

GOURMET FISHING

Season II - Episode XIII



INFO-SHORTS



Free Download

Subscribe to our YouTube channel - Gourmet Fishing



Blackened Dolphin
served w/ Purple Mashed
Potatoes and Oven
Roasted Brussel Spouts
Sprouts



Host, Chef & Guide, David Murray





Contents

Thank you for downloading our Info-Short recipe

- 3 Grocery List
- 4 Blackened Seasoning
- 6 Purple Mashed Potatoes
- 7 Oven-Roasted Brussel Sprouts
- 8 Blackened Dolphin





Grocery List

Paprika

Ground White Pepper

Course Black Pepper

Granulated Onion Powder

Granulated Garlic Powder

Ground Thyme

Dry Oregano

Kosher or Course Salt



Black'n Pluff Mud Rub - Blackened Seasoning

Blackened Seasoning

Black'n Pluff Mud Rub

used exclusively at Abaco's Bar and Grill



4 Tablespoons Paprika

1 Tablespoon Ground White Pepper

1 Tablespoon Course Black Pepper

4 teaspoons Granulated Onion Powder

4 teaspoons Granulated Garlic Powder

2 teaspoons Ground Thyme

2 teaspoons Dry Oregano

1 Tablespoon Kosher or Course Salt

4 teaspoons Cayenne Powder





Blackened Seasoning



Lets take a metal bowl and then add our 4 tablespoons of paprika and the next 6 ingredients. Here is where you can make a difference in your seasoning. I would recommend you try the quantities I have crafted and then make changes to your needs and likes. You can add more or less of the salt to your taste. Let's add the salt and know the 4 teaspoons of cayenne pepper. Again, try my concoction first and then reduce or add more of the heat or cayenne pepper.

At this point, you can simply mix the ingredients well to create a homogeneous mixture or you can use a spice grinder. What is a spice grinder you may ask? Well, mine is an old coffee grinder I have cleaned out and repurposed.

Add the blackened spice mix to the grinder, and then pulse the grinder two times for about 1 second each. Then shake the grinder to loosen the mix and then pulse one last time for about a half a second.

Pour the blackened seasoning back into the bowl and it is ready to use or place it in a jar or zipper bag for storage.



Purple Mashed Potatoes



3 LBS Purple Potatoes,
they do not have to be purple. You can use golden, white,
red, russets, what ever you like

2 Tablespoon Granulated Garlic

6 Tablespoons of softened butter

1/3 cup Sour Cream, more if needed.

Salt & Pepper to taste

Take a large 10 quart pot and add water. Salt, pepper, and 1 TBS garlic shall be added. Bring to a boil.

While the water is boiling, peel the potatoes and then slice them in quarters and about the same size. This will allow for consistent cooking. When the water is boiling, carefully add the potatoes to the water and then bring the water back to a boil and cook for about 5 minutes.

After 5 minutes and using a knife, cut a potato, and if it is easy to slice, the potatoes should be cooked. If not, cook for an additional few minutes and try the knife cut again.

Drain the potatoes and place them back into the same pot. Using a potato masher, thoroughly mash the potatoes until somewhat smooth. Add the 1/2 of the sour cream and 1/2 of the butter and using a small hand, power mixer, combine the potatoes and cream. Make sure the potato mixture is not too loose. You can now add more sour cream and butter. You can always add more to the potatoes, but you can not remove it. Get the potatoes to a nice smooth consistency and then taste. Salt, pepper, and garlic to taste.

Serve with your meal or just eat them as is...



Oven Roasted Brussel Sprout

tossed in a Balsamic-Agave Nectar Glaze



2 LBS Brussel Sprouts,
Cut the ends off, remove the first 2 leaves and slice them
in half

Olive Oil

Salt & Pepper to taste

3 Tablespoons Balsamic Vinegar

6 Tablespoons Agave Nectar

Pre-heat your oven at 425F.

Add the trimmed and slice Brussel Sprouts to a tossing bowl, or regular bowl, and add a few table-
spoons of Olive Oil. Then Salt and Pepper to taste. Toss the sprouts to evenly coat. Add the sprouts to a
microwavable bag, seal the bag, and place them in the microwave. Cook on high power for 5 minutes.

Be careful opening the bag because it is full of steam. That's hot. Add the sprouts back into the bowl and
toss them again. Take a baking sheet pan and line it with foil. Then spread the Brussel Sprout evenly
over the pan. Place the pan in the oven and roast them for 15 to 20 minutes.

While the sprouts are baking, take a small bowl and combine the Balsamic Vinegar and Agave Nectar
and then whisk to combine completely.

When the sprouts are done baking, remove them from the oven and coat them with the vinegar-nectar
glaze.

Serve with your meal or just eat them as is...



Episode XIII

Blackened Dolphin

served w/ Purple Mashed Potatoes and Oven
Roasted Brussel Spouts Sprouts

Serves 4



4 Dolphin Fillets, Skinless w/ Blood Line Removed

4 Tablespoons Agave Nectar

Blackened Rub

3 Tablespoons Soy Sauce

Oil For Searing

Benne Seeds or white Sesame Seeds





Blackened Dolphin

served w/ Purple Mashed Potatoes and Oven
Roasted Brussel Spouts Sprouts



Let's prepare our Dolphin fillets. We will need to remove the dark bloodline, which runs down the middle of the fillet. Take a sharp knife and at the bloodline, begin to cut the line and then follow the curvature of the bloodline and then remove the meat from the skin in one motion. Do this to the other side, also.

Set the fillets aside, and let's now move onto creating our soy-agave marinade. In a small bowl, add the agave nectar and the soy sauce. Using a whisk, completely combine both to create a single sauce. You can leave the marinade in the bowl or use a zipper style bag and place the marinade and then the Dolphin fillets inside. Remove as much of the air as you can and then move the fillets around to get thoroughly coated and let sit for about 5 minutes or so.

While the fillets are marinating, let's heat a pan on high. Also, pre-heat the oven at 350F. After the fillets have marinated, remove them from the marinade and place them on a cutting board. Lightly add the blackened seasoning to the top of the fillets and then add a light sprinkle of your Benne Seeds, or white sesame seeds.

Add a light coating of oil to the hot pan and then turn the heat down to medium-high. Place the fillets in the pan down and away from you. Allow them to have room in the pan. Let the fillets cook for a couple of minutes on the first side and then carefully turn them. Now add another sprinkling of the blackened rub and a heavier coating of the seeds. Let the fillets cook for another couple of minutes and then transfer to an oven safe pan and place in the oven. Let cook in the oven for an additional 5 minutes. Check the fillets with a small knife and make sure the fillets flake.

Take a plate and add your mashed potatoes, and the oven-roasted Brussel sprouts. Then arrange the blackened Dolphin fillets to your liking. Add a few lime slices for garnish and a couple of lime wedges for additional flavoring.

Now it's time to serve...



Gourmet Fishing



We catch fish, and then, We cook our catch...

Salt Marsh Sauces & Rubs
HANDCRAFTED South Carolina

RED PLUFF MUD SAUCE
BBQ Sauce & Marinade

FROM A TOMATO PLANT

From the deep south and the South Carolina Low Country Coast comes the Salt Marsh Sauces and Rubs. Crafted from the soul, I deliver you the best red pluff mud you can find.

Made in the USA and the Low Country of South Carolina, your yellow pluff mud will make everything taste good.

<small>Batch</small>	<small>Bot. No.</small>
1M-2016	

The sauce that shakes the southland...

A SOUTH CAROLINA OWNED COMPANY



Murray Development, LLC
Salt Marsh Apparel
PO Box 771 Goose Creek, SC 29445

Salt Marsh Sauces & Rubs
HANDCRAFTED South Carolina

YELLOW PLUFF MUD SAUCE
BBQ Sauce & Marinade

FROM A WILD YARROW

From the deep south and the South Carolina Low Country Coast comes the Salt Marsh Sauces and Rubs. Crafted from the soul, I deliver you the best yellow pluff mud you can find.

Made in the USA and the Low Country of South Carolina, your yellow pluff mud will make everything taste good.

<small>Batch</small>	<small>Bot. No.</small>
2M-2016	

The sauce that shakes the southland...

A SOUTH CAROLINA OWNED COMPANY

THE ORIGINAL
**SALT MARSH
DIRT SHIRT**

Salt Marsh Galleries
Charleston, South Carolina