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HEATHER PETEREK

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 COASTAL CONSERVATION ASSOCIATION





Purple Potatoes 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

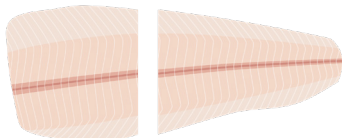
PURPLE POTATOES

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

FIG. 1



DIRECTIONS

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.

LEMON AVOCADO SAUCE: Place all ingredients in a small food processor and process until 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.

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, 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.

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 a portion of 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 and drizzle with sauce. SERVES 4.

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Basil Butter Scallops over Lemon Rice

INGREDIENTS

LEMON RICE:

2 tbsp extra virgin olive oil
1 c jasmine or long-grain rice
2 cloves garlic, minced
½ tsp kosher salt
2 c chicken stock
¼ c fresh lemon juice
2 tbsp butter
⅓ c green onion, chopped

SCALLOPS:

12 large or 8 jumbo scallops
All-purpose flour for dusting
Salt and pepper to taste
2 tbsp extra virgin olive oil
3 tbsp butter
1 tbsp fresh lemon juice
3 garlic cloves, minced
1 c fresh basil, chopped
1 tsp lemon zest

DIRECTIONS

LEMON RICE: Heat oil in a large pot over medium high heat and add rice. Stir and cook for about 5 minutes until rice starts to brown. Add garlic and salt and saute about 2 minutes. Add chicken stock, lemon juice and butter and bring to a boil. Turn heat to low and cover pot with a lid. Simmer 15-20 minutes until rice is cooked. Remove from heat, fluff with a fork and stir in green onion. Place lid on pot and set aside.

SCALLOPS: Dry scallops thoroughly with paper towels. Get as much moisture out of the scallops to ensure a good sear. Dust one side of the scallops with flour and season with a sprinkle of salt and pepper. Repeat on other side. Heat oil in a large skillet over medium-high. Once oil is very hot, place scallops into pan and cook without moving them, about 2-3 minutes, creating a golden brown crust.

Flip scallops; if any stick to the pan, either cook a few more seconds or wiggle the scallop loose with tongs and flip. Cook an additional 30 seconds, remove from pan and set aside.

Lower heat to very low, add butter and lemon juice. Once butter is melted, add garlic, basil and lemon zest and cook about 1 minute longer. Add scallops back into the pan and cook for an additional minute.

TO SERVE: Serve over rice, spooning pan sauce over scallops. **SERVES 2 LARGE PORTIONS.**



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Tripletail with Crawfish Cream Sauce

INGREDIENTS

CRAWFISH CREAM SAUCE:

½ tsp cornstarch
 ½ c and 1 tbsp heavy whipping cream
 1 stick unsalted butter
 3 cloves garlic, minced
 1 c green onion, chopped
 1 lb crawfish tails, peeled, cooked
 ¼ c grated Parmesan cheese
 ½ c fresh parsley, chopped
 Salt and pepper to taste

TRIPLETAIL:

4 tripletail fillets
 ½ tsp Cajun seasoning
 1 tsp paprika
 1 tbsp unsalted butter
 1 tbsp extra virgin olive oil

DIRECTIONS

CRAWFISH CREAM SAUCE: Mix cornstarch and 1 tablespoon heavy whipping cream and set aside. In a small sauce pan melt butter over medium-low heat. Add garlic and onions and cook about 5 minutes. Add crawfish tails and cook an additional 5 minutes, stirring occasionally. Stir in the ½ cup of heavy whipping cream and cook an additional minute. Stir in the cornstarch/cream mixture, mix thoroughly and cook an additional 5 minutes. Drop heat to low, add cheese, parsley and a pinch of salt and pepper to taste. Cover and keep warm while you cook fish.

TRIPLETAIL: Season both sides of all fillets evenly with the Cajun seasoning and paprika. Heat butter and oil in a large skillet over medium-high heat until butter is melted and oil is hot. Sauté fillets about 4 minutes per side or until cooked through and golden-brown.

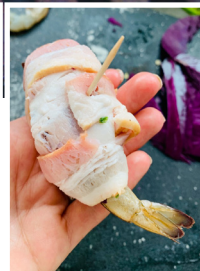
TO SERVE: Plate fillet over a hearty pasta like a tortellini or serve alone with a side of vegetables. Top with a generous portion of crawfish cream sauce. **SERVES 4.**



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Grilled Shrimp and Dove Bacon Bites

INGREDIENTS

BITES:

Dove breasts, raw, plucked and de-boned, cut into strips

Shrimp, raw, shelled, deveined, with tail on (buy enough so you'll have one shrimp per strip of dove meat)

Thin-cut bacon

Jalapeño peppers, de-seeded, cut into thin strips

Purple cabbage, outer layer cut into 1" wide strips

Monterey Jack cheese, cut into bite-sized cubes

All-purpose flour

Cajun seasoning or seasoned salt

GLAZE:

4 cloves garlic, minced

½ c green onion, chopped

1 c honey

2 tbsp Sriracha sauce

Extra virgin olive oil for cooking

Toothpicks

DIRECTIONS

PRE-COOK DOVE: Season dove meat strips with Cajun seasoning to taste and toss with flour to coat. Over medium heat, add enough extra virgin olive oil to coat the bottom of your pan and saute dove meat strips about 5 minutes. Remove from pan and set aside for assembly.

MAKE GLAZE: To same pan add 4 tablespoons extra virgin olive oil, garlic and green onion and saute about 5 minutes, taking care not to brown garlic. Remove from heat, add honey and Sriracha and stir to combine. Set aside.

Assemble bites: Take one shrimp, one dove strip, one jalapeño strip, one piece of cheese and a piece of cabbage and wrap in one piece of bacon. Secure with a toothpick. Repeat until all remaining dove and shrimp are used.

GRILL: Preheat your grill, leaving one side with no or low heat coals - to have a place to set some of your bites that may be cooking faster than others. Grill over medium-high heat with the lid off, turning and rotating often until bacon is cooked through and crisp. You will need to man the grill the whole time these cook to avoid burning and ensure an even browning. Once all are cooked through and browned, pour glaze over bites, including pieces of garlic and onion.

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Speckled Trout & Jalapeño Mac

INGREDIENTS

1 lb dry elbow pasta, or any short shape preferred
 4 slices raw bacon
 2 large speckled trout filets, cut into small pieces
 ¼ tsp Cajun seasoning
 2 jalapeños, finely diced
 3 tbsp unsalted butter
 ⅓ c all-purpose flour
 3 c half and half
 3 c shredded cheddar cheese
 1 c shredded mozzarella cheese
 ¼ tsp cayenne pepper
 ¼ tsp salt
 ½ tsp black pepper
 ½ tsp garlic powder
 1 box panko bread crumbs
 Extra virgin olive oil

DIRECTIONS

Cook pasta according to package instructions, strain and set aside.

In a large pot or dutch oven over medium heat, cook bacon slices until crisp. Remove bacon, chop into small bits and set aside. Leave bacon grease in pot to use for cooking fish.

Season fish pieces with Cajun seasoning, add to same pot and cook fish in bacon grease over medium heat for about 3 minutes per side, or until cooked through. Remove fish from bacon grease, roughly chop and set aside.

To same pot, on medium heat, add butter and jalapeno and cook about one minute. Add flour, whisk into butter and jalapeño and cook about one minute. Reduce heat to low and slowly whisk in half and half until smooth and flour clumps are dissolved. Reduce heat to low and stir in cheeses one cup at a time. Fold in chopped bacon, chopped fish, pasta and seasonings.

Preheat oven to BROIL.

Pour pasta mixture into individual ramekins or one large baking dish. Top with a generous amount of panko breads crumbs and drizzle olive oil over top. Broil dish for about 5 minutes, or until top is just golden-brown and crispy. Keep a close eye on the dish during broiling to ensure it doesn't burn.

Garnish with extra jalapeño slices and serve immediately. SERVES 6-8.

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Bay Flats Lodge Mexican Shrimp Cocktail

INGREDIENTS

2 lbs shrimp, raw, peeled, deveined, chopped
16 oz Zing Zang Bloody Mary Mix
12 oz ketchup
3 oz sprite
1 onion, finely diced
1 jalapeño, finely diced
½ c cilantro, chopped
Juice from 1 large lime
1 avocado, sliced

DIRECTIONS

Mix and chill for 2 hours.
Serve with fried tortillas.
Makes 10 1-cup servings

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