



Surf and Surf! Depending on whether you serve appetizers and/or a salad, this will feed two to four people. I made this with fresh Cobia...mm-mm-good!



Ingredient List:

- 1 Dozen extra large/jumbo shrimp (fresh local caught is best...avoid farm raised Asian prawns or frozen raw shrimp)
- 8 ounce filet of fresh caught Gulf fish, like Grouper, Cobia, or Mahi-mahi
- 1 Bottle of Pick-A-Peppa Jamaican seasoning sauce
- 1 Large Vidalia or sweet Hawaiian onion
- 1 bunch of Broccoli (fresh)
- 1 loaf of Portuguese Sweet Bread (pre-baked...you have to finish it at home)
- Package of long bamboo skewers
- Jar of brown mustard
- Powdered garlic
- Low sodium season salt
- Pepper (as in fresh cracked pepper)
- Italian herb blend (I use Gourmet Garden brand...it comes in a 4 oz tube and must be refrigerated)

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Red wine vinegar

Honey (I like Orange Blossom or Tupelo Clover brands, but Aunt Sue or the Bear will do...locally produced and fresh is best if you can find it)

Kreta Reserve olive oil

Wine: Rothschild's Mouton Cadet Blanc (France), 2007 Bordeaux Appellation (40% Sauvignon Blanc, 50% Semillion, 10% Muscadelle); winery details at www.bpdr.com; recommended internet retailer is www.wines.com (ask for Buckley and tell him you know me...especially if your local wine source thinks MadDog 2020 is good with everything.)

Preparation Instructions:

- 1) Soak the skewers. Take 8 bamboo skewers (6 primary and 2 spares) and place them in water to soak while you do the following food prep actions. Prep your grill in accordance with the normal time it takes to do that for your grill.
- 2) Clean the shrimp. Remove heads, peel, and de-vein 1 dozen large/jumbo Gulf shrimp. Rinse and drain the shrimp to ensure no wayward shells are left.
- 3) Season the shrimp. Add two to three tablespoons of Pick-a-Peppa Jamaican sauce/seasoning to a bowl (depends on shrimp size), then add the shrimp. Mix the sauce and shrimp together until thoroughly shrimp are completely coated. Cover with plastic wrap and set aside for 20 minutes in the fridge to marinate.
- 4) Clean and prep the fish. While the shrimp are marinating, clean and rinse an 8 ounce filet of fish, like Cobia, Grouper, or Mahi, then insert two bamboo skewers long-ways through fish filet. Try to guide the skewers through the middle of each half. After the fish is cooked, it will be cut down the middle long-ways and the skewers will hold the fish portion together for easy plating. Set the fish on a piece of aluminum foil or sheet pan, cover, and place in fridge for now.
- 5) Make a mustard sauce. In a small jar or mixing bowl, place 2 teaspoons of red wine vinegar, 1/2 teaspoon of garlic powder, 1 teaspoon of Italian herb blend, 1 teaspoon of honey. Mix until honey is dissolved. Add another 2 teaspoons of vinegar if you need an extra zing to the sauce. Add a tablespoon of brown mustard. Mix until the consistency is smooth and not too fluid (it should pour slowly like a salad dressing). Add a tablespoon of Kreta Reserve olive oil. Mix until the oil is emulsified with the mustard. Once that oil has been mixed and the sauce is smooth, add one more teaspoon of Kreta Reserve olive oil and repeat. The mustard sauce should be a smooth mixture with no streaks of oil floating to the surface. You can do this with a mini-whisk in a small bowl, or use a small jar with a lid and shake the ingredients into submission. Personally, I like the jar method...I use a recycled glass jar that contained sliced mushrooms in its previous life...the lid doesn't leak and it seems to be the right size for shaking with one hand or two. Once complete, set aside, but do not refrigerate unless you are making this well in advance of use. If you are making this in advance, you must refrigerate the mustard sauce to store it. When you are ready to use it, let the mustard sauce warm up to room temp as it makes it easier to spread onto the fish.
- 6) Clean and rinse the Broccoli. Cut florets from the bunch to create stalks about 3" - 5" long. The center (last floret) will be only 2"-3" in length, but will have a large crown to make up for that short length. Fill a bowl with warm water and add a tablespoon of salt, stir until dissolved. Add the Broccoli and submerge the stalks into the salty water. This will create a nice, bright green color in the cooked Broccoli. Remove the Broccoli and let the salty water drip off the stalks, shaking gently. Place the stalks into a sauté pan. Drizzle some Kreta Reserve olive oil onto each of the florets. Add some fresh cracked pepper to suit your taste. Sprinkle with some low sodium season

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salt to suit your taste. Add two tablespoons of water to the bottom of the sauté pan. Cover and hold this for for cooking until the last 8 minutes of food prep.

- 7) Prep the bread. Place the Portuguese Sweet Bread on a baking sheet and pre-heat the oven in accordance with the directions on the bread bag label (the bread will be in the oven for 12-14 minutes..it is during this time that you will be cooking the fish, shrimp, onions, and Broccoli). Drizzle some Kreta Reserve olive oil on the bread. Take a basting brush and spread the oil over the top of the bread to create a shiny surface covering (as best you can) the nooks and crannies in addition to the smoother surface.
- 8) Prep the onion. Cut two slices about 1/4 inch thick from the center of the sweet onion. Remove the outer dry peel, rinse off, pat dry on a paper towel, then place on a flat surface (pan or plate). Drizzle a liberal amount of Kreta Reserve olive oil onto the onion. Move it around (but don't flip it) to allow the oil to get under-through the onion slice. Apply cracked pepper to the upper surface and surrounding surface of the pan or plate (when the onion is grilled, this extra pepper will be placed on the bottom of the onion after it is flipped). With a fork, gently press the pepper into the onion surface to help it adhere during grilling. Finally, put a splash of the Pick-A-Peppa sauce on each onion slice.
- 9) Final prep of the fish. Place the fish on a piece of aluminum foil. Spoon the mustard sauce onto the fish. Use the spoon to smear the sauce over the surface of the fish (note: if you made extra sauce, do not put the fish spoon back into the jar as this will contaminate the remaining sauce). Turn the fish over and repeat, then flip the fish back over to ensure the entire filet is coated with the mustard sauce. The skewers make flipping the fish for application of the mustard sauce a very easy task. The reason for the aluminum foil is to keep the shrimp from contacting the fish in case someone has a shrimp allergy. It also keeps the two sauces from mixing if you are using one pan for transporting everything to the grill (not that its a big deal, but some people think it is).
- 10) Final prep for the shrimp. The shrimp will be tightly skewered in a Yin-Yang fashion. Two shrimp, followed by two shrimp, followed by two shrimp with each shrimp being pierced through the tails, then the tops. For example, with one shrimp below the skewer, pierce the tail. Then take the second shrimp and pierce its tail. Next, pierce the top of the first shrimp, then (curling the second shrimp around the top of the first shrimp that is now skewered in two places) pierce the second shrimp...violá! Yin-Yang skewered shrimp! Now slide these two shrimp down the skewer out of your way. Repeat this until 6 shrimp (3 sets of two Yin-Yang shrimp) are on the skewer. Once all 6 shrimp are mounted, slide the three sets together in the middle of the skewer until they form one long section of unbroken shrimp meat. This bunching allows the interior shrimp meat to cook slowly while the exterior surfaces get a nice grilled flavor and surface texture (it also means that it is harder to overcook the shrimp). Place the shrimp skewers on a sheet pan and pour the remaining marinade onto the shrimp. Drizzle (liberally) some Kreta Reserve olive oil onto the shrimp skewers.

Cooking and Plating Instructions:

By now, the oven should be pre-heated and your grill should be ready to cook.

- 1) Place the Portuguese Sweet Bread into the oven for 12-14 minutes (or as indicated by the directions on the bag).
- 2) Place the shrimp, fish, and onions on the grill over a medium-low heat. Check for flares, then cover. Let cook for 3 minutes and monitor for flares until you turn the

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shrimp. The fish will take longer depending on the thickness of your filet and the kind of fish you are using.

- 3) Return to the kitchen and bring the Broccoli pan to a boil then reduce to a low simmer. Cover and let cook for 7-8 minutes or until crunchy-tender to taste.
- 4) Return to the grill, turn the shrimp skewers. Drain the extra sauce and oil from the transport pan/plate onto the cooked side of the shrimp skewers being careful with flares. Adjust the heat as necessary.
- 5) Check the fish. If you use the skewers to help turn the fish, remember to be gentle or the fish will break apart. I use a large grill spatula to gently loosen the fish from the grill grate and turn it over. If the fish is starting to look firm and white, it is ready to turn. After you turn the fish, it will take about 3-5 minutes to finish cooking depending on the thickness of your filet and the kind of fish you are using. If you drizzle any oil onto the freshly cooked side of the fish, do not let the oil flare the fire.
- 6) Check the onions. These should be turning translucent on the outer rings by now. Using the grill spatula, flip the onion slice carefully to keep the slice intact. Drain the remaining oil and pepper from the transport pan onto the cooked surface of the onions. Be careful of oil flares. The cooked surface should have grill marks on it and not appear to be raw. If it looks like it is raw, the heat is too low and/or you flipped them too soon. Adjust your heat and timing accordingly. You can always add a metal lid/cover over the onions to trap the smoke and heat to help cook the slices if the heat is too low and can't be adjusted.
- 7) At this point you should be approaching the 8 minute mark for the Broccoli and the grilled items should be ready. Remove the shrimp first. Do a last minute check on the fish, adjusting the heat as needed for a final minute of grilling. Check the onion slices. These should be nearing a point of falling apart. Do not flip these now or they will fall apart! Remove the onions from the grill. Check the fish one last time and remove it from the grill. Bring all the grilled items to the kitchen for plating.
- 8) Turn off the Broccoli and remove the cover from the pan. The bread should be close to completion at this point. Remove from the oven and cut four slices about one inch thick (each) from the center of the loaf. Place these on the plates in "V" formation. Remove the shrimp from the skewers and place on the bread slices or on just one (your preference). Take the fish and cut in half lengthwise creating a skewered fish serving. Place this cut-side up by leaning it up against the bread slice. Take a lemon wedge and squeeze juice along the cut-edge surface, then drizzle with Kreta Reserve olive oil.
- 9) Remove the broccoli and plate the stalks in a campfire style (stalks to the center, florets to the outside). Finally, take the grilled onion slice and carefully place this over the Broccoli. Depending on your Broccoli crispiness and campfire style elevation, you can create a volcano effect or a simple look of a flat, white and green vegetable presentation.
- 10) Serve with a white wine with a bit of a fruity bouquet. (see ingredient list above)

Depending on whether you served appetizers and/or a salad, this will feed two-four people. Enjoy!

NOTE: All grills are different and heat levels vary. The times and heat levels noted above are for my gas grill which uses infravection burners (very efficient). If this is your first time grilling fish, STOP! You should practice with a fish that is not very expensive, like Tilapia or Salmon, and cook the fish in a basket that will make it easy to flip and remove from (or return to) the heat when you need to do so. Grilling fish requires some practice to get right, so please do yourself a favor and don't use expensive fish, like Cobia or Grouper, as your rookie grilling experience.