

Recipe of the Month: Fresh Fish – “Wreckdiver” Style

Betsy and I are on vacation this week, and we have visited a few restaurants in the Marathon FL area. Our favorite, so far, is [Castaway](#), a local favorite since 1951. It is rare for us to be impressed when eating out, since we prefer to cook and eat at home. But Castaway certainly impressed us with a vast menu and a tremendous number of options. Now, usually, that means they do only fair to mediocre on many things instead of specializing and being outstanding on what they do well. But in our party of six for dinner, from the drinks, to appetizers, to the main course, everyone had a great meal and great experience. My entrée wins the award to become our Recipe of the Month. At the restaurant, I ordered Snapper, Wreckdiver Style. Below is my interpretation of it. And I made it for our group last night using the fresh Mahi we caught yesterday, and got rave reviews.

Ingredients: 6 medium sized fresh fish filets, pan seared or grilled to medium (flaky)
1 medium tomato, diced
1 large lemon, juiced
1 small jar of capers, drained (or about 1/3 cup)
1 ½” tsp of minced garlic
2 Tbsp. of minced fresh Basil
1 cup of white wine (we used Sauvignon Blanc)

Instructions:

Grill or pan sear the fish and put in warming drawer or warm oven while you prepare the topping and other side items. Combine all ingredients in a medium hot skillet and bring to a boil, reduce heat and simmer for 5-10 minutes. Add salt and pepper to taste.

Place fish, and side items like rice, or vegetables on plate, and spoon Wreckdiver “sauce” over fish and rice. Serve hot.

OPTIONAL: Top with roasted pine nuts and more minced Basil



