

# Grilled Lionfish Toast with Pink-Eyed Pea Hummus & Rayu

Recipe courtesy of Chef Kristen Essig

SERVES 4 - 6



## INGREDIENTS

### Hummus:

- 2 cups fresh pink-eyed peas
- 5 cups water
- 4 cups garlic cloves, whole
- 6 bay leaves
- 4 sprigs thyme
- 4 ounces tahini
- 2 ounces fresh squeezed lemon juice
- ½-¾ cup water
- ¼ cup olive oil
- salt and freshly ground black pepper
- zest of 1 lemon

### Fish:

- 6 slices of thick bread, like ciabatta
- 6 boneless, skinless Lionfish filets
- 2 limes, halved
- 1 bunch cilantro, torn
- 1 bunch mint, torn
- extra virgin olive oil, as needed
- freshly ground black pepper, as needed
- pink eyed pea hummus, from above
- rayu, from above

### Rayu:

- 6 tablespoons canola/olive oil blend
- 6 cloves garlic, minced
- 2 tablespoons minced shallot
- ¼ cup sesame seeds
- 5 tablespoons sesame oil
- ½ cup soy sauce
- 1½ tablespoons raw sugar
- ¼ cup extra virgin olive oil
- ½ cup sambal chili paste

## DIRECTIONS

### To prepare the hummus:

Combine all the peas, water, garlic, bay leaves, thyme and lemon zest in a medium saucepot and set over medium high heat and bring to a boil. Reduce the heat to maintain a simmer and cook peas until tender, 20 to 25 minutes. Strain the peas and remove the bay leaves and thyme sprigs. Spread the peas on a parchment lined sheet pan to cool slightly.

Combine the warm peas, tahini, lemon juice, ½ cup water and olive oil in the bowl of a food processor. Puree till very smooth, adding additional water as needed to create a hummus consistency. Taste and add salt and pepper as needed. Set aside until ready to use.

*Note: You may use dried beans, but you will need to soak them the night before.*

### To prepare the rayu:

Place the oil, garlic and shallot in a medium sauté pan and set over medium heat. Stir frequently and cook until the garlic is softened, 3 to 4 minutes. Decrease the heat if needed to prevent browning. Add the sesame seed and cook until toasted and golden brown, 1 to 2 minutes. Remove the pan from the heat and add the sesame oil, soy sauce, sugar, olive oil and chile paste. Stir to combine. Set aside or refrigerate to use cold or at room temperature.

### To prepare the fish:

Preheat a grill or grill pan to medium high heat. Lightly brush the bread and the Lionfish filets with the olive oil and season both with freshly ground black pepper. Grill the bread on both sides for 1 to 2 minutes or until the toast has a bit of char to it.

Grill the Lionfish for 3 to 4 minutes per side or just until cooked through. Transfer the fish to a plate and squeeze the limes over the top.

To assemble, top each piece of bread with some of the hummus and top with pieces of the fish, you can gently tear them if it helps to fit them on the toast. Top the fish with the rayu and garnish with cilantro and mint. Lightly drizzle with olive oil and cut in half. Serve immediately.