

JAPANESE BURI (YELLOW TAIL) STEAK

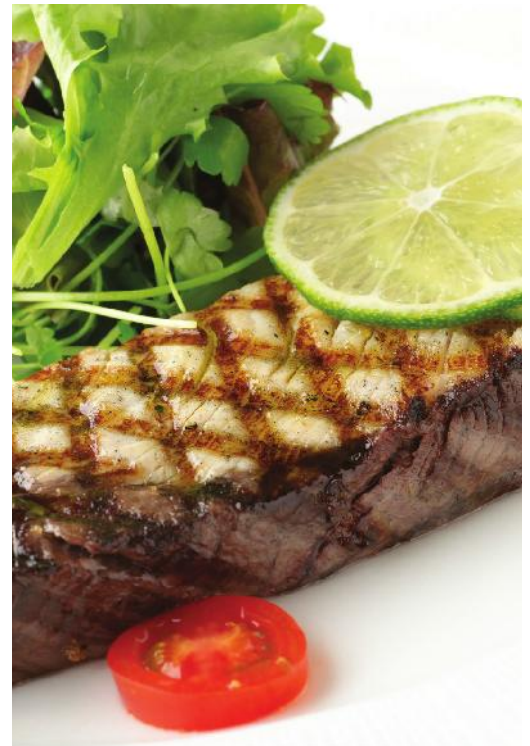
Yield: 1 serving

½ lb. buri steak
Sugar, pinch
Herb salt, pinch
1 t. olive oil

Method: Remove skin from Buri and season with sugar and herb salt. Use a small amount of olive oil to grill fish slowly and carefully, placing it skin-side down first. Grill over medium to high heat until the fish has a nice grilled colored. Turn the grill off and let the fish continue to cook through using residual heat.

Wine Pairing: Northwest Cellars Intrigue, 2012, Washington
Meaty fish like this tuna steak pair marvelously with red wine. Intrigue is a medium-bodied blend of malbec, merlot and other red grapes, which will pair beautifully with this simple and elegant prep.

Recipe courtesy of Shoku En



CARIBBEAN SLAW

Yield: 6 servings

¼ C. vanilla fat-free yogurt	2 T. mango chutney	¼ C. Dole Seedless Raisins
2 T. Dole Pineapple Juice	1 10-oz. package Dole Angel Hair Coleslaw	1 C. Dole Chef-Ready Cuts of Mango Cubes, partially thawed
¼ t. Caribbean jerk or Jamaican jerk seasoning	1 unpeeled Dole Red Apple, cored and shredded	
1 t. fresh lime juice		

Method: Combine yogurt, pineapple juice, jerk seasoning, lime juice and chutney in large bowl until well blended. Stir in apple, raisins and coleslaw. Fold mango into slaw. Cover and then refrigerate for one hour to blend flavors.

Wine Pairing: Haras de Pirque Sauvignon Blanc Albaclara, 2014, Chile
This lively, refreshing Sauvignon Blanc, with its citrus and tropical fruit flavors, will balance the spice of the jerk seasoning and make a perfect match with this unusual, flavorful slaw.

Recipe courtesy of Ken Shipton, at Dole Packaged Foods LLC

