

Aegean Art:

- Mediterranean Sea was a major trading center of the ancient world.
- Cycladic Islands- form a "rough" circle above Crete in the Aegean Sea.
 - Crete is below these islands - where the Minoans live
- **Types of Aegean Art:**
 - Cycladic
 - Crete
 - Helladic
- Most history before 1800s BCE came from the Iliad and the Odyssey
- There were no writings; we know less about the Aegeans than the Egyptians

Early Cycladic Art:

- Became wealthy trading obsidian, volcanic islands
- Buried their dead in stone lined pits: **Cyst Tomb**
- Weapons, Jewelry, and stuff of value, and "frying pans"



Art of Note:

Frying Pan from Chalandriani, Syros. Early Cycladic II. c. 2500-220 BCE

- It could have been used for makeup holder pallet
- It could have also been polished to make a mirror
- **It was not used for frying food**



Art of Note:

Figure from Cyclades. c. 2500 BCE. Marble. 16"h



- Nude with arms folded and legs extended, painted
- Varied in size from a few inches to feet
- Rules were consistent enough to have a general Canon
- They used what they had on islands, did not import materials
- Likely used as some kind of "votive idol"
 - Used in daily life, however, not only in burials
- Some statues were repaired
- Some were male, female, pregnant, etc.

Yellowtail and Smoked Jalapeño-Tequila Ceviche

Ingredients:

For the smoked jalapeño tequila:

- 2 cups wood chips, hickory or mesquite, soaked in water
- 4 jalapeños, halved but not seeded
- 2 cups of your preferred tequila

For the ceviche:

- 2 pounds of fresh yellowtail, diced
- 2 green peppers, diced
- 2 red peppers, diced
- 1 red onion, diced
- 1 jicama diced
- 2 Roma tomatoes, diced
- 1/2 cup chopped cilantro
- 2 cups fresh lime juice
- 1 cup fresh lemon juice
- 1 cup fresh orange juice
- 2 cups of prepared smoked jalapeño tequila
- 1 cup coconut milk
- 1 sliced avocado
- 1 handful of whole tortilla chips
- Salt to taste

Directions:

To prepare tequila:

Jalapeños can be smoked in a covered BBQ grill or over an open flame on your stove. To smoke over your stove, take a shallow pan with a perforated liner and cover. Line the pan with the chips and place over a medium flame. When the chips begin to smoke, place the jalapeños in a perforated liner and cover the pan. Turn the flames down to low and smoke for 10 minutes. While the jalapenos are still hot, remove them to a bowl, pour in the tequila and cover. Allow the tequila to sit for 48 hours.

To prepare Ceviche:

Combine all ingredients in a non-reactive (stainless steel or glass) bowl and allow to sit, refrigerated for 5 hours. Season to taste with salt. Serve in a martini glass garnished with a slice of avocado and corn tortilla chips.

Yellowtail Cocktail with Fried Won Tons

Ingredients:

Yellowtail fillet
green onions chopped
favorite hot chilis
avocados
Yuzu lime sauce
sesame oil
touch of soy sauce

Directions:

Dice the cleaned yellowtail fillet (no bloodline, skin or bones) and mix it with chopped green onion, hot chiles and avocado. To bring it all together, add Yuzu lime sauce, sesame oil and a touch of soy sauce - kind of a California version of Hawaiian poke. For an element of texture (and an edible "spoon"), make some won ton crisps by frying raw won ton skins in hot (375°) oil.

Yellowtail, Asparagus and Mushroom Stir Fry

Ingredients:

2 tablespoons peanut oil
1 teaspoon fresh gingerroot, peeled and minced
2 garlic cloves, minced
1/2 red onion, chopped
2 cups fresh asparagus spears, chopped diagonally into 2 inch pieces
2 cups button mushrooms, quartered
1 1/2 pound yellowtail fillet, cut into 1/2 to 1 inch cubes
1/2 cup fish or chicken broth
2 tablespoons soy sauce
1/4 cup seasoned rice vinegar
1 tablespoon brown sugar
1 teaspoon dried chili flakes (or sub fresh minced hot peppers)
2 green onions, chopped
2 teaspoons cornstarch mixed with equal part cold water

Directions.

Heat oil, gingerroot and garlic in a wok or skillet over high heat for 1 minute. Add onion and asparagus and stir-fry for 2 – 3 minutes. Add mushrooms and yellowtail and lightly brown fish pieces evenly. Add remaining ingredients and bring to a boil, stirring until thickened, about 1 – 2 minutes. Serve over steamed rice or Asian noodles.

Shrimp and Mango-Stuffed Yellowtail

Ingredients:

- 1 cup finely crumbled, dry French or Italian bread
- 4 ounces (2/3 cup) finely chopped shrimp
- 1/2 cup finely diced mango
- 2 tablespoons thinly sliced scallion
- 1-1/2 tablespoons Worcestershire sauce
- 1/2 teaspoon turmeric
- 1/2 teaspoon ground allspice (NOT pumpkin pie spice)
- 1/2 teaspoon ground ginger
- 1/2 teaspoon salt
- 1/8 teaspoon cayenne pepper
- 2 (8-ounce) yellowtail fillets, each about 1/2- to 3/4-inch thick
- 2 teaspoons Pickapeppa Pepper Sauce

Directions:

Preheat oven to 375 degrees F. Coat a baking pan with nonstick cooking spray. In a medium bowl, combine all the ingredients except the fish and Pickapeppa Pepper Sauce until well moistened. Slice the fillets almost in half, horizontally, leaving the top and bottom barely attached. Lay the fillets, open face, on the baking pan, and spread the stuffing on the two bottom fillets.

Bake for 10 minutes, or until the bottom fillet appears almost thoroughly cooked and the stuffing is piping hot. Flip the top fillet onto the stuffing, and spread the Pickapeppa Pepper Sauce over the top. Bake another 5 minutes, until the fish flakes easily when tested with a fork. Cut each stuffed fillet into two pieces.



Yellowtail Fajitas

Ingredients:

2 tablespoons vegetable oil
1 green bell pepper, cut in thin strips
1 onion, thinly sliced
1 pound yellowtail fillets, cut in thin strips
1 package (1.27 ounces) Lawry's Fajitas Spices & Seasonings
1/4 cup water
1 medium tomato, cut in thin wedges
Flour tortillas

Directions:

In large skillet, heat 1 tablespoon oil over medium-high heat. Add green bell pepper and onion; sauté 3 minutes or until tender. Remove from skillet. In same skillet, heat remaining oil over medium-high heat. Add yellowtail, stirring frequently for 5 minutes. Add Fajitas Spices & Seasonings and water. Bring to a boil; reduce heat and simmer, uncovered, 3 minutes. Add green bell pepper, onion and tomato; heat through. Spoon into warmed flour tortillas.



Dorado



Dorado Tacos

Ingredients:

Fish:

2 lbs. of dorado or any firm white fish
3 tbs. of oregano
salt and freshly ground black pepper
1 cup of flour
enough beer to make batter a pancake consistency
deep fryer
canola oil
salt and freshly ground black pepper

Salsa:

5 tomatoes
1 serrano pepper
1 jalapeno pepper
2 cloves garlic
2 tsp. oregano
1 tbs. cilantro
1 medium onion
2 limes
1/2 cup pineapple
salt and freshly ground black pepper

Seasoned Onions:

2 red onions
2 tsp. of oregano
4 limes
salt and freshly ground black pepper

Extras:

corn tortillas
sour cream
guacamole
extra lime wedges

Directions:

For the fish, season with oregano, salt and freshly ground black pepper. Preheat deep fryer to 375°F . Mix flour, salt and pepper in a bowl and gradually add the beer to make a pancake batter consistency. Dip fish in beer batter and then place in deep fryer. Add a few pieces of fish at a time to deep fryer. Cook for 3-5 minutes so that they're golden brown and cooked all the way through. Be careful not to add too much fish at a time because it will lower the temperature of the oil making your fish greasy and soggy. Remove and place on paper towel. For the salsa, chop around the pulp of the tomatoes and throw out pulp. Dice serrano peppers, garlic, jalapeno peppers, onions, pineapple and



cilantro. Mix together with oregano and add the juice of the two limes. Salt and freshly ground black pepper to taste.

For the seasoned onions chop red onions and season with oregano, salt and freshly ground black pepper. Add the juice of two limes. To warm tortillas, heat a dry cast iron skillet over medium heat. Place a couple tortillas in pan and warm until they soften. To keep tortillas warm set in between cloths or paper towels. Serve with lime wedges, sour cream, guacamole and a nice cold beer.



Trader Vic's Mahi Mahi Empanadas

Ingredients:

Dough

- 2 C flour
- 1 tsp salt
- 2/3 C lard
- 5 Tbs ice water

Filling

- ½ lb mahimahi
- 2 Tbs chopped onion
- ½ clove garlic minced
- 2 Tbs oil
- Dash white wine
- 2 tsp flour
- ½ tsp salt
- ¼ tsp pepper
- 1 ½ Tbs fish stock (chicken ok in a pinch)
- 2 tsp minced jalapenos
- 2 tsp minced green onion
- 1 Tbs crushed almonds

Directions:

Dough – Sift flour and salt together. Cut in ½ of the lard into the flour with a pastry blender until it is like fine cornmeal. Cut the other ½ in until the dough is about the size of peas. Add the ice water, blend lightly with a fork. Gather the dough into a ball and roll out ½ at a time. Cut in 3” circles. Put about 2 tsps filling on one side of each circle of dough. Dampen the edges and fold over. Mark with tines of a fork and fry in deep fat until golden brown. Makes about 2 doz.

Filling – Chop mahi into small pieces and sauté with onion and garlic in oil until about ½ cooked. Add wine, blend in flour, add salt and pepper, then stir in liquid. Remove from fire and add peppers green onions and jalapenos.



Mahi Mahi Tacos

Ingredients:

1 cup flour
Salt and pepper to taste
1 tsp. Cayenne pepper
2 Fillets of Mahi Mahi or other fish
1/3 cup Vegetable oil
Soft tortilla shells
Favorite cheese, American or other
Shredded lettuce
Red onion, sliced thin
Tomato, diced
1 Tbsp. Robert Rothschild Raspberry Wasabi
Dipping Mustard
1/3 cup Mayonnaise
1 Tbsp. Lemon juice
1 Tbsp. Capers, minced
1 Tbsp. Sweet pickles, diced



Directions:

Season flour with salt, pepper and cayenne. Mix well. Cut Mahi Mahi filet into thin strips. Season with salt and pepper then coat with flour. Shake off excess. Heat oil in a frying pan. Add Mahi Mahi strips and cook until golden brown on both sides. Fish takes approximately 10 minutes per inch thickness to cook. Place cooked Mahi Mahi strips into soft tortilla shells. Add cheese, lettuce, onion and tomato. Drizzle with mustard sauce and enjoy!

Coconut and Panko Dorado

Large filets and loin sections help out in portioning out this meal since evenly thick rectangular pieces are needed. Dip them in a coconut egg wash and crust them with shredded coconut and Panko bread crumbs, then fry them crisp in our stainless deep fryer. It's not really a popsicle, but it feels like one, holding onto that fat skewer with a great treat on the end. A dipping salsa made with pineapple and a hot chile (much like a Manzano with its jet black seeds) and cilantro sets the dish off nicely.

Ingredients:

Dorado filet (skinless, boneless and cut into "popsicle" size rectangles)

Bamboo skewers (thick diameter)

Eggs

Coconut milk

Malibu Rum (coconut)

Shredded coconut (unsweetened)

Panko bread crumbs (Japanese)

Pineapple (cut into small wedges)

Pineapple dipping sauce (recipe follows)

For the sauce:

Pineapple (cut into chunks w/o skin or core)

Lime juice

Hot chile (manzano or even habanero) seeded and stemmed

Cilantro (cut into fine julienne)

Directions:

Place first 3 ingredients in food processor and blend. Add cilantro and adjust seasonings.

For the Dish:

Skewer pineapple wedge then dorado pieces on bamboo and season with salt and pepper.

Mix eggs, coconut milk and rum. Dip skewers in egg wash then coat with coconut-panko mixture. Fry until golden brown in hot (375) canola oil. Drain on paper and serve with dipping sauce.



Mahi Mahi Burgers

Ingredients:

3 cups broiled Mahi Mahi
1/4 cup almonds or macadamia nuts, chopped
1/4 cup pineapple, crushed
1/4 cup mayonnaise
1/4 teaspoon curry powder
1 egg, beaten

Directions:

Shred Mahi Mahi with fingers. Combine fish, nuts, pineapple, mayonnaise, curry and egg. Mix well. Form into patties. Fry or broil.

Citrus-Marinated Mahi-Mahi Steaks

Ingredients:

Marinade:

3 tablespoons fresh orange juice (1 orange)
2 tablespoons fresh lemon juice (1 lemon)
2 tablespoons olive oil
1 clove garlic, finely chopped
Salt & freshly ground black pepper, to taste
4 fish steaks (about 1-inch thick)
1 tablespoon chopped fresh chives (or substitute parsley or cilantro)

Directions:

Preheat the broiler to high. In a small bowl, whisk together the marinade ingredients. Place the fish steaks in a nonaluminum shallow dish. Pour about half of the marinade over them (reserve the rest of the marinade). Cover the dish with plastic wrap and let sit for 10 minutes at room temperature. Transfer the fish steaks to a broiler pan and broil, turning them once with a spatula, until the steaks are golden on the outside and done to taste inside, about 4-6 minutes per side. Drizzle with the reserved marinade, garnish with the chopped fresh chives, and serve immediately.

Baja Dorado Tacos

Ingredients:

Spicy Chile Sauce (optional):

- 1/2 a (7-ounce) can chipotle chiles in adobo sauce
- 1/4 cup mayonnaise
- 1/4 cup yogurt
- 3/4 cup light sour cream
- 1/2 tablespoon Valentina Hot Sauce
- 1/4 teaspoon sugar

Avocado Sauce (optional):

- 1 ripe avocado, peeled
- 2 tablespoons light sour cream
- 2 tablespoons milk, plus more to thin sauce if necessary
- Juice of half a lime
- 4 cilantro sprigs, stemmed and chopped
- Salt

Tacos:

- 1 cup tempura flour (see note)
- 1/2 teaspoon onion powder
- 1/4 teaspoon cayenne
- 1/2 teaspoon Coleman's dry mustard
- 1/2 teaspoon oregano, rubbed to a powder
- 1 1/2 teaspoon kosher salt, plus more to season fish
- 1 cup cold beer, plus more to thin the batter if necessary
- 1 pound firm, meaty fish (halibut, mahi-mahi or tilapia) or 1 pound small to medium shrimp, peeled and deveined
- Juice of 1 lime
- Salt
- Canola oil for frying
- 12 corn tortillas
- Finely shredded green or purple cabbage
- Chopped cilantro
- 3 or 4 limes, cut into wedges

Directions:

To make the Spicy Chile Sauce, blend chipotle chiles, mayonnaise, yogurt, sour cream, hot sauce and sugar in a food processor until creamy. Pour into a container and refrigerate until ready to use.

To make the Avocado Sauce, pulse the avocado, sour cream, milk and lime juice in a food processor until it's creamy. Add more milk if necessary, until sauce is the consistency of whipping cream. Add the cilantro and salt to taste; pulse until just blended. Pour into a container and refrigerate until ready to use. The batter can be made several hours ahead and refrigerated until you are ready to use it. To make the batter, combine

the flour, onion powder, cayenne, mustard, oregano and salt in a bowl. Whisk in the beer. It's OK if there are some small lumps.

Cut the fish into 1/4 -inch-thick slices about the size and shape of a very large index finger. Sprinkle with lime juice and salt.

Pour oil to the depth of 1 1/2 inches in a deep, wide cast-iron skillet. Heat over medium heat to 350 degrees.

Pat the fish dry with paper towels. Dip a few pieces of fish into the batter, which should be the consistency of pancake batter (add more beer if it is too thick). Using tongs, swish the pieces until coated. Remove the fish, letting excess batter drip back into the bowl; place the fish in the hot oil. Cook a few pieces at a time to avoid crowding the pan and lowering the temperature of the oil, until they float and the batter is golden-brown. Place the fish onto paper towels to drain.

Heat tortillas on a dry griddle for about 1 minute on each side, or microwave them briefly until pliable. To serve, let each person assemble his or her own tacos to suit, with sauces, shredded cabbage, cilantro and lime wedges.



Grilled Mahi-Mahi with Cocoa-Chili Rub

Ingredients:

1 tablespoon light or dark brown sugar
1 tablespoon ancho chili powder
2 tablespoons plus 2 teaspoons cocoa powder
1 tablespoon garlic powder
1 1/2 teaspoons onion powder
1/4 teaspoon cinnamon
Grated zest of half an orange (about 1 1/2 teaspoons)
1 1/2 teaspoons coarse salt
1 1/2 teaspoons black peppercorns
4 mahi-mahi filets (about 6 ounces each and 1-inch thick)
Canola oil

Directions:

Prepare a grill for direct grilling and preheat to high. In a spice mill or blender, combine the brown sugar, chili powder, cocoa, garlic powder, onion powder, cinnamon, orange zest, salt and pepper. Grind to form a coarse powder.

Lightly brush both sides of the mahi-mahi with the oil. Sprinkle on the rub and lightly press the blend into the fish. Grill over direct high heat until the fish is opaque throughout, 8 to 10 minutes, flipping once halfway through.



Grilled Dorado on Cilantro-Chili Slaw

Ingredients:

2/3 cup cider vinegar
1/3 cup extra-virgin olive oil
1/3 cup chopped fresh cilantro
1 clove garlic, minced
1 teaspoon cumin seed
About 3/4 teaspoon salt
5 to 6 teaspoons minced fresh jalapeños
4 pieces (6 oz. each) boned, skinned
halibut or mahimahi fillet
About 1 pound red cabbage
1/2 cup thinly slivered red onion, rinsed



Directions:

In a small bowl, mix vinegar, olive oil, cilantro, garlic, cumin seed, 3/4 teaspoon salt, and chilies to taste. Rinse fish and pat dry. In a heavy zip-lock plastic bag (1-gal. size), combine fish and 1/3 cup of the vinegar mixture. Let stand, turning occasionally, for about 15 minutes.

Meanwhile, rinse and drain cabbage. Cut through core into quarters; cut out and discard core sections. Slice each quarter lengthwise into thin shreds to make about 6 cups. In a large bowl, mix shredded cabbage, onion, and 1/2 cup of the vinegar mixture. Add salt to taste.

Lift fish from marinade (discard marinade) and place on an oiled grill over a solid bed of hot coals or high heat on a gas grill (you can hold your hand at grill level only 2 to 3 seconds); close lid on gas grill. Cook fish, turning once, until barely opaque but still moist-looking in center of thickest part (cut to test), 6 to 8 minutes. Mound cilantro-chili slaw equally on four dinner plates. Top each mound with a piece of hot or warm grilled fish. Drizzle remaining dressing equally over fish. Add salt to taste.