh Lemon Juice
- 1 TBS Caster or Superfine Sugar, or Honey or Agave Nectar

In a small bowl add 1 TBS cold water and 1 TBS horseradish powder. Mix well until combined into a smooth paste without any lumps. Let the paste stand for 10 minutes. This will extract all of the great flavors in the horseradish.

Add the horseradish paste to a bowl. Now add the sour cream, lemon juice and the sugar or honey or agave nectar.

Slowly combine all of the ingredient. When mostly combined, use a whisk to finish the cream sauce. Transfer the sauce to a small squeeze bottle if you desire. This will allow for you to dispense a little easier when plating.

Let the cream sauce stand for an additional 5 minutes prior to using.

Abacos' Wasabi Cream Sauce



Serves 8

1 TBS Wasabi Powder

1 TBS Cold Water

1/2 Cup Sour Cream

1 tsp Fresh Lemon Juice

1 TBS Caster or Superfine Sugar, or Honey or Agave Nectar

In a small bowl add 1 TBS cold water and 1 TBS wasabi powder. Mix well until combined into a smooth paste without any lumps. Let the paste stand for 10 minutes. This will extract all of the great flavors in the wasabi.

Add the wasabi paste to a bowl. Now add the sour cream, lemon juice and the sugar or honey or agave nectar.

Slowly combine all of the ingredient. When mostly combined, use a whisk to finish the cream sauce. Transfer the sauce to a small squeeze bottle if you desire. This will allow for you to dispense a little easier when plating.

Let the cream sauce stand for an additional 5 minutes prior to using.



Armed with size 1 Owner Mosquito hook snelled to 25lb fluorocarbon leader and baited with a jetty cricket, I drop my rig down four stories below. I then take a turn or so on the reel, and then slowly begin to jig the cricket using an even and slow motion. *Hang-on, something just slightly altered that motion.* I jig a few more times without incident, and I reel in 40 or so feet of braid, only to find the cricket's shell remaining on the hook. I've been robbed, and really didn't know it.

That's the M.O. of the stripped bandit: **The Sheepshead**. The old-timers in my area have always said that you need to set the hook before they bite, and sometimes, I think they're right. We can go through a mess of jetty crickets during a day of Sheepshead fishing.

Oh yeah,... you may be asking yourself what the heck is a jetty cricket. Well, it is also know as a fiddle crab. The nickname has its roots way back when the old-timers made their way out to the jetty system at the mouth of Charleston Harbor. They would use long, thick cane poles to fish for Sheepshead back then, and they too would use fiddler crabs as bait. As a rule, when you fish with a cane pole, you're usually using a gold hook and crickets to catch bream in a freshwater pond or river, and with the similarities between the two methods of fishing, the nickname for the fiddler was penned: *jetty cricket*.

Spring, summer, and fall, there are many great inshore spots to catch sheepshead here in the South; docks, bridge piles, rock piles, other areas with structures encrusted with barnacles and oysters. Take a shovel with you, scrap the structure, and you create an inshore Sheepshead chum buffet, and off you go dropping your fiddlers and getting frustrated.

But, during the winter months off the coast of Charleston, SC, when the water temperatures begin to drop, the Sheepshead move offshore to hard bottoms and artificial reefs to begin their spawn. They have two spawning cycles during the winter, and they occur in Late December through April. Water temperature triggers these events.

But, when the water temperatures begin to rise and spring slowly moves into the lowcountry, they begin to move back to their inshore homes.

AQUATIC THIEVES

Fitted with black & white striped attire, you'll find your bait will be stolen with out your knowing it's gone.

THEY ARE FITTED WITH A SET OF DENTURES THAT A DENTIST WOULD BE PROUD OF AND A SET OF CRUSHER THAT CAN DESTROY OYSTER SHELL AND BARNACLES.



WATCH OUT FOR THE TEETH

OH, YEAH. YOU
MAY BE ASKING
YOURSELF WHAT
THE HECK IS A
JETTY CRICKET.
WELL, IT IS ALSO
KNOWN AS A
FIDDLER CRAB.

NEARSHORE REEFING

I do look forward to the winter months with a nice calm day to run off to one of the many artificial reef located in the Atlantic off Charleston, SC. I bring a couple of quarts of china back fiddler crabs along with a couple of dozen mud minnows for those nice flounder laying beside the reef, and a couple of dozen pre-rigged Sheepshead rigs. You will lose quite a few hooks and leaders while you're jigging on the structures below.

Pre-rigging is what passes the time during the long winter evenings while watching fishing shows and wishing I was in the Keys and Bahamas fishing for bonefish and grouper.



Season III - Episode I



A GOOD PLOTTER IS A MUST FOR LOCATING STRUCTURE AND FISH

My Rig:

My sheepshead rig is fairly straight forward and simple. It's based on the famous Carolina Rig, and I use a size 1 or 1/0 octopus style hook. My first choice is Owner's Mosquito Hook, and the second is Gamakatsu's Octopus style hook. Both of these hooks are very sharp out of their package.

The leader I use is a 25lb fluorocarbon leader material, mainline is 40-pound braid, and I use a small size 7 barrel swivel.

Let's put the rig together. I always snell my hooks to the leader, and I use a Palomar Knot to secure the barrel swivel to my leader. I use a leader length around 10" and up to 14" long.

Egg sinker is the choice weight for me, and the size is dependent on the current. I'll start out with a 1oz egg sinker and see what the current does to my rig. You want to fish straight up and down if possible, and I'll adjust as needed.

I slide the egg onto my main braid line, and then I'll slide a small plastic bead on the line, too. Then I use a Palomar Knot to secure the mainline to the swivel. That's it; simple.

Technique:

I'll take a jetty cricket and hook it from the belly to the top, and I make sure the point of the hook just penetrates the top shell.

Now, I'll drop the bait to the bottom and take a turn or so on the handle. Then begin to slowly jig up and down in a steady motion. Make sure you pay attention to the jigging motion; the feel. When there is any change in that motion or feel, BAAM, set the hook like you're hammering a largemouth bass on the lakes. But, as a rule, when you get that feel, you're at the top of your jigging motion and you have to try and set the hook on your tiptoes.

Anyway, a Sheepshead has a very light and almost undetectable bite. It takes a while to get used to the bite, but when you get it, it's an awesome time catching.

I hope y'all grab a couple of pints of jetty crickets during the winter months and try your hand at catching the aquatic thieves at your nearshore artificial reefs.

D-



Gourmet Fishing



We catch fish, and then, We cook our catch...



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