

GOURMET FISHING

Season IV- Episode 35



INFO-SHORTS

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Abacos Bar & Grill's Pan Seared Dolpin w/ Sesame Scallion Ginger Butter



Host, Chef & Guide, David Murray



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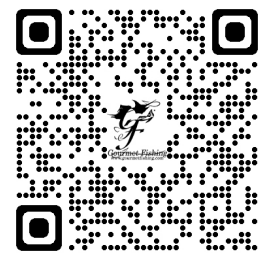
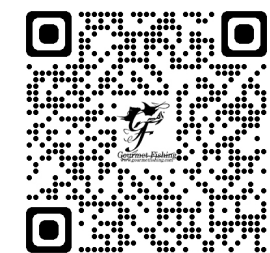
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Pineapple Margarita

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Grocery List

Pan Seared Dolpin w/ Sesame Scallion Ginger Butter

- | | |
|-----------------|--------------------|
| Dolphin Fillets | Butter |
| Cornstarch | Sesame Oil |
| Salt | Benne Seeds |
| pepper | Black Sesame seeds |
| Olive oil | Ginger |
| Scallion | Garlic |



Pan Seared Dolpin w/ Sesame Scallion Ginger Butter Ingredients

Pan Seared Dolpin

w/ Sesame Scallion Ginger Butter



4 Servings
Ingredients

(4) 6-8 oz Dolphin Fillets
Cornstarch for dusting
salt & pepper to taste
Olive oil

1 bunch fresh Scallion, thinly sliced of the bias
1 stick Tbs Butter
1 tsp toasted Sesame Oil
2 tsp Toasted Benne Seeds
2 tsp Toasted Black Sesame seeds
1 1/2 tsp Fresh grated Ginger
2 Cloves Garlic, grated

Pat the fillets dry with paper towels. Season with salt and pepper to your taste. Sprinkle with cornstarch and then shake the excess off. Heat 2 Tbs of olive oil in a pan over medium-high heat. Add the fillets to the pan and cook for 6 or so minutes until golden in our and crispy. The edges of the fillets should be just opaque. Flip the fillets and finish cooking for about 2 minutes until the fish flake with a fork. Remove from the heat and let rest while preparing the butter

Place the butter, sesame oil, ginger and garlic in a small pan over medium heat. Cook until the butter begins to foam, and the garlic just begins to brown. Do not overcook. Thinly slice the shallots on the bias or a diagonal slice and place into a glass, heat-proof bowl.

Pour the hot butter mixture over the scallion. Stir the butter and scallions. Let cool for a minute or so.

Plate the fillets and top with the scallion sesame ginger butter and serve with a side of white rice. Top all with toasted Benne Seeds.

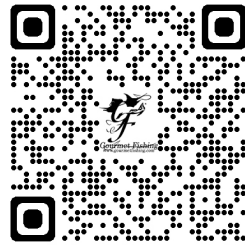
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We catch fish, and then, We cook our catch...



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THE ORIGINAL
SALT MARSH
DIRT SHIRT

