



QUICK, EASY & DELICIOUS
AT HOME RECIPES



GRILLED SCALLOPS

WITH CAPER-FETA PROVENCAL SAUCE

THE PROVENCAL SAUCE

Ingredients:

- 4 tomatoes, peeled and cut into 6 wedges each, seeded
- ½ teaspoons of honey
- ¼ cup chopped green onion
- ½ cup olive oil
- 2 tablespoons of chopped parsley
- ¼ cup feta cheese
- 2 tablespoons of olive oil
- ½ cup dry white wine
- 1 tablespoon of minced garlic
- 1 tablespoon of capers

Directions:

- Drizzle tomatoes with honey; set aside.
- Heat olive oil in the pan. Add onion garlic and parsley and heat through.
- Add wine. Cook and stir until liquid is slightly reduced, add tomatoes and heat through.
- Add all remaining ingredients EXCEPT feta cheese. Heat, stirring gently.
- Add grilled scallops and feta cheese. Toss together and serve.

Wine Pairing:

*Consider a nice Chardonnay with this meal
- white wines go well with cooked scallops.*

GRILLED CSS SCALLOPS

Ingredients:

- ½ cup of olive oil
- CSS scallops
- 1 tablespoon of Spanish paprika

Directions:

- Preheat grill to a medium heat.
- In a deep plate mix the paprika and olive oil.
- Drag the scallops through the oil mixture and place on the grill.
- Cook on both sides for 2 1/2 minutes. Remove and add to sauce.

PAN FRIED CSS COD

WITH A SWEET FLORIDA SAUCE



Personal Review:

In putting this recipe together, we tested the end result out on friends and family. One particularly excited diner said, "I've always eaten cod because I know it's good for me. I had no idea it could also taste so good!"

INGREDIENTS

- 2 fillets of CSS Cod
- 2 teaspoons of sea salt
- ½ cup of Florida orange juice
- 3 tablespoons of olive oil
- 1 cup whole wheat flour
- 1 teaspoons of white pepper
- ¼ cup of Florida honey

DIRECTIONS

- In a small bowl mix the Florida orange juice and honey together and set to the side.
- On a 9-inch plate mix the salt, pepper and flour together and set to the side.
- Add olive oil to a 12- to 14-inch sauté pan. Cover the whole pan.
- Place the pan on medium heat and allow to sizzle before adding cod.
- Once the oil is hot, dredge both sides of the cod fillet in the seasoned flour.
- Place the cod in the hot pan and cook on medium heat for 3 minutes on each side.
- Remove both fillets and set to the side.
- Add orange juice and honey mixture to the pan.

SUN DRIED TOMATOES AND GOAT CHEESE
STUFFED FILET MIGNON



INGREDIENTS

- 2 of the best steaks that CSS has to offer
- 2 ounces of goat cheese
- 2 tablespoons of sun dried tomatoes
- ¼ cup of plain yogurt
- 1 teaspoon of capers
- 4 tablespoons of olive oil
- Salt and pepper to taste
- 1 wine cork

Did You Know:

Beside being one of the tastiest cuts of beef, Filet Mignon is also one of the lowest fat cuts of beef, with considerable nutritional value.

DIRECTIONS

- Cut a small pocket in the center of each filet, leaving about a ¼ inch around the outside. Put your finger in the pocket you made and move it around to make the hole larger. Mix the goat cheese, yogurt, sun dried tomatoes and the capers together. Take your fingers again and fill the pocket with mixture.
- Salt and pepper to taste.
- Place the steaks on a heavy broiling pan.
- Turn the oven on broil and let it pre-heat for about 3 minutes.
- Place the steaks in the broiler.
- Place the wine cork in between the oven door and the oven.
- This will make the broiler stay on and sear your steaks.
- Cook for 3 minutes.
- Flip and cook for 3 minutes more.



GRILLED SALMON

WITH A DILL HONEY MUSTARD GLAZE

INGREDIENTS

Dill Honey Mustard Glaze

- ¼ cup of plain yogurt
- 1 tablespoon of honey
- 1 teaspoon of lemon juice
- 1 tablespoon of Dijon mustard
- 1 teaspoon of fresh chopped dill

DIRECTIONS

- In a small bowl mix all ingredients together.
- Fire up the grill and cook on medium heat!
- On a 9-inch plate add 1 cup of olive oil and 1 tablespoon of paprika.
- Dreg the salmon thru the olive oil and paprika mixture.
- Place the salmon on the grill skin side up. (Note: The dark side with the bloodline showing.)
- Cook on medium heat for 3 minutes.
- Flip the fillets and baste them with the dill honey mustard sauce.
- Cook for 3 to 4 minutes longer, baste the fillets one more time and serve.

Health Check:

DHA, the omega-3 fatty acid found in salmon, has been shown in studies to improve the mental and visual development of infants. No wonder they call fish "brain food!"

PAN-FRIED LOBSTER

WITH BLACK BEANS AND CILANTRO-CHILE SALSA



THE SALSA

Ingredients:

- ¼ cup of olive oil
- 1 small red onion
- 2 garlic cloves
- Finely chopped salt
- 2 tablespoons of raspberry vinaigrette dressing
- 1/3 cup of chopped fresh cilantro
- 2 small green bell peppers, seeded and diced

Directions:

- Combine the dressing, oil, cilantro, Chiles, onions, garlic and bell pepper in a bowl and stir.
- Season the salsa to taste with sea salt, and set it aside at room temperature.

THE BLACK BEANS AND LOBSTER

Ingredients:

- One 15-ounce can black beans, drained and rinsed
- 4 tablespoons of extra-virgin olive oil
- 1 red bell pepper, seeded and diced
- ½ cup of dry white wine
- 2 CSS Lobster tails
- 3 tablespoons of olive oil
- 1 small red onion, diced
- 1 yellow bell pepper, seeded and diced
- 2 tablespoons of chopped parsley
- 2 cups of wheat flour
- 1 tablespoon of chopped garlic

Directions:

- Heat the 4 tablespoons of olive oil in a large sauté pan over medium heat.
- Add the red onions and sauté until soft.
- Add all bell peppers and garlic, and sauté for five minutes or until the bell peppers soften.
- Add the beans and wine and bring the wine to a gentle simmer.
- Cook for about 3 minutes or until the beans are heated and most of the wine has reduced.
- Stir in the parsley and season with sea salt and pepper.
- Place thawed lobster on a cutting board belly side down and cut both the lobsters in half.
- Pull the lobster meat out of the shells.
- Place them on a medium sauté pan with medium heat and add 3 tablespoons of olive oil.
- Dreg the lobster meat through the wheat flour.
- Add to sauté pan and cook for 3 minutes on each side.
- Spoon the beans on to the center of 2 plates.
- Add two pieces of lobster to each plate.
- Spoon some salsa over the beans and lobster and serve.



CALL A CAB

FLAT IRON STEAK

INGREDIENTS

Call A Cab:

- 2 tablespoons of olive oil
- 1 teaspoon of coarsely cracked black peppercorn
- 2 CSS flat iron steaks
- 1 teaspoon of sea salt
- 1 1/2 cup of cabernet sauvignon
- 2 tablespoons of honey

Interesting Fact:

The Flat Iron Steak was developed by teams at the University of Nebraska and the University of Florida, trying to figure out what to do with a waste cut of beef from the shoulder of the cow.

DIRECTIONS

- Mix the salt and pepper together.
- Press each side of the flat iron steak into the salt and pepper mixture.
- Set to the side.
- Heat a 12- to 14-inch pan medium to high heat.
- Add and heat olive oil to cover the bottom of the pan.
- Place the steaks in the hot pan and cook for 3 minutes on both sides.
- Remove the steaks and set to the side.
- Add the “cab” to the hot pan and stir in the honey.
- Place the steaks back in the pan and flip the steaks to coat both sides.
- Plate the steaks and divide the sauce over both steaks.