

GOURMET FISHING

Season III - Episode XX



INFO-SHORTS



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Pan-Seared Dolphin topped with Avacado-Pinapple Salsa



Host, Chef & Guide, David Murray



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Grocery List

Pan-Seared Dolphin

topped with Avacado-Pineapple Salsa

- | | |
|-----------------|--------------------------|
| Avacado, diced | Corriander |
| Fresh Pineapple | Cayanne Pepper, optional |
| Tomato | |
| Sweet Onion | Dolphin Fillets |
| Lime | Salt & Pepper |
| Coconut Vinegar | Fish Rub, optional |
| Agave Nector | Olive Oil |



Pan-Seared Dolphin & Avocado-Pineapple Salsa ingredients

Pan-Seared Dolphin

topped with Avacado-Pineapple Salsa



Serves 4
Ingredients

1 Avacado, diced	1 Cayanne Pepper, Seeded and chopped, optional
1/3 Fresh Pineapple, Diced	
1 Tomato peeled, seeded, and diced	
1/2 sweet onion, diced	(4) 4-6 ounce Dolphin Fillets
Juice of a Lime	Salt & Pepper
1 TBS Coconut Vinegar or cider vinegar	Fish Rub, optional
1 TBS Agave Nector or honey	Olive Oil
2-3 TBS Corriander, chopped	

Salsa: Combine the diced pineapple and avocados in a non-reactive bowl. Next, add the diced sweet onion along with the diced tomato. Next, add the juice of the lime, agave nectar, and coconut vinegar. Add a little salt and pepper to taste. Next, add the chopped coriander and the cayenne pepper if you are using it. Toss the salsa mix and then combine all of the ingredients by using a spoon. Let the salsa stand for 5-10 minutes.

Pan-Seared Dolphin: Heat a pan over medium-high heat. Season the fillets with salt and pepper or a fish rub. Add about a tablespoon of olive oil to the pan. When the oil just begins to smoke, place the fillets in the pan by laying them down and away from you. Cooking time will vary due to the thickness of the fillet. If your fillet is about a 1/2 inch thick, your cooking time should be around 2 minutes per side or until the fish just begins to flake using a fork. Do not overcook, or the fish will be dry.

Plating: Spoon a few tablespoons of salsa on one side of the plate and then arrange the Dolphin fillets to your liking, and top with a little more of the salsa. Garnish with coriander or parsley leaves and lime wedges.

Pan-Seared Dolphin

topped with Avacado-Pineapple Salsa



Gourmet Fishing



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



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