

GOURMET FISHING

Season IV- Episode 04



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Pan-Seared Snapper w/ a Ginger-Lime Compound Butter



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Pan-Seared Snapper w/ a Ginger-Lime Butter





Grocery List

Pan-Seared Snapper w/ a Ginger-Lime Butter

Butter	Ginger
Cilantro	Red Snapper
Cayenne Pepper	Salt
Garlic	Pepper
Lime	



Pan-Seared Snapper w/ a Ginger-Lime Butter Ingredients

Pan-Seared Snapper w/ Ginger-Lime Butter



4 Servings
Ingredients

Ginger-Lime Butter

4 Tbs butter, softened
1 Tbs chopped fresh cilantro
1 Garlic Clove, grated or Pressed
1/8 tsp cayenne pepper
½ lime rind
½ tsp fresh grated ginger, ½" or so

Seared Snapper

(6-ounce) red snapper or other
firm white fish fillets
¼ tsp salt, per fillet
¼ tsp black pepper, per fillet
Oil
Lime wedges (optional)

Combine first the 6 ingredients in a bowl. Stir in pinch salt. Wrap the compound butter in plastic wrap and form a small tube. Place in the refrigerator, and allow to chill and harden.

Heat a large nonstick skillet over medium-high heat. Sprinkle both sides of fish with salt and black pepper—coat pan with oil. Using a sharp knife, just score the skin of the3 snapper. This will help prevent the fillet from curling onto itself.

Place the fillet, skin side down, in the pan, and allow to cook for about 2 minutes. Flip the fillet and finish cooking for an additional 2-3 minutes or until the fish flakes or until the desired degree of doneness. Place 1 fillet on each of 4 plates; top each serving with 1 ½ tea spoons butter mixture. Serve with lime wedges, if desired. Yield: 4 servings. A great pairing is to serve the fish with coconut-lime rice.



Grocery List

Myers Lemon & Tarragon Infused Olive Oil

- Olive Oil
- Myers Lemon
- Fresh Tarragon



Myers Lemon & Tarragon Infused Olive Oil Ingredients

Myers Lemon & Tarragon Infused Olive Oil



- 1 Cup Extra Virgin Olive Oil
- 1 Myers Lemon or other Citrus*
- 1 large Sprig Fresh Tarragon

Set the precision cooker for 12^o F.

Using a vegetable peeler, remove the rind without the pith or the tough white part of the lemon. The pith would make the oil bitter.

Place all of the ingredients into a zip lock bag and seal the bag, and remove as much air as possible while sealing the bag. Place the bag into the preheated water bath for 2 hours.

Remove the infused oil from the water and let rest and cool for about 20 minutes or so. The oil may be cloudy. If so, use a coffee filter and pass the oil through it, which will remove the impurities and should leave clear oil.

Place your infused oil in a container and use it well. It's great with seafood and poultry

* *About the size of a baseball or multiples to make it that size*

For Lemon Infused Oil, eliminate the Tarragon





Grocery List

Coconut-Lime Rice

Jasmine Rice

Coconut Milk

Water

Butter

Salt

Cayenne Pepper

Lime



Abacos Bar & Grill's Coconut-Lime Rice

Abacos' Coconut-Lime Rice



Serves 2
Ingredients

1 cup Jasmine Rice
3/4 cup Coconut Milk
1 Cup Water
1 Tbs Butter
1/2 tsp Salt
1/8 tsp Cayenne Pepper

Zest of 1 Lime
1 tsp Fresh Lime Juice, about 1/2 a lime

Rinse the rice under cold water until the water is clear. This removes a lot of the starches. In a medium pot, add the rice, coconut milk, water, butter, salt, and cayenne pepper. Stir to combine over medium-high heat. When the rice liquid just begins to boil, reduce the heat to medium-low—Cook for about 15-18minute. Loosely cover the pot. Cook until the liquid has been absorbed by the rice.

Using a fork, fluff the rice. Next, add the zest of 1 lime and 1 1/2 tsp of fresh-squeezed lime juice. Continue to fluff the rice to combine the zest and lime juice.

Plate and serve...



Gourmet Fishing



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



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