



Deconstructed Fish Taco

Ingredients:

- 1/2 Avocado
- Pico de gallo
- Mixed greens
- Tortillas
- Pickled onions
- 1/2 lb pan seared red hake or similar white fish
- Salt and pepper to taste
- Paprika
- Garlic and onion salt

Instructions:

1. Season fish with spices
2. Add oil to a pan and warm on medium heat. Add fish and cook 3-4 minutes on each side
3. Cut the cooked fish into bite size pieces
4. Heat tortilla on both sides
5. Construct fish taco with desired toppings like pico de gallo, avocado, mixed greens, lime, pickled onions, and more.



Sushi & Nigiri

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- Seasoned white rice
- Raw fish variety of choice (fluke, black sea bass, tuna)
- Soy sauce
- Desired sushi fillings

Instructions:

1. Use seasoned white rice to create small mound for nigiri, or use sushi directions for sushi rolls.
2. For nigiri, top sushi mounds with fish
3. For sushi, construct desired rolls

Fluke Ceviche

Ingredients

- 1/2 lb fluke
- 1 jalapeno
- 1 large tomato
- 1/2 medium purple onion
- Salt and pepper to taste
- Juice of 1 orange, 1 lemon, and 1 lime
- Grilled corn

Instructions:

1. Cube fish into bite size pieces and add to medium bowl. To the same bowl, add all citrus juice
2. Dice tomato, onion, and jalapeno and add to fish
3. Grill corn and add to ceviche
4. Mix together ingredients and season with salt and pepper
5. Serve with tortilla chips



How to Roll Sushi

Supplies

- Nori sheets
- 1 cup seasoned white rice

Suggested sushi fillings

- Avocado
- Cream cheese
- Cucumber
- Mango
- Crab (regular or spicy)
- Tuna (regular or spicy)
- Fluke

get creative and add your favorite sushi fillings

Instructions:

1. Add 1 cup of white rice, and 2 cups of water to a pot. Cook rice over medium heat for approximately 10 minutes or until all liquid has absorbed
2. Mix together honey and rice vinegar in a small bowl.
3. Remove rice from heat and add in honey/vinegar mixture. Mix to combine and set aside to cool. Rice should have a sticky consistency.
4. Once rice has cooled enough to handle, begin assembling sushi rolls with desired fillings.
5. Place a sheet or nori on a piece of cling wrap. Flatten season rice over nori sheet. Add fish, and your desired toppings
6. Tightly roll the sushi
7. Let sushi chill for about 5 min. in the refrigerator before cutting into bit size rolls.