

Lionfish Recipe

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

SOUTH PACIFIC GRILLED

Lionfish meat
Olive Oil
Chillies

Sea Salt
Calamansi Juice or Lime
Soy Sauce

Preparation:

Briefly marinate lionfish filets in calamansi juice (or lime) and salt. Make a dip by crushing 3 mild chillies in soy sauce and calamansi juice (or lime).

Cooking:

Flash grill in hot pan with olive oil or serve as ceviche.

Serve with sticky rice, grilled vegetables and mango chutney on the side. Eat with chop sticks.