



Pan Seared Florida Black Grouper
Dried Tomatoes, Mixed Greens, Tomato Fondue

OVEN DRIED TOMATOES

Ingredients

- 1 Vine ripe tomato large cut in ¼ inch thick slices
- 8 Heirloom baby tomatoes (cut in half)
- 2 tbsp. Olive oil
- 2 Thyme Sprigs (picked)
- 1 Shallot minced
- Salt and pepper to taste

Steps

Place sliced tomatoes on cookie sheet. Mix all other ingredients together and spread over tomatoes. Season with salt and pepper. Place in 200° F oven for 6-8 hours or until tomatoes are shriveled and somewhat dried. This could be done a few days ahead of time and kept refrigerated till needed.

PAN SEARED FLORIDA BLACK GROUPER

Ingredients

- 4 4 oz. portions of Florida Black Grouper
- 2 tbsp. Olive oil
- Salt and pepper to taste

Steps

In hot sauté pan heat oil and sear the skin of the grouper for 3-4 minutes on each side. Place in 350° F oven for another 3 to 4 minutes. Remove from pan and set aside.

TOMATO FONDUE

Ingredients

- ½ Dried tomato pieces
- 2 Shallots, minced
- 1 Garlic clove
- 3 tbsp. Olive oil
- 1 oz. Tomato paste
- 3 Basil leaves
- 2 oz. White balsamic vinegar

Steps

Combine tomato pieces, paste, vinegar, garlic, basil, and shallots in blender with olive oil and blend to puree.

CALORIES: 385, **CARB:** 15g, **SODIUM:** 420 mg,
CHOL: 69mg, **PROTEIN:** 27g

Recipe by: Chef Ralph Feraco, CEC AAC
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Video recipe online at www.GreaterNaplesYMCA.org



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