

Lana Cove

Life by the Shore

Seasonal Coastal Recipe Collection

Celebrating Coastal Ingredients Through the Year

24+ Recipes	Seasonal Ingredients	Wine Pairings
Spring to Winter	Fresh Coastal Flavors	Year-Round Cooking

Seasonal Coastal Cooking

Cooking with the seasons connects each meal to the land and water that surrounds coastal living. Seasonal eating isn't just about flavor—it's about economics, nutrition, and honoring the natural rhythms of where food comes from. Coastal regions offer unique ingredients throughout the year: fresh fish, local produce, and flavors inspired by salt air and seaside traditions. This collection celebrates each season with recipes that taste brightest when ingredients are at their peak. Spring brings tender greens and lighter preparations. Summer offers abundance and no-cook simplicity. Fall brings heartier fare and root vegetables. Winter showcases storage crops and warming preparations. Together, these seasons create a complete culinary year.

Coastal Cooking Principles

- Embrace fresh, local ingredients when possible
- Keep preparation simple to highlight natural flavors
- Use quality oils, salts, and citrus to enhance coastal dishes
- Let fish be the star—don't overpower delicate seafood
- Incorporate seasonal vegetables to create balanced meals
- Pair wines and drinks thoughtfully with each season's flavors

Spring

Spring on the coast brings renewal. The water warms gradually, fish varieties shift, and the first tender greens of the season appear at markets. Spring cooking celebrates lightness: delicate fish, vibrant vegetables, and bright citrus flavors. Cooking methods are simple—grilling, steaming, and raw preparations let spring ingredients shine.

Peak Ingredients This Season

Fresh spring vegetables: asparagus, peas, artichokes, spinach, lettuce, spring onions, radishes. Fresh herbs: parsley, dill, tarragon, chives. Spring fish: halibut, sea bass, spring shrimp. Stone fruits just beginning: strawberries, rhubarb. Citrus at its peak: lemons, limes.

Grilled Halibut with Spring Peas & Mint

Servings: 2 | Prep: 10 min | Cook: 12 min

Ingredients	Instructions
2 halibut fillets (6 oz each), 1.5 cups fresh spring peas, 2 tbsp olive oil, 2 tbsp fresh mint (chopped), 1 lemon, 1 sea bass	Heat oil in a skillet over medium heat. Add halibut fillets and cook for 4-5 minutes on each side. Add peas and mint in the last 2 minutes. Squeeze lemon juice over the top.

■ Look for spring peas at farmers markets—the flavor is incomparably sweet. Frozen spring peas work when fresh aren't available.

Asparagus & Wild Salmon Salad with Lemon Dressing

Servings: 2 | Prep: 15 min | Cook: 12 min

Ingredients	Instructions
8 oz wild salmon fillet, 1 lb fresh asparagus, 2 cups mixed spring greens, 1/2 cup olive oil, 2 tbsp lemon juice, 1 sea bass	Grill salmon and asparagus for 4-5 minutes. Chop into bite-sized pieces. Toss with greens, oil, and lemon juice. Top with salmon and asparagus.

■ This salad is elegant enough for entertaining while taking minimal time. Prep all components ahead and assemble just before serving.

Spring Vegetable Frittata with Fresh Herbs

Servings: 3-4 | Prep: 15 min | Cook: 20 min

Ingredients	Instructions
8 eggs, 1 cup diced spring vegetables (asparagus, spring onions, etc.), 2 spring onions (sliced), 1 sea bass	Sauté spring vegetables in a skillet. Add eggs and onions. Cook until set, then flip to cook the other side.

■ Frittatas are perfect for using a mix of whatever spring vegetables are available. Serve warm or at room temperature.

Lemon Herb Roasted Sea Bass with Artichokes

Servings: 2 | Prep: 10 min | Cook: 20 min

Ingredients	Instructions
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Ingredients	Instructions
2 sea bass fillets (6 oz each), 2 fresh artichokes (served), 2 tbsp olive oil, 2 tbsp red, garlic (peeled), zest of 1 lemon, salt, and pepper	Preheat oven to 425°F. For 2

■ Fresh artichokes require some prep but are worth it. If short on time, use frozen artichoke hearts.

Raw Spring Vegetable Salad with Citrus Vinaigrette

Servings: 2 | Prep: 20 min | Cook: 0 min

Ingredients	Instructions
2 cups mixed spring greens, 1 cup shaved asparagus, 1 bunch radishes (thinly sliced), salt, and pepper, 1/4 cup olive oil, 1/4 cup lemon juice, 1/4 cup vinegar, 1/4 cup honey, 1/4 cup Dijon mustard, 1/4 cup balsamic vinegar, 1/4 cup	Preheat oven to 425°F. For 2

■ Keep ingredients separate until assembly to prevent wilting. This salad is best served immediately after dressing.

Pan-Seared Scallops with Spring Pea Purée

Servings: 2 | Prep: 15 min | Cook: 12 min

Ingredients	Instructions
6-8 large sea scallops, 2 cups fresh spring peas, 1 cup vegetable broth, 1/4 cup olive oil, 2 tbsp butter, salt, and pepper	Preheat oven to 425°F. For 2

■ Dry scallops before cooking to get a proper sear. Don't overcook—they cook very quickly.

Spring Herb Soup with Shrimp

Servings: 4 | Prep: 15 min | Cook: 15 min

Ingredients	Instructions
1 lb wild shrimp (peeled), 4 cups vegetable broth, 2 cups spring peas, 1/4 cup olive oil, 2 tbsp butter, salt, and pepper	Preheat oven to 425°F. For 2

■ Fresh herb soups capture the essence of spring. Use whatever tender greens and herbs are available.

Steamed Mussels with Spring Vegetables

Servings: 2 | Prep: 20 min | Cook: 10 min

Ingredients	Instructions
2 lbs mussels (cleaned), 1 cup spring peas, 1/2 cup diced asparagus, 1/2 cup diced carrots, 1/2 cup diced zucchini, 1/2 cup diced mushrooms, 1/2 cup diced onions, 1/2 cup diced tomatoes, 1/2 cup diced bell peppers, 1/2 cup diced celery, 1/2 cup diced fennel, 1/2 cup diced leeks, 1/2 cup diced shallots, 1/2 cup diced garlic, 1/2 cup diced ginger, 1/2 cup diced	Preheat oven to 425°F. For 2

■ Spring vegetables add sweetness to mussels. Serve with crusty bread to soak up the delicious broth.

Summer

Summer brings abundance and ease to coastal cooking. The warmth invites grilling, raw preparations, and no-cook meals. Tomatoes reach their peak, berries overflow at markets, and fresh fish is at its most plentiful. Summer cooking celebrates simplicity: let ripe ingredients speak for themselves. Many meals come together in minutes with minimal heat in the kitchen.

Peak Ingredients This Season

Stone fruits and berries at peak: peaches, nectarines, blueberries, raspberries, strawberries. Summer vegetables: corn, tomatoes, zucchini, cucumber, eggplant, green beans, bell peppers. Fresh herbs: basil, cilantro, oregano, mint. Summer fish: tuna, swordfish, flounder, grouper.

Grilled Swordfish with Tomato & Basil Salsa

Servings: 2 | Prep: 15 min | Cook: 10 min

Ingredients	Instructions
2 swordfish steaks (6 oz each), 2 cups cherry tomatoes (halved), 1 cup fresh basil (chopped), 1 clove garlic (minced)	Marinate swordfish in olive oil, salt, and pepper for 15 minutes. Grill for 4-5 minutes per side. Mix tomatoes, basil, and garlic in a bowl. Drizzle with olive oil and balsamic vinegar.

■ Summer tomatoes make this dish shine. If using winter tomatoes, add more basil and garlic for flavor.

Cold Cucumber & Shrimp Salad

Servings: 2 | Prep: 15 min | Cook: 0 min

Ingredients	Instructions
1 lb cooked shrimp, 2 cucumbers (sliced thin), 1/2 cup onion (finely sliced), 1/4 cup fresh dill, 3 tbsp dressing	Chill shrimp and cucumbers. Mix onion, dill, and dressing. Combine all ingredients and refrigerate for 15 minutes.

■ This salad is best served very cold. Prep components ahead and combine just before eating to maintain crispness.

Charred Corn & Zucchini with Herb Butter

Servings: 3-4 | Prep: 10 min | Cook: 15 min

Ingredients	Instructions
4 ears corn (husked), 3 medium zucchini (halved lengthwise), 1/2 cup butter, 1/4 cup fresh herbs (basil, dill, zucchini)	Preheat grill. Grill corn and zucchini for 10-12 minutes. Melt butter with herbs. Brush onto vegetables.

■ Char marks develop on high heat. Don't move vegetables too often on the grill. This is an excellent side for any grilled fish.

Watermelon & Feta Salad with Mint

Servings: 4 | Prep: 15 min | Cook: 0 min

Ingredients	Instructions
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4 cups watermelon (cubed), 6 oz crumbled feta, 1 cup fresh mint (chopped), 1/4 red onion (finely sliced), 3 tbsp olive oil, 2 tbsp balsamic vinegar	Combine watermelon, feta, mint, onion, and dressing in a large bowl. Toss well and serve chilled.
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■ This unlikely pairing of sweet and salty is a summer favorite. Make it right before serving for best texture.

Grilled Eggplant & Tomato Stacks with Fresh Mozzarella

Servings: 2 | Prep: 15 min | Cook: 12 min

Ingredients	Instructions
2 eggplants (cut lengthwise into 1/4-inch slabs), 2 large tomatoes (sliced), 8 oz fresh mozzarella (sliced), 4 tbsp olive oil, 2 tbsp balsamic vinegar, salt and pepper to taste	Preheat grill to medium-high. Grill eggplant and tomato slabs for 4-5 minutes per side. Assemble stacks with eggplant, tomato, and mozzarella. Drizzle with dressing and season.

■ This dish is beautiful enough for entertaining and uses the best of summer vegetables.

No-Cook Gazpacho with Summer Vegetables

Servings: 4 | Prep: 20 min | Cook: 0 min (plus chill time)

Ingredients	Instructions
4 large tomatoes (roughly chopped), 1 cucumber (roughly chopped), 1 red bell pepper (roughly chopped), 2 cloves garlic (minced), 1/2 cup olive oil, 1/4 cup vinegar, salt and pepper to taste	Combine all ingredients in a blender. Blend until smooth. Chill for at least 2 hours before serving.

■ Gazpacho is the ultimate summer no-cook meal. Texture should be slightly chunky, not completely smooth.

Grilled Tuna with Peach & Red Onion Relish

Servings: 2 | Prep: 15 min | Cook: 8 min

Ingredients	Instructions
2 tuna steaks (6 oz each), 2 fresh peaches (diced), 1/2 red onion (finely sliced), 2 tbsp fresh mint (chopped), 1 tbsp soy sauce, 1 tbsp olive oil, salt and pepper to taste	Marinate tuna in soy sauce and oil for 10 minutes. Grill for 4-5 minutes per side. Meanwhile, combine peach, onion, and mint in a bowl. Dress with soy sauce and oil.

■ Tuna is best served medium-rare to prevent drying out. The fruit relish adds sweetness and brightness.

Berry & Green Salad with Citrus Vinaigrette

Servings: 2 | Prep: 15 min | Cook: 0 min

Ingredients	Instructions
4 cups mixed green salad, 1 cup strawberries (halved), 1 cup blueberries, 1/2 cup orange juice, 1/4 cup olive oil, 2 tbsp honey, 1 tsp Dijon mustard, salt and pepper to taste	Combine salad, berries, and dressing in a large bowl. Toss well and serve chilled.

Fall

Fall brings a shift toward heartier preparations and root vegetables. The air cools, compelling longer cooking times and warming spices. Fish varieties change as water temperature drops. Fall cooking celebrates earthiness: roasted vegetables, braised proteins, and warming spices. The kitchen becomes a comfortable gathering place again.

Peak Ingredients This Season

Fall vegetables: pumpkin, squash, sweet potatoes, beets, Brussels sprouts, carrots, parsnips, mushrooms.
Fall herbs: sage, thyme, oregano, rosemary. Root crops: potatoes, turnips, parsnips. Fall fish: mackerel, herring, halibut. Fall fruits: apples, pears, grapes.

Roasted Mackerel with Root Vegetables & Sage

Servings: 2 | Prep: 15 min | Cook: 25 min

Ingredients	Instructions
2 mackerel fillets (6 oz each), 1 medium sweet potato (cubed), 1 cup Brussels sprouts (halved), 2 cups parsnips (sliced), 2 cups cauliflower (cubed), 2 cups Brussels sprouts (halved), 2 cups parsnips (sliced), 2 cups cauliflower (cubed)	Preheat oven to 400°F. Toss vegetables with olive oil, salt, and pepper. Roast for 20 minutes. Meanwhile, season mackerel with olive oil, salt, and pepper. Broil for 5 minutes.

■ Mackerel is rich and meaty—it pairs beautifully with earthy root vegetables. One-pan meals make fall cooking easier.

Butternut Squash Soup with Sage Oil

Servings: 4 | Prep: 20 min | Cook: 25 min

Ingredients	Instructions
1 medium butternut squash (peeled, cubed), 1 yellow onion (diced), 4 cups vegetable broth, 1/2 cup milk, 2 cups butternut squash (peeled, cubed), 1 yellow onion (diced), 4 cups vegetable broth, 1/2 cup milk	Sauté onion in olive oil. Add squash and broth. Simmer for 20 minutes. Blend with milk. Add sage oil.

■ To make sage oil: steep fresh sage in olive oil for 30 minutes. Butternut squash soup freezes beautifully.

Braised Halibut with Mushrooms & Thyme

Servings: 2 | Prep: 15 min | Cook: 20 min

Ingredients	Instructions
2 halibut fillets (6 oz each), 2 cups mixed mushrooms (sliced), 1 cup white wine, 1 cup chicken stock, 1 tsp thyme, 1 tsp salt, 1 tsp pepper	Sauté mushrooms in olive oil. Add wine and stock. Simmer for 10 minutes. Add halibut and thyme. Cook for 10 minutes.

■ The braising liquid becomes a light sauce. Serve with crusty bread to soak up every bit.

Roasted Brussels Sprouts with Balsamic Glaze

Servings: 3-4 | Prep: 10 min | Cook: 25 min

Ingredients	Instructions
1.5 lbs Brussels sprouts (halved), 3 tbsp olive oil, 2 tbsp balsamic vinegar, 1 tsp salt, 1 tsp pepper	Toss sprouts with olive oil, salt, and pepper. Roast for 20 minutes. Drizzle with balsamic glaze.

- Don't stir too often—let them sit on the pan to develop charred edges. Brussels sprouts transform with proper roasting.

Apple & Walnut Salad with Grilled Sea Bass

Servings: 2 | Prep: 15 min | Cook: 10 min

Ingredients	Instructions
2 sea bass fillets (6 oz each), 4 cups mixed greens, 2 crisp apples (sliced), 1/4 cup olive oil, 1/4 cup balsamic vinegar, 1/2 cup walnuts (chopped), 1/2 cup pears (sliced)	Preheat grill to medium-high heat. Grill sea bass for 4-5 minutes per side. Meanwhile, toss greens with oil and vinegar. Add apples, walnuts, and pears. Top with sea bass fillets.

- Fall apples add sweetness and crunch. This salad is hearty enough to be a complete meal with the grilled fish.

Roasted Carrots with Caraway & Orange

Servings: 3 | Prep: 10 min | Cook: 25 min

Ingredients	Instructions
1.5 lbs carrots (cut lengthwise into batons), 3 tbsp olive oil, 1 tsp caraway seeds, 1/2 tsp salt, 1/4 cup orange juice, 1/4 cup orange zest	Preheat oven to 400°F. Toss carrots with oil, caraway seeds, salt, and orange juice. Spread on a baking sheet. Roast for 25 minutes.

- Caraway adds subtle spice. This side is sophisticated and works with any fall fish dish.

Pumpkin Risotto with Crispy Sage

Servings: 4 | Prep: 20 min | Cook: 30 min

Ingredients	Instructions
1 cup pumpkin purée, 1.5 cups Arborio rice, 4 cups vegetable broth (warmed), 1/2 cup white wine, 2 tbsp olive oil, 10 sage leaves	Sauté sage in oil for 1 minute. Add rice and cook for 5 minutes. Add wine and cook for 5 minutes. Add pumpkin purée and broth. Simmer for 20 minutes.

- Risotto requires patience and attention but is deeply rewarding. Use quality ingredients for best results.

Pear & Endive Salad with Roasted Walnuts

Servings: 2 | Prep: 15 min | Cook: 8 min

Ingredients	Instructions
1 cup walnuts, 2 heads Belgian endive (leaves separated), 2 ripe pears (sliced), 1/4 cup olive oil, 1/4 cup balsamic vinegar	Preheat oven to 350°F. Roast walnuts for 8 minutes. Toss endive with oil and vinegar. Add pears and walnuts.

- Endive's slight bitterness balances pear's sweetness perfectly. This salad is light but sophisticated.

Winter

Winter brings intimacy and depth to coastal cooking. Cold weather encourages braising, baking, and slow preparations. Winter fish becomes firmer and more flavorful. Root vegetables reach their sweetness after storage. Winter cooking celebrates richness: deeper flavors, warming spices, and nourishing preparations. The kitchen becomes a sanctuary from cold outside.

Peak Ingredients This Season

Winter vegetables: storage crops, root vegetables, hearty greens (kale, collards, chard), Brussels sprouts, cabbage. Winter herbs: thyme, rosemary, oregano, bay leaf. Winter fish: cod, halibut, monkfish, mussels, clams. Winter fruits: citrus at peak, pears, pomegranates, persimmons.

Braised Cod with Kale & White Beans

Servings: 2 | Prep: 15 min | Cook: 25 min

Ingredients	Instructions
2 cod fillets (6 oz each), 2 cups chopped kale, 1 can white beans (drained), 1 yellow onion (diced), 4 cloves garlic (minced), 1/2 cup white wine, 1/2 cup vegetable broth, salt and pepper to taste	Sauté onion in olive oil. Add garlic and wine. Simmer 5 min. Add beans and broth. Bring to a boil. Add cod fillets. Simmer 10 min. Add kale. Simmer 5 min. Season with salt and pepper.

■ This one-pot meal is warming and nourishing. The braising liquid becomes a delicious sauce.

Winter Greens & Root Vegetable Soup

Servings: 4 | Prep: 20 min | Cook: 30 min

Ingredients	Instructions
1 bunch lacinato kale (chopped), 2 medium carrots (sliced), 2 parsnips (sliced), 1 onion (diced), 1/2 cup vegetable broth, 1/2 cup vegetable oil, 1/2 cup vegetable stock, 1/2 cup vegetable oil, 1/2 cup vegetable stock, 1/2 cup vegetable oil, 1/2 cup vegetable stock	Sauté onion in oil. Add carrots and parsnips. Simmer 10 min. Add kale and broth. Simmer 10 min. Season with salt and pepper.

■ Heartier soups like this actually improve after a day in the fridge. Make ahead and reheat.

Roasted Monkfish with Citrus & Capers

Servings: 2 | Prep: 10 min | Cook: 20 min

Ingredients	Instructions
1 monkfish tail (1 lb), 2 limes (sliced thin), 1/2 cup capers (drained), 1/2 cup olive oil, 1/2 cup vegetable stock, 1/2 cup vegetable oil, 1/2 cup vegetable stock	Place monkfish in a baking dish. Drizzle with oil. Bake at 400°F for 15 min. Add citrus and capers. Simmer 5 min. Season with salt and pepper.

■ Monkfish is meaty and holds up to assertive flavors. Citrus cuts through richness beautifully.

Roasted Root Vegetables with Rosemary & Garlic

Servings: 4 | Prep: 15 min | Cook: 35 min

Ingredients	Instructions
2 medium carrots (bias cut), 2 parsnips (bias cut), 1/2 cup olive oil, 1/2 cup vegetable stock, 1/2 cup vegetable oil, 1/2 cup vegetable stock	Toss vegetables in oil. Bake at 400°F for 35 min. Season with salt and pepper.

■ Root vegetables caramelize beautifully with high heat. Don't skip the stirring halfway through.

Seared Halibut with Pomegranate & Pomegranate Molasses

Servings: 2 | Prep: 10 min | Cook: 10 min

Ingredients	Instructions
2 halibut fillets (6 oz each), ¾ cup pomegranate seeds, 2 tbsp pomegranate molasses, 2 tbsp olive oil, 2 tbsp butter, 1 tsp salt, 1 tsp pepper	Preheat oven to 400°F. Season halibut with salt and pepper. Heat oil in a large skillet over medium heat. Sear halibut fillets for 2 minutes on each side. Transfer to a plate and cover with a tent of foil. Add pomegranate seeds and molasses to the skillet and cook for 2 minutes. Stir in butter and serve over the halibut.

- Pomegranate molasses adds brightness and depth. Look for it in Mediterranean sections of grocery stores.

Clam & Herb Pasta

Servings: 2-3 | Prep: 15 min | Cook: 20 min

Ingredients	Instructions
8 oz pasta, 1 lb littleneck clams, ¼ cup white wine, 4 tbsp olive oil, 2 tbsp parsley, 1 tsp salt, 1 tsp pepper	Cook pasta until al dente. Meanwhile, heat oil in a large skillet over medium heat. Add clams and cook for 5 minutes. Add wine and cook for 5 minutes. Add pasta, parsley, salt, and pepper. Toss and serve.

- Clams cook quickly—don't overcook. The pasta cooking liquid helps create the sauce.

Citrus & Olive Salad with Fennel

Servings: 2 | Prep: 15 min | Cook: 0 min

Ingredients	Instructions
2 cups fresh winter greens, 1 fennel bulb (sliced thin), ¼ cup olive oil, ¼ cup grapefruit juice, 1 tsp salt, 1 tsp pepper	Whisk oil, grapefruit juice, salt, and pepper. Add greens and fennel. Toss and serve.

- Fennel's licorice notes pair beautifully with citrus. This salad is light and refreshing despite cold weather.

Red Cabbage with Apple & Caraway

Servings: 4 | Prep: 15 min | Cook: 20 min

Ingredients	Instructions
½ head red cabbage (sliced thin), 2 apples (sliced), 1 tbsp olive oil, 1 tsp caraway seeds, 1 tsp salt, 1 tsp pepper	Heat oil in a large skillet over medium heat. Add cabbage and cook for 10 minutes. Add apples and caraway seeds. Cook for 5 minutes. Add salt and pepper. Toss and serve.

- This warming side goes well with any winter fish. It keeps well and tastes good reheated.

Wine & Drink Pairings

Thoughtful pairings enhance coastal meals without overcomplicating them. The goal is to complement the flavors already on the plate. Consider the weight of the dish, the cooking method, and the main ingredient when selecting wines or drinks.

Spring

- **Grilled Asparagus & Lemon Fish**

Sauvignon Blanc or Pinot Grigio—crisp acidity complements delicate fish and fresh vegetables

- **Light Vegetable Pasta**

Vermentino or light white wine—allows vegetable flavors to shine

- **Spring Herb Salad with Grilled Shrimp**

Prosecco or Cava—bubbles refresh the palate and pair well with herbs

- **Beverage: Herbal Iced Tea**

Steep fresh mint, lemon balm, or chamomile. Serve over ice with fresh lemon.

Summer

- **Grilled Fish Tacos**

Albariño or unoaked Chardonnay—tropical notes and acidity suit grilled fish

- **Cold Seafood Salads**

Rosé or light white wine—refreshing and pairs with most seafood

- **Vegetable Grilled Skewers**

Vermentino or Greek white wine—mineral quality complements grilled vegetables

- **Beverage: Citrus Cooler**

Fresh lemon and lime juice, sparkling water, fresh herbs. Serve very cold.

Fall

- **Roasted Root Vegetables & Fish**

Pinot Noir or Côtes du Rhône—earthiness pairs beautifully with roasted flavors

- **Butternut Squash Pasta**

Riesling or Gewürztraminer—subtle sweetness complements autumn squash

- **Mushroom & Herb Risotto**

Barolo or Nebbiolo—rich earthiness suits creamy, savory dishes

- **Beverage: Spiced Apple Cider**

Simmer fresh cider with cinnamon sticks, cloves, and star anise. Serve warm or cold.

Winter

- **Braised Fish with Root Vegetables**

Burgundy or Pinot Noir—silky tannins complement rich braises

- **Hearty Seafood Chowder**

Chardonnay or fuller white wine—richness pairs with creamy, warming soups

- **Roasted Beets & Fish**

Côtes du Rhône or Spanish red wine—warm spice complements earth and sea

- **Beverage: Warming Bone Broth**

Simmer bone broth with ginger, turmeric, and fresh herbs. Serve hot in a mug.