Chimchurri Sauce

1/2 cup red wine vinegar
1 teaspoon kosher salt plus more
3-4 garlic cloves, thinly sliced or minced
1 shallot, finely chopped
1 green or red jalapeño, finely chopped
2 cups minced fresh cilantro
1 cup minced fresh flat-leaf parsley
1/3 cup finely chopped fresh oregano
3/4 cup extra-virgin olive oil

☐ Combine vinegar, 1 teaspoon salt, garlic, shallot, and chile in a medium bowl and let stand for 10 minutes.
☐ Stir in cilantro, parsley, and oregano.
☐ Using a fork, whisk in oil.
☐ **If using as a marinade and sauce**, remove 1/2 cup chimichurri to a small bowl, season with salt to taste, and reserve as sauce.
☐ Put meat in a gallon ziplock bag. Toss with remaining marinade. Cover and chill for at least 3 hours or overnight.
☐ Remove meat from marinade, and grill. Spoon reserved sauce over grilled meat.

☐ **If just using it as a sauce over leftover fish**, just spoon the completed sauce over warmed up fish
Seafood Gumbo

1 1/2 cups vegetable oil
1 1/2 cups bleached all-purpose flour
2 cups chopped yellow onions
1 cup chopped green bell peppers
1 cup chopped celery

Got sausage? Use it
1/2 pound of any pre-cooked sausage, such as kielbasa, smoked sausage, or (dare I say!) even hot dogs will do in a pinch, cut crosswise into 1/4-inch thick slices

Got Chicken breasts or leftover turkey? Use it
1 pound of boneless chicken breasts, cut into medium pieces

Got Shrimp? Use it
2 pounds medium shrimp, peeled and deveined

Got left over lobster meat? Use it
2 pounds tails or cooked lobster meat

Got ANY other leftover fish or seafood?
Use 1-2 lbs of that!

Creole seasoning
2 1/2 quarts shrimp stock, (chicken stock or water can be used)
6 cups cooked long grain white rice, warm
Louisiana File ‘Powder (dried leaves of the sassafras tree)

- In a large, heavy pot or a Dutch oven over medium heat, combine the oil and flour.
- Stirring slowly and constantly, make a dark brown roux, the color of chocolate, 20 to 25 minutes.
- Add the chopped onions, bell peppers, chopped celery, and the sausage.
- Season with Creole seasoning. Cook, stirring, until the vegetables are very soft, 8 to 10 minutes.
- Add the stock and chicken (or turkey), stir until the roux mixture and broth are well combined.
- Bring to a boil, then reduce the heat to medium-low and cook, uncovered, stirring occasionally, 2 hours.
- Meanwhile, season the remaining seafood with Creole seasoning, then add the seafood to the gumbo. Cook for an additional 15 minutes.
- Remove from the heat and let sit for 5 minutes before skimming off the fat that has risen to the surface. Before serving, taste for seasonings and adjust.
- Serve the gumbo in individual soup or gumbo bowls with the rice.
- Pass the file ‘powder at the table.

Yield: 6 to 8 servings
Fruits of the Sea al Cartoccio

Serves: 2-3

1 Fish fillet (ANY fish fillet will work) OR 2 uncooked Chicken Breasts
2 oz white wine (recommend Pinot Grigio)
1 Tbl Basil, Chiffonade
1-2 Zucchini, cut into 1/2 " thick rounds
1 can Italian stewed tomatoes
6-8 Kalamata Olives pitted, cut into chunks
6-8 Garlic Cloves, sliced thin
2 Tbl Extra Virgin Olive Oil, prefer herb infused oil
1 piece of parchment paper (fold in half on short edge)

- Preheat the oven to 425 degrees F.
- Season fish fillet with salt and white pepper, then drizzle with good olive oil.
- Place fish near the center, lower half of a piece of kitchen parchment paper.
- Other ingredients are placed around the fish. Splash with wine.
- The paper is then folded over in a series of sequential folds that seals the package.
- Place on a cookie sheet in preheated oven.
- Bake until just done - approximately 20-25 minutes, depending on the thickness of fish.
- Using a meat thermometer, cook until fish reaches approx. 130 degrees. Do not overcook.
- Remove from oven to serving platter. Pull top portion off the paper. Careful. There will be LOTS of juice.

- Sprinkle with basil and drizzle with olive oil. Serve immediately