

# Fish Favorites

Know your fish, love your dish. When cooking and serving fish or seafood don't forget the acid; lemon, lime, vinegar, tomatoes. When the fish is out of the water bacteria on the surfaces start to break down and cause unattractive odors. Acid reacts with the bacteria making them less aromatic. Be sure to rinse fish with fresh water before preparing to remove excess bacteria. Plan ahead to make this menu easy.

\*\*Blue Coconut Fish Market is located by PTSC and have Salmon and Red Fish available this week, they were very friendly and helpful!

## Red Fish

Serves 4-6 adults

This is an excellent presentation dish, great for dinner conversation.

- garlic, chopped or halved, to taste
- 1 tablespoon fresh lemon juice
- 2 tablespoons Olive oil
- 6 fresh thyme sprigs
- 1/4 cup chopped Parsley
- 1 medium Lemon cut in slice
- 1 Shallot, thin sliced
- 1/2 cup dry White wine
- 1 2-to 2 1/4-pound whole red snapper, cleaned, skin on
- Salt and Pepper
- Aluminum foil or Parchment paper

Preheat oven to 350°F.

Spread olive oil on a heavy baking sheet that has sides and is larger than the fish. Place fish in center of baking sheet. Season cavity of fish with garlic, lemon juice, shallots, salt and pepper.

Drizzle cavity with olive oil (or 2 Tb cold butter) and wine. Arrange thyme sprigs & chopped parsley inside cavity. Sprinkle outside of fish with salt and pepper. Top with lemon slices.

Fold foil over edges of pan to seal. (Can be made 1 day ahead. Refrigerate.)

You could also make an envelope with parchment paper. Wrap the whole recipe inside lightly buttered or oiled parchment, folding edges to seal, bake as usual. Or, make a lid with a piece of parchment paper, cut a small vent hole and tuck the edges inside the pan

Bake fish until cooked through, about 35-45 minutes. Transfer fish to platter.

You could adapt this recipe for many types of fish whole or fillets, skin on or off. Smaller cuts will bake faster, simply divide ingredients between each piece of fish.

## Salmon

4oz= one adult serving

- 1/3 cup chopped fresh dill
- 2 finely chopped green onions

- 1/2 cup nuts- pine nuts, pistachios or almonds- toasted, finely chopped
- Olive oil
- 2 bell peppers, cut into 1/2-inch strips
- 1 pound sugar snap peas, trimmed, strings removed (frozen is fine)
- 1 garlic clove, minced
- 1/4 cup water
- 4 4-6 oz Salmon fillets, skin on or off

Mix dill, green onions, pistachios, and 1/4 cup oil in medium bowl. Season to taste with salt and pepper. **Can be made 2 hours ahead, and be made in a food processor. Let stand at room temperature.**

Sprinkle salmon with salt and pepper.

Heat 1/2 tablespoon oil in heavy large skillet over medium-high heat. Add peppers and sauté until beginning to soften, about 2 minutes. Add snap peas, garlic, and 1/4 cup water; sprinkle with salt. Sauté until vegetables are just tender and water evaporates, 2 to 3 minutes. Stir in 1 rounded tablespoon nut pesto. Transfer vegetables to platter; keep warm.

Use the same skillet, do not clean it.

Heat 1 tablespoon oil in skillet over medium-high heat. Place salmon, skin side down (if skin-on), in skillet; cook until skin is crisp, about 3-4 minutes. Turn salmon and cook until desired doneness, another 3-4 minutes.

Arrange salmon fillets over vegetables on platter. Spoon the pesto down center of each fillet and serve.

You could deglaze the skillet with a couple tablespoons wine, butter or broth after removing the salmon. Pour over fillets before topping.

## **Fish Tacos**

*This recipe will Serve 4, but can easily be adjusted for more or less*

- fine shredded cabbage or lettuce
- Cherry tomatoes, quartered
- Lime wedges
- Avacado, corn, black beans.... Adjust the toppings to your families needs
- Whole Wheat small tortillas, taco shells, tostadas, or corn tortillas- **your choice**
- 1 cup low fat sour cream or plain yogurt
- 1/2 cup chopped red onion
- 1/4 cup chopped cilantro
- 1/4 cup chipotle chilies, fine chopped (**Also called Adobo, find in jars or cans**)
- 1 lb Fish (skinless): cut into 3/4-inch pieces; tuna steak, Mahi, Tilapia
- 2 Tbs taco seasoning mix, **or your own spice mix**

- 2 Tbs light olive oil or veg oil

Mix sour cream, onion, cilantro and chilie in small bowl. Reserve 1/3 of sauce in cooler.

Place Fish in medium bowl; sprinkle with taco seasoning. Heat oil in heavy medium skillet over medium-high heat. Sauté fish to desired doneness, about 3-4 minutes on each side, depending on thickness.

Reduce heat to medium-low. Stir in sour cream mixture. Don't leave the stove! Cook just until heated through, stirring frequently, about 2 minutes (do not boil).

Warm tortillas in a dry skillet or covered in warm oven or microwave. Warm shells or tostadas before serving. **I like to crisp them over the flame on a stove, adult supervision required.**

Assemble and Enjoy! Serve with remaining sour cream mixture, and extra cilantro.

**This is a great way to enjoy fish and veggies!**