

Medwell Kitchen Recipes



Join us each week and cook with us in our Medwell Kitchen through Cooking Demos featured with a live chat option, so that we can help solve problems you may be facing in your kitchen!

Main Course

Swordfish Topped with a Mediterranean Salsa

**Gluten-Free*

This Mediterranean flare to this swordfish is a great balance for the robustness of what swordfish has to offer. This salsa also works well topped on a lot of other seafood or simply as a starter topped on some crostini.

You'll Need

- 1 piece of fresh swordfish
- ¼ cup of green olives Kalamata olives deseeded and chopped
- ¼ cup tomato, chopped
- ¼ cup onion, chopped
- 1/2 tablespoon balsamic vinegar
- 1 tablespoon extra virgin olive oil (EVOO)
- Salt and pepper
- Pinch of cayenne



Directions

- Preheat oven to 425 degrees.
- Place the swordfish in a small baking dish. Add salt, pepper, and a drizzle of olive oil.
- Mix olives, tomato, and onion together. Add salt and pepper to taste. Add balsamic vinegar and EVOO. Add cayenne pepper. Mix together.
- Pour salsa on top of swordfish. Place into pre-heated oven and cook for about 15 minutes. After 15 minutes, turn broiler to high and broil for 5 minutes.

Play with Your Food

- Add some freshly chopped parsley to final product after fish has been baked.
- Use a variety of heirloom tomatoes.
- You could also try this dish with salmon too.

Medwell Kitchen Tested

Starters, Sides, and Complements

Avocado Mango Salsa

**Vegan, Gluten-Free*

Avocado and mango were made for each other. Combining them into a salsa works well for a topping for fish tacos, grilled chicken, white fish or shrimp.

You'll Need

- 1 avocado
- 1 mango
- 3 pickled jalapeno rounds
- 1 Lime
- Salt and pepper
- 1 tablespoon whole cumin seed

Directions

- Peel skin off of mango. Cut mango long ways a tiny bit away from center on each side to avoid the seed. Cut sides off center piece that carries the seed. Cube mango.
- Cut avocado in half and remove seed and cut each half in half. Peel off skin. Cube avocado.
- Add mango and avocado to a bowl.
- Mince jalapeno and add to mixture.
- Squeeze lime into mixture. Add salt and pepper to taste.
- Take whole cumin seed onto a smooth surface. Take a rolling pin and crush seeds.
- Add crushed cumin seed to mixture. Mix. Taste to see if more seasoning needs to be added.



Play with Your Food

- Use more lime juice
- Add some diced green onion
- Add some freshly chopped cilantro

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Main Course

Ahi Tuna with Sesame Soy Ginger Sauce

The flavors of sesame, soy, and ginger work wonderfully on tuna steaks but also complement other types of seafood too. Experiment and try this sauce with salmon, shrimp and scallops.

You'll Need for the Sauce

- 2 tablespoons fresh ginger minced
- 1/4 cup sesame oil
- 1/4 cup soy sauce (use a little less at first)
- 1/8 cup rice wine vinegar
- 1/4 teaspoon cayenne
- 1 tablespoon sesame seed
- 1 tablespoon butter
- 1 tablespoon flour
- 1/2 cup chicken broth
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You'll Need for the Tuna

- Ahi tuna steaks (as many as you need, you'll top each steak with a drizzle of sauce)
- Olive Oil



Directions

- In a bowl, add ginger, sesame oil, soy sauce, vinegar, cayenne and sesame seed. Mix and taste for seasonings.
- In a frying pan, add a drizzle of olive oil. Heat pan. After pan is heated, add tuna. Once tuna is a little white on bottom, flip it. Cook for 2 minutes. Remove tuna.
- Add chicken broth to same pan tuna was cooked in and scrape off bits left in pan. Add soy ginger sauce.
- To thicken sauce take 1 tablespoon of butter and a little more than 1 tablespoon of flour and mix together in a small bowl until it forms a paste. Once paste is formed, add most of it to sauce and whisk to remove any chunks. Sauce will begin to thicken.
- After sauce has thickened, let sit to let the flour cook in. If too thick, add more chicken broth.
- Pour sauce onto tuna and enjoy!

Play with Your Food

- Use white wine vinegar instead of rice wine vinegar.
- Use beef stock instead of chicken stock.
- Try using the white wine as the deglazing agent.

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Starters, Sides, and Complements

Best Potatoes on the Planet

**Vegetarian, Gluten-Free*

Potatoes can be prepared in many different ways. Try this easy to make and tasty twist on the classic mashed potato recipe.

You'll Need

- 1 medium sized potato for every person
- 1 tablespoon butter per potato
- ~1 onion slice per potato
- 1 tablespoon per potato of sour cream
- Salt & pepper to taste
- 1 piece of bacon chopped (*optional*)

Directions

- Use red potatoes or brown ones, it doesn't matter. Wash them first. Don't take the skins off. Slice the washed potatoes lengthwise into quarters.
- Boil potatoes in salty water. When you can easily stick a fork through one of the larger pieces and it falls apart, strain them.
- While the potatoes are boiling away, slice your onion and put it into a pan with a little butter, olive oil, or bacon. If the pan goes a bit dry, add a bit of oil. They are done when they have shrunk down and caramelized. You'll then slice these into small pieces.
- Put drained potatoes back into the large pan they were cooked in. Add salt and pepper.
- Add the butter. Then dump in all of your onions.
- Next, you need sour cream and a large spoon. Add sour cream and mash potatoes until the consistency is to your liking, or until you start tasting the tanginess of the sour cream.
- Finally, take a potato masher and mash everything up.



Play with Your Food

- Try Greek style yogurt instead of sour cream
- Add an herb of choice such as rosemary or parsley.

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