



# TIDE TO TABLE

SEASON ONE

SPORTSMAN BOATS





TIDE TO TABLE

*Fresh Catch. Fresh Stories. Fresh Coastal Cooking.*

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*Photography by Michael Cheser*





# Lump Crab Benedict with Avocado & Hollandaise

*A coastal classic, elevated with rich lump crabmeat and silky hollandaise.*



CRAB



GRILL



SERVES 2

## INGREDIENTS

### Main

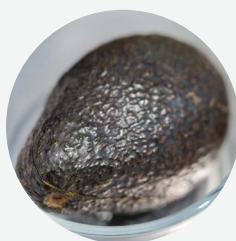
8 oz lump crab meat (fully cooked)  
4 eggs (for poaching)  
2 avocados, thinly sliced  
2 English muffins, halved

### Hollandaise Sauce

3 egg yolks  
1 cup clarified butter (see instructions)  
2 Tbsp lemon juice, divided  
3–4 dashes Tabasco sauce  
1–2 dashes Old Bay seasoning  
Salt, to taste

### Poaching Liquid

2 quarts water  
2–3 cups apple cider vinegar



*This dish blends coastal flavor with classic brunch vibes—perfect after a morning on the water. Pair it with a mimosa or fresh citrus juice for the full experience.*



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# Lump Crab Benedict with Avocado & Hollandaise, contd.

## INSTRUCTIONS

### Step 1: Clarify the Butter ●

In a saucepan, melt 1½ cups of **unsalted butter** over low heat. Once melted, simmer gently until milk solids separate and settle at the bottom. Carefully ladle the golden butterfat from the top, straining it through a fine mesh sieve or coffee filter. Keep warm.

### Step 2: Make Hollandaise Sauce ●

Create a double boiler: place a heatproof bowl over a pot with gently simmering water (the bottom shouldn't touch the water).

1. Add **egg yolks**, half the **lemon juice**, and **Tabasco** to the bowl.
2. Whisk continuously until yolks lighten in color and nearly double in volume.
3. Slowly drizzle in **warm clarified butter**, whisking constantly. ●
4. Add a few drops of **warm water** if the sauce becomes too thick.
5. Season with remaining **lemon juice**, **Old Bay**, and **salt** to taste.
6. Keep the sauce warm and covered until ready to serve.



### Step 3: Poach the Egg ●

1. Fill a medium pot halfway with **water**, add **vinegar**, and bring to a gentle simmer. ●
2. Crack each **egg** into a small bowl or ramekin.
3. Swirl the simmering water into a whirlpool using a spoon.
4. Gently lower each egg into the center of the swirl.
5. Poach for about 4 minutes, or until whites are set and yolks remain runny. ●
6. Use a slotted spoon to lift the eggs and drain on a towel.





# Lump Crab Benedict with Avocado & Hollandaise, contd.

## Step 4: Prepare the Crab and Muffins ●

1. Warm the **pre-cooked crab meat** gently in a pan over low heat — do not overcook.
2. Toast the **English muffins** until golden brown.



## Step 5: Assemble the Benedict ●

1. Place **toasted English muffin** halves on plates.
2. Top with sliced **avocado**, then **warm crabmeat**.
3. Nestle a **poached egg** on top of each stack.
4. Spoon over **warm hollandaise sauce**.
5. Finish with a dash of **Old Bay** and serve immediately.



*Hosting brunch? Poach your eggs ahead of time and store them in cold water. When ready to serve, dip them in hot water for 30 seconds.*





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*Photography by Michael Cheser*





# Char-Grilled Blue Crabs with Old Bay Butter

*A backyard favorite with a coastal twist: smoky, charred blue crabs brushed with a buttery, garlicky Old Bay sauce.*



CRAB



GRILL



35 MIN.

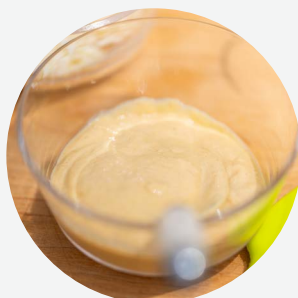
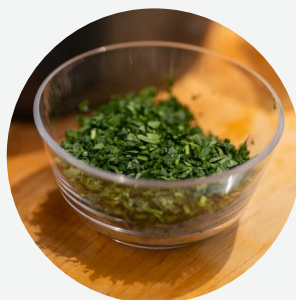
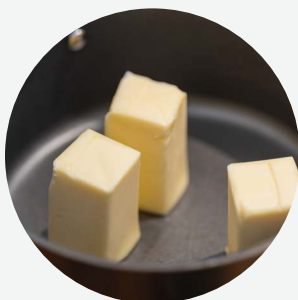
## INGREDIENTS

### Old Bay Butter

- 2 sticks unsalted butter
- 4 cloves garlic, smashed and diced
- ½ bunch parsley, finely chopped
- ½ Tbsp chili flakes
- 3 Tbsp Old Bay seasoning
- 1 Tbsp Dijon mustard (optional)
- 1 lemon

### Crabs

Fresh blue crabs, cleaned and prepped  
(see *Tide to Table* episode for instructions)



# Char-Grilled Blue Crabs with Old Bay Butter, contd.

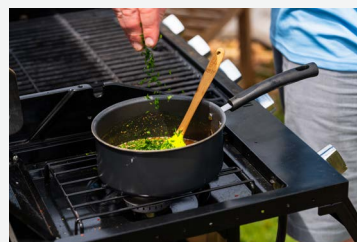
## INSTRUCTIONS

### Step 1: Make the Old Bay Butter ●

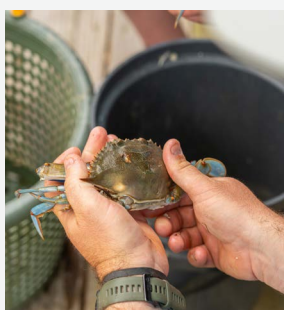
1. Melt the **butter** in a saucepan over medium heat.
2. When nearly melted, stir in **garlic, parsley, chili flakes, Dijon** (if using), and **Old Bay**.
3. Lower heat and keep warm until ready to baste.

### Step 2: Prepare the Grill ●

1. Preheat grill to medium-high heat.
2. While heating, clean and prep the crabs (see Tide to Table episode for full instructions).



*Blue crabs are at their sweetest when cooked over high heat; the grill adds a smoky depth that steaming just can't match.*

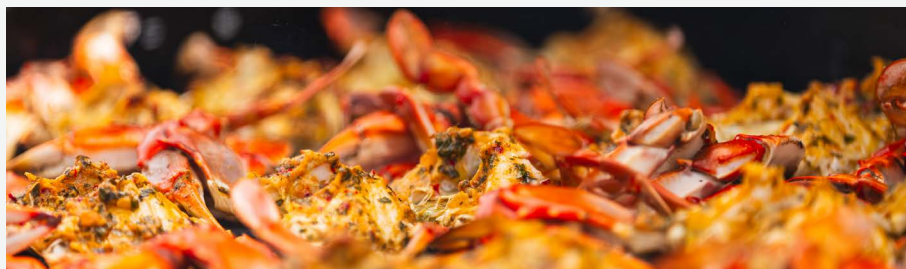
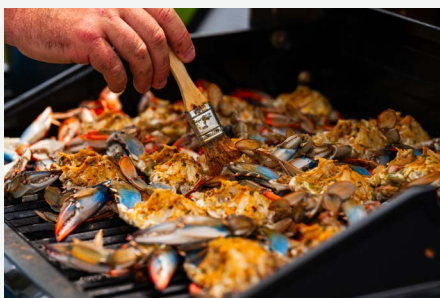




# Char-Grilled Blue Crabs with Old Bay Butter, contd.

## Step 3: Grill the Crabs

1. Lay **crabs** on the grill and brush generously with **Old Bay butter** (made in the previous step).
2. Cover grill and cook for 5–7 minutes.
3. Brush with more butter and continue cooking for 5–7 minutes more, depending on crab size.
4. Crabs are ready when claws are bright red and the cavity bubbles.



*For the most flavor, brush crabs with butter both before and after grilling. Pair with cold beer or a crisp white wine; it cuts through the richness and makes this messy, hands-on meal even more memorable.*

## Step 4: Finish & Serve

1. Remove **crabs** from the grill.
2. Squeeze **lemon juice** over top.
3. Serve hot with extra **Old Bay butter** for dipping.



## Char-Grilled Blue Crabs with Old Bay Butter, contd.



*Don't worry about perfection; this dish is meant to be a little messy. Serve it family-style with plenty of napkins, extra butter on the side, and let everyone dig in.*







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*Photography by Michael Cheser*



# Lowcountry Feast

*A Southern coastal classic brought to life with freshly caught shrimp, blue crabs, and oysters; simmered, steamed, and shared the way it's meant to be: family-style by the shore.*



BOIL + STEAM



SHRIMP + CRAB + OYSTERS



SERVES 6-8



Lowcountry Shrimp Boil



Maryland-Style Crab Steam



Oyster Roast

*Note: To cook this full meal, three seafood or steam pots with three burners make the process easiest — but everything can be prepared with just one pot by working in stages.*





## RECIPE #1

# Lowcountry Shrimp Boil

### INGREDIENTS

3–4 lb large shrimp, shell-on  
2 lb andouille sausage, sliced into thick coins  
5 lb red potatoes, halved or quartered  
4–6 ears of corn, halved  
2 onions, quartered  
2 heads garlic, halved

2 lemons, halved  
½ cup Old Bay seasoning (plus more to taste)  
¼ cup custom seafood boil seasoning (optional)  
Sea salt, to taste  
Water, enough to fill pot halfway



### INSTRUCTIONS

#### Step 1: Prepare the Boil Base ●

1. In a large stock pot, combine **garlic**, **onions**, and **lemons** with enough **water** to fill halfway.
2. Bring to a simmer, then add **Old Bay** and any additional **seafood boil seasoning**.
3. Stir well to create a fragrant stock — this is the foundation of the boil.



#### Step 2: Build the Lowcountry Boil ●

1. Add the **red potatoes** to the pot and cook for about 10 minutes, or until just tender.
2. Add the **corn** and cook for 3–4 minutes.
3. Stir in the **andouille sausage** and allow flavors to meld as the pot returns to a gentle boil.
4. Add the **shrimp** and cook for 2 minutes.
5. Turn off the heat, cover, and let the shrimp finish cooking in the residual heat for tender results.

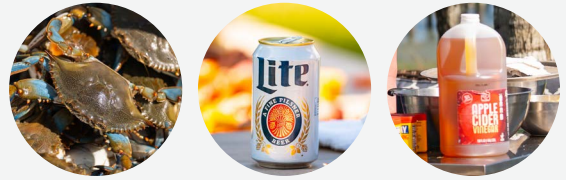


## RECIPE #2

# Maryland-Style Crab Steam

### INGREDIENTS

- 1–2 dozen live blue crabs
- 2 cups of water
- 2 cans of light beer (Yuengling or your preferred lager)
- 2–3 cups apple cider vinegar
- ½ cup Old Bay seasoning per layer of crabs
- Brick or steamer insert



### INSTRUCTIONS

#### Step 3: Prepare the Steamed Blue Crabs

1. In your seafood boiler, add **water, beer and apple cider vinegar**; bring to a gentle simmer. ●
2. Place a **brick** or **steamer rack** in the bottom of the pot to keep crabs above the liquid line.
3. Arrange **crabs** in a steamer basket, alternating each layer with a generous dusting of **Old Bay**.
4. Cover and steam for 15–20 minutes, until shells are bright, uniform red and the aroma fills the air. ●





## RECIPE #3

# Oyster Roast

### INGREDIENTS

Freshly harvested cluster oysters  
Remaining seasoning from boil pot  
Brick or steamer insert



### INSTRUCTIONS

#### Step 4: Steam the Oysters

1. Using the same seafood boiler, ensure the **brick** or **steamer rack** is in place to elevate oysters above the waterline.
2. Add a small amount of **seasoned water** from the boil to create steam.
3. Pile **oysters** on top of the rack and cover. Steam just until shells begin to open, about 2 minutes.
4. Remove from heat immediately to preserve their briny flavor and silky texture.





# Lowcountry Feast, contd.

## Step 5: Serve Family Style

1. Cover your table with kraft or butcher paper for easy cleanup and presentation.
2. Drain the shrimp boil and pour it directly down the center of the table.
3. Surround with baskets of steamed crabs and just-opened oysters.
4. Serve with melted butter, lemon wedges, and cold drinks—a true Lowcountry feast meant to share.







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Photography by Michael Cheser

Tree Spirit



# Oysters Three Ways

*Grilled stuffed oysters; bright raspberry mignonette; and tequila-lime shooters—three preparations that showcase briny sweetness without overcooking the star ingredient.*



OYSTERS



~20 MINUTES



SERVES 4-6

## INGREDIENTS

### Grilled Stuffed Oysters

12–18 large oysters (cluster or singles), scrubbed  
3 slices bacon, cooked crisp and crumbled  
8 oz lump crab meat  
1 large egg  
1 red bell pepper, small diced  
1 stalk celery, finely chopped  
½ small red onion, finely chopped  
1 tsp Dijon mustard  
1 tsp Worcestershire sauce  
⅛–¼ cup mayonnaise  
⅓ cup panko breadcrumbs, plus more for topping  
Kosher salt, black pepper, Old Bay, and lemon juice, to taste

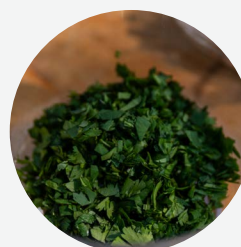
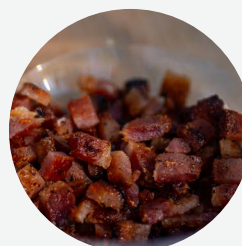
### Raspberry Mignonette (for raw oysters)

1 12–18 oysters on the half shell, well-chilled  
½ pint fresh raspberries  
½ cup red wine vinegar  
1 small shallot, finely diced  
Cracked black pepper, to taste

### Tequila-Lime Oyster Shooters

6–12 freshly shucked oysters (with liquor)  
3–6 oz tequila blanco (about ¼–½ oz per shot)  
2–3 tbsp fresh cilantro, finely chopped  
2–3 limes, cut into wedges (about ¼ lime per shot)  
6–12 shot glasses

*Whether grilled, raw, or shaken into a shooter, keep oysters cold until the moment they hit heat, or the glass. The colder the oyster, the cleaner its flavor.*





# Oysters Three Ways, contd.

## INSTRUCTIONS

### Step 1: Make the Crab Stuffing (then chill)

1. In a bowl, whisk **egg**, **Dijon**, **Worcestershire**, **celery**, **red onion**, and **mayonnaise** until smooth.
2. Gently fold in the **lump crab**. Sprinkle in just enough **panko** to bind—avoid over-adding or the mixture will taste bready.
3. Season to taste with **salt**, **pepper**, **Old Bay**, and a squeeze of **lemon**.
4. Cover and refrigerate ~20 minutes to set.

### Step 2: Prep the Oysters & Foil Nests (Grill Setup)

1. Heat grill/flat-top to medium to medium-high.
2. Tear heavy-duty foil into sheets and softly crumple to form stable nests that cradle each oyster level (to retain liquor).
3. Carefully shuck **oysters**, keeping the cup side down to preserve liquor. Detach the abductor so the oyster releases cleanly.



### Step 3: Grilled Stuffed Oysters

1. For each **oyster**, add a few pieces of **red bell pepper** and a pinch of crumbled **bacon**.
2. Spoon on a gentle mound of chilled **crab mixture** (do not pack tightly).
3. Top with a light sprinkle of **panko**.
4. Set oysters into foil nests on the grill; cover with a lid/dome.
5. Cook 4–5 minutes, just until the stuffing is hot and you see small bubbles in the oyster liquor. Avoid overcooking.
6. Remove, rest 1 minute, then finish with **lemon** if desired. Serve immediately.

# Oysters Three Ways, contd.

## Step 4: Raspberry Mignonette & Raw Oysters

1. In a processor (or with an immersion blender), pulse **raspberries**, **red wine vinegar**, **shallot**, and **black pepper** to a smooth purée. Chill.
2. Mound **kosher salt** on a board or platter to create a stable, chilled bed; nestle **half-shell oysters** so they sit level (liquor intact).
3. Spoon a small amount of **raspberry mignonette** over each oyster and serve at once.



*For raw service, a salt bed keeps oysters level and cold outdoors without melting ice, and it preserves every drop of briny liquor.*

## Step 5: Tequila-Lime Oyster Shooters

1. Shuck oysters and pour the **oyster (plus its liquor)** into each **shot glass**.
2. Add a pinch of chopped **cilantro** and the juice of one **lime wedge** per glass.
3. Top with  $\frac{1}{4}$ – $\frac{1}{2}$  oz **tequila blanco**—just enough to lift the flavors without overpowering the oyster.
4. Serve immediately. (Balance liquor by spooning excess from fuller shots into lighter ones, if needed.)





## Oysters Three Ways, contd.

*Oysters reward restraint: short heat on the grill, and a light hand with acid or spirits. Let the liquor carry the flavor—everything else is there to frame it.*



### Step 6: Plate & Present

1. Arrange grilled stuffed oysters on a board; keep raw oysters on the salt bed.
2. Set shooters alongside (with extra **lime wedges**).
3. Optional accompaniments: lemon, hot sauce, extra Old Bay, and warm towels.



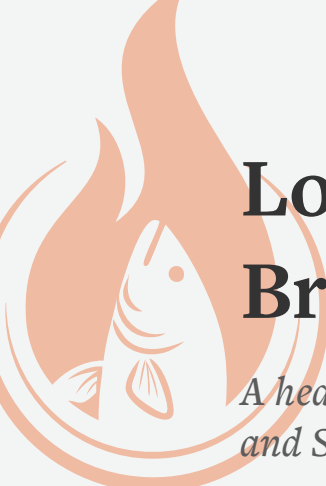


| TIDE TO TABLE



*Photography by Michael Cheser*





# Lowcountry Breakfast Hash

*A hearty Lowcountry favorite, bringing shrimp, sausage, and Southern spice together for the perfect morning after.*



SHRIMP



GRIDDLE -OR- PAN



SERVES 4-6

## INGREDIENTS

2 russet potatoes, cubed and kept in water to prevent browning  
1 red onion, medium dice  
2 bell peppers (red or green), medium dice  
1 jalapeño pepper, small dice (optional)  
1 **package** Bovine & Swine Maple Sage breakfast sausage (fully cooked)  
½ lb shrimp, peeled and cut in half  
6 eggs  
Clarified butter *or* high-temp oil for cooking  
Paprika and cayenne, to taste  
Salt and black pepper, to taste  
Sliced scallions, for garnish

*Born on the griddle and inspired by the gatherings that follow long nights and early tides—this dish celebrates community, comfort, and coastal flavor.*

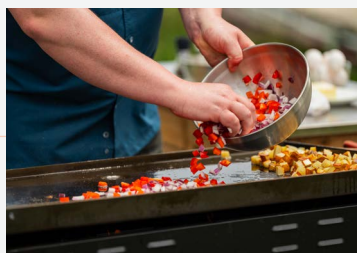
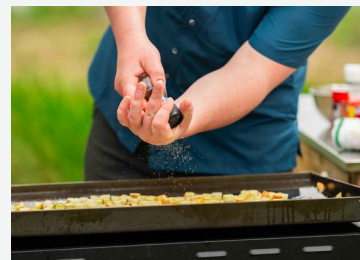


## Lowcountry Breakfast Hash, contd.

### INSTRUCTIONS

#### Step 1: Prepare the Potatoes

1. Heat a cast iron skillet or griddle over medium-high heat.
2. Drain the cubed **potatoes** and pat dry to remove excess moisture.
3. Add a drizzle of **oil** or **clarified butter** to the griddle.
4. Once lightly smoking, spread the potatoes in a single layer and season with **salt** and **pepper**.
5. Allow them to cook undisturbed for 4–5 minutes until the bottoms are golden brown.
6. Stir and continue cooking until evenly crisped, then push to one side of the griddle.



#### Step 2: Cook the Vegetables

1. Add the **red onion** and **bell peppers** to the open area of the griddle.
2. Season lightly with **salt** and **pepper**.
3. Cook for 2–3 minutes, stirring occasionally, until slightly softened and lightly caramelized.
4. Push the vegetables to the other side of the griddle to keep warm.



*For the perfect hash, patience is key — resist the urge to stir the potatoes too soon. That first golden crust is where all the flavor builds. Once everything's on the griddle, work in zones: one for crisping, one for softening, one for searing. It's the best way to keep every bite balanced and bold.*





# Lowcountry Breakfast Hash, contd.

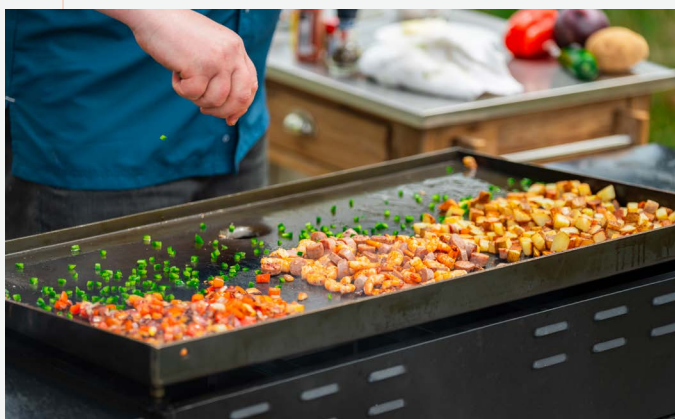
## Step 3: Add the Shrimp and Sausage

1. Melt a small knob of **butter** in the center of the griddle.
2. Add the **shrimp**, seasoning with **salt** and **pepper**.
3. Cook for about 2 minutes, until the shrimp are pink and opaque.
4. Add the **breakfast sausage** and toss together to heat through.
5. Combine the shrimp, sausage, **potatoes**, **onions**, and **peppers**.



## Step 4: Season and Finish the Hash

1. Sprinkle the mixture with **paprika**, **cayenne**, and **diced jalapeño** (if using).
2. Stir well to coat everything evenly.
3. Reduce the heat to medium to avoid burning while you prepare the eggs, in the next step.



*A touch of smoked paprika or Old Bay adds a subtle coastal note that ties it perfectly to a Tide to Table meal.*



## Lowcountry Breakfast Hash, contd.

### Step 5: Add and Cook the Eggs

1. Make small wells in the hash and crack one **egg** into each.
2. Cover the skillet or use a dome lid to trap steam.
3. Cook for 5–7 minutes, until the whites are set and the yolks are still soft.
4. Remove the lid and turn off the heat.



### Step 6: Finish and Serve

1. Scoop the hash into portions, ensuring each serving includes one **egg**.
2. Sprinkle with sliced **scallions**.
3. Serve hot and enjoy immediately.







TIDE TO TABLE



*Photography by Michael Cheser*





# Not Yo Mama's Crab Dip & Crab Cakes

*With homemade tartar sauce and  
prosciutto-wrapped asparagus*

*Not your mama's recipe—these classic coastal favorites make the most of leftover fresh-picked crab, served with a creamy homemade tartar sauce and a crisp prosciutto-wrapped asparagus side.*



CRAB



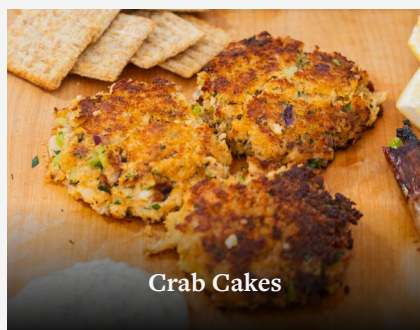
~40 MINUTES



SERVES 4-6



Crab Dip



Crab Cakes



Prosciutto-Wrapped Asparagus

*Leftover crab meat is a gift; never waste it.*



## RECIPE #1

# Crab Dip

### INGREDIENTS

- |                       |                              |
|-----------------------|------------------------------|
| 1 lb crab meat        | ½ cup cream cheese           |
| ½ yellow onion, diced | 1 Tbsp Old Bay (or to taste) |
| ½ cup sour cream      | ½ bunch parsley, chopped     |
| ¼ cup mayonnaise      | 1 cup Panko breadcrumbs      |

### INSTRUCTIONS

#### Step 1: Make the Crab Dip ●

1. Preheat oven to 325°F.
2. Sweat **onions** over medium-low heat 3–5 min until translucent.
3. Stir in **sour cream**, **mayo**, and **cream cheese** until smooth.
4. Remove from heat; gently fold in **crab**, **parsley**, and **Old Bay**.
5. Transfer to an oven-safe dish; top with **breadcrumbs**.
6. Bake ~15 min, until bubbling and lightly golden. Cool briefly before serving.





## RECIPE #2

# Crab Cakes

### INGREDIENTS

- 1 lb crab meat
- 1 egg
- 1 rib celery, small diced
- ½ red onion, small diced
- ½ bunch parsley, chopped
- ½ cup mayonnaise
- 1 Tbsp Dijon mustard
- 1 Tbsp Worcestershire sauce
- 1 tsp lemon juice
- 1 Tbsp Old Bay
- ½ cup panko
- Oil or butter for frying

*Restaurant crab cakes often rely on heavy fillers. This version keeps it classic and coastal: minimal binder, big pieces of crab, and a quick chill to help the patties hold together before searing.*





## Crab Cakes, contd.

### INSTRUCTIONS



#### Step 2: Prepare the Crab Cakes

1. Combine **egg**, **celery**, **onion**, **Worcestershire**, **mustard**, **mayo**, **lemon juice**, **Old Bay**, and **parsley**.
2. Gently fold in **crab meat**; refrigerate 20 min to firm up.
3. If mixture is loose, add **panko** until it holds shape.
4. Form into patties and dredge in panko.
5. Heat a pan or griddle with **oil** or **butter** over medium heat.
6. Sear 3-4 min per side, until golden brown. Drain on paper towels.





## RECIPE #3

# Prosciutto-Wrapped Asparagus

### INGREDIENTS

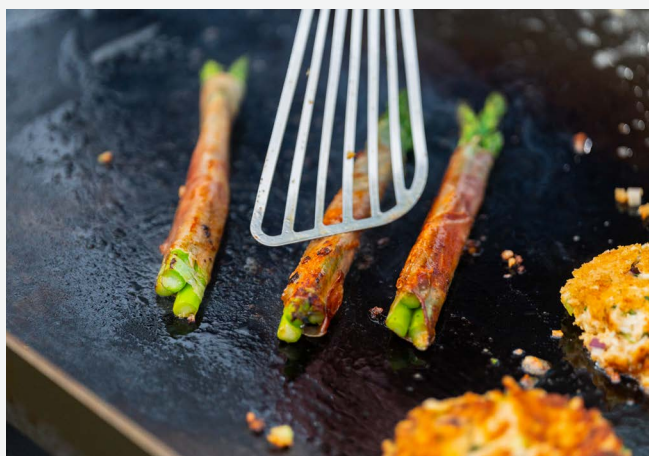
- 1 bunch asparagus, trimmed
- 1 package sliced prosciutto

### INSTRUCTIONS

#### Step 3: Make the Prosciutto-Wrapped Asparagus

1. Snap woody ends from **asparagus**.
2. Wrap 2–4 stalks in a slice of **prosciutto**.
3. Cook in the same pan until prosciutto is crisp and asparagus is tender.

*Bright, creamy, and herbaceous—this homemade tartar sauce complements the crab cakes without overpowering the delicate flavor of the crab.*



### SIDE RECIPE

## Tartar Sauce



### INGREDIENTS

- ¼ cup mayonnaise
- 1 Tbsp Dijon mustard
- 1 Tbsp sweet pickle relish
- 1 Tbsp parsley, chopped
- 1 Tbsp dill, chopped
- 1 tsp lemon juice

### INSTRUCTIONS

In a small bowl, combine **all ingredients** and chill until serving.



TIDE TO TABLE



*Photography by Michael Cheser*



# Redfish Two Ways: Pan-Seared & Grilled

*A dock-to-dinner duo: fresh-caught Redfish served two ways—pan-seared with a silky tomato-cream sauce and crisp green beans, or grilled with a bright, roasted vegetable medley.*



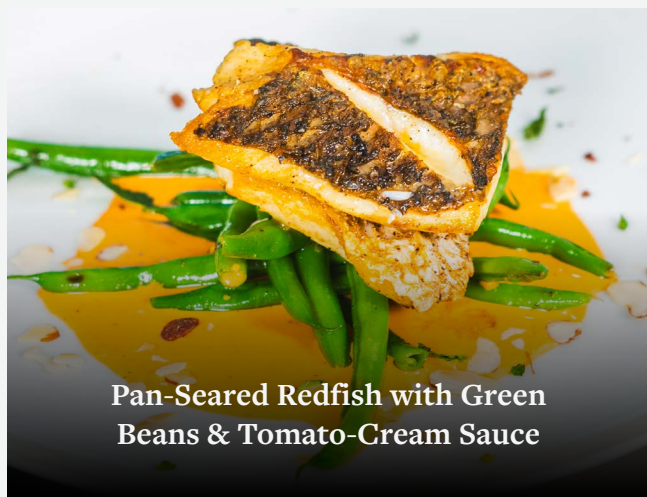
FISH



PAN SEAR + GRILL



SERVES 4 (EACH)

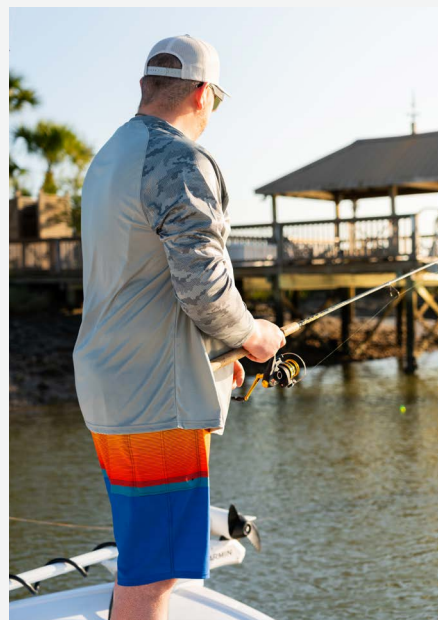


**Pan-Seared Redfish with Green Beans & Tomato-Cream Sauce**



**Grilled Redfish with Roasted Veggie Medley**

*This episode follows Redfish straight from the Charleston waterway to the table. Whether you just stepped off the boat or picked up fillets from the market, these two methods keep the focus on fresh fish and simple, honest ingredients.*



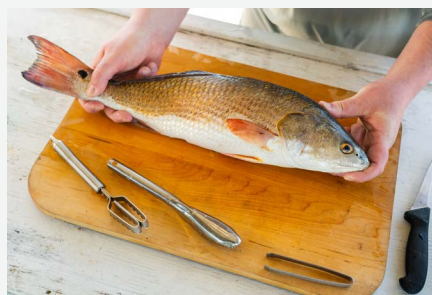
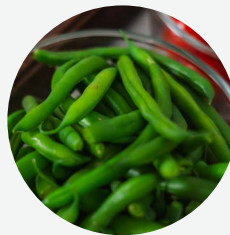
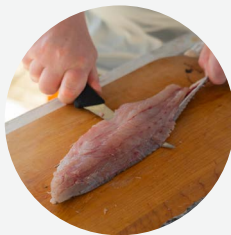
## RECIPE #1

# Pan-Seared Redfish with Green Beans & Tomato-Cream Sauce

### INGREDIENTS

- 1 lb fresh Redfish fillets, skin-on preferred
- 1 lb green beans, trimmed
- 4 cloves garlic, smashed (divided)
- 1 shallot, thinly sliced (divided)
- 1 lb cherry tomatoes, halved
- 1 Tbsp tomato paste
- 1 oz fresh mint
- ½ cup heavy cream
- 1 cup sliced almonds
- 1 lemon (zest and juice as needed)
- Olive oil
- Salt and black pepper, to taste

*Three keys to buying fresh fish: clear, bright eyes, vibrant red gills, and a clean ocean smell. If the eyes are cloudy, the gills are dull, or it smells “fishy,” choose another fillet.*



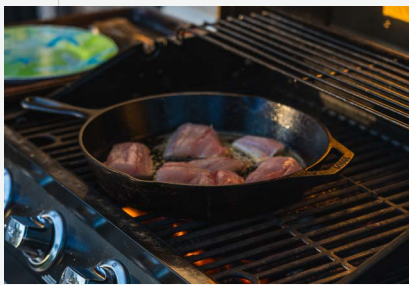


# Pan-Seared Redfish with Green Beans and Tomato Cream Sauce, contd.

## INSTRUCTIONS

### Step 1: Pan Sear the Redfish ●

1. Preheat a cast iron skillet over medium-high heat and drizzle with **olive oil**.
2. Pat the **Redfish fillets** dry. With a sharp knife, lightly score the skin, being careful not to cut into the flesh.
3. Season both sides with **salt** and **pepper**.
4. Place the fillets skin-side down in the hot pan and sear for about 3 minutes, until the skin is golden and crispy.
5. Flip and cook for about 1 minute more, depending on thickness.
6. Transfer to a low oven to keep warm while you prepare the sides and sauce.



# Pan-Seared Redfish with Green Beans and Tomato Cream Sauce, contd.

## Step 2: Blanch & Sauté the Green Beans

1. Bring a pot of salted water to a boil. Add the **green beans** and blanch for about 1 minute, then transfer immediately to ice water to stop the cooking.
2. In a separate pan over medium heat, add a drizzle of **olive oil** along with half of the **garlic** and half of the **shallot**. Sauté until the shallot is translucent and the garlic is lightly golden.
3. Remove the green beans from the ice bath, pat dry, and add them to the pan.
4. Season with **salt** and **pepper**, toss, and cook for 2 minutes, then set aside.



## Step 3: Make the Tomato-Cream Sauce

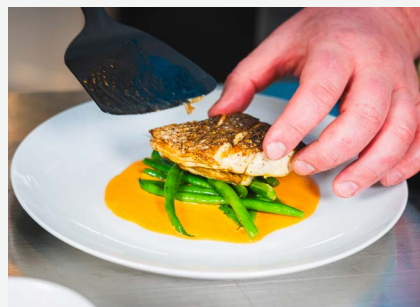
1. In a small saucepan over medium-low heat, add the remaining **garlic** and **shallot** and cook until soft and fragrant.
2. Halve the **cherry tomatoes** and add them to the pan, increasing heat to medium. Cook until the tomatoes blister and begin to break down, then stir in a spoonful of **tomato paste** and cook for 30–60 seconds to caramelize.
3. Stir in the **heavy cream** and gently simmer for 2–3 minutes until warmed through.
4. Transfer the mixture to a blender or use an immersion blender. Add the **fresh mint** and the **zest of half a lemon**.
5. Blend until smooth and silky. If the sauce seems too thick, thin with a splash of **cream**. Season to taste with **salt** and **pepper**.



# Pan-Seared Redfish with Green Beans and Tomato Cream Sauce, contd.

## Step 4: Toast the Almonds

1. Preheat the oven to 325°F if it's not already on.
2. Spread the **sliced almonds** in a single layer on a baking sheet.
3. Toast for a few minutes, just until lightly golden and fragrant. Watch closely—they can brown quickly.



## Step 5: Plate

1. Spoon a pool of **tomato-cream sauce** onto each plate.
2. Add a nest of **garlic-shallot green beans** in the center.
3. Top with a piece of **pan-seared Redfish**, skin-side up to show off the crispy skin.
4. Garnish with **toasted almonds**, a few small leaves of **fresh mint**, and a little extra **lemon zest**.



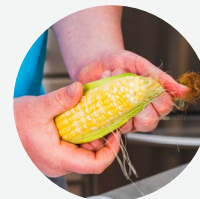
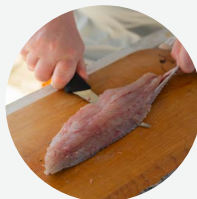
*The secret to this dish is contrast — crisp skin, silky sauce, and bright herbs. Keep the heat steady and finish with fresh mint to bring it all together.*

## RECIPE #2

# Grilled Redfish with Roasted Veggie Medley

### INGREDIENTS

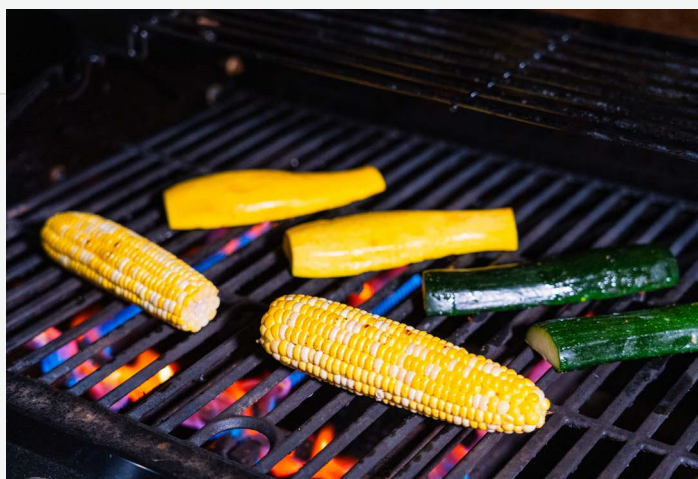
- 2 Redfish fillets (skin on or off, per preference)
- 1 yellow squash
- 1 zucchini
- 2 ears corn, husked
- ½ lb cherry tomatoes, halved
- 1 cup green olives, pitted and halved
- 2 cloves garlic, smashed and diced
- 1 oz fresh mint, chopped
- 1 oz fresh tarragon, chopped
- ½ lemon (juice)
- Olive oil
- Salt and black pepper, to taste
- Pinch cayenne pepper
- Pinch paprika



### INSTRUCTIONS

#### Step 1: Grill the Fish and Veggies

1. Preheat the grill to medium-high heat.
2. Brush the **Redfish fillets** with **olive oil** and season with **salt** and **pepper**.
3. Halve the **yellow squash** and **zucchini** lengthwise; drizzle with olive oil and season with salt and pepper.
4. Husk the **corn** and remove as much silk as possible.
5. Place the fish, squash, zucchini, and corn on the preheated grill. ●
6. Grill the veggies until they have deep grill marks and are lightly charred; remove and set aside.
7. Grill the Redfish for about 3 minutes on the first side, then carefully flip and cook 1–2 minutes more, depending on thickness.
8. Transfer the fish to a warm oven while you finish the veggie medley.





# Grilled Redfish with Roasted Veggie Medley, contd.w

## Step 2: Prep the Veggies

1. Once cool enough to handle, shave the **corn** off the cob into a bowl.
2. Cut the grilled squash and zucchini into bite-sized pieces, similar in size to the tomatoes.
3. Halve the **cherry tomatoes** (if not already) and **green olives**.
4. Smash and mince the **garlic**.
5. Chop the **mint** and **tarragon**; set the herbs aside to add at the very end.



## Step 3: Build the Roasted Veggie Medley

1. Heat a generous drizzle of **olive oil** in a large sauté pan over medium heat.
2. Add the **cherry tomatoes** and **olives** and cook for 1–2 minutes, just until the tomatoes begin to soften.
3. Add the **corn**, **squash**, and **zucchini**, along with the **garlic**.
4. Season with **salt**, **pepper**, a pinch of **paprika**, and a small pinch of **cayenne pepper**.
5. Cook for about 1 minute more, stirring to combine.
6. Turn off the heat and fold in the fresh **mint**, **tarragon**, and the juice of half a **lemon**. Taste and adjust seasoning.

## Step 4: Plate

1. Spoon a generous portion of the roasted veggie medley onto each plate.
2. Top with a piece of grilled Redfish.
3. Finish with a light drizzle of **olive oil** and a squeeze of **lemon**, if desired.

