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RECIPE & PHOTO BY HEATHER PETEREK



purple potatoes topped with redfish, shrimp & lemony avocado sauce

ingredients

LEMON AVOCADO SAUCE

- 1 large avocado
- ½ tsp kosher salt
- 1 clove fresh garlic
- ¼ c fresh lemon juice
- ¾ c water
- ¼ tsp black pepper
- 1-2 tsp Sriracha sauce, or to taste

PURPLE POTATOES

- 1 head of garlic
- extra virgin olive oil
- 1 lb purple potatoes, cooked and mashed or riced
- ½ tsp kosher salt
- ¼ c grated Parmesan cheese
- 4 tbsp butter

REDFISH & SHRIMP

- All-purpose seasoning
- Canola oil for cooking
- 2 large redfish fillets, cut into two pieces (see Fig. 1)
- 8 jumbo shrimp, peeled and deveined

directions

MAKE PURPLE POTATOES: Preheat the oven to 400°F. Slice the top off of the garlic head to expose the cloves inside. Place the head on a piece of foil. Drizzle with olive oil and wrap in the foil. Roast until cloves are lightly browned and tender, about 30 minutes. Once finished roasting, squeeze out roasted garlic cloves into a large bowl with mashed purple potatoes, salt, grated Parmesan cheese and butter and combine thoroughly. Season with salt or pepper to taste.

MAKE LEMON AVOCADO SAUCE: Place all ingredients in a small food processor and process till a smooth sauce forms. Add more water if consistency is too thick.

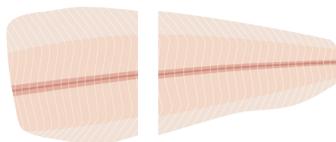
SEASON REDFISH & SHRIMP: Pat fish pieces and shrimp dry with paper towel. Generously sprinkle both sides of the fillets and shrimp with all-purpose seasoning, coating evenly.

COOK REDFISH: Heat a large skillet over medium-high heat and add a thin layer of oil to the pan. When oil is hot, place seasoned fish in the skillet, about 4 at a time, making sure not to crowd the pan. Cook about 4 to 5 minutes per side, or until desired bronzed crust is achieved and until the fish is cooked through. Repeat for the remaining four pieces, adding oil as necessary and keeping the skillet hot.

COOK SHRIMP: Once all fish is cooked, add more oil to the same skillet over medium-high heat, add all the seasoned shrimp and cook about 1-2 minutes per side, or until cooked through.

SERVE: Add some purple mashed potatoes to your plate, if you'd like, use a large round cookie cutter to create a "cake" for fish to rest on. Top potatoes with fish, then with 2 shrimp, then drizzle with sauce. SERVES 4.

Fig. 1



pair it
2015 Acrobat
Pinot Noir

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