

# THE RIDER ELITE TEAM

## COOKING LIVE RECIPE



### INGREDIENTS

- 4 each Halibut fillets skin on, 1 to 1/2-inch thick (6oz)
- 1 tsp Kosher salt
- 2 tbs Smoked paprika
- 1 tbs Dried thyme
- 1 tbs Dried oregano
- 2 tsp Onion powder
- 1 tbs Garlic powder
- 1/8 tsp Cayenne pepper
- 4 tbs Unsalted butter
- 2 each Mango, peeled and small diced
- 1 each Jalapeno, minced
- 1/2 each Red onion, small diced
- 1/2 each Red bell pepper, small diced
- 1 each Fresh cilantro, finely chopped
- 1 each Fresh lime, juiced
- To taste Salt and pepper

### BLACKENED HALIBUT WITH MANGO SALSA

1. In a shallow dish, whisk together the kosher salt, paprika, thyme, oregano, onion powder, garlic powder, and cayenne.
2. Sprinkle the halibut fillets with the seasoning mixture, pressing with your fingers to help the coating adhere.
3. Heat the butter in a large nonstick skillet over medium-high heat.
4. When the butter starts foaming, add the halibut fillets, skin-side down. Cook them until their bottoms are blackened, 3-4 minutes.
5. Turn the fillets to the other side, reduce the heat to medium, and cook until the fish turn from translucent into opaque and white (it's fine to cut a small slit and peek), about 3 more minutes.
6. Spoon the pan juices on top of the fish and serve.

#### FOR MANGO SALSA

1. In medium bowl combine mango, red onion, bell pepper, jalapeno, cilantro, freshly squeezed lime juice, salt and pepper. Mix well until all ingredients are evenly distributed.

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ELITE TEAM

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## CAULIFLOWER FRIED RICE

### INGREDIENTS

- 1 tbs Sesame oil, divided
- 2 each Whole eggs
- 1 each Cauliflower, grated
- 1/2 cup Frozen mixed vegetables
- 2 each Green onion
- 3 each Cloves garlic, minced
- To Taste Salt and pepper
- 3 tbs Gluten-free Tamari or soy sauce
- 2 tsp Brown sugar
- 4 tbs Margarine

1. Combine 1 teaspoon sesame oil with eggs in a bowl then whisk to combine and set aside. Chop cauliflower head into big chunks then send through a food processor fitted with the grating attachment. Alternatively, you could grate the cauliflower on a box grater. Measure out 4 cups grated cauliflower then save the rest for another use.
2. Heat remaining 1 Tablespoon sesame oil in a wok or large nonstick skillet over high heat. Add 2 tbs margarine and cauliflower. Sauté for 5 minutes.
3. Add other half of margarine. Once margarine has melted add green onions, and frozen mixed vegetables. Stir fry until cauliflower is just beginning to turn tender, 3-4 minutes. Add garlic, season with salt and pepper continue to sauté for 2 to 3 more minutes.
4. Push mixture to the sides of the wok to create an opening in the center then add the eggs and scramble. (Keeping the eggs and cauliflower mixed separate until eggs are fully cooked) Toss mixture to combine then drizzle in gluten-free Tamari and mix again to combine. Serve hot.





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### INGREDIENTS

- 3 fresh Blackberries
- 1½ fluid ounces  
Spiced Rum
- 1 fluid ounce Sweet  
and Sour mix
- Ice Cubes
- 1 splash ginger beer

### BILL OF SALE COCKTAIL

Place blackberries in a shaker; muddle. Pour rum and sweet and sour mix over muddled blackberries; fill the shaker with ice. Cover and shake until chilled. Pour into a glass and top with ginger beer.

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