

Blackened Dolphin

1/3 Cup Soy Sauce
1-2 Tablespoons Honey
Dolphin Fillets (One fillet will yield 2 pieces)
Blacken' Rub

Add Soy Sauce and Honey into a bowl and thoroughly mix until combined. Let stand for 10 minutes or so to extract the flavors.

Skin the fillets and remove the blood line from the center of the fish. You can skin and remove the blood line at the same time and save a step.

Marinate for 10 to 20 minutes.

Remove from the marinade and place on a flat surface and add the blacken rub to the fish and press into the fish.

Heat a skillet on medium heat and add a small amount of oil. When the oil just begins to smoke, be careful and place the rubbed side of the fish down in the skillet. Add the rub to the other side of the fish and press the rub into the fish. Cook the fish for 2 minutes per side.

Place the fish into a preheated 350°F oven and let finish cooking for 8 to 10 minutes (the fish will flake).



Garlic Mashed Potatoes

Potatoes (5 to 6 Potatoes) 4
Cloves Garlic sliced thin 4
Tablespoons Butter
4 Tablespoons Sour Cream 1
Tablespoon Milk (or more)
Ground White Pepper and Salt to Taste

Peel the potatoes and cut into quarters. Place in a pot and cover with cold water. Salt and pepper to taste. Add 4 cloves of sliced garlic. Bring to a boil, reduce heat and cook until soft.

Mash the potatoes completely with a masher. Add butter and sour cream and mix with a mixer. Add the milk and mix. Add more milk if needed.



Blacken' Rub

4 Tablespoons Hungarian Paprika
1 Tablespoons Kosher Salt
1 Tablespoons Ground White Pepper 1
Tbs. Ground Black Pepper
4 Teaspoon Onion Powder
4 Teaspoon Garlic Powder
4 Teaspoon Cayenne Powder
2 Teaspoon Ground Thyme
2 Teaspoon Dried Oregano

Combine and place in a food processor and mix well.

Stringed Vegetables

3 Peeled Carrots
1 Zucchini
1 Can Chicken Broth or 1 $\frac{3}{4}$ cup Chicken Stock

Using a sharp knife cut the carrots and zucchini into thin slices or use a Mandolin with the Julienne blade attached and run the carrots and zucchini through it.

Place the broth or stock into a pot, salt and pepper to taste, and bring to a boil. Add the vegetables and cook for 1 to 2 minutes. Remove from the pot and let drain.

Red Wine Butter Sauce

1 Cup Balsamic Vinegar
1 Cup Red Wine (a wine you would drink) 2 shallots
½ Pound Cold Butter (Unsalted)

In a small pot, add Balsamic Vinegar and Red Wine. Peel the shallots, cut in half and add to the pot. Bring to a boil and reduce the heat to a simmer and reduce the liquid to syrup.

Remove from the heat and begin adding the butter one tablespoon at a time and slowly combine. Do not allow the sauce to come to a boil. This will cause the sauce to break.** If the butter is not melting and combine at a constant rate, place the pot over the heat to reheat the sauce and then remove and continue to add the butter until all the butter is added.

** If the sauce does break, you do not have to start over. You can take 2 to 3 tablespoons of heavy whipping cream and bring to a boil and slowly whisk into the sauce and the sauce will come back together.



Wasabi Cream Sauce

1 Tablespoon Wasabi Powder
1 Tablespoon Cold Water
1 Tablespoon Honey
1/3 cup Heavy Cream

Mix the Wasabi Powder and cold water and mix into a paste and let stand for 15 to 30 minutes for full strength.

Mix the paste and honey until smooth and add to a sauce bottle. Add the cream and shake until mixed.