



## Mike's Gourmet E-Meal™ Newsletter

### Seafood Entrees

Bluefish Cakes Smoked With Orange Shrimp  
Catfish Pan-Seared Menu  
Clam Boil 101  
Clam Fritters  
Jambalaya Shrimp & Andouille  
Lobster Baked Stuffed Menu  
Lobster Boiled Menu  
Lobster Maine Steamed Menu  
Mahi-Mahi Cashew Crusted Menu  
Mahi-Mahi Orange-Smoked Menu  
Mahi-Mahi with Cilantro Lime Butter  
Salmon Lomi-Lomi  
Sauce Jerk  
Scallops & Shrimp Grilled Menu  
Scallops Grilled Menu  
Scallops Pan-Seared  
Shrimp & Scallops Firecracker Menu  
Shrimp & Scallops Grilled Jalapeno Menu  
Shrimp & Scallops Jalapeno Grilled  
Shrimp and Scallops Alfredo  
Shrimp Coconut Menu  
Shrimp Martini Baja-style  
Shrimp with Garlic Cream Sauce  
Swordfish Grilled Menu  
Tuna Grilled Ahi Menu  
Tuna with Wasabi Aioli Menu