



COOKING DEMOS

WITH CHEF MARK RIGANO

Wednesday, July 29, 2020 at 4:00 PM Pacific

GRILLED HALIBUT TACOS

Ingredients:

| | |
|-------------------------------------|-----------|
| Extra-virgin olive oil | 3 TBSP |
| Lime | Juiced |
| Chili powder | 2 tsp |
| Ground cumin | 1/2 tsp |
| Cayenne pepper | 1/2 tsp |
| Halibut (or other flaky white fish) | 1.5 # |
| Vegetable oil | 1/2 TBSP |
| Kosher salt | as needed |
| Black pepper | as needed |
| Corn tortillas | 8 each |
| Vine tomato seeded and diced | 1 each |
| Avocado sliced | 1 each |
| Lime wedges | as needed |
| Cilantro sprigs (garnish) | as needed |

FOR THE CABBAGE SLAW:

| | |
|-----------------------------|---------|
| Shredded green cabbage | 2 Cups |
| Jalapeno aioli (see recipe) | 1/4 Cup |

Method:

1. In a medium shallow bowl, whisk together olive oil, lime juice, chili powder, cumin, and cayenne.
2. Add the halibut, tossing the filets in the mixture to evenly coat. Let marinate for 10 minutes.
3. Prepare the slaw: In a large bowl, mix together the cabbage and jalapeno aioli. Season with salt and pepper.
4. In a large nonstick pan over medium-high heat, heat vegetable oil. Remove the halibut from the marinade and season both sides of each filet with salt and pepper. Place the fish on the pan, cook until the fish is opaque and cooked through, 3 to 5 minutes per side. Let rest for about 5 minutes before flaking the fish with a fork.
5. Assemble tacos: Serve fish on grilled tortillas with cabbage slaw, tomato and avocado. Squeeze lime juice on top and garnish with cilantro.





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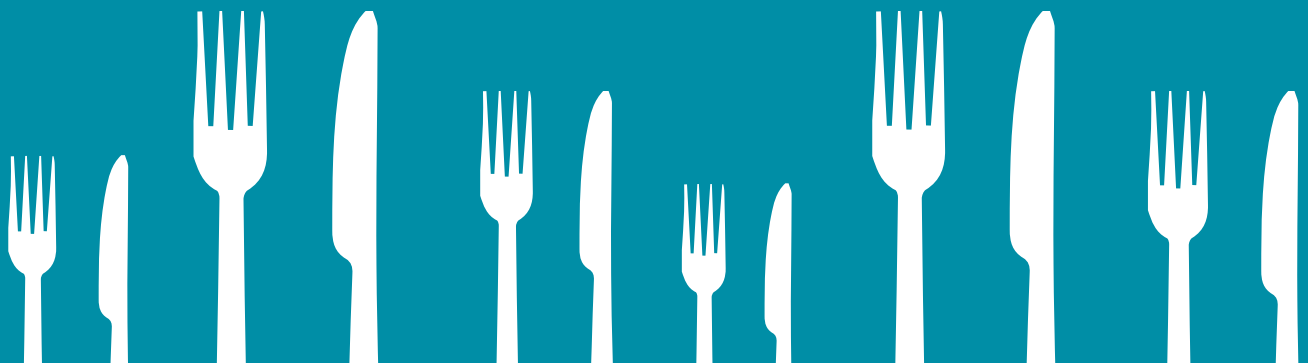
JALAPEÑO AIOLI

Ingredients:

| | |
|-----------------|----------------|
| Cilantro | 1/4 bunch |
| Green Onion | 1/4 bunch |
| Garlic Clove | 1 each |
| Lime Juice | 1/2 TBSP |
| Jalapeños | 1/4 each |
| Water | 1/4 Cup |
| Mayonnaise | 2 Cups (16 oz) |
| Salt and Pepper | to taste |

Method:

1. Puree first 6 ingredients in blender, fold into mayonnaise, season to taste with salt and pepper.





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FRUIT SALAD

Ingredients:

| | |
|-------------------------|------------|
| Watermelon, cubed | 1 # |
| Strawberries | 1 pint |
| Raspberries | 1 pint |
| Blueberries | 1/2 pint |
| Vanilla Yogurt | 1/4 Cup |
| Honey | To Taste |
| Mint Leaves, Chiffonade | 5-8 leaves |
| Pumpkin Seeds | 1 TBSP |

Method:

1. Combine all fruit in a large mixing bowl, fold in yogurt, mint and honey. Garnish with pumpkin seeds.

