

AUGUST 08

freedom grill Fire Brand

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BROTHER'S DAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NATIONAL MUSTARD DAY

INTERNATIONAL LEFT HANDERS DAY

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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



RECIPE of the MONTH

Swordfish With Spicy Mango Salsa

2 Swordfish steaks
Olive oil
Lemon pepper
Sea salt

1 ripe mango, peeled, pitted, and chopped
1/2 English cucumber chopped into small pieces
1/2 Sweet red onion, finely chopped
1/4 Red bell pepper, finely chopped
1/4 cup of fresh cilantro, chopped
1 Tbs fresh lime

1-2 Tbs Fire Brand Original Habanero Sauce
Sea salt
Fresh black pepper
1 avocado (optional)



This is a great meal for Sunday afternoons or date night. It's mostly prep work and it really makes it look like you know your way around a kitchen. Prepare the salsa first so you can refrigerate it and let the flavors come together. Combine all of the chopped ingredients in a large bowl. Dissolve the sugar into the vinegar and stir in the lime juice then pour the liquid into the large bowl and stir gently. Add Fire Brand Original Hot Sauce, salt, and pepper until you get the right amount of kick for your taste. Cover and refrigerate the salsa for at least an hour.

Fire up the grill and get it hot. Brush olive oil onto the Swordfish steaks and sprinkle with lemon pepper and sea salt. Make sure the grates are clean and spray with a grilling spray so the fish won't stick. Grill for about 2 minutes per side for 1 inch thick fillets. Top swordfish steaks with mango salsa and enjoy.