

Recipe of the Month—Red Pepper Sauce with Your Favorite Fish, Shrimp or Chicken

This Specific Carbohydrate Diet Recipe is courtesy of Chef Matthew Lewis.

This recipe works with a wide variety of fishes, including snapper, grouper, halibut, and salmon. Its also a very nice method to prepare chicken or shrimp. Pro Tip: Try bak-ing chicken in this sauce with SCD legal cheese on top for a very satisfying meal. Another idea is to cook your shrimp in the sauce and use it for lettuce wraps with your favorite SCD legal slaw.

Ingredients:

- 1 Tablespoon Extra Virgin Olive Oil
- 2 Red Bell Peppers, Small Diced
- 1 Large Yellow Onion, Small Diced
- 4 Large Cloves Garlic, Minced
- 1 Teaspoon Ginger, Minced
- 1 1/3 Cup Water or Home Made Chicken Broth
- 1 1/2 Tablespoon Butter
- 1 1/2 Tablespoon Butter
- Juice of 1/2 Lemon
- 6 Leaves Basil
- Salt and Pepper
- 4 Fillets of Your Favorite Fish, Shrimp or 2-4 Boneless, Skinless Chicken Breasts

Method:

1. In a sauce pot or high walled pan, heat cooking vessel over medium high heat for 1 minute. Add olive oil, peppers, onion, garlic, and ginger. Season with 1 ½ teaspoons of salt. Stir frequently while sautéing vegetables until soft, about 3-4 minutes.
2. Add water to the cooking vessel and bring to a simmer. Continue cooking until liquid is reduced by about half.
3. Pour the cooked vegetables and liquid into your blender, and blend to smooth. Start with the slowest setting and bring it to the highest setting, continuing to blend until completely smooth. Add butter and blend in for a few seconds. Taste and add salt, pepper, basil, and lemon juice as necessary for it to taste bright, vibrant, and savory.
4. In a casserole dish that fits your fish or chicken without much extra room, to the side, pour in the pepper sauce until it comes halfway up your chosen protein. Try not to get sauce on top of your fish or chicken. Season the top of your protein with salt and pepper.

5. Bake at about 350F until your fish or chicken is cooked through. For chicken, the sauce may dry out a little during cooking so add just a little water to bring it back to a nice consistency.