



South Beach Yellowtail Snapper

Main Course, Serves 4

225 g./8 oz. dry black beans
 45 ml./3 tbsp. olive oil
 10 ml./1 tbsp. white-wine vinegar
 3 red bell peppers, diced
 20 g./3/4 cup coarsely chopped fresh cilantro
 90 g./3/4 cup diced red onion
 Cumin to taste
 Salt to taste
 Freshly ground pepper to taste
 900 g./2 lbs. cassava (yucca), peeled and cut into chunks
 Juice from 1 lemon
 100 g./3/4 cup chopped scallions
 2 green plantains, peeled
 Canola oil for frying
 60 g./1/2 cup all-purpose flour
 4 (170- to 225-g./6- to 8-oz.) yellowtail snapper fillets

- The night before, place the black beans in a pot; add cold water to cover and a pinch of salt. Soak overnight. When ready to cook, drain the beans and add fresh water to cover. Bring to a boil, adjust the heat, and simmer until tender. Drain the beans and let cool. Toss with 30 millilitres/2 tablespoons of the olive oil, vinegar, bell pepper, cilantro, onion, cumin, and salt and pepper to taste.
- Boil the cassava in salted water with lemon juice and scallions until tender. Drain the cassava and mash with a potato masher, adding salt and pepper to taste.
- Cut the plantains into 1 1/4-centimetre/1/2-inch thick slices. Rinse the slices in salted water. Heat 1 1/4 centimetre/1/2 inch canola oil in a large heavy skillet over medium-high heat until very hot. Pat the plantains dry; add to the oil. Fry the plantains until cooked halfway. Remove them from the oil, and smash once with a heavy item such as a small frying pan or the bottom of a bottle. Fry again until fully tender.
- Season the flour with salt and pepper and dredge the fish fillets in the flour mixture; shake off excess. Place a large sauté pan over medium-high heat; add the remaining 15 millilitres/1 tablespoon olive oil. Add the fish fillets and sauté until golden brown on both sides.

To Serve:

- Place the cassava on the bottom of the plate. Place the snapper on top. Top the fish with black bean salsa. Garnish with the plantains.

Florida Lobster Salad

Salad, Serves 4

4 (170- to 225-g./6- to 8-oz.) lobster tails
 90 ml./6 tbsp. olive oil
 Salt and freshly ground pepper to taste
 3 g./1 1/2 tsp. paprika
 12 Florida Roma tomatoes
 12 g./1/2 cup parsley leaves
 12 g./1/2 cup cilantro leaves
 120 ml./1/2 cup freshly squeezed lemon juice
 3 g./1 1/2 tsp. cumin
 Julienned deep-fried leek for garnish

- Preheat a gas grill or prepare a charcoal fire.
- Cut the lobster tails into 5-centimetre/2-inch medallions. Toss the medallions with 15 millilitres/1 tablespoon of the olive oil; season with salt, pepper and paprika. Place the lobster on the grill and cook until just done; do not overcook.
- Cut the tomatoes into thick slices and toss with 15 millilitres/1 tablespoon olive oil, salt and freshly ground pepper. Place slices on the grill and cook, turning once, until just browned, about a minute per side.
- Combine the parsley, cilantro, the remaining 60 millilitres/4 tablespoons of olive oil, the lemon juice and cumin in a blender; blend until smooth.

To Serve:

- Toss the lobster pieces with some of the vinaigrette. Set a few grilled tomato slices on a plate and top with some lobster. Drizzle with additional vinaigrette; garnish with deep-fried leeks.



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In the growing Doral area, the InterContinental West Miami is near the upmarket Beacon Center business district and Miami International Airport. The hotel offers easy access to downtown and the Brickell Avenue financial district, and also to Miami Beach, Coral Gables, Coconut Grove, and Key Biscayne. Fantastic shopping is nearby, as are attractions like the Scaquarium. Guests can unwind over hors d'oeuvres and cocktails in the Armillary Grille Bar & Lounge. Afterwards, the Armillary Grille serves elegant Mediterranean influenced cuisine. Named after an unusually accurate sundial, the restaurant's precise preparations showcase South Florida's fabulous ingredients.