

## The Largest Collection of Lionfish Recipes Anywhere

### FLUFFY BATTERED LIONFISH

Take pancake mix, lemon pepper, milk and egg mix together / dip the lionfish with slits cut on the side in the batter then deep fry / make a dipping sauce out of mayonnaise hot sauce, salt, pepper, and finely chopped fresh cilantro / Serve with homemade deep fried shoestring potatoes coleslaw and a slice of lime.

### BAHAMIAN FISH FRY LIONFISH

Grind a hot pepper in salt / cut slits in the side of the lionfish (head on) and rub the spicy salt all over the body of the fish / hard pan fry with peanut oil 1/4" deep. Serve with peas and rice, homemade macaroni and cheese, and coleslaw with hot sauce.

### SOUTH PACIFIC GRILLED LIONFISH

Briefly marinate lionfish filets in calamansi juice (or lime) and salt. Flash grill in hot pan with olive oil or serve as ceviche. Make a dip by crushing 3 mild chillies in soy sauce and calamansi juice (or lime). Serve with sticky rice, grilled vegetables and mango chutney on the side. Eat with chop sticks.

### LIONFISH SUSHI

Place sticky rice on seaweed wrap. Place raw lionfish filet, thin long sliced carrots, cucumber, raw turnip and fresh basil leaf. Roll tight and serve with soy sauce and wasabi.

### LIONFISH TACO

Use soft flour or crunchy corn tortillas. Spice Lionfish Filets with blackened seasoning and sear on a hot pan with olive oil. Place Lionfish in tortilla. Add shredded lettuce, homemade spicy pico de gallo, warmed black beans, shredded cheese, top with sour cream.

### BUTTERED LIONFISH GRILL STYLE

Place butter, Lionfish filet, sliced onion, squash, zucchini, and carrot with a squeeze of lime in a piece of aluminum foil and place over a fire for around 6 to 8 minutes. Serve with a roll (so you can dip it in the sauce)

### LIONFISH WRAP

First make your own bread by combining equal parts white and whole wheat (2 cups), pinch of salt, 2 tablespoons of olive oil, and about 1/2 cup of water. Mix together to a firm dough consistency. Flatten dough with rolling pin or bottle and place in a hot non-greased pan. A couple of minutes on each side. Spice Lionfish filets with lemon pepper and grill till golden brown on each side. Wrap fish, lettuce, tomato, black olives, thin carrot and onion slices in the wrap. Make a dressing out of equal parts olive oil and apple cider vinegar with salt pepper and fresh thyme. Shake vigorously in a bottle and pour in the wrap.

### HOT LIONFISH POPPERS

Lightly grill Lionfish filets in olive oil and your choice of spice. Slice a pickled cherry pepper half way through and take out the seeds. Stuff with shredded jack cheese and grilled Lionfish and precooked bacon bits. Sprinkle the stuffed pepper with flour and dip it in pancake batter. Deep fry until golden brown. Dip in marinara sauce.

### LIONFISH JERKY

Whisk 1/4 cup soy sauce, 1 tablespoon light brown sugar, 1 teaspoon olive oil, 1 teaspoon minced garlic, 1/2 teaspoon black pepper and put on low heat until sugar melts. Cut Lionfish fillets into 1-inch wide strips lengthwise soak in soy mixture in the fridge for 4 hrs. Remove, pat dry, and place in dehydrator or oven on lowest temp for the desired dryness level.

### LIONFISH CEVICHE

Marinate filet Lionfish, sliced onion, salt & pepper in fresh squeezed lime juice. Eat with crackers.

### **LIONFISH WITH SMOKED TROUT ROE**

Place 1/2 teaspoon Smoked Trout Roe on a raw Lionfish filet on a crust-less white bread toast point. Place 2 capers on top and serve.

### **LIONFISH FINGERS**

Soak Lionfish in beer for 5 minutes, dip in milk then dip in egg, dust in mixture of flour, salt, pepper nutmeg, and basil. Deep fry until golden brown.

### **MOJO'S LIONFISH ALFREDO**

Simmer onion, garlic, and lemon pepper in cream for 5 minutes then put small lionfish filets in for 3 minutes. Pour over pasta, sprinkle with parmesan cheese, garnish with fresh parsley and serve with garlic toast.

### **BLACKENED LIONFISH WITH CREAMY CRAB & SHRIMP SAUCE**

Mix cream with butter and creole mustard until thickened. Mix in crab meat and chopped shrimp with cajun seasoning until shrimp is done. Pour the cream sauce over a blackened pre-grilled Lionfish and serve over herb-flavored couscous with a side of steamed beans.

### **TERIYAKI LIONFISH**

Whisk teriyaki and garlic together and rub on lionfish filets cover and keep cool for 15 minutes. Grill or broil fish. When done sprinkle with fresh cilantro. Serve with boiled potatoes and grilled vegetables.

### **PINEAPPLE LIONFISH KABOB**

Skewer Lionfish filets with pineapple, onion, bell pepper, tomato wedges, and shrimp. Rub a mixture of honey and teriyaki on the skewer as it is over the grill.

### **ALMOND BROILED LIONFISH**

Finely grind almonds, bread, garlic, and red pepper flakes in a food processor. Add roasted peppers, vinegar, and salt & pepper, then puree, adding oil in a slow stream. Pour puree over Lionfish in a baking pan and broil.

### **BLACK BEANED LIONFISH**

Puree black beans, olive oil, salt, pepper, and lime juice then simmer in a saucepan. Simmer a combination of olive oil, white wine, scallions, tomato and poblano for a minute and add Lionfish filet. Cook 5 minutes. Strain sauce into black bean sauce and mix. Pour the combo sauce on a plate and place the fish filet and simmered vegetables on top. Garnish with cilantro.

### **SMOKED LIONFISH DIP**

Cut slits into whole lionfish and rub lemon pepper into the flesh. Cook on the grill until done. When coals burn down place lionfish back on the grill over night to dry out and absorb smoke. In the morning pull flesh off of the fish. Combine smoked lionfish with mayonnaise, fresh cilantro, fresh squeezed lemon juice, lemon pepper, onion, diced carrot, and hot sauce. Serve in a toast sandwich with lettuce and tomato.

### **STEAMED LIONFISH**

Coat aluminum foil wrap in olive oil then insert lionfish, onion, tomato slices, bell pepper, carrot, pineapple, squash, zucchini, lemon zest, salt, pepper, thyme. Place over a fire for 6 to 10 minutes. Serve with brown rice and a slice of fresh mango on the side.

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