

Sundowner Fish Recipes



Hearty Fish Stew

Serves 4

TYPES of FISH:

Blackfish
Codfish
Striped bass
Monkfish

Ingredients

1 1/2 lbs. Fish fillets, cut into chunks	1 pinch Red Pepper, crushed (to taste)
2 tbsp. Olive oil	2 cloves Garlic, chopped
2 tbsp. Butter	2 cups Tomatoes, fresh, coarsely chopped
2 tbsp. Parsley, minced, fresh	1 cup Tomato puree, unsalted
3 Onions, medium, sliced	1/2 cup White wine, dry
1 tbsp. Basil, minced, fresh, or 1 tsp. dried basil	1/2 cup Greek olives, pitted and halved
2 Bay Leaves	Pepper to taste

Method

In a large skillet, heat olive oil and butter. Sauté parsley, onions, basil, bay leaves and crushed red pepper over medium heat until onions are soft and translucent. Add garlic and sauté a bit longer. Add tomatoes, tomato puree, and wine. Simmer to blend flavors. Add fish chunks and olives. Continue cooking over low heat until fish begins to flake. Taste for seasoning. Serve with French bread.

Preparation time, 15-20 minutes

Sundowner Fish Recipes



Fish Chowder

Serves 6

TYPES of FISH:

Blackfish
Codfish

Ingredients

2 lbs. Blackfish or Cod fillets
4 slices Bacon
1/2 cup Onion, chopped
1/2 cup Celery, Sliced
1 cup Red potatoes, raw, diced
1/2 cup of Corn
1 teaspoon Thyme
2 cups Water

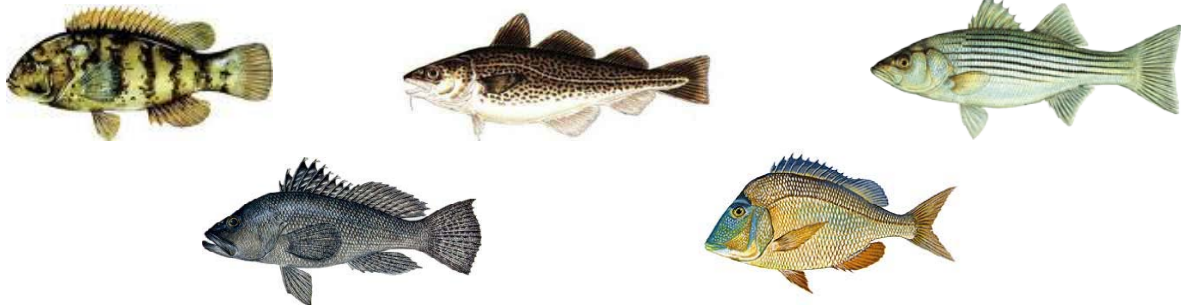
1/4 cup Flour
1 tsp dried thyme
1/2 cup Clam juice
1 1/2 cups Heavy Cream
3 tbsp. Butter or margarine
1 tsp. Salt
1/4 tsp. White pepper

Method

Rinse fish and pat dry. Cut into bite sized (1/2 inch pieces) and set aside. In a small skillet, sauté bacon until crisp. Remove bacon, blot excess fat with paper towels, crumble and set aside. Discard bacon dripping except for approximately 2 tablespoons. Add onions and sauté in bacon fat until tender but not brown. Transfer onions to a deep saucepan and add potatoes and water. Cover and bring to a gentle boil. Reduce heat and simmer for 10 minutes. Add fish and simmer for about 10 more minutes or until fish and potatoes are done. In a small bowl combine flour and clam juice and stir with a fork until smooth. Add to fish and potato mixture stirring constantly to blend flour into cooking liquid. Stir in evaporated milk, butter and salt and pepper to taste. Continue heating over medium heat until chowder thickens. Garnish with crumbled bacon before serving.

** Try using Smoked Blackfish fillets

Sundowner Fish Recipes



Peasant Style Blackfish

Serves 4 to 6

TYPES of FISH:

Blackfish
Sea Bass
Porgy
Codfish
Striped Bass

Serves 4 to 6

Ingredients

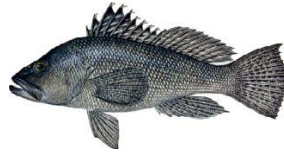
2 pounds fish fillets
1/4 tsp. Paprika
2 tbsp. Butter, melted
1 tsp. Fennel Seed

1 tsp. Parsley flakes
1/4 tsp. Thyme, dried
1 tbsp. Lemon juice
1/2 cup White wine, dry

Method

Cut fish fillets into serving size pieces and arrange in a shallow baking dish. Sprinkle fillets with paprika. Combine butter, fennel, parsley, thyme, lemon juice and wine and pour over the fish fillets. Bake in an oven preheated to 375°F for 10 to 15 minutes or until fish flakes easily.

Sundowner Fish Recipes



Spicy Blackfish

Serves 4 to 6

TYPES of FISH:

Blackfish

Porgy

Sea Bass

Ingredients

2 pounds Blackfish fillets, skin off

2 tbsp. Olive oil

2 tbsp. Soy sauce

2 tbsp. Worcestershire sauce

1 tsp. Paprika

1/2 tsp Chili powder

1/2 tsp. Garlic powder

1 dash Hot pepper sauce

Method

Cut the fillets in single portions and place in a well-greased baking pan. Combine olive oil, soy sauce, Worcestershire sauce, paprika, chili and garlic powder and hot pepper sauce. Pour the sauce over the fillets. Broil 4 inches from the heat source for 5 minutes. Turn the fillets; baste with sauce, and broil and additional 3 to 5 minutes or until fish flakes easily. Serve with lemon wedges.

Sundowner Fish Recipes

Baked Fish and Potatoes with Basil

Serves 4 to 6

TYPES of FISH:

Blackfish
Codfish
Porgy

Ingredients

1 ½ lb. Potatoes, pared/ thinly sliced, 5 cups	¼ teaspoon pepper
2 lb. firm fleshed fish fillets such as Blackfish	¾ cup grated Parmesan cheese
1 tbsp. Lemon juice	4 tbsp. Olive oil
4 tbsp. fresh basil, chopped	2 ripe Tomatoes, sliced
1 teaspoon salt	1 tbsp. chopped fresh Parsley for garnish

Method

Preheat oven to 400°. Parboil potatoes in boiling salted water until almost tender, about 5 minutes. Drain well and set aside. Moisten fish with lemon juice and rub 1 tbsp. basil, ¼ teaspoon salt and pepper onto both sides of fish. Place the potatoes in shallow baking dish. Sprinkle with 1 tbsp. basil, ¼ teaspoon, salt, ¼ cup Parmesan cheese and 1 tbsp. olive oil. Cover with fish, sprinkle on salt, ¼ cup Parmesan cheese and 1 tbsp. olive oil. Cover with aluminum foil and bake in oven at 400° for 15 minutes. Uncover, top with tomato slices, remaining basil, Parmesan cheese and olive oil. Return to oven and bake until fish flakes easily. Sprinkle with parsley.

Sundowner Fish Recipes

Bluefish Epicure

Serves 4

TYPES of FISH:

Bluefish (Bled, Skinned and Dark Red Meat Removed)

Ingredients

8 tbsp. Butter	1 tsp. Tarragon, crushed
¾ lb fresh mushrooms	Salt and Pepper to taste
1 medium Onion, chopped	4 medium Bluefish fillets, about 1 ¾ lbs.
½ cup Tomato purée	1 cup Bread Crumbs
½ cup Dry Vermouth	2 tbsp. fresh Parsley, minced
1 large clove Garlic, minced	Butter
1 cup Boiled Ham, chopped	

Method

Preheat oven to 400°. Heat 5 tbsp. butter in a saucepan. Add mushroom and onion. Sauté gently for 5 minutes until onions are soft. Add tomato purée, vermouth, garlic, ham, tarragon, salt and pepper; mix well and cook over low heat for 10 minutes or until sauce is quite thick. Place fillets in buttered baking dish, cover with sauce. Mix bread crumbs and parsley, sprinkle on top. Dot with a few pieces of butter and bake in oven for 15 minutes at 400°. Just before serving, brown for a minute under broiler.

Sundowner Fish Recipes

Seviche

Makes 6 to 8 servings

TYPES of FISH:

Bluefish (Bled, Skinned and Dark Red Meat Removed)

Striped Bass

Bay Scallops

Shrimp

Chopped green pepper may be added to this seviche or a few dashes of Tabasco may be added for spicy heat.

Ingredients

1 lb. Fish fillets

White Vinegar

1 tbsp. minced fresh Parsley

1 ½ tbsp. grated onion

1 large Tomato, peeled, seeded and diced

Salt and Pepper to taste

2 tbsp. Dry White Wine

1 teaspoon Dijon Mustard

2 tbsp. prepared chili sauce

1 teaspoon prepared Horseradish

Method

Cut raw fish fillets in cubes or strips, place in porcelain or glass dish and cover with vinegar. Marinate for 2 hours- the vinegar will "cook" the fish. Drain fish; mix well with parsley, onion, tomato, salt and pepper. Blend wine with 1 tbsp. of the vinegar, mustard, chili sauce and horseradish. Add to fish, mix well and chill for an hour or so. Serve on your favorite crackers.

Sundowner Fish Recipes

Baked Fish with Dijon Mayonnaise

Serves 4

TYPES of FISH

Striped Bass

Codfish

Porgy

Ingredients

2 lb. Striped Bass fillets

½ cup Mayonnaise

3 tbsp. Dijon Mustard

1 tbsp. mince Garlic

2 teaspoons Tarragon, crushed

2 tbsp. Olive Oil

½ cup Bread Crumbs

Method

Preheat oven to 400°. In a glass baking dish, add olive oil and arrange fish fillets. Mix mayonnaise, Dijon mustard, garlic and tarragon in a bowl. Spread mixture on top of fish. Cover with aluminum foil and bake in oven for 15 minutes or until fish flakes. Cover fish with bread crumbs and return to oven for 5 minutes on covered. Brown bread crumbs under broiler just before serving.

Sundowner Fish Recipes

Fish Florentine

Serves 4

TYPES of FISH:

Porgy
Flounder
Fluke
Blackfish
Striped Bass
Sea Bass

Ingredients

2 12-oz. pkgs. frozen spinach, chopped
2 lb fresh fish fillets,
1 medium onion, chopped
3 tablespoons butter or stick margarine
3 tablespoons all-purpose flour
1/4 teaspoon salt

1/4 teaspoon pepper
1/4 teaspoon ground nutmeg
1 1/2 cups fat-free milk
2 tablespoons grated Parmesan cheese
1/2 teaspoon paprika

Method

Sprinkle spinach in a 13-in. x 9-in. x 2-in. baking dish coated with nonstick cooking spray. Top with fillets. In a saucepan, sauté onion in butter until tender. Stir in flour, salt, pepper and nutmeg until blended. Gradually add milk. bring to a boil; cook and stir for 2 minutes or until thickened and bubbly. Pour over fillets; sprinkle with Parmesan cheese and paprika. Bake, uncovered, at 350 degrees F for 20 minutes or until fish flakes easily with a fork.

Sundowner Fish Recipes

Fish Piccata

Serves 4

TYPES of FISH:

Porgy
Blackfish
Fluke
Flounder
Codfish
Sea Bass

Ingredients

4 tablespoons olive oil	1/2 cup white wine
8 small fish fillets (like porgy, flounder, fluke or blackfish, about 2 pound total)	4 lemons, juiced
kosher salt	4 tablespoons capers (chopped if large)
fresh ground black pepper	4 tablespoons butter (or margarine)
1/2 cup flour	3 tablespoons chopped fresh parsley

Method

Heat the olive oil in a large saute pan over medium high heat. While the pan is heating, blot the fish dry with paper towels and season with salt and pepper. Dredge in the flour, shaking off any excess. Saute the fish in the olive oil until just cooked through, about 4 minutes, turning over halfway through. Remove the fish to a platter. Deglaze the pan with the white wine, whisking for about 1 minute. Add the lemon juice and capers and stir. Add the butter and stir or whisk to incorporate to bring the sauce together. Pour onto the fish and garnish with the chopped parsley. Prep Time: 10 mins. Total Time: 20 mins.

Sundowner Fish Recipes

Beer Batter Fried Fish

Serves up to 6

TYPES of FISH:

Porgy
Striped Bass
Blackfish
Sea Bass
Fluke
Flounder
Codfish

Ingredients

3 lbs. fish filleted and de-boned
Flour
2 c. unsifted flour
2 tsp. baking powder
1 tsp. salt

2 eggs, slightly beaten
2 c. beer
1/2 c. salad oil
Oil for deep frying

Method

Fillets thicker than 3/4" to 1" can be sliced thin . Coat fish with flour; set aside. In a large bowl, combine 2 cups flour, baking powder, salt, eggs, beer and 1/2 cup oil; beat with rotary beater until smooth. Dip fish into batter, allowing excess to drip into bowl. Fry in deep hot 375 degree oil until golden brown on both sides. Drain on paper towels. Try this recipe with Blackfish, Sea bass, Flounder, Fluke or Striped Bass (slice large fillets into 3/4" to 1" thick pieces approximately 3" wide by 6" long).

Sundowner Fish Recipes

Fish Cakes 1

Serves up to 6

TYPES of FISH:

Codfish

Striped Bass

Porgy

Bluefish (Bled, Skinned and Dark Red Meat Removed)

Ingredients

3 lb. Fish fillets, cooked (steamed)

3 lb. potatoes, boiled and mashed

1 medium onion, minced

1 large shallot, minced

2 cloves garlic, boiled, peeled and minced

½ cup minced parsley

2 eggs

1 lb. scallops, cubed

Salt and Pepper

Breadcrumbs (for thickening and coating)

Peanut oil

Method

Boil unpeeled garlic cloves for 45 seconds before peeling and chopping. Mix everything but the scallops together, including the liquid from the cooked fish. Mix with your hands, breaking up the fish until you have a fairly uniform paste. Add the breadcrumbs until you have a workable mix to form into patties. Before making the patties, mix in the cubed scallops. Form cakes and press both sides of the cake into breadcrumbs. Sauté over medium heat until nicely browned on both sides. Keep warm in 175° oven until ready to serve. Keep warming cakes in single layer to prevent them from getting soggy.

*Try this recipe with bluefish that have been bled and had the red meat removed from the fillet.

Sundowner Fish Recipes

Fish Cakes 2

Serves up to 8

TYPES of FISH:

Codfish

Striped Bass

Porgy

Bluefish (Bled, Skinned and Dark Red Meat Removed)

Ingredients

2 pounds fresh fillet

2 heaping table spoons of mayonnaise

1 heaping tablespoon dijon mustard

2 whole eggs (or equivalent egg beaters)

2 cups Italian flavored bread crumbs

1 cup of chopped onions

1 cup of chopped green peppers

2 tablespoons of virgin olive oil (optional)

1 cup chopped celery

1 teaspoon Old bay seasoning

Vegetable Oil, Peanut Oil or Butter (for frying)

add hot red pepper flakes to taste

Method

Clean fillets, remove all red or dark meat from fillets. Cut the bass into four-inch cubes. Poach until cubes of fish are white and flakey . Approximate cooking time is usually about 10 minutes however it may vary from stove to stove. When the fish is done place into a colander and press out as much water as possible.

While the bass is cooking, saute in the olive oil your onions, green peppers and celery until they are tender. Once done, set aside in a mixing bowl, combine the mayo, mustard, eggs and sauteed vegetables. Mix in the Old bay seasoning and hot pepper flakes.

When the fish is done cooking and drained of excess water, mix into the combined ingredients within the mixing bowl. Mix until you have the consistency of crab meat. Then mix in the Italian bread crumbs, not all at once but little by little until the mixture holds its shape for cooking patties. Be careful not to dump too much into fish mixture because it may become too hard.

With the "crab" fish patties, you can either fry them in Vegetable Oil, Peanut Oil or Butter until golden brown, or for the more healthy choice you can bake them. Baking time will vary by oven, the fish is already cooked but the eggs aren't. Bake for about 30 to 45 minutes at 350 degrees.

Sundowner Fish Recipes

Grilled Whole Fish

Each Fish Serves 1

TYPES of FISH:

Porgy

Sea Bass

Small Striped Bass

Small Bluefish

Weakfish

Ingredients

1 Whole Porgy or other fish, scaled and gutted

1 medium potato

2 onion slices

1 clove garlic sliced thin

2 cloves garlic, boiled, peeled and minced

1 medium tomato chopped

1 sprig of fresh rosemary

Olive oil

Salt and Pepper

Method

Brush fish with olive oil and place on aluminum foil. Salt and Pepper to taste. Arrange all other ingredients on top of fish and seal the aluminum foil. Cook on grill over medium heat about 10 minutes per side (longer for bigger fish).

Sundowner Fish Recipes

Low Country Boil (or Frogmore Stew)

Serves up to 12

Ingredients

6 quarts water

3/4 cup Old Bay Seasoning TM

2 lb. new red potatoes

4 lb large fresh shrimp, unpeeled

2 lb hot smoked sausage links, cut in 2" pieces

12 ears corn - husked, cleaned and quartered

Method

Bring water and Old Bay Seasoning to boil in a large stockpot.

Add potatoes and cook for 15 minutes. Add sausage and cook for 5 minutes more. Add corn and cook for another 5 minutes. Stir in the shrimp and cook until shrimp are pink, about 5 minutes. Drain immediately and serve.

***Also try adding 3 dozen cherrystone clams (in the shell) with the corn. You can also try mussels or clams and mussels..