

Brackish Newsletter

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Recipe Ideas

Grilled Swordfish with Mango Salsa



Do you like fish? Seafood? If you said “no,” that’s okay, but fish is one of if not my #1 favorite foods. I’m picky (growing up at the beach makes you very spoiled), but I love grilling and eating fish—especially in

the summer when it’s prolific.

We made **swordfish** last weekend and it’s an excellent, mild, super easy-to-cook type of fish if you’re just starting out. This recipe features olive oil and mint (which would be awesome), but I used my favorite Caribbean marinade (below), and served it with a mango corn salsa, which consisted of grilled corn, 1 diced mango, ½ red onion, cilantro, and lime. Super quick and easy and it pairs so well with fish!

We had this with some fresh bruschetta on crostini, and it was the epitome of an easy, fresh, summertime meal.

Caribbean Marinade

I featured **this** a while back, but this is my favorite fish marinade for flaky species like swordfish. I just let it sit for 30 mins-1 hour before grilling and the citrus tastes excellent!



Corn and Chickpea Bowls

Don’t let the homemade tahini in these **bowls** scare you—you can buy it ready-made if you like, but it’s not difficult at all..just toss in some peppers, garlic, and cilantro with lime and you are set!



The rest of the bowls are done in a hurry too...the blistered chickpeas and corn give great flavor, and I served mine with chopped slightly-cooked kale instead of lettuce for a little extra nutrition.

These are easy and make great make-ahead lunches for the whole week. Serve with feta and lime on the side, and feel free to add chicken or another protein if desired for a great weekday meal!

Prosciutto Asparagus

I’m always looking for unique sides and appetizers, and **this** is a great option to get in another green with great flavor from the prosciutto! This recipe calls for searing in a cast iron skillet, but there’s lots of recipes out there for roasting and broiling, so choose whichever method is easiest for you. The balsamic is a great touch and pairs really nicely with the salty prosciutto.



Richard's Tip of the Week

Mixing *raw* chocolate chip cookie dough with vanilla ice cream makes a significantly better treat than mixing *baked* cookies with vanilla ice cream.

Crock Pot Tacos al Pastor



This is a great crockpot recipe that makes enough to last all week. It's also very flexible, so don't feel tied to the exact ingredients if you have other things on hand. I used chicken broth instead of white

ale and jalapenos instead of chipotle peppers because that's what I had on hand, and it tasted great. The pineapple adds a tropical twist, and the lime and cilantro make it taste fresh on tacos, salads, burritos, nachos, and whatever else you decide to use it for!

If you are new to crock pots or cooking meat in general, pork shoulders are a great place to start. They are affordable, require very little attention or prep, and can be used for a multitude of recipes (BBQ, carnitas, tacos al pastor, etc.)

Best BLT

Did you grow up on BLT's? I often forget about them, but every time I eat one I remember they are one of my favorite sandwiches.

This is an amusing treatise on the basic goodness of the BLT, which I deeply appreciate. But if you want to get fancy (I do it myself, occasionally), **this** is another option. Either way, you should make BLT's next Wednesday because it's the perfect midweek meal you forgot you loved.



Did you Know?

A pork shoulder is the same thing as a pork butt or a Boston butt. This is the cut of meat used for BBQ and the Tacos al Pastor recipe below. So why is the shoulder called the "butt"? In colonial days, New England butchers took less prized cuts of pork like these and packed them into barrels for storage, which were called "butts." This became a regional specialty, hence the name "Boston Butt.."

Things I've Made Lately

Blackberry Muffins – I made these with the last of the season's dewberries last weekend, and they were excellent. You can substitute blueberries or grab some blackberries from the store if you can't find any fresh!

Blistered Green Beans – I can't get enough green beans. This is a unique recipe, but it's simple and the tomato "pesto" is a great change-up from basic beans!

Tomato Cucumber Feta Salad – this is an easy recipe that's great to have on hand for summer meals. It comes together in no time and is a great side for lunches and dinners.

Stuffed Tomatoes – This is a fun, easy recipe that can make great sides or a creative main dish for vegetarian night in your house. The filling tastes like mac and cheese without the pasta, and great slicing tomatoes are prolific this time of year!



Have you tried a recipe featured in Brackish? How did it turn out? Send me an email to let me know what works and what doesn't!

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