

# Oh, Say, Can You Sea?

By Chef Marci Boland

Take a deep breath and get ready to discover the new and improved Ft. Lauderdale. And if you haven't been here lately, you should see it now. This is a place where the casual meets the sophisticated, where the experiences are as endless as the ocean, and the attitude is always fun.

A sunset Water Taxi cruise or an ever-growing vast array of waterfront dining is the perfect time to break out your tropical chic attire, relax and take in the spectacular views. Ft. Lauderdale boasts of being the home to the Broward Center for the Performing Arts, where you can enjoy world-class opera productions, from the Florida Grand Opera to the Broadway Series of national productions of musicals, play and show stopping performances. For true luxury and elegance, Ft. Lauderdale is the new home of the Five Star St. Regis Resort and Hotel – right on the Atlantic Ocean. You may dine in any one of their restaurants or relax in their luxurious state-of-the-art spa.

Ft. Lauderdale and all of South Florida is truly a melting pot of diverse cultures, cuisine, people and traditions. There are enough ethnic and themed restaurants here to suit any palette. Cuban, Vietnamese, Argentinean, Brazilian, Thai, Japanese, Indian, French, Italian, Irish, Caribbean, just to name a few of the more popular styles. The newest trend is “Floribbean” cuisine.

Florida is known for its fresh-off-the-line seafood and “Floribbean” cuisine. Floribbean cuisine combines the colors and spices of Caribbean cooking with some traditional Florida fruit and fruit juices to create the ultimate regional delicacy. Some of the best locales to dig in to this delicious treat are in Ft. Lauderdale and South Florida where world-renowned restaurants and top chefs thrive. Savor sumptuous seafood fresh from the sea, like wild shrimp, juicy crab claws and tender mahi, grouper or snapper fillets, all cooked with tangy and blackened spices native to the Caribbean. Experience an oyster sensation by feasting on oysters served raw, steamed, roasted or in a dish fresh from Apalachicola Bay—the source of more than 90 percent of the state's annual oyster harvest.

Make your own “Floribbean” dinner at home with this fabulous recipe.



## Floribbean Mahi-Mahi With Mango, Pear and Avocado Salad

- 3 pounds mahi-mahi fillet
- 4 mangos cut into 1/4 inch strips
- 6 red pears cut into 1/4 inch strips
- 1/2 pound cleaned baby spinach
- 3 avocados cut into 1/4 inch strips
- walnut oil
- 2 oranges - juice of
- 1 lime - juice of
- Floribbean seasoning
- 6 tablespoons garlic - minced
- 6 tablespoons onion-- minced
- 6 tablespoons dried onion
- 2 tablespoons allspice
- 1 tablespoon chipotle
- 2 tablespoons Hungarian paprika
- 2 tablespoons brown sugar
- 4 1/2 teaspoons thyme
- 4 1/2 teaspoons cinnamon
- 1 1/2 teaspoon nutmeg
- 1/2 teaspoon ground habanera
- 2 lemons - zest of

Prepare a wood or charcoal grill and let it burndown to embers.

Rub the Floribbean seasoning on mahi-mahi in long strokes. Let sit for 15 minutes. Grill for 8 minutes on one side and 6 minutes on the reverse side. Remove from grill and keep hot.

Lightly oil the fruit with walnut oil and grill over hickory wood for 3 minutes. Place in a bowl with the fruit juices and toss. Serve on top of baby spinach and avocado.

Enjoy!

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