



Lemon Sauce! Use this on white fish and shrimp...it is definitely awesome!



Ingredient List:

Lemon; Parsley; Oregano; Honey; Sea Salt; Garlic powder; Cracked Pepper; Kreta Reserve Olive Oil; White (fruity) Wine of your choice; optional - red pepper or hot sauce

Preparation Instructions for one serving:

- 1) Lemon sauce prep. This is not an exact recipe because the size of the lemon, its sourness, and juiciness can vary. I like to use medium lemons with a fairly thin rind. These tend to have more juice and less fiber than big lemons plus they, in my opinion, taste better when you need to zest them...more lemony and less oily.
 - a. Assemble the ingredients as shown above. You can substitute real garlic for the powdered garlic and you can substitute fresh or dried versions of the Gourmet Garden brand herbs shown here. If my herb garden isn't producing on the day I need something, I always keep the Gourmet Garden tubes of herbs on hand. They stay fresh for a couple of weeks in the fridge and taste good (but not as good as my fresh picked herbs from the garden).
 - b. Wash the lemon and dry it. Cut off the ends of the lemon to barely reveal some of the interior lemon. Remove any labels. Cut the lemon into quarter sections on the longitudinal axis. Remove the seeds.
 - c. Put the four wedges into a blender and blend until it creates a mash.

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- d. Add a heaping tablespoon of honey. As noted above, this is a rough measurement because sweetening the sauce depends on the size of the lemon, its juice content, and the sourness of the juice...you may have to add some more honey later.
 - e. Add a half teaspoon of garlic powder or a teaspoon of chopped garlic. Add more garlic if your home is threatened by werewolves or vampires late at night.
 - f. Squeeze in a teaspoon (each) of oregano and parsley (this is another reason to use the herb tubes from Gourmet Garden...it is easy to measure when you need to be fairly accurate with your herb levels).
 - g. Add a quarter teaspoon of sea salt (since this sauce is used on seafood, reducing the iodine level is OK...sea salt is supposed to have a lower iodine level than iodized table salt). You can skip the salt if you need to, or use salt substitute. *Warning Will Robinson! DO NOT oversalt!*
 - h. Add a few turns of cracked black peppercorns. If you like things spicy, use a couple of shakes of red pepper and a few shakes of hot sauce. I added red pepper and Chipotle Tabasco sauce to my last batch and I liked the Cajun kick it provided. It really depends on the fish you are cooking and the tongues at the table who are the real judges.
 - i. Give the blender a spin to stir things up a bit, then add some oil. About a tablespoon at a time. Blend after each addition. There is no real measurement for the oil because the lemon rind and pulp can vary so greatly between samples. A rule of thumb is that 3-4 tablespoons should be plenty for one lemon. The consistency to look for in the blender is a smoothly churning mash, almost the consistency of thick yogurt. The mash should stick to a wooden spoon and slowly drip off the end in blobs.
 - j. Once the mash is smooth, taste it. This is where you have to add more salt or pepper or hot sauce or honey to make your taste buds dance. Add small increments of these items. If the mash is too sour, add honey. If it is too sweet, add salt and/or hot sauce. If it is too spicy, add honey and/or a little oil. Once you have the sweet-sour-heat ratio to your liking, you will add some white, fruity wine. A good Riesling, Pinot Gris, or Semillon will do. I always drink about half the bottle to make sure it is the right one before adding it to the sauce.
 - k. Adding the wine is not a science, it is more of an art. Add the wine in small increments because its purpose is not only flavor, but it changes the viscosity and emulsion levels of the oil as it is blended. Too much wine will just be a sloppy mess, just like the cook if too much wine is consumed during the taste testing phase. :-) When you have added a tablespoon or two, the mash should now be resembling a thick sauce or getting close to it. You want the sauce to have the consistency of thick mustard...spreadable, but not too drippy.
 - l. Once that viscosity is reached, do final taste test. The sauce should have a sweet, bold lemony taste, but not too overpowering on the lemony taste. If you added heat, the aftertaste should leave a warm, spicy kick on your tongue, but your eyes should not water. The sweetness should be evident. The texture should be pretty smooth (at least in my blender it becomes that way).
2. Uses for the Lemon Sauce. As noted at the top, white fish like Grouper, Mahi, Snapper, Haddock, Cod, Flounder, etc., are nicely complimented by this sauce. It may work well with a dark meat fish like Tuna, but I haven't tried that yet.
 - a. All types of cooking are good for this sauce except frying. Roasting on the grill or in the oven are my choices. You can bake it in a foil pouch, but the steam tends to break down the sauce instead of crisping it on the fish. I slather the sauce on the fish, then add a layer of freshly cracked black peppercorns and

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roast it in my convection oven for about 7 to 10 minutes depending on the fish size at 350 degrees (375 for a non-convection oven). Once cooked, I check the appearance and may pop it under the broiler for 40 seconds to crisp the surface a tad more.

- b. For shrimp, I made Mahi smothered in shrimp as the main course. I used medium count fresh bay shrimp, about a pound for 3 people. The medium bay shrimp do not need to be de-veined like the bigger shrimp and they tend to sauté nicely with this sauce and provide a “smothering” effect over the fish. You can use shrimp without anything else to accompany it as the main course, in which case use bigger shrimp.
 - c. To sauté the shrimp, add chopped garlic to 2 tablespoons of Kreta Reserve EVOO in a medium size fry pan (bigger pan = more oil) and splash a couple of shakes of your favorite hot sauce into the pan. Cook the garlic on medium heat until it is golden brown, then add the shrimp. Make sure the shrimp are well drained or the water on the shrimp will cause the oil in the pan to pop and splatter when the wet shrimp are added. Stir the shrimp until they start to turn pink (about a minute), then add a couple of dollops of the lemon sauce to the pan (a dollop is a secret scientific measuring standard used by only the most highly trained classic chefs in Europe). The dollops should provide enough sauce to liberal coat the shrimp. You will smell the alcohol from the wine as it gassifies from the heat. When this odor is gone, the cooking is complete. Alternately, after adding in the lemon sauce, it should be bubbling in about a minute. Once that happens, stir one final time, turn off the heat and let it stay in the pan for a little longer as you reach for the plates. By the time you have grabbed a plate, the bubbling should have stopped and the shrimp are more than ready. Do not overcook shrimp, they get tough, form unions, and try to take over the docks...it is an ugly situation.
 - d. To plate, simply smother your fish with the shrimp, add some chopped scallions for color, and serve with broccoli or a salad, and hot sourdough bread. A simple, but elegant, meal.
3. Storage of the sauce. I’m not sure yet how this sauce will store. I would store it in the fridge for no more than 24 hours because the acid in the lemon juice will cook the herbs in the sauce. So, if you want to make it ahead of time, do so in the morning for use that evening, but I would make it as close to food cooking time as possible. It takes about 10 minutes to get it to the right consistency and tastiness for use. It takes about an hour to complete the wine tasting portion of the prep.
 4. Use of the raw sauce. The sauce in raw form is rather strong in its flavoring. This may be due to the alcohol from the wine. After the sauce has been heated on the food or in a pan with the food, the taste mellows as the ingredients change and blend together as the heat levels of the cooking progress. I prefer the sauce after it has been heated with the food.

Enjoy!

Note: Sorry no images of the finished sauce, we keep eating all of it that I make.