



Marinated Grilled Shrimp

SERVES 3 as an entrée,
8 as an accompaniment

INGREDIENTS

1 lb. Lg. shrimp peeled and deveined.
(Leave tail on for presentation)

4 Tb. olive oil

1 ½ Tb. honey

1 ½ Tb. soy sauce

1 tsp. lemon zest

2 tsp. chopped parsley

2 tsp. chopped fresh thyme leaves.

½ tsp. salt

¼ tsp. ground black pepper

1 tsp. minced garlic

PREPARATION

1. Place the olive oil, honey, soy sauce, lemon zest, parsley, thyme, garlic, salt and pepper in a bowl. Whisk it all together.
2. Add in the shrimp and toss to evenly coat.
3. Place the shrimp into a resealable freezer bag, squeeze out all the air, and seal. Refrigerate and let marinate for 1 hour up to 8 hours.
4. After the shrimp is marinated, you can broil, grill, or sauté the shrimp 2-3 minutes per side, depending on their size, or until they are cooked through.

Note: You can marinate the shrimp in this mixture for up to 8 hours. Because there is no citrus juice in the recipe, only lemon zest, the shrimp will not cook while marinating.



SERVES APP. 8

INGREDIENTS

1 center cut sirloin roast about 3 lbs.

2 tb. olive oil

2 tsp. kosher salt

2 Tb. chopped fresh parsley.

2 Tb. chopped fresh thyme.

5 cloves of garlic, minced.

2 tsp. coarsely ground peppercorns

Herb and Garlic Rubbed Center Cut Sirloin

PREPARATION

1. Pre heat oven to 350 degrees
2. Rub the roast with the olive oil. Combine all the rest of the ingredients together and rub all around the roast evenly, pressing to adhere.
3. Pan sear or char grill the roast on all sides to brown.
4. Place the roast in a roasting pan on a wire rack and cook for 30-45 minutes to 1 hour in the oven.
5. Using a meat thermometer cook beef until 125 degrees for rare, 135 for medium rare, 145 for medium.
6. Transfer roast to a platter and allow it to rest for 20-30 minutes. This allows for the juices to redistribute in the roast and won't all run out when you carve it.
7. Carve roast into thin slices across the grain and serve.

Seafood Bisque

SERVES 8-10

INGREDIENTS

½ cup finely chopped shallots
½ lb. butter
½ cup flour
1-quart water
1Tb. lobster base paste
1 Lb. chopped cooked lobster meat.
½ lb. uncooked scallops
½ lb. uncooked large shrimp (shelled and deveined and cut into ½ inch cubes)
1/3 lb. boneless skinless cod (whole)
1/3 lb. boneless skinless salmon (whole)
2/3 lb. cooked shelled crab meat
1 cup heavy cream
1 cup ½ and ½ cream
½ cup dry sherry
Salt and pepper to taste

PREPARATION

1. Sauté minced shallots in butter until clear and soft.
2. Add flour and stir with a whisk for 5 minutes on low heat. Do not let the mixture brown. Set it aside.
3. Bring the water to a boil and add the lobster base, shrimp, scallops, whole pieces of cod, and salmon. Return to a boil and lower heat to a simmer and cook for 5 minutes. Strain the stock and reserve the liquid.
4. Place the stock onto medium heat and stir in the shallot mixture. Add the heavy cream and ½ and ½ cream to the stock bring to a simmer on low heat and cook until thickened, about 5 – 10 minutes or so.
5. Break up the salmon and cod then add all the seafood back into the soup pot.
6. Add the sherry and heat through for another 3-5 minutes.



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