

Wahoo Grill

Address:

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Grilled Wahoo

2-ounce medallions of wahoo, four per serving
Citrus Marinade
Salsa Verde

Combine the wahoo and marinade in a non-reactive container for 45-minutes to an hour. Then grill fish until just done, taking care not to overcook.

Serve with Salsa Verde.

Citrus Marinade

Combine all ingredients in regular or immersion blender.

1 cup olive oil

1 ½ tsp. chopped garlic

¼ cup lime juice

¼ cup chopped cilantro

Salsa Verde

Combine all ingredients in regular or immersion blender.

1 cup tomatillos

¼ large jalapeno

½ tsp. fresh giner

½ tsp. chopped garlic

¼ cup olive oil

¼ cup cilantro

salt and pepper to taste

Parmesan-Crusted Chicken

Recipe created by Pam Ledbetter, owner of Wahoo Grill

8ounces chicken breast per serving

Dijon mustard

olive oil

thyme

bread crumbs

Parmesan cheese

marjoram

Mustard Vinaigrette

Combine mustard, olive oil, and thyme and coat chicken breasts. Combine bread crumbs, cheese, and marjoram in a flat dish. Dredge chicken breasts in crumbs, making sure to press crumbs firmly to adhere on all surfaces of chicken. Brown on a grill or in a sauté pan, and then put into the oven to finish cooking.

Serve with mashed potatoes, fresh spinach, and Mustard Vinaigrette.

Mustard Vinaigrette

Combine all ingredients in regular or immersion blender.

1/4 cup Dijon mustard

1 1/2 cup champagne vinegar

1/4 cup tarragon

salt and pepper to taste

2 cups olive oil