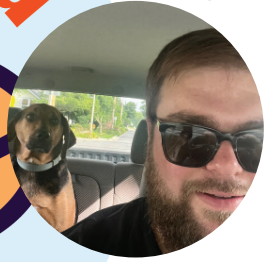




SEAFOOD & SUMMER PAIRINGS

By: Nick Heitman, Meat, Seafood & Specialty Category Manager



BASIL PESTO & WILD SOCKEYE

With the temperatures rising, the local basil is in full swing at the Co-op! Try putting together a simple basil pesto (basil leaves, pine nuts, garlic, Sartori Sarveccio Parmesan, and olive oil) to marinate the fresh, in-season sockeye salmon. Marinate salmon and refrigerate for an hour before grilling, and baste fish with remaining pesto on the hot grill.



SAN-J TERIYAKI SAUCE & GRILLED SHRIMP SKEWERS

We love rice bowls with various proteins, vegetables, and condiment combinations. Marinate some shrimp with San-J Teriyaki Sauce, skewer, and grill. They are great on their own, or served over rice with avocado, cucumber, jalapeño, cherry tomatoes, sriracha, and Kewpie mayo.



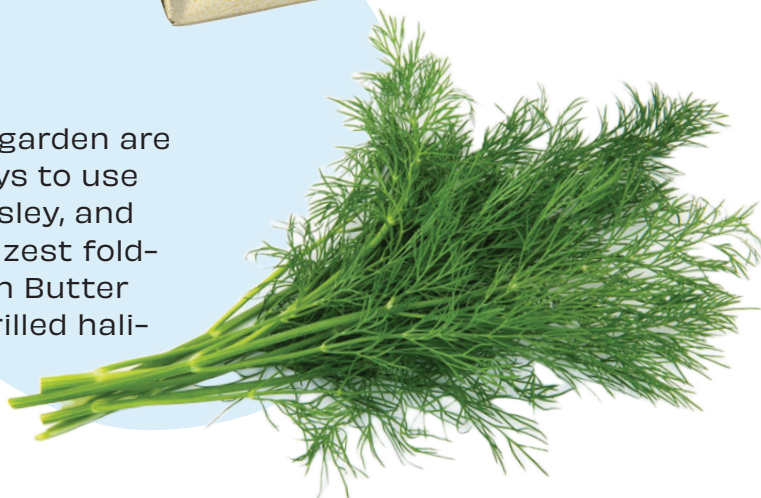
ROC DE L'ABBAYE SAUVIGNON BLANC & CEVICHE

While ceviche doesn't require any grilling, it's probably my favorite way to prepare seafood during the hot summer months. Combine mango, red onion, cilantro, jalapeño, and plenty of fresh squeezed lime juice with some diced Biloxi Shrimp Co wild-caught gulf shrimp and pair it with the Roc De L'Abbaye Sauvignon Blanc for a great summer meal!



KERRYGOLD IRISH BUTTER (COMPOUND BUTTER) & HALIBUT

By now, the fresh herbs in the garden are popping and I'm looking for ways to use them. Thyme, tarragon, dill, parsley, and chives, along with some lemon zest folded into softened Kerrygold Irish Butter makes a flavorful topping to grilled halibut, whitefish, or walleye.



OLDEN ORGANICS SLAW MIX & GRILLED TILAPIA TACOS

The Olden Organics Super Slaw mix makes a great base as a condiment to add some crunch to grilled fish tacos. It works great on its own, or mixed with some mayo and rice wine vinegar. I like to season some tilapia fillets with The Deliciouser Zocalo spice blend and throw them on the grill, then top them with the slaw mix on a warm tortilla with a squeeze of lime.