

Brackish Newsletter

March 30, 2018

Recipe Ideas

Charcuterie Boards: How-To

When I lived in Austria, charcuterie was like the national food. Honestly—I can't even count the number of dinners that consisted of cold meats and various cheeses I could not pronounce but that tasted amazing. I'm not the biggest fan of charcuterie for my entire dinner, but it's a great skill



to master for entertaining, picnics, and nights when you really don't feel like cooking.

This article has a great how-to feature and offers

advice for pairings and examples. They look dramatic and intimidating but making a charcuterie board is actually really simple! One thing I always try to do is slice everything really thinly so folks can try lots of combos without filling up on 2 crackers. And don't forget the pickles! Pickled onions (red onion soaked in white vinegar) is another great addition.

Restaurant Feature: *The Square Grouper*

Richard and I spent a long weekend in the Florida Keys last week, and we went to the Square Grouper on the side of Hwy 1 on Cudjoe Key. This place was the inspiration for my favorite spaghetti squash recipe (**featured in the second newsletter!**), and it was even better than I remembered. If you're ever in the Keys, make a pit stop at the upstairs bar and try the Brussels sprouts, and then head downstairs for some excellent seafood.



Chicken Coconut Curry

Click [here](#) for recipe! Who loves curry? This is one of those things I don't make often, but when I do it's always such a treat. There are a million curry recipes, but I love that this one includes both protein (chicken and chickpeas) and veggies (swiss chard.)



This article is exceptionally long, but if you scroll all the way to the bottom you'll find the surprisingly simple recipe. Full fat coconut milk is key, and feel free to switch the green curry paste for red if that's what you have available.

Here's a list of more curry recipes if you want to experiment of try different combinations. Feel free to add more veggies or sub ingredients for what you like!

Caribbean Fish Marinade

This is my favorite seafood marinade, which tastes great with fish, shrimp, and scallops. The citrus and hot sauce (I use Texas Pete) provide great flavor that shines through even after grilling. We used this marinade with yellowtail snapper and scallops in the Keys last weekend and it was excellent! It comes together in less than 5 minutes and I've also used it with swordfish, shrimp, triggerfish, and tuna at home on the grill.



Richard's Tip of the Week

Dried dates with peanut butter makes for a sweet, healthy treat that will keep you full for a long time.

More Recipes

Loaded Baked Potatoes



Like we've already discovered from **this article**, potatoes are very good for you. So why relegate them to the occasional splurge when they can become a staple for healthy, filling meals?

I *love* baked potato night at my house, and we ate these all the time during marathon training especially. But there's no reason why they have to be loaded with fat and extra calories – in fact, ours have kale and spinach just as often as they have bacon! The one non-negotiable = sour cream. Because life is meant to be lived, folks.

So how do you make them? It's easy and doesn't even need a recipe – even though **this article** offers lots of awesome options. Start by baking 3-4 large potatoes for an hour until completely finished. In the meantime, sauté lots of vegetables (mushrooms and onions, kale, spinach, and broccoli are favorites), and set out with the rest of your toppings: feta, hot sauce, green onions (always), sour cream, shredded chicken, etc.

When the spuds are finished, slice in half and let your guests build as they wish—this is a great dish to make with kids because they get to participate, too. If you like, you can pop them back in the oven for 3-5 minutes to fully melt the cheese, but I usually can't wait that long. Serve alone or with another protein or vegetable and enjoy!

What is broccolini?

I get this question all the time, so **this article** finally sets it straight! Also learn about broccoli rabe and Chinese broccoli. I love eating broccolini for special occasions or when it's on sale – it's tender and more mild than regular broccoli and goes great with seafood dishes.

Things I've Made Lately

Meal prep chicken – this was really good and easy – great for salads and bowls all week long! (I omitted the honey because I don't like things very sweet.)

Coconut granola – who loves granola? I don't eat it all the time, but I love making to have in the house for weekends or company. It's *very* easy and you can control the sugar, unlike the stuff on the shelf!



French toast with berries and cream – have family in town for Easter? Want a great brunch idea? This French toast is *easy* but feels super fancy, especially if you whip up some fresh cream and service with berries!

Healthy Travel Tip

This tip has nothing to do with food, but it could affect your health. Whenever you are renting a car, make sure to *always* sign up for the “member's club” for the rental agency you are getting your car from. For National it's the Emerald Club, for Budget it's Fastbreak, etc. Why, you might ask, would I want to give them another way to spam me with emails? Because it takes 2 seconds to sign up, and as a “member,” you can shortcut every line. Sometimes this is more important than others, but last week in Ft. Lauderdale there was an hour wait in the regular line, and 0 people in the Fastbreak line. Worth the emails? I think yes.

Wondering how to meal-prepare? Want to learn how to make a certain pie or cake or dinner dish? Let me know and we can arrange for a Brackish cooking session!

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