



Shrimp Quesadillas

½ lb. cooked shrimp, chopped
2 cups shredded Pepper Jack cheese
1/3 cup fresh cilantro
1 tsp chili powder
8 (8") flour tortillas



In bowl, toss cheese cilantro and chili powder.

Scatter 1/2 pound chopped shrimp over 4 (8-inch) flour tortillas.

Top with cheese and 4 more tortillas.

Cook in hot, nonstick 12-inch skillet over medium-high heat until golden on both sides, 3 minutes.



Zesty Lime Shrimp and Avocado Salad

1 lb jumbo cooked shrimp, peeled and deveined,
& chopped*

1 medium tomato, diced

1 avocado, diced

1 jalapeno, seeds removed, diced fine

1/4 cup chopped red onion

2 limes, juice of

1 tsp olive oil

1 TBS chopped cilantro

Salt and fresh pepper to taste



In a small bowl combine red onion, lime juice, olive oil, pinch of salt and pepper. Let them marinate at least 5 minutes to mellow the flavor of the onion.

In a large bowl combine chopped shrimp, avocado, tomato, jalapeño.

Combine all the ingredients together, add cilantro and gently toss. Adjust salt and pepper to taste.

**Weight after shrimp has been peeled.*



Baked Coconut Shrimp

1 1/2 pounds unpeeled, large raw shrimp
(21/25 count)
Vegetable cooking spray
2 egg whites
1/4 cup cornstarch
1 tablespoon Caribbean jerk seasoning
1 cup sweetened flaked coconut
1 cup Japanese breadcrumbs (panko)
1 teaspoon paprika



Preheat oven to 425°. Peel shrimp, leaving tails on; devein shrimp, if desired.

Place a wire rack coated with cooking spray in a 15- x 10-inch jelly-roll pan.

Whisk egg whites in a bowl just until foamy.

Stir together cornstarch and Caribbean jerk seasoning in a shallow dish.

Stir together coconut, breadcrumbs, and paprika in another shallow dish.

Dredge shrimp, 1 at a time, in cornstarch mixture; dip in egg whites, and dredge in coconut mixture, pressing gently with fingers. Lightly coat shrimp with cooking spray; arrange shrimp on wire rack.

Bake at 425° for 10 to 12 minutes or just until shrimp turn pink, turning after 8 minutes.



Marinated Shrimp Kabobs

1/2 cup (1 stick) butter, melted

1/4 cup olive oil

1/4 cup minced fresh herbs (parsley, thyme and cilantro)

3 tablespoons fresh lemon juice

3 large garlic cloves, crushed

1 tablespoon minced shallot

salt and pepper, freshly ground

1 1/2 pounds large to x-large-shrimp, peeled
with tails in tact, and deveined

Spinach leaves

Lemon slices

Skewers



Combine first 8 ingredients in large bowl. Mix in shrimp. Marinate at room temperature 1 hour or in the refrigerator 5 hours, stirring occasionally.

Prepare barbecue with medium hot coals.

Thread shrimp on narrow skewers.

Grill until just opaque, about 2 minutes per side. Line platter with spinach. Arrange skewers on platter. Garnish with lemon and serve.



Grilled Stuffed Salmon

**Make sure that your cooking grates is well oiled and that you grill the salmon using indirect heat.

2 pounds salmon fillets, cut into 4 equal pieces
2 lemons
1 cup black olives, minced or chopped
1/2 cup Parmesan cheese
1/4 cup fresh dill
1/4 cup fresh parsley
1/4 cup fresh basil



Preheat grill and prepare for indirect grilling.

Zest and juice lemons. Combine with other ingredients (except salmon).

Divide mixture into four equal portions and place in the center of each of the four pieces of salmon.

Fold corners of the salmon fillets toward the center making a pocket around the stuffing and secure with toothpicks.

Place stuffed salmon fillets on medium hot grill with well-oiled grates.

Close lid and grill until salmon has cooked through (about 20 minutes).

The salmon should be opaque in color or not shiny all the way through. Stuffing should appear browned and the cheese completely melted.



Broiled Salmon with Herb Mustard Glaze

2 garlic cloves
3/4 teaspoon finely chopped fresh rosemary leaves
3/4 teaspoon finely chopped fresh thyme leaves
1 tablespoon dry white wine
1 tablespoon extra-virgin olive oil
2 tablespoons Dijon mustard
2 tablespoons whole-grain mustard
Nonstick olive oil cooking spray
6 (6 to 8-ounce) salmon fillets
Salt and freshly ground black pepper
6 lemon wedges



In a mini food processor, combine garlic, rosemary, thyme, wine, oil, Dijon mustard, and 1 tablespoon of whole-grain mustard.

Grind the mustard sauce until combined, about 30 seconds. Transfer to a small bowl. Add remaining 1 tablespoon of whole-grain mustard to the sauce and stir to combine. Set aside mustard sauce.

Preheat the broiler. Line a heavy rimmed baking sheet with foil. Spray the foil with nonstick spray.

Arrange the salmon fillets on the baking sheet and sprinkle them with salt and pepper. Broil for 2 minutes. Spoon the mustard sauce over the fillets. Continue broiling until the fillets are just cooked through and golden brown, about 5 minutes longer.

Transfer the fillets to plates and serve with lemon wedges.



Grilled Prosciutto Wrapped Scallops

2 pounds large sea scallops
1/2 pound prosciutto, thinly sliced
1/2 cup butter, melted
toothpicks, soaked in water



Preheat grill for medium-high heat.

Wrap each scallop with a thin slice of prosciutto, and secure with a toothpick.

Lightly oil grill grate. Arrange scallops on the grill, and baste with butter.

Cook for 5 minutes, turn, and baste with butter. Cook for another 8 minutes, or until opaque.



Seared Sea Scallops

1/2 cup all-purpose flour
2 teaspoons seasoning salt
1/2 teaspoon dried oregano
1/2 teaspoon dried thyme
2 tablespoons lemon pepper
16 sea scallops, rinsed and drained
2 tablespoons olive oil
4 tablespoons chopped fresh parsley, divided
4 teaspoons lemon juice, divided



In a large bowl, mix together flour, salt, oregano, thyme and lemon pepper. Roll scallops in flour mixture until lightly coated on all sides.

Heat olive oil in a skillet or frying pan over high heat. Add 4 scallops to the pan and sear on all sides (about 2 minutes for each side).

After turning scallops, add 1 tablespoon parsley and 1 teaspoon lemon juice.

Remove scallops from pan and place on a plate in the oven to keep warm until ready to serve.

Repeat until remaining scallops are cooked, tossing each batch with parsley and lemon juice.



Garlic Butter Baked Crab Legs

2 lbs king crab legs (thawed)
1/2 cup butter (salted or unsalted)
1/2 head garlic, about 5 garlic cloves,
 minced pressed
1/2 lemon, juice of
1/2 lime, juice of
1/8 cup extra virgin olive oil
sea salt (optional)
dried parsley (optional)



Preheat your oven to 375 degrees.

In a small saucepan, melt the butter over medium-low heat. Add the garlic and lightly sauté. Squeeze in the juice of 1/2 lemon, squeeze the juice into your hands so that you can remove the seeds with ease. Turn the heat to low and let those flavors mesh until the oven is hot. Add salt to taste and a couple pinches of parsley. Then whisk in that olive oil with a fork. Turn off your burner.

Arrange crab legs in a 9x13 baking dish, brushing each leg with the sauce. (*TASTY TIP* Use an injector to for extra flavor.) Pour any remaining sauce over the crab legs, and put the pan into the oven on the center rack.

Bake crab legs for about 25 minutes, brushing the sauce from the bottom of the pan onto the legs every 5-7 minutes. Remove from oven. Sprinkle with a few pinches of parsley for garnish.



Grilled Crab Legs



½ cup olive

½ cup butter

½ cup minced garlic

4 pounds Snow Crab clusters, thawed if necessary

Preheat an outdoor grill for high heat. When hot, lightly oil grate.

Whisk together the olive oil, butter, and garlic; generously brush onto crab.

Cook crab on preheated grill, turning once, until the shell begins to brown, about 6 minutes.



Grilled Cod

- 2 (8 ounce) fillets cod, cut in half
- 1 tablespoon Cajun seasoning
- 1/2 teaspoon lemon pepper
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 tablespoons butter
- 1 lemon, juiced
- 2 tablespoons chopped green onion (white part only)



Preheat grill and lightly oil the grates.

Season both sides of cod with Cajun seasoning, lemon pepper, salt, and black pepper. Set fish aside on a plate. Heat butter in a small saucepan over medium heat, stir in lemon juice and green onion, and cook until onion is softened, about 3 minutes.

Place cod onto oiled grates and grill until fish is browned and flakes easily, about 3 minutes per side; baste with butter mixture frequently while grilling. Allow cod to rest off the heat for about 5 minutes before serving.



Crispy Baked Cod

2 TBS unsalted butter
1 clove garlic, minced
1/2 cup panko (or regular bread crumbs)
2 TBS fresh parsley, minced
1 tsp finely grated lemon zest
1 TBS Dijon mustard
1 TBS reduced fat mayonnaise
4 cod fillets (about 6 oz. each)
Salt
Preheat oven to 350°F.



In a small skillet over medium-low heat, melt butter. Add garlic and cook, stirring, until fragrant, 30 seconds. Add bread crumbs, stir to coat with butter, then cook, stirring frequently, until light golden brown, about 5 minutes. Remove from heat and stir in parsley and lemon zest. Let cool.

Combine mustard and mayonnaise in a small bowl.

Rinse fish and pat dry. Sprinkle each fillet lightly with salt, then place on a rimmed, foil-lined baking sheet and brush with mustard mixture. Press 1/4 of crumbs onto each fillet.

Transfer baking sheet to oven and bake until fish is no longer translucent (cut to test) and flakes easily, 10 to 15 minutes. If crumbs aren't sufficiently browned, broil fish 2 inches from heating element until crumbs are crisp and dark golden brown (watching carefully to prevent burning), 2 minutes longer. Serve immediately.



Boneless Rib Eye with Pan Smashed Potatoes

- 2 tablespoons chili powder
- 2 tablespoons cayenne powder
- 2 tablespoons garlic powder
- 2 tablespoons dried basil and oregano
- 1 (12-ounce) boneless rib-eye steak

Preheat a grill to high.



To Prepare Steak: Combined all dry rub ingredients in a deep bowl, take steak and dredge in mixture, making sure dry rub covers entire steak. Then put steak on a hot grill about 4 minutes a side until slightly charred, at this point the steak will be rare. Put in oven to cook to desired temperature: 10 minutes for medium rare, 20 minutes for medium and 25 minutes for medium well.

Pan Smashed Potatoes:

- 5 small Yukon gold potatoes
- 3 tablespoons unsalted butter
- Salt and freshly ground black pepper
- 1 tablespoon sour cream
- 1/3 cup chopped green onions
- 1/3 cup crispy cooked bacon

Wash the potatoes well, then cut in quarters, and drop in boiling water for 15 minutes or until fork tender. Drain potatoes well. In a saute pan melt the butter. When bubbling add the potatoes. Season with salt and pepper, to taste. Start smashing potatoes with a back of a fork until potatoes gather in the pan. Finish potatoes by topping them with sour cream, green onions and bacon.



Rib-Eye Steaks in Red-Wine Sauce

4 (1/2-inch-thick) boneless rib-eye steaks
2 tablespoons vegetable oil, divided
2 garlic cloves, finely chopped
3/4 cup dry red wine
1/4 cup water
1 1/2 teaspoons soy sauce
3 tablespoons unsalted butter, cut into 3 pieces
1 tablespoon chopped flat-leaf parsley



Pat steaks dry, then sprinkle with 3/4 teaspoon salt and 1/2 teaspoon pepper (total).

Heat 1 tablespoon oil in a 12-inch heavy skillet over high heat until it shimmers, then sauté steaks in 2 batches, turning once, about 4 minutes per batch for medium-rare. Transfer to a large plate and cover with foil.

Pour off fat from skillet, then sauté garlic in remaining tablespoon oil over medium-high heat until pale golden, about 30 seconds. Add wine and boil, stirring and scraping up brown bits, until reduced by half, 2 to 3 minutes. Add water, soy sauce, and any meat juices from plate and boil until reduced by half, 3 to 4 minutes.

Reduce heat to medium-low and whisk in butter, 1 piece at a time, until slightly thickened. Stir in parsley and pour sauce over steaks.