



## Rolled Fish Tacos with Sweet Red Pepper Salsa

By: Renee Shepherd of Renee's Garden

Serves 4

*A southern California tradition, these tacos are fun to eat, hearty, healthy and totally delicious. Chicken can be used instead of fish if desired. Easy party food made on the BBQ and served on a big platter.*

### *Ingredients:*

- 2 large bell peppers
- 4 soft flour tortillas (about 10 inches in diameter)
- 1 lb. (4 slices) firm-fleshed mild fish fillets (red snapper is a good choice)
- Salt and freshly ground pepper
- 1 tablespoon olive oil
- 1 ½ cups chopped fresh cilantro
- 1 lime, cut into thick wedges
- ¼ cup chopped scallion

### Salsa:

- 2 tablespoons olive oil
- 2 cloves garlic, minced
- ½ cup chopped onion
- 1 tablespoon grated fresh ginger
- 1 hot red chile pepper, seeded and chopped
- ½ teaspoon cumin seeds
- 1 tablespoon chopped fresh oregano
- 1 cup chicken broth
- 1 tablespoon freshly squeezed lime juice

*Directions:*

1. Prepare the bell peppers by roasting whole under the broiler or on the grill, turning frequently, until charred on all sides.
2. Transfer to a paper bag to cool for 10 minutes.
3. With your fingertips, peel the charred skin off the peppers (under running water if you wish).
4. Slit peeled peppers open carefully and remove the seeds.
5. Pat dry and coarsely chop.

Salsa:

1. In a medium saucepan, heat 2 tablespoons of oil.
2. Add the garlic, onion, ginger, red chile pepper and cumin.
3. Sauté until softened.
4. Add the chopped roasted bell peppers, Oregano and chicken broth.
5. Bring to a boil, then cook, covered, over moderate heat for 10-12 minutes, until peppers are tender.
6. Cool slightly and puree in a blender or food processor.
7. Return the salsa to pan and add the fresh lime juice.
8. Heat for another minute or two, until the sauce is slightly thickened.

Fish:

1. Preheat the oven to 350°F
2. Wrap the tortillas in foil and heat for 8-10 minutes in the oven or on a cool section of the grill.
3. When the coals are hot and while tortillas are heating, prepare the fish.
4. Sprinkle both sides of the fish with salt and pepper and brush with the tablespoon of oil.
5. Grill the fish, turning once, 6-7 minutes on each side, or just until it flakes.
6. Break the fish fillets into chunks.
7. Arrange pieces of fish on each tortilla.
8. Serve with the warm salsa and pass a plate mound with the shredded lettuce or cabbage, chopped cilantro, lime wedges and scallion so each guest can add them to taste before rolling up their taco to devour.

## Diver Scallops

By: Martin Rios

### *Ingredients:*

- 8 large Maine sea scallops
- 1 oz. vegetable oil
- 2 oz. butter
- Large sprig thyme, fresh
- 2 garlic cloves

### *Directions:*

1. Bring a large sauté pan with the oil in it to a medium heat.
2. Place the scallops in the pan and sear them for two minutes on each side.
3. Turn the fire off and add the butter, thyme and garlic and baste the scallops for 10-15 seconds.
4. Place the scallops on a napkin to remove any oil.

## Fresh Cucumber, Tomato and Onion Salad

By: Seeds by Design

### *Ingredients:*

- 3 Saladmore Bush Cucumbers
- 2 Chefs Choice Orange Tomatoes
- 2 Tablespoons of Fresh Chopped Parsley
- Salt and Pepper to Taste
- ½ average sweet onion or 1 bunch green onions
- 2 Tablespoons of Apple Cider Vinegar
- 2 Tablespoons Extra Virgin Olive Oil

### *Directions:*

1. Chop cucumbers, tomatoes and onions in ½ inch chunks.
2. Toss vegetables with dressing and let stand for 10 minutes before serving.