

## Egypt Notes:

- Always admired by the Greeks and Romans and much of the Western World
- The main appeal to Egyptian art is its size, scale, and perfection
- Their tombs are the largest of their structures
  - Built to ensure a blissful after life of the pharaoh
  - Buried sculptures, paintings, treasure, mummified pets with the pharaoh
- Plato saw Egyptian art and said it had not changed in 10,000 years
- Egyptian art is that of **permanence**, or trying to last
  - It is a continuity of form and subject
- Extremely hierarchal society
  - Art was made only for the wealthiest (mainly pharaohs)
- At the same time Egyptians developed writing (hieroglyphics) they developed a political system that established a god-king
  - Because these kings commissioned the large burial sites (pyramids etc.), they reinforced the idea that they were divine and, therefore, associated with the afterlife & the gods
- Two categories of Egyptian Art
  - Royal Commissions (i.e. the Sphinx)
  - Funerary Objects (i.e. the pyramids)
- Geography:
  - Egypt is comprised of two regions:
    - Upper and lower Egypt
    - Separate regions that eventually grew together (around 5,000 BC)
    - Flooding left a layer of silt known as black land (Lower Egypt). Red land was Upper Egypt
  - Had a surplus of food, therefore allowing them to settle down
  - Depended on annual flooding from the Nile
- King assured continuity of his people through direct communication to the gods
- Egyptian gods frequently resemble natural features or nature phenomenon
  - Gods:
    - Ra-Horakhty - sun god
    - Osiris - afterlife
      - Isis - his consort
      - Horus - his son (via Isis)
- Strong belief in the belief of duality [yin-yang] - Ma'at

## Grilled Dorado Yucatan-Style

*This is a wonderfully exotic technique for enjoying dorado that is fresh from the offshore kelp paddies. Banana leaves gently cloister the tender fillets, keeping them fresh and moist as they grill over glowing coals.*

### Ingredients:

4 6- to 8-oz. mahi-mahi fillets  
1/4 cup achiote paste (available at Latino markets)  
2 tbs. fresh orange juice  
2 tbs. fresh lime juice  
2 tbs. distilled white vinegar  
2 garlic cloves, minced  
1 tsp. whole, dried Mexican oregano, freshly crushed  
1/2 tsp. coarse kosher salt or sea salt  
1/2 tsp. ground black pepper  
2 3-ft.-long pieces of banana leaves (available at Asian markets)  
2 tbs. extra-virgin olive oil  
1/4 cup dry white wine  
4 bay leaves  
4 fresh epazote or Italian parsley sprigs or 4 pinches of dried epazote (available at Latino markets)  
2 plum tomatoes, thinly sliced  
2 limes, thinly sliced

### Directions:

Place fish in 13x9x2-in. glass baking dish. Whisk achiote paste and next 7 ingredients in medium bowl. Pour achiote mixture over fish; turn to coat. Cover and chill 1 hour.

Prepare barbecue (high heat). Brush shiny side of banana leaves with 2 tbs. oil; place each on baking sheet, oiled side down (some of leaf will hang over edge of sheet).

Arrange two fillets with marinade still clinging crosswise in center of each banana leaf, spacing 2 in. apart. Drizzle wine around fish in leaves. Top each fillet with 1 bay leaf and 1 sprig of fresh epazote or parsley or 1 pinch of dried epazote. Fold overhanging edges of banana leaf over fish to enclose loosely. Transfer fish from baking sheet to grill, folded edges up. Cover and grill until fillets are just opaque in center, about 10 min. Open banana leaves. Transfer fish to plates. Garnish with tomato and lime slices, and serve with a spicy green chili salsa



*Fearless Leader!*

## Island Fish Tacos

### Ingredients:

1 lb Fresh Fish (Ahi, Ono or Mahimahi) cut into 2 oz strips

Olive Oil

Fresh herbs, garlic, salt & pepper (marinate fish in this for 1 hour before grilling)

Flour tortillas (fajita size) \*\*For a more Mexican traditional taco use corn tortillas.

Shredded cabbage

Fresh lime wedges

Cilantro sprigs

Salsa Fresca

Combine or blend the following 1 hour before serving:

1 Large ripe tomato, finely diced

1/4 yellow or white onion, diced

1 tablespoon cilantro leaves, Minced

1 large clove of garlic, crushed

1/2 green bell pepper, minced

Red Chile flakes, pinch

Lemon juice

Salt & Pepper

Creamy Garlic Dressing

Combine in blender until creamy:

2 cups buttermilk

2 cups mayonnaise

10 cloves garlic, peeled

1/4 cup parsley (Italian), minced

1 Medium Round Onion, Diced

1 tablespoon mustard

Salt & Pepper

### Directions:

Combine garlic, olive oil and fresh herbs with fish and allow to marinate for 1 hour.

Preheat gas grill or prepare coals for "medium - hot" grilling. Grill strips of fresh marinated fish until medium done, reserve. Warm tortillas by grilling or steaming.

Place a bed of shredded cabbage on a tortilla. Top with grilled fish, creamy garlic dressing and salsa fresca. Garnish with cilantro and a squeeze of fresh lime.

*Wahoo*



## Ono Cioppino

### Ingredients:

1 1/2 lbs Ono  
1/2 lb shrimp (21-25 count)  
2 cups clam juice  
2 1/2 cups water  
1 cup white wine  
Juice of 1 lemon  
1/2 lb clams or mussels  
1/2 cup olive oil  
1 Maui onion, thinly sliced  
1 cup celery, thinly sliced  
1 cup julienne bell peppers (assorted colors)  
1 Tbs minced garlic  
1 Tbs minced ginger  
1 tomato, diced  
1/4 cup fresh basil, chopped  
Pinch saffron  
Taro - steamed and cut into chunks  
Sweet Potato - steamed and cut into chunks



### Directions:

Cut fish into 1-inch cubes. Remove shell and devein shrimp. In a large pan add olive oil, garlic, ginger, and seafood. Saute briefly. Add tomato, onions, celery, bell peppers, white wine, clam juice, water, crushed chili peppers, and saffron. Bring to a boil. Add cooked taro and sweet potatoes. Bring back to another boil and cook about 10 minutes, until the seafood is just cooked. Enjoy!



## **Sesame Encrusted Wahoo with Krab and Seaweed Salad**

### Ingredients:

2 lbs. wahoo, 4 square pieces  
1/4 cup white and black toasted sesame seeds  
3 tbs. olive oil  
12 krab sticks  
1/4 cup mandarin sesame dressing  
1 pack nori (seaweed)  
sweet chili sauce  
eel sauce  
curry oil  
4 small whole dried chilis  
4 sprigs of Wakame seaweed

### Directions:

For the seaweed salad: Chop Nori into small strips. Soak in 2 cups of water in a medium bowl for 30 minutes. Remove excess water and place nori on paper towel. Break Krab sticks into very thin strips. Add krab strips and mandarin sesame dressing to nori in a large bowl and toss. Add more dressing as needed.

For the fish: Place sesame seeds on a plate. Press fish into sesame seeds. Cover both sides of fish with sesame seeds. Then preheat pan with 3 tbs. olive oil at medium-high heat and sear fish on both sides for 2 - 3 minutes. Finish in oven at 350 degrees Fahrenheit for 10 - 12 minutes.

Serve with seaweed salad and a piece of fish on top. Drizzle fish with eel sauce and curry oil. Finish with sweet chili oil, and around the plate. Spear whole dried chili and sprig of seaweed into fish.

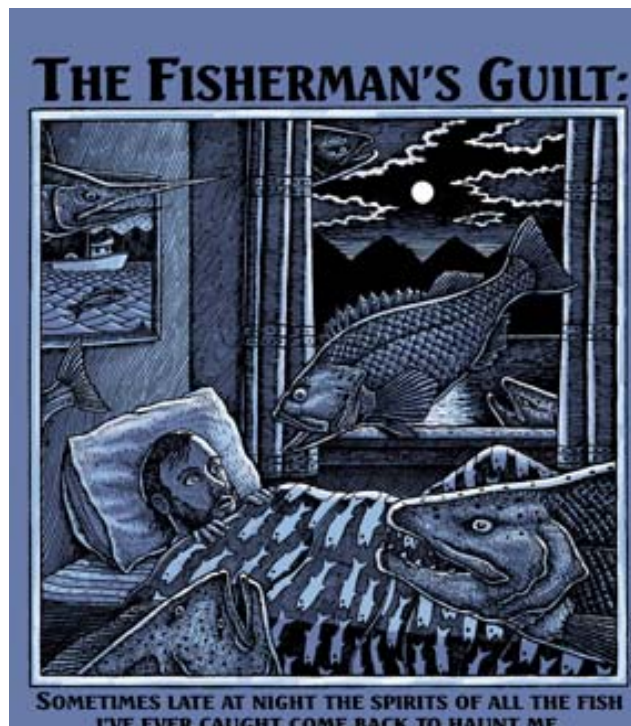


## Schezchuan Style Wahoo

### Ingredients:

1 tbs. ginger oil  
1 tbs. garlic, minced  
1 tbs. ginger, minced  
1 onion, diced  
2 carrots, diced  
2 celery stalks, diced  
1 shot (1.5 ounces) tequila  
1 cup crushed tomatoes  
1/2 cup ketchup  
1 tbs. soy sauce  
1 tbs. oyster sauce  
2 lbs. wahoo  
scallions, sliced lengthwise  
steamed broccoli  
dried hot chili peppers

Directions: Slice Wahoo into 1-inch cubes and set aside. Add ginger oil to a hot saute pan. Then add garlic, ginger and onions and saute for 2 - 3 minutes or until golden brown. Next add carrots, celery and saute for 3 minutes. Mix in tequila, crushed tomatoes, ketchup, soy sauce and oyster sauce and saute for 4 - 5 minutes or until sauce has thickened. Fold in wahoo and saute for 2 - 3 minutes. (Be careful not to overcook fish). Arrange steamed broccoli around the plate and ladle wahoo into center. Garnish with scallions, and dried hot chili peppers.



## **Grilled Wahoo**

### Ingredients:

6 wahoo fillets ½ inch thick  
½ cup melted butter  
½ cup olive oil  
6 cloves fresh garlic  
1/3 cup cilantro  
2 Tbs Cajun seasoning  
1 lemon juiced  
lemon wedges for garnish

### Directions:

Spray grill with nonstick spray or brush with vegetable oil to prevent sticking. Preheat on high for about ten minutes. Mix all remaining ingredients except lemon wedges in a blender. Puree into a smooth sauce. When ready to cook, brush both sides of fillets with sauce. Place fillets on grill and cook, turning once or twice. Brush on more sauce as needed. Fish is done when it flakes easily (about 5 minutes). Squeeze on fresh lemon and serve hot.

## **Ono with Garlic Oregano Sauce**

### Ingredients:

Ono Steaks  
Butter  
Shoyu 1 teaspoon  
salt  
Pepper  
Oregano  
Garlic

### Directions:

Melt butter in the frying pan. Add Shoyu. Add Fish (1/2 in. thick). Add salt, pepper, oregano and garlic. Cook both sides (1 to 2 min per).



## **Coconut-Lime Ono with Mustard-Lime Sauce**

### Ingredients:

1 egg beaten  
1/3 cup unsweetened coconut flakes  
1/3 cup coconut milk  
3/4 cup fine breadcrumbs  
1 teaspoon lime zest  
2 lbs Wahoo fillets

### Directions:

Preheat oven to 450F. Combine egg and milk in a shallow dish. Combine breadcrumbs, coconut flakes and lime zest in another shallow dish. Dip fillets in egg mixture, then dredge in coconut mixture. Arrange fillets on a lightly greased baking sheet. Bake for 15 to 20 minutes or until fish flakes easily. Serve with Mustard-Lime sauce.

### Mustard-Lime Sauce

1/4 cup mayonnaise  
2 tsps Dijon mustard  
2 Tbs lime juice

## **Coconut Crusted Wahoo**

### Ingredients:

8 3-oz. slices of wahoo  
2 limes  
8 oz. coconut flakes  
4 oz. flour  
3 eggs  
2 oz. chopped basil  
2 tsp. chopped garlic  
15 fluid oz. coconut milk  
Salt and pepper (fresh ground)

### Directions:

Marinate wahoo in coconut milk and lime juice for 4 hours. Mix coconut flakes with basil and garlic. Bread the marinated fish first with flour, then eggs, then coconut flake mix. Pan-fry in medium-high heat or until golden and crispy.



## Ono Stew Hawaiian Style

Directions:

1/4 pound bacon cut into small pieces

1 large onion chopped

1 green pepper chopped

1 lb wahoo cut into 1" cubes

flour

salt

pepper

1 15oz can sliced tomatoes

2 Tbs sherry

1 bay leaf

2 tsp sugar

chopped parsley

Directions:

Gently fry bacon in a large pan. After 3-4 minutes add the onion and green pepper. Fry for another 3-4 minutes. Toss fish chunks in a bag of flour, salt and pepper. Add fish to the pan and fry 3-4 minutes. Add the tomatoes, sherry, bay leaf, salt, pepper and sugar. Simmer for 10 minutes, until veggies are cooked. Sprinkle chopped parsley over top and serve with rice.



## **Barbecued Ono Cayman Style**

### Ingredients:

4 generous (6-8 ounce) wahoo fillets, skin and bloodline removed  
Juice of 3 fresh limes  
2 Tbs orange juice  
2 ounces Tortuga Gold Rum  
1-1/2 teaspoons seasoned salt  
2 teaspoons ground black pepper  
1 teaspoon garlic powder  
cup ketchup  
1 tablespoon Worcestershire sauce  
Pickapeppa Sauce (to taste)  
1 large yellow onion, sliced thin  
1 large green pepper, seeded and cored, sliced thin  
2 tablespoons margarine cut into four pieces

### Directions:

Combine the fish fillets, lime juice, orange juice and rum in a resealable plastic bag and marinate for 30 minutes, turning bag over several times, while preparing the barbecue. When fire is almost ready, spray a large piece of heavy aluminium foil with PAM or other vegetable oil spray. Remove fish from marinade and discard all but 2 tablespoons marinade. Arrange filets on foil. Season with seasoned salt, garlic powder and pepper. Combine ketchup, Worcestershire sauce and Pickapeppa sauce and spread over fish. Top with sliced onions and peppers, then dot with margarine. Pour the reserved marinade on top, then pull edges of foil together and seal tightly to make a packet. Place on grate over medium fire and cover. Cook 10- 15 minutes. Remove from heat, open packet carefully so juice doesn't spill. Test fish - it is done when it just separates when prodded with a fork. Try not to overcook fish - should still be moist and opaque. Refrigerate any leftovers and reheat with grits for breakfast.

## **Pescado Gilberto**

### Ingredients:

Wahoo, cut into 1"-2" chunks or strips.

Bread crumbs, seasoned to taste

Egg(s), beaten

Vegetable oil

Olive oil

1 Tbs butter

### Dipping sauce:

1 stick butter

½ cup soy sauce

½ Tbs grated ginger or garlic

### Directions:

Dip the fish first in the eggs, then roll in breadcrumbs. In a skillet over medium flame, heat equal parts vegetable and olive oil with butter or margarine. Fry the breaded fish, turning often, until golden brown. Be careful not to burn - if the coating is getting too brown turn down the heat. Make the dipping sauce by melting butter in a saucepan, and adding soy sauce and ginger.

## **Fried Wahoo**

### Ingredients:

1 Teaspoon garlic powder

1 Teaspoon salt

2 Heineken

1 Teaspoon paprika

2 Teaspoon black pepper

2 Tablespoon cayenne pepper

1 Fillet of Wahoo (chunked clean)

2 Teaspoon fresh parsley

1/2 Cup parm cheese

1 Cup flour (sifted)

### Directions:

Mix everything together with a fork except Wahoo. Add more beer if too thick. Add flour if too thin. Should be thick, a pancake batter consistency. Preheat oil to 375 degrees in deep fryer 3 inches deep. Dip wahoo in batter and fry until golden.