

GOURMET FISHING

Season III - Episode XXXV



INFO-SHORTS



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Pacific Rim Infused Marinated Pan- Seared Dolphin

served with Fried Rice
Host, Chef & Guide, David Murray





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Abacos Bar & Grill's Fried Rice



Fried Rice

A Pacific Rim Infused Side Dish



4 Serving

Ingredients

1 1/2 Cups Cooked & Cooled White Rice	2/3 Cup Chopped Scallions, Green Tops
3 TBS Benne Seeds or White Sesame Seeds	1 TBS Peanut Oil
5 TBS Butter	2 TBS Garlic Butter
1 Cup Minced Sweet Onions	4 Eggs, Lightly Beaten
1 Cup Minced Carrots	5 TBS Soy Sauce
	Salt & Pepper to Taste

Over medium heat, add the 5 TBS of butter to a sauté pan. After the butter melts, add the Onions, Carrots and scallions. Sauté for about 5 minutes or until the carrots are fork tender and the onions are translucent. Move of the heat.

Heat a wok or large pan over medium heat. Add about 1 TBS of peanut oil or what oil you have on hand to the wok. Lightly beat the 4 eggs. Almost to the scramble egg point. Add the wok and heated oil. When the eggs are just about cooked, but still loose on top, add the rice, benne seeds and the sautéed vegetable. Using a wooden spoon, begin to combine all.

Next add the soy sauce and 2 Tbs garlic butter. Cook for about 3-5 minutes while stirring until most of the liquid have evaporated.

Salt and pepper to taste and more soy sauce if desired.

Plate the rice and enjoy

Grocery List

Pacific Rim Infused Marinated Pan-Seared Dolphin

Skinless Dolphin
Filletts
Soy Sauce
Fish Sauce
Hoisin Sauce

Brown Sugar
Fresh Lime Juice
Cayenne Pepper
Garlic
Ginger
Oil



Pane-Seared Dolphin Ingredients

Pacific Rim Infused Marinated Pan-Seared Dolphin



4 Serving
Ingredients

(4) 4-6 ounce Skinless Dolphin Fillets	1 Clove Garlic
3 TBS Soy Sauce	1 inch pice of peeled Ginger
1 TBS Fish Sauce	Zipper type plastic bag
1 TBS Hoisin Sauce	1 TBS Oil
2 TBS Brown Sugar	Fried Rice
2 tsp Fresh Lime Juice	Benne Seeds or White Sesame Seeds
1/2 tsp Cayenne Pepper	Thinly Chopped Scallions, green parts

Marinade

In a non-reactive bowl, combine the soy sauce, fish sauce, hoisin sauce brown sugar, lime juice, cayenne pepper. Using a micro plane, grate the garlic clove and the peeled Ginger and place into the bowl. Using a whisk, combine all of the ingredients.

Place the fish fillets into the plastic bag. Next add the marinade. Let the fish sit in the marinade for about 20 minutes, turning once.

Heat a sauté pan over medium high heat. Add the oil and when the oil begins to shimmer, place the marinated fish in the pan and away from you to prevent splashing oil. Add all of the fish without crowding. You may need to pan fry in 2 batches.

Pan sear for about 2 minutes and then turn over and sear for an additional 2 minutes. With the broiled on, place the pan in the oven for an additional minute. Ensure the fish is cooked when the fillet begins to flake.

Spoon fried rice onto a warm plate. Next add a fillet and then top with benne seeds and thinly chopped scallion tops.

Enjoy...





Gourmet Fishing



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



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