

One of the absolute fish favorites for Santa Barbara Fish Market owner Brian Colgate is the local red snapper. "It's one of my favorite to cook whole right on the grill. The flakey white meat is comparable to local halibut and sea bass, but some of the local fisherman argue that it has a lot more flavor." Colgate says that Pacific snapper is sustainably harvested most of the year by local fisherman except for a short closure in March and April. Summer is peak season and perfect for snapper BBQ parties, but it can also be served broiled, baked, steamed, poached, fried or chopped up for soup. The snapper at the market usually comes whole and ranges in size from one to four pounds. When planning for a party Colgate says to portion about a pound per person as a good rule of thumb.

Santa Barbara Fish Market is located 117 Harbor Way. 805-965-9564.

SNAPPER RECIPES

Here are two very easy and delicious ways to enjoy a fresh catch from SB Fish Market. Both recipes highlight local red snapper, but the final dishes are very different. If you are in a rush, go for the grilled version. If you are in the mood for something heartier and warming, try the stovetop poached version. I hope you enjoy!

SPICY COCONUT PAPAYA SNAPPER

I love Thai food. It's my go-to for a quick and healthy take out meal, packed with veggies and tons of flavor. This dish is inspired by pineapple curry, one of my favorite thai dishes. It's brothy, sweet, tangy, spicy and delicious.

Serves 2

Prep time: 10 mins

Cook time: 25 mins

- 2 6 oz red snapper fillets, cut into thirds
- 1 clove garlic
- 1 Tbsp apple cider vinegar
- 1 can light coconut milk
- 2 Tbsp red curry paste
- ¼ tsp crushed red pepper
- 1/8 tsp turmeric
- 1 TB coconut or olive oil
- 1 papaya, diced into small cubes
- 1 cup cooked edamame, shelled
- 1 cup quinoa (dry)
- Juice of 2 limes

Finely chop 1 clove garlic and add to large sauce pan. Add apple cider vinegar and cook on high heat for about a minute. Add coconut milk, curry paste, turmeric, crushed red pepper, papaya and mix well.

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HOME COOKING

Reduce heat to medium and allow to cook for about 10 minutes. Season the snapper with salt and pepper then add to broth. Cook for an additional 10 minutes. Do not let boil. Add in lime juice once fish is done cooking.

Coat small saucepan with a Tbsp of oil on high heat. Add in dry quinoa and stir so it evenly covers the pan as is coated with the oil. Let it toast for about 1 min. (TIP- this prevents the quinoa from becoming mushy and gives it a nice crunch and firm texture). Add in ½ cup coconut milk broth and bring to a boil. Reduce to a simmer and keep covered. Add in more broth as needed and stir gently, allowing the quinoa to soak up the liquid, but never getting to a soupy consistency. The end result should be slightly crunchy on the outside, but fully cooked through and tender on the inside. This will allow the quinoa to withstand the broth and not get lost in the dish, or become soggy or mushy. The quinoa is cooked in a similar style as risotto, and retains a nice firm texture. Instead of water, the coconut broth is used to deepen the flavor.

Add cooked quinoa to bowl, top with snapper and coconut broth. Finish with edamame.

The papaya will give the dish a velvety, buttery texture, plus adding sweetness and cutting through the spiciness and richness of coconut milk. Edamame brightens the dish and add a crisp and salty component. I add it in at the very end so it doesn't become

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James Stefiak

too soft and over-cooked. I like to finish off the dish with a healthy squeeze of siracha and add a sprinkle of red pepper flakes on top for extra heat!

Recipes by Joanna Krenich is a Chef, nutrition educator and food writer. www.joannakrenich.com

SNAPPER TACOS

Red Snapper Ingredients:

4 snapper fillets, 6 ounces each 2 tablespoons olive oil

Red Snapper Instructions: Brush the fish with olive oil, season with salt and pepper and grill on med. high for 2 minutes on each side. Remove and cover.

Coleslaw Ingredients:

1 cup mayonnaise
1 teaspoon (or more) black pepper
½ teaspoon celery salt
½ teaspoon dried mustard
3 tablespoons vinegar
1 head cabbage, medium sized
1 teaspoon salt

Coleslaw Instructions:

Whisk together mayonnaise, black pepper, celery salt, dried mustard and vinegar in a small bowl.

Grate the cabbage in a food processor. Place in a colander or sieve and sprinkle with the salt. Let it sit and drain for at least 20 minutes, then pat dry with paper towels.

Put the grated cabbage in a large bowl and stir in the sauce. Be careful not to over-sauce. Add more salt and black pepper if needed.

Pico de Gallo Ingredients:

3 red onions
12 Roma tomatoes
3 cups fresh cilantro leaves
2 jalapenos
2 lime
Salt to taste

Pico de Gallo Instructions:

Dice onion and tomato. Roughly chop the cilantro. Slice jalapenos in half - with a spoon, scrape out the seeds. (If you like things spicy, leave in some of the white membranes.) Dice the jalape-

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nos very finely. Combine first four ingredients into a bowl. Squeeze the juice from limes into bowl. Sprinkle with salt, and stir together until combined. Be sure to taste and adjust the seasonings, adding salt or more diced jalapeno if needed. Once everything is prepared you can build your taco with as little or as much of each component as desired.

Additional Ingredients:

- Flour tortillas, warmed
- Chips for extra pico de gallo
- Hot Sauce (optional)

Recipe by James Stefiuk www.carolinafoodphotography.com

TROPICAL GRILLED SNAPPER

Nothing's easier to cook or clean up then a meal on the grill. Just a few simple ingredients go a long way when you start with a quality piece of fish. A fresh fish should have a clean, ocean smell, and not a pungent, "fishy" smell. Add some bright citrus, your favorites veggies and a crisp salad, and you have a perfect meal in a matter of minutes!

Serves 2

Prep time: 15 mins

Cook time: 5-15 mins

- Juice of ½ orange
- Juice of 1 lime
- ½ papaya, diced into small cubes
- Salt and pepper to taste
- Assorted veggies
- 1 Tbsp olive oil

Place each fillet on large sheet of foil, add a drizzle of olive oil, lime and orange juice, salt and pepper. Add diced papaya and press foil firmly closed into a packet and place on grill on medium heat for about 10 minutes. Fish will be flaky and white (no longer translucent) when ready. Add salt and pepper if needed and another squeeze of fresh lime juice.

Some great veggies to go along with this on the side: snow peas or snap peas, yellow squash and sweet potatoes (cut into small cubes for shorter cook time). Just take your favorite veggies and wrap in foil with a drizzle of olive oil, squeeze of lemon and salt and pepper. Let sit on grill on low heat for 5-15 minutes, depending on how cooked you like your veggies. Serve along side fish.

Salad:

- 1 head butter lettuce
- 2 thinly sliced small radishes
- ½ orange, segmented
- 1 medium avocado

Dressing:

Juice of ½ lemon
1 tsp apple cider vinegar
Salt and pepper to taste

Coarsely chop or tear large pieces lettuce and place in bowl. Gently toss in radish and orange segments. Mix lemon juice, apple cider vinegar and salt and pepper in small bowl. Drizzle over salad and top with sliced avocado.

COOKIE'S SNAPPER AIOLI

1-Cup Mayonnaise
3 teaspoons of Coleman's Dry Mustard
2 teaspoons Worcestershire Sauce
1 teaspoon A-1 Steak Sauce
1/8 cup of Half and Half
Salt to taste

Whip Mayonnaise and Dry Mustard for two minutes. Add Worcestershire and A-1 sauce, mix thoroughly then add half and half and salt. Continue to mix until well blended. Chill overnight for best results.

Works great as a condiment to the Snapper Tacos or as a marinade before grilling.

The Spicy Version

Prepare Crab Aioli as above, adding ½ of a medium sized finely chopped jalapeno with the salt and cream.

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Recipes by Janice "Cookie" Newton.

Party Favorite:**BACON & GOAT CHEESE
STUFFED MUSHROOMS**

65 pieces

2 1/2 lb medium sized mushrooms
1 lb bacon, crisped and crumbled
1/2 lb soft goat cheese (room temperature)
2 bunches of fresh chives (reserve a fat pinch of them for garnish)
1/2 lb cream cheese (room temperature)
shot Worcestershire sauce
pinch cayenne pepper

Wipe mushrooms clean and pop off the stems. Gently blend all of the ingredients. Fill mushroom caps with a small scoop each, it's ok to heap the filling, it won't melt out. Put them on a rimmed sheet pan. You can hold them here at this point one or two days refrigerated & bake them later if you want.

When needed, bake them at 350 degrees uncovered with a couple spoons of water in the pan to keep them moist during cooking until the cheese is colored just a bit, about 15 minutes.