

# Pan-Grilled Seafood with Roasted Red Pepper Sauce

Makes 10 portions

## Ingredients:

2 tbsp. Olive Oil  
20 each Shrimp – large, peeled and deveined  
30 tubes Calamari – cleaned  
10 each Red Snapper Fillets, skin on – 4 ounce portions  
To taste Salt and Pepper  
1 tsp. Fresh Parsley, rough chop

### Red Pepper Sauce:

2 each Red Peppers  
1 slice Ciabatta Bread – 1" thick slice, cubed  
4 cloves Garlic – minced  
4 each Plum Tomatoes – seeded, rough chop  
1 tsp. Smoked Paprika  
1 tsp. Red Chili Flakes  
½ cup Blanched Almonds  
½ lemon Fresh Lemon Juice  
2 tsp. White Balsamic Vinegar  
To taste Salt and Pepper



## Directions:

### Red Pepper Sauce:

Heat the oven to 450 degrees. Place the peppers on a sheet pan and place in the oven. Allow the peppers to blister, turn to blister on all sides. Remove from the oven and place in a bowl, cover tightly with plastic wrap, allow to cool.

When peppers are cool to the touch, remove the skin by gently peeling the peppers. Remove the stem and seeds. Rough chop the pepper pieces.

Heat 1 tbsp. olive oil in a sauté pan, add the ciabatta pieces and toast lightly. When toasted, add the garlic and cook until lightly browned.

Place the peppers along with the ciabatta, garlic and tomatoes in a food processor and blend until you have a rough paste.

Add the paprika, chili flakes, almonds, lemon juice and vinegar to the food processor and blend to form a paste.

With the blade running add the remaining olive oil to form a smooth paste. Taste and season with salt and pepper. Remove from food processor and refrigerate until needed.

When ready to use the sauce, remove from refrigeration and allow to come to room temperature.

### Seafood:

Clean and prepare the fish. Cut the calamari tubes on one side to open and flatted. Lightly score one side of the tube, then cut the tubes into ½" strips.

Lightly coat the all of the fish with olive oil, season with salt and pepper

Heat a grill pan over high heat until very hot.

Place the Red Snapper fillets on the hot pan and allow to score,

Add the shrimp, sear on one side, flip and sear the other side,

Add the calamari strips and sear.

Allow all of the items to continue to cook until cooked through, remove from the grill pan and place on the plates.

Serve with Red Pepper Sauce, grilled lemon