

how to Do florida SPECIAL EDITION Catch 'n Cook

Brought to you by Fresh from Florida

Escape the winter doldrums and let the sunshine in with Catch 'n Cook, a one-hour special that will bring you to some of Florida's unique locales where you'll learn to catch and serve up original mouth-watering seafood creations!

- We'll visit the tropical paradise of the Florida Keys and learn from expert fishing guides how to catch Florida spiny lobster and swordfish. Chef Justin will cook up the lobster catch with lemon-herb butter accompanied by cabbage and citrus slaw, and create a simple pan-seared swordfish that's truly scrumptious!
- Then we're off to the East coast where Chad and a shrimp catching expert show you how to net enough shrimp to feed the family! Chef Justin whips up a light meal with wild shrimp and an orange glaze recipe using the tasty citrus Florida is known for.
- We'll also head up to the scallop region of Northern Florida, where Chad puts on his mask and fins to harvest the tasty mollusks and Chef Justin cooks them up into a succulent Florida Scallop and summer vegetable pasta.

*Catch 'n Cook will feature Chad Crawford, host of the television series **how to Do florida**® and Chef Justin Timineri, Culinary Ambassador for Florida.*

1 x 60' HD

Broadcast window: January - February, 2013

Barter: 14 minutes 7/7 split

TV-G rating Closed Captioned

TVS

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