



Fish-Guys TV

Recipe Title: Herb Crusted Grouper

Recipe Author: Chef Luigi Maestri-Executive Chef-Pilot House Restaurant

Ingredients:

16 ounces Fresh Black Grouper or Fish of your Choice
4 Piece Texas Toast
2 oz Fresh Thyme
2oz Fresh Rosemary
2 oz Parsley
Salt and Pepper to Taste
2 oz Olive Oil
6 oz Quinoa Mediterranean Salad (recipe to follow)
4 oz Lemon Olive Oil Dressing (recipe to follow)

Yield: 2 Servings

Prep Time: 15 Minutes

Cook Time: 20 Minutes

Ease of Preparation: Moderate

Place Texas toast in toaster until crispy. In a blender combine Texas toast, rosemary, thyme, parsley, salt and pepper and blend until smooth. Gently coat grouper with blended toast and herb mixture. Pre heat a large sauté pan with olive oil to medium heat and place grouper with coating into pan. Sautee both sides of grouper until golden brown and place grouper on baking sheet into pre-heated oven at 350 degrees for 5 minutes or until done depending on thickness of fish. Plate fish over Quinoa Mediterranean salad, drizzle with dressing and serve.

Quinoa Mediterranean Salad

4 oz Cooked Quinoa
1/4 Onion
1/2 Green Bell Pepper
4 oz Kalamata Olives
2 Tomatoes
1 Cucumber
2 oz Feta Cheese
4oz Mixed Greens
Slice and toss ingredients into mixing bowl.

Lemon Olive Oil

4 oz Extra Virgin Olive Oil
1 Lemon
Salt and Pepper to Taste
Squeeze Lemon into Olive Oil and add Salt and Pepper to Taste