

Created by: Debra C. Argen and Edward F. Nesta

Chef Gese Rodriguez Recipes - Fresh Salt, Old Saybrook, CT, USA



Chef de Cuisine Gese Rodriguez of **Fresh Salt restaurant** at the [Saybrook Point Inn & Spa](#) in **Old Saybrook, Connecticut** brings a fresh and modern taste to the **AAA Four Diamond restaurant** with his **recipes** for **Seared Tuna Steak with Red and Yellow Peppers, English Cucumber, Fennel, Napa Cabbage, and Kimchi Sauce**, and **Pan Seared Diver Scallops with Fresh Sweet Corn, Baby Heirloom Tomatoes, Peaches, Parsley, Cilantro, and Chives**. Situated on prime Connecticut shoreline, the attractive restaurant offers spectacular views to pair with fresh farm-to-table, and boat-to-table, well-crafted and presented cuisine that celebrates the rich local bounty.

The first time that we met Chef de Cuisine Gese Rodriguez was in February 2015 when we took a weekend cooking class at the Saybrook Point Inn & Spa, and we were impressed with his culinary knowledge, his ability to bring humor and caring into the class, and his passion about food.



Chef Gese Rodriguez and Edward Nesta

We met Chef de Cuisine Gese Rodriguez again in early June 2016 when we were staying at the Saybrook Point Inn & Spa and had dinner at the restaurant and were once again impressed with his ability to blend classic New England ingredients with more exotic ingredients to deliver fresh and modern taste profiles while upholding the high-standards of the restaurant. We had both the Seared Tuna Steak with Red and Yellow Peppers, English Cucumber, Fennel, Napa Cabbage, and Kimchi Sauce, and the Pan Seared Diver Scallops with Fresh Sweet Corn, Baby Heirloom Tomatoes, Peaches, Parsley, Cilantro, and Chives, and asked if he would share his recipes so that readers of [LuxuryExperience.com](#) might be able to experience a delicious taste of the restaurant and his creativity.

Chef de Cuisine Gese Rodriguez graciously shares a delectable taste of the restaurant with his recipes for **Seared Tuna Steak with Red and Yellow Peppers, English Cucumber, Fennel, Napa Cabbage, and Kimchi Sauce**, and **Pan Seared Diver Scallops with Fresh Sweet Corn, Baby Heirloom Tomatoes, Peaches, Parsley, Cilantro, and Chives** to tempt your palate into making a trip to Old Saybrook, Connecticut to dine at Fresh Salt.

When not working in the kitchen at Fresh Salt, or developing new recipes, Chef Gese likes to spend time with his wife and their 2 children, a son and a daughter, who are budding soccer stars, and who love their

dad's cooking.



**Chef de Cuisine Gese Rodriguez Recipes - Fresh Salt
Seared Tuna Steak with Red and Yellow Peppers, English Cucumber,
Fennel, Napa Cabbage, and Kimchi Sauce
Pan Seared Diver Scallops with Fresh Sweet Corn,
Baby Heirloom Tomatoes,
Peaches, Parsley, Cilantro, and Chives**



Seared Tuna Steak with Red and Yellow Peppers, English Cucumber, Fennel, Napa Cabbage, and Kimchi Sauce

Ingredients

8

Ounces

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Yellowfin Tuna or any sushi grade Tuna

1

Red

Pepper, sliced

1

Yellow

Pepper, sliced

1

English Cucumber, julienne style

1

Small

Fennel, shaved

1

Small

Napa Cabbage, julienne style

1

Cup

Kimchi Sauce

Method: Mix all the ingredients in a bowl and set aside.

Sear the Tuna on a high heat on all 4 sides; slice and serve on top of the vegetables.

Presentation: Mound the vegetables in the center of the plate, and then place the sliced tuna in a ring around the vegetables. Drizzle with remaining sauce.



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Pan Seared Diver Scallops with Fresh Sweet Corn, Baby Heirloom Tomatoes, Peaches, Parsley, Cilantro, and Chives

Ingredients

2

Pounds

Diver Scallops

3

Ears

Fresh Sweet Corn

1

Pint

Baby Heirloom or Cherry Tomatoes

4

Peaches

2

Tablespoons

Parsley

2

Tablespoons

Cilantro

2

Tablespoons

Chives

0.5

Cup

Butter

Salt and Pepper, to taste

Method: Clean the corn, cut the tomatoes and the peaches in half, brush with melted butter and grill. Cut them in quarters.

Mix the herbs, sauté the corn kernels and the tomatoes and add everything else. Melt butter in a hot pan and sear the scallops.

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Presentation: Place the vegetables in the center of the plate, ring with 4 seared scallops per person.

Fresh Salt restaurant serves Breakfast Monday through Saturday from 7:00 am until 10:30 am, Sunday from 8:00 am until 10:00 am, and Sunday Brunch from 10:30 am until 2:15 pm. Lunch is served Monday through Saturday from 11:30 am until 4:00 pm. Dinner is served Sunday through Thursday from 5:30 pm until 9:00 pm, and Friday and Saturday from 5:30 pm until 9:30 pm.



Fresh Salt Restaurant

The Lounge is open Monday through Thursday from 2:15 pm until 9:30 pm, Sunday from 1:15 pm until 9:30 pm, and Friday and Saturday from 2:15 pm until 10:00 pm.

The Saybrook Point Inn & Spa is easily accessible by car, train, plane, or boat as the hotel has its own marina with transient slips available. Driving time from Boston and New York City is approximately 2 hours.

For guests arriving by Amtrak, the Inn offers complimentary shuttle service from the Old Saybrook train station to the Inn. For guests who want to fly to Old Saybrook, the closest airport is Tweed New Haven Regional Airport located approximately 35 minutes from the Inn.

Read about our dining experience at the Saybrook Point Inn & Spa in the **Restaurants** section, and more about the Saybrook Point Inn & Spa in the **Hotels and Resorts, Spas,** and [Adventures](#) sections.

Please visit their website, www.Saybrook.com, for more information.



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Historic Old Saybrook and its neighboring towns have much to appeal to visitors; come and discover the charm, the history, and the allure yourself.

For more information on visiting **Connecticut**, please visit the website, www.CTVisit.com.

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