

Dolphin Destin

Ingredients:

4 to 6 Dolphin fillets
4 sweet green banana peppers or 2 green bell peppers
4 sweet red banana peppers or 2 yellow peppers
1 large onion
1/2 cup white wine
1/2 stick of butter
8 oz. fresh sliced mushrooms
2 tsp. salt
6 gloves garlic
1/4 cup olive oil

Directions:

Cut up peppers, onion, mushrooms and garlic. Saute in olive oil, but don't cook too long. Place dolphin fillets in one or two pieces of heavy aluminum foil that can be folded into long narrow lengths. Place one pat of butter on each fillet. Pour pepper mixture over fillets. Add wine and then salt and roll up foil so it won't leak. Place on grill and cook for 30 min. It is not necessary to turn while cooking. Serves 4. Good with Fettucine or Red Beans & Rice.

Note: This is the ASWSC five star recipe served at Destin Tournaments.

Walt Lamb
"Uno Mas"