

Lemon-Lime Garlic Silver Carp Skewers

Recipe courtesy of Chef Tamie Cook

SERVES 4

INGREDIENTS

- 5 garlic cloves, grated
- 3 tablespoons chopped fresh cilantro
- ¼ cup olive oil
- 1 teaspoon red pepper flakes
- 1 teaspoon kosher salt, plus extra to taste
- 1 ½ pounds silver carp fillets, cut into 1-inch pieces
- Juice from 1 lemon
- Juice from 1 lime

DIRECTIONS

Place the lemon juice, lime juice, garlic, cilantro, olive oil, red pepper flakes and salt into a zip-top bag and move around to combine. Add the carp, seal and move around to coat fish. Refrigerate for 1 hour.

While the fish is marinating, soak 12 to 16 wooden skewers in water.

Remove the fish from the marinade and thread onto the skewers, making sure each piece of fish is touching another piece. (This helps with even cooking.)

Heat the grill to high.

Grill the skewers for 3 minutes on each side or just until the fish is cooked through. Serve immediately.



Silver Carp Noodle Soup

Recipe courtesy of Chef Tamie Cook

SERVES 4

INGREDIENTS

- 3 ounces rice vermicelli noodles
- 1 tablespoon peanut oil
- 1 stalk lemongrass, trimmed and finely minced
- 1 shallot, minced
- 2 tablespoons red curry paste
- 3 cups chicken broth
- 1 14-ounce can light coconut milk
- 12 ounces silver carp, cut into bite size pieces
- 1 cup chopped, fresh bok choy
- 1 teaspoon fish sauce
- 1 tablespoon chopped fresh cilantro
- 4 lime wedges

DIRECTIONS

Place the noodles in a bowl and cover with boiling water. Set aside for 4 to 5 minutes or until the noodles are tender. Drain well.

Place the peanut oil into a medium saucepan and set over medium heat. When the oil shimmers, add the lemongrass, shallot and red curry paste and cook 3 to 4 minutes or until the lemongrass is tender and aromatic.

Add the chicken broth and coconut milk and bring to a simmer, stirring occasionally. Add the carp and the bok choy and stir to combine. Cook just until the fish is cooked through, about 5 minutes. Stir in the fish sauce just before serving.

To serve, divide the noodles between 4 bowls and top with soup. Garnish with cilantro and serve with lime wedges.

