# GOURMET FISHING

Season II - Episode XXIV Gournet Fishing INFO-SHORTS





Free Download

Subscribe to our YouTube channel - Gourmet Fishing



## Grilled Seasoned Dolphin

Served with Tequila-Pineapple Salsa



Host, Chef & Guide, David Murray





# Contents

Thank you for downloading our Info-Short recipe

- **3** Grocery List
- Shrimp & Scallop Stir Fry

5





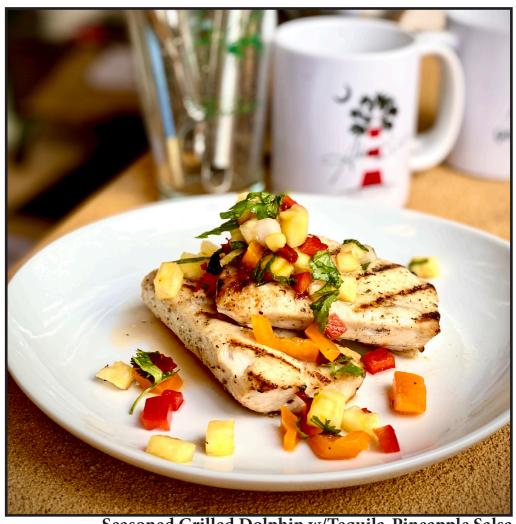
## Grocery List Tequila-Pinapple Salsa

Pineapple Chipotle Peppers

Red Bell Pepper Coriander

Orange Bell Pepper Oil Mint Leaves

Sweet Onion Tequila



Seasoned Grilled Dolphin w/Tequila-Pineapple Salsa

# Tequila-Pineapple Salsa



1 cup cubed

1 cup cubed Pineapple

1/3 chopped Red Bell Pepper

1/3 chopped Orange Bell Pepper

1Tbs chopped Sweet Onions

2 tsp minced Chipotle Peppers, canned, adobo sauce removed

2 tsp minced fresh Coriander

6 minced fresh Mint Leaves

In a non reactive bowl, combine all of the ingredients; pineapple, bell pepper, onion, chipotle pepper, tequila, mint and coriander.

Mix well and place in the refrigerator, covered, for up to 4 hours.

This will allow all of the flavors to meld together.



Season II - Episode XXIV



#### **Grocery List** Abacos Seasoned Fish Rub

Garlic Salt Dried Basil

Dried Parsley Onion Powder

> Celery Salt Sugar

Dried Oregano Pink Himalayan

Black Pepper Lemon Juice Powder

Dried Thyme



Abacos' Seasoned Fish Rub

#### **Abacos Seasoned Fish Rub**



1 tsp dried basil

1 Tbs Garlic Salt

1 Tbs Onion Powder 1 tbs dried parsley

1 Tbs Sugar 1/4 tsp celery salt

2 Tbs Dried Oregano 2 Tbs salt, pink Himalayan

1 tsp course black pepper 1 tsp lemon juice powder

1/4 tsp dried thyme

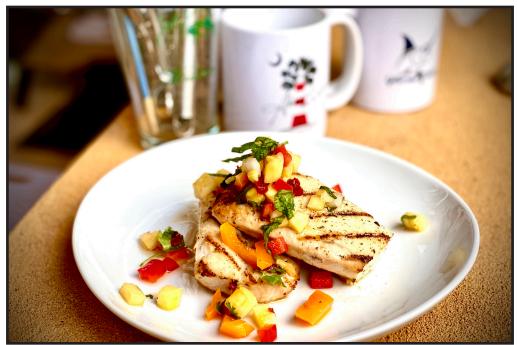
In a small bowl, combine all ingredients; garlic salt, onion powder, sugar, oregano, pepper, thyme, basil, parsley, celery salt and salt.

Toss to mix well and use a blender, food processor or spice grinder and pulse 1 to 2 time to combine well.



## Grocery List Grilled Seasoned Dolphin

Dolphin Steaks Avocado Oil



Abacos' Seasoned Grilled Dolphin

# Abacos Seasoned Grilled Dolphin



4 Dolphin Steaks/Fillets

1 Tbs Avocado Oil

Brush the fish with oil and season with the rub. Heat the grill to high for direct grilling. Place the Dolphin on a diagonal to the grate and cook for about 3 min without moving.

Let them sit and cook. Using a metal spatula, carefully flip the fish and cook for an additional minute or two. Just till they are opaque or flake.

Add the fish to warmed plates and let rest for an additional minute or two. Top the fish with a couple of tablespoons of salsa and serve.



Abacos' Seasoned Grilled Dolphin



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









