





Thursday, December 17, 4:00pm ET



We are excited for you to join Rocco DiSpirito as he chats with Executive Chef Rob Eggleston of **Seamore's**. Chef Rob will show participants how to make their signature Holiday Salmon Roast.

PLEASE DONATE

This event is FREE and we encourage you to support **Holy Apostles Soup Kitchen**, a food-security charity chosen by Seamore's.



ABOUT SEAMORE'S

Seamore's at 250 Vesey Street (at North End Avenue) - For a city surrounded by water, New York shockingly lacks menus with locally sourced seafood - Seamore's was born to change this. Founded by proud New Yorkers who longed for better fish tacos and a reunion of city and sea, Seamore's brings the ocean back to the urban table in a deliciously modern way. This sustainable seafood joint consistently serves hyper-local catch, without the pretension. Their tasty menu of fish shack classics, bowl-style dishes, and SoCal flavors always feature a rotating daily catch of seasonal fish straight from the docks of Montauk and the Northwest Atlantic. With plenty of good vibes and great fish, Seamore's is the casual fish shack every city needs - exciting taste buds and elevating the standard for REEL eating day-to-day. Call it sustainable, or call it common sense.

ABOUT CHEF ROB

Executive Chef Rob Eggleston got his first taste of the restaurant industry in his hometown of Williamsburg, Virginia. Upon moving to New York City in 2015, he joined the team at the reopening of Jams by Jonathan Waxman. For two years under Chefs Ginger Pierce and Preston Madson, he developed a passion for locally sourced and sustainable foods. Joining Seamore's in early 2017, he partnered alongside then Executive Chef Christopher Cryer, and the two grew Seamore's into the brand it is today. In 2019 Rob took the lead as Executive Chef for Seamore's. He is an advocate for cleaner ocean waters, and a member of the Shellfish Growers Climate Coalition. Rob brings to Seamore's the mindfulness of making healthy and smarter food choices and strives to make an impact in reducing seafood waste.

ENTER TO WIN

POST YOUR PLATE! Participants are encouraged to make the dishes themselves and then post photos of their plates on **Instagram** using **#DineAroundAtHome** and tagging **@DowntownNYC** for a chance to win a personal 30-minute cooking class with Chef Rob Eggleston. Be sure to tag **@Seamores** and **@mrrobertegg** too! The entry window for posting begins at the end of each Cooking at Home demonstration and is open until the following Monday at 11:59pm ET.

For more details, visit **DowntownNY.com/DineAround**[Terms & Conditions may apply.]

This project is part of a continuing effort by the Alliance to support businesses that are being adversely impacted by the spread of COVID-19. From educating local business owners about available funding opportunities and convening working groups, to communicating which businesses are currently open and spotlighting essential workers who are making a difference, the Alliance is actively working to help Lower Manhattan's business community. Efforts will continue through the recovery phase with dedicated marketing programs and initiatives to help turn the lights back on across the neighborhood.

About the Alliance for Downtown New York

The mission of the Alliance for Downtown New York is to provide service, advocacy, research and information to advance Lower Manhattan as a global model of a 21st century Central Businesss District for businesses, residents and visitors. The Downtown Alliance manages the Downtown-Lower Manhattan Business Improvement District (BID), serving an area roughly from City Hall to the Battery, from the East River to West Street. For more information, visit DowntownNY.com or follow us on Facebook, Instagram and Twitter @DowntownNYC.











Thursday, December 17, 4:00pm ET

Seamore's Holiday Salmon Roast + Seasonal Sides †

SERVES: 4-6

SEAMORE

Norwegian Salmon Roast

INGREDIENTS:

- 2 lbs salmon filet, skin-on, pin bones removed
- 1/2 tsp Kosher salt
- 1/4 tsp ground black pepper
- 1 to 1 1/2 Tbsps blended oil

METHOD:

Preheat the oven to 425°F. Grease or line a baking sheet with parchment paper. Prepare salmon by checking to make sure all pin bones were removed by the fishmonger by rubbing your fingers down the middle of the salmon from head to tail (against the grain). If not, remove them by firmly grabbing the tip of the bone with tweezers and pulling backwards going with the grain. Rub salmon with oil and generously season both sides with salt and pepper. Place salmon skin side down on the baking sheet. Bake for 13-15 minutes, or until the internal temperature of the thickest side reaches 125°F for medium up to 145°F for well done. Remove skin before placing on a serving platter.

Dill Yogurt Sauce

INGREDIENTS:

- 2 cups Greek yogurt
- 1 lemon, zested + juiced
- 1 ½ oz dill (1 small bunch)
- 1/2 tsp Kosher salt
- 1/8 tsp cayenne (or pinch to taste)
- · extra virgin olive oil

METHOD:

Rinse dill and dry well. Set a few sprigs aside for garnish. On the rest, remove stems and roughly chop. In a medium sized mixing bowl, combine yogurt, lemon zest, and juice. Add dill, salt, a pinch of cayenne, and a drizzle of olive oil. Whisk together until well combined. Transfer to a small bowl and serve alongside roasted salmon as an accompanying sauce. May be made one day ahead and refrigerated until service.







Thursday, December 17, 4:00pm ET

SEAMORE'S



Cauliflower Mash

INGREDIENTS:

- 2 heads cauliflower, leaves removed + quartered
- 2 Tbsps Kosher salt
- · extra virgin olive oil

METHOD:

Fill a 10+ quart stock pot with 6 qts water and bring to a rolling boil. Season with salt and a drizzle of olive oil. When water is at a rolling boil, add cauliflower and cook until fork tender, (with firmness at the center core) about 15-20 minutes, maintaining the boil. Remove from heat. Ladle out 1½ cups of water then strain. Return the cauliflower to the stock pot to begin mashing. Add reserved cooking water as needed, a ¼ cup at a time. Continue mashing until the cauliflower resembles the consistency of mashed potatoes. Taste for salt seasoning. Transfer to a serving dish and garnish with freshly cracked pepper.

Wild Rice + Mushroom

INGREDIENTS:

- ½ medium onion, medium diced
- 1 stalk celery, medium diced
- 1 large carrot, medium diced
- 1 clove garlic roughly chopped
- 1 lb cremini mushrooms, medium diced
- 3 Tbsps chopped fresh sage, roughly chopped

- 2 tsps blended oil
- 1 small butternut squash, peeled, seeded + cut into ½ inch cubes
- 1 cup dried cranberries
- 2 cups wild rice mix
- 6 cups vegetable stock
- 1 ½ tsps Kosher salt

METHOD

Rinse rice mix until water runs clear. In a stock pot over medium high heat, put wild rice, stock and $\frac{1}{2}$ tsp salt, and stir to combine. Put the lid on the stock pot and bring to a boil. Turn down the heat to simmer and continue cooking for 40-45 minutes or until the rice kernels have puffed and opened. Drain into a bowl to reserve any remaining stock; set stock aside. Meanwhile, add oil to a saute pan over medium heat. Add cut vegetables, garlic, sage, and $\frac{1}{2}$ tsp salt. Saute until vegetables are soft and translucent, about 8-10 minutes. Toss squash with a pinch of salt and a drizzle of oil. Spread evenly on a baking sheet and roast in a 250° F oven for 20-25 minutes. Add the sauteed veggies, roasted squash, dried cranberries, and $\frac{1}{2}$ tsp salt into the stock pot with cooked wild rice. Gently stir to combine ingredients, and cook over low heat for another 5-10 minutes. If needed, add reserved stock to moisten the mixture. Transfer to a large casserole dish to serve.

Roasted Veggies

INGREDIENTS:

- 1 lb Brussels sprouts, root removed and halved lengthwise
- 2 delicata squash, seeded + cut into ½ inch rings
- 2 large carrots, peeled + diagonally sliced 1/4 inch
- 1 tsp sumac ††
- 1/2 tsp Kosher salt

- 1/8 tsp ground black pepper
- 1 Tbsp honey
- 1 Tbsp blended oil
- seeds from ½ of a pomegranate
- 2 Tbsps chives, finely cut

METHOD

Preheat the oven to 375°F. In a large bowl, toss together prepared vegetables adding sumac, salt, pepper, honey, and oil. Spread evenly across 2 flat-rimmed sheet pans. For better results, do not crowd. Bake for about 30 minutes, turning about halfway through, until sprouts are charred and squash is golden brown. Remove roasted vegetables from the oven, and transfer to a serving platter. Garnish with half the seeds from pomegranate and freshly cut chives.

†† Available in most Middle Eastern or specialty spice shops.