

GOURMET FISHING

Season II - Episode XXIV



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Grilled Seasoned Dolphin Served with Tequila-Pineapple Salsa



Host, Chef & Guide, David Murray





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Grocery List

Tequila-Pineapple 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



Serves 4

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.





Grocery List

Abacos Seasoned Fish Rub

Garlic Salt	Dried Basil
Onion Powder	Dried Parsley
Sugar	Celery Salt
Dried Oregano	Pink Himalayan
Black Pepper	Lemon Juice Powder
Dried Thyme	



Abacos' Seasoned Fish Rub

Abacos Seasoned Fish Rub



1 Tbs Garlic Salt

1 Tbs Onion Powder

1 Tbs Sugar

2 Tbs Dried Oregano

1 tsp course black pepper

1/4 tsp dried thyme

1 tsp dried basil

1 tbs dried parsley

1/4 tsp celery salt

2 Tbs salt, pink Himalayan

1 tsp lemon juice powder

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



Serves 4

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

Gourmet Fishing



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

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BBQ Sauce & Marinade

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