



HHF News – July 2008

Visit our Blog <http://heatandflavor.blogspot.com/> to see pics of the newest member of the Heather's Heat and Flavor family, Savannah Sada Marks. She joined us on June 11, is happy, healthy and darned cute (if we do say so ourselves). We're busy working on a new barbeque spice blend to honor her arrival during grilling season. Got any ideas? Let us know by adding a comment to the blog!

Events

Knife Sharpening ~~ Thursday, July 10, 3:00-6:00 p.m. – Heather's Heat & Flavor, Legacy Village, Lyndhurst – 216.291.3450 – Expert knife sharpener and instructor, Steve Bottorff, joins us **every second Thursday of the month**. Bring your favorite straight-edge, serrated knives and scissors to be sharpened while you wait! Fee varies by the size of the blade, starting at \$2 for a paring knife and \$5 for a chef knife. If you can't make it during that time, call the store ahead to arrange a time to drop-off and pick-up your knives.

Get 'Em While It's Hot...

Santa Fe Chile Co. Green Chile Sauce ~~ When in New Mexico, diners are often asked whether they want red or green (sauce on your food, that is). In these parts, the green sauce is hard to come by, and we've found one of the best! Santa Fe Chile Co.'s homemade Green Chile Sauce combines New Mexico's Hatch Green Chile, onions, garlic and a specialty blend of spices to bring the spicy taste of tradition to your table. Not too hot, this is a great way to give an authentic Southwest flavor to your breakfast eggs, enchiladas, tacos or burritos.

Santa Fe Chile Co. Green Chile Hot Sauce ~~ Want a little more heat from your green chile? Experience the harvest when you taste this sauce made with New Mexico's locally grown green chile. Enjoy this native pepper in Santa Fe Chile Co.'s Green Chile Hot Sauce. Add a one of a kind rich, thick and mouth watering hot sauce to your pantry.

Aprons with Attitude ~~ Come in our stores to check out the selection of aprons with witty, slightly crass or just plain hilarious phrases and illustrations. Add a little humor to your meal!

Recipes for Delish' Fish

Blackened Grouper, Serves 4

1 ½ lb. grouper fillets, cut into 4 pieces
1 tbsp. paprika
1 tsp. dried thyme
1 tsp. cayenne pepper
1 tsp. freshly ground black pepper
¼ tsp. allspice
1 tbsp. butter
1 tsp. canola oil

Preheat broiler or preheat grill to medium high. Dry grouper with a paper towel. Mix paprika, thyme, cayenne pepper, black pepper and allspice in a shallow dish. Melt butter and oil in a small saucepan; brush butter mixture over fish pieces on both sides. Dip grouper into spice mix, turning to coat both sides. Broil or grill Grouper for 5 minutes per side or until fish flakes easily when tested with a fork.

Blackened Tuna, Serves 2

2 tbsp. dried Italian seasoning, crushed
1 tsp. garlic powder
½ tsp. onion powder
1 tsp. olive oil
2 (4-oz.) (thawed, if frozen) tuna steaks, about ½-inch thick

In a small bowl combine Italian seasoning, garlic powder and onion powder. Rinse fish; pat dry with paper towels. Rub herb mixture on both sides of fish steaks. In a large skillet heat oil. Add tuna steaks. Cook 4 to 6 minutes or until fish flakes with a fork (145F), turning once.

Chili-Garlic Rubbed Shrimp (prawn), Serves 6

Prep Time: 10 minutes

Cook Time: 5 minutes

6 tbsp. olive oil
1 ½ tsp. crushed red pepper flakes
6 cloves garlic, minced
¼ cup chopped cilantro divided
¼ tsp hot sauce
2 tsp. freshly grated lime peel
1 lime, juiced
1 lb. large shrimp, peeled and deveined
lime wedges

For marinade, combine oil, red pepper flakes, garlic, 2 tablespoons of the cilantro, hot sauce, lime peel and juice in bowl. Refrigerate 2 hours or overnight. Add shrimp to marinade. Cover and let stand 20 minutes. Coat grill with nonstick cooking spray. Preheat grill to medium (300F to 350F). Thread shrimp onto 8 skewers and grill 5 to 7 minutes or until opaque, turning once. Remove from heat. Sprinkle with remaining cilantro and serve with lime wedges.

Curried Scallop Kebabs with Zucchini, Serves 4

Prep Time: 15 minutes

Cook Time: 8 minutes

2 tsp. curry powder
¼ tsp. ground ginger
½ tsp cumin
2 zucchini, cut into 1 ½ inch rounds
1 medium red bell pepper, seeded and cut into squares
2 bags frozen scallops
2 tbsp olive oil
¼ cup chopped fresh cilantro

Coat grill rack with nonstick cooking spray. Preheat grill to medium (300F to 350F). Combine curry powder, ginger, cumin and salt and pepper to taste in bowl. Set aside. Place zucchini and bell pepper in microwave-safe container. Cover and microwave on HIGH 1 ½ minutes. Cool slightly. Alternate and thread zucchini and scallops onto 8 skewers. Brush with olive oil and sprinkle with curry mixture. Grill 3 to 4 minutes per side or until scallops are golden and opaque. Sprinkle with chopped cilantro and serve.

Curry-Rubbed Catfish, Serves 4

Prep-time: 20 minutes

Cook Time: 10 minutes

4 (6-oz/170g) catfish filets
1 tbsp. (15ml) plus 1 tsp. (5ml) curry powder divided
½ tsp. (2.5ml) kosher salt, divided
¼ tsp. (1ml) crushed red pepper flakes, divided

3 tbsp. (44ml) dark sesame oil, divided
4 tbsp(59 ml) rice wine vinegar
2 tbsp. (30 ml) sugar
2 cups (473 ml) fresh orange slices
1 ½ cups (355ml) thinly sliced seedless cucumber
¼ cup (59 ml) chopped fresh cilantro

Season catfish with 1 tablespoon of the curry powder ¼ teaspoon of the salt and 1/8 teaspoon of the red pepper flakes; drizzle with 2 tablespoons of the oil. Let stand 15 minutes. In small bowl whisk together vinegar, remaining 1 tablespoon oil, sugar, 1 teaspoon curry powder, remaining ¼ teaspoon salt and 1/8 teaspoon red pepper until sugar dissolves; set aside. Coat grill rack with nonstick cooking spray. Preheat grill to medium (300F to 350F). Grill fillets 10 minutes or until fish flakes easily with a fork. Place orange slices, cucumber slices and cilantro evenly on individual plates. Top each with a fillet and drizzle evenly with curry dressing.

Visit our store online – www.heatandflavor.com. If you have any trouble with the Web site, please let us know (e-mail service@heatandflavor.com or call one of our stores). Buy logo shirts and other fun stuff at www.cafepress.com/heatandflavor.

Happy Summer!

Heather Marks

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