



LINE CAUGHT SWORDFISH

GRILLED LOCAL CORN
JERSEY TOMATOES &
AVOCADO RELISH

JULIENNED FENNEL
& RED ONION
CITRUS SALAD

SERVING SIZE
2 PEOPLE

LINE CAUGHT SWORDFISH

INGREDIENTS

- 12 oz. Fresh swordfish (Any fresh, white flesh fish)
- 2 tsp. Olive oil
- 1 tsp. Old Bay seasoning
- Salt & pepper to taste

DIRECTIONS

- Toss swordfish with olive oil and Old bay seasoning
- Grill to desired doneness
- Top the fish with the relish and serve immediately

FENNEL & RED ONION CITRUS SALAD

INGREDIENTS

- 4 oz. Julienned fennel
- 1 oz. Red thinly sliced red onion
- 1 oz. Chopped fresh chives
- 1 ea. Orange – peeled and segmented
- 1 tsp. Fresh lemon juice
- 3 tsp. Local honey
- 3 tsp. Olive Oil
- Salt & pepper to taste

DIRECTIONS

- Combine Olive Oil, Honey, Lemon Juice, Salt and Pepper. Whisk until well blended
- Mix in Fennel, Chive, Red Onion and Orange Segments to olive oil mixture. Toss to coat
- Cover. Keep chilled until service



THE GREEN EGG...

An amazingly simple alternative to the regular BBQ that grills at extremely high temperatures.

GRILLED LOCAL CORN, JERSEY TOMATO & AVOCADO RELISH

INGREDIENTS

- 1 ea. Grilled Fresh Corn- Removed from Husk
- 1 ea. Jersey Beefsteak Tomato- Medium Dice
- ½ oz. Chopped Serrano Pepper- Small Diced
- ½ oz. Peeled- Medium Diced Ripe Avocado
- ½ oz. Chopped Fresh Cilantro- Finely Chopped
- 3 tsp. Olive Oil
- 1 tsp. White Vinegar
- 3 tsp. Lime Juice

DIRECTIONS

- In a large bowl, whisk together lime juice, vinegar, olive oil, chopped cilantro
- Remove husk and silk from corn- add a bit of olive oil, add salt & pepper and grill
- cut kernels off cob add to bowl
- Add diced seeded serrano pepper to mixture
- Add diced tomato and avocado
- Mix and add salt and pepper to taste
- Cover and refrigerate until service

MISE EN PLACE

TO COOK AND ASSEMBLE



IN PREPARATION

- Prepare the Fennel & Red Onion Citrus Salad
- Prepare the Local Corn, Jersey Tomato & Avocado Relish
- Juice the lemons and limes
- Peel & segment orange
- Grill corn and cut kernels off cob
- Optional: core and cut vegetables, ready to be mixed!

FOR STARTERS

- Cutting board - wood or plastic
- Countertop trash bin (for scraps and such) – can be just a bowl or plastic bag
- Chef's knife
- Towel or wipes

ESPECIALLY FOR TODAY

- Measuring cup with ounces
- Measuring spoons
- Citrus juicer or fork to extract juice
- Mixing bowls
- Whisk

FOR THE BIG GREEN EGG OR BBQ

- BBQ or griddle
- Fish spatula
- Plate for raw fish
- Plate for cooked fish

PLATING

1. Add fennel salad to the plate
2. Top with fish
3. Garnish with relish
4. Serve