



Carolima's
Lowcountry Cuisine
recipe

Whole Red Snapper

DIRECTIONS
Preheat oven to 400 degrees Fahrenheit (300 degrees Celsius). In a bowl combine the minced garlic, parsley, basil and thyme leaves. Add in salt, chicken bouillon powder, white pepper, oil and lemon juice. Mix well to combine. Using kitchen shears cut the fins of the fish. Rinse thoroughly then pat dry with good quality paper towels or a clean kitchen cloth. Using a knife, make 3-5 1/2 inch deep diagonal slits on both sides of the fish. Rub half of the garlic herb mixture all over the fish making sure to rub the mixture into the cavity and stuff some into the slits you made. This will ensure the seasoning gets to the bone of the fish. Line a baking sheet with parchment paper. Let it marinate on the counter top for 30 minutes (no need to place the fish in the fridge). Do not marinate longer than 90 minutes. Take the plastic wrap off the fish then place in preheated oven to cook. Let it cook for 20 minutes then take out the fish and brush with a little olive oil. Set the oven to broil. Place fish back in the oven and let it broil for about 5 minutes. The fish should be nicely charred. Be sure to watch the fish closely so it doesn't get burnt. Take fish out of the oven and let it rest for 5 minutes before serving.

INGREDIENTS :
whole snapper (scaled & gutted)
10 sprigs fresh thyme leaves stripped off the stems
8 basil leaves (this was hard to find, i used 2 tsp dried basil)
6 sprigs parsley, minced
2 TBSP olive oil
1/4 tsp white pepper
1/2 tsp chicken bouillon powder
5 garlic cloves, minced
1/2 tsp salt
1 TBSP lemon juice, freshly squeezed



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Sauteed Kale w/Peppers & Smoked Sausage

DIRECTIONS
Heat olive oil in a large saute pan. Add shallots and allow them to cook 2-3 minutes or until translucent. Add garlic and red pepper flakes and cook for one minute, stirring often to prevent burning. Add kale, broth, and salt and pepper, mix well. Cover and cook for 5 minutes, tossing occasionally. Remove the cover and continue cooking until most of the broth has cooked away. I added sauteed red & green bell peppers and roger wood sausage.

INGREDIENTS :
1 large bunch of kale, washed and chopped
2 TBSP olive oil
1/2 tsp crushed red pepper flakes
1/2 red and yellow bell peppers (optional)
2 rogerwood sausages (optional)
2 cloves minced garlic
2 shallots, sliced into rings
1/2 cup chicken stock or vegetable stock
kosher salt and black pepper to taste



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Lowcountry Red Rice w/Smoked Sausage

DIRECTIONS
Fry bacon then crumble. Dice onion and sauté. Cut sausage length wise then in pieces. Place all ingredients in a pan that is oven safe. Mix well, cover with foil and bake in oven for one hour and 30 mins on 375. Mix at least once at the 45 mins mark. The rice must be covered. Rice should be cooked al dente but not mushy. If the rice is mushy, cover uncovered to dry it out.

INGREDIENTS :
2 c parboil rice like Uncle Ben's converted rice
1 can petite diced tomatoes (14.5 oz)
1 small can tomato sauce (8 oz)
2 tablespoons Heinz ketchup
2-3 tablespoons bacon grease
1 tablespoon sugar
3/4 c water Salt Pepper
Garlic powder
Seasoned Salt
3 roger wood sausage
4 strips bacon, crumbled
Small onion, diced



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Black-Eyed Pea Salad

DIRECTIONS
Combine the jalapeno, parsley, red bell pepper, red onions, & tomatoes in a bowl. In a separate small bowl, whisk together the rice wine vinegar, canola oil, sugar, and salt and pepper. Toss all together with the drained black-eyed peas and let marinate for at up to 8 hours in the refrigerator before serving.

INGREDIENTS :
2 15-ounce cans Black-eyed peas, drained & rinsed
1 Jalapeno
2 tbsps Parsley, fresh leaves
1 Red bell pepper, small
1/2 Red onion, medium
1 Tomato, large (remove the seeds)
Salt and freshly ground black pepper to taste
1 TBSP Sugar
1/4 cup Canola oil
1/4 cup Rice wine vinegar, unseasoned

PREVIEW

See pages 2-5 for printable



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1/2 tsp salt
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2 cloves minced garlic
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vegetable stock
kosher salt and black
pepper to taste

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