



GRILLED MONTAUK FLUKE OVER MRS. B'S KALE SALAD

Serves 4

Herb mayonnaise is a great way to flavor a fish fillet or steak while still keeping in the moisture as it cooks. This is a super easy recipe that can be adapted to whatever fresh herbs you have in your kitchen or garden. Serving grilled fish over a kale salad keeps the healthy component of your diet in check. It's also an easy riverside preparation: just slice the kale, organize ingredients in advance then add vinaigrette as you start the fire.

For fish & coating:

2 thick fluke or flounder fillets, 8-12 oz each

1 cup mayonnaise

Zest of one lemon

2 Tablespoons each of the following:

Onion, finely diced

Parsley, finely chopped

Chives, minced

Oregano and thyme, stems removed and chopped fine

Finely diced red pepper

Sea salt to taste

Mix together the onion, herbs, zest and red pepper with the mayonnaise. Reserve $\frac{1}{4}$ cup for garnish on cooked fish. Take the remaining mixture and evenly slather and spread across both sides of the fish fillets.

Cook over low burning coals on a grill about 12 inches above the coals for 3-4 minutes on one side. With a large spatula carefully flip and cook on the other side for 2 minutes until done.

For stovetop cooking: Coat a 12" cast iron skillet with olive oil. Heat until barely smoking under medium flame. Place filets in pan and cook for 3 minutes on one side then transfer to a 375 °F oven for another 5 minutes. Do not flip, the mayo spread will brown lightly and make a lovely light crust.

Cut each fillet in half and serve over Mrs. B's Kale Salad.

Mrs. B's Kale Salad

1 bunch soft-stemmed kale
2 cups cooked quinoa
 $\frac{1}{2}$ cup small fresh blueberries
6 T crumbled Feta cheese
 $\frac{1}{2}$ cup red wine vinaigrette
Salt and pepper to taste

Cut off the stem and remove the hard membrane from the kale. Take 3 leaves, stack and roll together in a cigar shape. Cut thin slices going down the length to create a chiffonade effect.

In a large mixing bowl, toss the kale with the vinaigrette. Let marinate for a couple of hours. Just before serving add the quinoa, toss with the feta, blueberries and add salt and pepper to taste.

Red Wine Vinaigrette

yields 1 cup

$\frac{2}{3}$ cup olive oil
 $\frac{1}{3}$ cup red wine vinegar
2 tsp dried oregano
2 large garlic cloves, minced
Salt and pepper to taste

Place all ingredients in a glass jar and shake well. Keep in refrigerator.