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Extend Grilling Season through the Fall with Quick and Easy Barbeque Recipes to Taste the Caribbean from Chefs at the Region's Top Boutique Hotels

Houston, TX, August 2014 – As Labor Day approaches and the transition to the Indian Summer weather of fall begins, people across the country are taking advantage of the sunshine and warm nights with inspired barbeques. Now, some of the Caribbean's most innovative chefs are sharing their favorite barbeque recipes to spice up your gathering with some authentic tropical flair.

Bring the flavors of the Dominican Republic and Honduras to your barbeque this week with fresh, delectable dishes ranging from fish ceviche and griddled octopus to flank steak catracho and homemade BBQ sauce. Delighting the palette, these recipes from Sublime Samana Hotel & Residences, Casa Bonita Tropical Lodge, Casas del XVI and The Lodge at Pico Bonito will have you believing that summer vacation and grilling season never have to end.

Red Snapper with Fennel Wrapped in Plantain Leaves

Sublime Samana Hotel & Residences, Las Terrenas, Dominican Republic

Ingredients:

- 1 whole red snapper
- 1/2 bulb fennel
- 1 red onion
- 2 potatoes
- 1 dozen cherry tomatoes
- Olive oil to taste
- Bunch of parsley, dill, oregano and thyme
- 1 lemon (juiced)
- 2 cloves garlic
- Salt & pepper to taste
- A glass of white wine
- 1 plantain leaf

Directions:

1. Cut the fennel and the onion into thick wedges, and cook in a wood oven with

- some garlic, thyme, salt and pepper until the fennel turns golden and starts to soften.
2. Add the cherry tomatoes, keeping the tomatoes whole.
 3. Cut three or four slices into each side of the fish and add salt and pepper to the openings.
 4. Stuff the cavities on each side of the fish with dill, parsley and lemon slices and rub the fish's skin with chopped herbs, lemon juice and olive oil.
 5. When the tomatoes soften use a spatula to push the onion and fennel to the edges of the pan -- creating enough free space to add the fish.
 6. Wrap the fish in the plantain leaf and tie the sides.
 7. Preheat the oven to 325 degrees.
 8. Cook the fish on one side for three or four minutes, depending on size, then flip it and cook it on the other side for another minute.
 9. Transfer the pan to the oven for fifteen minutes.
 10. Pour a glass of white wine over the fish and cook it in the oven for another five minutes.
 11. Remove from the oven and enjoy with your favorite summer sides.

Fish Ceviche

The Lodge at Pico Bonito, La Ceiba, Honduras

Ingredients:

- 8 oz white fish filet cut into ½ inch cubes
- 1 cup fresh lime juice
- 1 oz finely chopped purple onion
- 1 ripe tomato
- ½ chopped jalapeno pepper
- 1 oz fresh coriander
- 1 tablespoon olive oil
- 1 tablespoon olive oil

- 1 tablespoon orange juice
- 1 tablespoon tomato juice
- 1 tablespoon ketchup
- Salt to liking

Directions:

1. Cut 8 oz fresh white fish per serving into ½ inch cubes.
2. Marinate for 2 hours in fresh lime juice.
3. Drain the lime juice and add the chopped purple onion, tomatoes, jalapeno, coriander, olive oil, orange juice, tomatoes juice, ketchup and salt.
4. Stir until mixture is well distributed.
5. Serve chilled with a fan of avocado slices and tortilla chips.

Flank Steak Catracho with Green Tomato Sauce

The Lodge at Pico Bonito, La Ceiba, Honduras

Ingredients:

- 10 oz flank steak
- 2 oz olive oil
- 1 oz balsamic vinegar
- 1 teaspoon guajillo chile powder
- 3 green tomatoes
- 1 white onion
- 1 serrano chile
- 2 oz fresh coriander
- 8 oz chicken broth

Directions:

1. Marinate the flank steak for one hour in balsamic vinegar, olive oil and guajillo chile powder.

2. Add salt and pepper to taste.
3. Grill the flank steak to your desired temperature.
4. While the steak is grilling, cut the tomato and the onion into 2 inch slices and boil with the chicken broth for ten minutes.
5. Add the fresh coriander to the mixture and add salt and pepper to taste.
6. Serve the steak with the green tomato sauce and your favorite sides.

Barbeque Sauce

Casas del XVI, Santo Domingo, Dominican Republic

Ingredients:

- 1 cup apple cider vinegar
- ½ cup ketchup
- 2 tablespoons brown sugar
- 2 tablespoons Worcestershire sauce
- 1 tablespoon butter
- 1 teaspoon salt
- ½ cup guava juice
- 2 tablespoons ginger

Directions:

1. Mix all ingredients together in a saucepan and let simmer for ten minutes.
2. Use as a marinade for your favorite meat or as a dipping sauce.

Griddled Octopus

Casa Bonita Tropical Lodge, Barahona, Dominican Republic

Ingredients:

- 8 oz of octopus
- 3 teaspoons olive oil
- 1 teaspoon of small capers
- 1 teaspoon of paprika
- A touch of oregano
- Salt to taste
- 1 onion

Directions:

1. Cut the octopus in small slices.
2. Combine all ingredients except for the onion and paprika on a griddle.
3. Cook until the octopus is gold in color.
4. Remove the octopus from the griddle, put it in a pan then add the paprika and the finely sliced onion with some more olive oil.
5. Remove from the pan and enjoy with your favorite side.

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