

**Roasted Beet and Grilled Belize Cobia Salad with Sunflower Seeds,
Crasins and Citrus Dressing**

Serves 8

Created for the Epicurean club dinner

September 22, 2008

6 Fresh beets – any color works or some combination
1 lb fresh Belize Cobia fillet – seasoned with salt pepper and citrus
3 oz of your favorite baby salad mix per person
8 T sunflower seeds
8 T crasins
3 T citrus dressing per salad – or any light dressing you wish

For the beets

Cut off the tops and bottoms wash well and coat with oil and salt
Roast in a 350 degree oven until soft
Cool to room temperature
Peel and slice into 1/3 inch slices

For the fish

Marinate for 24 hours
Slice thinly
On a cast iron griddle sear fish until done

To assemble the salad

On a colorful serving plate

Lightly dress 3 oz of your favorite salad mix with dressing salt and pepper

Place salad in center of the plate
Top with a slice of roasted beet
Layer with 2 oz grilled fish
Top with a beet slice
Garnish with dressing crasins and sunflower seeds