

### Grilled Shrimp in Fresh Pitas with Tomato, Lettuce and Lemon Garlic Hummus

2 cans white beans, rinsed and drained  
1 large roasted red pepper  
½ cup tahini  
2 cloves garlic  
Zest and juice of 1 lemon  
1 teaspoon each onion powder and garlic powder  
2 to 3 tablespoons olive oil  
Sea salt and freshly ground black pepper

1 pound shrimp, peeled and deveined  
Olive oil  
1 to 2 tablespoons Mediterranean spice mix  
4 warm pitas  
Shredded Lettuce  
Diced tomatoes

- Add the beans, pepper, tahini, garlic and spices to a food processor. Puree until smooth. Add olive and a little water, if needed to thin. Season with salt and pepper.
- Preheat grill to medium-high heat. Toss shrimp with olive oil and spice mix. Grill, turning once, until cooked through.
- Spread a layer of hummus on each of the pitas. Divide shrimp, top with lettuce and tomatoes. Serve.

### Mediterranean Seafood Stew with Tomatoes, Garlic and Herbs

2 tablespoons vegetable oil	2 bay leaves
2 cups chopped onions	½ cup medium roux, or more as needed
1 cup chopped green peppers	2 pounds medium shrimp, peeled and deveined
1 cup chopped celery	2 pounds sea scallops
2 cups chopped fresh tomatoes	1 pound mussels meat
2 cloves garlic, minced	Fresh parsley
2 tablespoon all-purpose spice mix	Tabasco, to taste
4 cups fish or vegetable stock	Salt and pepper

- Bring a large Dutch oven to medium heat and add the oil. Cook the onions, peppers and celery, stirring occasionally, until nicely softened.
- Stir in the tomatoes; cook until softened. Stir in the spices; cook 1 minute more.
- Add the stock and bay leaves. Bring to a boil; reduce heat to a simmer. Slowly whisk in the roux. Cook the stew, stirring occasionally, until thickened and flavors combine.
- Add the shrimp and mussels; simmer until just cooked through. Stir in the mussels.
- Season with parsley, Tabasco, salt and pepper.

*Gratuity is not required but it is appreciated.  
If you enjoyed the class, please consider leaving a tip for your server.*



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### Slow Roasted Halibut with Spaghetti and a White Wine, Chili and Caper Sauce

1 pound halibut, cut into portions  
2 tablespoons olive oil, divided  
1 tablespoon herb mix  
1 shallot, minced  
2 cloves garlic, minced  
Pinch of crushed red pepper  
½ cup white wine  
2 cups vegetable stock  
4 tablespoons cold butter  
3 tablespoons capers  
2 teaspoons minced fresh thyme  
½ pound spaghetti  
Sea salt and fresh cracked pepper

- Preheat oven to 375 degrees. Drizzle 1 tablespoon oil on halibut; season with herb mix, salt and pepper. Roast until just cooked through to the center. Remove; let rest.
- Bring a saute pan to medium heat and add the oil. Cook the shallot until translucent. Add garlic and crushed red pepper; cook 1 minute more.
- Add the white wine; cook until reduced by half. Add the vegetable stock; bring to a simmer.
- Remove from heat; whisk in cold butter. Stir in thyme; season with basil, salt and pepper.
- Bring a large pot of salted water to a boil. Cook pasta until just tender; drain, reserving some of the pasta water. Add to pan with toss, thinning with water as needed. Serve topped with halibut.

### Pan-seared Cod with Asparagus and Lemon Butter Sauce

2 tablespoons olive oil  
1 pound cod fillets, dusted with flour  
1 shallot, minced  
2 cloves garlic, minced  
1 teaspoon each onion and garlic powder  
½ cup white wine  
¼ cup vegetable stock  
Juice and zest of ½ lemon  
1 tablespoon heavy cream  
½ cup cooked asparagus tips  
3 tablespoons butter  
Sea salt and freshly ground black pepper

- Preheat oven to 375 degrees. Bring a saute pan to medium heat and add the oil. Cook the fish, turning once, until golden brown. Transfer pan to oven; roast until cooked through. Remove; transfer fish to serving platter; keep warm.
- Place pan over medium heat. Cook the shallots and garlic until golden; add spices and cook 1 minute more.
- Add the wine; cook until reduced by half. Add the stock, cream and lemon juice; cook until reduced by one-third. Stir in the asparagus; cook until warmed through.
- Remove from heat; add the butter, whisking constantly, until emulsified. Stir in the lemon zest; season with salt and pepper. Serve over cod.

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