



Sea Cuisine™

Seafood Entrées

Tasting Party Menu

a taste of the caribbean

Who doesn't love the colorful, flavorful taste of "The Islands?" Caribbean foods blend the everyday with the exotic, the aromatic with the cool and crisp. Fruits and veggies take you on an adventure in freshness, herbs and spices combine in exciting ways unimaginable anywhere else! Let Chef Owen bring you and your guests on an "Island Vacation" with his Caribbean menu — the only thing missing will be the tropical breezes!



Coconut Crusted Tilapia as seen on package, not as recommended in menu.

Starter

Minted Tropical Fruit Salad

Take orange AND grapefruit citrus sections (you can buy them prepared in the produce section of your grocery store) and combine them with pineapple chunks, mango and/or papaya pieces — fresh, thawed frozen, or canned — creating a medley to your taste. (If using canned or prepared fruit, drain off the liquid before using.) Toss in some fresh mint leaves and make a quick dressing with a squeeze of lime juice and a drizzle of honey.

Main Course

Coconut Crusted Tilapia with Calypso Black Beans

Combine cooked white rice, a can of drained black beans, a splash of your favorite salsa to taste, and a little pepper jack cheese on top. Place in an oven-safe, casserole-style platter and bake covered in a 350 degree oven until heated thoroughly. Place cooked Coconut Crusted Tilapia atop. Sprinkle with fresh chopped cilantro and serve with lime wedges and tortillas.

Dessert

Key Lime Pie with Fresh Whipped Cream

Store-bought or your favorite recipe will complement this meal just fine.

Beverage

Caribbean Cooler

Mix pineapple juice with a splash of lime juice, club soda and fresh mint.

