

Black Bean and Rice Salad

1 tablespoon lime juice	1/3 pound shrimp, peeled and deveined
1 clove garlic, minced	1 cup cooked rice
Pinch of onion and garlic powder	1/4 cup black or pinto beans, rinsed and drained
Pinch of cumin	1/4 medium red bell pepper, diced
Pinch of smoked paprika	1/4 small red onion, diced
3 tablespoons olive oil	1 small tomato, chopped
Fresh chives, minced	Crumbled goat cheese
Salt and pepper	

- Stir together the lime juice, garlic and spices; whisk in oil. Season with chives, salt and pepper.
- Bring a pot of salted water to a simmer. Add shrimp; simmer until center of the shrimp is cooked through. Drain; cut into small pieces.
- Toss shrimp with dressing. Stir in beans, peppers, onions and tomatoes.
- Stir in goat cheese; season with salt and pepper.

Sauteed Salmon with Buerre Blanc Sauce

2 teaspoons olive oil
1 salmon fillet
1/4 shallot, sliced thin
1 clove garlic, sliced thin
1/2 cup white wine
2 tablespoons white wine vinegar
1 teaspoon honey
2 tablespoons heavy cream
2 tablespoons butter (must be chilled)
1/4 lemon, zest and juice
1 tablespoon parsley, chopped
Salt and pepper

- Bring a heavy nonstick skillet to medium-high heat; add oil.
- Lightly season salmon with salt and pepper.
- Add to pan and cook on first side until golden brown and a nice crust has formed.
- Turn salmon; continue sautéing salmon until just cooked through. Remove from pan.
- Reduce heat to medium-low and add shallots and garlic, cook until translucent.
- Add white wine, honey and vinegar and reduce until about 2 tablespoons remain.
- Add heavy cream; simmer until thickened.
- Turn off heat and stirring constantly add butter until completely melted.
- Stir in juice and zest; season with parsley, salt and pepper.
- Serve salmon topped with sauce.

Beer Battered Cod

1 piece white fish, like cod or tilapia
½ cup all-purpose flour
½ tablespoon garlic powder
½ tablespoon paprika
½ teaspoon salt
¼ teaspoon black pepper
1 large egg, lightly beaten
¾ cup club soda beer
Vegetables oil, for frying
Salt and pepper

- Heat oil to 350 degrees in saucepan.
- Meanwhile, cut fish into stick shapes, about 1 inch wide and 3 inches long.
- Pat dry with paper towels and season with salt and pepper.
- Whisk together the flour and spices.
- Stir in the lightly beaten egg, then gradually whisk in the club soda until the batter forms and is no longer lumpy.
- Quickly dip the fish one piece at a time into the batter, then place in the hot oil.
- Cook for 3 to 4 minutes, or until the fish is a nice golden brown. Drain on paper towels.

Tartar Sauce

¼ cup mayonnaise
½ tablespoon sweet relish
1 teaspoon whole grain mustard
1 teaspoon chopped capers
¼ small shallot, minced
Juice of ¼ lemon
1 tablespoon chopped fresh chives
Hot sauce, to taste
Freshly cracked black pepper

- Stir together ingredients in a bowl; season with black pepper.