

Baked Monkfish

Recipe

in garlic and tomato



Ingredients:

- 8 (6oz) Monkfish fillets (1.5-2in. thick)
- ¼ cups + 3 tbsp. evoo
- 2 heads of garlic plus 4 large cloves. Slice the garlic as thin as possible
- 1 tbsp. Papa Louie seafood seasoning
- 1cup crushed tomato (can)
- 2 cups water
- 1tsp salt and pepper combined

Directions:

Preheat oven to 400*. In a large skillet, warm ¼ cup of the olive oil. Add the sliced garlic and cook slowly over low heat. Work the garlic until golden brown (about 12min). Remove about 1/4cup of garlic slices to a plate and save for garnish. Add paprika to the garlic in skillet and cook for 1 min. Add the tomato and cook over med/high heat for additional minute. Add water and simmer until sauce has reduced to 1 ½ cups or about 10min. Season with salt and pepper.

In another skillet heat the 3 tbsp. of olive oil. Season the fish with seafood seasoning. Cook over high heat until browned on the bottom (2min). Turn the fish and transfer to the oven. Roast until just cooked through (15min).

Transfer fish to large warmed platter, pour any juice from skillet onto the tomato sauce and simmer for 2 min. Spoon the sauce onto plates and set the fish on top. Scatter the extra garlic crisps over the fish and serve with Papa Louie jalapeno tartar sauce on the side.



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Ingredients:

4 wahoo fillets, 6 ounces each
2tbsp canola oil
Salt and fresh ground black pepper
2 tbsp EVOO
2 cloves garlic chopped
4 anchovies in oil, patted dry and chopped
1 pint cherry tomatoes halved
1 tbsp capers drained
½ cup pitted Kalamata olives
1 lemon, juiced and zested
2tsp chopped oregano leaves, fresh
¼ cup chopped parsley, fresh

Baked Wahoo

Recipe

In tomato sauce



Directions:

Heat grill to high. Brush both sides of the fillets with canola oil and season with salt and pepper, to taste. Grill until slightly charred and almost cooked through which is about 4-5 minutes per side.

While the fish is grilling, heat the olive oil in a large sautee pan over medium heat. Add the garlic, anchovies and tomatoes and cook until slightly soft or about 3 minutes. Add the capers and olives with lemon juice, oregano and parsley and cook for 25 seconds. Transfer the fish to the sauce and let cook for 1 minute. Transfer to a serving tray and serve with Lighthouse jalapeno tarter.

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Ingredients:

¼ cup sliced almonds
3 tbsp. EVOO
1 tbsp. fresh lemon juice
½ tsp honey
1 ½ tsp Dijon mustard
Kosher salt and freshly ground pepper
1 tbsp. finely chopped fresh parsley
2 pounds asparagus (cut ends)
1 tsp finely grated lemon zest
4 (6oz) skinless Mahi Mahi fillets

Broiled Mahi Mahi with

asparagus and blended almond puree

Recipe



Directions:

Preheat broiler. Spread almonds on a rimmed baking sheet and broil until golden brown (stir frequently). Combine toasted almonds, 2 tbsp. olive oil, the lemon juice, honey, mustard, ¼ cup water, ¼ tsp salt and pepper to taste in a blender and blend until smooth. Transfer to a bowl and stir in the parsley.

Toss the asparagus with the remaining 1 tbsp. olive oil, 1 tbsp water, the lemon zest, and salt and pepper to taste on the baking sheet. Spread in a single layer and broil until the asparagus is bright green and crisp-tender or about 4 min. Transfer to a plate and keep warm.

Sprinkle the fish with ¼ tsp each salt and pepper and arrange on the same baking sheet, rounded side down. Broil until opaque or about 3min. Turn the fillets, brush with some of the almond sauce and continue broiling until just firm and cooked through (about 4/5 min) divide the fish and asparagus among plates and top with the remaining almond sauce.

serve with Lighthouse jalapeno tarter sauce on the side.

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Ingredients:

2.5lbs of Wahoo, skinned
and cubed
40oz of canned pinto beans
28oz diced canned tomato
3 poblano peppers, diced
2tbs tomato paste
4 cloves of minced garlic
4 tbs EVOO
4cups of chicken stock
(unsalted)
1 bundle of cilantro
1/2cup of chopped green
onions
Sour cream
Kosher salt
Fresh ground black pepper
3tbs chili powder
3 tbs paprika
2 tbs masa flour

Chile con Wahoo



Recipe

Directions:

Heat the olive oil over med heat in a large stock pot. Add onions, pinch of salt and pepper and sauté for 7min. Add chili powder and paprika then garlic, stir and continue to sauté for additional 5 minutes.

Add in poblano pepper, tomato paste and diced tomato. Cook down the mix for 12min and add chicken stock. Cook for additional 10min at medium heat.

Add the fish and whisk in masa. Add pinto beans with juice and proceed to cook for 12min. Finish with cilantro, serve with sour cream and green onions.

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Lobster Linguini

Recipe



Ingredients:

3 tablespoons Olive oil
2 slices of bacon, chopped
3 Minced green onions
2 chopped cloves of garlic
¼ teaspoon red pepper flakes
½ teaspoon salt
2 cups tomato puree
¼ cup cream
1lb linguine (pre-cooked)
½ cup parmesan
1 cup fresh basil
1lb of lobster meat (claw)

Directions:

Heat a large straight-sided skillet over medium heat. Add the olive oil and bacon and cook until the bacon is beginning to crisp, 8 minutes. Add the shallots, garlic and red pepper flakes and cook for an additional 3 minutes, until fragrant. Add the salt, tomato puree and cream; stir to combine. Reduce the heat to low and simmer for 5 minutes. Heat pasta in boiling water for 3 min, remove pasta and add directly to pan with sauce. Add lobster meat, basil and simmer for 5 min. Add parmesan when serving.

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Misoyaki Butterfish

Recipe



Ingredients:

4 pieces of butterfish (6-7oz ea.)
½ cup sake
½ cup mirin
2/3 cup sugar
1 cup white miso

Directions:

To make misoyaki marinade bring sake, mirin and sugar to boil for 5 minutes.

Reduce to simmer for 10min. Remove from heat and whisk in miso until well incorporated. Allow to cool. Generously marinate butterfish in misoyaki marinade for 48 hours. Pre heat oven to 450 and bake fish for 5-8minutes. When fish is almost cooked broil for an additional 3-4 minutes until well caramelized. Garnish fish with chopped green onions and lemon wedges.



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Panko Encrusted Cod

Recipe

with chive burre blanc



Ingredients:

4 (6oz) black cod fillets
Panko bread crumbs
2 eggs (for egg wash)
Kosher salt and freshly cracked black pepper
4 tbsp. grapeseed oil
½ lemon (juiced)
1tbsp butter
1 sprig of fresh thyme



Directions: Preheat oven to 400 degrees. Place the fillets on a sheet tray or rack. Place panko into shallow dish. In a separate dish add 2 beaten eggs. Season both sides of the fillet with salt and pepper. Once seasoned brush the belly side of fish with egg (you can dip the fish in egg if easier). After egg wash dip fish fillets into panko covering all sides. In a cast iron skillet add grapeseed oil. Before placing fish into pan, make sure the skillet is very hot. Sear only 1 side of the fish (flat side). Once 1 side is seared, place the skillet in the oven for about 3 to 5 minutes until cooked.

Once fish is cooked, flip over and add lemon juice, butter and sprig of thyme. Let melt and baste the fish with the juice. Pour over the Chive burre blanc and serve with Lighthouse jalapeno tartar sauce on the side.

Chive butter sauce:

2 cups white wine, 2 sprigs of fresh thyme, 1 sliced shallot, 2 minced cloves of garlic, 2tsp heavy cream, ½ lemon, juiced, 2 tbsp. cold butter, 3tbsp chopped chives, Fresh cracked pepper and salt to taste.

In a saucepan, add wine, thyme, shallot and garlic. Set on medium heat and allow the wine to reduce. Once sauce is reduced to syrup like consistency, strain and add the heavy cream and lemon juice. Bring to slight simmer, whisk in butter. Once butter is melted add the fresh chives and season to taste.

Ingredients:

3 tbsp. tequila
3 tsp ground cumin
2 tsp minced garlic
Juice from 1 lime
1lb thresher shark (cut into cubes)
Kosher salt and freshly cracked pepper
1 Red Onion quartered and coarsely sliced
1 red bell pepper (deseeded and coarsely sliced)
1 green bell pepper (deseeded and coarsely sliced)
1 lemon cut into qtrs.
Soak wooden skewers in water for 15min.
Preheat Grill to med/high

Tequila Marinated

Recipe

Thresher Shark



Directions:

Shark Marinade:

In a large mixing bowl, combine the tequila, cumin, garlic, lime juice and some salt and pepper. Portion the shark into 1 in. cubes and add to the marinade. Set aside to marinate for 20-30min.

To Cook:

Thread Shark on to the skewers, alternating with a red onion, red and green pepper slices. Grill skewers for about 3-4 minutes per side. Arrange skewers on a platter and serve with lemon wedges and Lighthouse Orange Marmalade.

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Smoked Albacore

Recipe

Fish Dip



Ingredients:

4 pieces of Lighthouse
smoked albacore (3oz ea.)
2 tbsp. mayonnaise (fat
free optional)
4 tbsp. sour cream (fat
free optional)
1 pinch of old bay
seasoning
1tsp tabasco
1tsp Worcestershire sauce
3 drops of liquid smoke
Fresh ground black
pepper and salt to taste.

Directions:

Preheat oven to 400*. In a large skillet, warm ¼ cup of the olive oil. Add the sliced garlic and cook slowly over low heat. Work the garlic until golden brown (about 12min). Remove about 1/4cup of garlic slices to a plate and save for garnish. Add paprika to the garlic in skillet and cook for 1 min. Add the tomato and cook over med/high heat for additional minute. Add water and simmer until sauce has reduced to 1 ½ cups or about 10min. Season with salt and pepper.

In another skillet heat the 3 tbsp. of olive oil. Season the fish with seafood seasoning. Cook over high heat until browned on the bottom (2min). Turn the fish and transfer to the oven. Roast until just cooked through (15min).

Transfer fish to large warmed platter, pour any juice from skillet onto the tomato sauce and simmer for 2 min. Spoon the sauce onto plates and set the fish on top. Scatter the extra garlic crisps over the fish and serve with Lighthouse jalapeno tartar sauce on the side.

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Halibut

topped with lemon butter
and roasted asparagus

Recipe



Ingredients:

4- 5oz filets of Halibut
1 tablespoon fresh lemon juice
¼ teaspoon kosher salt
¼ teaspoon fresh ground black pepper
Zest of 1 large lemon
½ stick of unsalted butter, room temp
30 asparagus
1 tablespoon olive oil
¼ teaspoon lemon pepper

Directions:

For the lemon butter: Mix lemon juice, salt, pepper, lemon zest and butter in bowl until well blended. Set aside until ready to use.

Preheat oven to 350*. Combine asparagus, olive oil and lemon pepper and place asparagus in foil wrapping and closing all sides. Bake asparagus for 16 min. Heat a large dry nonstick skillet over medium/high heat. Add halibut to hot skillet and sear for 4 minutes. Turn the fish over, sear until still slightly pink in the center (additional 4 min). Transfer halibut to plates and add a generous dollop of lemon butter. Serve with asparagus and garnish with lemon wheel.

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Recipe

Red Snapper

with citrus avocado salad



Ingredients:

3 oranges, divided
1 lime
1 (1in) piece of fresh
gingerroot
5 tbsp. tequila
2 tsp salt
3/4 tsp cayenne pepper
3tbsp olive oil
1 medium fresh fennel
bulb
½ small red onion
1 large avocado
½ cup fresh cilantro
4 red snapper fillets (6oz
each)
¼ cup all-purpose flour

Directions: Juice 1 orange to measure 1/3 cup of juice. Juice lime to measure 1tbsp juice. Grate ginger to measure 2tsp. Whisk together juices, ginger, tequila, salt and cayenne pepper and slowly add 3tbsp olive oil (making dressing). Whisk until well blended.

Cut remaining oranges into segments. Thinly slice fennel and onion lengthwise. Peel and dice avocado. Coarsely chop cilantro. Place 1/2cup of the vinaigrette, orange segments, fennel, onion, avocado and cilantro in bowl and stir gently.

In skillet heat remaining oil over medium heat. Season fillets with salt and cayenne pepper. Dredge fillets in flour shaking off excess. Cook fillets 5 minutes turning once. Serve fish over salad, drizzle remaining seasonings on top.