

Macadamia Nut Fish

Submitted by: Rol Campbell

Ingredients:

1 Egg
Olive Oil
Ritz Crackers-crushed
Macadamia nuts-chopped
Butter

Directions:

Cut fish into serving size pieces.
Drizzle with lemon juice.
Dredge in flour (shake in bag).
Mix 1 egg and 1 tablespoon olive oil (for two people this is sufficient, but the total depends on the amount of fish).
Dip fish in egg mixture.
Shake fish in cracker crumbs. (I use Ritz - crushed in a bag).
Cover cookie sheet with foil, then rub that with olive oil.
Lay out fish on cookie sheet, separated so they will brown nicely.
Sprinkle each fish serving with chopped macadamia nuts.
Dot each piece of fish with butter
Bake in 450 degree oven for 10-15 minutes - depending on the thickness of fish.
Serve on a fish platter and enjoy!

Greek Style Pompano

Submitted by: Mary DeMik

Ingredients:

Pompano – skin off

Lemon - sliced thinly

Onion - sliced thinly

Peppers – sliced colored peppers) preferably the small ones which resemble habanero peppers but are not hot. You can find them in a package in the veggie section.

Garlic powder (garlic salt only adds sodium you don't need)

Kalamata olives

Directions:

Place Pompano filets in a baking dish. Spray lightly with Pam spray. Sprinkle each filet with garlic powder and oregano to taste. Layer with a couple of lemons, then the onions and peppers. Arrange the small tomatoes and Kalamata olives around the filets. Bake in a 350 degree oven about 10-15 minutes until the Pompano flakes apart easily with a fork. (Cooking time depends on size and amount of Pompano filets) Serve with the feta cheese on the side. Yummy!!

Easy Fried Fish

Submitted by: Mary DeMik

Ingredients:

Snapper, Trout, Snook, Grouper or any other fish you would normally fry (without skin)
Olive oil (if you plan to sauté or pan fry them)
Canola oil (if you plan to deep fry them)
Brown spicy mustard or Grey Poupon mustard (not yellow mustard!)
Ritz crackers – crushed

Directions:

Place Ritz crackers in a plastic bag and smash them up into very small crumbs. A rolling pin works great, in a pinch a whiskey bottle works just as well! Coat the fish filets well with the mustard. (No need to put into eggs etc. the mustard will keep the crumbs on the fish and it is healthier!) Dip the mustard coated fish filets into the Ritz cracker crumbs to coat well. Shake off excess crumbs. (You can add garlic or spices after they are coated in bread crumbs if you like) If you pan fry: add olive oil into the pan, enough to coat the bottom of the pan. Heat the oil until it is ready to fry on medium high heat. (Drop a piece of breading into the oil and if it bubbles the oil is hot enough.) Add the filets and pan fry on each side approximately 3-4 minutes each side. (Again they are finished when they flake apart easily with a fork.) Remove the filets and drain onto a plate with paper towel to absorb extra oil. If you are going to deep fry the fish place the Canola oil in the deep fryer and bring it to a hot enough temperature to deep fry. Drop the fish filets in for about 3-4 minutes and drain onto paper towels when finished. "Lemonize", or squirt with a little lemon and serve with tarter sauce or not! Yummy!

Grilled Teriyaki Fish

Submitted by: Wade Robert

Ingredients:

6 firm fleshed fish steaks (5 oz each) such as grouper, amberjack.

Butter cooking spray

Marinade

1/2 cup unsweetened pineapple juice

2 tablespoons soy sauce

2 tablespoons dry sherry

2 tablespoons dark brown sugar

1 scallion, finely minced

1 teaspoon crushed fresh garlic

1 teaspoon minced fresh ginger root or 1/3 cup ground ginger

1 teaspoon sesame oil

Directions:

1. Combine all of the marinade ingredients in a small bowl, and stir to mix well. Set aside.
2. Rinse fish steaks with cool water and pat them dry with paper towels. Place steaks in a non-metal container and pour the marinade over the steaks, turning to coat all sides. Cover and refrigerate for several hours or overnight.
3. Spray steaks lightly with the cooking spray and grill over medium heat, covered, or under a boiler, for 5 minutes on each side, or until the meat is easily flaked with a fork.

Mesquite Grilled Grouper

Submitted by: Doug Mallon

Ingredients:

McCormick's Grill Mates Mesquite Marinade

½ stick unsalted butter (softened)
1 tablespoon finely chopped shallots
1 teaspoon grated lime zest,
2 teaspoons fresh lime juice,
1 teaspoon Serrano chile (including seeds)
½ teaspoon salt
Something we use with all fish is CHILE LIME BUTTER

Directions:

To make: simply stir it all together in a bowl. It's best if it's made a day ahead and chilled. Serve each piece of fish with a dollop of chile lime butter. Bon appétit, Doug

Smoked Fish Dip

Submitted by: Kevin Vertesch

Ingredients:

Trout, Grouper, etc.

Mayonnaise

Sour Cream

1 jalapeño pepper (seeded)

Jalapeño pepper sauce (the green stuff)

Finely chopped white onion (1/4 of the onion should be enough)

Directions:

The amount of mayonnaise and sour cream depends on the consistency you like. I mix everything in a food processor. Add a few shakes of the hot pepper sauce to taste. Make sure the pepper has no seeds or add a few if you like it spicy.

Serve on crackers with a dash of red or green Tabasco sauce on top.

French Poached Fish

Submitted by: John Reid

Note:

Here is a recipe I like for trout when they are plentiful and you are looking for something different. It is very mild and nice. It is a French method usually prepared in a fish poaching steamer. Since trout are sometimes not big enough for the steamer we use a large covered skillet.

Ingredients:

Peel the skin and bitter pith from a lemon (Key Lime). Slice the lemon finely and remove the seeds.

Add as much lemon as you like to a mixture of 1 part milk to 6 parts of salted water.

Directions:

The fish is poached by cooking it briefly in SIMMERING liquid (Court Bouillon) 10 minutes for each inch of thickness. The liquid should be kept around 175 degrees. At this temperature , the surface will perceptibly tremble or shudder, but not bubble. (Boiling will ruin the appearance then taste and texture) If fish trimmings are also added the court bouillon becomes a fish fumet, which not only makes a rich liquid for poaching the fish but also furnishes the starting material for sauces that may garnish the cooked fish.

In the true French method Head, Fins, Tail and Scales are left in tact. Simply gut and wash well. After poaching skin, bones etc. are easily removed with a fork in the kitchen or at the table for effect.

Amberjack Sushi

Submitted by: Rol Campbell

Directions:

Freeze a small “loin” of AJ for future use – thaw when needed.

Slice thin “quarter” size pieces of AJ.

Spread Ritz crackers with cream cheese (or your favorite cheese)

Add slice of AJ.

Add a dollop of peanut sauce (or your favorite sauce)

Enjoy before your fish dinner.

Fish Cakes

Submitted by: Rol Campbell

Directions:

Break up and chop leftover fish enough for 4 patties.

Add approximately ½ cup of bread crumbs or cracker crumbs.

Add 1 Tbs. parsley (flakes or fresh).

Mix together all dry ingredients

Mix 1 egg, 1 Tbs. Dijon mustard, and 2 Tbs. mayonnaise.

Add to fish mix – adjust to “hamburger consistency”.

Make into patties.

Coat patties with cracker crumbs by pressing patty into crushed crumbs.

Pan fry over medium heat in a little butter.

Enjoy plain or on your favorite bread or toast.

Newfoundland Fish Casserole

Submitted by: Charlie Sobczak

Ingredients:

2 lbs. Fish fillets (use grouper, amberjack, mackerel, etc.)
1 Tbsp. finely chopped onion
1 Tbsp. Worcestershire sauce
2 Tbsp. Butter
2 Tbsp. Flour
1-B= cups milk
salt, pepper, dill to taste
3 cups hot seasoned mashed potatoes
B= cup sharp cheddar cheese
Broth or water, seasoned with bay leaf, sliced onion

Directions:

Poach fish in seasoned broth or water (just to cover) 5 minutes or until barely done.
Flake fish into lightly greased casserole. Sprinkle with onion & Worcestershire sauce.
In a small saucepan, melt butter, stir in flour and cook until smooth, about 2 minutes. Add salt, pepper and dill, then add milk, stirring constantly until thickened.
Pour over casserole. Spread seasoned, mashed potatoes over fish, then top with grated cheese.
Bake in 350 degree oven until piping hot; approximately 15-20 minutes.

Fish with Almonds, Pine Nuts and White Raisins

Submitted by: Charlie Sobczak

Ingredients:

4-6 Fish fillets (use thin, delicately flavored fish such as tilefish, snapper, etc.)
2 cups dry white wine
1/4 cup white raisins
5 Tbsp. Clarified butter
1/4 cup slivered almonds
salt & pepper, to taste
4 Tbsp. Flour
3 Tbsp. Unsalted butter
2 Tbsp. Minced shallot
2 Tbsp. Pine nuts

Directions:

Soak raisins in white wine for 30 minutes. In sauté pan, heat the 5 Tbsp. Clarified butter. Add almonds to pan and sauté until they begin to color. Remove with slotted spoon and drain, saving butter in pan. Sprinkle fish with salt, pepper and flour. Add fish to heated pan and sauté each side to a golden brown. Remove fish to a warm platter. Add the 3 Tbsp. Unsalted butter to pan, when melted, add shallot, wine and raisins. Cook for 2-3 minutes and season to taste with additional salt & pepper, if desired. Add pine nuts & almonds to fish, then pour sauce over fillets. Serve.

Baked Fish Cordon Blue

Submitted by: Charlie Sobczak

Ingredients:

2 lbs. Fish (use thin fillet like flounder, or slice grouper thin > enough to roll)
6 slices cooked ham (I used smoked turkey ham)
6 slices Swiss cheese
1 Tbsp. grated orange zest
white pepper to taste
1 egg, beaten
1 cup seasoned Italian or panko bread crumbs
1 Tbsp. Butter
1 Tbsp. Flour
1 cup milk or half-and-half
1/4 cup freshly grated Parmesan cheese

Directions:

Pat fillets dry, then place 1 slice of ham and 1 slice of cheese in center of each. Cut to fit. Sprinkle with grated orange rind and white pepper. Roll into pinwheels and secure with toothpicks. Gently dip roll in beaten egg; coat with bread crumbs. Place in greased shallow baking dish. In saucepan, over medium heat, combine butter & flour. Slowly stir in milk or cream, heat until sauce begins to thicken. Pour over fish roll-ups. Sprinkle dish with grated Parmesan cheese. Bake @ 350 degrees for 20-25 minutes or until fish flakes easily when tested with fork.

Sautéed Sheepshead

Submitted by: John McBoom

Directions:

Dip fish in ranch dressing thinned with a little milk.

Dredge in Panko bread crumbs, 1 cup bread crumbs to 3 Tbsp. grated Parmesan cheese.

Sauté in small amount of canola oil until fish flakes.

Swimming Fish

Submitted by: Chet Sadler

Directions:

Poach any thick white fish (grouper, cod) remove from oven place on platter. Pour soy sauce over the fish. Cover with finely chopped fresh ginger, onions and chopped scallions. Meanwhile, heat about 13 cups of peanut oil until it smokes then pour over the fish. This will sizzle the ginger and onions making a great sauce. Serve with rice.

“Sheepy” Crab Cakes

Submitted by: Kevin Vertesch

Ingredients:

1 pound sheepshead fillets
1 cup dry bread crumbs (divided)
¼ cup minced green onions
¼ cup miracle whip or mayonnaise
juice of a lemon
1 egg, beaten
3 tablespoons butter
1 tablespoon prepared brown or spicy mustard
dash of cayenne pepper
Salt and pepper to taste
peanut oil or butter for pan frying

Directions:

Preheat oven to 350 degrees. Place the sheepshead fillets on a sprayed cookie tray and dab them with pieces of butter and sprinkle with a bit of salt. Bake for about 20 minutes. Remove from oven and let cool enough to handle with your hands. Once cool, flake the meat and put into a bowl. *(I use my hands when flaking to catch any bones that may have been missed in the filleting).*

In a separate large bowl, mix ½ cup bread crumbs with the egg, green onions, lemon juice, 3 Tablespoons melted butter, miracle whip, mustard, cayenne and salt. Mix in the fish gently. Shape the fish mixture into patties *(If they are too dry when making into patties, add a little more mayonnaise.)*

Put the remaining bread crumbs on a large plate. Dredge the patties in the bread crumbs, and pan-fry in a little oil or butter in a skillet *(Just enough to keep them from sticking)* until they are browned *(usually 5 minutes on each side)*. Serve hot with cocktail sauce *(recipe below)*.

Cocktail sauce:

Get a small bowl and fill almost to the top with ketchup. Mix with as much prepared (non-creamy) horseradish as you like it hot. Add a few dashes of Worcestershire sauce, some lemon juice and a dash of Tabasco and mix well. Serve with hot sheepcakes