

Island Health & Fitness
July 15th 2009
Outdoor Summer Cooking Class

“BEAT THE SUMMER HEAT WITH A TOTAL OUTDOOR DINNER”.

MENU

“THE BEGINNING”

TROPICAL DAIQUIRIS,
THE PERFECT MARRIAGE OF SUN-RIPENED TROPICAL FRUIT AND SPICED RUM
&
BAR-B-QUE TIGER SHRIMP
SHALLOT & LEMONGRASS MARINATED JUMBO SHRIMP

“DINNER”

GRILLED FOCACCIA BREAD
DRIZZLED WITH ROAST GARLIC, INFUSED OLIVE OIL, ROMA TOMATOES, AND ASIAGO CHEESE.

JAMAICAN JERK ROASTED PORK TENDERLOIN
SLOW ROASTED WHOLE PORK TENDERLOIN WITH AN ISLAND BLEND JAMAICAN JERK SEASONING

GRILLED FINGERLING POTATOES WITH ROQUEFORT CHEESE

MARINATED GRILLED VEGETABLE ANTIPASTO

“DESSERT”

FIRE ROASTED APPLES