

SEAFOOD MIXED GRILL WITH RED PEPPER SAUCE (for 4)

Recipe Cookbook: Food and Wine Quick from Scratch

Chapter: Fish & Shellfish

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Prep Time: 10 minutes

Cooking Time: 8 minutes

INGREDIENTS:

1 7 oz jar bottled roasted red peppers, drained & rinsed (about 3/4 cup)

1 Garlic clove

1/2 tsp red wine vinegar

2 TBS fresh parsley, chopped

1/2 tsp sugar

4 TBS cooking oil

3/4 tsp salt

Fresh ground black pepper, to taste

1/2 lb medium shrimp, shelled

1/2 lb sea scallops

1 lb salmon fillets, center-cut, cut into 4 pieces

DIRECTIONS:

In a food processor or blender, purée the red peppers and garlic with the vinegar, parsley, sugar, 3 TBS of the oil, 1/4 tsp of the salt and 1/4 tsp of pepper.

Light grill or heat broiler. Thread shrimp on 4 skewers and scallops on 4 skewers. Coat shellfish with 2 tsps oil - sprinkle with 1/4 tsp salt and 1/4 tsp pepper. Coat salmon with remaining 1 tsp oil - sprinkle with 1/8 tsp pepper and remaining 1/4 tsp salt.

Grill or broil, turning once, till just done (about 2-3 minutes per side for shrimp, 3-4 minutes per side for scallops, + 3-4 minutes per side for a 1"-thick salmon, which should still be translucent in center). Serve with red-pepper sauce.

Wine Recommendation: A full-bodied, expansive wine such as a California chardonnay is ideal. For the roasted red peppers and garlic, it's best to choose one that is not oaky.