



Hello San Diego County Bar Chefs,

I am looking forward to cooking with all of you on Monday and having some fun in the kitchen!

Here is a little "Prep List " to make sure everybody is ready to rock and roll and we can get everything done in time.

- Have your Broiler on HIGH
- Toast your pecans in a sauté pan with 1 tsp of olive oil and season with salt and pepper
- Make sure your honey is room temperature
- Have your shrimp peeled and deveined and on a paper towel in the refrigerator
- Slice your artichoke hearts, sun dried tomatoes, red onion, and garlic
- Combine all the ingredients for the secret sauce, which I guess is not a secret anymore ;)
- Cook off the bacon on a sheet pan for 8-10 minutes until crispy and place on paper towels
- Caramelize 2 onions in a sauté pan on medium heat with 2 TBSP of olive oil for about 15-20 minutes until golden brown

If anyone has any questions feel free to email me at chefcapon123@gmail.com for DM on Instagram @chefcapon