

GOURMET FISHING

Season II - Episode VI



INFO-SHORTS



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Fried Dolphin Sandwich

with Homemade Buttery Burger Buns,
Fresh Tartar Sauce and served with
Sweet Vinegar Cole Slaw



Host, Chef & Guide, David Murray





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Grocery List

Buttery Burger Bund

Dolphin Fillets

Fried Coating

Self-Rising Yellow Corn Meal

Self-Rising Flour

Cajun Seasoning

Tartar Sauce

Mayonaise

Sour Cream

Shallot

Sweet Gherkin Pickles

Lemon

Lime

Salt & Pepper to Taste



Your Host with a Beautiful Female Dolphin, AKA Mahi

Fried Dolphin Sandwich

with Homemade Buttery Buns and Fresh Tartar Sauce

Ingredients



4 Buns

4 Dolphin Fillets, bloodline & skin removed

Oil for frying

Fry Coating:

1 Cup Self-Rising Corn Meal

1/2 Cup Self-Rising Flour

1/4 Cup Cajun Seasoning

Tartar Sauce:

1/2 Cup Mayonaise

1/2 Cup Sour Cream

1 TBS Minced Shallot

1 TBS Chopped Sweet Gherkin Pickles

1 TBS Lemon Juice

1 TBS Lime Juice

Salt & Pepper to Taste





Fried Dolphin Sandwich

with Homemade Buttery Buns and Fresh Tartar Sauce



Combine mayo and sour cream in a bowl. Then add the shallots, pickles, lemon and lime juices, and then salt and pepper to taste. Using a whisk, thoroughly combine all of the ingredients. Let stand in the refrigerator of about 10 minutes so all of the flavors and come together.

Let's now create our delicious fish fry coating. In a paper bag, add the cornmeal, flour, and cajun seasoning. Close the top of the bag and shake vigorously to combine all the ingredients thoroughly.

In a deep walled frying pan, add about 1/2" of oil and bring the oil up to somewhere around 350oF.

Let's add the Dolphin fillets to the bag of goodness, which is our fry coating, and shake the bag to entirely coat the fillets. Shake the fillets of any excess coating, and then carefully lay the fillets in the oil and away from you. This will keep the oil from splashing towards you. Do this for the other three fillets allowing enough room for them to fry. If there is not enough room and the fillets are touching, fry in multiple batches.

Let the fillets fry for about 4-5 minutes per side. They will become golden brown, and the fish will be moist and flakey. I always have a test piece of fish. It's also a little sampler snack..

When the fish is ready, transfer the fillets to a paper towel so they can drain.

Take your buns and add lettuce and tomato if you desire and lather the top bun with the fresh Tartar Sauce.

You can serve the sandwich with french fries, hush puppies or coleslaw or whatever you like. Enjoy.



Episode VII

Cocnu Shrimp

served with Hook'd on Smoke's Habanero Pepper Jelly

On Episode VII, we'll create a Coconut Rum Tempura Batter for our shrimp and then coat them in fresh grated coconut for a quick fry and then Pair them with Hook'd on Smoke's, Habanero Pepper Jelly.





Equipment List

Deep Sided Frying Pan

Whisk

Silicone Spatula

Knife



Gourmet Fishing



We catch fish, and then, We cook our catch...

Salt Marsh Sauces & Rubs
HANDCRAFTED South Carolina

RED PLUFF MUD SAUCE
BBQ Sauce & Marinade

FROM A TOMATO PLANT

From the deep south and the South Carolina Low Country Coast comes the Salt Marsh Sauces and Rubs. Crafted from the soul, I deliver you the best red pluff mud you can find.

Made in the USA and the Low Country of South Carolina, your yellow pluff mud will make everything taste good.

<small>Batch</small>	<small>Best By</small>
1M-2016	

The sauce that shakes the southland...

A SOUTH CAROLINA OWNED COMPANY



Murray Development, LLC
Salt Marsh Apparel
PO Box 771 Goose Creek, SC 29445

Salt Marsh Sauces & Rubs
HANDCRAFTED South Carolina

YELLOW PLUFF MUD SAUCE
BBQ Sauce & Marinade

FROM A WILD YARROW

From the deep south and the South Carolina Low Country Coast comes the Salt Marsh Sauces and Rubs. Crafted from the soul, I deliver you the best yellow pluff mud you can find.

Made in the USA and the Low Country of South Carolina, your yellow pluff mud will make everything taste good.

<small>Batch</small>	<small>Best By</small>
2M-2016	

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**SALT MARSH
DIRT SHIRT**

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