

Coconut Lionfish with Tropical Jicama Salad

Recipe courtesy of Chef Tamie Cook

SERVES 4

I've always been a big fan of coconut shrimp, but I must admit I'm too lazy to make it at home because of the tedious battering of each little shrimp. With only a few pieces of fish to coat, this recipe is a breeze.

This uber-fresh jicama salad is the perfect match for the rich tasting fish.



INGREDIENTS

- 1 ripe mango, peeled and diced
- 1½ cups fresh jicama, diced
- ¼ cup red onion, finely diced
- 2 tablespoons jalapeño, finely diced
- ¼ cup fresh cilantro, chopped
- 1 pound boneless, skinless Lionfish filets
- 1 15-ounce can coconut milk, divided
- 1 cup panko breadcrumbs
- ½ cup unsweetened shredded coconut
- 1 teaspoon kosher salt
- ½ teaspoon ground cardamom
- ½ teaspoon ground turmeric
- ½ tablespoon olive oil
- zest and juice of 1 lime

DIRECTIONS

Combine mango, jicama, onion, jalapeño, cilantro, lime zest and juice in a medium bowl. Taste and season with salt as desired. Cover and refrigerate until ready to use. Place fish in a shallow container and pour over ¾ cup of the coconut milk. Refrigerate for 30 minutes.

Combine breadcrumbs and coconut in a pie plate or other shallow container. Set aside. Combine salt, cardamom and turmeric in a small bowl. After 30 minutes, remove fish from the coconut milk and season filets with ½ of the spice mixture and then dip the fish in the breadcrumb mixture.

Heat olive oil in a large non-stick sauté pan over medium high heat until the oil shimmers. Add the fish and cook until the crust is golden brown, 2 to 3 minutes. Turn filets over and continue to cook 2 to 3 more minutes or until golden brown.

Place the remaining coconut milk and spice mixture into a small saucepan set over medium high heat. Bring to a boil and continue cooking until mixture has reduced by half, about 5 minutes. Taste and adjust the seasoning as desired. Drizzle the sauce over the fish and serve Jicama Salad.

Lionfish Ceviche

Recipe courtesy of Chef Tamie Cook

SERVES 4 - 6

I love ceviche and Lionfish is the perfect choice for making it fresh and delicious. The acid in the lime juice "cooks" the fish, so don't be afraid! If you can't get your hands on lionfish, snapper is a great substitute!



INGREDIENTS

- 12 ounces boneless, skinless Lionfish filets
- 8 tablespoons freshly squeezed lime juice, divided
- ½ teaspoon kosher salt
- 2 tablespoons cilantro leaves, coarsely chopped
- ½ cup finely diced cucumber
- 1 scallion, thinly sliced
- ½ cup diced avocado
- ¼ cup thinly sliced radish
- 1 jalapeño, finely diced
- 1 tablespoon freshly squeezed orange juice
- 1 tablespoon olive oil
- lettuce, for serving
- crackers, for serving

DIRECTIONS

Cut filets into ¼-inch dice. Place the fish into a small bowl and toss with 6 tablespoons of the lime juice. Cover the surface of the fish directly with plastic wrap and refrigerate for 1 hour.

Drain the lime juice from the fish. Gently toss the fish with the remaining 2 tablespoons of lime juice, salt, cilantro, cucumber, scallions, avocado, radish, jalapeño, orange juice, and olive oil. Serve immediately with crackers or lettuce leaves.