

## Sautéed Scallops Key West

1 lb. sea scallops, patted dry

All-purpose flour

1 T. olive oil

2 T. plus 1 T. butter

1 shallot, minced

2 T. fresh lemon juice

2T.fresh lime juice

2 T. gold tequila

1 T. triple sec

1 T. lemon zest

1 T. lime zest

Sprinkle scallops with salt and pepper to taste; dust with flour. Heat oil in large skillet over high heat.

Add scallops; saute until brown and just cooked through, about 2-3 minutes per side.

Remove skillet from heat. Using tongs, transfer scallops to platter.

Add butter and shallots to skillet and saute until golden. Add lemon juice, lime juice. Reduce for ½ minute. Remove pan from heat to avoid flame and add tequila and triple sec. Place pan on burner, reduce slightly. Add 1 T. butter to sauce to make a smooth finish. Pour over scallops. Top with citrus zest.

Place skillet over medium-low heat.

Season sauce with salt and pepper; spoon over scallops. Sprinkle a little lemon zest on top before serving.

Serves 4.

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### Roast Pork Tenderloin with Fennel, Parmesan and Dijon crust

This can be roasted in the oven in a traditional pan with fingerling potatoes and sliced carrots and turnips and onions, or on a soaked maple wood plank for added flavor.

—ingredients—

1/2 cup beer-optional  
1/2 cup Dijon mustard  
6 tablespoons freshly grated parmesan  
1/4 cup olive oil  
2 tablespoons fennel seeds  
2 tablespoons chopped garlic  
2-pound boneless pork loin roast  
2 T. Worcestershire sauce  
garlic salt and fresh ground pepper to taste

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1/4 cup light cream  
1 teaspoon gravy master  
roux

—preparation—

Whisk all ingredients aside from the pork to blend in 8x8x2-inch glass baking dish. Add pork and turn to coat. Let stand at room temperature 1 hour or cover and refrigerate overnight, turning occasionally. Preheat oven to 350°F. Transfer pork to rack set in roasting pan; reserve marinade. Season roast and top with a sprinkle of freshly grated parmesan cheese. Roast until thermometer inserted into center registers 150°F., about 55 minutes. Let stand 15 minutes.

Strain marinade into heavy medium saucepan. Add juices from roasting pan. Boil sauce until reduced by 1/2. Thicken with a roux (equal parts of flour and melted butter, about 15 minutes. Season with salt and pepper. Add 1 teaspoon gravy master if desired, and cream and reduce slightly.

Slice pork; arrange on platter. Drizzle some sauce over. Serve, passing extra sauce separately. Serve roast with vegetables from pan or wasabi mashed potatoes.

Serves 4 to 6.

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### Panko crusted salmon with vegetable tempura

2- 7 ounce Salmon fillets (I prefer skin on for the crispness but many people do not like the skin, either way is fine but please note that fried fish skin is quite a delicacy.

Approximately 2 cups Panko crumbs (Japanese Bread Crumbs)

1 T. freshly grated ginger

1 T. freshly diced lemongrass or a squeeze from the tube lemongrass (located in the produce section)

kosher salt and fresh ground white pepper

Canola Oil or peanut oil to cover pan to ½ inch.

Heat pan on medium high heat. Rub salmon fillets with grated ginger and lemongrass. Press into panko crumbs on both sides. Season with salt and pepper to taste. Add Salmon to hot oil and sear on both sides, approximately 3 minutes on each side for medium rare. Serve with tempura vegetables.

Tempura batter is quite easy and can be used directly on fish and chicken tenderloins as well as fresh vegetables

For batter:

12 ounces all purpose flour  
preferably soda or sparkling

1 egg if desired

3 pounds of assorted vegetables (see below)

Add all the flour to a bowl. With the handle of a spoon, mix, and stir in the ice-cold water until the mixture is slightly thicker than buttermilk consistency. Make a point of not mixing thoroughly, as tempura is renowned for lumps of flour.

Dip sliced vegetables (zucchini, sliced red onions, eggplants, sweet potatoes, string beans, broccoli, wild mushrooms, asparagus, button mushrooms and bok choy) any vegetables will work but these are the most commonly used) into the batter mixture and shake off any excess.

Deep fry vegetables in a wok or deep fat fryer (you can use a frying pan if you do not have anything else, you just need about 7cm/3 inches of clean oil) 400F/ until the batter is light golden in color and crisp. Turn the vegetables at intervals to ensure that both sides are cooked equally and then fish them out with a slotted spoon, shaking off any excess oil. Place them on kitchen paper towels and eat as soon as possible.

Tempura Dipping Sauce:

- 1 cup rice wine vinegar
- 2 tablespoons sugar
- 1/2 handful cilantro, chopped
- 1 small chile, seeded and finely chopped
- 1/2 teaspoon chopped garlic
- Salt and freshly ground black pepper

Pour the rice wine vinegar into a small bowl. Add the sugar and stir until the sugar is dissolved. Taste for sweetness. Add cilantro, chile, and garlic and mix well. Season with salt and pepper and allow to sit for 10 minutes to 1 hour, for flavors to combine.

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## Cedar Plank Salmon with tomato-spinach stuffing

This recipe works wonderfully with fresh trout or you can simply scoop out the inside of tomatoes and stuff the tomatoes with this filling, top with grated asiago cheese and bake in a 350 degree oven for 20 minutes.

- 4 – 6 ounce salmon fillets (wild salmon is always best)
- 2-3 TBSP> Olive Oil
- 1 large Vidalia onion, diced
- 1 box frozen chopped spinach thawed but not drained
- ¼ cup chicken broth
- Kosher salt
- Garlic salt to taste
- Fresh ground black pepper to taste
- 1/3 cup fresh grated parmesan cheese
- Approximately ½ cup- ¾ cup seasoned Italian bread crumbs
- 4 tomatoes diced

Cedar plank that has been soaked in water

Preheat oven to 400 degrees

Season salmon with kosher salt and fresh ground pepper and place on cedar plank, 1-2 pieces per plank.

On medium high heat, add olive oil and heat for approximately 2 minutes. Add diced onions and sauté until slightly brown. Add box of chopped spinach, and stir to incorporate evenly. Add chicken broth, seasoning, Italian breadcrumbs and cheese. Add diced tomatoes and stir until well heated. You may add more breadcrumbs, cheese or broth as needed. Place filling on top of seasoned salmon, about a 4 ounce serving on each fillet. Spread evenly and place in preheated 400-degree oven for approximately 15 minutes.

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Boneless hoisin glazed duck breast and boursin quesadilla

This recipe also works well with the duck breast and boursin atop toasted crustini with baby arugula and roasted red peppers

2 boneless duck breasts, skin scored  
1/3 cup hoisin sauce  
4 -6 ounces boursin cheese  
flour tortillas  
½ cup chopped  
1 mango sliced  
canola oil  
fresh baby spinach

score duck breast and sear in hot seasoned pan until skin is crisp. Remove from pan and brush both sides of breast with hoisin sauce. In a separate pan, heat a small amount of canola oil, approximately 1/8 cup. Take a flour tortilla and spread boursin cheese and fresh uncooked spinach. Add sliced duck breast, a sprinkle of hoisin sauce, sliced mango and tip with a flour tortilla that has been spread with a little boursin. Brown on both sides. Cut into 8 slices and serve with chopped scallions

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### Spicy Italian fish soup

I love this one pot style of cooking. Serve with a crusty loaf of French bread and a spinach salad with goat cheese and you have a wonderful cool weather meal

Olive oil  
1 medium onion, chopped  
fresh parsley, diced  
2 cans chopped clams  
3-4 small bottles clam juice  
1 green pepper, diced  
1 can Italian plum tomatoes, diced  
¼ cup white wine  
2 potatoes, peeled and diced  
½ LB. fresh cod or haddock  
¾ LB fresh shrimp, cleaned  
½ lb. scallops if desired  
Tabasco to taste or crushed red pepper flakes  
1 clove garlic minced

heat stock pot with olive oil. Add onions and sauté. Add potatoes, clam juice and canned tomatoes. Add diced green peppers or cubano peppers. Add garlic and stir.

Simmer for 20 minutes or until potatoes are tender. Add fresh cod and canned clams and Tabasco or crushed red pepper flakes and white wine. Simmer for 5 minutes. Add scallops, shrimp and you may add some fresh calamari slices if desired. Cook for 3 more minutes, just until shrimp is pink.

Serve steaming hot with chopped parsley as garnish

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