

# *Simple Fish Recipes For Dive Trips or at Home*

## *Cevichi*

This works well for taking it with you on a dive trip and having fresh fish for your ride home.

### Bag One:

Juice from 4 to 6 limes & 4 lemons (option is 8 limes)

Add seasoning to the juice as desired (season salt, pepper, hot spices, your choice)

2 cloves of garlic crushed (optional and debated if it is better or not)

### Bag Two:

Dices 8 - 12 tomatoes, Roma preferred (optional - take out the seeds)

One small bunch of Cilantro, chopped

1/2 white or red onion, chopped

Cucumber (optional) chopped

OPTION: Buy Pollo de Gallo and use it for bag two

Chill bags 1 & 2 and go hunting for the fresh raw fish to add. When you get the fish, chop it into quarter inch chunks and add to bag 1 for 2 hours minimum while keeping it on ice. Then drain off excess juice and combine bags 1 & 2. Serve with your favorite Mexican style chips.

This recipe and idea comes from Mark Navas (mostly) so I thank him for his idea and help. Hope you all enjoy this. Remember, the belly meet from large YT is perhaps the best fish to use. Most any fish can be used in this recipe.

## Two Yellowtail Sashimi Recipes

*These work on other fish too*

1) Mix Tiger Sauce (an off the shelf product from Louisiana found in your local super market) with a little bit of soy sauce and sesame seed oil. Fillet the choice cut of yellowtail from the fish (some think the belly meat is the best when the fish is thick enough - 20 pounders and up). Be sure to trim off all the dark meat first. For the best tasting fish, bleed the fish by cutting the gills before you finish the kill. Slice the flanks or belly into strips and let the pieces soak in the Tiger sauce mixture for about 20 minutes while chilling on ice or in a refrigerator. It doesn't have to be for a very long time. The meat will soak up a lot if left to sit too long. Slice into thin bite size pieces. Eat and enjoy.

*Recipe provided by Joe Kalohi.*

2) Chill the meat and then thinly slice 1" squares by  $\frac{1}{4}$  inch thick slices off the choice cuts (shoulder and belly meat versus tail section) of yellowtail. Be sure to trim off all the dark meat. Dip the fish in a mixture of soy sauce and green wasabi paste. The more paste you put in the hotter it gets! Recommend you eat this while drinking plenty of beer. Some like their yellowtail with just soy sauce. Lite soy sauce is a wise choice for your health.

## Yellowtail on the BBQ

If raw fish doesn't go for you then you can BBQ your YT. Here is the recipe I use. Soak the YT in Teriyaki sauce (many varieties and some with added flavors like pineapple are available) and place on the BBQ. Cook for the very minimum amount of time that it takes to turn the fish meat to a cooked color. Some folks like to marinate the fish for hours (up to 6) and others for just a few minutes. Ten to twenty minutes works for me. I often use the tail section for the BBQ and the prime cuts for the sushi.

## *Fresh Yellowtail on the Boat's Grill*

Base the YT with olive oil and then spray on some butter (comes in pump spray) and add lemon pepper to taste. Then BBQ the fish on the back of the boat using the grill. Add season salt just as the fish is finishing cooking.

By Gary Jones.

## *Lobster on the BBQ*

This is the easiest and tastiest recipe I've found for cooking Lobster:

- 1) Remove the tail from the body.
- 2) Cut the tail open lengthwise and remove the vein. (I use heavy Kitchen Scissor to cut the shell open since I almost lost a finger using a knife!)
- 3) Lightly season with Garlic Salt or your favorite seasoning.
- 4) Make an Aluminum foil tray and melt 1/4 to 1/2 stick of butter in it on a medium to medium high heat, BBQ grill.
- 5) Place the tail in the melted butter, shell side down, meat up.
- 6) After 5 minutes, turn it over so the meat is in the butter and cook another 5 minutes.
- 7) Remove from the BBQ carefully to not spill the golden brown butter.
- 8) Pour the browned butter over pasta with chopped Lobster meat or just eat it right from the shell.
- 9) Toss the tin foil, no dishes to clean!

By Mark Navas

## *White Sea Bass on the BBQ*

Slice the fresh WSB into 1/2" thin by about 4" wide chunks, Put into a plastic bag about 15 minutes before cooking and add a generous amount of your favorite salad dressing. I recommend either Bernstein's Salad Dressing, Cheese Fantastico flavor or Paul Neman's Balsamic Vinaigrette. The key things to remember when BBQ fish are:

- 1) When using these salad dressings as marinade, pick ones with real oil in them so they help keep the fish from sticking.
- 2) Do not marinate the white fish (like WSB) longer than 15 minutes before cooking. Darker meat fish like Yellow Tail and Tuna can be marinated for hours.
- 3) Don't over cook the fish!
- 4) Take left over fish (even over cooked fish is OK here) and turn it into fish salad using the same recipe you use for tuna fish. It is very good as a left over meal this way.

Check out these two great salad dressing companies for more information.

For more on Bernstein's Salad Dressings see:

[http://www.birdseyefoods.com/scripts/products/search.asp?brand=11&type=any&keyword=\\*all\\*](http://www.birdseyefoods.com/scripts/products/search.asp?brand=11&type=any&keyword=*all*)

For more on Paul Newman's Salad Dressings visit:

[http://www.newmansown.com/product\\_list.cfm?cat\\_id=1](http://www.newmansown.com/product_list.cfm?cat_id=1)

Special Note: Bill Ernst turned me on to using Bernstein's Salad Dressing, Cheese Fantastico flavor in 1995 and today he is the pending world record holder for the WSB, with a 93.4 pound WSB taken on June 22, 2007.

## *White Sea Bass in the Frying Pan*

Mix about 1/2 cup olive oil with 1/4 cup rice vinegar, and 1/4 cup tomare sauce.

Add sesame chile oil to taste (I like about 3 shakes)

Add garlic salt and Lowerys season salt to taste.

Saute fish in sauce and turn when half done.

Sprinkle sesame seeds over fish and cook until just done. Yum!

By Bill Gould

## *Sheeps Head in the Frying Pan*

We typically pan fry the fish but use only a table spoon of olive oil. The key is to cook them at a relatively high heat in a very good non-stick pan so that they become golden brown on the outside. Usually takes 5 to 7 minutes on the first side and 3 to 4 on the flip side. If the filets are thick, allow more

time (you know when they are done when the oil begins cooking out of the meat). Rub the fish all over with salt, pepper and fresh garlic. Warm the pan with a bit of olive oil (not too much because these fish have lots of oil in them already). Just before the oil starts to smoke, throw in crushed garlic. Brown the garlic for a minute or less, then add the fish. You need to make sure that you scrape the fish clean from the pan on the first flip or it will be too crumbly and mushy... Also, do not cover the pan. If you do, this will tend to steam the fish and again it will come out mushy (oil splatter will not be a problem if you do not use too much oil). Lemon or lime are good on this fish after it is cooked. If you want better caramelizing (browning) you can use a half pat of butter in lieu of olive oil (I like the oil for flavor better).

By Eric Jacobs

## *Opal Eye in the Frying Pan*

I used to say Opal Eye was a bad eating fish with a mossy flavor with a mushy texture. Today, I have learned it is in the preparation and cooking that makes it taste good or poor and perhaps what the fish had been feeding on recently. Here is one way to prepare Opal Eye that makes the Opal Eye taste good & perhaps even fantastic! This family was from Nicaragua and cooked it like they did for any fish back home and they usually use fresh water Perch. Basically, gut and scale the fish, slice 3 or 4 lines to the bones along the body, rub the fish with salt and chopped garlic then let it soak in vinegar for 15 minutes. Take the seasoned fish and place it in a hot oil bath until both side are golden brown. Serve with fresh salsa, grilled tortillas and salad with lime juice dressing and you've got a feast.

Bon Appetite' and Dive Safe ☺

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