

Lionfish Recipe

Compliments of Vone Research, Inc. at www.LionfishHunters.org

BAHAMIAN FISH FRY

Lionfish meat
Peanut Oil

Sea Salt
Hot Pepper

Preparation:

Grind a hot pepper in salt / cut slits in the side of the lionfish (head on) and rub the spicy salt all over the body of the fish.

Cooking:

Hard pan fry with peanut oil 1/4" deep.

Serve with peas and rice, home made macaroni and cheese, and cole slaw with hot sauce.