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Surf and surf: A Great Combination

Grilling is a great way to enjoy our beautiful summer evenings. For variety, why not try seafood on the grill? It's healthy, and a nice change of pace from beef and chicken. Here are two great seafood recipes that are chock-full of flavour!

Halibut is a nice neutral-tasting fish that is perfect for marinating. This recipe uses a sweet, spicy, fruity flavour that's found in Spanish, Latin American, and Filipino cuisines -- adobo sauce is a marinade that was originally meant to help preserve meats and fish, with the added bonus of being delicious.

To accompany the fish, put together some skewers of scallops. Grilling is great for scallops because it's quick - just a couple minutes both sides. The sauce to go with these tender mollusks is a tequila tomato sauce; a nice complement to the halibut.

Halibut and scallops are great choices nutritionally and environmentally, too. You can easily find sources for both Pacific and Atlantic halibut, and the majority of scallops, that are sustainable.

HALIBUT MEXICANA

1 red bell pepper, cut into chunks
2 canned chipotle peppers in adobo sauce plus 2 tbsp (25 mL) adobo sauce
2 tbsp (25 mL) fresh lime or lemon juice
1 tbsp (15 mL) olive oil
2 cloves garlic, peeled
1 tsp (5 mL) oregano, crumbled
1/4 tsp (1 mL) salt
4 small or 2 large halibut steaks

To prepare marinade, combine all ingredients except halibut in a blender. Process until pureed. Reserve half of marinade to serve with halibut; set aside. Pour remaining marinade into a heavy zip-lock plastic bag. Add halibut and squeeze bag to coat halibut with marinade; seal bag. Let stand 30 minutes. Remove halibut from marinade; discard marinade. Grill halibut on an oiled grid over medium heat on natural gas barbecue for 10 - 12 minutes per inch (2.5 cm) of thickness or until fish flakes easily with a fork. Serve with reserved marinade. Serves 4.

GRILLED SCALLOPS WITH TEQUILA TOMATO SAUCE

2 Roma tomatoes, halved lengthwise
1 tsp extra-virgin olive oil
1/2 tsp chopped fresh thyme
1/2 tsp extra-virgin olive oil
1/4 cup chopped shallots
1/2 cup tequila
1 tbs fresh lime juice
1 1/2 tsp chopped fresh basil
1 tsp liquid honey
1/4 tsp salt
Pinch cayenne pepper
1 lb (0.5 kg) frozen large scallops, thawed and rinsed
2 tsp extra-virgin olive oil
1/2 tsp salt
1/4 tsp freshly ground pepper

1. To prepare sauce, combine tomatoes, 1 tsp oil and thyme in a bowl.
2. Place tomatoes on barbecue grid on natural gas barbecue and grill over medium-high heat until tomatoes are grill-marked, about 1 - 2 minutes per side. Remove from heat and set aside.
3. Heat 1/2 tsp oil in a small non-reactive frypan over medium-high heat. Add shallots and sauté for 2 minutes.
4. Add tequila and lime juice to shallots; cook, stirring, until liquid is reduced by half, about 1 - 2 minutes. Remove from heat.
5. Transfer shallot mixture to a blender. Add tomatoes, basil, honey, 1/4 tsp salt and cayenne pepper; purée until smooth.
6. Transfer puréed mixture to a small non-reactive saucepan. Bring to a boil over medium heat.
7. Reduce heat and simmer, uncovered, stirring occasionally, until slightly thickened, about 3 - 4 minutes. Remove from heat and set aside.
8. Combine scallops, 2 tsp oil, 1/2 tsp salt and pepper in a bowl.
9. Place scallops on a grill topper and grill over medium heat until scallops are opaque, about 3 - 4 minutes per side. Do not overcook.
10. Serve scallops with sauce. Serves 6 as a starter.