

LION FISH Recipe

LION FISH TEMPURA

Ingredients

- Lion fish meat
- Ginger
- Garlic
- Mirin
- Salt
- Rice vinegar
- Favorite tempura batter

Instructions

- Prepare the fish by lightly washing and pat dry.
- Prepare the marinade which includes a mixture of fresh garlic, ginger, mirin, salt and rice vinegar
- Marinate up to 1 day
- Make tempura batter
- Heat oil
- Dredge fillet in flour and dip in batter
- Fry until lightly golden. Serve with oriental sauce



SEARED GREEK STYLE

Ingredients

- Lion fish meat
- Garlic
- Lemon Juice
- Olive oil
- Fresh Ground pepper
- Kosher salt
- Oregano

Instructions

- Prepare the fish by lightly washing and pat dry.
- Prepare the marinade; a mixture of fresh garlic, lemon juice, olive oil, ground pepper, kosher salt and oregano
- Marinate up to 1 day
- Heat cast iron pan to smoking hot (no additional oil needed)
- Place fillet on hot pan. Sear until brown, flip and cook other side
- Serve with lemon

FRIED BAHAMIAN STYLE

Ingredients

- Lion fish meat
- Oil
- Flour
- Cornstarch
- Lime wedges
- Favorite Dipping sauce

Instructions

- Prepare the fish by lightly washing / lightly scoring and pat dry.
- Prepare Bahamian touched marinade of lime juice, sour orange, garlic, goat pepper, salt and pepper.
- Heat oil
- Coat fish in flour and cornstarch mix.
- Fry fish until lightly golden.
- Serve with favorite dip and wedges

So they eatin' us
nah?!

