



Seafood Adventures

Zoom Cooking Class

Green Plantain Chips

Ceviche

Blackened Fish Tacos
with
a Spicy Slaw

Tostones (Fried Plantains)

Nicole's Rainbow Garden Salad

Aunty Nellie's Montserratian Mini Lime Tarts

PLEASE RATE US!

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Green Plantain Chips

These snacks are natural and extremely easy to make. I usually whip them up for quick finger food around the house or a small get-together.

Plantain Chips...

- 5 Plantains, green but full
- Oil for deep frying
- Salt

Peel plantains and cut into wafer thin slices using the thinnest setting on a mandolin. Lightly salt. Fry in oil until golden and crisp.

Nicole's Zesty Sour Cream Dip (for the Plantains)...

- ½ Cup of sour cream
- ½ Cup of mayonnaise
- 1 Tablespoon of lime juice
- Zest of 1 lime (Lime zest is the skin)
- 2 Cloves of crushed garlic

In a small bowl add the sour cream and mayonnaise. Take the lime (or 2 limes depending on their size) and grate the skin to create the zest. Squeeze the limes and crush the garlic. Add everything in the bowl, mix and enjoy!

Tuna Ceviche

Tuna ceviche is a good party food and is fun to share with friends... 3-4 ounces per person is a generous serving. I like to serve ceviche with plantain chips, but if you don't feel like frying, tortilla chips are a good substitute. The acid from the citrus cooks the fish without using heat.

- 1/2 Lb Sushi grade tuna
- 2 Limes, juiced
- 2 Lemons, juiced
- 1/2 Red onion, finely diced
- 1 Jalapeno pepper, seeded and finely diced
- Cilantro
- Salt and pepper to taste
- Drizzle of good quality olive oil

Dice the tuna into roughly 1/4 inch squares (or to your taste).

In a non reactive dish, place the fish, onion, hot pepper, salt and oregano.

Cover the fish with lime and lemon juice, let the mixture sit covered in the refrigerator for 1 hour, and then stir making sure the fish gets exposed to the acid of lemon lime mixture.

Let the ceviche sit for another hour allowing the flavors to blend.

Serve with chopped cilantro, slices of avocado, and plantain chips, or hot bread.

Blackened Fish Tacos with Spicy Slaw

I just plain like this recipe because it is fun, flavourful and full of colour. 🥰👍 Hope you love it too! We've been using for years as an options for our onsite cooking classes.

For Blackened Fish...

- 2 Pounds Mahi Mahi
- 1 ½ Teaspoons smoked paprika
- 1 Teaspoon garlic powder
- 1 Teaspoon dried oregano
- 1 Teaspoon onion powder
- ½ Teaspoon cumin
- ½ Teaspoon salt
- ½ Teaspoon brown sugar
- ¼ Teaspoon Cayenne pepper
- 2 Tablespoons canola oil
- 12 Corn tortillas

In a small bowl, combine all the dry ingredients. Sprinkle the seasoning on both sides of the fish fillets and rub the seasoning in. Set the fish aside to make the slaw and the sauce.

The Slaw...

- ½ Red cabbage, thinly sliced
- ¼ Green cabbage, thinly sliced
- ½ Red onion, dice
- ½ Cup cilantro
- Juice of 1 lime
- Salt to taste

Combine all the ingredients in a large bowl mixing well to combine all the flavors.

The Avocado-Cilantro Sauce...

- ½ Cup sour cream
- 1 Ripe avocado, pitted and skinned
- ¼ Cup cilantro
- Juice of 1 lime
- 1 Jalapeno, seeded and chopped
- Salt to taste

Place all the ingredients into the bowl of a food processor and pulse until combined.

To Assemble...

Using a heavy bottomed skillet, heat the canola oil over medium high heat. Once the pan is HOT, add the seasoned fish while making sure not to overcrowd the pan. Cook each fillet for 4 to 5 minutes per side until the outside is blackened and the fish flakes apart easily. Remove the fish from the heat and warm the tortillas cooking about 30 seconds per side.

Break the fish fillet into medium sized pieces. Stack the tortillas in twos on a large platter. Distribute the fish evenly between the six sets of tortillas. Top each stack with slaw and avocado-cilantro Sauce. Serve.

Serves 6.

Nicole's Tostones (Fried Plantains)

I love tostones, but especially the sweet version. First you have to find ripe plantains with sections that are black. This is key. If they are too ripe (black), they will be mushy, but if they are too green, they will be too starchy. "Just right" means the plantain will look like a ripe banana with black marks. Enjoy as an appetizer or a side dish.

- 5 Tablespoons oil for frying (typically vegetable)
- 1 Green plantain
- 3 Cups cold water
- Salt to taste

Peel the plantain and cut it into 1-inch chunks.

Heat the oil in a large skillet. Place the plantains in the oil and fry on both sides approximately 3 ½ minutes per side.

Remove the plantains from the pan and flatten the plantains by placing a plate over the fried plantains and pressing down.

Salt to taste and serve immediately. They are best when hot.

Rainbow Garden Salad

Quite simply, this is one of my favorite salads. It is easy to make, colorful, and extremely good for you (with vegetables a good rule to follow is that each color represents particular batches of vitamins and minerals). Good tasting. Good for you. Easy-to-make. Not a bad combination!

The Dressing...

- ½ Teaspoon crushed red pepper flakes
- 1 Clove garlic, minced
- ¼ Cup rice wine vinegar
- 2 Teaspoons sugar
- 1 Tablespoon soy sauce
- ½ Cup olive oil

Combine the dressing ingredients in a small jar and shake to blend. Set aside.

The Salad...

- 1 Head romaine lettuce, washed and cut into pieces
- ¼ Red cabbage
- 2 Carrots, peeled and shredded
- 1 Small red onion, thinly sliced
- 1 Yellow bell pepper, thinly sliced
- 1 Cucumber, cut into thin 1/2 rounds

Combine all the vegetables in a large bowl. Drizzle the dressing over the vegetables and toss to coat evenly. Season with salt and freshly ground black pepper. Serve.

Aunty Nellie's Montserratian Mini Lime Tarts

When I grew up in Montserrat, Sunday dinner was always finished with a dessert. Aunty Nellie made the best Lemon Meringue Pie and Lime Tarts. My short trip to Key West a few years ago reminded me of the flavors from Auntie Nellie's Kitchen... thus my resurrection of Aunty Nellie's Mini Lime Tarts!

Gluten Free Crust...

- 2 Cups almond flour
- ¼ Cup coconut oil
- 3 Tablespoons maple syrup
- Pinch salt

Preheat the oven to 350° F (176° C). In a large bowl mix together the almond flour, coconut oil, maple syrup and salt until it makes a soft dough. If it does not come together easily add more oil and syrup.

Press the dough into 4 mini tart pans. Bake for 10 minutes until the tart shells have lightly browned. Set the baked shells aside to cool.

Graham Cracker Crust...

- 2 ¼ Cups graham cracker crumbs
- ½ Cup salted butter, melted
- 3 Tablespoons sugar

Preheat the oven to 325° F (163° C). Put the graham cracker crumbs, sugar and melted butter in a small bowl and mix well to combine the ingredients. Press the mixture into the bottom and up the sides a 9 inch springform pan. Bake the crust for 10 minutes, remove the crust from the oven and cool completely before pouring the lime filling into the crust.

The Lime Filling...

- 16 Oz cream cheese
- 1 14 oz can sweetened condensed milk
- Zest of 1 lime
- $\frac{1}{3}$ Cup lime juice
- 2 Tablespoons powdered sugar

Bring the cream cheese to room temperature. In a large mixing bowl using a mixer combine the cream cheese and 2 tablespoons of powdered sugar. Next add the lime zest and condensed milk making sure the mixture is smooth and there are no lumps. Finally add the lime juice, mixing until the juice is completely combined. Pour mixture into prepared crust and refrigerate overnight or for at least 8 hours.

Whipped Cream...

- $\frac{3}{4}$ Cup heavy whipping cream, chilled
- $\frac{1}{4}$ Cup powdered sugar
- 1 Lime for garnish

Beat the cream and sugar in a chilled bowl until soft peaks form. Garnish pie with whipped cream and lime slices.

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