

CRISP SEARED RED SNAPPER



Ingredients

- 1 ea 3 lb red snapper
 - scaled, filleted, skin on
- 2 tsp paprika
- 1 tsp garlic, fine minced
- 1 tsp black pepper
- 1 tsp salt
- 3 Tbsp olive oil (refined, NOT virgin)
- 1 Tbsp butter, cold, in 2 pieces

Notes:

* to stop skin from sticking, first, pan and oil must be very hot. Without letting go of fillet, drag across surface of pan smoothly to coat and begin cooking, feeling for sticking. If pan and oil are hot enough, fish will glide across. When sure it's not catching, lower into pan.

Instructions

1. Crosscut fish fillets along skin. Rinse and pat dry. Rest in sour orange 30 min.
2. While resting, mix dry seasonings. Remove fish and pat completely dry with paper towels. Season on flesh side only with dry mix and garlic. On skin, sprinkle salt.
3. Heat a cast iron or carbon steel sauté pan on medium high; when very hot, add olive oil and heat. Add fish skin side down*. Fish will curl; top with a pan weight or second pan to cook skin evenly. After a minute, slide thin spatula under to ensure not sticking, then replace weight. Lower heat to medium.
4. Cook fish to 80% done on skin side to crisp skin. Remove weight and turn to flesh side. Add butter, allow to melt, and spoon over fish for one minute.
5. Remove.

MIXED SALAD WITH SHRIMP



Ingredients

1 ea	blood orange
2 tsp	cumin seeds, whole
6 ea	Key West pink shrimp, 16-20, peeled, butterflied
7 oz	blend of arugula, baby lettuces& radicchio
1 small	red onion, thin sliced, in rings
10 ea	olives, mixed
2 ea	red, yellow& orange sweet peppers, miniature
6 ea	cherry tomatoes, halved

Instructions

1. Remove peel and pith from orange with sharp knife. Carefully cut out individual wedges. Set aside. Squeeze juice from remaining interior. Set aside.
2. Toast cumin seeds in a dry sauté pan on medium until browned and aromatic. Grind in spice mill, grinder, or mortar and pestle. Set aside.
3. Add reserved juice to 1 cup water. Heat to a simmer. Add shrimp and poach until just cooked. Remove shrimp and cool. Set aside.
4. Plate salad; cherry tomatoes, red onions, sweet peppers, olives, and oranges.

SOUR ORANGE VINAIGRETTE



Ingredients

½ cup	sour orange juice, fresh squeezed*
1 tsp	paprika
1 tsp	black pepper, fresh ground
1 Tbsp	mint, fresh, chopped fine
6 Tbsp	olive oil, extra virgin
	pinkHimalayan salt, fresh ground

Instructions

1. Blend all ingredients. Taste, add salt as desired.

Notes:

*sour oranges if unavailable, sub orange with 2 Tbsp lemon juice