

Spicy Pan-fried Snapper

Serves 2

Ingredients

- 2 fillets of snapper, cod or halibut, about 6 -7 oz each, bones and skin removed
- 2 tsp freshly ground cumin
- 2 tsp freshly ground coriander
- 2 tsp chili powder*
- 2 tsp smoked paprika (mild)
- 1 tsp kosher salt
- 1/2 tsp sugar
- 1 -2 Tbsp vegetable oil
- fresh lemon slices

*not to be confused with ground chilli peppers

Cooking Instructions

Bring the fish to room temperature and blot any moisture with a paper towel. In a small bowl, combine the spices, sugar and salt.

Place the fish on a sheet of parchment or waxed paper and scatter half the spice mixture over the fillets. Turn the fish over and sprinkle the remaining spice mixture over the fillets.

Heat the oil in a medium non-stick skillet. When the oil starts to shimmer, add the spiced fish, being mindful not to crowd the pan. Cook just until the edge of the fish starts to brown, about three to four minutes, depending on the size of your fish. Turn over and cook until almost done, about 2-3 minutes, depending on the thickness. Remove from the heat and cover loosely with foil. (The residual heat will continue to cook the fish.)

When ready to serve, pour the pan juices over the fish and serve with fresh lemon wedges.

Stuffed Tomatoes

Makes 8

Ingredients

- 8 medium tomatoes
- 2 Tbsp vegetable oil
- 2 medium onions, minced
- 4 cloves garlic, finely minced
- 1 1/2 tsp sweet smoked paprika
- 4 cups finely chopped kale
- 1 cup marinated artichoke hearts, finely chopped, tough leaves discarded
- 1 cup cooked brown rice, spelt, farro, or groats
- 8 Kalamata olives, pitted and roughly chopped
- 2 anchovies, optional, finely minced
- 1 tsp hot sauce (such as Sriracha)
- 1/2 tsp kosher salt
- 1 Tbsp white wine vinegar
- 1/2 cup toasted walnuts, roughly chopped
- 1/4 cup goat cheese

Special Equipment

- A deep ovenproof dish large enough to hold the stuffed tomatoes.

Cooking Instructions

Preheat oven to 375°F.

Tomatoes – Slice the tops off the tomatoes and reserve them. Carefully remove and reserve the flesh and seeds, being mindful not to damage the tomatoes. Slice just enough from the base of each tomato to keep it upright.

Filling – Heat the oil in a large pan and fry the onions over medium heat until golden, stirring occasionally, to prevent burning. Add the garlic and stir continuously for half a minute, or until the

garlic is aromatic. Add the reserved chopped tomato and smoked paprika. Cook until the tomatoes have reduced and no liquid remains.

Add half the kale and cook until reduced, then add the balance, stirring occasionally to prevent burning. When all the kale has reduced, add the remaining ingredients except for the cheese. Mix well to combine. Taste the filling and season with additional vinegar or salt, if desired.

Using a small spoon, carefully stuff the tomatoes with the filling, being careful not to damage them. Top each tomato with a bit of goat cheese and cover with the reserved tomato tops. Transfer to an ovenproof container and cover loosely with foil.

Bake for 20-25 minutes until the tomatoes are soft, but still hold their shape. Remove the foil the last 5 minutes of cooking.

Serve warm or at room temperature.

Grilled Corn

Serves 4 to 6

Ingredients

- 4 - 6 cobs of corn, husks intact

Cooking Instructions

Preheat a BBQ to medium-high. Place the cobs directly on the grill, with husks intact, placed with enough space between them for air to circulate. Close the lid and set the temperature gauge, if your grill has one, to 400°F - 425°F (220°C).

Grill the corn until tender, about 25 - 30 minutes, rotating the cobs every 7 - 8 minutes. The husks should become charred but not completely burned. Test one cob after 25 minutes by peeling back the husk and sampling the kernels. They should be tender and hot.

When cool enough to handle, remove the husks. Serve warm with butter and salt.