Pan Seared Cobia with Summer Squash & Pistachio Pesto

Recipe courtesy of Chef Tamie Cook
SERVES 4

INGREDIENTS
4 6-ounce Cobia filets
2 cups packed fresh basil leaves
1 cup packed fresh parsley leaves
¼ cup packed fresh mint leaves
¼ cup minced chives
1 cup shelled, roasted pistachios
zest and juice from 1 lemon
2 cloves garlic
½ teaspoon salt
1 pinch red pepper flakes
½ cup olive oil, plus extra for squash and Cobia
1 tablespoon water, optional
1-1 ½ pounds summer squash end/or zucchini, cut into ½ inch pieces

DIRECTIONS
Heat oven to 425 degrees F.

Place basil, parsley, mint, chives, pistachios, lemon zest and juice, garlic, and red pepper flakes into the bowl of a food processor. With the processor running, slowly add the ½ cup olive oil and process until well combined. If the sauce is too thick, add the water and process until desired consistency. Set aside.

Place the squash in a mixing bowl and toss with 1 tablespoon olive oil. Spread evenly on a baking sheet and place in oven. Roast 10 to 12 minutes or until just tender, tossing at least once. Remove from the oven and transfer to mixing bowl. Add ¼ cup pesto and toss to combine. Set aside.

Place 1 tablespoon of olive oil in a large saute pan and set over medium-high heat. Heat until oil shimmers. Add the Cobia and cook for 3 minutes on each side, until cooked through. To serve, spoon squash onto each serving plate and top with Cobia. Spoon more pesto on top of each filet. Serve warm. Store any leftover pesto in an airtight container for up to 3 days.

Smoked Mullet Dip

Recipe courtesy of Chef Tamie Cook
SERVES 8 TO 10

INGREDIENTS
½ cup sour cream
½ cup cream cheese, room temperature
¼ cup mayonnaise
1 stalk celery, finely chopped
2 scallions, finely chopped
¼ cup chopped fresh parsley
1 small jalapeno, seeded and minced
zest and juice from 1 lemon
1 pound smoked Mullet, flaked and bones removed
salt and freshly ground black pepper

crackers or toast points for serving

DIRECTIONS
Place sour cream, cream cheese, mayonnaise, celery, scallions, parsley, jalapeno, and lemon zest and juice into a medium mixing bowl and stir to combine. Gently fold in flaked Mullet just until combined. Taste and adjust seasoning with salt and pepper as needed. Serve or refrigerate immediately.