

## CURRIED LIONFISH

### Ingredients

1 lb. Lionfish fillet  
2 Tb sp curry powder  
1 clove garlic, chopped  
1 sweet pepper, sliced  
1 onion, chopped finely  
2 Tb sp of butter  
1 cube fish bullion  
1/3 cup Coconut milk  
1/4 cup water

### Method

Slice the Lionfish fillets into two-inch steaks.  
In a saucepan brown over medium heat the  
curry, onions, garlic, fish bullion, butter, and  
paprika.

Add the green peppers, coconut milk  
Mixed with water and finally the fish steaks.  
Lower heat, cover tightly and simmer for about  
12-15 minutes. Do not stir.

### Vision

Jamaica's natural resources are being  
used in a sustainable way and there is broad  
understanding of environment,  
planning and development issues, with  
extensive participation amongst citizens  
and a high level of compliance with relevant  
legislation.

### Mission

To promote sustainable development by  
ensuring protection of the environment and  
orderly development in Jamaica through highly  
motivated staff  
performing at the highest standard.

### Contact Information:

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For additional information on the MTIASIC Project in Jamaica  
and invasive alien species, contact:

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The National Environment & Planning Agency,  
10 Caledonia Avenue, Kingston 5  
Telephone : 754 - 7540 ext. 2319  
[www.nepa.gov.jm](http://www.nepa.gov.jm)

### Photo Credits

Lionfish- Omar Spence  
Prepared Lionfish- Denise Chin



Recipes courtesy of Brown's Town Community College

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# Lionfish Recipes



LET'S EAT IT TO BEAT IT"

## SWEET & SOUR LIONFISH

### Ingredients

1 lb. Lionfish  
1/2 cup cooking oil  
1/2 tsp salt  
1 tsp black pepper

### Sweet & Sour Sauce

1/3 cup white vinegar  
4 tablespoons brown sugar  
1 tablespoon ketchup  
1 teaspoon soy sauce  
2 teaspoons cornstarch mixed with  
4 teaspoons water

### Method

Season the fish with salt and black pepper.

Fry fish in cooking oil until both sides crisp. Set aside in a bowl.

### Sauce

Mix the vinegar, brown sugar, ketchup, and soy sauce together and bring to a boil in a small pot.

Mix together the cornstarch and water, add to the other ingredients and stir to thicken.

(If desired, you can add 1 green pepper, cut into chunks, and pineapple chunks as desired after adding the cornstarch. For a thicker sauce, increase the cornstarch to 4 teaspoons while keeping the water constant.)

## BEER BATTERED LIONFISH

### Ingredients

1 ½ lb Lionfish  
2 eggs  
1 ½ cup flour  
1/2 cup ice cold beer  
1 tsp baking powder  
3 cups oil

### Pineapple Mango Sauce

1 cup pureed pineapple  
1/4 cup juice  
1 cup pureed mango pulp  
1/4 cup g. sugar  
1 ½ tbsp. cornstarch

### Method

Cut the Lionfish into 1 inch strips

Whip the eggs, 1 cup flour, beer and baking powder together.

Heat the oil until very hot.

Dust the Lionfish with remaining flour.

Dip into batter then deep fry in small batches to golden brown.

Serve with pineapple mango sauce

### **Pineapple Mango Sauce**

Place pureed mango and pineapple in a sauce pan.

Stir in the sugar.

Blend the cornstarch into 1/4 cup pineapple juice. Add to fruit.

Cook over low heat until sauce thickens.

## ESCOVEITCHED LIONFISH

### Ingredients

1 lb. Lionfish  
1 Tbsp. lemon juice  
1 cup vinegar  
1 tsp sugar  
2 onion, cut in rings  
1 tsp pimento  
2 Scotch Bonnet peppers  
1 cup carrots, chochos (julienne)  
1/2 cup cooking oil  
1/2 tsp salt  
1 tsp black pepper

### Method

Season the fish with salt and black pepper.

Fry fish in cooking oil until both sides crisp. Set aside in a bowl.

Sauté in 2 tbsp oil carrots, chochos, pimento, onion rings and hot pepper

Pour 1/2 cup of water combine with vinegar and sugar into sautéed vegetables.

Simmer until ingredients are tender, pour escoveitch sauce over fish.

Cover and let it remain for at least 1 hour.