

KITBAR RECIPE: MEDITERRANEAN-STYLE MAHI MAHI

INGREDIENTS

1 Tbsp extra virgin olive oil	¼ cup mushrooms
1 6-oz Mahi Mahi portion	6 artichoke quarters
1 tsp chopped garlic	3 cherry tomatoes, halved
1 tsp salt, pepper, garlic mixture (equal parts)	

PREPARE

Preheat oven to 350 °F. Add olive oil to preheated medium sized sauce pan over medium flame.

Season Mahi Mahi with salt, pepper, and garlic mixture. Place Mahi in pan, not moving until bottom edges are brown. Flip the Mahi filet over and cook for one more minute.

Transfer fish to baking sheet and place in oven for 8-10 minutes. Add garlic and mushrooms to sauce pan to cook. When mushrooms begin to brown, add cherry halves and artichokes and toss.

Season, to taste, with salt & pepper. Serve.



KITBAR RECIPE: LEMON BUTTER SAUCE & GREMOLATA

LEMON BUTTER SAUCE INGREDIENTS

½ cup heavy cream	2 Tbsp lemon juice
1 Tbsp Old Bay	½ lb butter, unsalted

PREPARE LEMON BUTTER SAUCE

Mix heavy cream, Old Bay, and lemon juice. Whisk to combine. Heat cream mixture in a sauce pan until it begins to simmer.

Cut butter into small ¼ inch cubes. Whisk butter into hot cream mixture one by one. Do not let mixture boil once butter is added.

GREMOLATA INGREDIENTS

1 Tbsp lemon zest	1 tsp parsley
1 tsp garlic	

PREPARE GREMOLATA

Combine all ingredients in a mixing bowl.

PLATING PROCEDURE: MEDITERRANEAN-STYLE MAHI MAHI

Place hot mushroom and artichoke mixture on the center of a dinner plate.

Top mixture with roasted Mahi Mahi.

Pour 2 Tbsp (or as much as you like) of the lemon butter sauce over Mahi Mahi and vegetable mixture.

Garnish Mahi Mahi with sliced roasted red and yellow peppers and gremolata.

Enjoy!

KITBAR RECIPE: COVE STYLE RISOTTO

INGREDIENTS

1 tsp unsalted butter	2 cups vegetable stock
1 tsp shallots	½ cup white wine
1 tsp garlic	½ cup heavy cream
¾ cup arborio rice	¼ cup parmesan cheese

PREPARE

Melt butter in a medium sized saucepan over medium heat. Add the garlic, onions and sweat until translucent, about 5 minutes.

Add the rice and cook for 3 to 5 minutes. Be careful not to allow the rice to brown. Reduce the heat to low. Add enough of the wine and chicken stock just to cover the top of the rice.

Stir or move the pan often, until the liquid is completely absorbed into rice. Once absorbed add another amount of liquid just to cover the rice and continue stirring or moving as before.

It should take approximately 35 to 40 minutes for all of the liquid to be absorbed. Remove from the heat and stir in the Parmesan.



KITBAR RECIPE: HOMEMADE WHIPPED CREAM

INGREDIENTS

1 quart heavy cream
½ cup powdered sugar
1 tsp vanilla

PREPARE

Combine all ingredients in a bowl.

Whisk until stiff peaks form.

Serve or cover and refrigerate.

KITBAR RECIPE: MOCHA MARTINI

INGREDIENTS

½ ounce Godiva white chocolate liqueur
¼ ounce Bailey's Caramel liqueur
½ ounce Van Gogh Double Espresso liqueur

PREPARE

Fill a pint glass with ice. Combine all ingredients in the glass.

Shake vigorously.

Strain into a chilled martini glass.

Enjoy immediately.

