

Lionfish Recipe

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

SEARED GREEK STYLE

Lionfish meat
Garlic
Lemon Juice
Olive oil

Fresh ground pepper
Kosher salt
Oregano

Preparation:

Prepare the fish by lightly washing and patting dry. Prepare the marinade, a mixture of garlic, lemon juice, olive oil, freshly ground pepper, kosher salt and oregano. Marinate as per your time allowance but up to 1 day

Cooking:

Heat cast iron pan to smoking hot (no additional oil is needed). Place fillet on hot pan. Sear until brown, flip and cook other side.

Serve with lemon.